



PATH 2 Purpose:

Primary Care and Community-Based Prevention of Mental Disorders in Adolescents

SAMPLE SIZE: N=564

INTERVENTIONS:

WHAT IS TEAMS?

Teens Achieving Mastery over Stress (TEAMS) is an online group that meets weekly for 8 weeks and then, monthly for 6 months, and includes 2 parent groups.

WHAT IS CATCH-IT?

Competent Adulthood Transition with Cognitive-behavioral & Interpersonal Training (CATCH-IT) is a 14-module internet-based depression prevention program, and includes a parent program. It has been shown to be safe, feasible, and efficacious.

BOTH PROGRAMS:

- Teach teens how to deal with life's ups and downs without becoming seriously depressed.
- Teach teens how to make connections between their moods and the sorts of challenges they meet, the problems they solve, and the skills they learn as a part of growing up and achieving their goals.

Why is this study important?

Prevalence of depression in teens:

- 1 in 5 young people have at least one mental, emotional, and behavioral (MEB) disorder, including depression.
- Nearly 50% of children with a MEB disorder also experience significant challenges with their social, mental, or emotional development, which is associated with poorer physical health.
- Given the high rates of youth depression and the long-term effects associated with depression, efforts to prevent depressive disorders in adolescents will have valuable implications for population health.

Gaps in knowledge

- We have no strategy to deliver evidence-based depression prevention approaches to the teen population.

PATH 2 Purpose Research Question

- How effective is the technology-based intervention compared to a traditional "gold standard" intervention?

The Challenge

1. Resolving the clinical dilemma with population-health depression prevention;
2. Widely implement effective, evidenced-based mental health interventions in primary care clinics and schools;
3. Successfully adapt the interventions for use in diverse communities; and
4. Create a sustainable system for the interventions to be used in a population-health model.

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CATCH-IT & TEAMS TEACH 3 MODELS OF PROBLEM-SOLVING.

Behavioral Activation:

- Teaches teens to think about the habits and behaviors they have and the way those behaviors can affect their thoughts and feelings.

Cognitive-Behavioral Therapy:

- Teaches teens to think about the negative thoughts they have that cause depressed moods and how to spot and fix these negative thoughts so they can feel better and live more positively.

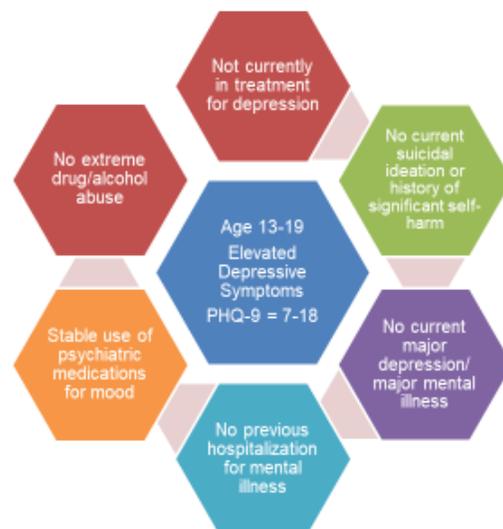
Interpersonal Therapy:

- Teaches teens to better understand and then improve how they relate to friends, family, and other people, including “relationship skills” that are vital for preventing depression and for succeeding in the transition to adulthood.

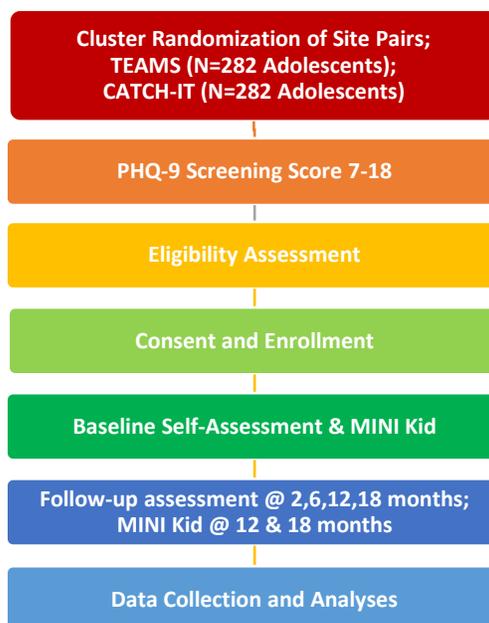
Study Aims

- Aim 1:** Evaluate the willingness and ability of our community partners to implement two depression early intervention/prevention models in primary care: TEAMS and CATCH-IT
- Aim 2:** Evaluate the efficacy of each intervention in decreasing symptoms of depression in adolescents ages 13-19 identified through primary care, and decrease the percentage of individuals falling above an accepted clinical diagnostic threshold on the scales that measure these illnesses.
- Aim 3:** Evaluate the comparative effectiveness of each intervention for African Americans, Latinos, sexual/gender minority youth, males and females, rural youth and for individuals above and below the accepted diagnostic thresholds for these illnesses.

Study Eligibility



Study Design



The study is a two-arm comparative effectiveness research trial that will evaluate the ability of the interventions, TEAMS and CATCH-IT, to intervene early to prevent depressive illness, accessibility, time commitment, cultural acceptability, and implementation costs.

Using cluster randomization, 564 participants eligible for the study will be offered one of two different depression prevention programs in multiple sites in Chicagoland, Rockford, IL; Dixon, IL; Sparta, IL; and Louisville, KY. The study will also assess teens’, parents’ and providers’ experiences with each intervention approach.