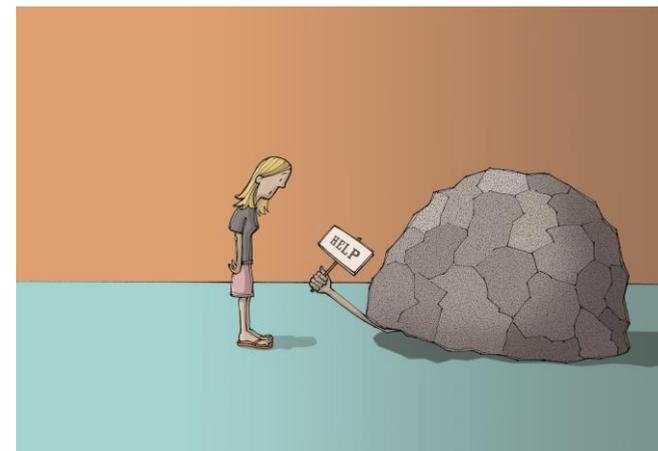


# PREVENTION OF DEPRESSION AND ANXIETY: Quick guide to evidence-based school programs

Deciding which psychological programs to deliver within your school can be challenging. Researchers at the Black Dog Institute have reviewed the literature and identified evidence-based psychological programs that are designed to prevent or treat depression and/or anxiety for children and adolescents in school settings.

The programs included in this document meet the following criteria:

- ✓ At least one Randomised Controlled Trial has been conducted to demonstrate the program's effectiveness.
- ✓ The program can be delivered in the classroom during school hours as part of the curriculum, or before or after school on school premises.
- ✓ The program is available in Australia and there is a manual available with instructions on how to deliver the program.



## ONLINE PROGRAMS FOR STUDENTS

Program	What is it for?	Who is it for?	How long does it take?	Who delivers it?	How do I find out more?
<b>MoodGYM</b>	To reduce symptoms of depression	Year 7 +	<ul style="list-style-type: none"> <li>- 5 modules (typically one module per week in class, 30-60 minutes per module)</li> <li>- Students can also work independently</li> </ul>	Accessed online	moodgym.anu.edu.au Developed by the Australian National University
<b>SPARX-R</b>	To reduce symptoms of depression	Year 7 +	<ul style="list-style-type: none"> <li>- 7 modules (20-30 minutes each)</li> <li>- Can be delivered in the classroom or students can work independently</li> </ul>	Accessed online	blackdoginstitute.org.au Will be available in 2017 Developed by the University of Auckland

## SCHOOL-BASED **FACE-TO-FACE** PREVENTION PROGRAMS

Program	What is it for?	Who is it for?	How long does it take?	Who delivers it?	How do I find out more?
<b>Resourceful Adolescent Program (RAP)</b>	To reduce symptoms of depression	Years 7-10	<ul style="list-style-type: none"> <li>- 11 sessions (40-50 minutes).</li> <li>- Ideally delivered to small groups (≈15 students).</li> </ul>	Delivered by certified facilitators, who may be mental health professionals, school counsellors, teachers, chaplains or community workers.	<p>rap.qut.edu.au</p> <p>Training occurs regularly in Sydney and Brisbane</p> <p>Developed by Queensland University of Technology</p>
<b>Aussie Optimism Program (AOP): Positive Thinking Skills</b>	To reduce symptoms of depression and anxiety	Versions available for: Year 4 Years 5-6 Years 7-8	<ul style="list-style-type: none"> <li>- Delivered to whole classes, over a term with 1 session per week.</li> </ul>	Teachers and school staff attend a 1-day training workshop for each version of the program they would like to run.	<p>curtin.edu.au</p> <ul style="list-style-type: none"> <li>➤ Psychology and Speech Pathology</li> <li>➤ Aussie Optimism</li> </ul> <p>Developed by Curtin University</p>
<b>FRIENDS</b>	To prevent and treat anxiety and depression	Versions available for: Year 2 Years 3-6 Years 7-10	<ul style="list-style-type: none"> <li>- 12 sessions (2-2.5 hours each).</li> </ul>	Teachers, parents or health professionals can become a FRIENDS program facilitator and administer the program.	<p>friendsprograms.com</p> <p>Online training sessions are available</p> <p>Developed by Professor Paula Barrett (University of Queensland)</p>
<b>Cool Kids</b>	To prevent and treat anxiety	Versions available for: Years 2-6 Years 7-12	<ul style="list-style-type: none"> <li>- Typically, 10 in-school sessions for children</li> <li>- 2 parent information sessions, and individual parent consultations.</li> </ul>	Training is offered at Macquarie University to school counsellors, psychologists and health professionals.	<p>mq.edu.au</p> <ul style="list-style-type: none"> <li>➤ Centre for Emotional Health Clinic</li> <li>➤ Programs for Children and Teenagers</li> </ul> <p>Developed at Macquarie University</p>
<b>Penn Resiliency Program (PRP)</b>	To reduce symptoms of depression	Years 7-9	<ul style="list-style-type: none"> <li>- Typically delivered in 12 x 90-minute lessons or 18-24 x 60-minute lessons.</li> </ul>	Teachers, counsellors, psychology and education graduate students, and mental health professionals trained by the Penn team.	<p>ppc.sas.upenn.edu</p> <ul style="list-style-type: none"> <li>➤ Services</li> <li>➤ Resilience Training for Schools</li> </ul> <p>Developed at University of Pennsylvania</p>