

# **Improving Parenting of Teens to Prevent Mental Health Problems**

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# Depressed Patients Retrospectively Report Differences in Parenting Compared to Controls

## MOTHER FORM

*This questionnaire lists various attitudes and behaviours of parents. As you remember your MOTHER in your first 16 years would you place a tick in the most appropriate box next to each question.*

	Very like	Moderately like	Moderately unlike	Very unlike
1. Spoke to me in a warm and friendly voice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Did not help me as much as I needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Let me do those things I liked doing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Seemed emotionally cold to me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Appeared to understand my problems and worries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Was affectionate to me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Liked me to make my own decisions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Did not want me to grow up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Tried to control everything I did	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Invaded my privacy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Enjoyed talking things over with me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Frequently smiled at me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Tended to baby me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Review

# Parental factors associated with depression and anxiety in young people: A systematic review and meta-analysis



Marie Bee Hui Yap<sup>a,b,\*</sup>, Pamela Doreen Pilkington<sup>a,b</sup>, Siobhan Mary Ryan<sup>a,b</sup>,  
Anthony Francis Jorm<sup>a,b</sup>

Good evidence was found for the following risk factors :

- Less warmth (“My mother speaks to me in a warm and friendly voice”)
- Inter-parental conflict (“Do your parents sometimes have serious conflicts”)
- Over-involvement (“Your parent makes you feel guilty if you do something they don’t like”)
- Aversiveness (“I think my parents were mean and grudging toward me”)
- Less autonomy granting (“My parents ask me what I think before most family decisions affecting me are made”)
- Less monitoring (“How much do your parents know who your friends are and what they are like”)



## Research report

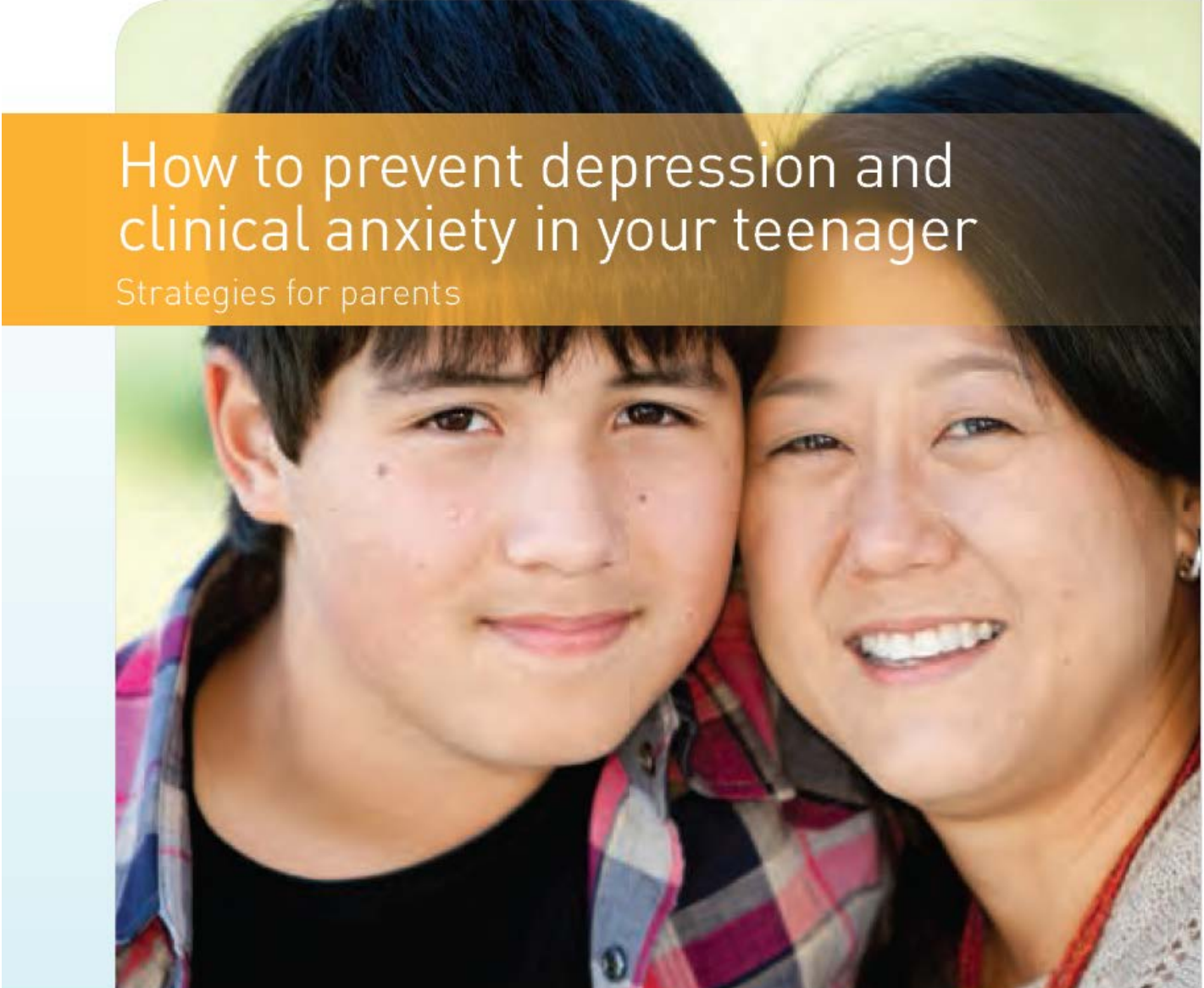
# Parenting strategies for reducing the risk of adolescent depression and anxiety disorders: A Delphi consensus study

Marie B.H. Yap<sup>a,b,\*</sup>, Pamela D. Pilkington<sup>a,b</sup>, Siobhan M. Ryan<sup>a,b</sup>, Claire M. Kelly<sup>c,d</sup>,  
Anthony F. Jorm<sup>a,b</sup>

- 27 international experts gave  $\geq 90\%$  endorsement to 190 parenting strategies
- Examples:
  - “Parents should know who their adolescent’s friends are”
  - “Parents should not ask their adolescent to choose sides in conflicts with their partner”
  - “Parents should provide their adolescent with positive consequences for when they behave well”

# Endorsed Strategies Were Used to Produce Parenting Guidelines

- You can reduce your child's risk of depression and anxiety problems
- Establish and maintain a good relationship with your teenager
- Be involved and support increasing autonomy
- Establish family rules and consequences
- Minimize conflict in the home
- Encourage supportive relationships
- Help your teenager deal with problems
- Encourage good health habits
- Help you teenager deal with anxiety
- Encourage professional help seeking when needed
- Don't blame yourself



# How to prevent depression and clinical anxiety in your teenager

Strategies for parents

# The Parenting to Reduce Adolescent Depression and Anxiety Scale: Assessing parental concordance with parenting guidelines for the prevention of adolescent depression and anxiety disorders

Mairead C. Cardamone-Breen<sup>1</sup>, Anthony F. Jorm<sup>2</sup>, Katherine A. Lawrence<sup>1</sup>, Andrew J. Mackinnon<sup>2,3</sup> and Marie B.H. Yap<sup>1,2</sup>



### 3 Your involvement in your teenager's life

**Please indicate how often you do the following.**

We eat dinner together as a family.

NEVER RARELY SOMETIMES OFTEN

My teenager and I do one-on-one activities together that we both enjoy.

NEVER RARELY SOMETIMES OFTEN

I discourage my teenager from participating in any extra-curricular activities (e.g., sports, music), so that they can focus on their studies.

NEVER RARELY SOMETIMES OFTEN

I let my teenager decide what they want to tell me about school, so I don't put too much pressure on them.

NEVER RARELY SOMETIMES OFTEN

When my teenager is going out without me, I know where they are going, who they will be with, and what they will be doing.

NEVER RARELY SOMETIMES OFTEN

I make it clear to my teenager that they are still dependent on me, as it is important that they realise this.

NEVER RARELY SOMETIMES OFTEN

I encourage my teenager to try out a variety of activities, to find out what they are interested in and what they are good at.

NEVER RARELY SOMETIMES OFTEN

I increase my teenager's responsibilities and independence over time (e.g., let them make more decisions about their life).



## Your involvement in your teenager's life



It is important to find a balance between being involved in your teenager's life and giving them age-appropriate independence.

Teenagers benefit most when their parents continue to show interest in their lives without being intrusive, and respect their need for growing independence.

### **You can be more involved in your teenager's life by:**

- Showing interest in what your teenager is doing at school. For example, you could ask who they spent time with at lunch time, or what was the easiest/hardest thing they had to do at school that day.

You can further support your teenager's growing independence by:

- Encouraging your teenager to try out extra-curricular activities (e.g. sports, music, or anything else they are interested in).
- Gradually increasing your teenager's responsibilities and independence over time to allow them to mature.

You can learn more about the balance between being involved in your teenager's life and supporting their developing autonomy in the module ***Nurture roots and inspire wings.***

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📄 Preprints (earlier versions) of this paper are available at <https://preprints.jmir.org/preprint/9499>, first published November 30, 2017.



## A Single-Session, Web-Based Parenting Intervention to Prevent Adolescent Depression and Anxiety Disorders: Randomized Controlled Trial

Mairead C Cardamone-Breen <sup>1</sup> ; Anthony F Jorm <sup>2</sup> ; Katherine A Lawrence <sup>1</sup> ;  
Ronald M Rapee <sup>3</sup> ; Andrew J Mackinnon <sup>4</sup> ; Marie Bee Hui Yap <sup>1,2</sup> 

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PMID: 29699964  
PMCID: 5945988


## Findings:

- Self-reported parenting improved
- No difference in adolescent-reported parenting or adolescent symptoms

## Select your modules to personalise your program

Welcome to your personalised program. Below are the modules available to you. The modules cover topics related to parenting and teen mental health, and are designed to help you support your teenager.

You can select as many of the 10 modules as you'd like. To select or deselect a module, toggle or untoggle the switch.

Click  next to each module title to find out more about it. Once you're happy with your selection, click **CONFIRM** to start your program.

















### Want some help choosing your modules?

-  Take 5 minutes to reflect on your confidence in each topic. This can help you decide which modules may be most helpful for you.  
[Yes please - take me to the survey.](#)

- Understanding anxiety and depression 
- Connect 
- Raising good kids into great adults 
- Breaking the anxiety cycle 
- Calm versus conflict 
- Partners in problem solving 
- Good health habits for good mental health 
- Nurture roots & inspire wings 
- Good friends = supportive relationships 
- Maintaining the gains 

## Your selected modules

We recommend completing one module per week, to allow yourself time to practise the suggested strategies. Your selected modules will unlock weekly, however you can unlock any module earlier by clicking the padlock icon.

<p><b>Understanding anxiety and depression</b> </p>  <p>It can be hard for parents to tell whether changes in their teen's behaviours are a normal part of adolescence, or a sign of a mental health problem. In this module, we'll take a closer look at depression and anxiety disorders in teens, including how you can support your teen's mental health now and into the future.</p> <p><a href="#">START</a></p>	<p><b>Connect</b> </p>  <p>'Connect' is about empowering you to change your behaviour so you can positively influence your teenager. We'll talk about ways to build your relationship and communication with your teenager. Connect is the foundational module of the program, so we encourage you to complete it if it's recommended for you.</p> <p><a href="#">START</a></p>	<p><b>Raising good kids into great adults</b> </p>  <p>Teenagers need the adults around them to set clear boundaries and expectations for their behaviour. This module will help you to establish clear expectations that your teen is likely to follow.</p> <p><a href="#">START</a></p>	<p><b>Breaking the anxiety cycle</b> </p>  <p>We all feel anxious at times. However, if your teen's anxiety is negatively impacting their day-to-day activities, it's important to take steps to manage anxiety effectively. 'Breaking the anxiety cycle' talks about ways you can support your teenager to better cope with the fears and worries they will inevitably face.</p> <p><a href="#">START</a></p>
<p><b>Calm versus conflict</b> </p>  <p>Parents play an important role in helping their teenagers learn to manage conflict. 'Calm versus conflict' aims to help you manage conflict at home, to create a safe and supportive environment for your teenager.</p> <p><a href="#">START</a></p>	<p><b>Partners in problem solving</b> </p>  <p>Problems are a part of life. As teenagers mature, they need to learn strategies to tackle the problems they will face throughout their life. 'Partners in problem solving' focusses on how you as a parent can support your teenager to develop good problem-solving skills.</p> <p><a href="#">START</a></p>	<p><b>Good health habits for good mental health</b> </p>  <p>Getting enough sleep, eating well, being physically active, having healthy screen use habits, and not using alcohol or drugs can protect our physical and mental health. This module is all about helping you to support your teenager to develop good health habits.</p> <p><a href="#">START</a></p>	<p><b>Nurture roots &amp; inspire wings</b> </p>  <p>'Nurture roots' is all about finding a balanced way to stay involved in your teenager's life while also allowing them to 'leave the nest' and develop age-appropriate independence.</p> <p><a href="#">START</a></p>

## Connect

Here are three strategies to help you create a healthy and strong relationship between you and your teenager:

### 1: Show affection and encouragement



### 2: Take the time to talk



### 3: Talking through the tough stuff



## Things you can do

Click the boxes below to reveal.

### Hugs

Give them a hug (perhaps when their friends aren't around)!

### Brag

Let your teenager overhear you bragging about them to your partner, friend or relative.

### 5's

Give them a high five!

### Pat

Pat them on the back for a job well done!

### Squeeze

Give them a gentle squeeze to show affection.

### Ruffle

Ruffling their hair lightly can show affection too!

### Invite

Invite them along on your walk or errands. They may never say yes but it's the offering that counts.

### Drape

Drape an arm over their shoulder.



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📄 Preprints (earlier versions) of this paper are available at <https://preprints.jmir.org/preprint/13628>, first published February 06, 2019.








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PMCID: 6830751



## Medium-Term Effects of a Tailored Web-Based Parenting Intervention to Reduce Adolescent Risk of Depression and Anxiety: 12-Month Findings From a Randomized Controlled Trial

Marie Bee Hui Yap<sup>1,2</sup> ; Mairead C Cardamone-Breen<sup>2</sup> ; Ronald M Rapee<sup>3</sup> ;  
Katherine A Lawrence<sup>2</sup> ; Andrew J Mackinnon<sup>4</sup> ; Shireen Mahtani<sup>2</sup> ; Anthony F Jorm<sup>1</sup> 

### Findings:

- Self-reported parenting improved
- Parents reported fewer symptoms in adolescents, which was mediated by changes in parenting
- No difference in adolescents' report of symptoms





Contents lists available at ScienceDirect

## Internet Interventions

journal homepage: [www.elsevier.com/locate/invent](http://www.elsevier.com/locate/invent)



### The Therapist-assisted Online Parenting Strategies (TOPS) program for parents of adolescents with clinical anxiety or depression: Development and feasibility pilot



Catherine M.F. Fulgoni<sup>a</sup>, Glenn A. Melvin<sup>c,d</sup>, Anthony F. Jorm<sup>b</sup>, Katherine A. Lawrence<sup>a</sup>,  
Marie B.H. Yap<sup>a,b,\*</sup>

# **Short-term outcomes of the Therapist-assisted Online Parenting Strategies intervention for parents of adolescents treated for anxiety and/or depression: A single-arm double-baseline trial**

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Katherine Lawrence<sup>1</sup>, Bei Bei<sup>1</sup> and Marie Bee Hui Yap<sup>1,4</sup>

## Findings:

- Improvements found in self-reported parenting, parent-adolescent attachment, family functioning and parental distress
- No changes in adolescent mental health



# A Multi-level Public Health Approach to Empower Parents

