

A qualitative study exploring adolescents experience of cognitive therapy for the Treatment of Anxiety Disorders.

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Introduction

Part of a study aiming to determine the feasibility of a randomised control study (RCT) of the Treatment of Anxiety Disorders in Adolescents (TAD-A).

Aims

- To explore adolescents experience of individual cognitive therapy (ACTA) or group CBT for the treatment of an anxiety disorder.
- To explore adolescents experience of taking part in a research study that is evaluating different treatments for anxiety disorders.

Background

- Anxiety is intense and prolonged feelings of fear and distress, often with physical symptoms such as increased heart rate and sweating (Kessler et al., 2009).
- Anxiety disorders typically develop in early adolescence and affects more girls than boys (Kessler et al., 2005; Merikangas, 2010).
- Anxiety is associated with many adverse effects such as less regular school attendance and other mental health disorders (Waite & Creswell, 2014; Wehry, et al., 2015)

Current research

- There is a long wait for treatment in CAMHS, therefore AnDY is trialling a brief treatment delivered by mainly psychological wellbeing practitioners.



Group CBT

OR



ACTA

Method

Participants

- 9 adolescents aged between 11-17.5 years of age who have received treatment as part of this study. Adolescents with a range of different factors e.g. treatment received, age, sex etc.

Procedure

- Ethical approval from NHS ethics, School's Research Ethics Committee and University of Reading Ethics Committee.
- Individual semi-structured interviews post-treatment (at least 2 sessions) lasting between 30- 75 minutes.
- Audio recorded on a Dictaphone, then transcribed with confidential information removed.

Analysis

- Thematic analysis to identify emergent themes about the experience of treatment and taking part in research.
- Early findings from the three interviews conducted so far with adolescents (see Figure 1).

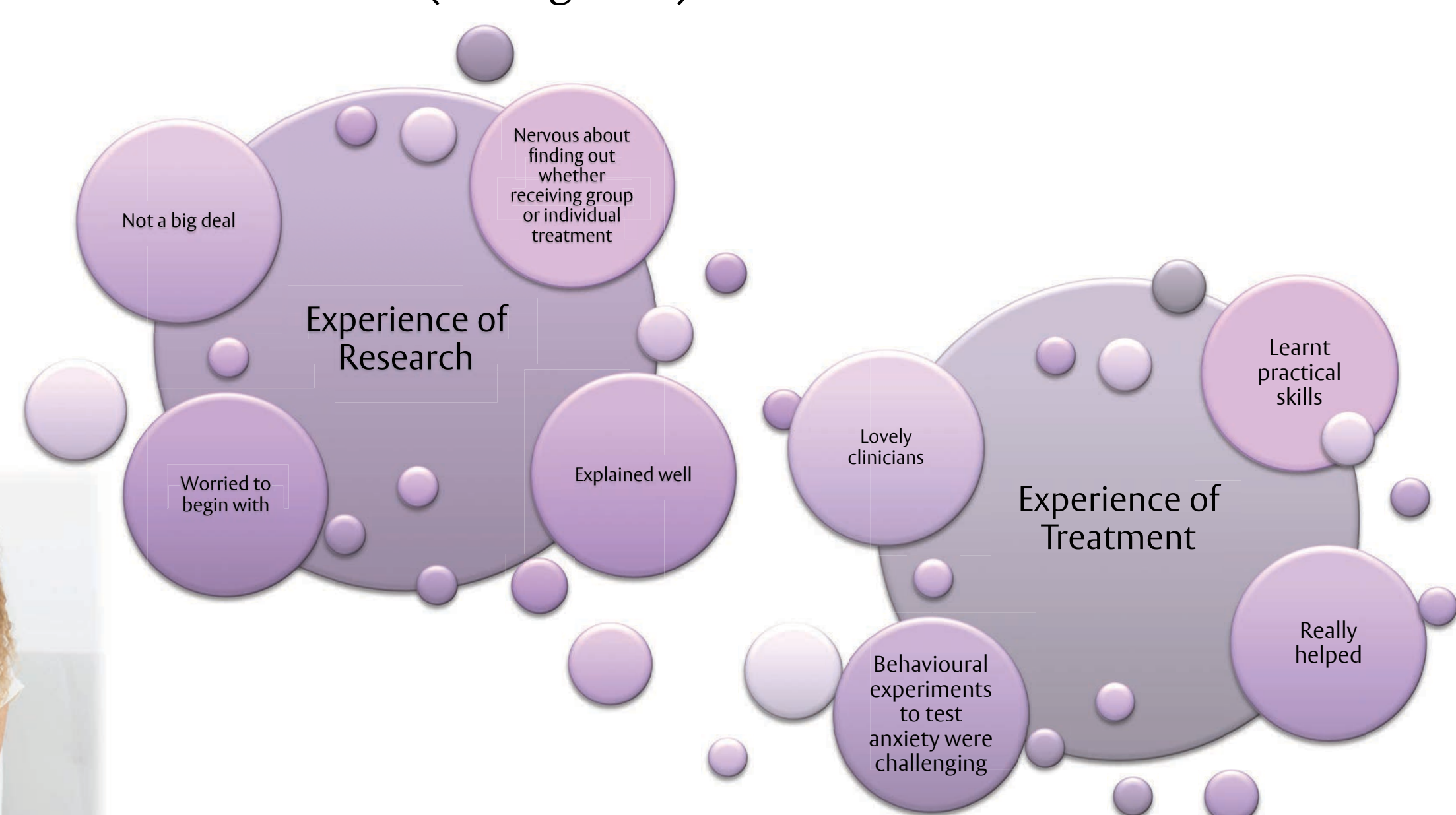


Figure 1. Early findings from the first three interviews conducted

References

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- Evaluating two treatments; group CBT and a new individual cognitive therapy developed at the AnDY research clinic (ACTA).
- Interview findings submitted as part of MSc thesis.