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The Difference is Research

The Problem at hand

Anxiety, Depressive and Substance Use Disorders account for **3/4** of the disability attributed to mental disorders (Beggs et al., 2003).

These disorders peak in adolescence and frequently co-occur (Teesson & Degenhardt, 2005).



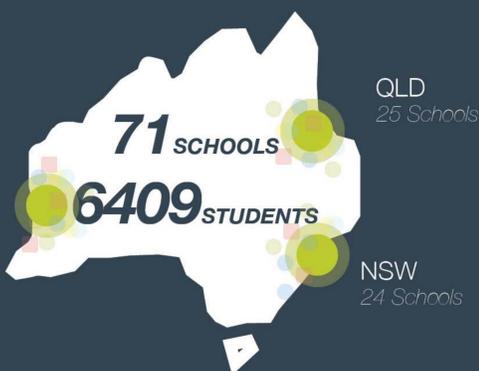
Current interventions typically target one disorder with minimal and poor implementation fidelity.

The Climate Schools Combined (CSC) study is the first trial internationally to use a combined approach aiming to prevent substance use and mental health problems in adolescents. **1st**



It is expected that participants who receive the combined approach will show greater reduction in substance use and mental health symptomology compared to other groups.

The CSC study is the largest preventive trial for mental health and substance use problems in Australia. Participants include students from 3 states.



Method

A Cluster randomised controlled trial was conducted in schools across Australia. 7 surveys are planned until the end of 2016, following students from year 8 to year 10. This includes pre and post measures for the Climate School lessons. Schools were randomised into one of the four groups:

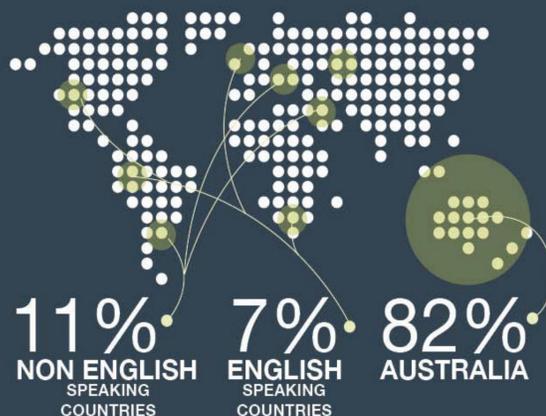


Baseline characteristics



WITH AN AVERAGE AGE OF 13 yrs OLD

ORIGINS OF THE 6409 STUDENTS



WHEN ASKED THE QUESTION **HAVE YOU EVER...**



Aim

The Aim of this Poster is to give an insight into the participant characteristics of the CSC study at baseline. This will be achieved using just a few of the many alcohol and substance use and knowledge measures, and mental health symptomology measures.

Alcohol use by Gender

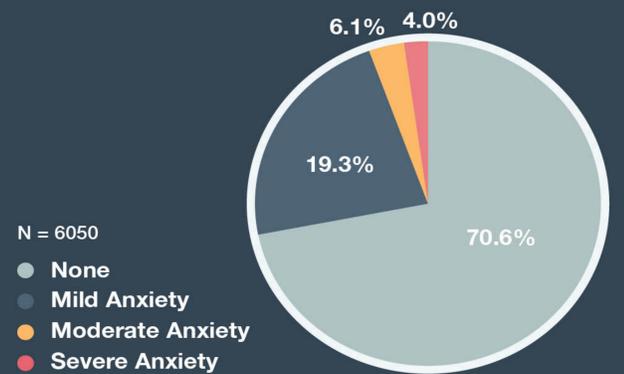
HAVE YOU EVER HAD A **SIP** OF ALCOHOL?



HAVE YOU EVER HAD A **FULL SERVE** OF ALCOHOL?



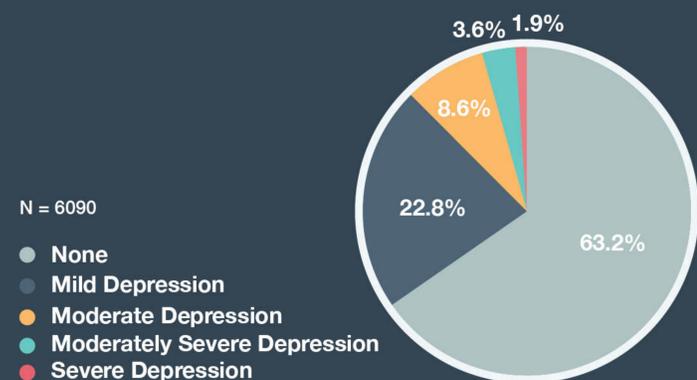
Generalised Anxiety Disorder (GAD-7) used to screen for anxiety and mood disorders



N = 6050

- None
- Mild Anxiety
- Moderate Anxiety
- Severe Anxiety

Patient Health Questionnaire (PHQ-8) used to screen for symptomatic levels of anxiety and depression



N = 6090

- None
- Mild Depression
- Moderate Depression
- Moderately Severe Depression
- Severe Depression

Implications

While programs aimed at prevention and reduction of symptoms for substance use and mental health disorders exist, research is yet to investigate whether a combined approach is more effective. Evaluating the effectiveness of the CSC intervention offers the potential for a paradigm shift in the approach to developing preventive programs for comorbid health concerns.

For more information

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