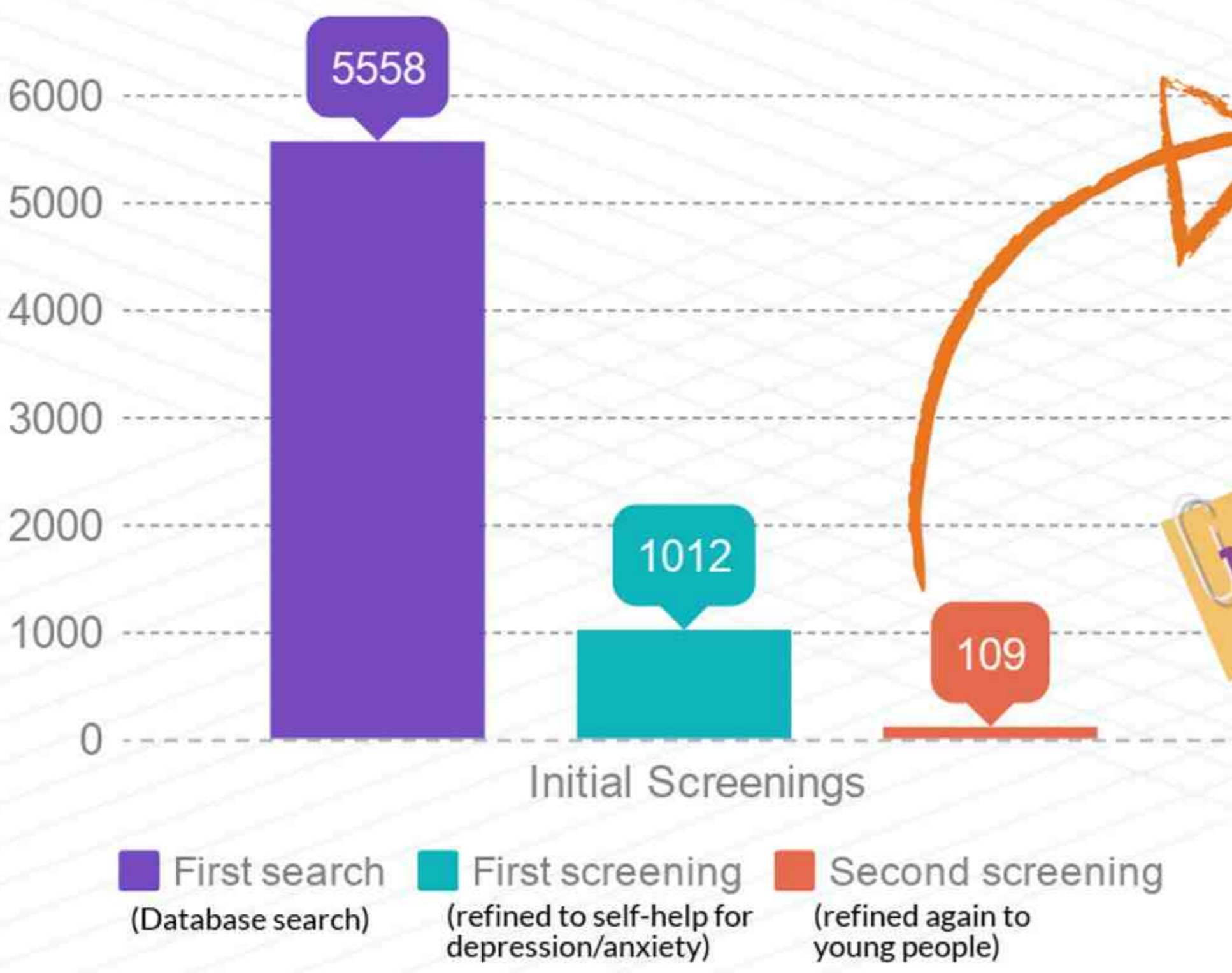


SELF-CARE

Research | Results | Recommendations

1. Scoping review: which papers talk about self-care?

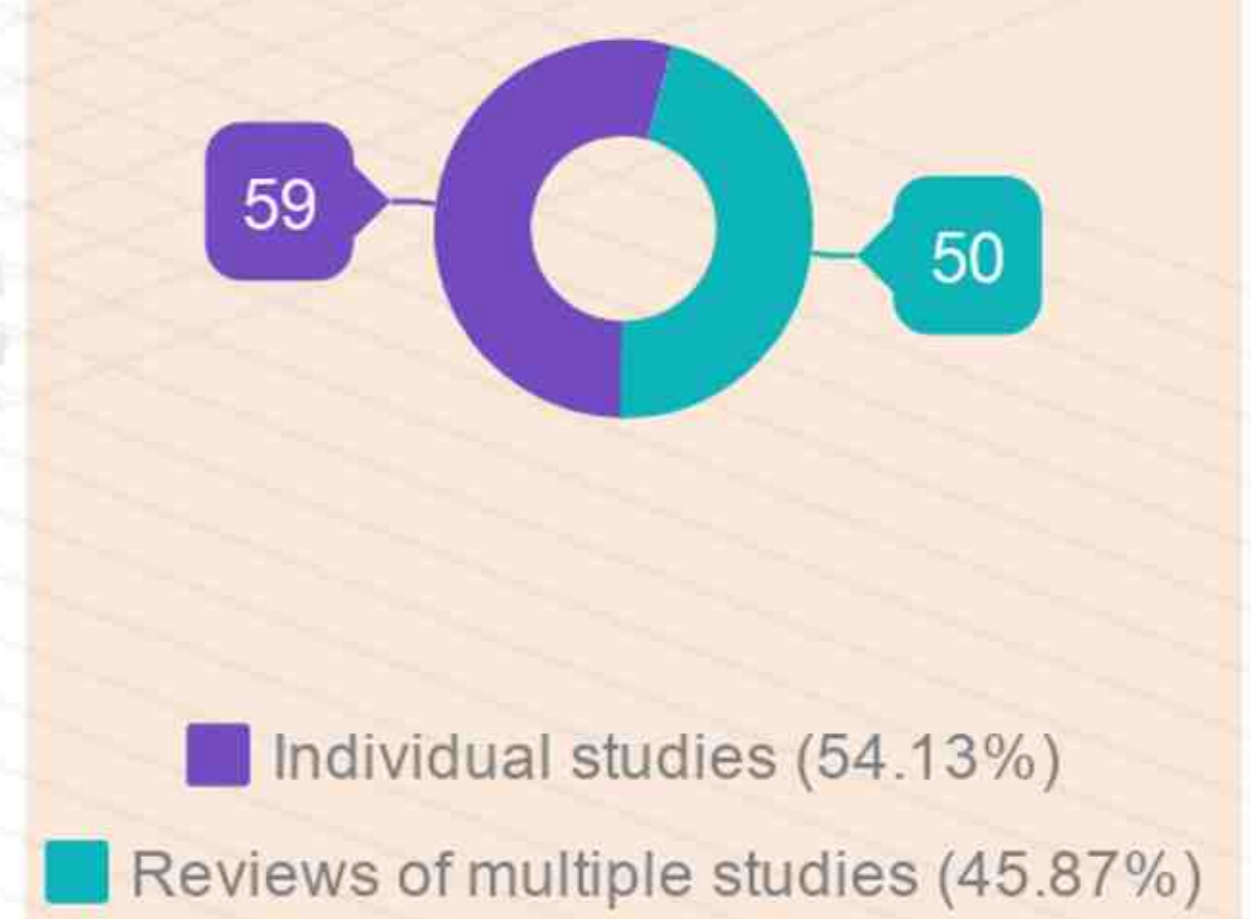
Number of papers (keyword search)



109 remain

Irrelevant papers were screened out in two stages. Relevant papers looked at self-care techniques **not involving mental health professionals** designed to address or manage depression or anxiety in children or young people up to the age of 25.

109 remaining paper types:



132 Self-care techniques mentioned across these 109 papers

Within THESE 109 Papers: 900+

INDIVIDUAL STUDIES WERE IDENTIFIED AND SCREENED FOR EFFECTIVENESS

Studies were excluded because:

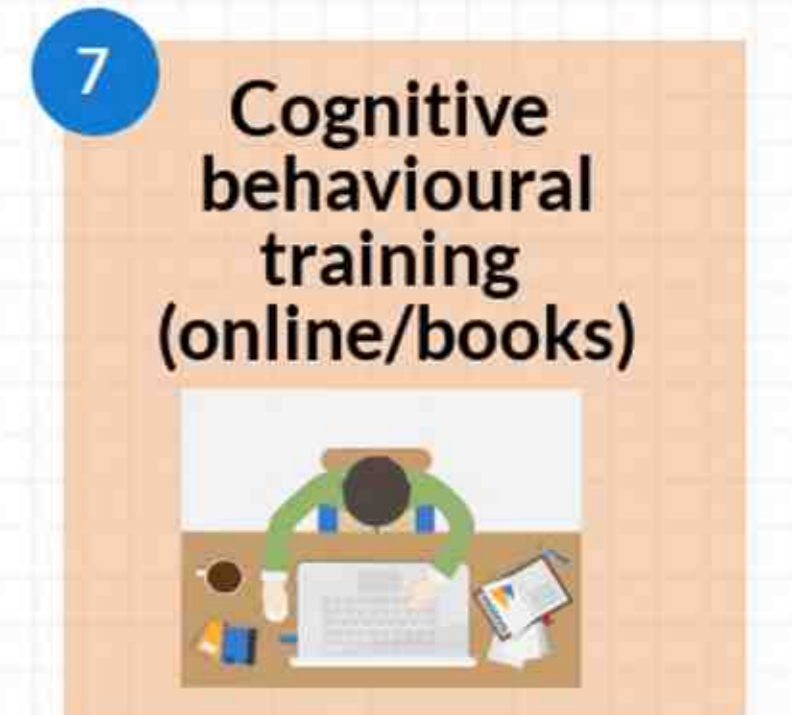
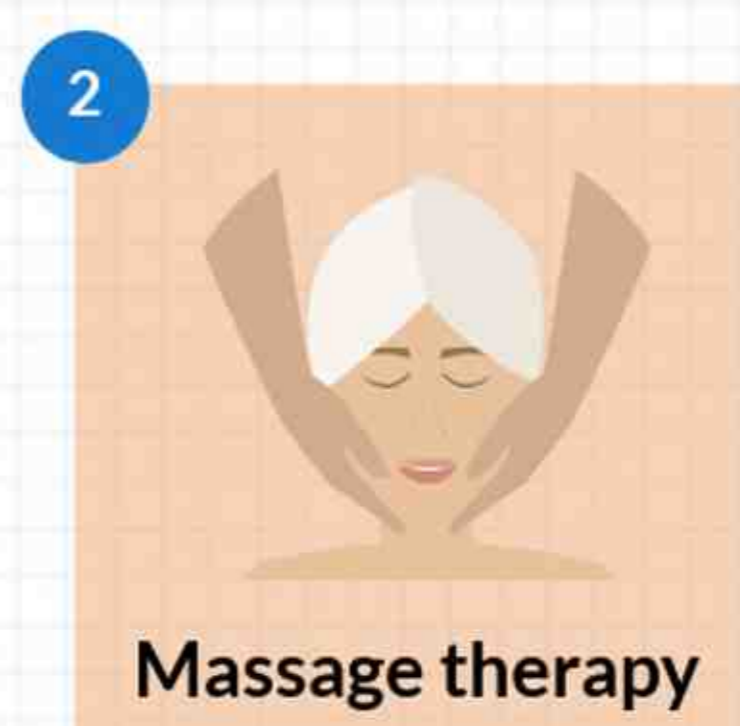
1. Involved a mental health professional
2. Not about children and young people
3. Didn't look at effectiveness
4. Duplicates

38 papers qualified for inclusion in a systematic review

Full paper: bit.ly/SelfCareReview

2. Systematic review: which self-care methods have been tested?

The 38 relevant papers tested 7 types of self-care techniques



Strongest evidence = light therapy for seasonal depression

Mixed evidence = online CBT for depression & anxiety

Insufficient evidence = most studies. There was not enough certainty to draw even tentative conclusions.

This highlights that despite the increasing interest in the possibility of self-care, we lack evidence to guide this. We call for an expanded research agenda that evaluates self & community approaches.

Full paper: bit.ly/SelfCareReview

ANNA FREUD NATIONAL CENTRE FOR CHILDREN AND FAMILIES SELF-CARE SURVEY RESULTS

We asked more than 100 young people between the ages of 11-25 who have ever felt depressed or anxious which of the approaches identified during the scoping review worked for them. Here is a small sample of the results:

Yes, we have used this and would use it again:

Things that scored high:

Listening to music: 96%

Home entertainment (TV/films/books): 92%

Personal hygiene: 85%

Things that scored low:

Light therapy: 9%

Over-the-counter medications: 5%

Tai Chi: 3%

