

Psychological Intervention Outcomes in Primary Care for Depressed and Anxious Youth:

A Meta-Analysis



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INTRODUCTION

- Approximately 20–25% of youth in the United States report clinical impairment due to symptoms of depression and anxiety, yet only 40% receive treatment¹.
- Primary care offers several advantages to increasing access to care and engaging youth in psychological treatment. However, there is a paucity of research evaluating the efficacy of psychological interventions for youth in primary care – particularly interventions targeting depression and anxiety.

Study Purpose:

- Calculate the mean effect of psychological interventions delivered in primary care for depressed and anxious youth
- Examine which interventions are most effective and for whom
- Explore mechanisms that moderate youth's response to treatment in primary care

METHODS

- PRISMA guidelines** were followed
- Preregistration** submitted on Prospero
- Search terms:** psychotherapy, primary care, youth, anxiety, depression
- Databases:** MEDLINE, Embase, CINAHL, and PsycINFO
- Inclusion criteria:**
 - Published between January 1970 to December 2022
 - Empirical study, dissertation, or thesis
 - Involved children or adolescents ages 2.00 to 21.99
 - Administered a psychological intervention
 - Included post-intervention outcome data on depression and/or anxiety
 - Intervention was delivered through primary care either face-to-face, online, or over the phone

Pre-Screening

Title and abstracts were assessed in Covidence by VP and BC based on inclusion/exclusion criteria. Ineligible studies were recorded with their respective exclusion criteria.

Full-Text Screening

Full articles were independently screened by MJ and SL and reliability calculated. Discrepancies were discussed with a third master screener (LC) until a consensus was reached.

Coding & Extraction

Study level (e.g., journal), Group level (e.g., condition), Measure level (e.g., mean, SD) variables will be extracted and coded by trained research assistants.

Identification

Studies identified
= (5765)

References/
duplicates removed
= (1169)

Studies included in
pre-screen
= (4596)

Screening

Studies pre-screened
= (4105)

Studies excluded
= (3991)

Studies retrieved for full
text screen
= (114)

Studies screened
= (7)

Studies excluded
= (5)

Included

Studies included in data
extraction and coding
= (2)

Studies expected to
be included
= (20)

Study data extracted and
coded
= (0)

ANALYSIS PLAN

- Data analysis** will occur in (R studios: *metafor*) and will be subject to include:
 - A **random effects model** for pooling average intervention effects
 - Hedges' G** to explore standard mean differences between intervention outcomes and candidate moderators
 - A **restricted maximum likelihood estimator** to evaluate residual heterogeneity between study outcomes
 - A **trim-and-fill method** to assess for publication bias
- Risk of bias** will be independently evaluated by assessing various study domains including (but limited too):
 - Randomization process
 - Protocol deviations
 - Missing outcome data
 - Measurement of outcomes
 - Selection of reported results

DISCUSSION

- Findings from this metanalytic review will guide the clinical practice of implementing and disseminating mental health services for youth in primary care.
- Results will summarize psychological interventions most efficacious for treating youth depression and anxiety.
- Outcome data will offer insight into mechanisms affecting treatment response and outline recommendations for tailoring interventions.
- Lastly, results will highlight limitations in the current literature and suggest prospective directions and future avenues for improving integrated care models in primary care.



Scan here to download poster,
references, and more!

This project is ongoing and is expected to be completed in Summer 2024.