



Model Development of Depression Prevention for Adolescents: *Participatory Action Research*

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Model Development of Depression Prevention for Adolescents: *PAR*



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Acknowledgement

The participants: *Adolescents, Parents, and Teachers*
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Model Development of Depression Prevention for Adolescents: *Participatory Action Research*

Significant

- Depression emerges in late childhood and early adolescence.
- First episode of depression occur before the age of 14 years old.
- Adolescent onset depression is strongly associated with recurrent and chronic depression in adulthood that may be a lifelong vulnerability.



- Incapability of educational achievement
- Unemployment in the future
- Suicide

(WHO, 2017)

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Research Objectives:

1. To identify the critical components of depression prevention model for adolescents.
2. To examine the feasibility of depression prevention model implementation for adolescents.

Research Design: The participatory action research (PAR)





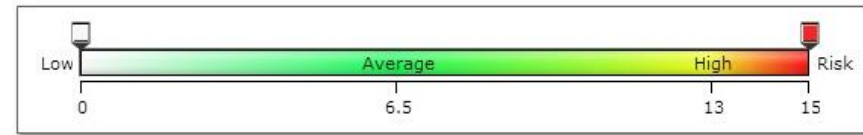
Thailand

Lamphun

Research Setting

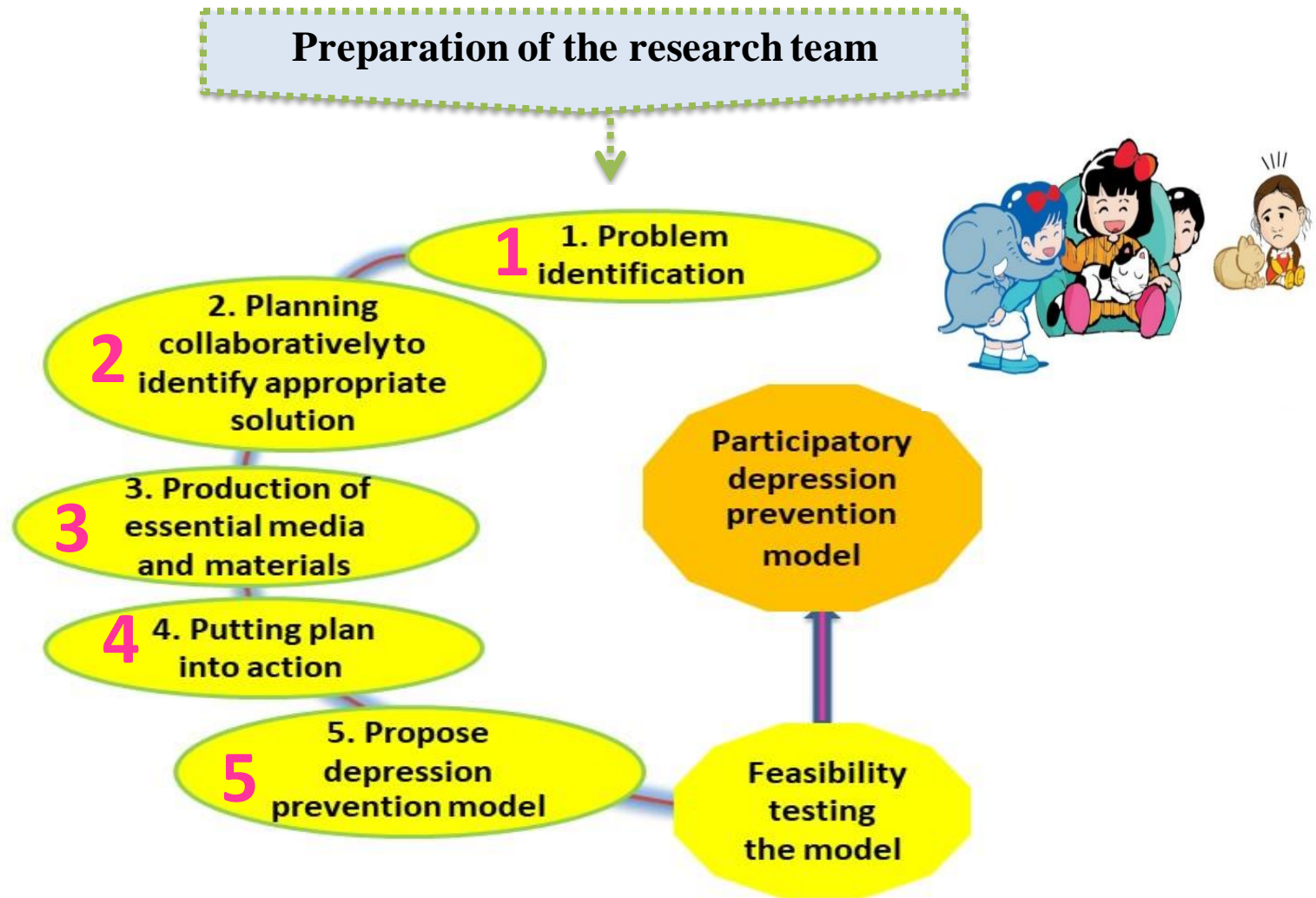
An undertaking this study in Lamphun province, Northern Thailand, the incidence of depression is one of the top five ranking in Thailand (2008-2013).

(DMH, MPH, Thailand, 2017)





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The cycles of participatory depression prevention model development



1. Problem Identification



197 participants aged 10-14 years

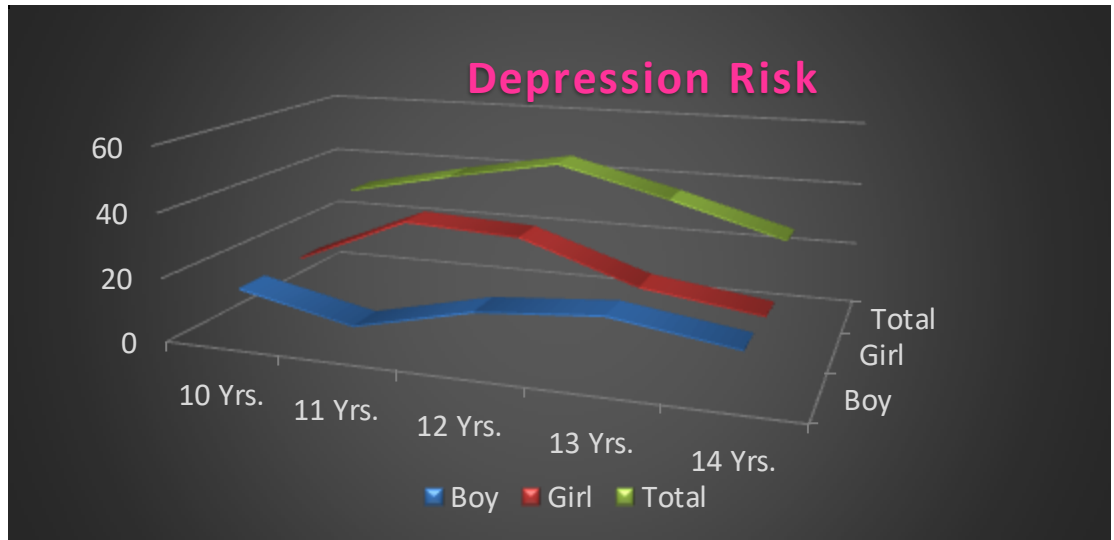


1. The risk to depression:



34 % had risks to depression

- 1) Children's Depression Inventory (CDI)
- 2) Rosenberg Self-esteem Scale
- 3) Resilience Inventory
- 4) Problem-solving Inventory



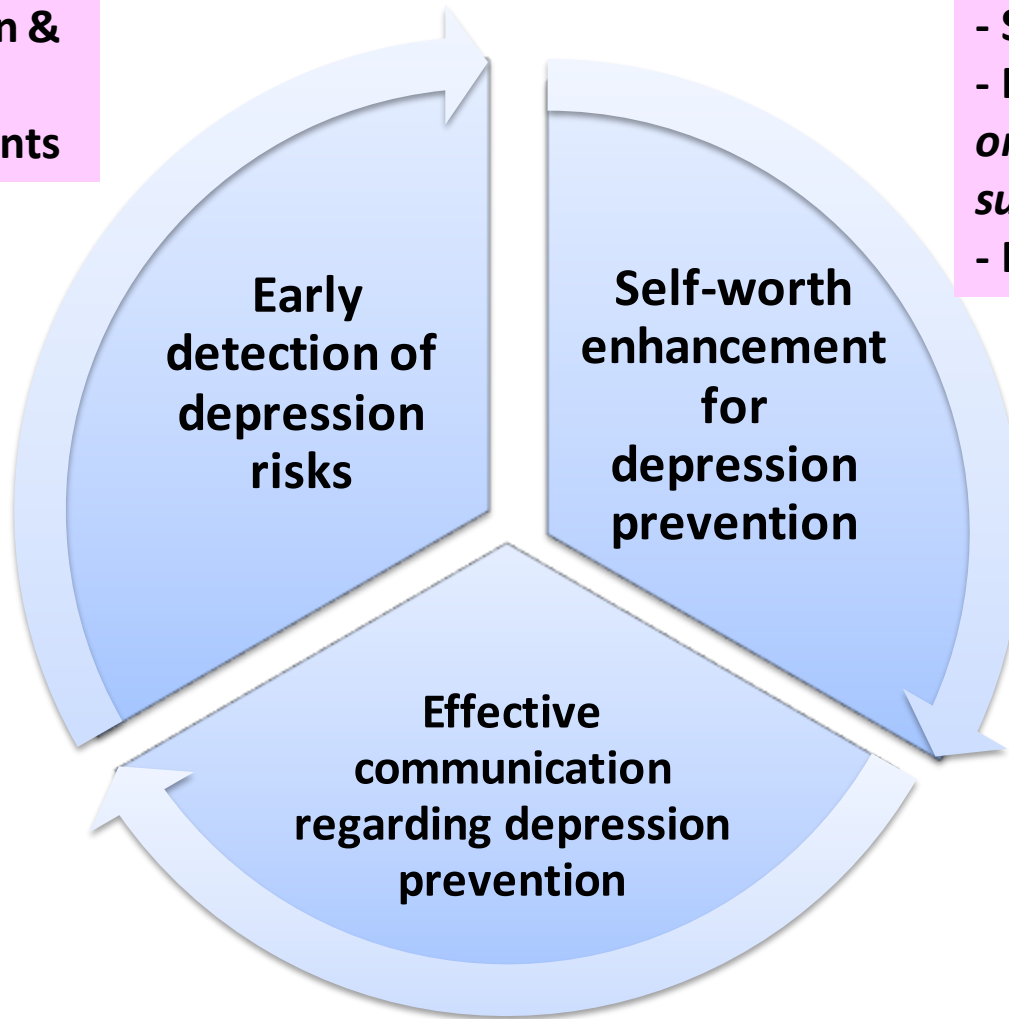
2. The critical components of depression prevention model:

17 In-depth interviews and 4 Focus group discussions



The critical components of depression prevention model for adolescents

- Unusual emotion & behaviors
- Stressful life events




- Self-esteem
- Problem solving *based on Buddhism & economic sufficiency philosophy*
- Relaxation

Communication through media &
Face to face positive communication



2. Planning Collaboratively to Identify Appropriate Solution



Critical components	Media and materials
<p>1. Early detection of depression risks among adolescents</p>	<p>The depression risk assessment card</p> 
<p>2. Self-worth enhancement for depression prevention</p>	<p>Self-worth enhancement activities:</p> <ol style="list-style-type: none"> 1) Housework assignment for enhancing self-esteem 2) Activities for problem solving 3) Activities for relaxation
<p>3. Effective communication regarding depression prevention</p> 	<ol style="list-style-type: none"> 1) Adolescent handbook on depression prevention 2) Parent handbook on depression prevention for adolescents 3) Teacher handbook on depression prevention for adolescents 4) The Friend Pages: www.facebook.com/mewenosad 5) The handbook for PDP training

3. Production of Essential Media and Materials

Depression Risk Assessment Tool for Adolescents

Sadness

เศร้าซึม
หม่นหมอง
ร้องไห้ง่าย
ไม่ร่าเริงเหมือนเคย



เครียด

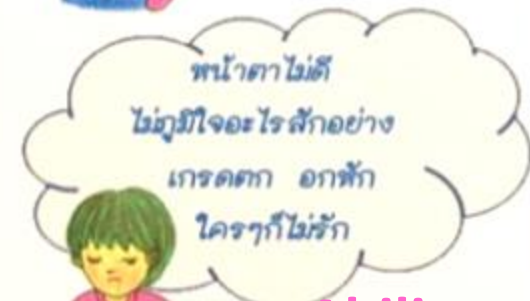
Stress



สัญญาณเตือน
ว่าเสี่ยงที่จะเป็น
โรคซึมเศร้า

Loneliness

ไม่เล่นกับเพื่อน
แยกตัวอยู่คนเดียว



หน้าตาไม่ดี
ไม่มีความสุขอะไรสักอย่าง
เกรงตก ออกพัก
ใครๆก็ไม่รัก

ขาดความเชื่อมั่น
ไม่สนใจตัวเอง
การเรียนแย่ลง

Ability
deficiency

Thummathai,K., Archives of Psychiatric Nursing (2017),
<https://doi.org/10.1016/j.apnu.2017.11.023>



Friend Page
Sponsored

Starting from Smile...and Stay with Happiness



<https://www.facebook.com/mewenosad/>

Friend Page for depression prevention

4. Putting Plan Into Action



Activity creation

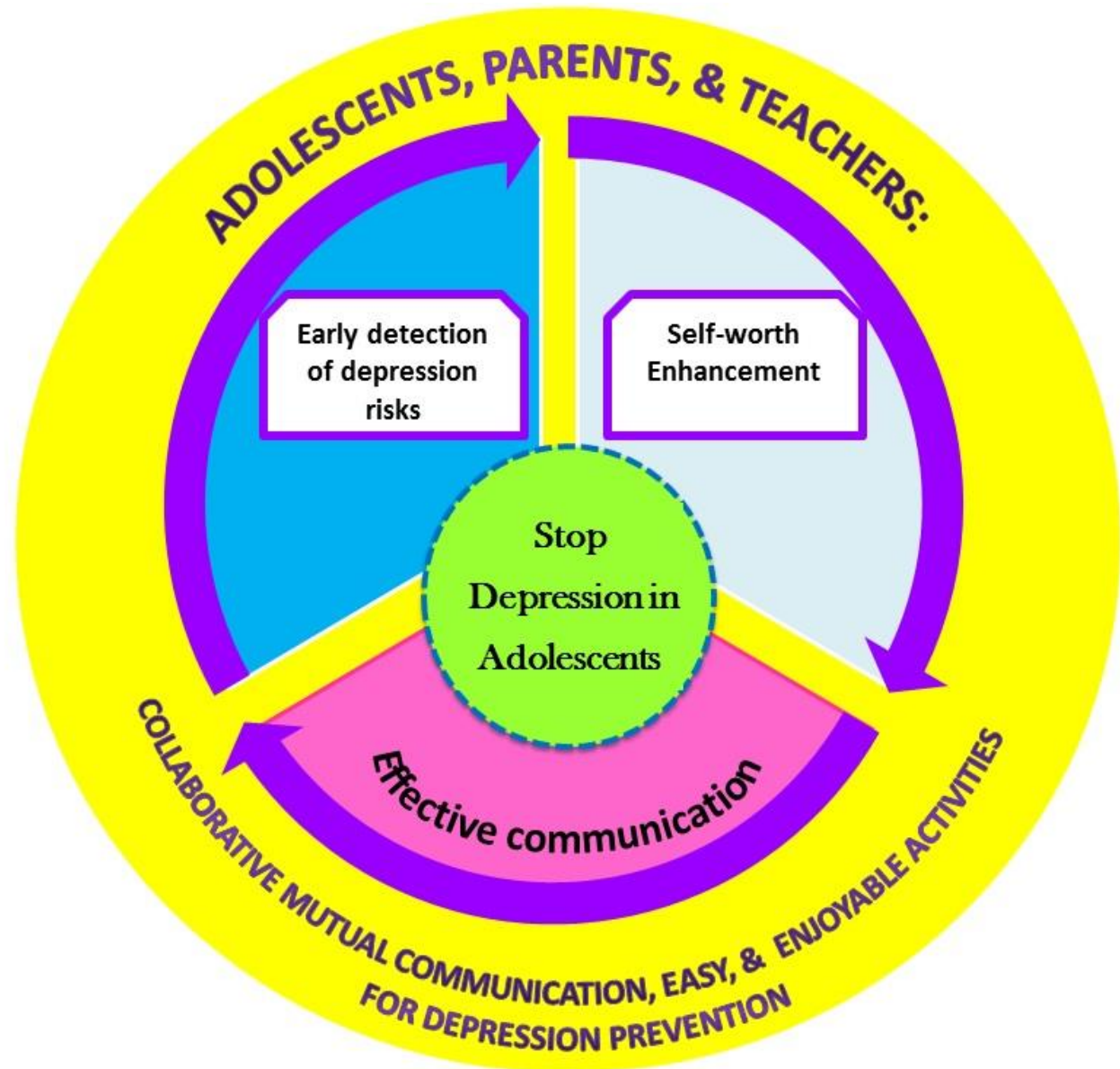


Depression prevention E-Book



5. Propose model

The Participatory Depression Prevention (PDP) Model



Feasibility testing of the appropriate depression prevention model for adolescents

Six adolescents (11-13 years old)

- ✓ The practice of the depression risk assessment
- ✓ The skill training to minimize the risk of depression
 - Enhance self-esteem
 - Promote problem-solving skill



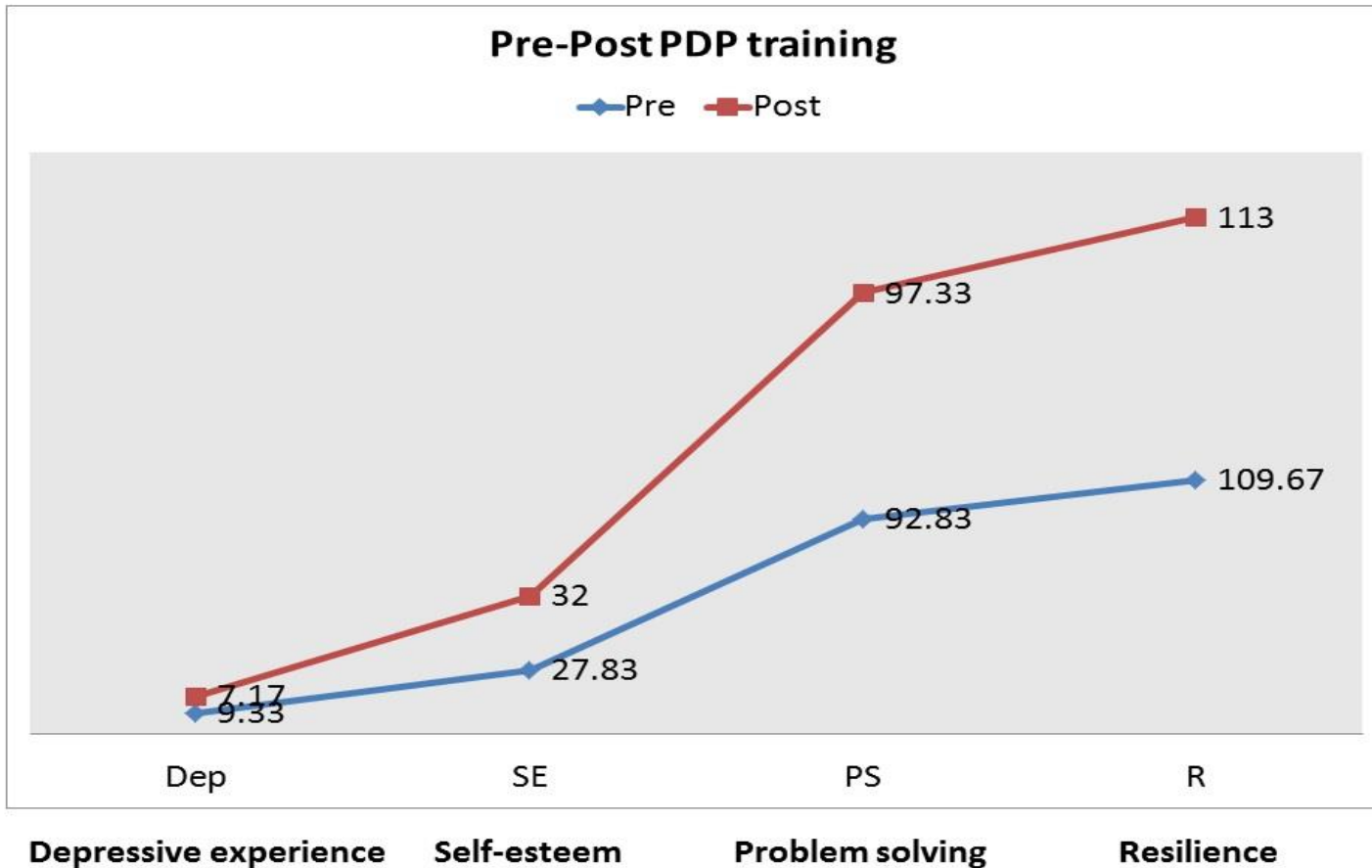
The handbook for PDP training



ขวัญนเมพร ธรรมไทย และทีม PDP
คณะพยาบาลศาสตร์ มหาวิทยาลัยเชียงใหม่



Feasibility Evaluation



The pre-post PDP model implementation comparison of mean scores in adolescent participants' resilience, problem solving, self-esteem, and depressive experience, as classified by scoring in mean.

Implications

- **Professional nurse could be applying the knowledge regarding the early detection of adolescent depression risks, self-worth enhancing into nursing practice.**
- **The government could set up a DP policy and enhance collaborative early DP in adolescents, involving family and school.**
- **Further study on the effectiveness of the DP model implementation for adolescents in others setting is needed.**
- **Gender orientation is interesting for further studies.**
- **A participatory community based interdisciplinary professional involving the study may early prevent depression in Thai adolescents.**

*Don't let yourself feel depressed
with yearning in the past and
concerning of the future
Encourage yourself,
Have an open mind
No depression will worry you*

Created by the participant

Thank you for your attention

