

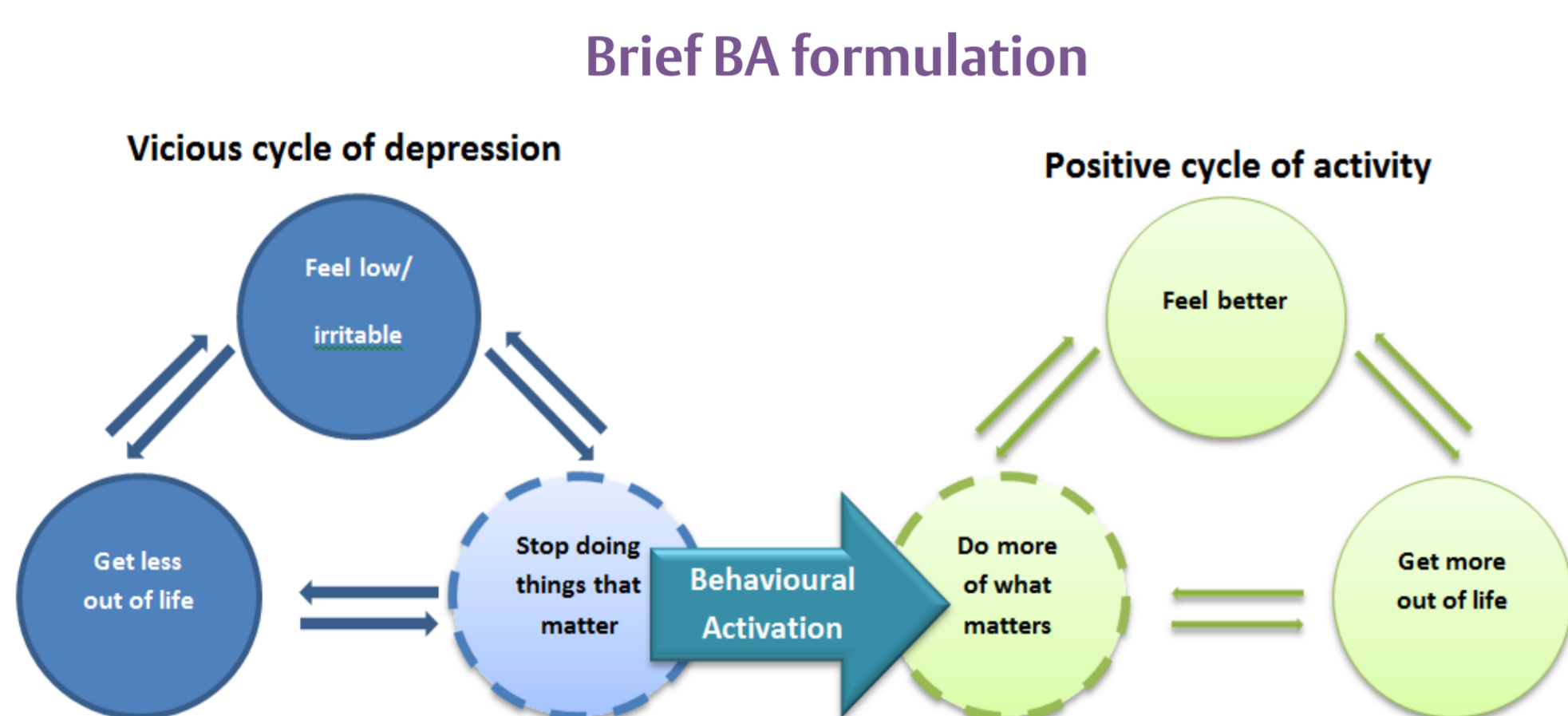
Brief Behavioural Activation for adolescent depression (Brief BA)

Introduction

- Adolescent depression is common and debilitating¹, and there is limited access to evidence based treatments in the UK.
- Behavioural Activation (BA) is based on the principle of reinforcement, and targets behavioural (not cognitive) change.
- Behavioral Activation Treatment for Depression (BATD)² is a brief, structured intervention that can be delivered by non-specialist clinicians.
- Brief Behavioural Activation for adolescent depression (Brief BA)^{3,4} is adapted from BATD.

Why Brief BA?

- 1) No cognitive work involved: Cognitive skills are still developing across adolescence, and can be further impaired by depression.
- 2) Delivery by non-specialist clinicians: Potential to increase access by expanding the workforce.
- 3) Exploration of values: May be particularly salient to adolescents given their developmental stage.



Key adaptations

An emphasis on *engagement*, young people's *values*, structured *parental input*, and use of *Routine Outcome Measures* (ROMs).

Participants

- Twenty adolescents (aged 14-17yrs, mean = 16.12yrs, 18 female), referred to their local NHS Child and Adolescent Mental Health Service (CAMHS) for depression.

Brief BA treatment

- 8x 1-hour sessions, plus 30min review one month later.
- Activity monitoring, identification of values across different life areas, and planned engagement in valued activities.
- Parent involvement in part of sessions 1, 6, 8 and review, including contracts and problem-solving.

Routine Outcome Measures

Session by session measures⁵ by young people and parents:

- Revised Child Anxiety & Depression Scale (RCADS): Depression subscale to assess depression symptoms
- Outcome Rating Scale (ORS) to assess functioning
- Session Rating Scale (SRS) to assess therapeutic alliance

Training and supervision

- Clinicians were an Assistant Psychologist, a Psychological Wellbeing Practitioner and a Clinical Psychologist.
- Group supervision was led by a qualified Clinical Psychologist.

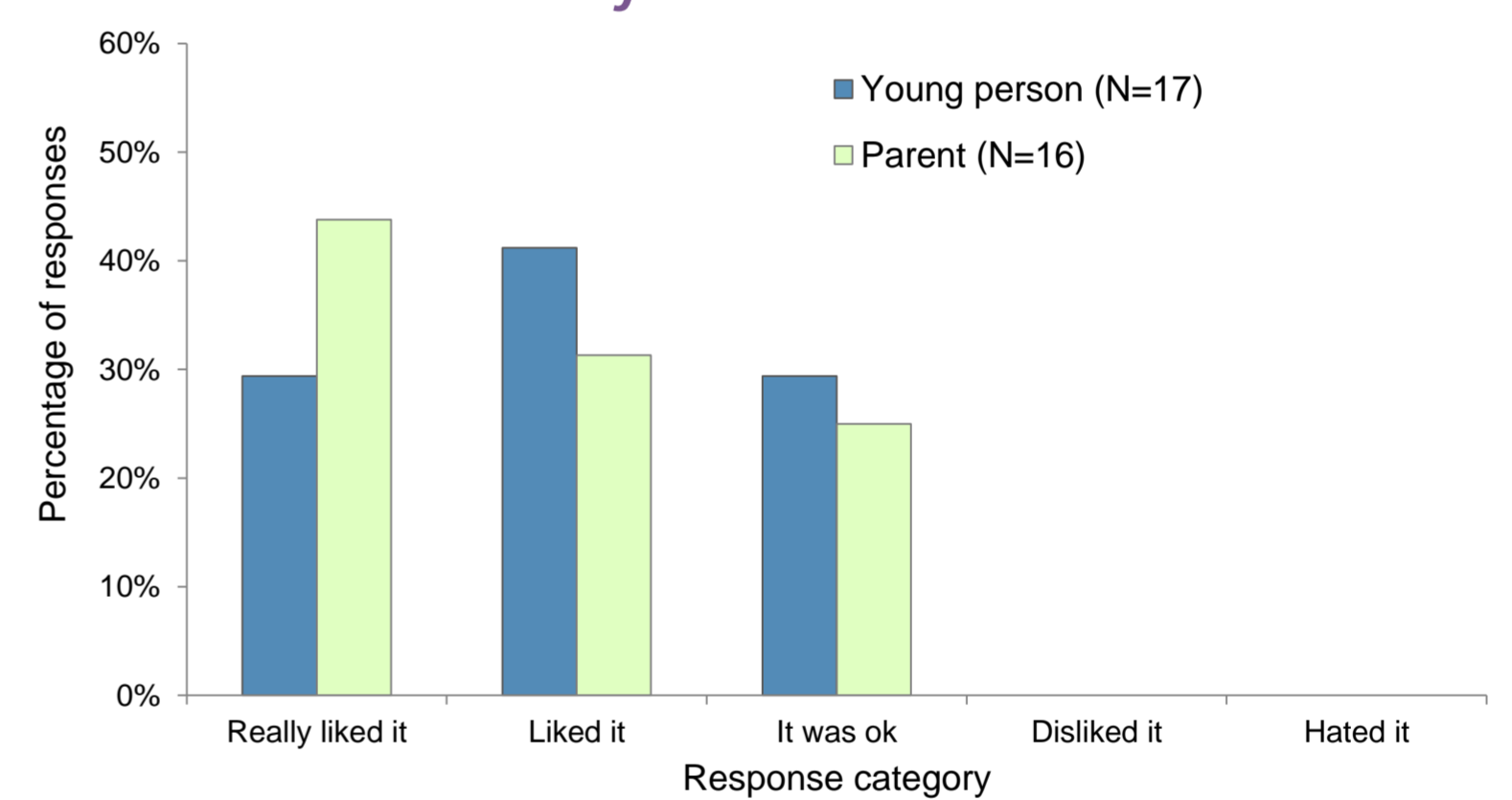
Engagement & Outcomes

- All but one young person (19/20) fully engaged with the Brief BA approach, high SRS ratings given across all sessions.
- Significant reduction of depression symptoms and significant increase in functioning on young person and parent report.

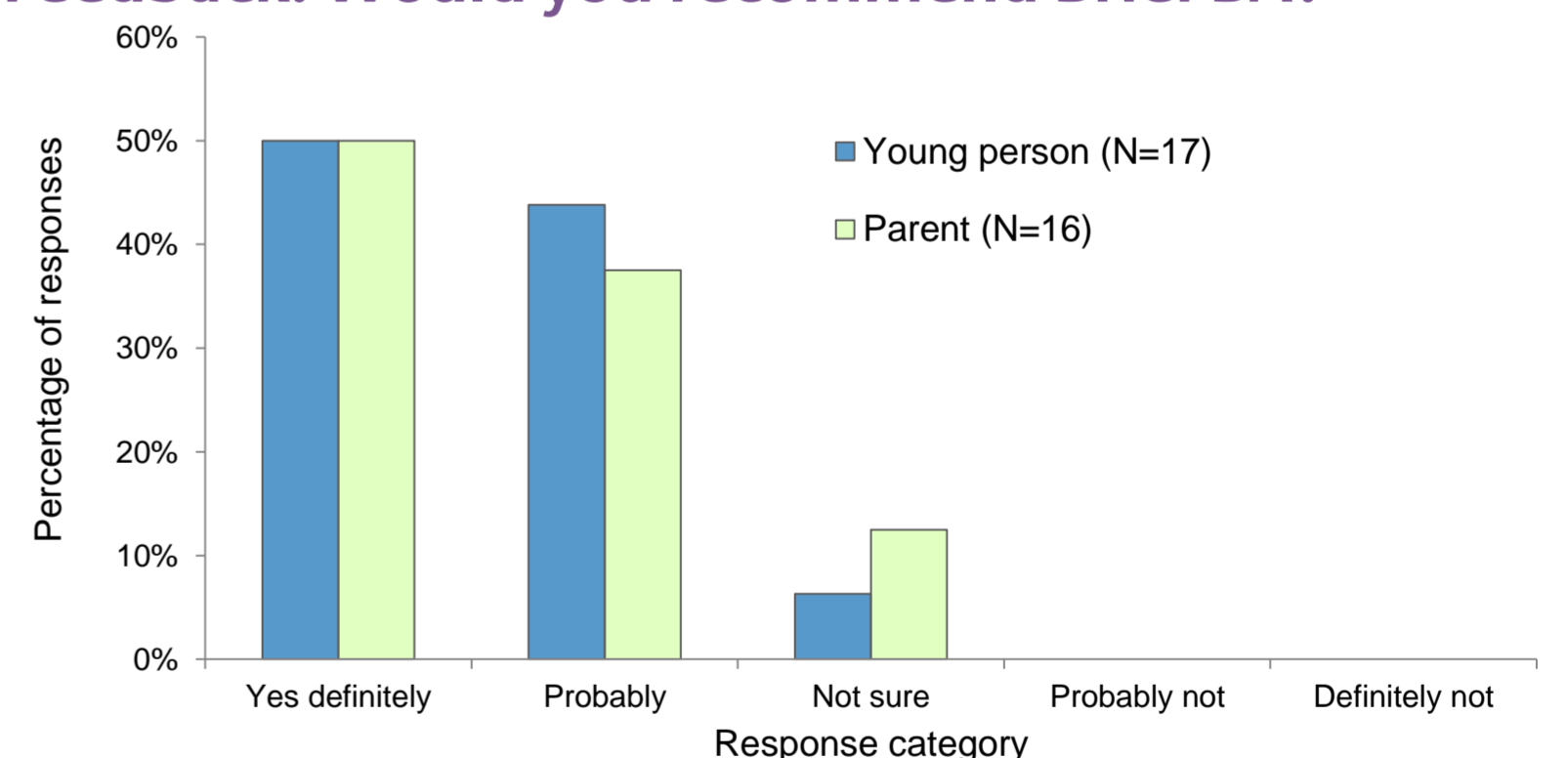
Table 1: Pre- and post- Brief BA scores

Measure	Pre- Brief BA mean (SD)	Post- Brief BA Review mean (SD)	T-test	Effect size
Self: RCADS-Dep	20.65 (5.66)	14.45 (7.98)	$t(19) = 4.30, p < .01$	$d = 0.90$
Parent: RCADS-Dep	16.58 (5.85)	10.66 (6.52)	$t(18) = 4.10, p < .01$	$d = 0.96$
Self: ORS	18.21 (9.33)	25.69 (11.23)	$t(17) = -2.44, p < .05$	$d = 0.73$
Parent: ORS	17.73 (8.67)	28.21 (10.06)	$t(15) = -4.69, p < .01$	$d = 1.12$

Feedback: Did you like Brief BA?



Feedback: Would you recommend Brief BA?



Conclusions

- From this pilot Brief BA appears acceptable to young people and parents, engagement is high and outcomes are good.
- Further research is needed to evaluate Brief BA and the supervision/training costs compared to other treatments, and in a variety of settings (e.g. in schools).

References

1. Thapar, A., Collishaw, S., Pine, D. S., & Thapar, A. K. (2012). Depression in adolescence. *The Lancet*, 379, 1056-1067.
2. Lejuez, C. W., Hopko, D. R., Acierno, R., Daughters, S. B., & Pagoto, S. L. (2011). Ten year revision of the brief behavioral activation treatment for depression: Revised treatment manual. *Behavior Modification*, 35, 111-161.
3. Pass, L., Brisco, G., & Reynolds, S. (2015). Adapting brief Behavioural Activation (BA) for adolescent depression: A case example. *The Cognitive Behaviour Therapist*, 8, e17.
4. Pass, L., Whitney, H., & Reynolds, S. (2016). Brief Behavioural Activation (BA) for adolescent depression: Working with complexity and risk. doi: 10.1177/1534650116645402.
5. Routine outcome measures: Full references and materials from <http://www.cypiapt.org/site-files/COOP%20FINAL%202nd%20Edition%20v%202%20May%2014.pdf>