

BRAVE-ONLINE

Part 1

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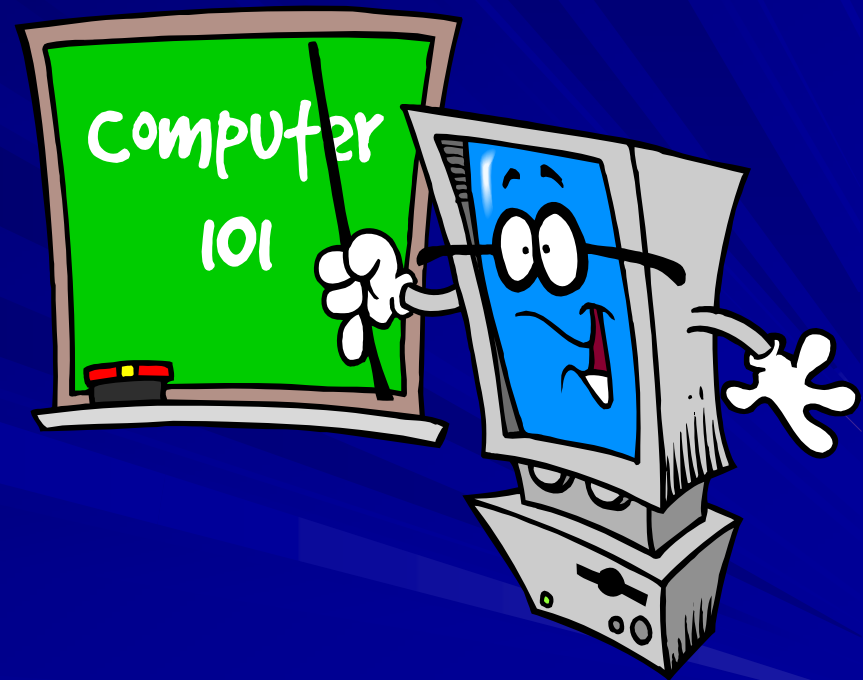
The BRAVE Team



- Professor Sue Spence (Griffith University)
- Dr Caroline Donovan (Griffith University)
- Dr Sonja March (University of Queensland)
- Ms Renee Anderson (University of Queensland)
- Ms Samantha Prosser (Griffith University)
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- With special thanks to the NH&MRC for funding this research and to Shockmedia for the web program

Agenda

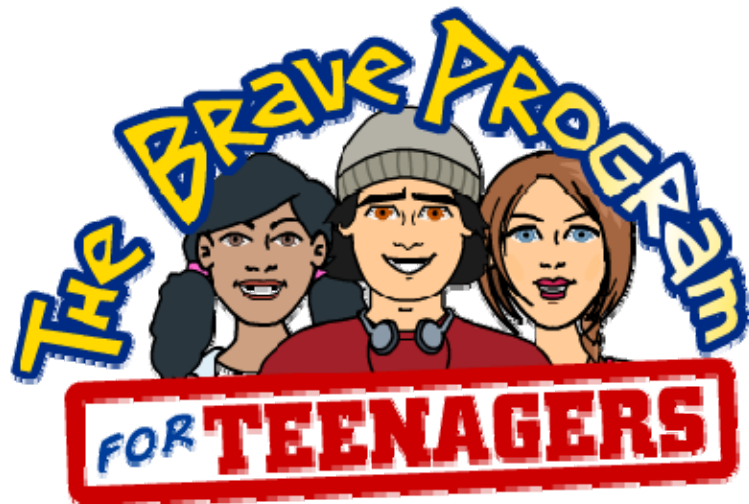
- Child anxiety
- Youth mental health in Australia
- The BRAVE Programs
- Features of the BRAVE Programs
- Demonstration



What are the BRAVE-ONLINE Programs?



- Internet-based cognitive-behavioural treatment for anxious young people
- For children aged 7-12 years
- For adolescents aged 13-17 years
- Therapist-mediated programs



Child Anxiety

- One of the most prevalent psychological disorders in youth
- Approximately 5-10% of young people have clinical DSM-IV anxiety disorders
- Chronic course if left untreated – mean duration of 4 years and a 30% recurrence rate



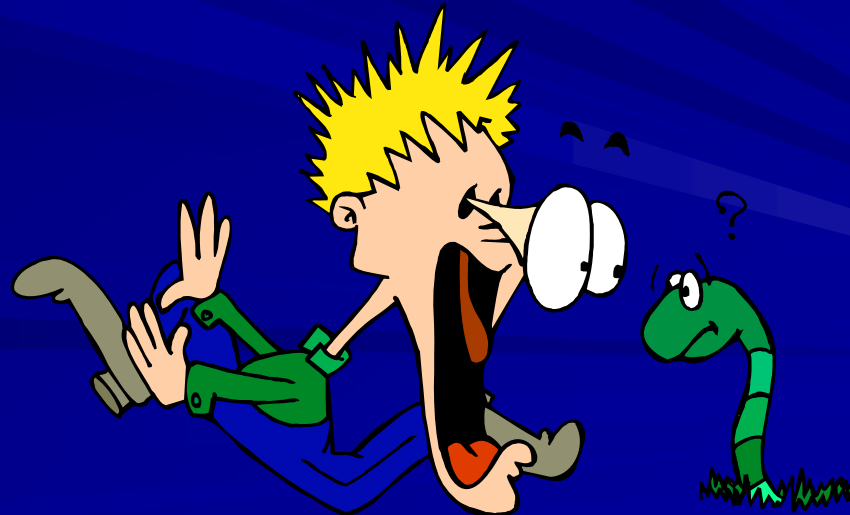
Consequences



- Range of adverse education, social and emotional outcomes e.g., school refusal, poor peer relationships, low self-esteem
- Functional impairment in adulthood – hospitalisation, medication, pension payments
- Huge economic burden

CBT for Child Anxiety

- CBT (Cognitive Behaviour Therapy) is widely regarded as the treatment of choice for child anxiety disorders
- Average remission rates of between 56% and 67% at post-treatment, for various clinic-based CBT interventions

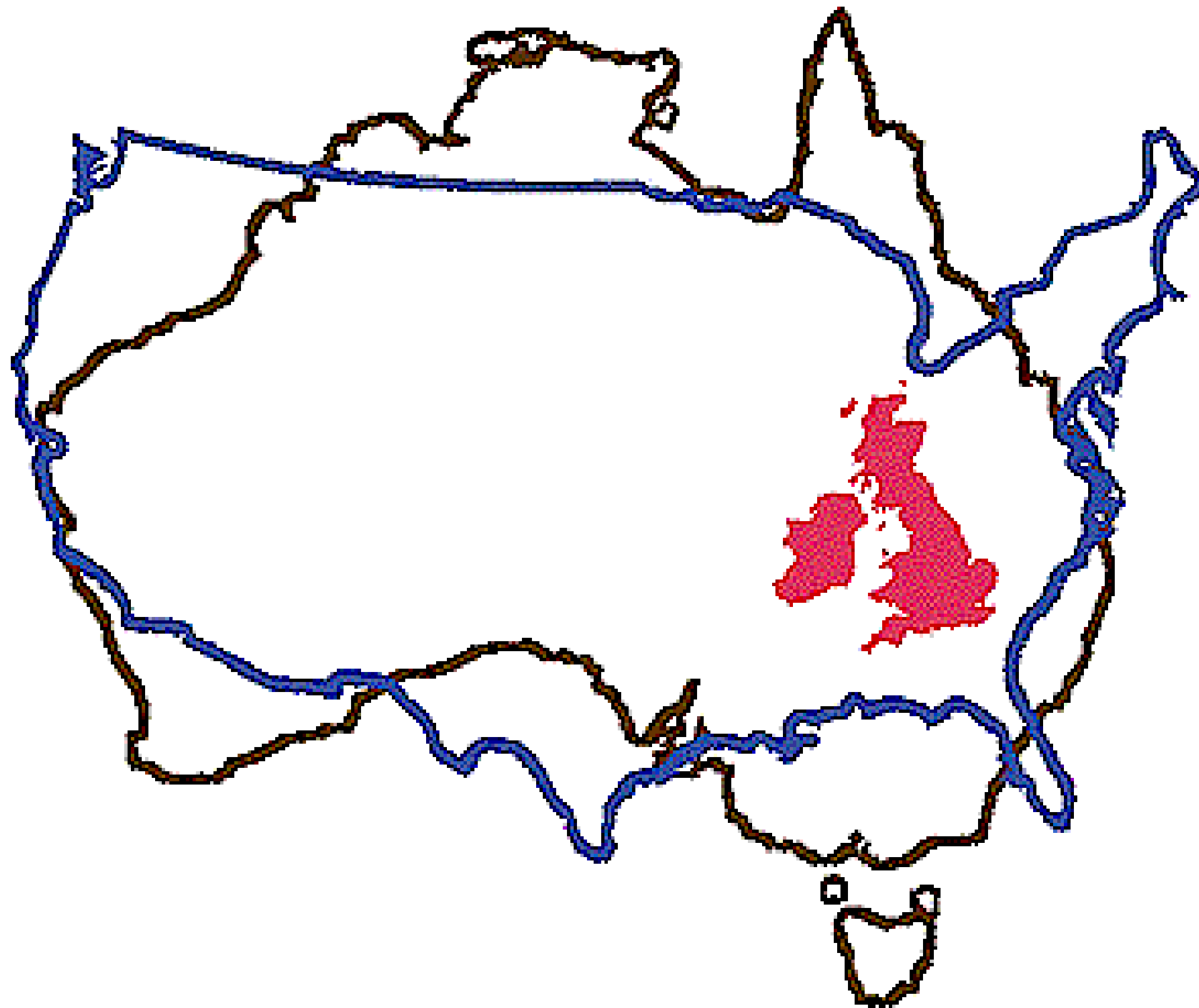


Youth Mental Health Care in Australia

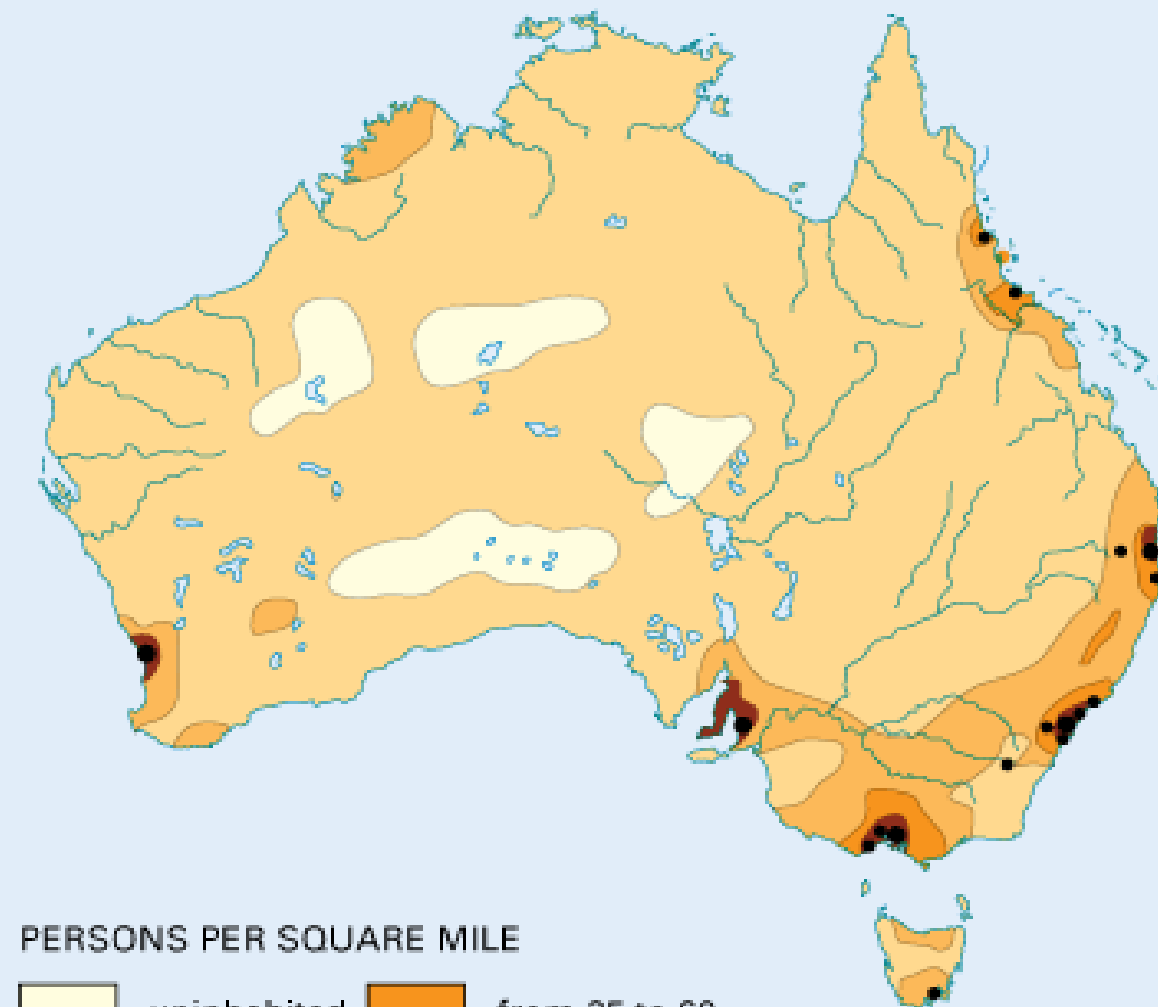
- The National Survey of Mental Health and Well-Being conducted with 4000 young people across Australia found that:
 - approximately 12% of all youth aged between 4 and 17 years scored in the clinical range on internalising problems
 - 75% did NOT receive assistance for their problems
 - only 17% of 'severe' cases attended a mental health service.

Australia





Population



PERSONS PER SQUARE MILE



A COMPTON'S MAP

The BRAVE-ONLINE Programs

- 10 sessions with the young person
- 6 (child program) / 5 (teenage program) sessions with the parent
- 2 booster sessions with the teenager 1 and 3 months post treatment
- 2 booster sessions with the parent 1 and 3 months post treatment



Which Young People are Eligible?

- Aged between:
 - 7 - 12 years (child program)
 - 13 - 17 years (teenage program)
- Meet DSM-IV criteria for either:
 - Separation Anxiety Disorder
 - Social Phobia
 - Simple Phobia
 - Generalised Anxiety Disorder



What does BRAVE stand for?

B

= Body signs (recognition of the physiological responses to anxiety)

R

= Relax (deep breathing, progressive muscle, guided imagery)

A

= Activate helpful thoughts (cognitive restructuring)

V

= Victory over your fears (graded exposure, problem solving)

E

= Enjoy! Reward yourself (positive reinforcement)

BRAVE is Therapist Mediated

**MEET YOUR
BRAVE TRAINER.**



Just like a sports coach may teach you new skills to become a better player, your BRAVE trainer will give you support and teach you new skills during the program.

Your BRAVE trainer will send you an email every time you complete a session and will phone you half way through the program to see how you are going.

REMEMBER You can also ask your BRAVE trainer any questions whenever you like, by clicking on the email button on the home page.



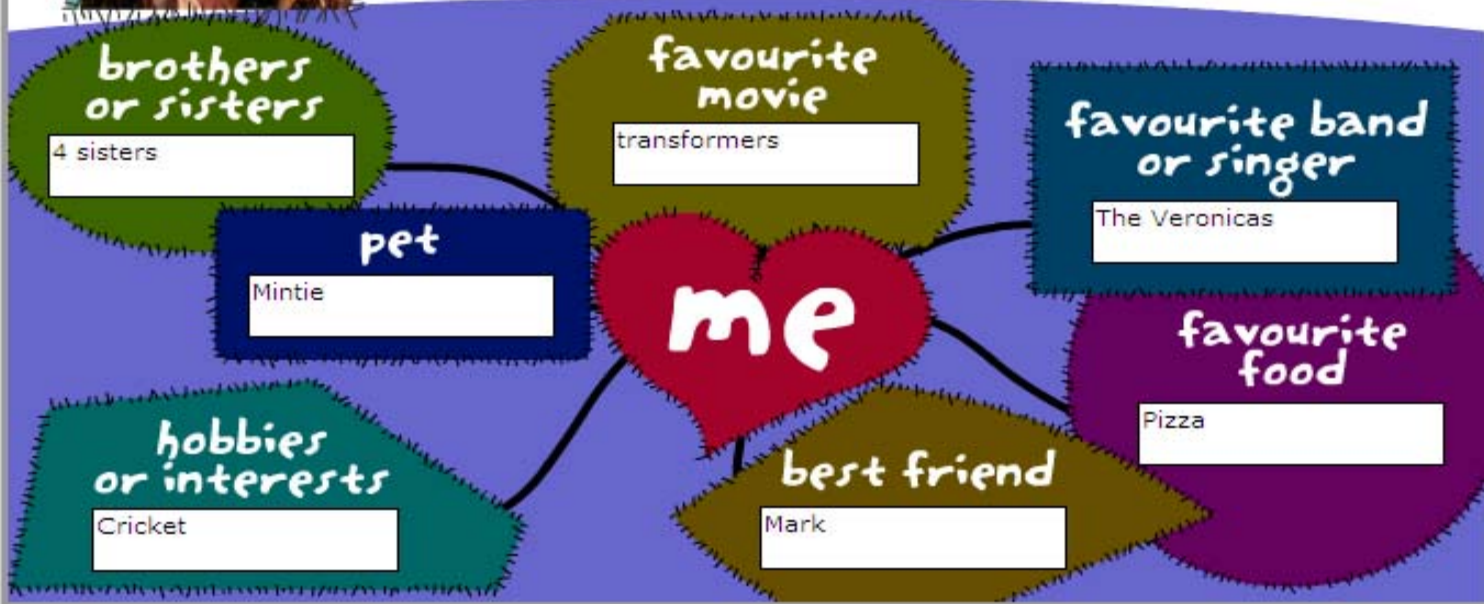

Getting to Know You Exercise

THE BRAVE PROGRAM

Mapping my world.

Tell us about yourself.

Create a map of your world by typing your answers in the shapes below.



brothers or sisters
4 sisters

pet
Mintie

hobbies or interests
Cricket

best friend
Mark

favourite movie
transformers


favourite band or singer
The Veronicas

favourite food
Pizza

← back

Next →

Personalised Pop-ups



Let's see how much you can remember from the last session...

Q. Most teenagers feel nervous or stressed at times.

Q. The letters in t for different strategies in the BRAVE program.

Q. Avoidance and learning from others are 2 factors that can lead to anxiety in teenagers.

Q. Teenagers can only experience one type of anxiety problem.

True False

False

True False

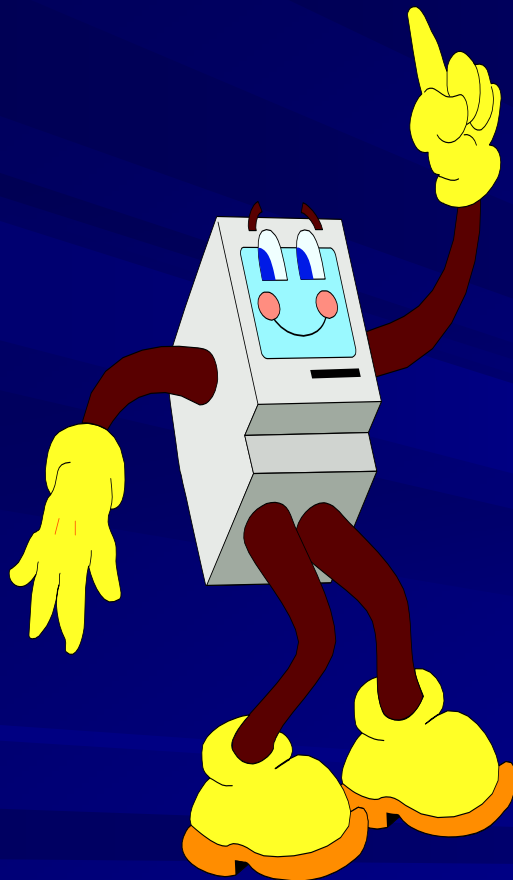
True False

Microsoft Internet Explorer

Great work Kate! from your Brave trainer Jane Holmes.

OK

Emails



- Automatic, personalised emails to congratulate the participant on completing the session and letting them know when they can do their next session
- Automatic, personalised emails to let the participant know when their next session is due
- Automatic emails to let the participant know when they are overdue for a session
- Personalised weekly emails constructed by the therapist providing feedback about homework and activities, as well as encouragement on their involvement

Monitoring Systems

- Therapist receives emails to inform when a participant has finished their session
- At the back-end of the program, we have an administration page where we can check on what emails have been sent to participants
- At the back-end of the program, we have an administration page where we can view all responses that the teenagers type in



13	Sunday: Did you Practise?	Yes
14	Sunday: Relaxation rating after practice (0-10)	5
15	Did you have any problems when practising relaxation?	

Page 4

1	1. Unhelpful Thought	I'm going to make a fool of myself playing sport in front of someone
2	1. Feeling	Anxious
3	1. Helpful Thought	I'm good at sport just as good as anyone else
4	1. New Feeling	A bit more confident
5	2. Unhelpful Thought	I don't want to ask out this girl she might think I'm an idiot
6	2. Feeling	very anxious
7	2. Helpful Thought	I really like this girl and she might like me
8	2. New Feeling	excited

Page 8

1	Unhelpful thought	I could be in trouble
2	Unhelpful thought - Feelings	worried
3	Unhelpful thought - Behaviours	try and avoid her
4	Helpful thought	I wonder what this is about
5	Helpful thought - Feelings	curious
6	Helpful thought - Behaviours	Go and find out what she wants

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Live Demonstration

- Half of Session 1 of the teen program
- A 'Story' that we use in the child program to demonstrate cognitive restructuring



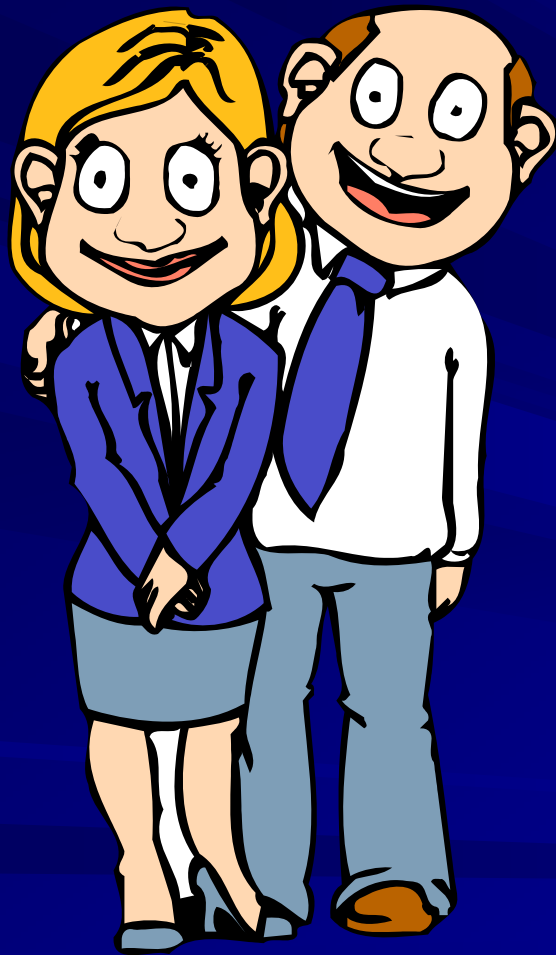
What the Kids Say...



■ Feedback from youth completing BRAVE-ONLINE

- *"I liked that basically no one knew about me doing it"*
- *"I liked the way it taught me the skills to overcome my fears"*
- *"I liked the bright colours, pictures and sounds"*
- *"It was easy to understand"*
- *"I liked the stories about other kids having a similar problem to me and solving them"*
- *"It helped me to get to sleep easier"*

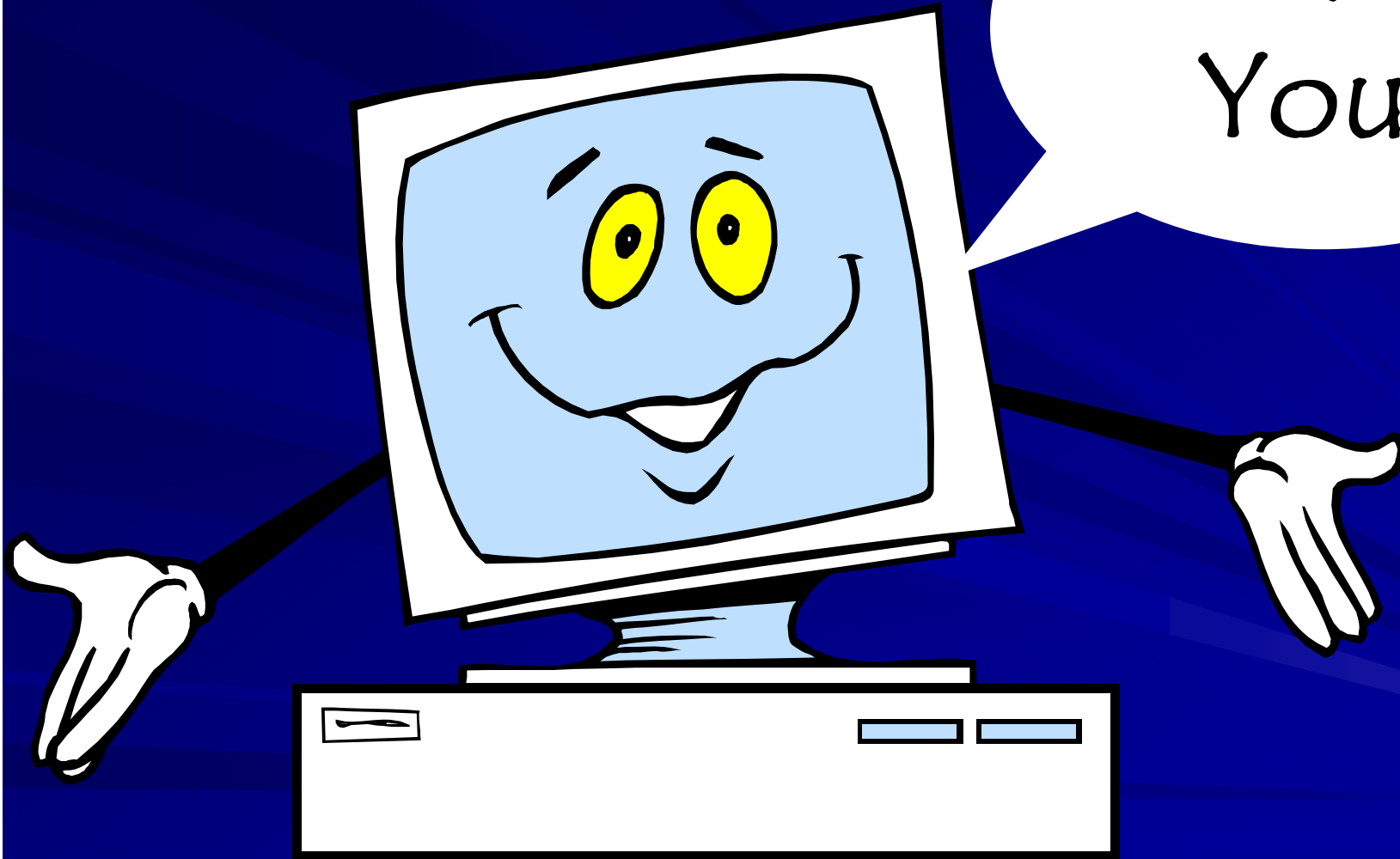
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"User friendly!"
- *"It was good for my son to know that he wasn't the only child feeling anxious"*
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- *The program gave me lots of strategies to help my daughter!"*
"We liked that we could do it together and that the material is always there"

Thank
You!



Brave for Teenagers

SESSION 1

[click here to start >](#)

Click on the button above or the
"next" button below to start.



THE BRAVE PROGRAM

WHAT IS THE BRAVE PROGRAM ALL ABOUT?

The BRAVE PROGRAM is an internet program specially designed for teenagers with anxiety.

This program includes 10 fun, interactive sessions for teenagers to work through each week. In each session, teenagers will learn different strategies to deal with their anxiety or worries.

There are 2 additional (booster) sessions to complete after the program to remind teenagers of the strategies they have learned.



HOW CAN THE BRAVE PROGRAM HELP ME?



Everybody feels anxious or stressed sometimes. Feeling anxious and nervous a lot can feel pretty awful. It can also stop you from doing things you need or want to do.

The BRAVE PROGRAM will show you how to manage your anxiety and worries to feel better. By the end of the program you will have learned all the strategies you need to cope with anxiety and stress.

Anyone can learn the strategies to deal with anxiety, it just takes practice!



Next

MEET YOUR BRAVE TRAINER.



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THE BRAVE PROGRAM



TODAY'S ACTIVITIES

1. MAPPING MY WORLD
2. DID YOU KNOW?
3. TYPES OF ANXIETY
4. ANXIETY QUIZ
5. THE 4 ASPECTS OF ANXIETY
6. WHY ARE SOME TEENAGERS ANXIOUS?
7. WHAT DOES BRAVE STAND FOR?
8. SET YOUR GOALS
9. QUIZ SHOW
10. EXTREME CHALLENGE





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or sisters

4 sisters

favourite
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transformers

favourite band
or singer

The Veronicas

pet

Mintie

me

hobbies
or interests

Cricket

favourite
food

Pizza

best friend

Mark



Next




DID YOU KNOW?

Click below to learn some facts about anxiety...

FACT #1

Anxiety is the one of the most common health problems among adolescents.

NEXT FACT 






DID YOU KNOW?

Click below to learn some facts about anxiety...

FACT #2

Approximately 1 in 10 adolescents suffer from anxiety.

NEXT FACT 



THE BRAVE PROGRAM




DID YOU KNOW?

Click below to learn some facts about anxiety...

FACT #3

No matter how old or young you are, everyone experiences anxiety at times.

NEXT FACT 



THE BRAVE PROGRAM




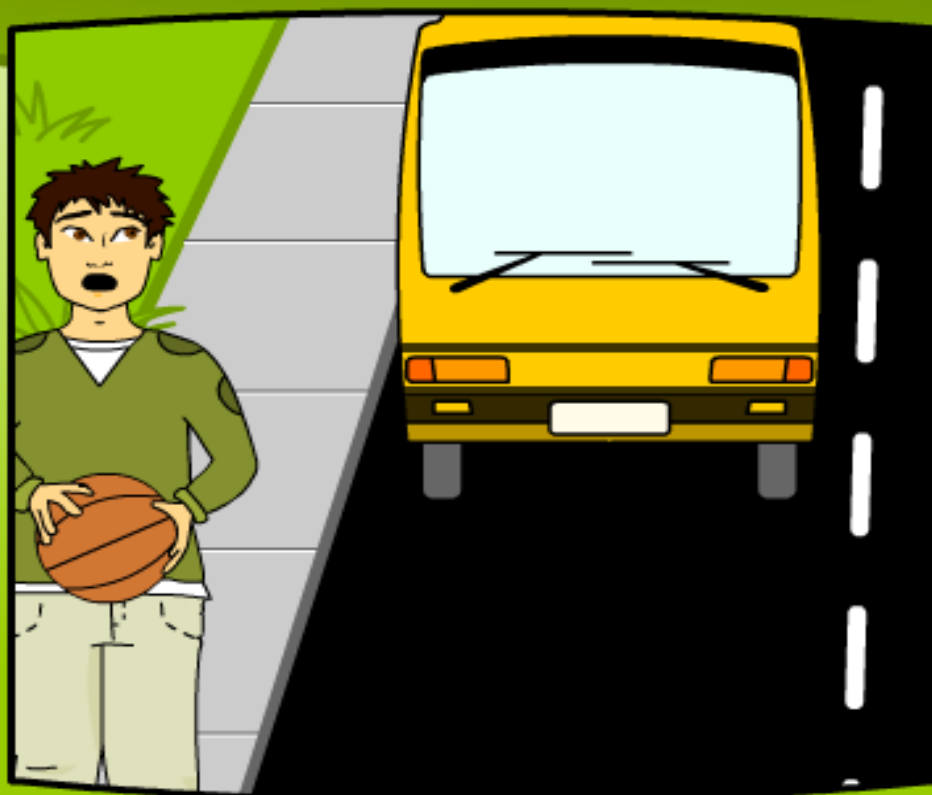
DID YOU KNOW?

Click below to learn some facts about anxiety...

FACT #4

Anxiety is a normal reaction. It can even be helpful in some situations.

NEXT FACT 





DID YOU KNOW?

Click below to learn some facts about anxiety...

FACT #5

Anxiety can become a problem when it stops someone from doing things they need or want to do.



NEXT PAGE



TYPES OF ANXIETY

Teenagers can feel nervous or worried about many different things.

Click on the characters to learn more...



Jack



General Anxiety

(gen-er-al) adj.

Some teenagers tend to worry about many areas of life (e.g. schoolwork, things going on in the world, health)

NEXT ➤

JACK



Jack is 17. He always seems to be worrying about something. Jack worries most days about getting good grades at school, doing well at sports and things going on in his family. He sometimes talks to his friends and his parents about his worries but finds it hard to stop worrying about these things.



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Social Anxiety

(so-cial) adj.

Some teenagers are scared of interacting with people, or being the focus of attention.



Tian is 15. He feels really nervous about doing talks in front of the class. Tian worries that he will stuff up and that all the kids will laugh at him and think he's a loser.

NEXT ➤



Specific Anxiety

(spe-cif-ic) adj.

Some teenagers are fearful of certain objects or situations (e.g. injections, heights, snakes)



Lani is 16. She has a fear of spiders and bees. She completely freaks out if she sees these insects and avoids certain places, like the garden.

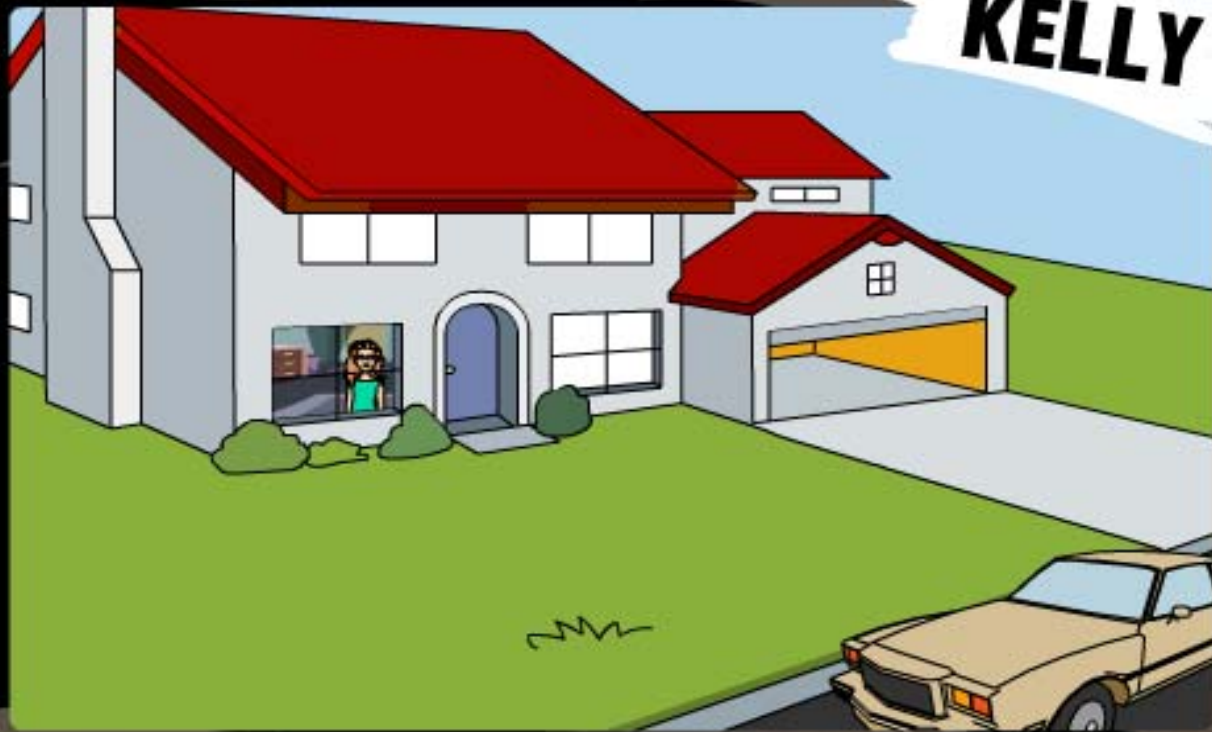
NEXT ➤



Separation Anxiety

(sep-a-ra-tion) n.

Some teenagers become worried when separated from others they feel close to, such as parents, or brothers and sisters.



KELLY

Kelly is 14. She feels really upset when her parents go out for the night. Kelly worries that something bad will happen to them.

NEXT ➤



OTHER TYPES OF ANXIETY

Obsessive-compulsive

(ob-ses-sive) adj.

Some teenagers experience disturbing thoughts (e.g. "I am contaminated with germs and will get sick") and do certain actions over and over again (e.g. washing hands) to try and stop these thoughts.

Panic

(pan-ic) n.

Some teenagers suffer from panic attacks, where out of the blue they feel really scared and they don't know why. They may experience a sudden rush of fear, racing heart, sweating, dizziness, and difficulty breathing.

Post-traumatic Stress

(post-trau-mat-ic) adj.

Some teenagers become very upset when reminded of a frightening event in the past.

NEXT ➤

HOME



Answer the questions below to test your knowledge about different types of anxiety.

the ANXIETY Quiz

Q1.

Sam worries when he is away from his parents. When he is away on school camps, he feels really sick in his stomach and wants to go home.

Panic

Social Anxiety

Separation Anxiety



Answer the questions below to test your knowledge about different types of anxiety.

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Social Anxiety

Separation Anxiety



THE BRAVE PROGRAM

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Panic

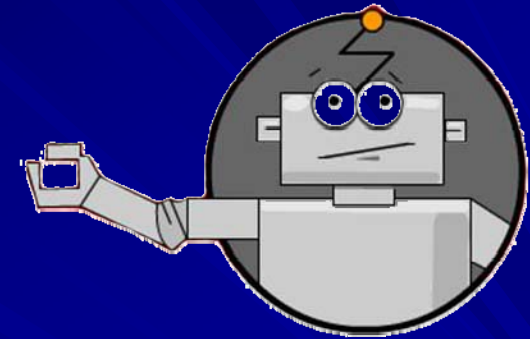
Social Anxiety

Separation Anxiety

✗ try again



Activating Helpful Thoughts



An Example from BRAVE-
ONLINE for Children



Worried Wes and BRAVE Brenda.



Let's learn more about helpful and unhelpful thoughts. Read the story about Worried Wes and Brave Brenda. Think about the types of thoughts that Wes and Brenda are having.

Remember, people can have different thoughts in the same situation.

Think about the how these thoughts are making Wes and Brenda feel. Who feels better in this story and why?





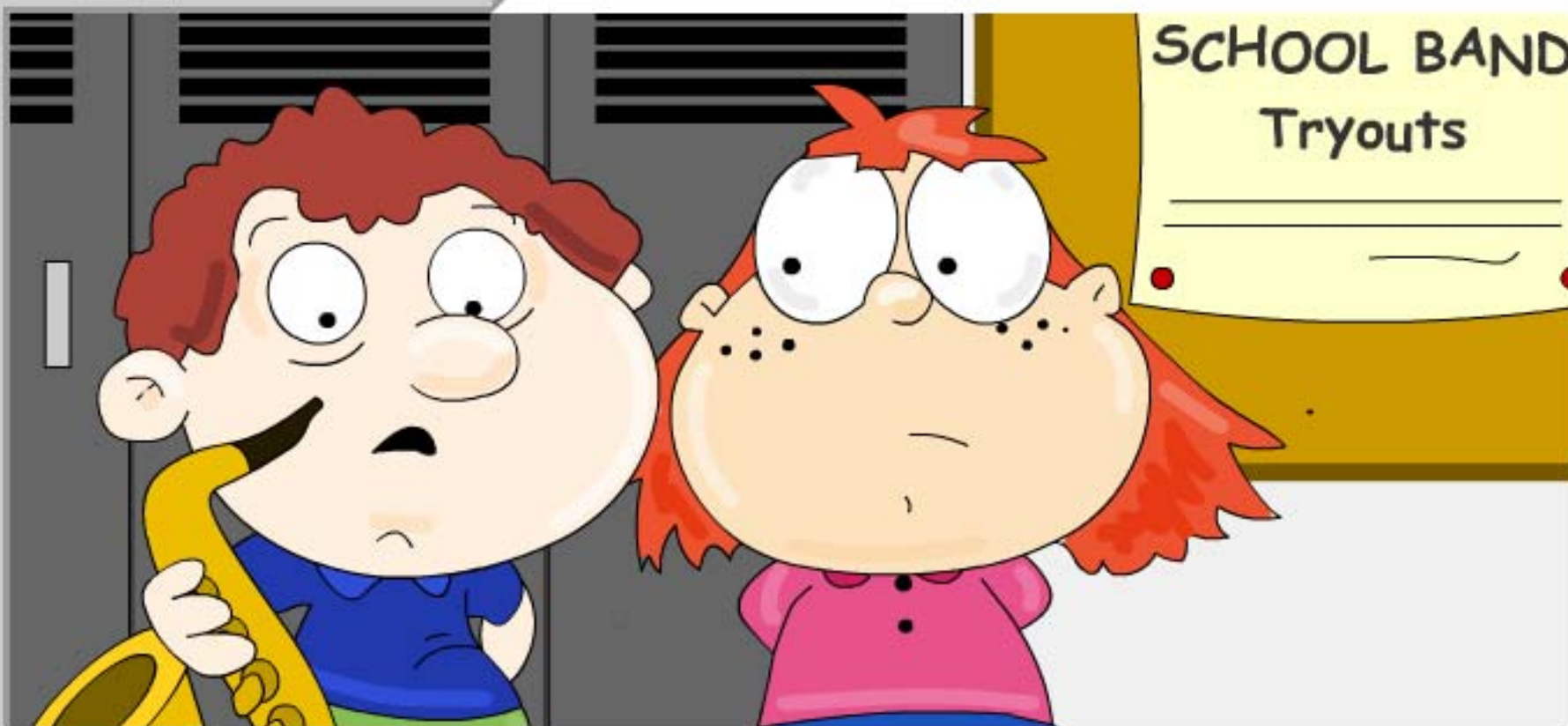
This is a story about two school students who think very differently about things. Meet Worried Wes and Brave Brenda. They both play the saxophone and are trying out for the school band.





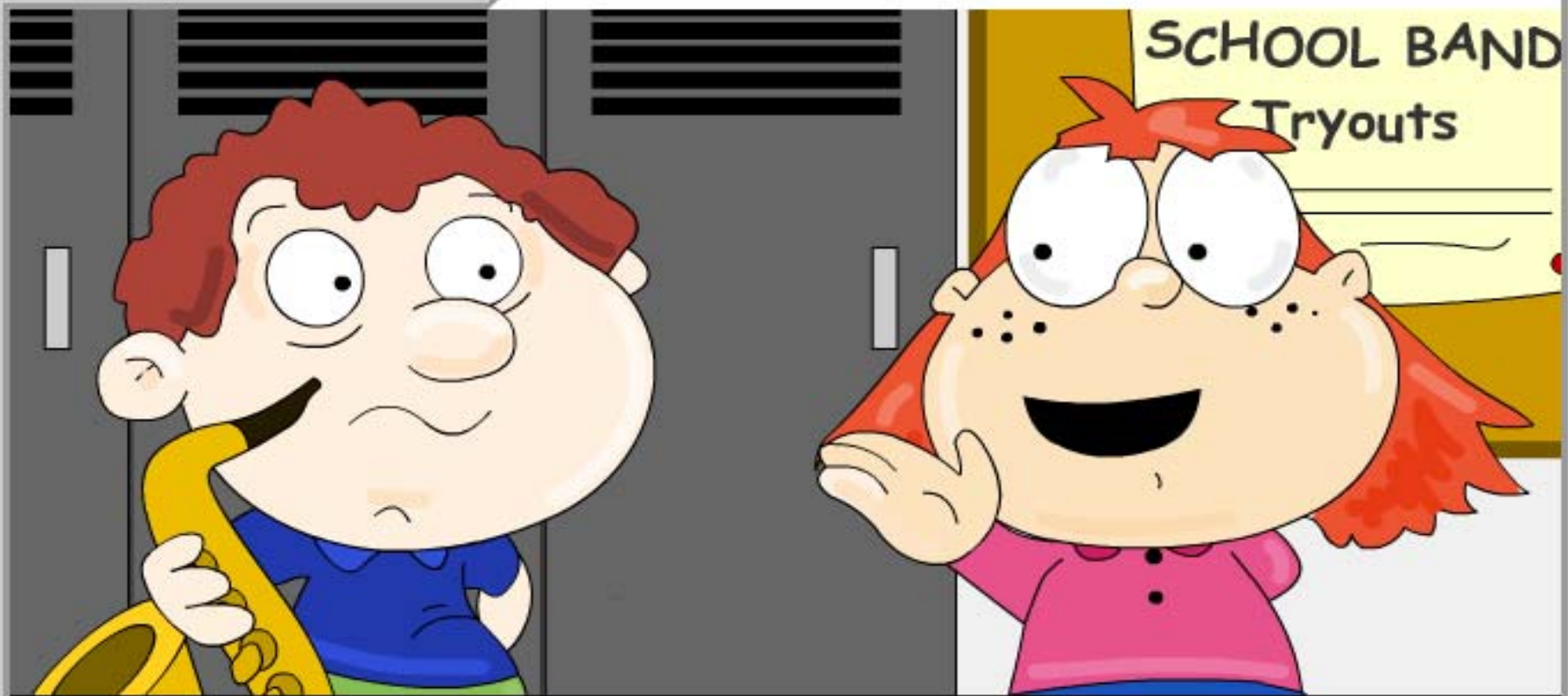
It is the day before the band try-outs. "Hi Wes" calls Brenda. "I've just checked the times for the auditions. It's going to be fun trying out tomorrow. I think we've got a really good chance."





"Oh, I doubt I'll get in," says Wes. "I really want to be in the band but so many other students are trying out, I don't stand a chance."





Brenda said to Wes, "There are lots of students trying out, but I think it will be fun. See you tomorrow."

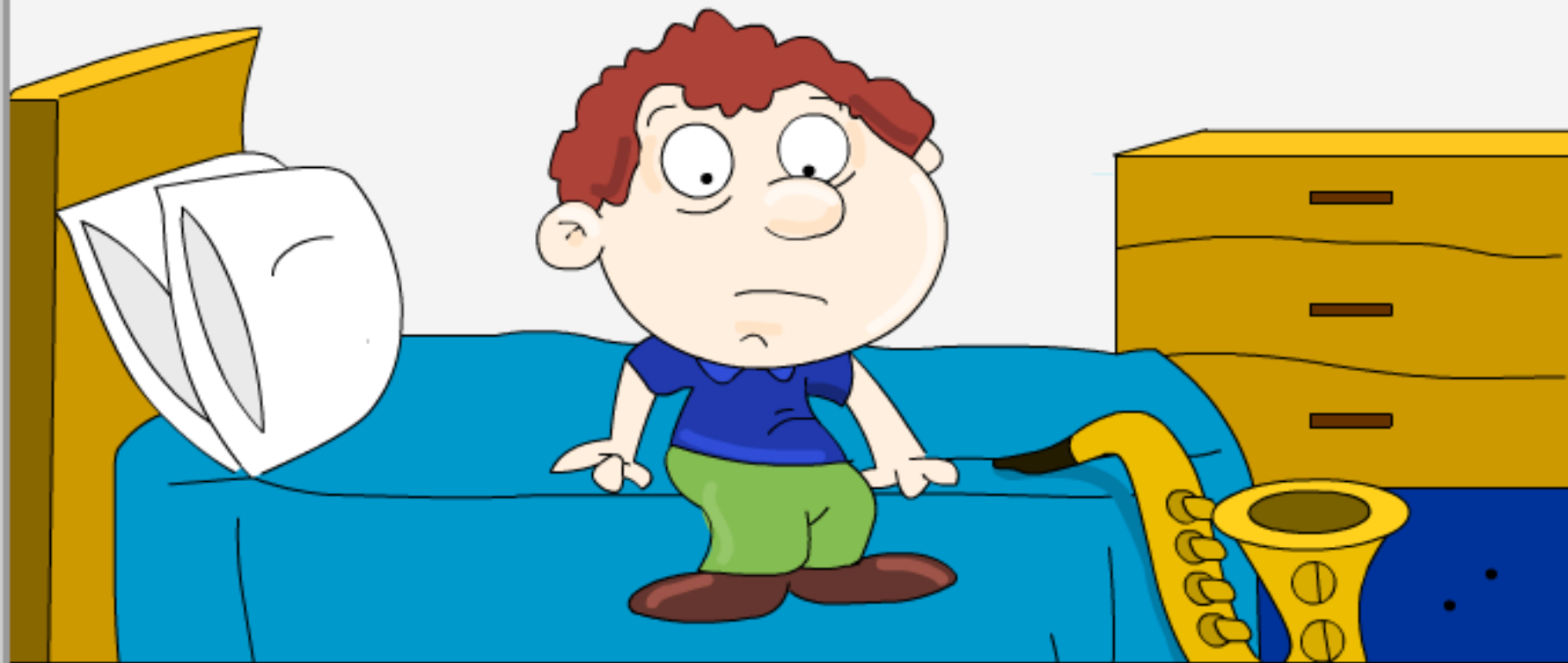


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Brenda thought to herself, "I'm good at playing the saxophone. I'm doing really well at my music practice and if I don't get in this time, I can always keep on practising so that I'll have an even better chance next time. I might practise some more."





Wes thought to himself "I'm hopeless at playing the saxophone.
I'll play the wrong notes and everyone will laugh at me.
There is no point in even trying out."





Worried Wes and BRAVE Brenda.



Think about how Wes and Brenda were thinking and feeling in the story, and answer the questions in the boxes below...

1. Name the character that was activating helpful thoughts.

Brenda

write your answer here



THE BRAVE PROGRAM

2. Write down one of their helpful thoughts.

I'm good at playing the saxophone

write your answer here

3. Name the character that was thinking unhelpful thoughts.

Wes

write your answer here

4. Write down one of their unhelpful thoughts.

I'm hopeless at playing the saxophone.

write your answer here



THE BRAVE PROGRAM

5. Who feels better about trying out for the school band? Why?

Brenda because she is has more helpful thoughts

write your answer here

6. What happened to Wes at the end of the story?

He didn't try out for the band

write your answer here

7. What happened to Brenda at the end of the story?

She tried out for the band

write your answer here



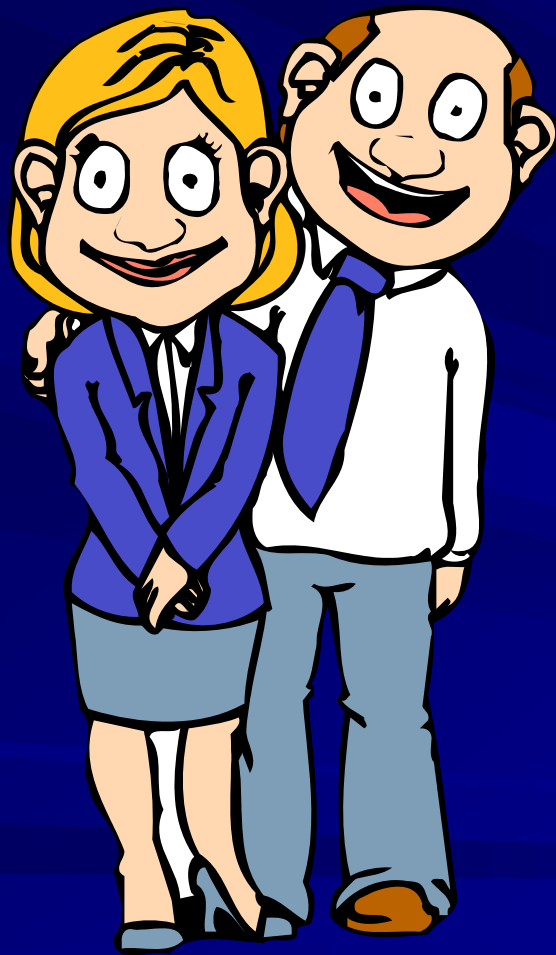
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