




# Depression support groups

- do they work and what are the benefits of being in a group versus individual counseling in the eyes of the student?

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The purpose of the Depression support groups was to deal with depression as an early intervention





# Aim of the depression support groups?

- Increase students information of depression
- Give students means and tools for coping better with depression
- Break a vicious circle
- Help students recognize depression symptoms and warning signs
- Chance to share feelings and experiences
- Peer support for depression

# Group collection

- Advertisement of the depression group was on FSHS website and on our message boards
- Doctors, nurses, psychologists and psychiatrists recommended the group to students
- Tina Wikström interviewed and selected participants to the depression group

# Depression Group

- The group consisted of 7 meetings
- The program contained:
  - Group tasks
  - discussion with other students
  - information about depression and depression problems
  - homework between the meetings
  - relaxation exercises



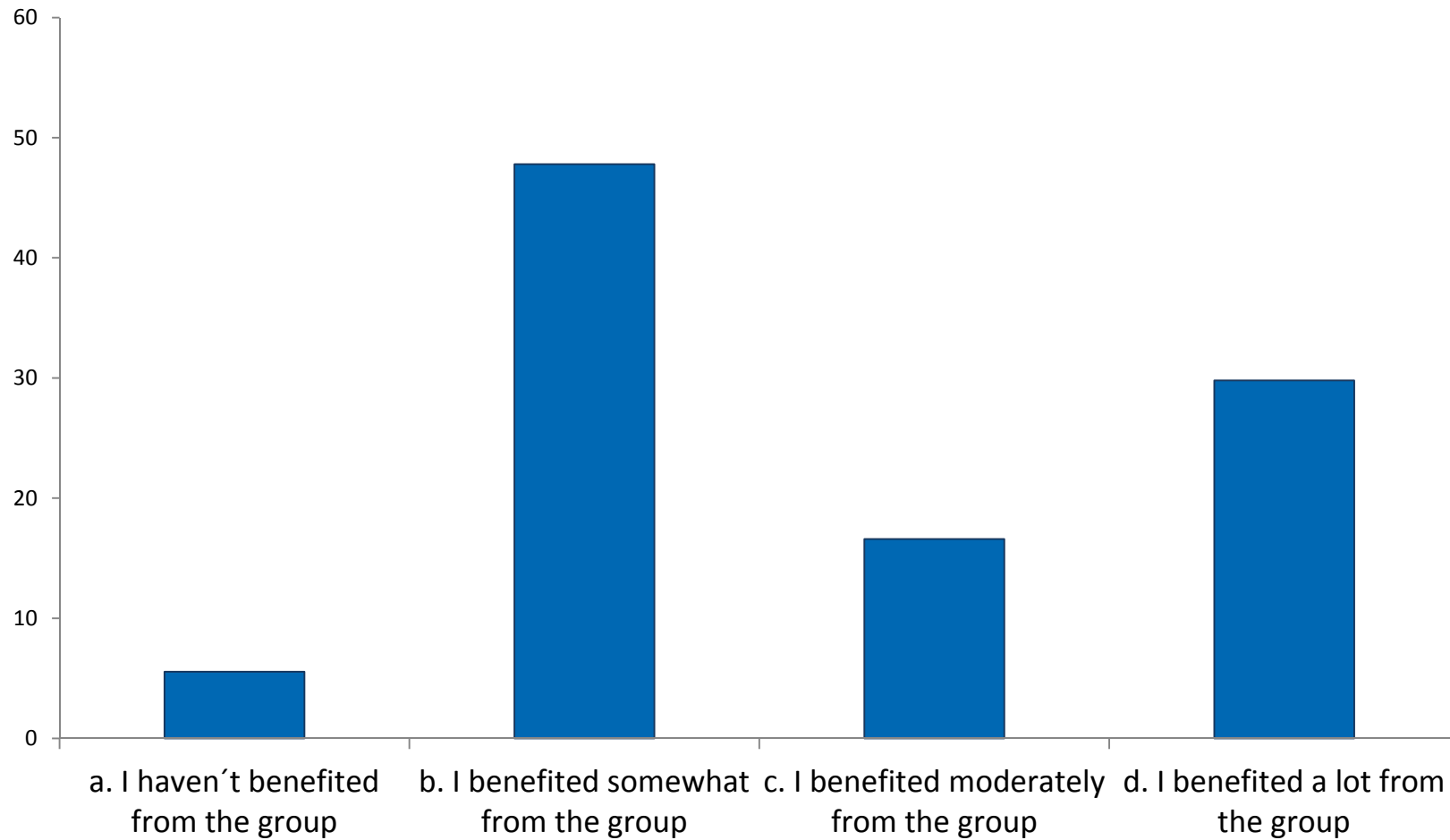
- Rules in the group
- Open and relaxed atmosphere in the group
- Give enough time and opportunities for free discussion
- Important not to be too critical of oneself and not worry about getting everything 100 percent right
- What has happened in our groups
- In spite of all we got to the end of every group and we didn't get depressed

# Data from the groups

- We have collected data both for the purpose of seeing if the groups are effective at alleviating depression and to be able to learn and develop as group leaders
- We have data from four groups, held in 2013, 2015, 2016 and 2017
- Total of 30 participants

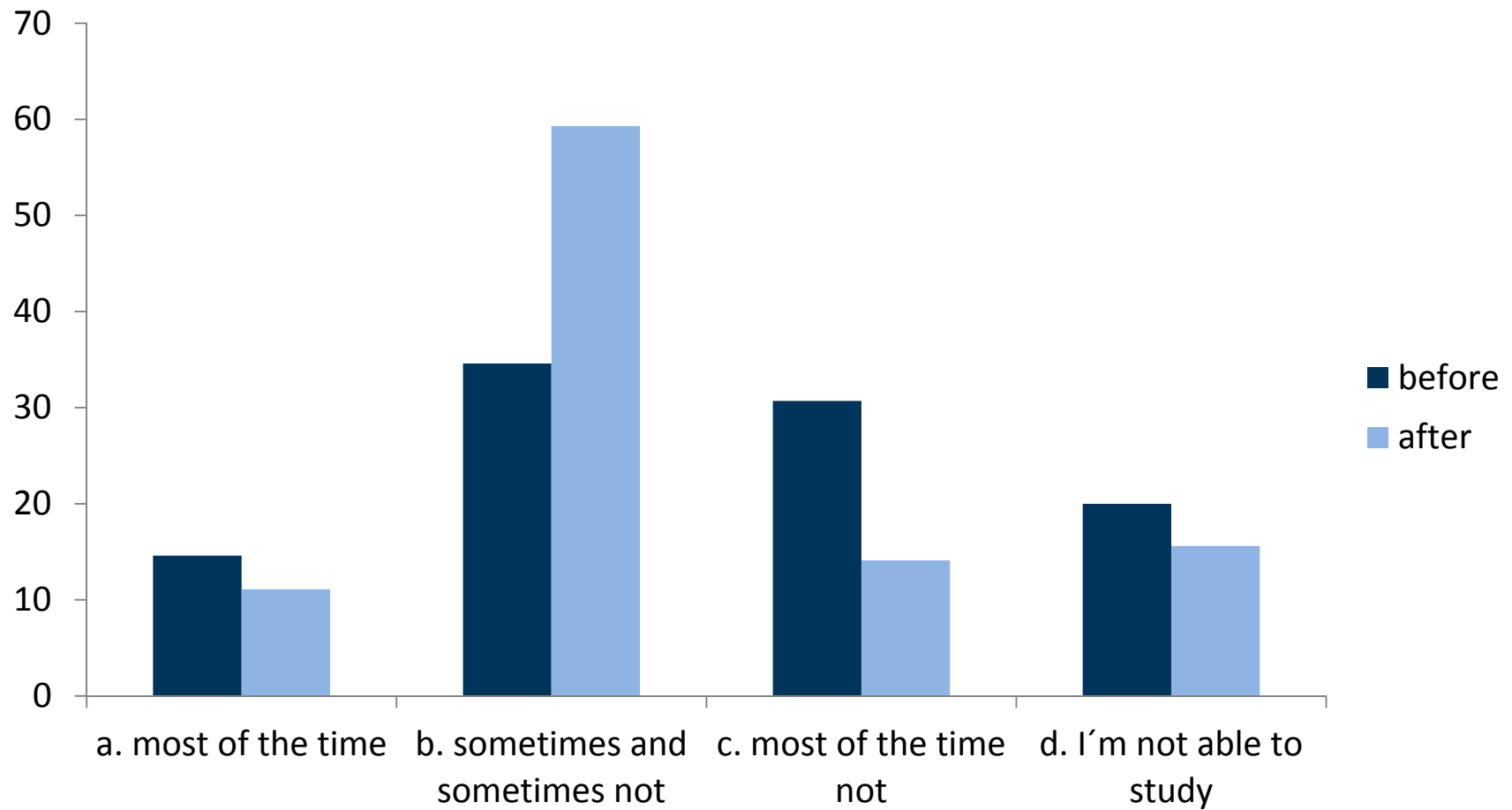


## Do you think you have benefited from the depression group?

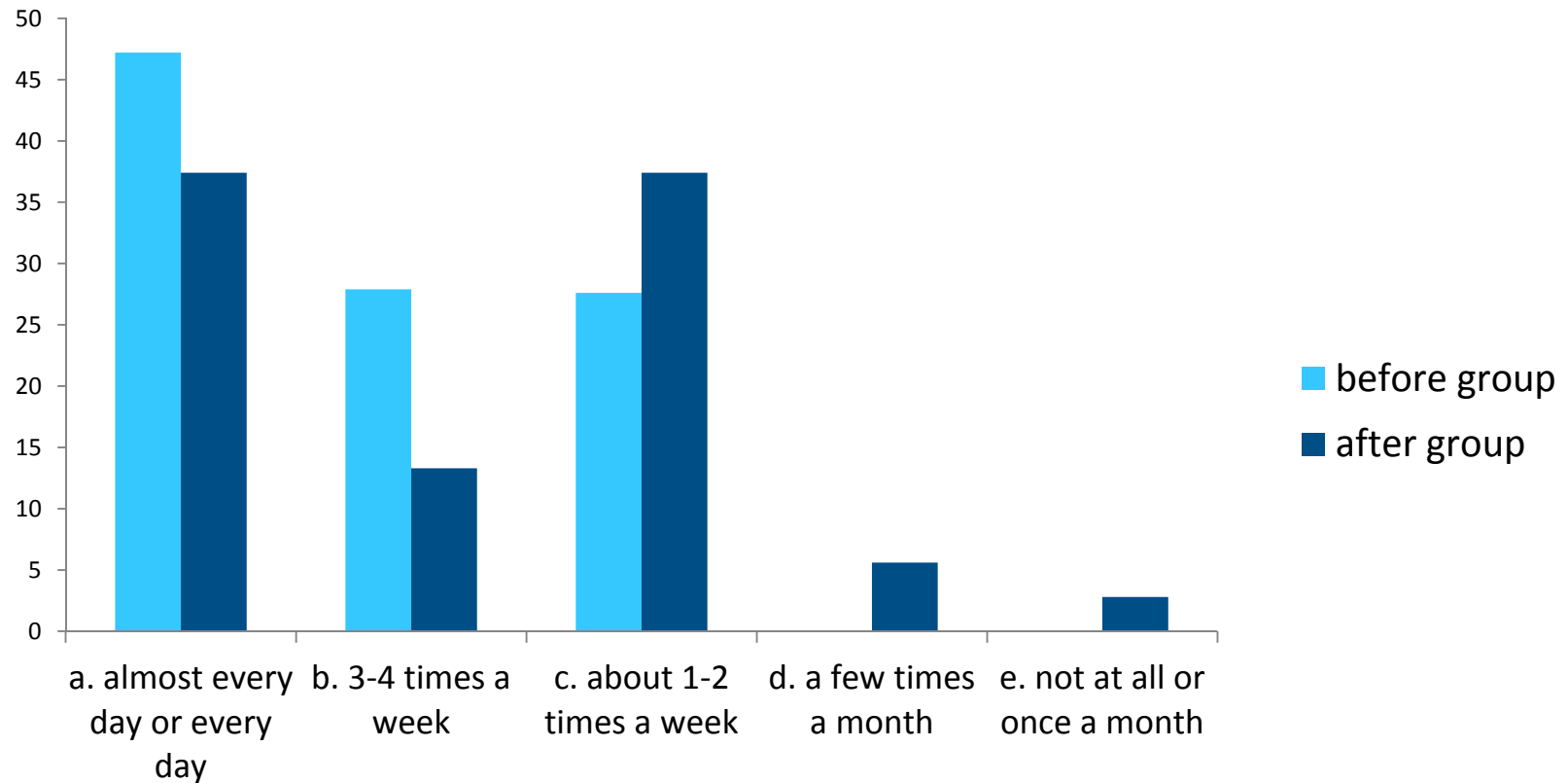




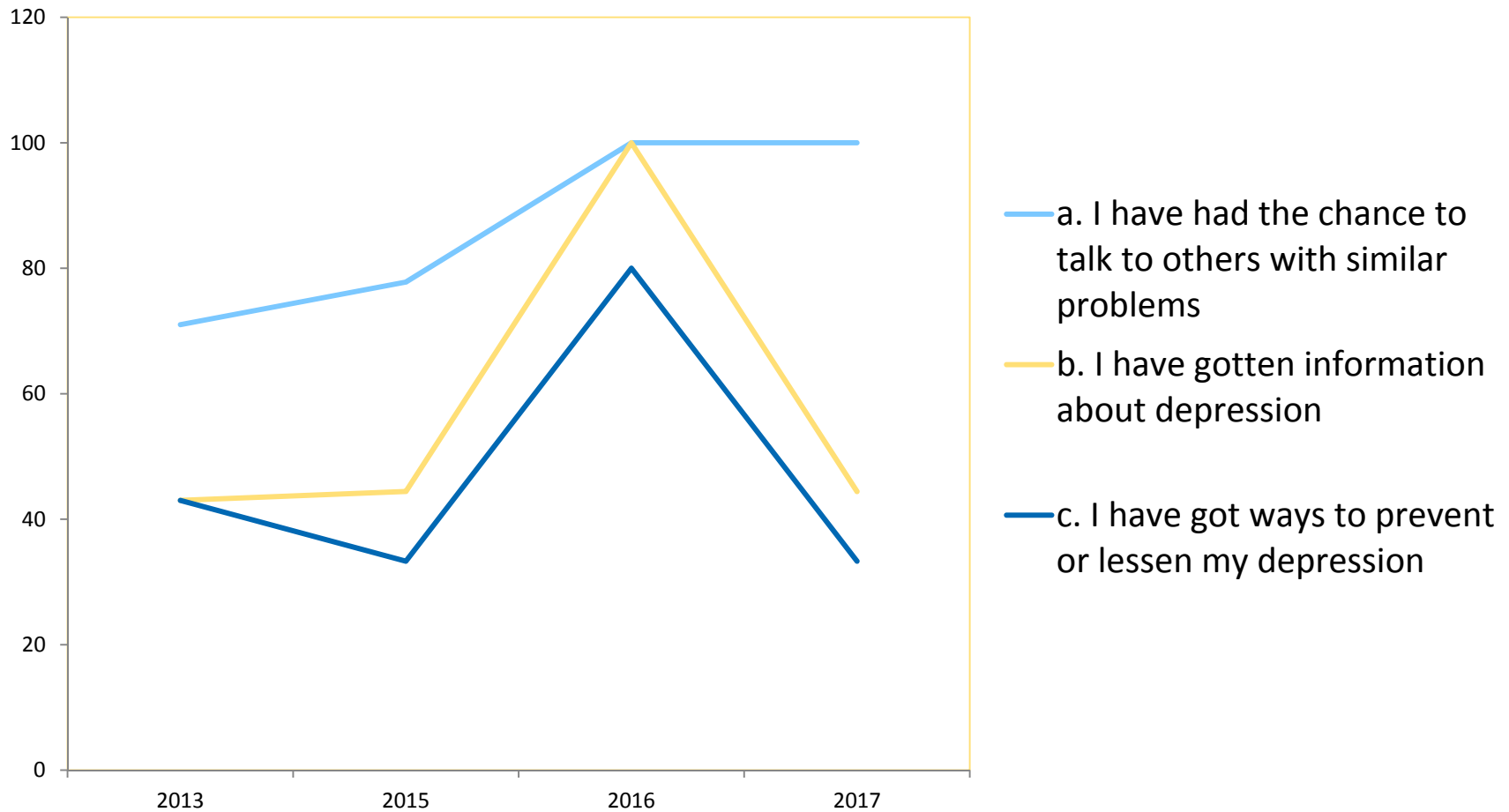
# I'm able to study



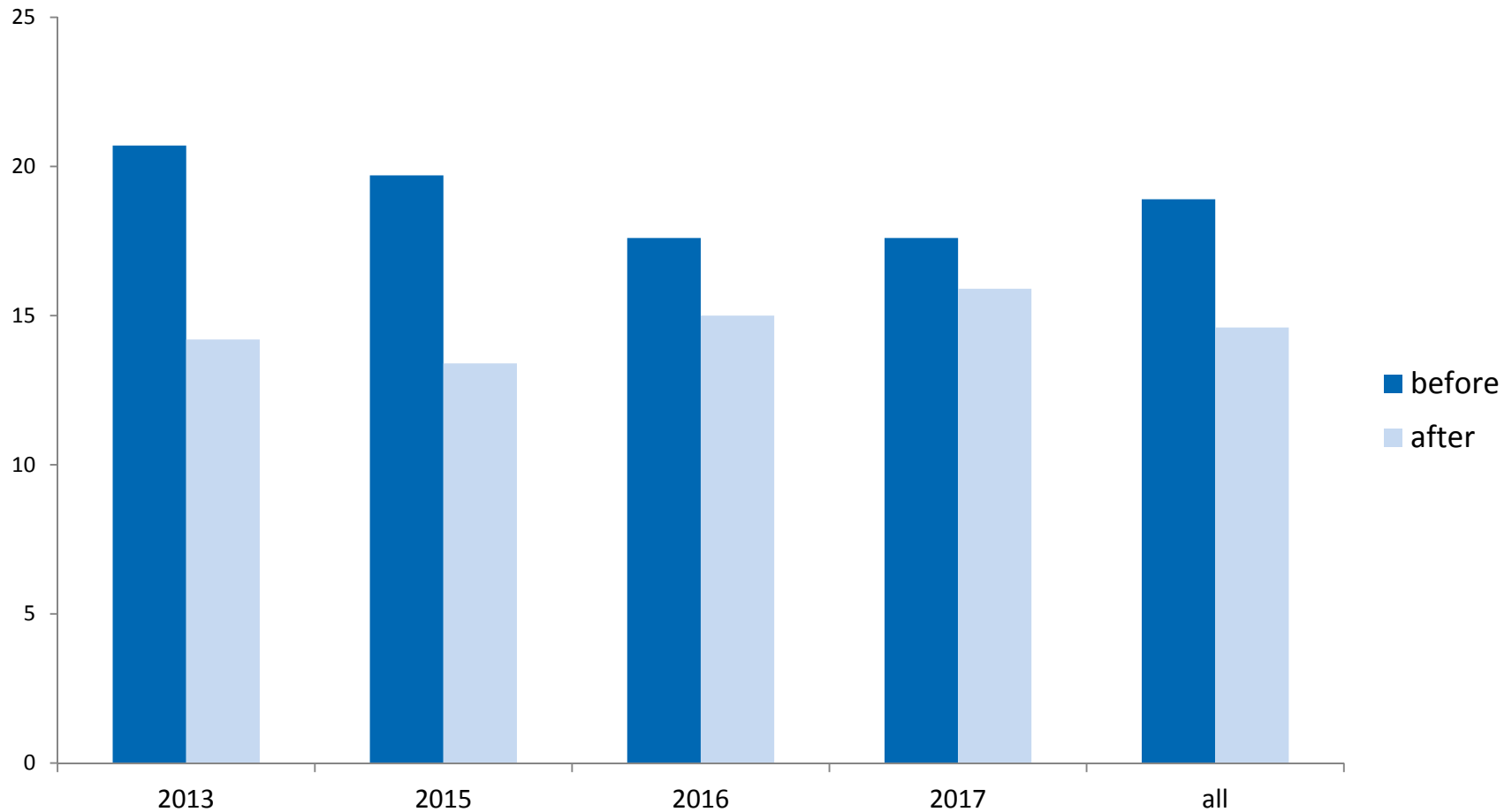
# How often does your mood affect your life in a negative way?



Which of these alternatives have been achieved during the group (you can choose several alternatives)?

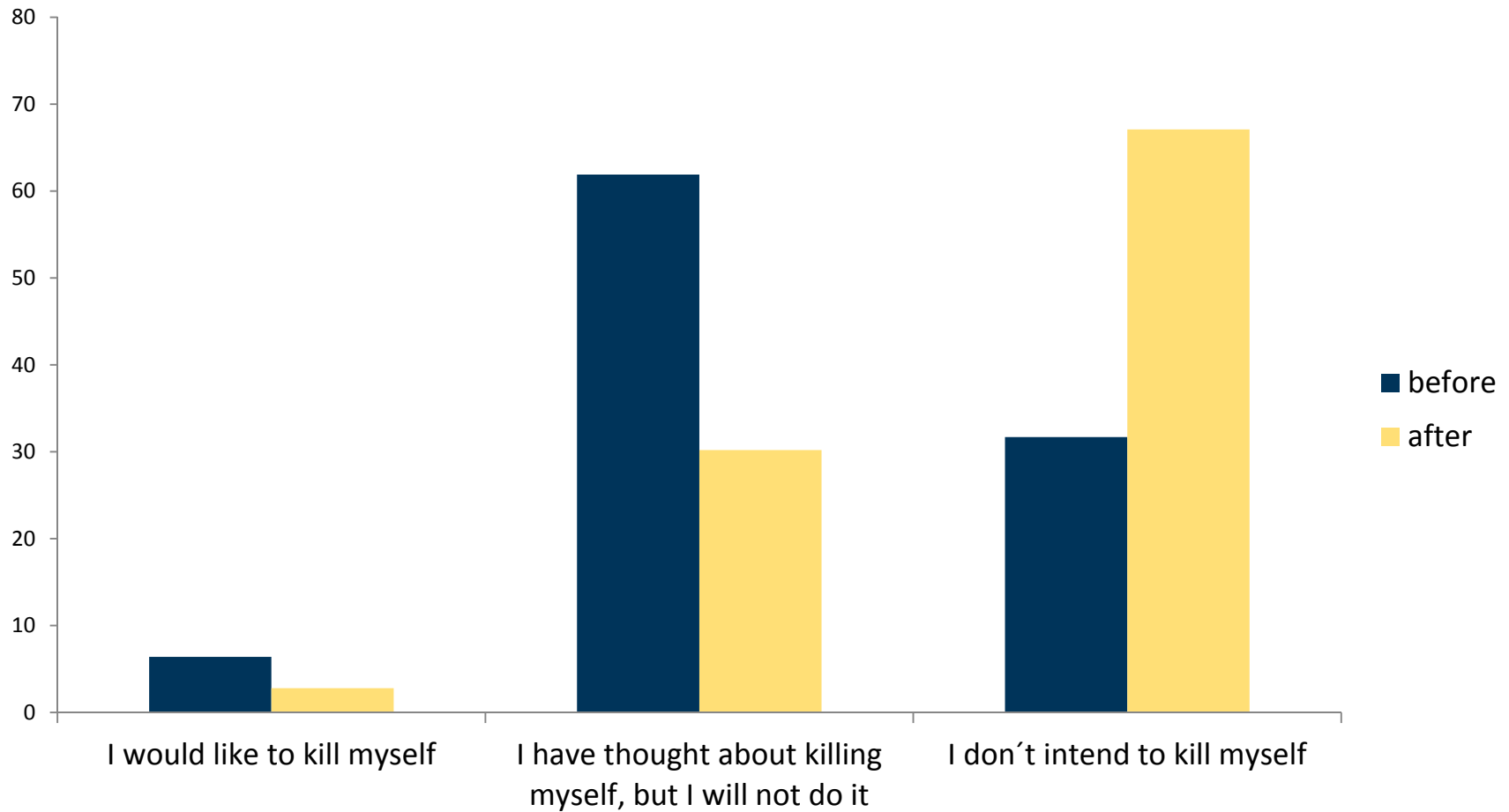


# BDI (Beck's depression inventory) before and after the group



# Thoughts about suicide

(from question 9 in BDI)



# Group versus individual counseling

The feedback from students tells us groups can be a less anxiety-provoking way to deal with the problems because:

- You don't have to be the center of attention for a whole session
- You can choose when you want to speak and when to remain quiet (without the room quieting down completely)
- It's easier to regulate how much information you want to share and when you want to share it



Thank you for listening!

