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
Funding: the Nursing Council of Thailand
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)
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)
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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Preparation of the research team

1. Problem identification

2. Planning collaboratively to identify appropriate solution

3. Production of essential media and materials

4. Putting plan into action

5. Propose depression prevention model

Participatory depression prevention model

Feasibility testing the model

The cycles of participatory depression prevention model development
1. Problem Identification

1. The risk to depression:

- Children’s Depression Inventory (CDI)
- Rosenberg Self-esteem Scale
- Resilience Inventory
- Problem-solving Inventory

34% had risks to depression

<table>
<thead>
<tr>
<th>Age</th>
<th>10 Yrs.</th>
<th>11 Yrs.</th>
<th>12 Yrs.</th>
<th>13 Yrs.</th>
<th>14 Yrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boy</td>
<td>197</td>
<td>98</td>
<td>98</td>
<td>31</td>
<td>36</td>
</tr>
<tr>
<td>Girl</td>
<td>197</td>
<td>99</td>
<td>99</td>
<td>31</td>
<td>36</td>
</tr>
<tr>
<td>Total</td>
<td>394</td>
<td>197</td>
<td>197</td>
<td>62</td>
<td>72</td>
</tr>
</tbody>
</table>

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

Early detection of depression risks

Self-worth enhancement for depression prevention

Effective communication regarding depression prevention

Communication through media & Face to face positive communication
### 2. Planning Collaboratively to Identify Appropriate Solution

<table>
<thead>
<tr>
<th>Critical components</th>
<th>Media and materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Early detection of depression risks among adolescents</td>
<td>The depression risk assessment card</td>
</tr>
</tbody>
</table>
| 2. Self-worth enhancement for depression prevention       | Self-worth enhancement activities:  
1) Housework assignment for enhancing self-esteem  
2) Activities for problem solving  
3) Activities for relaxation |
| 3. Effective communication regarding depression prevention | 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/mwenosad  
5) The handbook for PDP training |
3. Production of Essential Media and Materials

Depression Risk Assessment Tool for Adolescents

Sadness
Stress
Loneliness
Ability deficiency

Friend Page for depression prevention

Starting from Smile...and Stay with Happiness

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

Activity creation

4. Putting Plan Into Action

Depression prevention E-Book
5. Propose model

The Participatory Depression Prevention (PDP) Model

Thummathai, K., Sethabouppha, H., Chanprasit, C., & Lasuka, D., 2015
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
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