


YOUR CHOICES

Piloting
a Behavioural Activation Treatment for
Adolescent Depression

Presented by Dr. Ali Wallis


Acknowledgement
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Evaluation and Development (PHC RED) fellowship.



YOUR CHOICES

Rural Australia...adolescent depression

- GP's - depression common presentation
- Barriers to help seeking
- Need alternatives to medication & CBT
- Deliverable by GP's and health workers




YOUR CHOICES

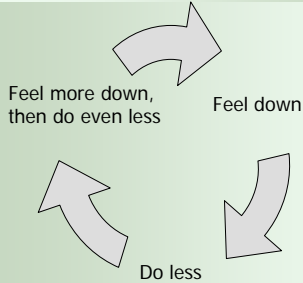

Aims of study

- To trial a simple behavioural programme for depression in adolescents
- Is it user-friendly for adolescents, GP's and rural health workers?

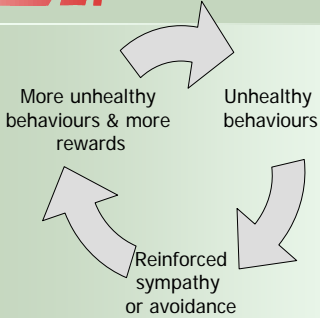

The depressive cycle model...



YOUR CHOICES

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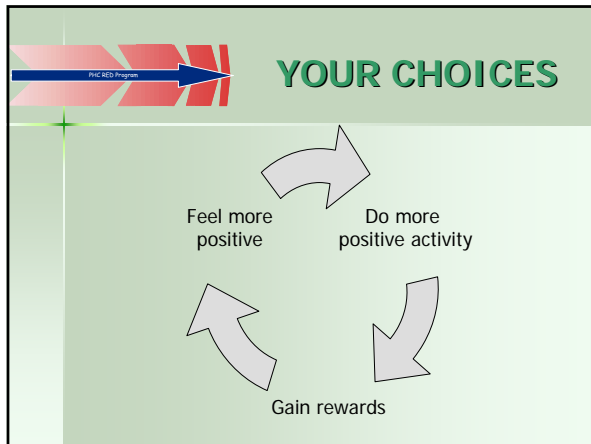



YOUR CHOICES

CLARIFY

Behavioural Activation is NOT choosing 'pleasant events'

Must be self-directed, positive activities that re-engage adolescent with their OWN goals & values




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- YOUR CHOICES**
- What is the Evidence?
- BA met CBT in less recurrence of depression over 2 years than ADM's
 - Claims it's effective with BPD
 - Results with non-psychologists and in peer support programmes

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- YOUR CHOICES**
- Your Choices Pilot Study Hypotheses
- Reduced depression
 - and higher activity levels

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- YOUR CHOICES**
- Intervention
- Build Hierarchy of Activities from goals & values
 - Build on activity list each week together
 - **Reward** activity to stop cycle

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- YOUR CHOICES**
- Intervention Tools
- Guides & Workbooks
 - Daily Activity Records & Activity Logs
 - Assessment of Depression, BA, Parent Stress


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- YOUR CHOICES**
- Challenges
- Adolescent engagement
 - Parent support
 - Desire by teen for talking therapy
 - Keeping the BATD therapy 'pure' for study outcomes



YOUR CHOICES

What's next?

- Ethics approval
- Recruitment
- Complete pilot by January 2010
- Feedback –
Adapt and adjust workbooks




YOUR CHOICES

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Any Questions?

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