

Prevent anxiety & sadness

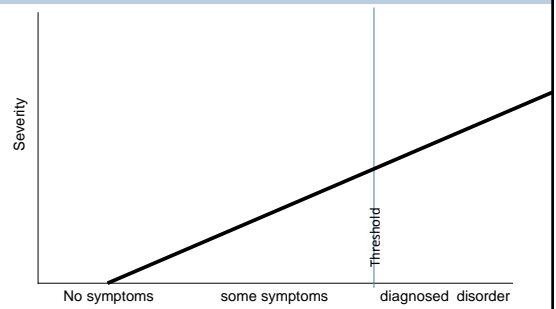
www.thiswayup.org.au/schools

Gavin Andrews AO MD

A not-for-profit initiative of St Vincent's Hospital



All mental disorders are dimensional



Five categories of mental disorders

1. Anxiety and depression
2. Substance abuse, delinquency
3. Intellectual disability, Autism
4. Psychoses (schizophrenia, bipolar)
5. Dementias

Mental disorder disability by Cluster

YLDs/100,000; World 2012

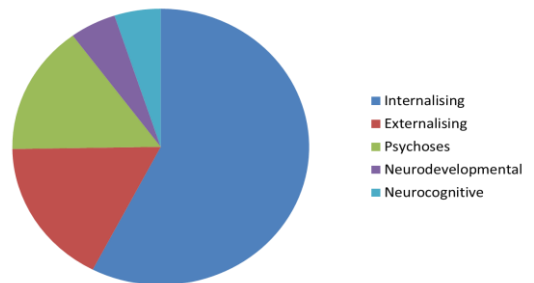
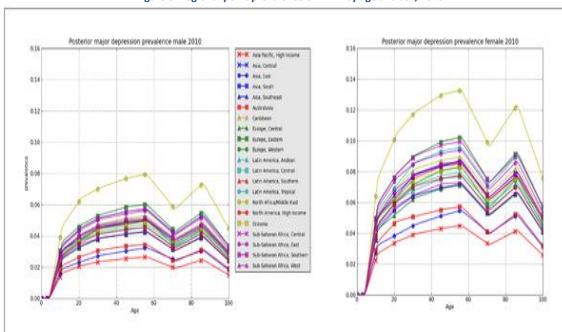


Figure 6. Regional point prevalence of MDD by age and sex, 2010.



Note: Prevalence interpreted as a proportion where 0.01 equates to 1%
 Ferrari AJ, Charlson FJ, Norman RE, Flaxman AD, et al. (2013) The Epidemiological Modelling of Major Depressive Disorder: Application for the Global Burden of Disease Study 2010. PLoS ONE 8(7): e69637. doi:10.1371/journal.pone.0069637
<http://www.plosone.org/article/info:doi/10.1371/journal.pone.0069637>

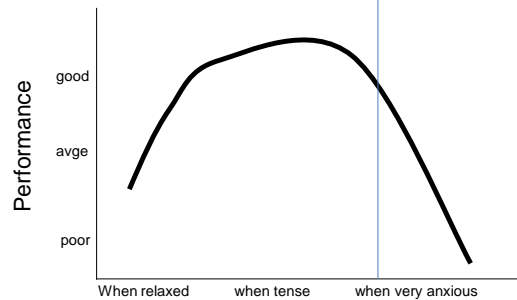
Anxiety and Depressive Disorders

- Predisposition:
 - Genes – about 35% of the liability is inherited
 - A nervous temperament is the usual suspect
 - Environment
 - Adverse childhood experience: physical and mental abuse or neglect, family chaos are the usual suspects
- A cognitive bias to automatic vigilance – attention, interpretation or memories - to signs of threat or failure

Anxiety and Depressive Disorders

- Half the people begin before 20
- Largest cause of disability in the world
- Produce failure in school, work & relationships
- Principal precursor to suicide
- Quiet, still & docile, so detection is difficult

Anxiety, but not depression, can be a help or a hindrance



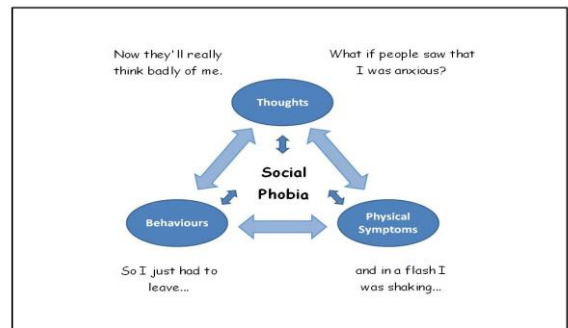
Treatment of Anxiety and Depressive Disorders

First line: Internet cognitive behaviour therapy (iCBT) in lessons & homework

Second line: Face to face cognitive behaviour therapy in sessions & homework

Third line: Medication with Prozac or Sertraline; never with Valium or Xanax

iCBT: Common sense skills to manage anxiety and depression



Depression: the ruminators

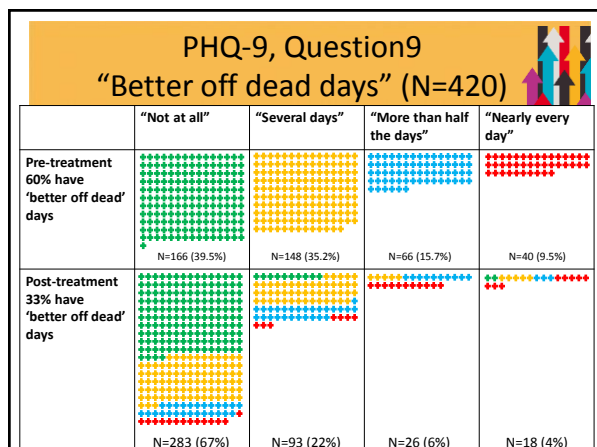


- Lesson 1
- Depression Explained
- How is Depression Treated?
- Medication
- What Are Your Symptoms of Depression?

iCBT is effective in depression

(N=420 Adults in Primary Care)

	Sub-threshold	Mild	Moderate	Severe
Pre-treatment		+++++	+++++	+++++
Post-treatment 60% recover, 20% improve, 20% do not	+++++	+++++	+++++	+++++
Work loss days, suicidal thoughts halve N=246 (58.6%)	+++++	+++++	+++++	+++++

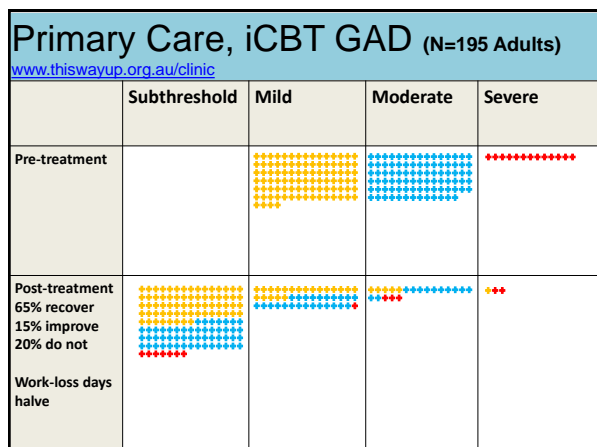


GAD: the professional worriers

...WHAT IF I FORGET SOMETHING THAT THE KIDS NEED FOR SCHOOL? I'LL LOOK LIKE A BAD MOTHER ... THE TEACHERS WON'T WRITE A GOOD RECOMMENDATION FOR THE KIDS' HIGH SCHOOL APPLICATIONS ... AND THEY WON'T GET A GOOD EDUCATION ... SO THEY'LL NEVER GET A DECENT JOB ... AND I NEED TO GET TO WORK EARLY TOO, I'VE GOT SOOO MUCH TO DO TODAY! AARRRRH!!!

Topics covered in Lesson 1:

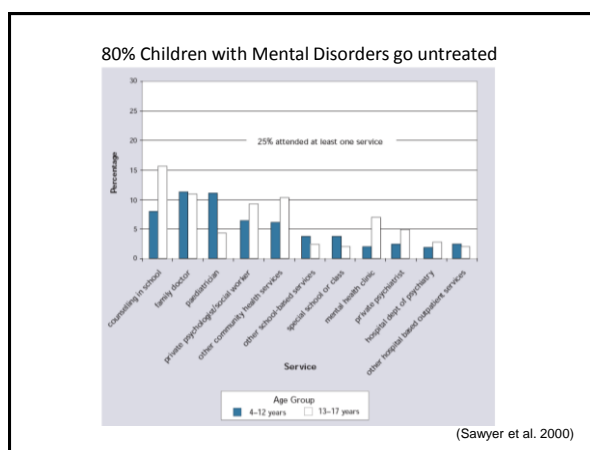
- The consequences of GAD for you
- The three parts of GAD
- GAD Symptoms
- Exercise and Managing GAD
- Controlled breathing



Discussion?

The problem in the young:

- 7% of 15 year olds "would be better off dead"
- 1 in 6 young people will meet criteria for a mental disorder in the year
- Very few will get adequate treatment
- Most will be educationally and vocationally handicapped



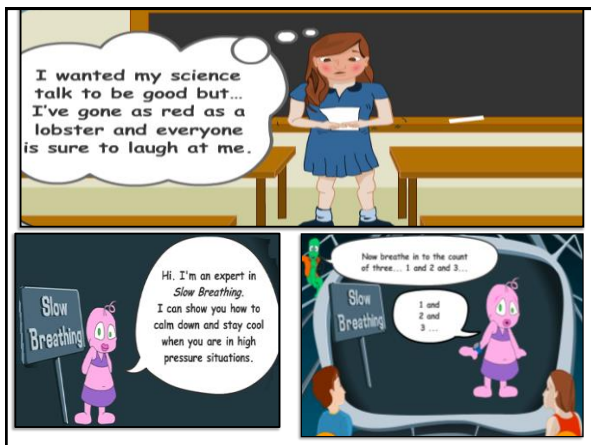
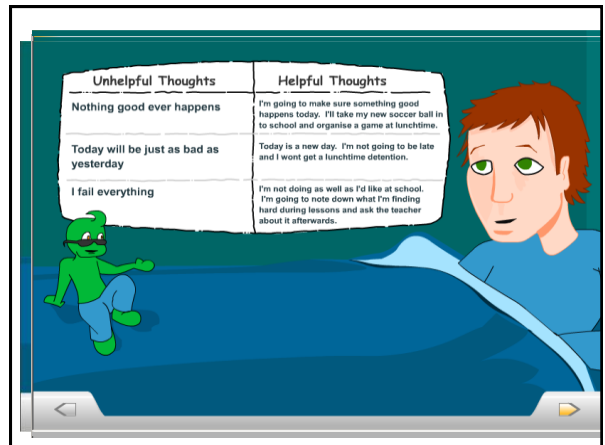
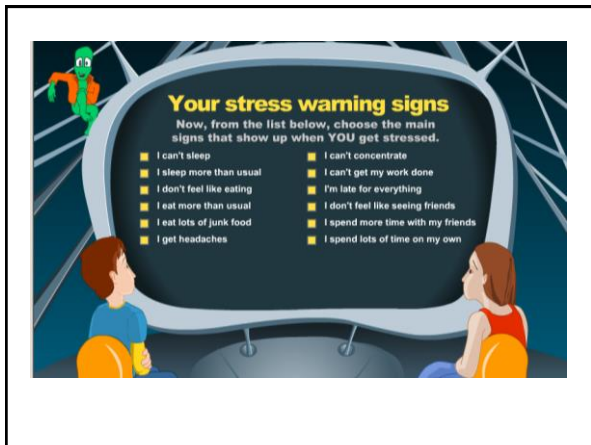
Transferring iCBT treatment into school based prevention lessons

- Make lessons curriculum consistent
- Students on individual computers
- Use a cartoon based story line (6x20 mins)
- Class discussion from work sheets (6x20mins)
- Lessons shown to be effective in two trials, confirmation trials in progress (100 schools)

PREVENTION of Anxiety & Sadness in Upper Primary students

Learning to control thoughts, emotions and behaviours that intensify the feelings of anxiety and sadness.

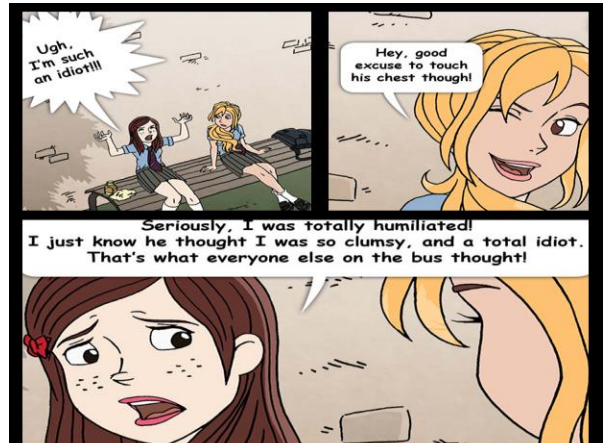
Prevention not treatment



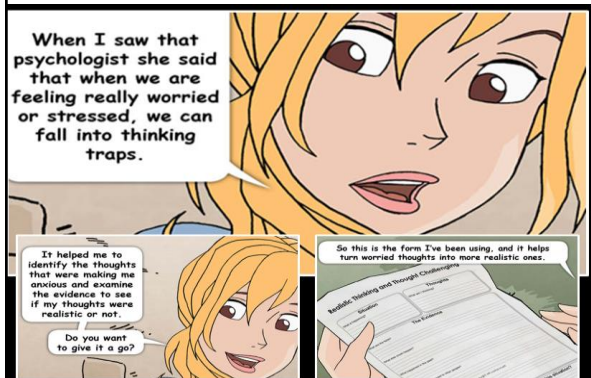
PREVENTION of Anxiety & Sadness in High School students

learning to control thoughts, emotions
and behaviours that intensify the
feelings of anxiety or sadness.

Prevention not treatment



Together they talk about Ella's thoughts and challenge these with evidence for and against them in a structured way.



Testimonials

To be able to give them 'the controls' to work through the programs is great, I have not found one young person who doesn't like the program

Woodcroft College, SA

This program is lending itself to self-directed learning which is wonderful and a true advancement of pedagogical practices.

Congratulations on such a wonderful resource

Brigadine College, NSW

How does it work?

- There are courses for alcohol, alcohol&cannabis, stress, anxiety&depression
- Teachers register their school and their name on THIS WAY UP Schools website, choose course
- Students register a username, password and class code on the THIS WAY UP Schools website:
- Teachers and students log in to THIS WAY UP Schools during lesson time
- Students can log on from home to show parents
- Thiswayup schools never knows the identity of a student
- Cost : 2014 free, 2015 \$2/child/course; site licences available

Tell your school Monday or register now at www.thiswayup.org.au/schools



Discussion?