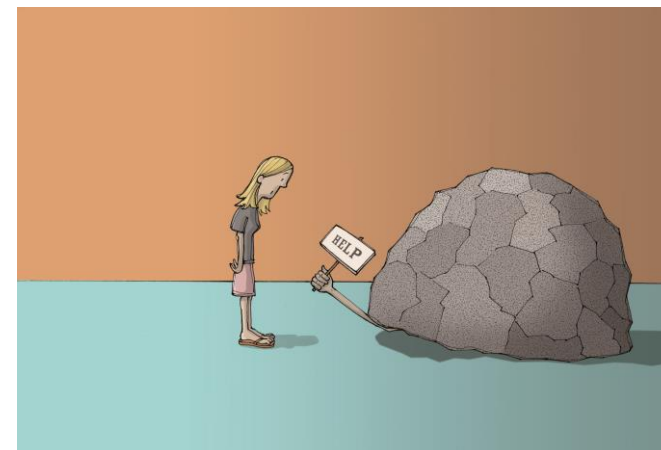


PREVENTION OF DEPRESSION AND ANXIETY: Quick guide to evidence-based school programs

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?
MoodGYM	To reduce symptoms of depression	Year 7 +	<ul style="list-style-type: none"> - 5 modules (typically one module per week in class, 30-60 minutes per module) - Students can also work independently 	Accessed online	moodgym.anu.edu.au Developed by the Australian National University
SPARX-R	To reduce symptoms of depression	Year 7 +	<ul style="list-style-type: none"> - 7 modules (20-30 minutes each) - Can be delivered in the classroom or students can work independently 	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?
Resourceful Adolescent Program (RAP)	To reduce symptoms of depression	Years 7-10	<ul style="list-style-type: none"> - 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.	<p>rap.qut.edu.au</p> <p>Training occurs regularly in Sydney and Brisbane</p> <p>Developed by Queensland University of Technology</p>
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	<ul style="list-style-type: none"> - 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.	<p>curtin.edu.au</p> <ul style="list-style-type: none"> ➤ Psychology and Speech Pathology ➤ Aussie Optimism <p>Developed by Curtin University</p>
FRIENDS	To prevent and treat anxiety and depression	Versions available for: Year 2 Years 3-6 Years 7-10	<ul style="list-style-type: none"> - 12 sessions (2-2.5 hours each). 	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>
Cool Kids	To prevent and treat anxiety	Versions available for: Years 2-6 Years 7-12	<ul style="list-style-type: none"> - 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.	<p>mq.edu.au</p> <ul style="list-style-type: none"> ➤ Centre for Emotional Health Clinic ➤ Programs for Children and Teenagers <p>Developed at Macquarie University</p>
Penn Resiliency Program (PRP)	To reduce symptoms of depression	Years 7-9	<ul style="list-style-type: none"> - Typically delivered in 12 x 90-minute lessons or 18-24 x 60-minute lessons. 	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"> ➤ Services ➤ Resilience Training for Schools <p>Developed at University of Pennsylvania</p>