

Feasibility randomised controlled trial of a one-day CBT workshop (“DISCOVER”) for 15-18 year olds with anxiety and/or depression in clinic settings

Article (Supplemental Material)

Loucas, Christina E, Sclare, Irene, Stahl, Daniel and Michelson, Daniel (2019) Feasibility randomised controlled trial of a one-day CBT workshop (“DISCOVER”) for 15-18 year olds with anxiety and/or depression in clinic settings. Behavioural and Cognitive Psychotherapy. ISSN 1352-4658

This version is available from Sussex Research Online: <http://sro.sussex.ac.uk/id/eprint/81978/>

This document is made available in accordance with publisher policies and may differ from the published version or from the version of record. If you wish to cite this item you are advised to consult the publisher’s version. Please see the URL above for details on accessing the published version.

Copyright and reuse:

Sussex Research Online is a digital repository of the research output of the University.

Copyright and all moral rights to the version of the paper presented here belong to the individual author(s) and/or other copyright owners. To the extent reasonable and practicable, the material made available in SRO has been checked for eligibility before being made available.

Copies of full text items generally can be reproduced, displayed or performed and given to third parties in any format or medium for personal research or study, educational, or not-for-profit purposes without prior permission or charge, provided that the authors, title and full bibliographic details are credited, a hyperlink and/or URL is given for the original metadata page and the content is not changed in any way.

Table 1 – Baseline demographics and clinical characteristics

	Total	Total randomised	DISCOVER	Usual care
	(n = 28)	(n = 24)	(n = 17)	(n = 7)
Age (years), mean (SD)	16.61 (0.66)	16.61 (0.70)	16.55 (0.67)	16.76 (0.82)
Gender, n female (%)	23 (82.1)	21 (87.5)	14 (82.4)	7 (100)
Ethnicity, n (%)	-White British: 12 (42.9)	-White British: 11 (45.8)	-White British: 7 (41.2)	-White British: 4 (57.1)
	-Black or Black British: Caribbean: 3 (10.7)	-Black or Black British: Caribbean: 3 (12.5)	-Black or Black British: Caribbean: 2 (11.8)	-Black or Black British: Caribbean: 1 (14.3)
	-Black or Black British: African: 2 (7.1)	-Black or Black British: African: 2 (8.3)	-Black or Black British: African: 1 (5.9)	-Black or Black British: African: 1 (14.3)
	-Mixed: White and Black Caribbean: 5 (17.9)	-Mixed: White and Black Caribbean: 4 (16.7)	-Mixed: White and Black Caribbean: 3 (17.6)	-Mixed: White and Black Caribbean: 1 (14.3)

-Mixed: White and Black African: 1 (3.6)	-Mixed: White and Black African: 1 (4.2)	-Mixed: White and Black African: 1 (5.9)
-Mixed: White and Asian: 1 (3.6)	-Mixed: White and Asian: 1 (4.2)	-Mixed: White and Asian: 1 (5.9)
-Other mixed background: 2 (7.1)	-Other mixed background: 2 (8.3)	-Other mixed background: 2 (11.8)
-Other ethnic group: 1 (3.6)		
-Prefer not to say: 1 (3.6)		

Emotional symptoms detailed at referral, n (%)	-Depression: 11 (39.3)	-Depression: 9 (37.5)	-Depression: 7 (41.2)	-Depression: 2 (28.6)
	-Anxiety: 8 (28.6)	-Anxiety: 6 (25.0)	-Anxiety: 3 (17.6)	-Anxiety: 3 (42.9)
	-Depression and anxiety: 9 (32.1)	-Depression and anxiety: 9 (37.5)	-Depression and anxiety: 7 (41.2)	-Depression and anxiety: 2 (28.6)
Medication, n (%)	3 (10.7)	3 (12.5)	3 (17.6)	0 (0)
Medication type, n				
	-Antidepressant: 3	-Antidepressant: 3	-Antidepressant: 3	

	-Anxiolytic: 1	-Anxiolytic: 1	-Anxiolytic: 1	
Other therapeutic support, n	4 (14.3)	4 (16.7)	2 (11.8)	2 (28.6)
(%)				

n = number of participants; SD = standard deviation

Table 2 – Participant quotes underpinning each qualitative theme

Being acknowledged

“...it’s good...to have something at least...so they don’t feel...forgotten about...I felt like that...like nothing’s happening...and then when my mum got that email...about the workshop...I thought it was a good thing to do.” (Participant 4)

“...at least they’re offering something like support before you get properly helped...if you come out with an inch of reassurance...it’s worth it.”
(Participant 9)

“I thought that call was good...It was nice to talk to someone about the workshop again...sense of somebody checking up on me...” (Participant 7)

“They were...checking...to see how you were doing...which was good...instead of just leaving you there thinking, ‘Oh, they don’t want nothing to do with me.’” (Participant 8)

“...it was good...it felt like it wasn’t just a one-off...You did get to talk to the person again...it showed that you guys actually care...[not] like a chain of kids coming in...” (Participant 9)

Valuing the group experience

“It made me feel better...to know...there are other people going through the same thing...” (Participant 7)

“...it was nice to hear what other people thought...like we’re not the only one that goes through this...” (Participant 6)

"I found it helpful...because there was other people of my age...with different ways of coping...it helped because I took in how they coped with their stress." (Participant 8)

"...it was nice to see that there was other people there, so there's other people that needed help handling stress, but I didn't learn anything new."
(Participant 2)

"...you don't have to sit like this all the time in an appointment to try and solve things. There's other ways that can be more interactive...sometimes when you're sitting it could feel so formal..." (Participant 11)

"How understanding everybody was and...the way that it was all set out...we got the adults...talking to us, but we also had free speech." (Participant 10)

"I found the...talking aspect of it and...the interactive parts of it were very...well done...everyone had the chance to say something...they give us a chance to...talk back...to them, you know." (Participant 9)

Developing improved ways of coping

"I just found it really helpful...there are so many different techniques...not every technique is gonna work for everyone...but there are so many that there's a good chance that there's at least one in there for people to use." (Participant 1)

"The fact that they gave us a lot of different approaches...not all of them suited me but there were definitely some that did." (Participant 11)

"I definitely feel...less stressed...I don't get so worked up over small things...as an example, I was...making a costume with my sister...and she cut it wrong, and I tried not to...shout...I said "...it's fine we'll...figure [it] out..." But...if I hadn't...done the workshop I'd have gone mental." (Participant 1)

"I was having an argument with this girl...it's been going on for...years, and then I thought..."why don't I...just go talk to her" and...I used some of the techniques and...now we're cool...The workshop helped me with...breathing techniques...usually...if I get into an argument...the first thing that would happen is a fight. But since...the workshop I've done breathing techniques...I...use those a lot...it...calms me down." (Participant 3)

"It has helped me...coz before...it wasn't as clear...how I should approach things, but with those techniques it helps a lot...[but] there's still times where I'm feeling low so I'd want to go through it with someone." (Participant 6)

"...it gives you a better understanding of what you're going through...as well as...a different way of thinking...[but I'd like to] talk about certain things that I find difficult to handle by myself." (Participant 7)

"...it really helped me...especially get back to school...but...it was only...one session..." (Participant 5)

"Thought switching and distraction...I've been using it a lot...if I'm feeling really bad then...I distract myself...it calms me down. But if I'm feeling bad about something then that thing is still there..." (Participant 2)

"I said...to my mum, I don't feel as stressed as I did before...but then she was like "...but you don't know how you'll feel in...a few months when you're doing A-levels...and then you got no one to talk to..." (Participant 4)

“Just in case I was to go back to my old ways...in case I don’t see anybody and it goes back to me punching walls again.” (Participant 10)

Suggestions for improvement

“...the videos...helped put things into context...but I think all the characters fit a certain stereotype a bit too well...just made it a bit cliché.” (Participant 2)

"...fewer calls, more texts or more emails or...just some written communication...I think texts are a bit less awkward than calls..." (Participant 2)

“I lost concentration a bit...it would’ve been better if it was...a two-day thing...” (Participant 4)

“...it was a bit too long. I think people was...getting...distracted at the end...maybe...finish like at 1...or...1:30. [Facilitator prompt: if it was two half days?]

yeah that would be better...then you still get the information...but it’s...broken up a bit more.” (Participant 6)

Table 3 – Clinical outcomes – Treatment (N=13), Control (N=7)

Measure	Baseline	Follow-up	Adjusted Mean difference ¹ (95% CI)	ANCOVA	Effect size - Cohen's d (95% CI)
	M (SD)	M (SD)			
MFQ			0.14 (-7.49 to 7.78)	F(1,17)=0.002, p=0.969	0.01 (-0.67 to 0.70)
Treatment	33.85 (10.77)	21.62 (11.23)			
Control	39.14 (11.77)	26.29 (14.61)			
RCADS			-3.84 (-11.46 to 3.78)	F(1,17)=1.132, p=0.302	-0.30 (-0.88 to 0.29)
Treatment	66.08 (11.34)	55.08 (09.39)			
Control	67.43 (15.79)	60.00 (17.75)			
WEMWBS			-3.38 (-9.33 to 2.57)	F(1,17)=1.440, p=0.247	-0.43 (-1.19 to 0.33)
Treatment	32.38 (08.17)	38.00 (10.02)			
Control	33.29 (07.04)	42.29 (09.20)			

¹adjusted mean difference is the treatment effect after controlling for baseline differences of outcome

CI = Confidence Interval; M = Mean; MFQ = Mood and Feelings Questionnaire; RCADS = Revised Children's Anxiety and Depression Scale; SD = Standard Deviation; WEMWBS = Warwick-Edinburgh Mental Well-Being Scale

Table 4 – Outcome variance estimates for future sample size calculations

Outcome	N	Mean	Observed SD	Lower 80% CI	Upper 80% CI	Lower 95% CI	Upper 95% CI
MFQ	24	35.75	10.99	9.48	12.50	8.68	13.30
RCADS	24	68.00	12.23	10.89	13.58	10.17	14.30
WEMWBS	24	33.42	10.99	5.93	8.61	9.52	12.46

CI = Confidence Interval; MFQ = Mood and Feelings Questionnaire; RCADS = Revised Children’s Anxiety and Depression Scale; SD = Standard Deviation; WEMWBS = Warwick-Edinburgh Mental Well-Being Scale