



Would you like to participate in the ECHO-study?

MENTAL HEALTH PROBLEMS AMONG CHILDREN AND ADOLESCENTS ARE INCREASING IN NORWAY

Many children are anxious and sad. Those children often avoid activities, worry a lot and can be unhappy. Children and adolescents with these difficulties often find school and social situations more challenging. In addition, children who are anxious and sad also have a higher risk of developing a mental disorder later in life.

We want to know if children who are more anxious and/or sad than others can benefit from different versions of coping kids groups. We will compare the traditional version of 16 group sessions with a partially digitalized version of 8 group sessions and 8 Internet based sessions.

We will also test the use of Virtual Reality (VR) glasses to provide the children safe opportunities to experience situations they are afraid of or avoid. We will also look at the use of feedback to the group leaders on how the children are doing. To test these conditions, we will randomly assign each school to one combination of these variations.

The study will be completed in the schools in 2020-2022. Over 50 schools from all over Norway are participating and the study will be conducted in 3th - 6th level.

The Echo study will optimize and evaluate a low-threshold group intervention called Coping kids, or "mestrende barn". This is for children 8-12 years old who are sad or anxious

For more information:
RBUP East and South:

www.echo.r-bup.no

Kristin Martinsen, kristin.martinsen@r-bup.no

Anne Liv Askeland, ala@r-bup.no

National Project Leader:

Simon-Peter Neumer, simon-peter.neumer@r-bup.no