

# Depression Prevention Program Profiles

For more information about school-based depression prevention programs please visit [hedcoinstitute.uoregon.edu/depression](https://hedcoinstitute.uoregon.edu/depression)

## Which program should I use?

We don't know.

The findings from this review can't point to the benefits of one program over another. However, we have compiled details of the programs included in this review that have accessible curricula. These program profiles include a summary of findings on the effectiveness of specific programs that are offered in well-respected and high-quality U.S.-based evidence clearinghouses.

## What's an evidence clearinghouse?

Evidence clearinghouses compile available effectiveness data for individual programs. Researchers evaluate the quality of the evidence and designate ratings for the level of evidence that supports a program.

The scales differ from one clearinghouse to another, but still offer a useful tool for assessing if a program has been formally evaluated and what the evidence tells us about its effectiveness.

# Adolescents Coping with Depression

## Description

The Adolescent Coping With Depression Course (CWD-A) is a cognitive-behavioral group intervention that targets problems typically experienced by adolescents living with depression. These problems include discomfort and anxiety, irrational/negative thoughts, poor social skills, and limited experiences of pleasant activities. The program teaches eight core cognitive-behavioral skills including mood monitoring, social skills, relaxation techniques, constructive thinking, communication, negotiation and problem solving, and maintenance of gains.

## Program Features



**Student Age**  
Adolescents 13 - 19



**Delivery Method**  
In-person to small groups  
(4-8 students)



**Timing**  
Sixteen 2-hour  
sessions



**Cost**  
\$328 for training and  
all program materials

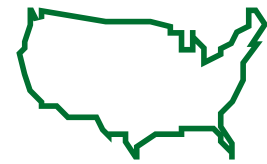
## Summary of Findings

There is inconsistent evidence this program may decrease depression diagnoses and depression symptoms. The majority of participants in studies included in the clearinghouse evaluation have been non-Hispanic white adolescents.

Read more about the program and its evidence base:  
[California Evidence-Based Clearinghouse for Child Welfare](#)

## Country (number of studies)

United States (3)



## Race/Ethnicity of Participants

One study reported race/ethnicity. One hundred percent of student participants were American Indian.

## Facilitators and Training

CWD-A can be incorporated into the practice of any licensed mental health professional. Students and teachers who do not have a mental health background should only conduct the course under the supervision of a licensed mental health professional. Training costs \$249 per person.

## Cultural Adaptation

None reported.

## Risk of Bias\*

2 studies of CWD-A were included in the review

**Low Risk:** x

**Some Risk:** None

**High Risk:** x x

**Critical Risk:** None

\*Risk of bias helps us understand whether there is any risk of bias in the included studies' results that could distort the review's results.

Measure used: [Cochrane's RoB2 tool](#)

## Full Program Details

This program was developed by researchers at the Oregon Research Institute and is housed at Saavvus Inc.

For more details, visit:

<https://www.saavvus.com/adolescent-coping-with-depression-course>

## Full Depression Review

Read the full [HEDCO Institute review of School-Based Interventions for Primary and Secondary Prevention of Depression](#).

# .b (Dot Be)

## Description

.b (pronounced 'dot-be') is designed to introduce knowledge and skills to youth to help them support their own mental health and wellbeing. The course combines focusing on key areas of the brain and how these areas relate to everyday experiences. The program includes mindfulness practices students can draw upon as they navigate the inevitable ups and downs of life. Themes explored include: training the attention, bringing awareness to everyday activities, improving sleep, working with powerful emotions, and noticing the 'good stuff' in life.

This program is not widely offered in the U.S.

## Program Features



**Student Age**  
Youth 11-18



**Delivery Method**  
In-person to full classroom



**Timing**  
Ten sessions with an optional four follow-up sessions



**Cost**  
£760 for training and access to materials for 6 months

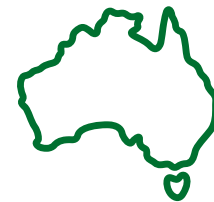
## Summary of Findings

There is evidence this program may lower depression symptoms for youth.

Read more about the program and its evidence base:  
[CASEL Program Guide](#)

## Country (number of studies)

Australia (2)



## Race/Ethnicity of Participants

Zero studies reported race/ethnicity.

## Facilitators and Training

Training is available onsite in-person, virtually, or offsite. The cost of training is £760.

There are free and reduced-price spots for teachers working at schools who meet certain criteria [found here](#).

## Cultural Adaptation

Translated materials for .b are available in Chinese, Danish, Dutch, Finnish, French, German, Icelandic, Italian, Polish, Spanish, and Welsh.

## Risk of Bias\*

2 studies of .b were included in the review

**Low Risk:** None

**Some Risk:** None

**High Risk:** ✘ ✘

**Critical Risk:** None

\*Risk of bias helps us understand whether there is any risk of bias in the included studies' results that could distort the review's results.

Measure used: [Cochrane's RoB2 tool](#)

## Full Program Details

.b is one program in a suite of programs offered by the Mindfulness in Schools Project.

For more details, visit:

<https://mindfulnessinschools.org/>

## Full Depression Review

Read the full [HEDCO Institute review of School-Based Interventions for Primary and Secondary Prevention of Depression](#).

## Description

moodgym is a self-paced interactive internet program that aims to help people identify problems with depression, overcome these problems, and develop coping skills.

moodgym is both skills- and knowledge-focused and contains information, demonstrations, questionnaires (e.g. about depression and anxiety levels) and practice exercises (e.g. relaxation, problem-solving, cognitive restructuring, assertiveness, self-esteem training, and coping with relationships).

## Program Features



**Student Age**  
Secondary school students



**Delivery Method**  
Self-paced internet program



**Timing**  
Five modules that each take 30-60 minutes to complete



**Cost**  
\$27 for 12 months of access

## Summary of Findings

There is evidence this program may be effective in reducing depressive symptoms.

Read more about the program and its evidence base: [CDC Promising Practices Registry](#).

## Country (number of studies)

Australia (3)



## Race/Ethnicity of Participants

Zero studies reported race/ethnicity.

## Facilitators and Training

Not applicable. This program is entirely online.

## Cultural Adaptation

There is also a German version of moodgym, but no information is provided on other cultural adaptations.

## Risk of Bias\*

3 studies of moodgym were included in the review

**Low Risk:** None

**Some Risk:** ✘

**High Risk:** ✘

**Critical Risk:** ✘

\*Risk of bias helps us understand whether there is any risk of bias in the included studies' results that could distort the review's results.

Measure used: [Cochrane's RoB2 tool](#)

## Full Program Details

moodgym was originally developed by researchers at the Australian National University. moodgym is now overseen by e-hub Health - an ANU spin-off company.

For more details, visit: <https://moodgym.com.au/>

## Full Depression Review

Read the full [HEDCO Institute review of School-Based Interventions for Primary and Secondary Prevention of Depression](#).

# Penn Resiliency Program

## Description

The Penn Resiliency Program (PRP) is a group intervention that teaches cognitive behavioral and social problem-solving skills. PRP strives to teach students to think flexibly and accurately about the challenges and problems they face. Students learn about (a) the link between beliefs, feelings, and behaviors, (b) cognitive styles, and (c) cognitive restructuring skills, including how to challenge negative thinking by evaluating the accuracy of beliefs and generating alternative interpretations. Students also learn a variety of techniques for coping and problem-solving, including assertiveness, negotiation, decision making, and relaxation. Students apply the cognitive and problem-solving techniques in their lives through group discussions and weekly homework assignments.

## Program Features



**Student Age**  
Youth 5-14



**Delivery Method**  
In-person to small groups



**Timing**  
Twelve 90-minute sessions



**Cost**  
Not reported

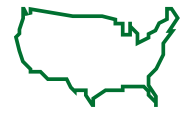
## Summary of Findings

There is some evidence PRP is effective in keeping adolescents mentally healthy compared to no program at all.

Read more about the program and its evidence base:  
[CDC Promising Practices Registry](#)

## Country (number of studies)

Netherlands (3), Australia (2),  
United States (2), United Kingdom (1)



## Race/Ethnicity/Nationality of Participants

Six studies reported nationality or race/ethnicity. The majority of student participants were Australian, native Dutch, or white. In two studies, 100% of students identified as Black or Latinx.

## Facilitators and Training

Penn uses a train-the-trainer model, in which they train people how to teach the resilience skills to others.

No information was reported regarding the cost of training.

## Cultural Adaptation

Op Volle Kracht (OVK; On Full Power) is a Dutch adaptation that incorporates cultural and content-related modifications. The program has also been used in the UK with some adaptations: UK Resiliency Programme (UKRP).

## Risk of Bias\*

8 studies of PRP were included in the review

**Low Risk:** None

**Some Risk:** x x x x x x

**High Risk:** x x x

**Critical Risk:** None

\*Risk of bias helps us understand whether there is any risk of bias in the included studies' results that could distort the review's results.

Measure used: [Cochrane's RoB2 tool](#)

## Full Program Details

PRP is based at the University of Pennsylvania Positive Psychology Center.

To request additional information, visit:  
<https://ppc.sas.upenn.edu/services/penn-resilience-training>

## Full Depression Review

Read the full [HEDCO Institute review of School-Based Interventions for Primary and Secondary Prevention of Depression](#).

# Resourceful Adolescent Program

## Description

The RAP-A Program draws on the metaphor in the children's story of the "Three Little Pigs" in which only the house made of bricks withstood the attacks of the Big Bad Wolf. Each week, participating adolescents develop their own personal 'RAP-A house' by laying down different personal resource bricks (e.g. 'Personal Strength Bricks', 'Keeping Calm Bricks,' 'Problem Solving Bricks'), as the program unfolds. The program also teaches techniques for cognitive restructuring and problem solving, stresses the importance of promoting harmony and dealing with conflict and role disputes by developing an understanding of others. The common thread that runs through the program is the teaching of techniques to maintain self-esteem in the face of a variety of stressors.

## Program Features



**Student Age**  
Adolescents 12 - 16



**Delivery Method**  
In-person to small groups  
(8-16 students)



**Timing**  
Eleven 50-minute  
sessions



**Cost**  
\$142 for all  
program materials

## Summary of Findings

There is evidence this program may decrease depression diagnoses, depression symptoms, and anxiety symptoms.

Read more about the program and its evidence base:  
[California Evidence-Based Clearinghouse for Child Welfare](#)

## Country (number of studies)

Australia (5), United Kingdom (2), Mauritius (1),  
New Zealand (1)



## Race/Ethnicity of Participants

Six studies of RAP-A reported race/ethnicity. The majority of student participants were white, Caucasian, or of Anglo-Saxon origin.

## Facilitators and Training

Group leaders need to be educational or mental health workers with training in the facilitation of RAP-A. Training events are offered at regular intervals in Australia. Individual or small group Skype training is available for overseas consumers. Training costs range from \$370-\$420 per participant.

## Cultural Adaptation

RAP-A offers an Indigenous Supplement. This manual is used in conjunction with the RAP-A Group Leaders Manual and provides guidelines for the adaptation of RAP-A for Indigenous adolescents.

## Risk of Bias\*

9 studies of RAP-A were included in the review

**Low Risk:** None

**Some Risk:** x x x

**High Risk:** x x x x x

**Critical Risk:** x

\*Risk of bias helps us understand whether there is any risk of bias in the included studies' results that could distort the review's results.

Measure used: [Cochrane's RoB2 tool](#)

## Full Program Details

The RAP programs are based at the School of Psychology and Counselling at Queensland University of Technology, Australia.

For the full curriculum and information regarding training and costs, visit:  
[rap.qut.edu.au](http://rap.qut.edu.au)

## Full Depression Review

Read the full [HEDCO Institute review of School-Based Interventions for Primary and Secondary Prevention of Depression](#).

# Additional Programs in the Review

Ten additional programs in the review offer publicly accessible curricula. They were excluded from our Program Profiles because only one study in our review assessed their effectiveness or they are not included in a U.S.-based evidence clearinghouse. .

| Program Name   | Study Location         | School Level          | Resources  |
|--|------------------------|-----------------------|--|
| Aussie Optimism Program  | Australia              | Primary and Secondary | <a href="#">Aussie Optimism</a>  |
| Beyond Blue  | Australia              | Secondary             | <a href="#">Anxiety, depression and suicide prevention support - Beyond Blue</a>   |
| DISCOVER   | United Kingdom         | Secondary             | <a href="#">DISCOVER is an innovative school-based workshop programme for 6th form students (slam.nhs.uk)</a>  |
| EMOTION  | Norway                 | Primary               | <a href="#">Workbook Publishing, Inc.</a>  |
| LARS&LISA  | Germany, United States | Primary and Secondary | Contact the developer for more information: Patrick Pössel, <a href="mailto:patrick.posssel@louisville.edu">patrick.posssel@louisville.edu</a>           |
| SPARX-R  | Australia              | Secondary             | <a href="#">SPARX-R</a>  |
| Teaching Kids to Cope  | United States          | Secondary             | <a href="#">kpu (pitt.edu)</a>   |
| The Little Prince is Depressed   | Hong Kong              | Primary               | <a href="#">The Storm - Little Prince is Depressed (hku.hk)</a>  |
| The Thiswayup Schools Programs   | Australia              | Secondary             | <a href="#">Online Programs &amp; Tools for Your Mental Health   THIS WAY UP</a>   |
| Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Adolescents | Spain                  | Secondary             | <a href="#">Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents: Therapist Guide (Programs That Work)</a> |