Coping with Stress Course (CWS)

TARGET AUDIENCE
This program is for adolescents who are 13 to 18 years old and have one or more risk factors for depression (e.g., a past depressive episode, elevated symptoms, a parent with depression).

SUMMARY
The Coping with Stress Course (CWS) is a school- or community-based cognitive-behavioral group prevention program that is designed to prevent the development of depressive disorders by teaching adolescents how to recognize and change irrational and pessimistic thoughts. CWS is an adaptation of the Adolescent Coping with Depression Course (CWD-A)*, which was designed for adolescents who have already developed a depressive disorder.

*A separate fact sheet is available for CWD-A.

EVIDENCE
The results of two randomized trials demonstrated that youth who participated in CWS were significantly less likely to experience a depressive disorder during the 1 to 2 years following the intervention compared to youth in the usual care control group.

COMPONENTS
Adolescents are taught cognitive restructuring techniques (i.e., how to change one's thoughts in order to change one's emotions) to help protect themselves from developing depression. Learning tools include role-playing, analyzing cartoons, and engaging in group discussions. Session topics include the following.

- Getting to Know Each Other;
- Coping With Stress;
- Changing Your Thinking;
- Stressful Situations and Negative Thinking;
- The Power of Positive Thinking;
- Changing Negative Thinking to Positive Thinking;
- Irrational Thinking;
- Disputing Irrational Thinking;
- The C-A-B method (i.e., recognize a Consequence that is troubling; identify the Activating event that led to the consequence; and determine the Belief that led from the event to the consequence);
- Dealing with Activating Events;
- More C-A-B Practice;
- Thought-stopping Techniques;
- C-A-B in Your Life;
- Planning for Stressful Situations; and,
- Preventing the "Blues."

Optional parent meetings may be offered at the beginning, middle, and end of the intervention to inform parents of program content and skills taught and their rationale. For school-based implementation, the program may be delivered during school hours, in an after-school group, or as a workshop.

PREVIOUS USE
CWS has been implemented as an after-school program and in health maintenance organizations (HMOs). No additional previous use information was located.

www.militaryfamilies.psu.edu
Clearinghouse@psu.edu
1-877-382-9185

This material is the result of a partnership funded by the Department of Defense between the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy and the USDA's National Institute of Food and Agriculture through a grant/cooperative agreement with Penn State University.
Coping with Stress Course (CWS)

TRAINING

CWS groups are led by a therapist with at least a master's degree (e.g., a school psychologist or counselor, a social worker, clinician in the community). Experience with cognitive-behavioral therapy is considered sufficient for implementing the program; therefore, training is not required or available. However, the therapist manual is available for free at using the second website listed in the Source section. A training DVD is available for CWD-A, the program on which CWS is based, and is useful for CWS implementation due to significant overlap in content.

CONSIDERATIONS

Considerations for implementing this program include securing qualified and committed therapists; recruiting and retaining participants; locating program space; and understanding funds, such as therapist's payment, may be needed for program implementation.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing CWS, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CWS consists of 15 1-hour sessions, which are offered two to four times per week.

The CWS therapist manual and teen workbook can be downloaded for free from the second website listed in the Source section.

EVALUATION PLAN

To move the CWS program to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developers.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu
You may also contact Gregory N. Clarke, Ph.D., by mail Center for Health Research Northwest, Kaiser Permanente Northwest, 3800 N. Interstate Ave, Portland, OR 97227-1098, phone 1-503-335-6673, email Greg.Clarke@kpchr.org, or visit www.kpchr.org/research/public/acwd/acwd.html

SOURCE