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

<table>
<thead>
<tr>
<th>Program</th>
<th>What is it for?</th>
<th>Who is it for?</th>
<th>How long does it take?</th>
<th>Who delivers it?</th>
<th>How do I find out more?</th>
</tr>
</thead>
<tbody>
<tr>
<td>MoodGYM</td>
<td>To reduce symptoms of depression</td>
<td>Year 7 +</td>
<td>- 5 modules (typically one module per week in class, 30-60 minutes per module)</td>
<td>Accessed online</td>
<td>moodgym.anu.edu.au</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Students can also work independently</td>
<td></td>
<td>Developed by the Australian National University</td>
</tr>
<tr>
<td>SPARX-R</td>
<td>To reduce symptoms of depression</td>
<td>Year 7 +</td>
<td>- 7 modules (20-30 minutes each)</td>
<td>Accessed online</td>
<td>blackdoginstitute.org.au</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Can be delivered in the classroom or students can work independently</td>
<td></td>
<td>Will be available in 2017</td>
</tr>
<tr>
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<td></td>
<td></td>
<td>Developed by the University of Auckland</td>
</tr>
</tbody>
</table>
### SCHOOL-BASED FACE-TO-FACE PREVENTION PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>What is it for?</th>
<th>Who is it for?</th>
<th>How long does it take?</th>
<th>Who delivers it?</th>
<th>How do I find out more?</th>
</tr>
</thead>
</table>
| Resourceful Adolescent Program (RAP)         | To reduce symptoms of depression                     | Years 7-10     | - 11 sessions (40-50 minutes).  
- Ideally delivered to small groups (≈15 students).                                   | Delivered by certified facilitators, who may be mental health professionals, school counsellors, teachers, chaplains or community workers.        | rap.qut.edu.au  
Training occurs regularly in Sydney and Brisbane  
Developed by Queensland University of Technology                                                                                             |
| Aussie Optimism Program (AOP): Positive Thinking Skills | To reduce symptoms of depression and anxiety        | Versions available for:  
Year 4  
Years 5-6  
Years 7-8 | - Delivered to whole classes, over a term with 1 session per week.                         | Teachers and school staff attend a 1-day training workshop for each version of the program they would like to run. | curtin.edu.au  
- Psychology and Speech Pathology  
- Aussie Optimism  
Developed by Curtin University                                                                                                           |
| FRIENDS                                      | To prevent and treat anxiety and depression          | Versions available for:  
Year 2  
Years 3-6  
Years 7-10 | - 12 sessions (2-2.5 hours each).                                                          | Teachers, parents or health professionals can become a FRIENDS program facilitator and administer the program. | friendsprograms.com  
Online training sessions are available  
Developed by Professor Paula Barrett (University of Queensland)                                                                                   |
| Cool Kids                                    | To prevent and treat anxiety                         | Versions available for:  
Years 2-6  
Years 7-12 | - Typically, 10 in-school sessions for children  
- 2 parent information sessions, and individual parent consultations.                      | Training is offered at Macquarie University to school counsellors, psychologists and health professionals. | mq.edu.au  
- Centre for Emotional Health Clinic  
- Programs for Children and Teenagers  
Developed at Macquarie University                                                                                                           |
| Penn Resiliency Program (PRP)               | To reduce symptoms of depression                     | Years 7-9      | - Typically delivered in 12 x 90-minute lessons or 18-24 x 60-minute lessons.            | Teachers, counsellors, psychologists and education graduate students, and mental health professionals trained by the Penn team. | ppc.sas.upenn.edu  
- Services  
- Resilience Training for Schools  
Developed at University of Pennsylvania                                                                                                        |

A.Werner-Seidler et al. (2016) *School-based depression and anxiety prevention programs for young people: A systematic review and meta-analysis.*  
Clinical Psychological Review 51 : 30–47