

**EG on SIHLWA  
Fifth Meeting  
Oslo, Norway  
06-07 March 2008**

<b>Reference</b>	SIHLWA 5/4/1/2_Info2_ADO_Theme2_FRIENDS
<b>Title</b>	Background information on ADO-subgroup Theme 2: "Friends"
<b>Submitted by</b>	SIHLWA ADO-subgroup participants Theme 2
<b>Summary / Note</b>	This abstract provides information on "FRIENDS" programme piloting in Norway in 2006 -2007 and Finland in 2007
<b>Requested action</b>	For information and basis of discussion

## **Example 1**

### **A Norwegian pilot study of Friends for life – Prevention and treatment of children with emotional disorders**

Simon-Peter Neumer, Kristin Martinsen, Marianne Aalberg & Martina Gere  
Centre for Child and Adolescent Mental Health  
Eastern and Southern Norway

Anxiety disorders and depression are common emotional disorders, often beginning in childhood, causing significant impairment and reduced quality of life. FRIENDS is a manualised program designed to treat and prevent anxiety and depression in children. Applying well recognized CBT techniques, FRIENDS is widely used and clinical trials have found the program to be an effective group-based treatment intervention, which actively includes the family in the therapy sessions. There is also empirical support for the efficacy of the programme as universal preventive intervention. The main goal of this pilot study was to ensure the feasibility of the FRIENDS programme as a treatment intervention in regular Norwegian outpatient clinics and ensure the quality of the adaptation of the program to Norwegian language and culture.

The FRIENDS programme been conducted in three outpatient clinics and one school (N=113) in 2006. In the clinic n=32 children were assessed for eligibility and pre measurement and finally n = 21 allocated to the intervention. A series of single case design was conducted. The children in the school were class wise allocated to either intervention (n=42) or control (n=61) condition.

The presentation will focus mainly on the results from three outpatient clinics, but will also present selected results from the pilot in school. Diagnosis based on the ADIS-C, a number of self-report ratings on symptoms of anxiety and depression and user satisfaction were completed before and after the treatment. Results based on these measures, effect sizes and Reliable Change Index (RCI) will be presented at the conference.

## Example 2

### **Piloting a childhood anxiety and depression prevention program called FRIENDS in Helsinki**

Marjaana Pennanen, M Sc., Researcher, Health Promotion and Chronic Disease Prevention, National Public Health Institute, Finland

Tiina Laatikainen, MD, Ph D., Chief Physician, Health Promotion and Chronic Disease Prevention, National Public Health Institute, Finland

Erkki Vartiainen, MD, Ph.D., Professor. Health Promotion and Chronic Disease Prevention, National Public Health Institute, Finland

In Helsinki program called FRIENDS was piloted. FRIENDS program is about preventing childhood anxiety and depression. The program is based on cognitive - behavioural principles, such as modelling, behavioural and cognitive rehearsal, goal setting, and feedback. FRIENDS is developed in Australia, and the evidence behind FRIENDS concludes that it is an effective treatment and prevention program for childhood anxiety and depression. Our aim was to test whether the program fit well into Finnish schools. Students in grade five of three comprehensive schools in Helsinki participated in the program; four classes as experimental group and two as control group (N=92). Implementation of the program started in autumn 2006, with 10 lessons led by trained outside leaders. In addition, in spring term 2007, children participated in two booster lessons. Lessons targeted to develop life skills to cope with difficult situations and to build emotional problem solving abilities. Control schools had a curriculum as usual. Parental program included two evenings for parents, where parents were informed about the program and its aims. Evaluation of the program included students' pre- and post- measurements, and feedbacks from teachers and parents. Results show that program fit well into Finnish schools. Teachers, pupils and their parents liked the program. Students reported to gain some impact from the program, such as they learnt to recognize their feelings and how to cope with negative feelings better. Now that FRIENDS program is well fit into Finnish schools and collaboration network has been established the program's future plan is to increase number of participatory school and classes each year.