

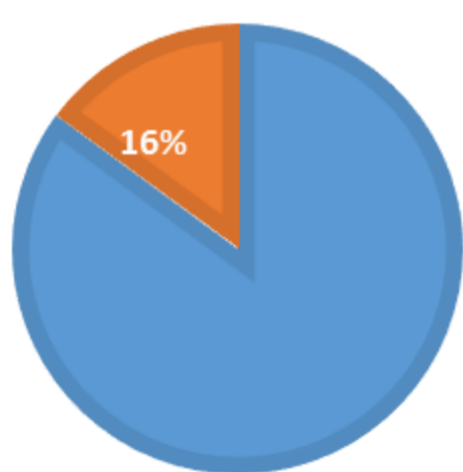
# Developing a Briefer Screening Measure for Anxiety and Depression in Young People

Bethany Cliffe | Tessa Reardon | Polly Waite

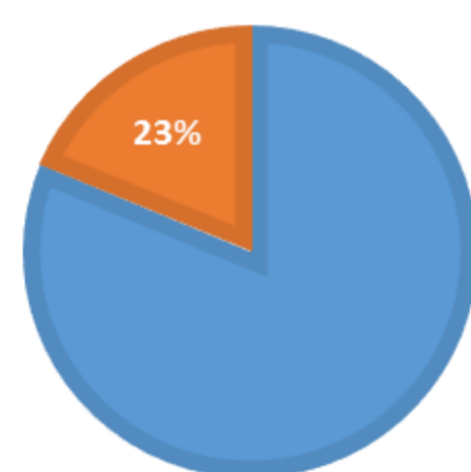
## Introduction

Anxiety and depression are the most common mental health issues in the young and can elicit impairment and subsequent disorders<sup>1</sup>. Unfortunately, less than 25% of individuals are accessing treatment<sup>2</sup>. One reason for this may be that these issues are not being identified by health care professionals due to the inadequacies of screening measures such as the Revised Children's Anxiety and Depression Scale (RCADS) which are too time-consuming to administer and do not reflect the DSM-5.

PERCENTAGE OF YOUNG PEOPLE WITH ANXIETY WHO ACCESS TREATMENT



PERCENTAGE OF YOUNG PEOPLE WITH DEPRESSION WHO ACCESS TREATMENT



## Research Aims

1. Establish the reliability and validity of the RCADS in a UK community sample
2. Explore the use of additional impairment questions in the RCADS
3. Develop a briefer, updated version of the RCADS using exploratory factor analysis

## Method

- Information and opt-out forms were distributed to parents of students aged 11-18 at Yateley school and 28 families opted-out.
- Researchers administered the RCADS and SDQ along with impairment supplements and questionnaires relating to parent demographics to 412 students (97 of these students were then randomly selected to take part in a retest).
- Pupil demographic information was collected from school records for those who consented to this.

**N.B. Ethical approval for this study was obtained from the University Research Ethics Committee.**

### References

1. Garber, J., & Weersing, V. R. (2010). Comorbidity of Anxiety and Depression in Youth: Implications for Treatment and Prevention. *Clinical Psychology: A Publication of the Division of Clinical Psychology of the American Psychological Association*, 17(4), 293–306. <https://doi.org/10.1111/j.1468-2850.2010.01221.x>
2. Essau, C. A. (2005). Frequency and patterns of mental health services utilization among adolescents with anxiety and depressive disorders. *Depression and Anxiety*, 22(3), 130–137. <https://doi.org/10.1002/da.20115>

### Acknowledgements

- My supervisors Polly Waite and Tessa Reardon
- Yateley school for their co-operation

## Data Analysis

### Research Aim 1:

- Cronbach's alpha and Pearson's correlations will be used to assess internal reliability, convergent and divergent validity and test-retest reliability.

### Research Aim 2:

- Internal and test-retest reliability of impairment supplement will be assessed as in research question 1.
- Correlations will be assessed between impairment total score and individual impairment items to see which would be best placed in an updated RCADS.

### Research Aim 3:

- Exploratory factor analysis will be conducted to identify highest loading variables.
- OCD items will be excluded to mirror DSM-5 updates.
- Reliability and validity will be assessed for several candidate measures and the one with the psychometric properties most similar to the full length RCADS will be considered optimal.

## Preliminary Findings

- Findings thus far suggest that all subscales and total scales exceed  $\alpha = .7$ , indicating high internal reliability.
- Please see the table below for preliminary descriptive statistics displaying the mean scores for the RCADS subscales, which helps create a picture of which items are most relevant to a community sample.

Table 1

Means and Standard Deviations for RCADS Total and Subscale Scores

	M	SD
RCADS Total	34.40	23.78
GAD	5.64	3.88
OCD	3.66	3.55
SOCIAL	10.23	6.44
SAD	2.78	3.25
PD	4.87	5.11
MDD	7.23	5.69

### Contact information

- Department of Psychology and Clinical Language Sciences, University of Reading, Whiteknights, RG6 6AH
- Email: [b.cliffe@student.reading.ac.uk](mailto:b.cliffe@student.reading.ac.uk)