

### New article from the ECHO study

The article with the main results from the Echo study has recently been published! In the study, we examined different versions of Mestrende Barn, a CBT-based group intervention for children with anxiety and depression.

We found that:

- After the Mestrende Barn groups, the children's symptoms of anxiety and depression were reduced.
- A version where half of the 16 lessons were delivered digitally was no less effective than a version with 16 in-person group lessons.
- Including groups for parents had no significant effect on the children's symptoms when compared to parents who received an information brochure.
- The decrease in symptoms was comparable for children who used a feedback system to report symptoms weekly via a mobile app and those who did not.

We therefore conclude that meeting the children for 8 in-group sessions with 8 hours of online support plus distributing parent brochures can be just as effective as more resource-intensive versions. Interventions should help children as much as possible but not require more resources from health services than necessary. Interventions that require fewer resources may also be more feasible for services to implement, and thus help more children.

Keep an eye on the [website](#); more publications are in the works. Among other things, we will investigate cost-effectiveness and whether Mestrende Barn affects parenting

[Read the full article here](#)



### MittEcho

The feedback app MittEcho (MFS) was found to have no effect on depression or anxiety levels in the Echo study. At the same time, we observed that MFS was used unevenly by the participants and therefore wanted to investigate if more frequent use of the MFS affected the result. In other words, did the children experience greater improvement in their symptoms if they used the MittEcho app more?

The results showed no correlation between how much MFS was used and a reduction in symptoms of anxiety or depression. Nor did we see any correlation with the children's satisfaction with Mestrende Barn or drop-out from the study.

This may indicate that MFS is not suitable for everyone, nor in all settings. At the same time, the system was new for the children and group leaders. Further development of MittEcho and better training may increase its usefulness.

[Read the full article here](#)

### IMKAT Network

Join the IMKAT network meetings to exchange experience and knowledge with CBT-based measures in municipalities. In IMKAT, you can also receive professional updates and guidance while running groups.

The next gatherings in the IMKAT network:

26.september 2024

The focus is on the use of film/VR in behavioural experiments and communication with decision-makers and parents. Registration deadline 12.09

14.november 2024

The theme will be determined with agreement of the network participants and will also include the year plan for running groups.

[Participate digitally or on site](#)

### Documentary film

The Echo project has contributed to the documentary film "If Only Night Wouldn't Fall" which premiered during the Sheffield Docfest documentary film festival.

The film is about the prevention of mental disorders presented through three projects in Norway, the USA and the Netherlands. The recordings from Norway were made in Hammerfest!

[See the film trailer here](#)

[Program overview here](#)