



THE AUSTRALIAN NATIONAL UNIVERSITY

Preventing Mental Health Problems in Youth: The YouthMood Project

Alison Cascar, Helen Christensen, Andrew Mackinnon,
Kathleen Griffiths and Richard O'Kearney

Universal School-Based Trials

- 27 RCTs evaluating universal anxiety and depression prevention programs in schools
- 4 trials evaluated the program with classroom teachers

| Program | Anxiety (ES) | Depression (ES) |
|------------------------------------|--------------|-----------------|
| FRIENDS | 0.62–0.63* | 0.30–0.33* |
| Problem Solving for Life (Trial 1) | - | 0.03–0.36* |
| Problem Solving for Life (Trial 2) | -0.08–0.07 | 0.04–0.05 |
| Penn Resiliency Program | - | 0.14–0.51* |

Aims

- To establish whether MoodGYM is effective in reducing students' vulnerability to anxiety and depression
- To test MoodGYM with a larger and more diverse sample, following promising results from the pilot studies
- To establish the 'true' preventive effects of the MoodGYM program

Participants

- 30 schools participated
- 56% of participants were female
- 17% lived on a farm or rural property
- Mean age = 14.33 years

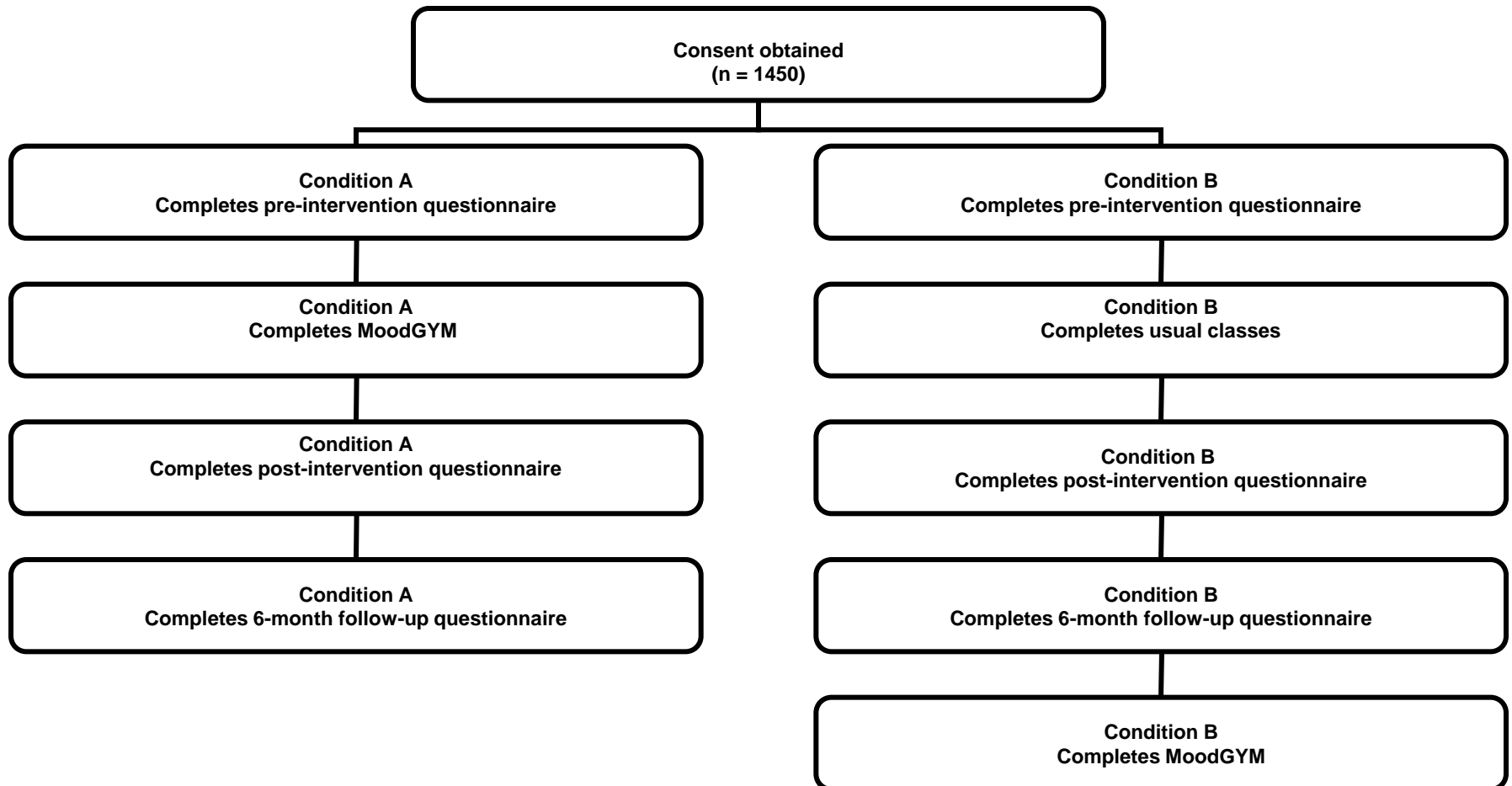
Measures

- Center for Epidemiological Studies Depression Scale (CES-D)
- Revised Children's Manifest Anxiety Scale (RCMAS)
- Depression preventive sub-sample: CES-D < 24
- Anxiety preventive sub-sample: RCMAS < 19

The MoodGYM Program

- <http://moodgym.anu.edu.au>
- Online CBT program
- Five Modules: Feelings, Thoughts, Unwarping, Destressing and Relationships
- Interactive quizzes and exercises

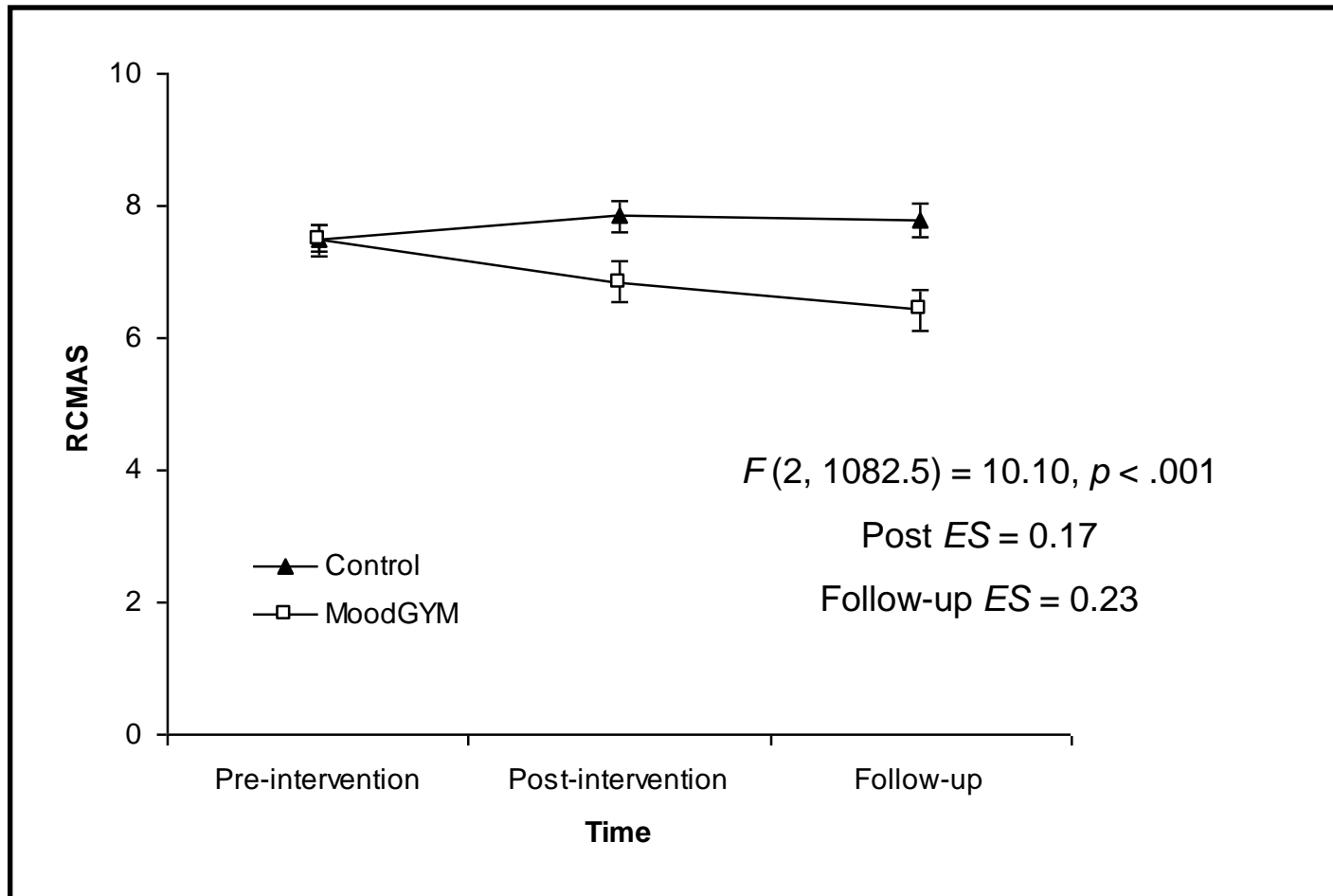
Procedure



Data Analysis

- Mixed models repeated measures ANOVA
 - Repeated measures
 - Students clustered within classes
- ICC ~ 0.03
 - Class effects minimal
- ITT analysis

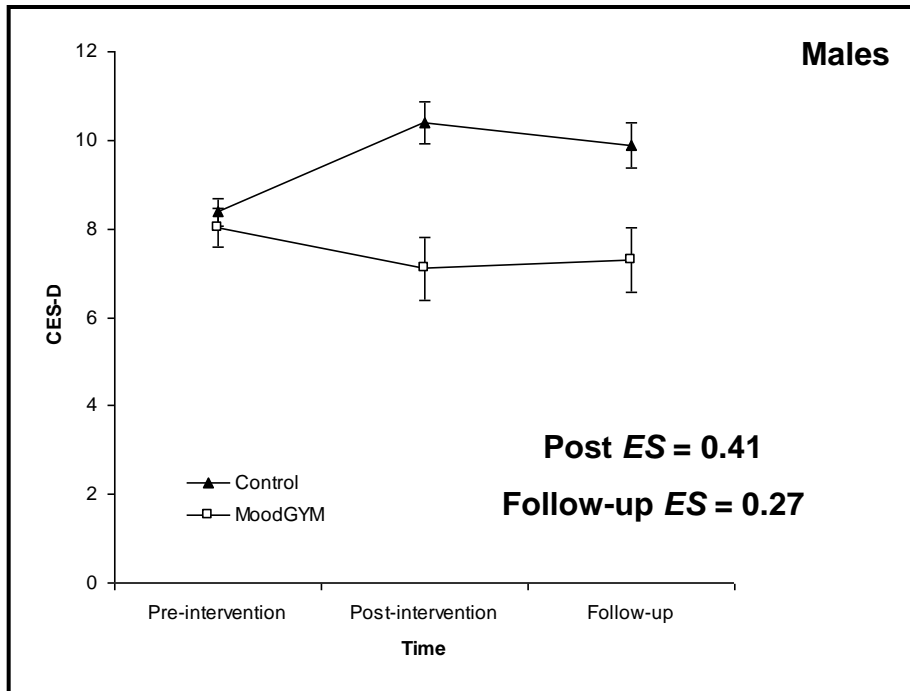
Mixed Model ANOVA- Anxiety



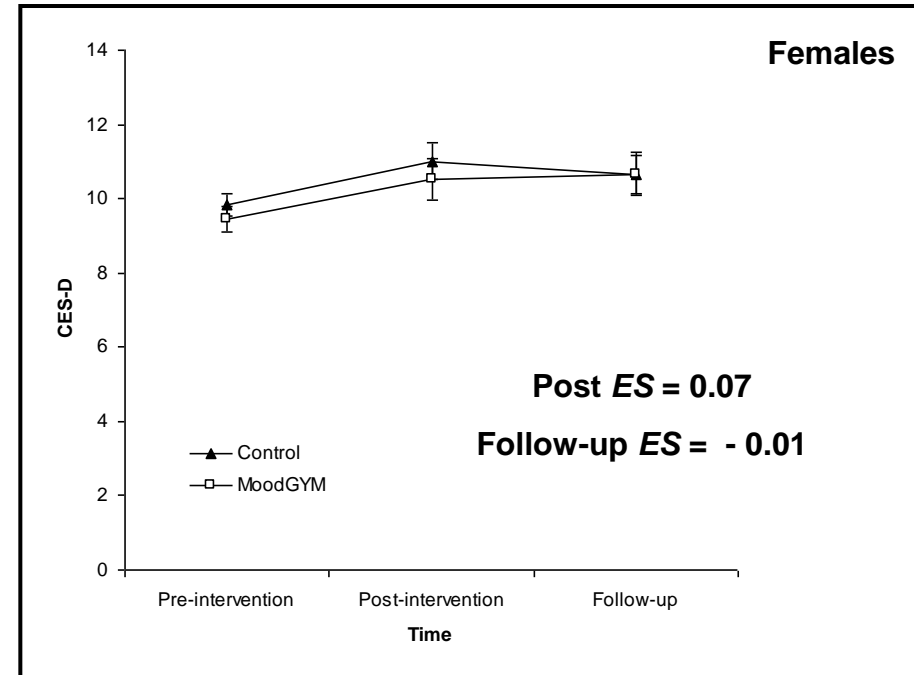
Planned Contrasts- Anxiety

- Pre-test to Post-test:
 - MoodGYM pre to post change = -0.63
vs.
Control pre to post change = 0.33
 - $t(1113.0) = 3.30, p = .001$
- Pre-test to Follow-up:
 - MoodGYM pre to follow-up change = -1.06
vs.
Control pre to follow-up change = 0.28
 - $t(1081.1) = 4.11, p < .001$

Mixed Model ANOVA- Depression



$F(5, 1425.6) = 2.13, p = .06$



Planned Contrasts- Male Depression

- Pre-test to Post-test:
 - MoodGYM pre to post change = -0.92
vs.
Control pre to post change = 2.02
 - $t(1075.5) = 3.80, p < .001$
- Pre-test to Follow-up:
 - MoodGYM pre to follow-up change = -0.74
vs.
Control pre to follow-up change = 1.49
 - $t(1039.1) = 2.67, p = .008$

Anxiety Caseness Analyses

- Post-intervention
 - Intervention condition = 0.8%
 - Wait-list control condition = 2.2%
 - $\chi^2 (1) = 3.27, p = .07$
- 6-month follow-up
 - Intervention condition = 0.8%
 - Wait-list control condition = 1.9%
 - $\chi^2 (1) = 2.09, p = .15$

Depression Caseness Analyses

- Post-intervention
 - Intervention condition = 2%
 - Wait-list control condition = 8.9%
 - $\chi^2 (1) = 7.95, p < .01$
- 6-month follow-up
 - Intervention condition = 4%
 - Wait-list control condition = 9.6%
 - $\chi^2 (1) = 4.45, p = .03$

Conclusion

- Effective classroom resource
- Internet interventions can be successfully implemented in schools
- Suitable for a variety of classroom environments

Acknowledgements

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