

youthCOACH_{CE}

An Internet- and mobile-based intervention for improving psychological burden in adolescents with chronic somatic conditions.

Short description

Adolescents with a chronic somatic condition (CE) show an increased risk of developing comorbid symptoms of anxiety or depression, which in turn affect patients' wellbeing, medical outcomes and disease progression. To date, research on effective and early intervention of these comorbidities is limited. Therefore, the multi-centric COACH project aims in five sub-projects at an early diagnosis, a deeper understanding and an improved treatment of psychological burden among adolescents with CE. Based on the results of clinical studies, evidence-based recommendations for collaborative care of affected adolescents will be developed. The project includes adolescents and young adults aged 12-21 years who are diagnosed with type 1 diabetes, juvenile idiopathic arthritis, or cystic fibrosis.

Subproject (SP) 4, located at the University of Ulm, aims to evaluate the effectiveness of an Internet- and mobile-based intervention

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("youthCOACH_{CE}") targeting the specific population of adolescents with CE and comorbid symptoms of anxiety and/or depression. In a randomised controlled trial, youthCOACH_{CE} will be compared to a "treatment as usual" control condition. Internet- and mobile-based interventions based on cognitive-behavioral therapy (iCBT) have been shown to be effective in treating symptoms of depression and anxiety. However, research on the effectiveness of iCBT in adolescents with CE is insufficient and therefore will be investigated in SP 4.

The iCBT youthCOACH_{CE} comprises seven sessions that aim to teach participants strategies for coping with symptoms of anxiety and depression. Furthermore, youthCOACH_{CE} encourages social as well as self-management skills and implements methods of behavioural activation.

Project lead

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Publications

Further information on publications can be found on the department website: www.uni-ulm.de/in/psy-klips/publikationen/publikationen/

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