

How Does School-Based Depression Education Effect Depression Scores: A Scoping Review

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Purpose

The purpose of this scoping review is to provide a detailed look into depression education courses among adolescents, ages 10-19 years old, and determine if the adolescents' knowledge, attitudes, and beliefs regarding depression are impacted.

Specific Aims:

- Determine the impact of a school-based depression education program
- Evaluate programs for early knowledge and prevention of depression
- Compare the current school curriculum with the addition of depression education

Background

- Depression is an epidemic among adolescents
- Depression is being diagnosed earlier in life
- Schools currently have a standardized health education program
- Mental and physical development can be harmed by the effects of depression
- Recent studies evaluate the incorporation of depression education into schools resulting in better outcomes for depression in the adolescent age group.

Results

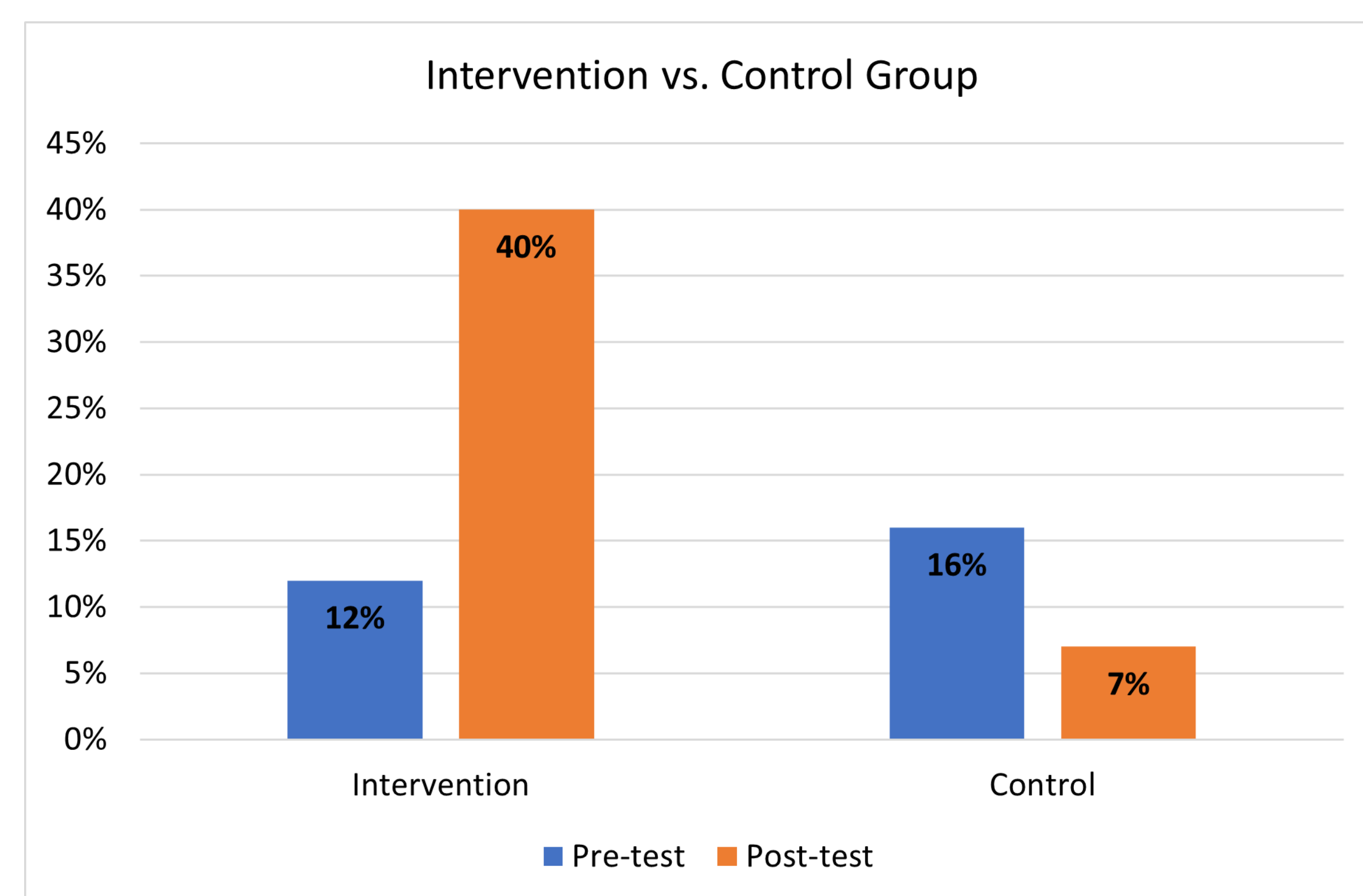
All articles implemented a pre and post-test surveying the results between the intervention group and control group.

Students receiving depression education had:

- Increase in depression literacy
- Decrease in negative stigmas of depression
- Recognize more warning signs of depression
- Understood how to get help either for themselves or for a peer

Control group students:

- More likely to get help from another peer compared to an adult
- Reported waiting longer to reach out for help
- Unable to recognize more than a few signs of depression



ADKQ pre and post-test results

	Pretest	Post Test
1	85.3%	94.9%
2	84.7%	91.3%
3	85.7%	94.6%
4	55.4%	93.3%
5	78.4%	79.7%
6	86.3%	91.8%
7	82.2%	86.2%
8	78.0%	87.4%
9	65.5%	84.5%
10	94.6%	96.2%
11	64.0%	66.6%
12	34.5%	51.7%
13	82.3%	87.5%

	Outcome #1 increased DL after education on depression	Outcome #2 reduced negative SOD after depression education	Outcome #3 increased knowledge, attitudes, and belief about depression
Article 1 Beaudry, M. B., Swartz, K., Miller, L., Schweizer, B., Glazer, K., & Wilcox, H. (2020)	NE	↓	NE
Article 2 Melnyk, B., & Jensen, P., (Eds.) (2013)	NE	↓	NE
Article 3 Muller, B. E., & Erford, B. T. (2012)	NE	NE	↑
Article 4 Sun, S., & Wang, S. (2015)	↑	NE	NE
Article 5 Swartz, K. L., Kastelic, E. A., Hess, S. G., Cox, T. S., Gonzales, L. C., Mink, S. P., & DePaulo, J. R., Jr (2010)	↑	NE	↑
Article 6 Swartz, K., Musci, R. J., Beaudry, M. B., Heley, K., Miller, L., Alfes, C., Townsend, L., Thomicroft, Wilcox, H. C. (2017)	↑	—	NE
Article 7 Ruble, A. E., Leon, P. J., Gilley-Hensley, L., Hess, S. G., & Swartz, K. L. (2013)	NE	↓	NE
Article 8 Tejada-Gallardo, C., Blasco-Belled, A., Torrelles-Nadal, C., Alsinet, C. (2020)	NE	NE	↑
Article 9 Townsend, L., Musci, R., Stuart, E., Heley, K., Beaudry, M. B., Schweizer, B., Ruble, A., Swartz, K., & Wilcox, H. (2018)	↑	—	NE
Article 10 Werner-Seidler, A., Perry, Y., Calcar, A. L., Newby, J. M., Christensen, H. (2016)	NE	NE	↑

↑ = Increased, ↓ = Decreased, — = No Change, NE = Not Examined, NR = Not Reported, ✓ = applicable or present, DL = depression literacy, SOD = stigmas of depression

Methods

Study Design:

- Scoping review

Setting:

- Secondary school

Study Population:

- Adolescents, ages 10-19 years old

Inclusion Criteria:

- Implementation of a depression awareness program
- Implementation of the program in a school setting
- Studies that included adolescents, ages 10-19 years old
- Published in a date range from 2010-2022
- English articles
- Study location in the United States

Exclusion Criteria:

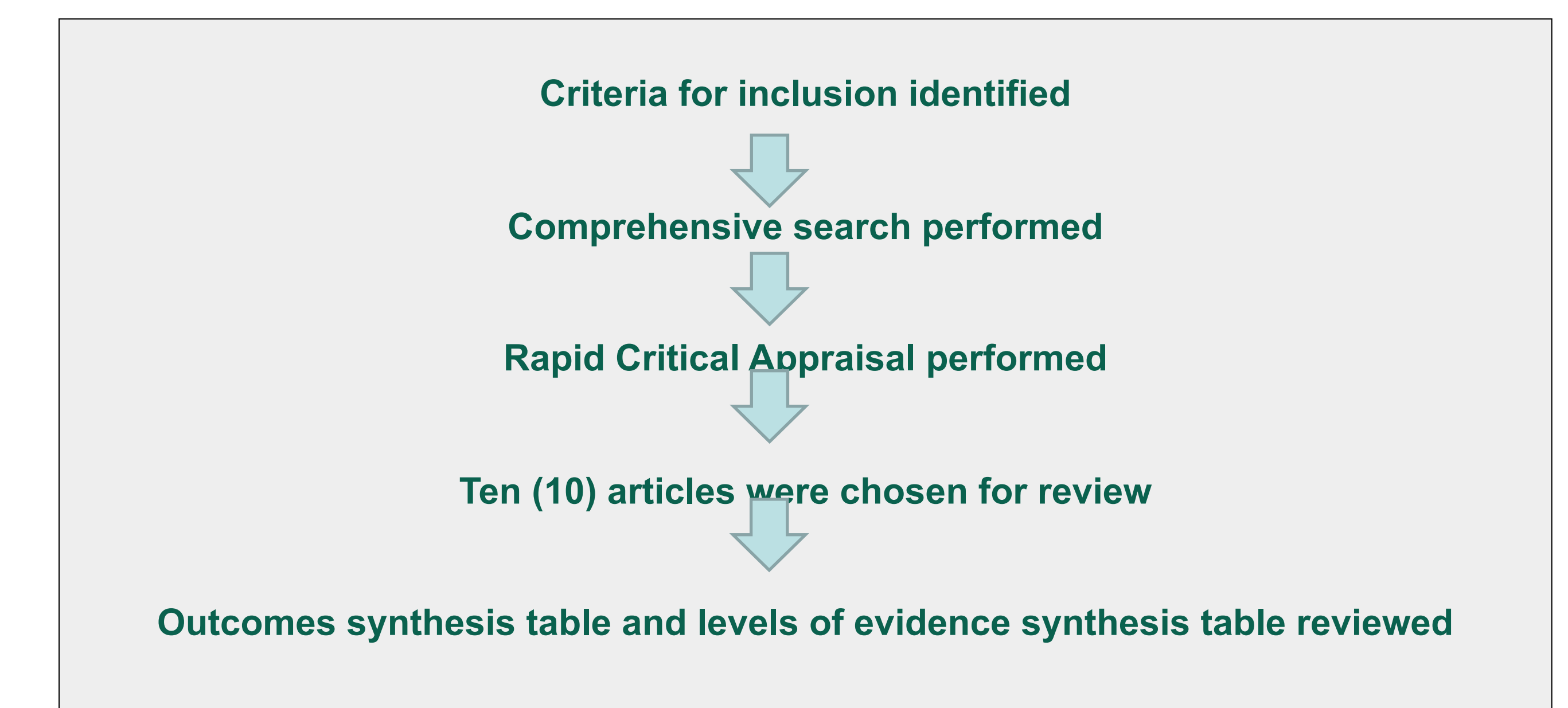
- Articles not published between 2010-2022
- Poor quality articles after Rapid Critical Appraisal

Databases Searched:

- University of Tennessee Health Science Center Library
- PubMed
- CINAHL Complete
- ERIC
- MEDLINE/Ovid

Article Search Duration:

- January 2020-November 2022



Implications for Practice

- Depression education courses may expand students' knowledge, attitude, and beliefs regarding depression.
- Schools may benefit from adopting a depression education course to help prevent the detrimental effects on overall mental and physical development caused by depression.

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