

P01-168 - PREVENTION OF DEPRESSION IN ADOLESCENTS: EVALUATION OF AN INFORMATION BOOKLET ON DEPRESSION: FINDINGS OF A PILOT STUDY

A.-K. Allgaier¹, Y. Schiller², G. Schulte-Körne²

¹*Department of Child and Adolescent Psychiatry, ²Ludwig-Maximilians-University Munich, Munich, Germany*

Objectives: Just like adults, adolescents still have negative attitudes towards mental illness and lack knowledge about depression. Public awareness campaigns proved to be effective in adults, but education and antistigma campaigns focussing on adolescents are rare. We developed an information booklet on depression as a first step towards a bigger campaign for youths. We investigate whether this booklet increases knowledge about depression and reduces stigmatised attitudes. Furthermore, we analyse the adolescents' assessment of our booklet.

Methods: In a pilot study, the booklet will be evaluated in 100 9th grade pupils in Munich, aged between 14 and 16. Knowledge and attitudes about depression are investigated in a pre-post-design. Adolescents' assessment of the booklet is rated on four-point rating scales which serve as a basis for a revision of the booklet after the pilot study. Data are collected using questionnaires specifically designed for the study.

Results: The pilot study is ongoing until December 2009. Baseline data about depression knowledge and attitudes are presented. The pre-post comparison of knowledge and attitudes is pointed out. Further, the adolescents' assessment of the depression booklet is illustrated.

Conclusions: Based on the findings of the pilot study, the booklet will be revised. Afterwards, it will be evaluated on a sample of 500 pupils in a pre-post-follow-up design covering stability of the changes for a one month period. In the long run, the booklet shall be spread to a wider public using synergistic effects with local campaigns such as the "Munich Alliance Against Depression".