

Think, Feel, Do.

Professor Paul Stallard, with Research assistants Megan Attwood and Thomas Richardson, is conducting a pilot study using Computerised Cognitive Behaviour (cCBT) with children. It is the first of its kind in the UK.

Called 'Think, Feel, Do', children referred to Child and Adolescent Mental Health Services with significant anxiety and depression, will use multimedia software interactively under supervision.

With cartoon characters guiding them through quizzes, self-help materials, practice exercises and video clips, the program is based on Professor Stallard's successful workbook 'Think Good-Feel Good' for children and adolescents. It identifies links between thoughts, feelings and behaviours. It challenges negative thought patterns and introduces problem-solving skills and ways to help yourself feel better.

"Responses so far have been encouraging," says Professor Stallard. "The majority of children and adolescents like to use the program."

The pilot study will involve 20 young people aged 11-16 and is expected to last three months. After that, a clinical trial will begin. "The main difference is that it offers help while waiting for treatment," says professor Stallard. "It can be used with the supervision of a teacher, nurse or psychology assistant.

"One in 5 people experience low mood or significant anxiety by the time they are 18," adds professor Stallard. "cCBT and other measures, such as introducing positive thinking to the main curriculum, will provide cost-effective interventions for treating anxiety and depression."

Aims:

- to look at the feasibility and acceptability of computerised Cognitive Behaviour Therapy (cCBT) for the treatment of depression and anxiety in children and adolescents aged 11-16.
- to evaluate attitudes towards cCBT in children and adolescents and their parents
- to systematically review the literature on cCBT

Related:

Think Feel Do Research Project - http://www.bath.ac.uk/health/research/child-adolescent-mental-health/think-feel-do/