An Effect of Coping Skill Training Program on Depression in Early Adolescents

Atirat Wattanapailin, Lalana Pratum, Yajai Sitthimongkol

Abstract

Purpose: To examine an effect of a coping skill training program on depression in early adolescents.

Design: Experimental research.

Methods: The study group consisted of 30 Mathayomsuksa 2 (8th grade) students from a school in Chantaburi Province. They were randomly assigned into an experimental group and a control group, with 15 students each. Before the experiment, all 30 subjects were assessed to complete the Children's Depression Inventory. The experimental group then received the coping skill training program twice a week for 11 sessions. Each session lasted 60-90 minutes. On the other hand, the control group received the usual care provided by the school. Both groups of subjects were assessed to determine their depression again at post-intervention immediately, one-month, and three-month follow-ups. The depression scores elicited from the subjects in the experimental group were analyzed to compare the differences of mean scores between pre and post – intervention and to compare the difference of mean scores of depression between the experimental and the control groups using a repeated-measures ANOVA.

Main findings: The findings revealed that the mean score of depression of the subjects in the experimental group at post-intervention immediately, one-month follow-up and three-month follow-up was lower than that at pre-intervention with a statistical significance (p < .001). Moreover, the mean score of depression of the subjects in the experimental group was lower than in the control group at three points of time: post-intervention, one-month follow-up and three-month follow-up with a statistical significance (p < .01, p < .01, and p < .05, respectively).

Conclusion and recommendations: Based on the study findings, it is recommended that healthcare personnel who are involved with mental health care of adolescents should use the coping skill training program to prevent or reduce depression among adolescents. Training should also be provided to equip the adolescents with skills to deal with negative thought as well as various stress management skills to enable them to effectively cope with stress and prevent them from depression.

Keywords: adolescents, coping skill training program, depression