A School-Based Cognitive Behavioral Program to Improve Adolescent Mental Health

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A School-Based Cognitive Behavioral Program to Improve Adolescent Mental Health
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The University of Tennessee Knoxville College of Nursing

Background
• Anxiety and depression are prevalent in teens
• Symptoms interfere with the teen’s daily life and can have serious consequences if untreated
• Adequate mental health treatment is rarely achieved due to inequitable access to services

PICOT Question
In adolescents with anxiety or depression, how does participating in a CBT program compared to no program affect anxiety or depression one month after completing the program?

Evidence Synthesis

<table>
<thead>
<tr>
<th>Outcome</th>
<th>Dray et al., 2019</th>
<th>Sigurvinsdottir et al., 2019</th>
<th>Rosenblatt et al., 2015</th>
<th>Malyik et al., 2014</th>
<th>Carr &amp; Stewart, 2019</th>
<th>Erlich et al., 2019</th>
<th>Duong et al., 2019</th>
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</thead>
<tbody>
<tr>
<td>Depression (post-intervention)</td>
<td>↓²</td>
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<td>↓²</td>
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<tr>
<td>Depression (follow-up)</td>
<td>–</td>
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<td>–</td>
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<tr>
<td>Anxiety (post-intervention)</td>
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<td>Anxiety (follow-up)</td>
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<tr>
<td>Sample Size</td>
<td>57 studies</td>
<td>81 studies</td>
<td>7 studies</td>
<td>16 adolescents</td>
<td>3386 CBT-based 2527 Control</td>
<td>15 adolescents</td>
<td>37 adolescents</td>
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<td>Level of Evidence</td>
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<td>I</td>
<td>III</td>
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<td>Quality of Evidence</td>
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<td>CBT program/Modality</td>
<td>Manualized/modular</td>
<td>Computer-based</td>
<td>COPE</td>
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<td>COPE</td>
<td>COPE</td>
<td>PTA</td>
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<td>Screening tool used</td>
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<td>ByI</td>
<td>PHQ-A</td>
<td>PHQ-A</td>
<td>GAD-7</td>
<td>GAD-7</td>
<td>MFQ</td>
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</tbody>
</table>

Results

Anxiety and Depression Screening Tool Results

<table>
<thead>
<tr>
<th>GAD-7</th>
<th>PHQ-A</th>
<th>SQ</th>
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</thead>
<tbody>
<tr>
<td>Pre-COPE</td>
<td>Post-COPE</td>
<td>One-Month Follow-up</td>
</tr>
</tbody>
</table>

Open-Ended Questions from Creating Opportunities for Personal Empowerment Evaluation

<table>
<thead>
<tr>
<th>Questions</th>
<th>Responses</th>
</tr>
</thead>
</table>
| In what ways did you find the COPE program helpful? | • It helped me come down
• It helped me find new ways to deal with situations
• It helped me get away from the problems for awhile
• It helped me know how to deal with my feelings
• Recognizing the stressors
| The COPE program helped me to control my feelings
| What, if anything, has changed in your life since starting the COPE program? | • How I interact with others around me
• I can handle my feelings better
• I have gained a better idea of how to deal with my emotions
| What was the most helpful topic in the COPE program? How did it help you? | • Everything
• Finding my happy place
• It was the stress topic. This was the most helpful as it has helped me calm down and think when I am stressed.
• Recognizing the stressors
• The abdominal breathing exercise
• The breathing technique helped me to relax/calm down
| What new or different thoughts do you have about dealing with things that worry you? | • I think differently when dealing with stressful situations
• I think more positively then I used to

Conclusion and Recommendations
• Implementation of a CBT program may improve anxiety and depression in adolescents
• The COPE program is feasible to implement in a school-based setting and can increase access to this resource for students who otherwise may be unable to attend sessions
• Continue to implement COPE at the site as a health class within the curriculum

Acknowledgements
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