

Space from Low Mood - CYP - Product Descriptor

Depression and low mood are common problems which have significantly increased for young people in recent years (My World Survey 2019).

Space from Low Mood is an online CBT intervention, specifically designed for young people (15+). The programme aims to support young people in managing and overcoming low mood. Space from Low Mood consists of 6 core modules, with a structure and content rooted in evidence-based principles of traditional, face to face, Cognitive Behaviour Therapy (Beck, 2005; Ellis, 1962, 2001; Hyland & Boduszek, 2012), as well as incorporating values of mindfulness practice (Ma & Teasdale, 2004). Throughout the programme personal stories based on real-world examples of young people help to illustrate the content and normalise challenges that would be common to this age group.

A set of additional content modules also targets a number of issues typically faced by young people, including making friends, managing exam stress and getting on with parents. These modules can be unlocked by supporters to supplement the core content as required.

The contents of the 6 core modules are briefly described in the table below, which provides an outline of goals and activities and demonstrates how users are facilitated to make progress.

Table: Programme Modules, Therapeutic Goals, Objectives, Content and Tools

| Module name | Topics | Goals | Activities |
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| Understanding Low Mood | <ul style="list-style-type: none"> • Psychoeducation about low mood • The CBT cycle of low mood • Personal stories | <ul style="list-style-type: none"> • Improve users' understanding of low mood • Introduce users to the CBT model • Learn about the CBT cycle of low mood and how thoughts, feelings and behaviours affect each other • Facilitate users to reflect on their own personal circumstances • Connect with the present moment • Facilitate goal setting | <ul style="list-style-type: none"> • Low Mood Myths and Facts Quiz • Mood Monitor • Understanding my situation • Staying in the present • Daily practice |

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| Noticing Feelings | <ul style="list-style-type: none"> • Understanding emotions and their function • Emotions that are difficult to cope with • Physical body reactions and mood • Personal stories | <ul style="list-style-type: none"> • Learn about emotions and their role in the CBT Cycle • Recognise emotions that are difficult to cope with • Recognise physical body reactions | <ul style="list-style-type: none"> • Emotions & Your Body Quiz • The CBT Cycle • Staying in the Present (Body Scan) • Daily practice |
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| Boosting Behaviour | <ul style="list-style-type: none"> • Psychoeducation regarding the role of behaviour in boosting mood • Behavioural traps in low mood • Increasing activity level • Helpful and unhelpful supports • Getting motivated • The importance of achievements and pleasurable activities • Changing physical body reactions to improve mood • Personal stories | <ul style="list-style-type: none"> • Learn about the link between mood and behaviours • Improve knowledge of common behavioural traps and how to beat them • Learn tips on how to get motivated during periods of low mood • Recognise the importance of pleasurable activities and achievements in boosting mood • Identify activities to target distressing physical sensations associated with low mood | <ul style="list-style-type: none"> • Mood & Behaviour Quiz • Your Backup and Support Network • My Motivational Tips • My Activities • Your Mood and Your Body • Activity Scheduling • Staying in The Present (Mindful Eating) |
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| Spotting Thoughts | <ul style="list-style-type: none"> • Automatic thoughts and mood • Thinking traps • Catching unhelpful thoughts • Personal stories • | <ul style="list-style-type: none"> • Learn about the role of thoughts in low mood within the CBT Cycle • Recognise negative automatic thoughts • Understand and recognise thinking traps | <ul style="list-style-type: none"> • Me & My Thoughts Quiz • The CBT Cycle • Staying in the Present (Watching Thoughts) • Daily practice |
| Challenging Thoughts | <ul style="list-style-type: none"> • Hot thoughts • Challenging negative thoughts • Tackling thinking traps • Coping with difficult situations • Personal stories • | <ul style="list-style-type: none"> • Learn about hot thoughts and how to recognise them • Learn to challenge negative thoughts • Learn how to overcome specific thinking traps • Recognise situations where it is necessary to use thoughts to cope | <ul style="list-style-type: none"> • Your Thinking Style Quiz • My Helpful Thoughts • The CBT Cycle (identifying hot thoughts and generating more balanced alternative thoughts) • Staying in the Present (Watching Thoughts) • Daily practice |

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| Bringing it All Together | <ul style="list-style-type: none"> • Finishing up • Warning signs and planning for wellness • Social support • Preparing for the future • Preparing for relapse • Personal stories | <ul style="list-style-type: none"> • Preparation for coming to the end of the programme • Recognise the importance of social support in staying well • Identify warning signs • Planning for staying well • Set goals for the future | <ul style="list-style-type: none"> • Your Backup and Support Network • Staying Well Plan • Goals • Taking Stock • Staying in the Present (Sounds) • Daily practice |
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Additional Content:

In addition to the main modules above, there are several mini-modules available to young people that address some of their specific life concerns. These can be “unlocked” by the supporter, for the user as they see fit across programmes.

These modules include:

- **Managing Study and Exam Stress:** *helps users to establish a study routine and handle stress around exams.*
- **Sleep Better:** *helps users to understand sleeping difficulties and develop a healthy sleeping routine.*
- **Friendships & Social Groups:** *helps users learn how to make and maintain good friendships.*
- **Getting on with your Family:** *helps users learn how to manage conflict and improve family relationships.*
- **My Self-Esteem and I:** *helps users to understand the impact of self-esteem on their mood and ways to improve their self-esteem.*
- **Relaxation:** *helps users to learn techniques and strategies for relaxation.*

References:

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