

Prevent Anxiety & Sadness

www.thiswayup.org.au/schools
 A St Vincent's Health not-for-profit initiative

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Mental disorders in a nutshell

- They are dimensional
- Some anxiety is good for you
- Five clusters of disorders
- Anxiety and depression, the internalising disorders
 - Cause – Genes & Trauma; Cognitive Bias
 - Treatment – iCBT > f2f CBT > Meds

iCBT: Common sense skills to manage anxiety and depression

Now they'll really think badly of me. What if people saw that I was anxious?

Thoughts

Behaviours Social Phobia Physical Symptoms

So I just had to leave... and in a flash I was shaking...

Lesson 1 iCBT for Depression

THERE WERE TIMES I WANTED TO GO TO BED, AND NEVER WAKE UP.

- 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	60% recover, 20% improve, 20% do not	100% (represented by 100 yellow dots)	100% (represented by 100 blue dots)	100% (represented by 100 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% have too many 'better off dead' days	25% have too many 'better off dead' days	25% have too many 'better off dead' days	25% have too many 'better off dead' days
	N=166 (39.5%)	N=148 (35.2%)	N=66 (15.7%)	N=40 (9.5%)
Post-treatment	10% have too many 'better off dead' days	10% have too many 'better off dead' days	10% have too many 'better off dead' days	10% have too many 'better off dead' days
	N=283 (67%)	N=93 (22%)	N=26 (6%)	N=18 (4%)

Mental disorders in a nutshell

- They are dimensional
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- Five clusters of disorders
- Anxiety and depression, the emotional disorders
 - Cause – Genes & Trauma; Cognitive Bias
 - Treatment – iCBT > f2f CBT > Meds

Questions?

Now to the young: we have a problem

- 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 report “better off dead” days more than half the time

Transferring iCBT treatment into school based prevention lessons

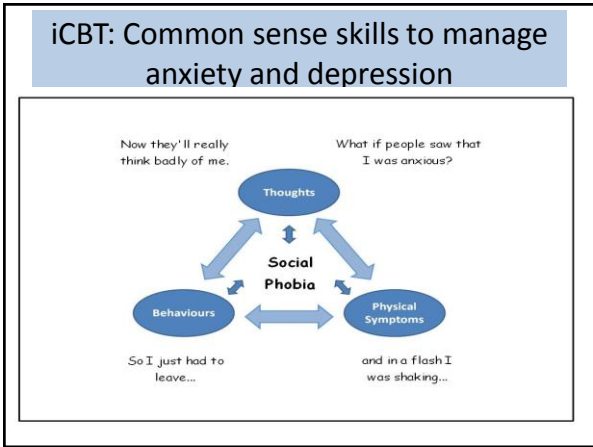
- Make 6 lessons curriculum consistent
- Students on individual computers
- Use a cartoon based story line (20 mins)
- Class discussion work sheets (20mins)
- Lessons shown to be effective in two trials (24 schools), confirmation trials in progress (100 schools)

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



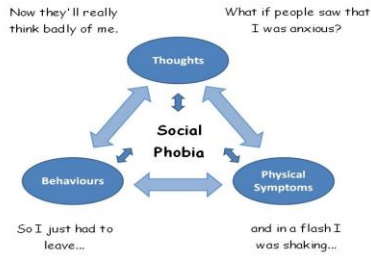


PREVENTION of Anxiety & Sadness in High School students

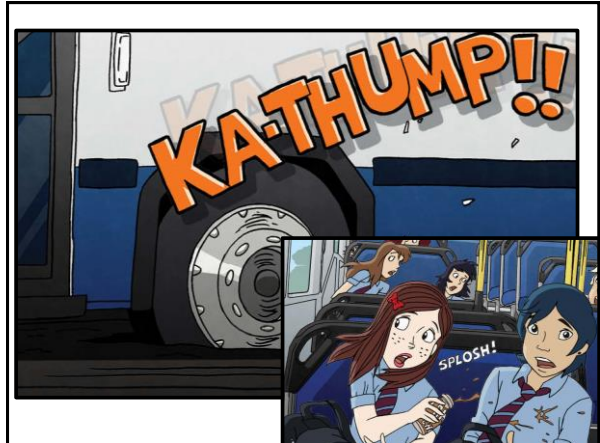
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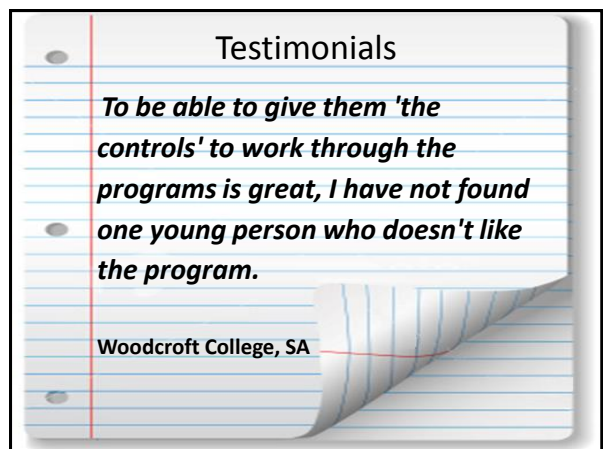
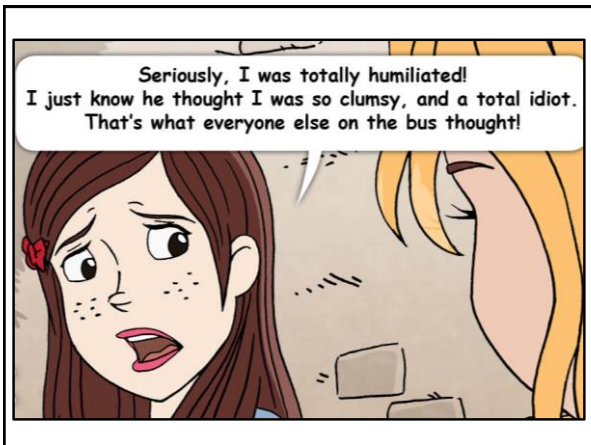
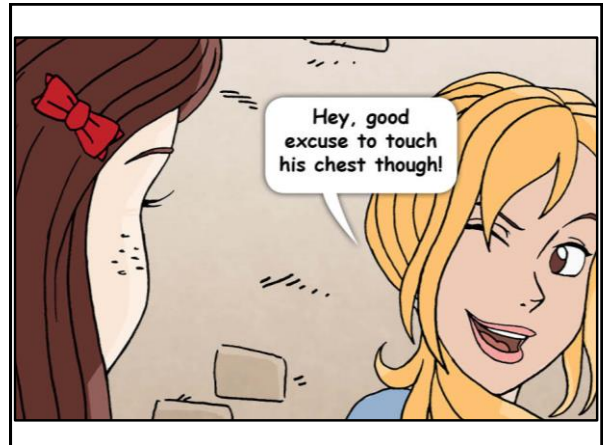
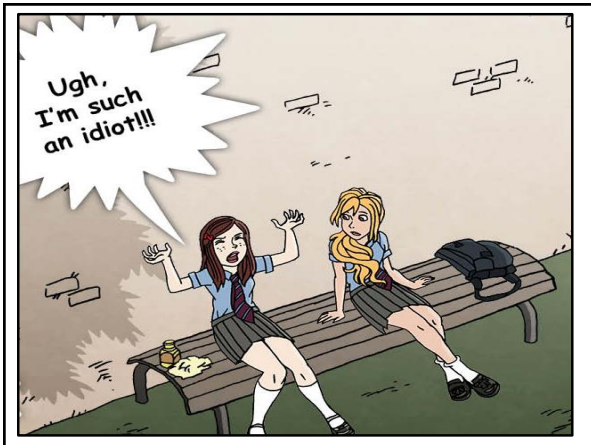
Prevention not treatment

iCBT: Common sense skills to manage anxiety and depression



Ella is extremely shy and worries about a lot of things Especially that Josh doesn't like her...





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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



Questions?