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Topic: EPO08 - e-Poster Oral 08: Child and Adolescent Psychiatry

Computer Assisted Cognitive Behavior Therapy for Adolescents with Depression-a Pilot Study

P. Srivastava¹, M. Mehta¹, R. Sagar¹, A. Ambekar¹

¹Psychiatry, All India Institute of Medical Sciences, Delhi, India

Background: Despite the strong evidence for its effectiveness for depression in adolescence, cognitive behavior therapy (CBT) remains difficult to access in India. Computerized CBT offers a substantive contribution to the delivery of effective care improving accessibility of treatment. The present study is an endeavor to assess the felt needs of adolescents vis-a`-vis the difficulties and stressors experienced by them. Another objective of the study has been to develop and test a culturally relevant computer assisted CBT program called 'smartteen'. The presentation will discuss the results of the pilot test of the effectiveness of the intervention on a sample of 20 participants in reducing depressive symptoms.

Methods: In this pre and post research design, 20 depressed adolescents seeking treatment from the Department of Psychiatry at a premier institute in India, are being randomly assigned to intervention (n=10) and treatment as usual (n=10). Three assessments will be carried out at pre, mid (6 weeks of intervention) and post intervention (3 months of intervention) by a blind assessor. The primary outcome is recovery from depression and analysis will be done by intent to treat.

Results and Discussion: The study is ongoing and results will be presented at the time of presentation.