



# **Identifying Opportunities for Prevention and Intervention in the Youth Depression Cascade: A Focus on Prevention**

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### **Describe importance of depression *prevention programs* as part of the *Youth Depression Cascade***

1. Risk factors for depression: Identifying youth at risk
2. Evidence-based interventions to prevent depression, suicide
3. Youth Depression Cascade: Prevention across development
4. Conclusions

# Risk factors for Adolescent Depression

- Depression: Complex and multifactorial
- Risk factors for adolescent depression
  - Elevated, yet subclinical depressive symptoms
  - Early anxiety symptoms
  - Youth conduct problems, early substance abuse
  - Parents with depression
  - Poor family relations
    - Low warmth
    - Hostility, conflict
  - Chronic, stressful life events
    - Socioeconomic disadvantage
    - Childhood maltreatment

# Addressing Risk Factors through Preventive Interventions

Before depression develops, preventive interventions

- Identify youth at risk
- Target risk and protective factors for depression
- Enhance protection and resilience to reduce depression risk

# Effectiveness of Prevention

- Evidence supports effectiveness of depression prevention
- Preventive interventions successfully delivered in various settings
  - Schools
  - Community settings
  - Homes
  - Primary care
  - Increasingly, via internet

# Youth with depressed parents and/ or elevated depressive symptoms

- Cognitive-behavioral (CB) intervention for youth whose parent had depression history, and youth with depression history
  - Reduced youth clinical diagnoses, depressive symptoms (Garber et al., 2009)
  - Through 6 years, lower depression incidence sustained (Brent et al., 2015)
  - Not when parent was depressed
- Importance of prevention
  - Elevated symptoms can manifest years before disorder- a window for intervention
  - Interventions for youth with elevated symptoms can help prevent onset of disorder



# Youth with depressed parents and/ or elevated depressive symptoms

- CB and family intervention for parents with depression & their children (Compas et al., 2009)
  - Positive results on parent and child depression outcomes
- Primary care depression prevention intervention for youth with depression symptoms (Van Voorhees et al., 2009)
  - Reduced likelihood of depressive episode, decreased self- harm thoughts, hopelessness

# Parenting and family factors

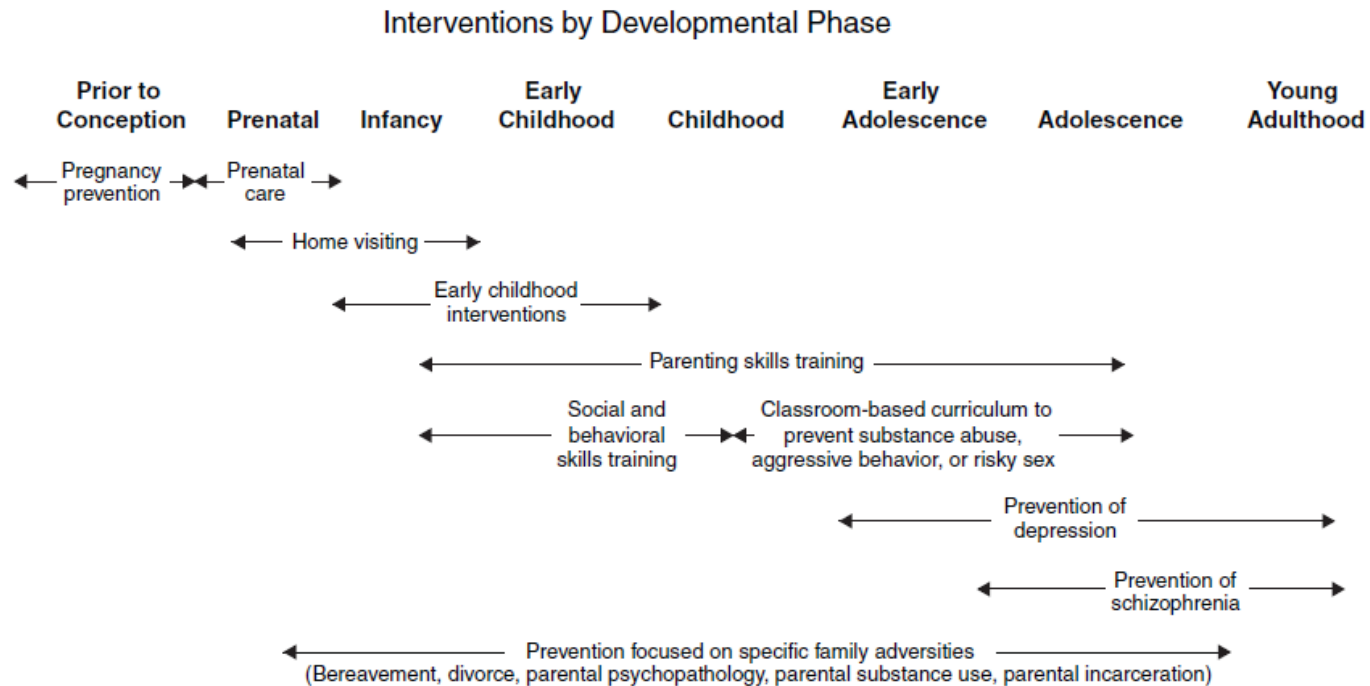
- *Common* risk factors for multiple outcomes: drug abuse, sexual risk, depression
- Across development, family interventions can influence youth depression
  - *Nurse-Family Partnership* – prenatal & infancy period (Olds et al., 2014)
    - By school age, children had fewer emotional & behavioral problems
    - By child age 9, less internalizing & attentional problems



# Parenting and family factors

- Family Check-up* Program - preschool period (Dishion et al., 2008; Reuben et al., 2015)
  - By child age 3 years, moms lower depressive symptoms
  - By age 7- 8 years, child lower depressive symptoms
- Familias Unidas* – adolescence period (Prado & Pantin, 2011; Perrino et al., 2014)
  - Targeted and reduced drug use and sexual risk behavior
  - Decreased depressive symptoms, by improving family communication for those with poor communication

# Prevention across development

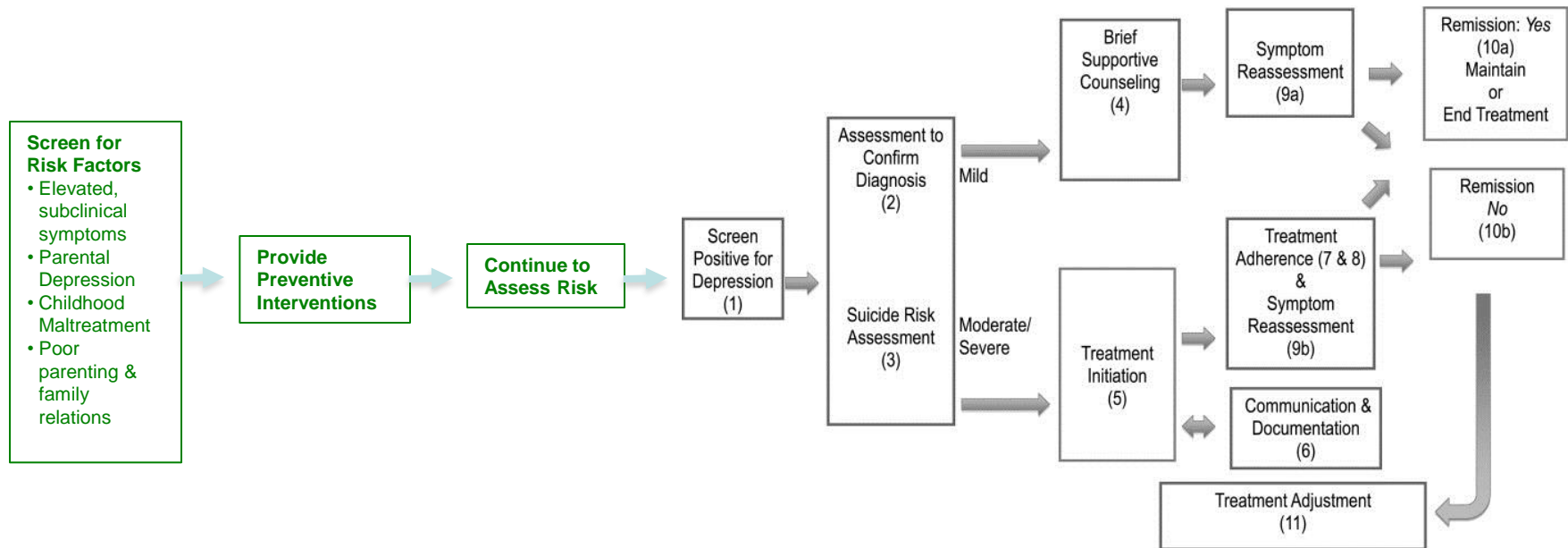


# Prevention of Suicide

- Suicide prevention in schools: *Youth Aware of Mental Health* (Wasserman et al., 2015)
  - Raised awareness and coping around depression, anxiety, suicidal thoughts
  - Reduced suicide attempts, severe suicide ideation
- Classroom behavior management: *Good Behavior Game* (Kellam et al., 2011)
  - Delivered in 1<sup>st</sup> and 2<sup>nd</sup> grade
  - By child age 19-21 years
    - Lower rates of drug and alcohol disorders
    - Lower suicide ideation and attempts
    - Possible mechanisms- Improved social relations, self-regulation

# Depression Management Care Pathway

(Lewandowski et al., 2013)



# Youth Depression Intervention Cascade

- For depressed youth, intervention opportunities at different time-points
  - Screening for depression
  - Linking individuals to care/ intervention
  - Addressing remission
- Integrating risk factor screening & preventive interventions, can
  - Decrease number of children who need treatment
  - Reduce suffering
  - Reduce economic, societal costs

# Summary

- Opportunities to screen & refer to preventive interventions across development
  - School teachers/ administrators, court personnel, community workers
  - Primary care pediatricians - consistent with Bright Futures
- Internet adaptations will increase access to preventive interventions
- By targeting common risk factors, preventive interventions can impact multiple youth outcomes: drug abuse use, sexual risk, depression
- Evidence-based prevention can reduce burden of adolescent depression

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