Australian
National
University

ANU's e-hub programs

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e-hub, The Australian National University

eMHPrac showcase: Darwin video-conference presentation 05.06.2014

Australian National University

Up to date information about mental health

Self help tools (CBT and other therapies)

Online peer support

Free, accessible, based on best available evidence

BluePages

Depression Information

Home | Symptoms | Treatments | Help & Resources | Online Prevention | Depression Search | About BluePages | BlueBoard

Treatments

Our Rating System

Scientific Evidence

What Works

Medical Treatments

Psychological Treatments

Lifestyle & Alternative Treatments

What works for depression (and what doesn't).

Some people prefer medical treatments,
some prefer psychological therapy
and others are most interested in alternative treatments and lifestyle changes.

Select the treatment that interests you and find out if it is li

Medical Treatments

☺☺☺ Antidepressants
☺☺☺ Electroconvulsive therapy
☺ Oestrogen
☺ Transcranial magnetic stimulation
☺ Tranquillisers

Psychological Treatme

☺☺ Bibliotherapy
☺☺☺ Cognitive behavio
? Hypnotherapy
☺☺ Interpersonal psy
☺☺ Psychodynamic p
☺ Reminiscence the
☺ Supportive couns

Lifestyle & Alternative Treatments

☺ Acupuncture
☺ Alcohol avoidance
? Alcohol for relaxation

? Meditation
☺ Music
? Natural progester

Lifestyle & Alternative Treatments

☺ Acupuncture
☺ Alcohol avoidance
? Alcohol for relaxation
☺ Aromatherapy
? Caffeine avoidance
? Chocolate
? Colour therapy
? Dance & movement therapy
☺☺ Exercise
? Fish Oils
☺ Ginkgo biloba
? Ginseng
? Glutamine
? Homeopathy
? Inositol
? Lemon balm
☺☺ Light therapy
☺ Massage therapy

? Meditation
☺ Music
? Natural progesterone
☺ Negative air ionisation
☺ Painkillers
☺ Pets
? Phenylalanine
? Pleasant activities
☺ Relaxation therapy
☺ SAMe
? Selenium
☺☺ St John's wort
☺ Sugar avoidance
☺ Tryptophan
☺ Tyrosine
? Vervain
☺ Vitamins
☺ Yoga
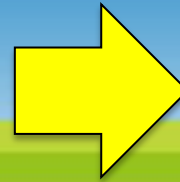
beacon

Homepage

Categories

Note: In addition to browsing these pages, registered users have the opportunity to maintain a list of favourite websites, and to vote and comment on them. Click here if you would like to register.

- Alcohol
- Asthma
- Attention deficit hyperactivity disorder
- Autism Spectrum Disorder
- Bipolar Disorder
- Cardiovascular disease
- Carers
- Depression
- Diabetes
- Eating Distress (Body image, Anorexia, Bulimia)
- Encopresis and Enuresis
- Epilepsy
- Gambling
- Generalised anxiety disorder
- Infertility
- Mobile applications
- Nutrition
- Obsessive compulsive disorder
- Pain

- Panic disorder
- Phobias
- Physical activity
- Physical Health
- Positive psychology
- Post traumatic stress disorder
- Psychosis
- Relationship issues
- Resilience
- Self Injurious Behaviour
- Sleep / insomnia
- Smoking
- Social anxiety
- Stress
- Substance abuse
- Suicidal ideation
- Tinnitus
- Traumatic brain injury
- Weight and Obesity

Generalised anxiety disorder Services

| Websites | Mobile Applications (11) | Support Groups (7) |

Filter by:

Target Audience
(Show all) ▲▼

Access Type
(Show all) ▲▼

Smiley Rating
(Show all) ▲▼

About the Smiley Rating

This Way Up - Generalised Anxiety Disorder Course

😊 😊 😊 😊 😊

This course is a clinician-assisted cognitive behavioural treatment (CBT) program for generalised anxiety disorder, incorporating best practice CBT principles including challenging meta-beliefs about worry, graded exposure, challenging core beliefs, and relapse prevention. (English)

The BRAVE Program

😊 😊 😊 😊 ◯

The BRAVE Program uses cognitive behavioural therapy (CBT) techniques to treat childhood anxiety. There are two available versions, one tailored to children aged between 8 and 12 years and a second for teenagers aged 13 to 17 years. (English)

The BRAVE Program

♥ Add favourite   ★ Rate service   @ Report problem

Smiley Rating 😊 😊 😊 😊 ⚪

Description:

The BRAVE Program uses cognitive behavioural therapy (CBT) techniques to treat childhood anxiety. There are two available versions, one tailored to children aged between 8 and 12 years and a second for teenagers aged 13 to 17 years. Each version contains weekly sessions for participants and their parents which take approximately one hour. BRAVE focuses on developing skills to manage anxiety. These skills encompass recognising physiological signs of anxiety, relaxation strategies, cognitive training including self-talk and restructuring, exposure, problem-solving, and empowerment. The parent sessions aim to help parents to better assist their children in managing their anxiety through psychoeducation and instruction on management techniques. Each session provides reading material and exercises that encourage children and their parents to practice these skills in the real world. Automated feedback is provided following exercises and each family is assigned a therapist who provides feedback by email each week. The therapist also calls the family in the middle of the program to assist with their exposure strategies.

Service URL: http://www.brave.psy.uq.edu.au

Agency Responsible: The University of Queensland and Griffith University.

Details

Format: Website.
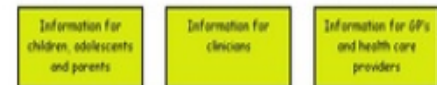
Intervention Type: Psychological – CBT.

Course Length: Long (more than 5 modules). *10 sessions for children and 6 for parents in the BRAVE for Children-Online, and 10 for adolescents and 5 for parents in the BRAVE for Teenagers-Online. Both programs also incorporate 2 additional booster sessions for youth and parents.*

Target Audience

Primary Category: Generalised anxiety disorder. *Also targets social anxiety, phobias, separation anxiety disorder*

Secondary Categories: Social anxiety and Phobias.

Target Audiences: Child and Adolescent.

Language: English.

Access

Fee: Free.

Access: Closed: Research participation. *Access is only available to participants in a research trial.*

Contact Details:

brave@psy.uq.edu.au

Research evidence

Research Trials: 3

Research RCTs: 3

Outcome Summary:

The efficacy of the BRAVE Program has been tested in three randomised controlled trials. With an adolescent sample, use of the BRAVE Program resulted in significantly greater reductions in anxiety diagnoses and anxiety symptoms compared to a wait list control condition. These improvements were evident at 12 weeks post-baseline and were maintained at 6- and 12-month follow-ups. The beneficial outcomes of the BRAVE Program were similar to those found for clinic-based therapy. An earlier study using a child sample compared the online BRAVE Program to a purely clinic-based BRAVE program, with the internet version containing half of its sessions in the clinic and half online. No difference was identified between the two types of BRAVE intervention and they both corresponded to significant reductions in anxiety at post-test, which was maintained at 6 and 12 months. The complete online version of the BRAVE Program for children has also been tested. Compared to a wait-list control, the program resulted in significantly greater improvements in clinical ratings of severity and global assessments of functioning at post-test. Further, the percentage of children not meeting DSM-IV criteria for anxiety disorders had increased from 30% post-test to 75% at 6 months. This constitutes good evidence that the BRAVE Program is effective in reducing symptoms of anxiety disorders in children and adolescents.

Recommended rating, reviewer 1:

😊 😊 😊 😊 ◻

Recommended rating, reviewer 2:

😊 😊 😊 😊 ◻

Read more about Beacon's Smiley Rating System.

Research paper citations

1. Spence, S. H., Holmes, J. M., March, S., & Lipp, O. V. (2006). The feasibility and outcome of clinic plus Internet delivery of cognitive-behavior therapy for childhood anxiety. Journal of Consulting and Clinical Psychology, 74, 614-621.
2. March, S., Spence, S. H., & Donovan, C. L. (2008). The efficacy of an internet-based cognitive-behavioral therapy intervention for child anxiety disorders. Journal of Pediatric Psychology, 1-14.
3. Spence, S. H., Donovan, C. L., March, S., Gamble, A., Anderson, R. E., Prosser, S., & Kenardy, J. (2011). A randomized controlled trial of online versus clinic-based CBT for adolescent anxiety. Journal of Consulting and Clinical Psychology, 79 (5): 629-642.

User ratings

User ratings and comments are moderated in order to assure the quality of the submissions. It might take a week for your rating to show up.

Your rating

Login to rate this service

the MoodGYM

TRAINING PROGRAM / Mark III

Learn cognitive behaviour therapy skills
for preventing and coping with depression

- 5 modules: 20-40 mins
- Free clinician manuals
- Interactive workbook

Technical Requirements

Frequently Asked Questions

Australian
National
University

Seeking immediate help?

In Australia contact Lifeline: 13 11 14 or Kids Helpline: 1800 551 800
Local help lines for other parts of the world are listed at befrienders.org.

Find out more about e-hub Self-Help Programs for Mental Health and Wellbeing
on Facebook www.facebook.com/ehub.selfhelp.

NREPP

**Included in SAMHSA's
National Registry of
Evidence-based
Programs and Practices**

LOGIN

New Users

Registered Users

750,000
Registered Users
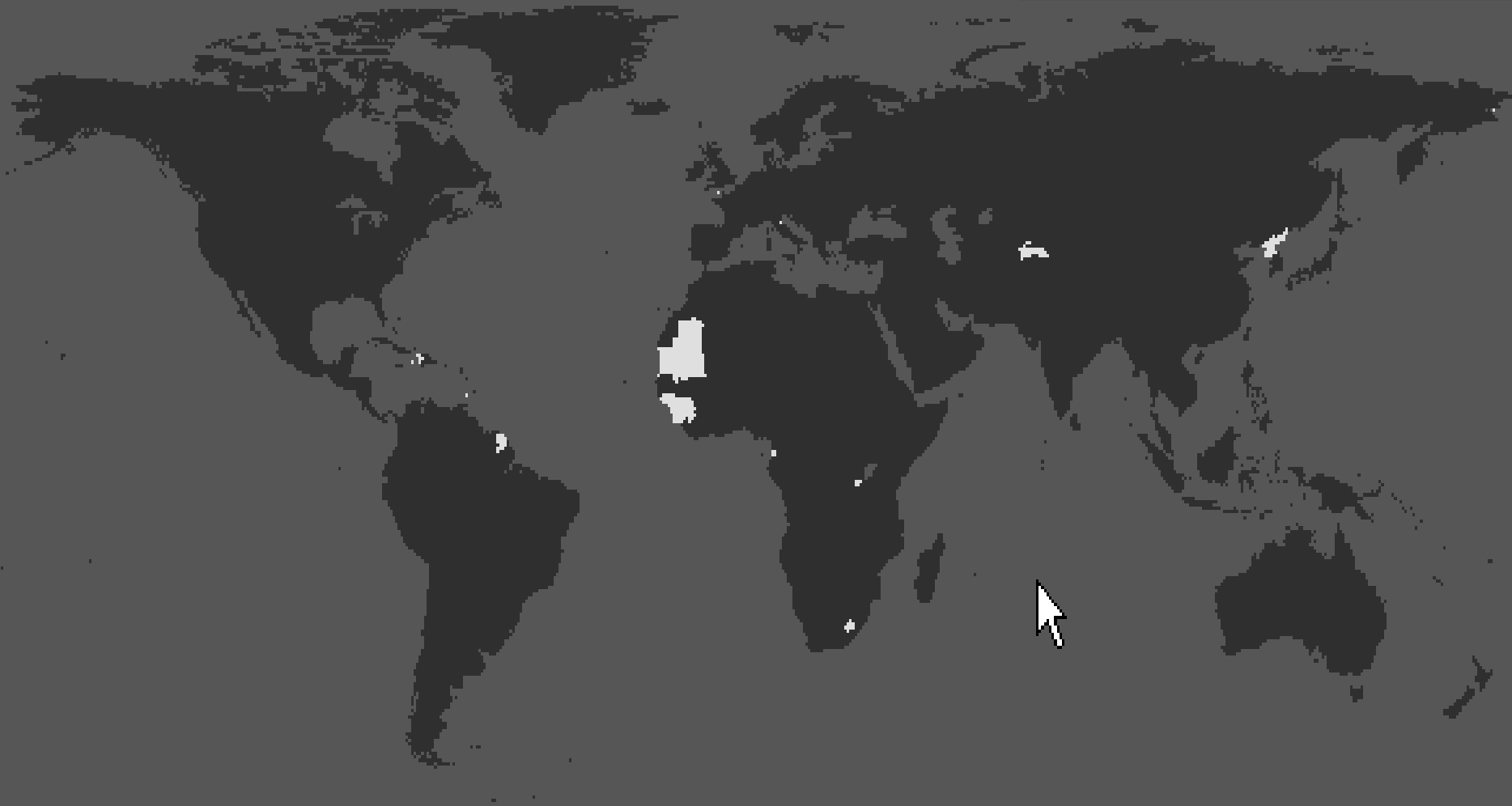
Norweigian

Simplified Chinese

Dutch

www.moodgym.anu.edu.au

203 nation states by 2008   > 20 studies

MEET THE CHARACTERS

Click on the thumbnails below to learn about the characters in MoodGYM

MEET THE CHARACTERS

Meet ELLE who is gorgeous looking, talented, good at work, attractive to men but feels like a fraud. Feels one day, *people* are going to find out that she really

Meet ELLE, who is gorgeous looking, talented, good at work, attractive to men but feels like a fraud. Feels one day, people are going to find out that she really is stupid, untalented unintelligent, emotionally void, ugly etc. It is only a matter of time. Maybe we are all a bit like ELLE sometimes.

Lifeline: CES-D Clinical caseness => 16
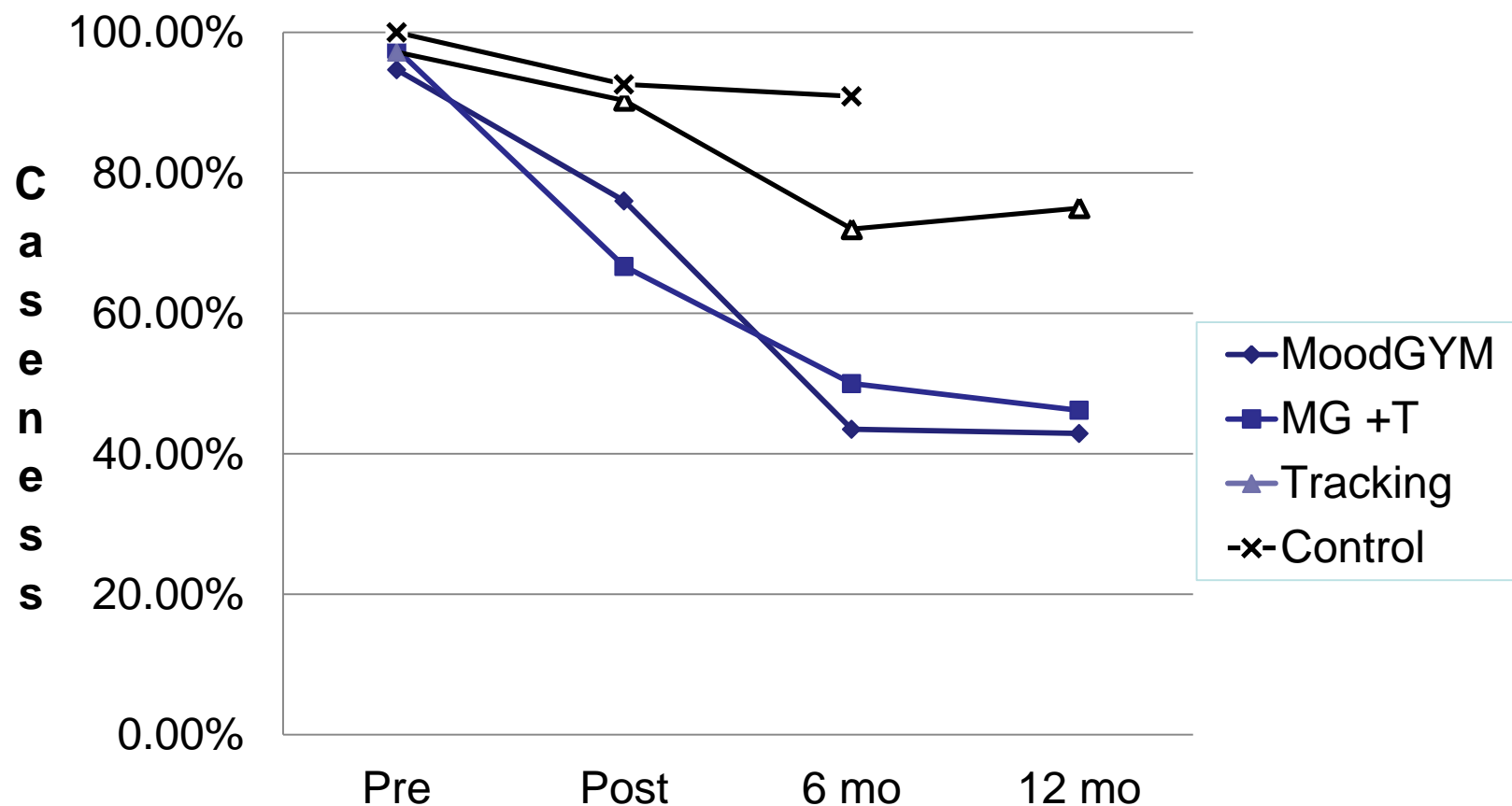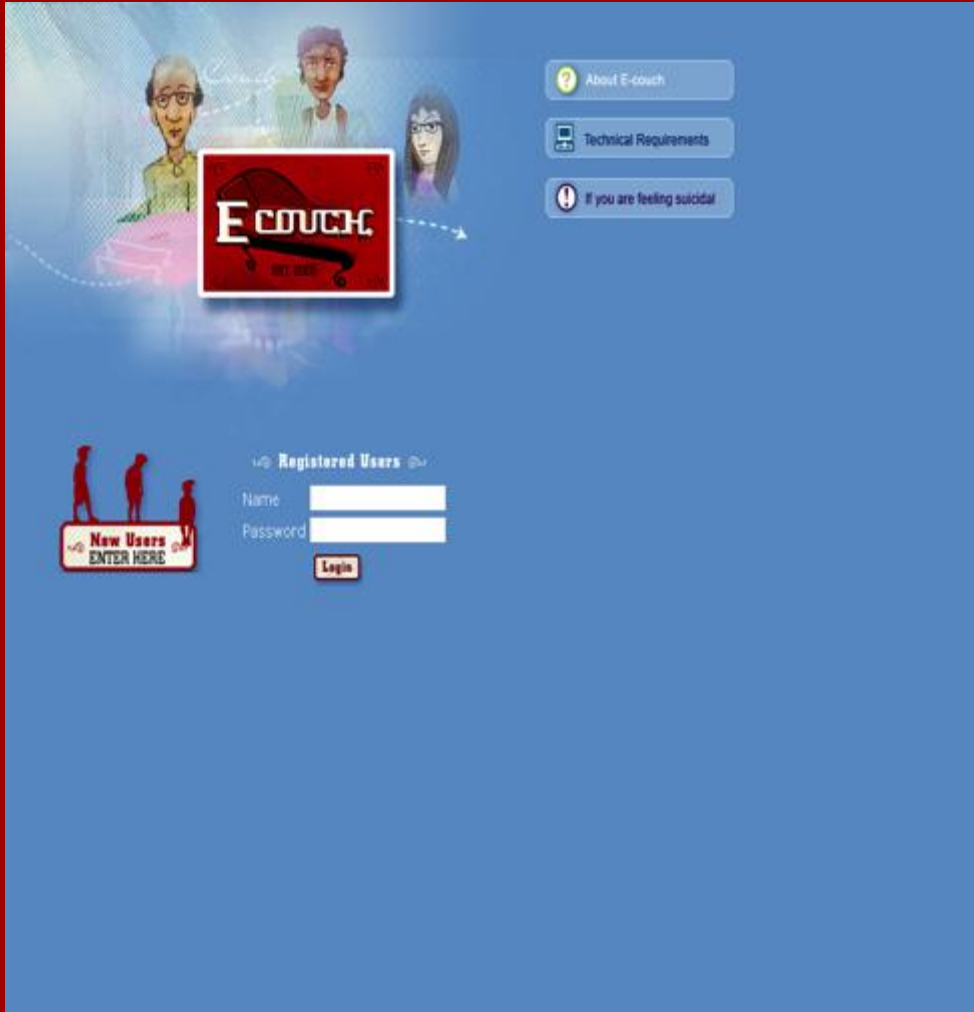
The latest!

Quizzes, workbooks, audio

6 RCT's

e-couch

```
Registration
     ↓
 Assessment
     ↓
```

Depression	Social Anxiety Disorder	Generalised Anxiety Disorder	Panic Disorder	Divorce & Separation	Bereavement & Loss
Toolkits: • CBT • IPT • Relaxation therapy • Physical Activity • (Problem solving)	Toolkits: • CBT • Exposure therapy • Attention practice • Social skills training • Relaxation therapy	Toolkits: • CBT (worry) • Relaxation therapy • Physical activity	Toolkits: • CBT • Exposure therapy • Relaxation therapy • Physical activity	Toolkits: • CBT • Problem solving • Practical advice	Toolkits: • Techniques for dealing with grief • CBT

ANXIETY & WORRY PROGRAM

Self-help

- e-couch self help
- General Anxiety toolkits

Take me to...

Anxiety & Worry Armchair

My Workbook

Other e-couch programs

Depression

Social Anxiety

Making your life better: e-couch self-help

GAD and other anxiety disorders can really interfere with your life over a long period. For this reason it's import you seek out the right treatment for you. You also need to keep working on your anxiety to reduce its effects – you begin to feel better.

e-couch helps you take steps to **help yourself** through its **anxiety and worry toolkits**.
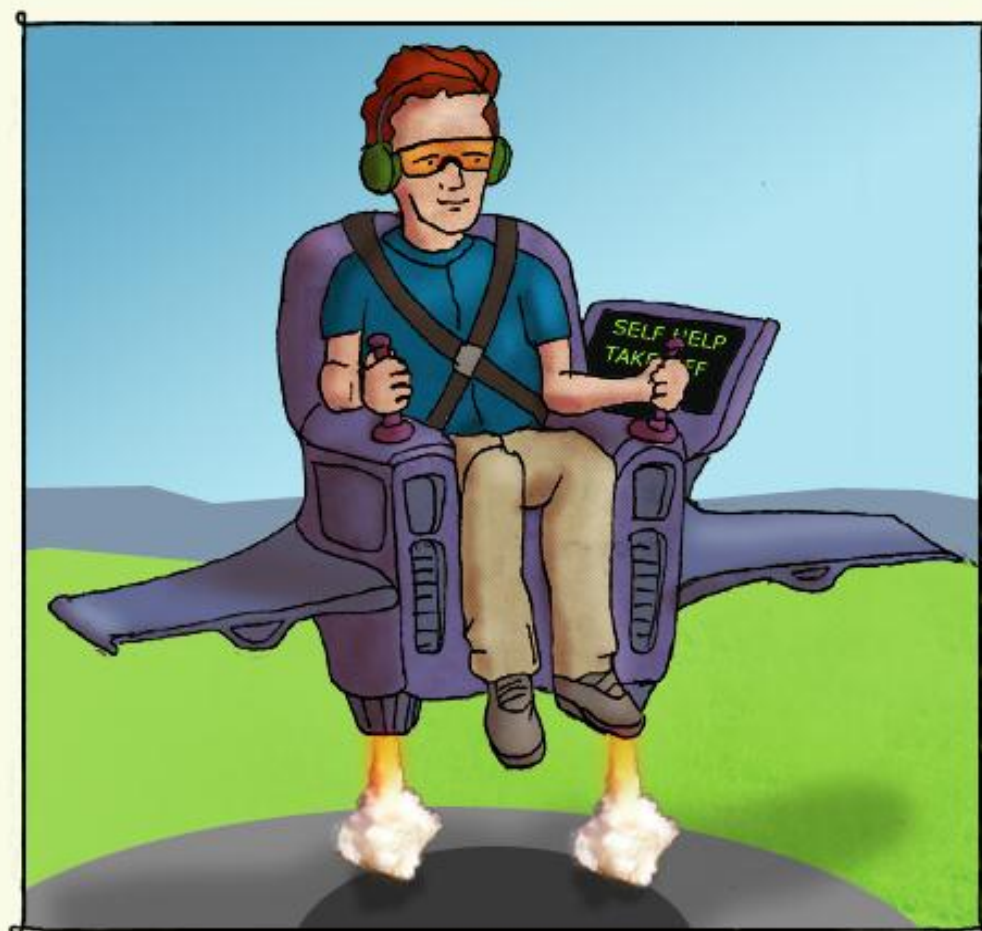
So, get ready to take the e-couch self-help controls and learn what you can do about your anxiety...

ANXIETY & WORRY PROGRAM

Self-help

- e-couch self help
- General Anxiety toolkits

Take me to...

Anxiety & Worry Armchair

My Workbook

Other e-couch programs

Depression

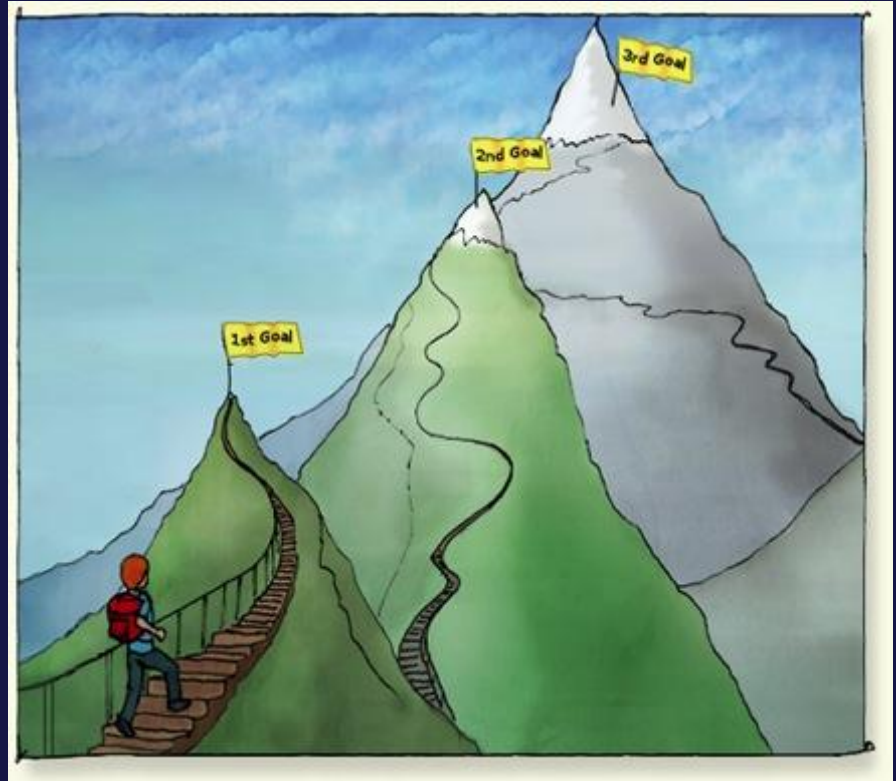**Social Anxiety**

General Anxiety self help toolkits

To help you worry less you will need tools for:

- Tackling mental habits
- Addressing feelings
- Practising different behaviours

Here are the e-couch self help toolkits. Each of these toolkits can help with **dealing with your anxiety an** hope you'll keep coming back to use your toolkits, until your skills in managing your anxiety are improved a more confident in dealing with worry.

Click on the first toolkit, Cognitive Behaviour Therapy, and let's get started.

CBT   RELAXATION   Physical Activity

www.blueboard.anu.edu.au

Emergency Help

BlueBoard

User Name [User Name] ☐ Remember Me?
Password [ ] [Log in]

Register | FAQ | Calendar | Today's Posts | Search

Welcome to BlueBoard!

BlueBoard is an online community for people suffering from depression or anxiety, their friends and carers, and for those who are concerned that they may have depression or anxiety and want some support. We hope that this bulletin board will enable people to reach out and both offer and receive help. **The main thing we want you to know is that you are not alone!** In order to post messages you will first need to **register** with a made-up alias.

IMPORTANT Please don't use a real name as part of your username or for privacy reasons we will have to disable your account. We just hate having to do this but protecting members' privacy is a really important aspect of BlueBoard. :) Click here to read more about usernames.

Forum

BlueBoard Notices
Sub-Forums: Rules and Consent, BlueBoard Notices, Emergency Help, * New members: What happened to Fred Smith? *

Depression and Bipolar Disorder
Sub-Forums: Living with depression, Living with bipolar disorder, Taking care of ourselves

Generalised Anxiety
Sub-Forums: Living with generalised anxiety, Taking care of ourselves

Social Anxiety
Sub-Forums: Living with social anxiety, Taking care of ourselves

Panic Disorder
Sub-Forums: Living with panic disorder, Taking care of ourselves

Obsessive Compulsive Disorder
Sub-Forums: Living with OCD, Taking care of ourselves

Borderline Personality and Related Disorders
Sub-Forums: Living with borderline personality disorder, Taking care of ourselves

Eating Disorders
Sub-Forums: Living with an eating disorder, Taking care of ourselves

Caring for someone with a mental health problem
Sub-Forums: General, Depression and Bipolar Disorder, Anxiety Disorders, Other disorders

General
Sub-Forums: Chit chat, Having a laugh, Creative corner, Suggestion Box

Mark Forums Read

➢ Moderated

➢ 18 yrs +

➢ 24/7

➢ 7,400+ members

➢ Current RCT

E-HUB

Return to the e-hub website

E-HUB ASSIST

e-hub Assist home

About e-hub programs »

How are e-hub programs used? »

How do I use the programs myself?

How do I support someone using the programs? »

Frequently Asked Questions

Resources »

Emergency and other help

E-HUB COMMUNITY SERVICES

Self-help programs

e-hub Assist

e-hub Assist is a portal of resources for people who use e-hub services and e-facilitators who support others to use e-hub's online self-help programs.

It can be used by many people including mental health professionals, other health professionals, teachers, youth workers, carers and support workers.

Click on a section below for more information:

» About e-hub self-help programs

» How are e-hub programs used?

» How do I use the programs myself?

» How do I support someone using the programs?

» Frequently Asked Questions

» e-hub Assist Resources

» Emergency and other help

e-facilitators:

- I am a mental health professional

- Other health professionals

- I am a teacher or youth worker

- I am a carer or other support worker

eMHPrac
E-MENTAL HEALTH IN PRACTICE

- Promotion

- Training:
  - Webinars
  - Online training courses
  - Face to face workshops
  - Clinicians' Forum

- Annual Surveys x 3

eMHPrac is funded by the Australian Government

Thankyou – over to you for questions !

eMHPrac
E-MENTAL HEALTH IN PRACTICE

Please stay in touch:

Sign up sheet for updates

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