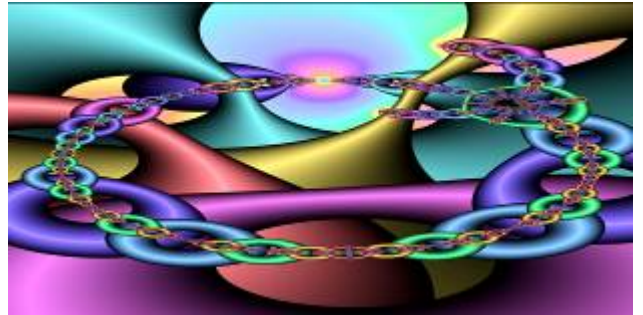


Chief Investigators:

Dr. Glenn Melvin
Amanda Dudley
Dr. Michael Gordon
Professor Bruce Tonge



Mastering Moods: A Depression Treatment Program for Adolescents

Information sheet for Professionals

Project: The Mastering Moods program is offering a treatment service for young people experiencing depression. The research project is investigating the impact of self-efficacy focussed cognitive-behavioural therapy on symptoms of depression in young people.

Project Psychologists:

Dr. Glenn Melvin, BSc, Post Grad Dip Ed Psych, MPsych(Counselling) PhD
Meredith Levi, Grad Dip Psych, Postgrad Psych, DPsych (Candidate)
Ann Locarnini, BApp Sci, Grad Dip Psych, Postgrad Dip Psych, MPsych (Counselling)
Amanda Dudley, BA, Grad Dip Ed Psych, MPsych (Counselling)

What does it cost?

The program is free of charge.

Who we can see

- Young people aged between 12-18years suffering from a depressive disorder
- Parents or carers will be seen in conjunction with the young person
- Parent /guardian support is required for young people under 16 years

Who we can't see

Young people with diagnoses including:

- Major physical illness
- Epilepsy
- Psychotic or bipolar disorders
- Intellectual disability
- Drug or alcohol dependence
- Current suicidal crisis requiring hospitalisation
- Young people currently taking medication for a psychiatric condition

The Program:

Assessment – This involves both the young person and parents/carers. Clinicians meet with young person and parents/carers separately for two 1 ½ hr sessions for a comprehensive assessment. Assessment involves clinical interview and various self-report measures examining depression, anxiety and family functioning. Participants will be re-assessed immediately following treatment to see if the treatment has helped.

Treatment – After assessment, if individuals are determined to be appropriate for the program they will be offered treatment. This will involve **thirteen individual sessions** for the depressed adolescent and their parents on a weekly basis, followed by **3 booster sessions** over 3 months. The treatment includes: education about depression and its effects, cognitive therapy, social skills, communication and relaxation training, and problem solving. Parents are also offered thirteen sessions of CBT.

Follow-up- At six months after treatment a follow-up assessment will be performed.

How to refer:

Please contact Glenn, Meredith, or Ann, on **9501 2490** or by email:

mastermoods.spppm@med.monash.edu.au

A brief screening interview will be conducted via telephone to determine suitability for the program. In the event that the program is not suitable, the young person will be referred to another service that will be able to assist them. Self referral is welcomed and referral from GP is NOT required.

Thank you,

Mastering Moods

Clinic Details

Centre for Developmental Psychiatry and Psychology
Building 1, 270 Ferntree Gully Rd.

Notting Hill

Melways Map Reference 70 E8

Ph: 9501 2490

Email: mastermoods.spppm@med.monash.edu.au

Web: www.med.monash.edu.au/spppm/research/devpsych/mastermoods.html