

Prevent Anxiety & Sadness

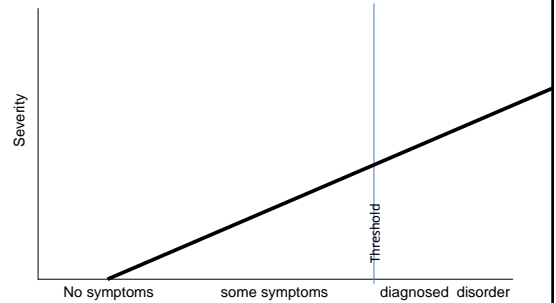
www.thiswayup.org.au/schools

A St Vincent's Health not-for-profit initiative

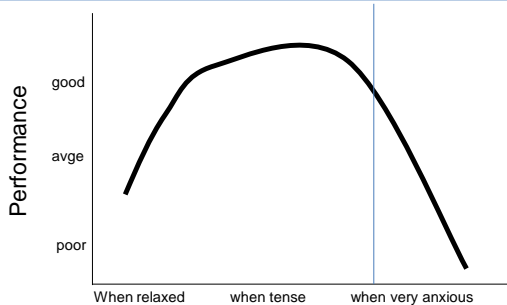
Gavin Andrews AO MD



All mental disorders are dimensional



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



Five clusters of mental disorders

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

Anxiety and Depressive Disorders

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

Treatment of Anxiety and Depressive Disorders

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

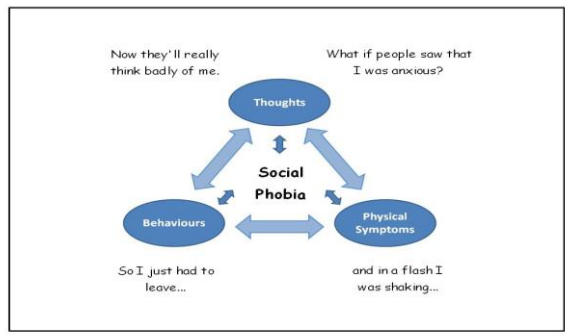
Second: Face to face cognitive behaviour therapy in sessions & homework

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

Predispositions to Anxiety and Depressive Disorders

- Not Remediable:
 - Genes- A nervous temperament is the usual suspect
 - Adverse childhood experience: physical and mental abuse or neglect, family chaos are the usual suspects
- Remediable:
 - Cognitive bias: automatic vigilance to signs of threat or failure is remediable by CBM/CBT

iCBT: Common sense skills to manage anxiety and depression



Lesson 1 iCBT for Depression



- Depression Explained
- What Are Your Symptoms of Depression?

iCBT is effective in depression

(N=420 Adults in Primary Care)

	Sub-threshold	Mild	Moderate	Severe
Pre-treatment		100% (represented by 100 yellow dots)	100% (represented by 100 blue dots)	100% (represented by 100 red dots)
Post-treatment	100% (represented by 100 yellow dots)	60% (represented by 60 yellow dots)	20% (represented by 20 blue dots)	20% (represented by 20 red dots)
Work loss days, suicidal thoughts halve	N=246 (58.6%)			

iCBT reduces suicide risk "Better off dead days" (N=420)

	"Not at all"	"Several days"	"More than half the days"	"Nearly every day"
Pre-treatment	25% (represented by 100 green dots) N=166 (39.5%)	25% (represented by 100 yellow dots) N=148 (35.2%)	25% (represented by 100 blue dots) N=66 (15.7%)	25% (represented by 100 red dots) N=40 (9.5%)
Post-treatment	10% (represented by 100 green dots) N=283 (67%)	22% (represented by 100 yellow dots) N=93 (22%)	6% (represented by 100 blue dots) N=26 (6%)	4% (represented by 100 red dots) N=18 (4%)

Now to the young

- 1 in 6 young people will meet criteria for a mental disorder in the year
- Very few, (~5%), will get adequate treatment
- Most will be educationally and vocationally handicapped
- 7% of 15 year olds to many "better off dead" days

Transferring iCBT treatment into school based prevention lessons

- Make 6 lessons curriculum consistent
 - Students on individual computers
 - Use a cartoon based story line (20 mins)
 - Class discussion work sheets (20mins)
- 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

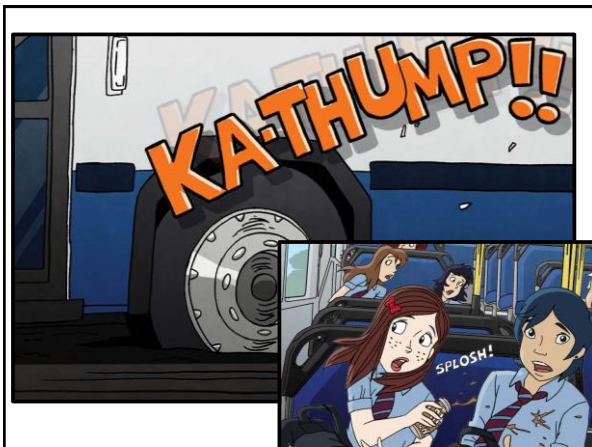




PREVENTION of Anxiety & Sadness in High School students

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

Prevention not treatment



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

How does it work?

- 4 Courses: alcohol, alcohol & cannabis, stress, anxiety & depression
- Students can log on from home
- Thiswayup/schools never knows the identity of a student
- Cost : 2014 free, 2015 \$2/child/course; site licences available

How does it work?

- Teachers register their school and their name on THIS WAY UP Schools website, choose the 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

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

