

Interventions to Support the Family of an Adolescent Patient with Depression



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INTRODUCTION

Depression is becoming increasingly prevalent among adolescents, with the World Health Organization (WHO) naming it as the leading cause of disability (1) and the Centers for Disease Control and Prevention (CDC) ranking it as the second leading cause of death among adolescents (2). Several factors predispose adolescents to depression, including the family context (3). The family is a key indicator of development of depression in adolescents highlighting the need for implementation of interventions within the family unit (4). When there is a lack of family functioning, this can negatively impact the treatment of depression symptoms in the adolescent patient (5). Improving family functioning and proding family-centered care has a significant impact on both parent and adolescent mental health symptoms (6,7). This literature review explores the different interventions available to support the family.



OBJECTIVE

To explore different interventions to support and care for the family and the adolescent with a depression diagnosis.

METHODOLOGY

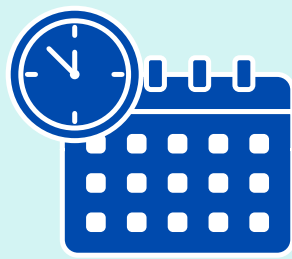
Research question: PIS

Population	Intervention	Situation
Family	Interventions	Adolescent Patient with Depression

Search strategy:

("family" OR "parents" OR "family relations") AND ("therapy" OR "Interventions" OR "programs") AND ("adolescent depression" OR "teenage depression")

Narrative Literature Review:



LIMITS

Spanish and English
2012-2022



Depression in adolescents
Family



12 articles selected

CONCLUSIONS



In conclusion, interventions aimed at including the family of adolescents with depression, contribute to improving both depression symptoms in adolescents and parents due to improvement in family functioning. Different types of interventions such as in-person, online, and those including parents only or the whole family unit, all improve family functioning and some contribute to an improvement in depression symptoms in adolescents. The findings from this investigation could serve as the groundwork for creation of interventions and teaching programs that ensure inclusion of the family in the treatment process of an adolescent patient with depression and therefore improve quality of care.

RESULTS

The support for parents of an adolescent with depression

In-Person Parental Education

- Healthy Emotions and Relationships with Teens (HEART-P): aims to improve attachment-relating parenting behaviours. Reduces stress symptoms in parents and depression symptoms in adolescents (8).
- Resilient Families Intervention: promotion of healthy adolescent development through education on parenting strategies. Reduction in depression symptoms in adolescents (9).



Online Interventions

- Parents in Parenting (PiP) Program: parent education through phonecalls and tailored feedback. Reduction in adolescent and parent depression symptoms (10).
- Therapist-Assisted Online Parenting Strategies: skill development to improve parenting behaviours and lower stress. Improvement in parent behaviours and family functioning, lower levels of stress (11).



The types of family-based interventions for an adolescent with depression



- Family Check-Up Prevention Program: prevents depression in adolescents and reduction of depression symptoms (12).
- BEST MOOD Program: Family therapy sessions targeting communication, attachment and family dynamics. Reduction in depression symptoms in both parents and adolescent (13).
- Family Involvement in Psychotherapy: improvement in family functioning (14).
- Attachment Based Family Therapy (ABFT): addresses attachment issues in the family and improves family functioning (15).
- Psychoeducational Interventions: Improvement in adolescent social functioning and depressive symptoms (16).

BIBLIOGRAPHY

