

Internet lessons to prevent anxiety and sadness

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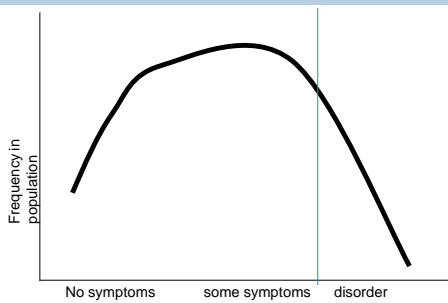
Gavin Andrews AO MD



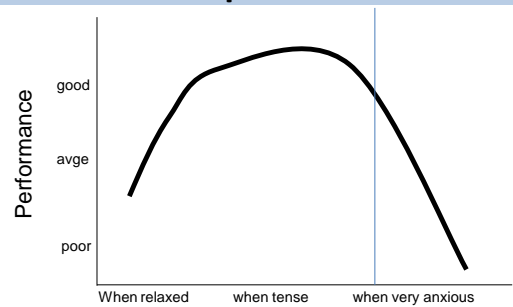
Five categories of mental disorders

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

All mental disorders are dimensional



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



Anxiety and Depressive Disorders

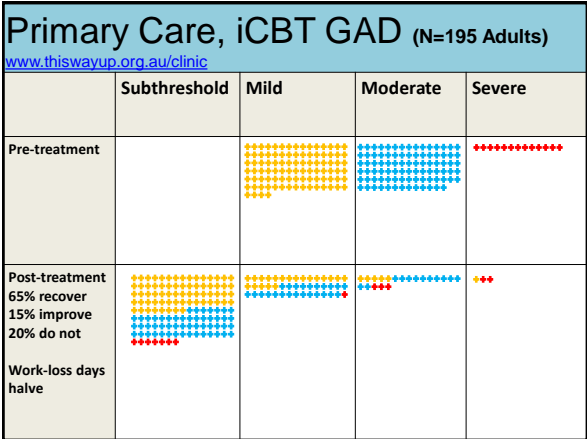
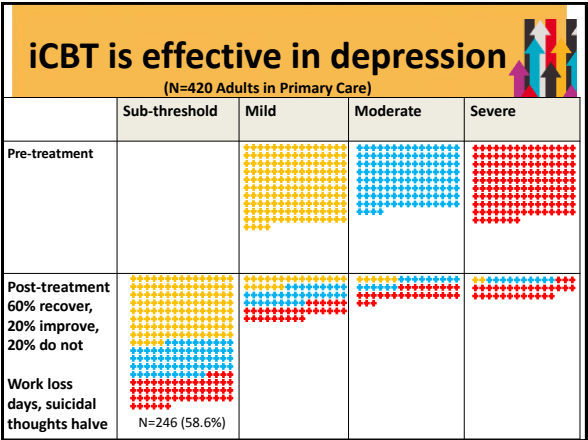
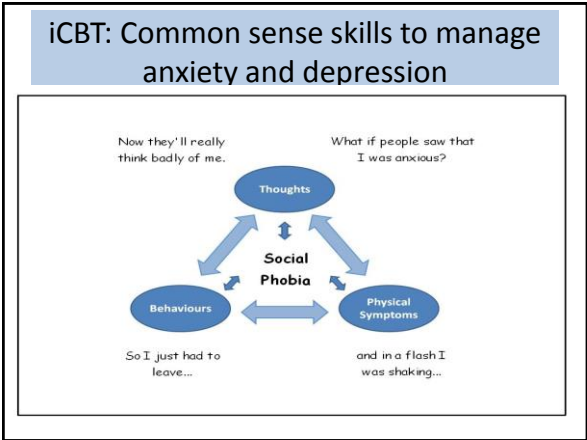
- Predisposition: A cognitive bias to automatic vigilance to signs of threat or failure
- Half the people begin before 20
- Commonest group of mental disorders
- Largest cause of disability in the world
- Produce failure in school, work & relationships
- Principal precursor to suicide
- Detection is difficult – 'be quiet, be still, be docile'

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



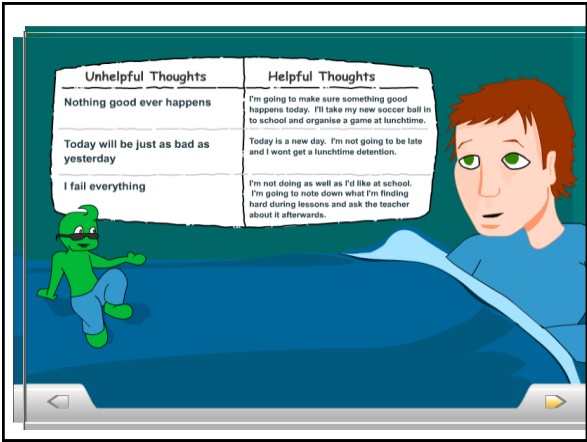
- Transferring iCBT treatment into school based prevention lessons**
- Make lessons curriculum consistent
 - Students on individual computers
 - Use a cartoon based story line (6x20 mins)
 - Class discussion from work sheets (6x20mins)
 - Lessons shown to be effective in two trials, confirmation trials 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



