

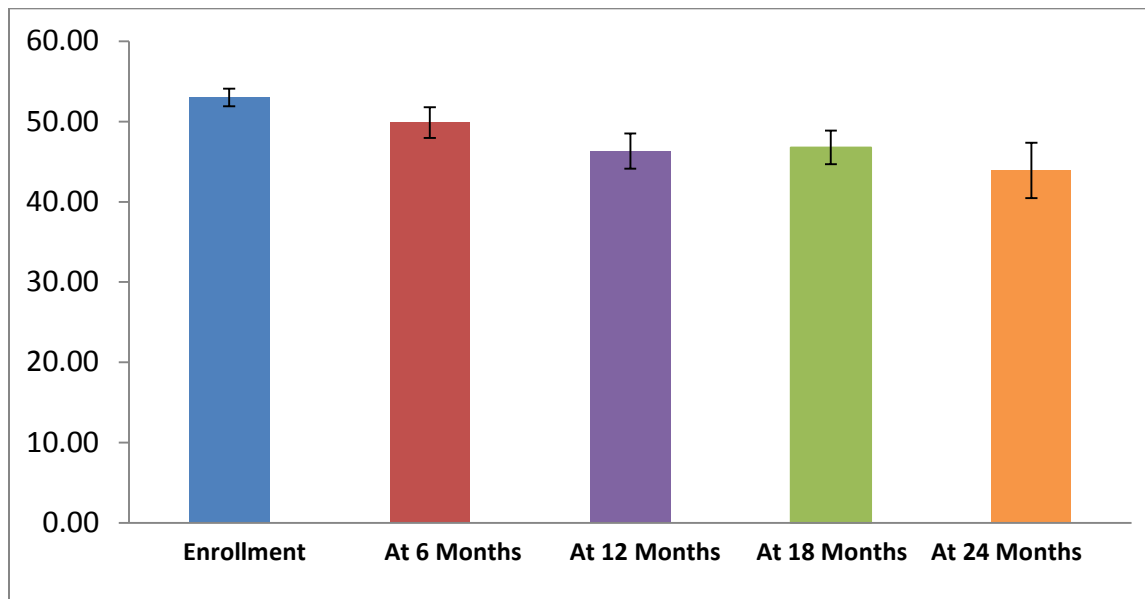
DOES MENTAL HEALTH IMPROVE OVER TIME IN ONE COMMUNITY ONE FAMILY: DEPRESSION AND ANXIETY

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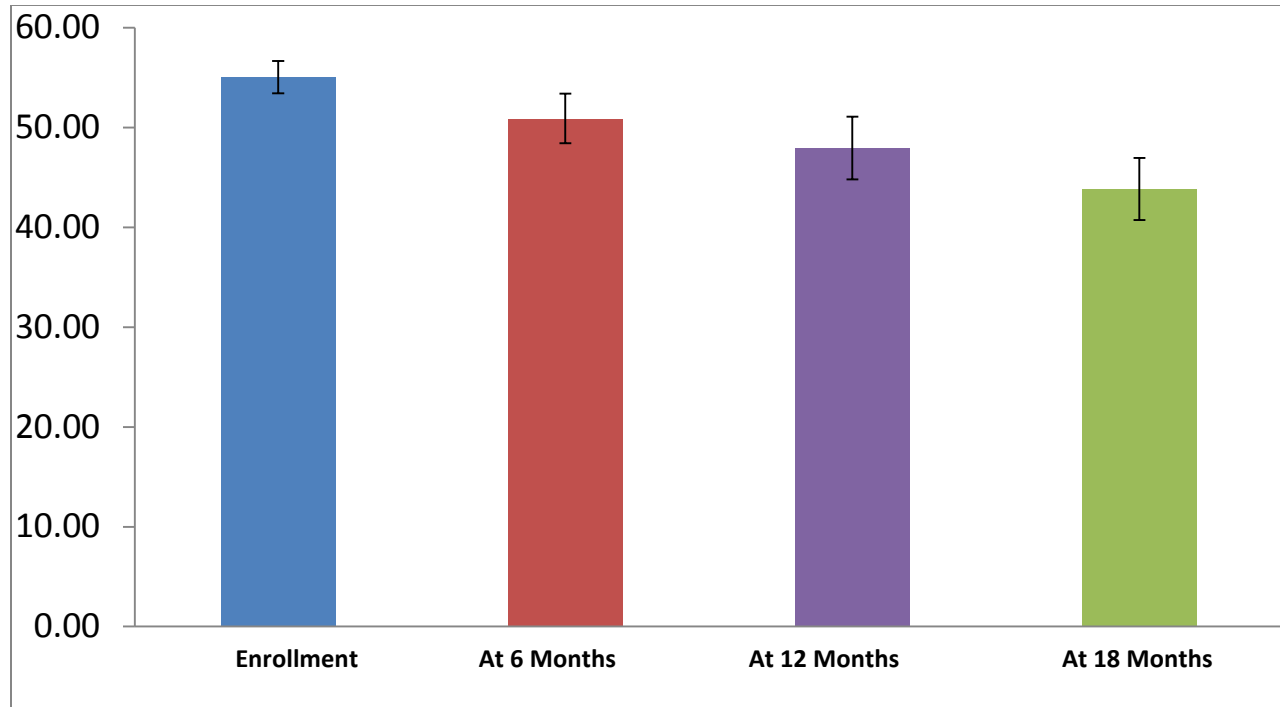
Overview: One Community One Family collects data directly from youth, 11 years of age and older, about the presence and severity of their depressive and anxious symptoms. This brief details how youth rate their symptoms over time. They were questioned at enrollment, 6 months after enrollment, 12 months after enrollment, 18 months after enrollment, and 24 months after enrollment.

Graph 1. Reynolds Adolescent Depression Scale (RADS) from Enrollment to 24 Months



Graph 1. While youth in this sample were not found to be clinically depressed at enrollment and therefore could not improve and drop below the cut-off score for clinical depression, there was a decrease in youths' average scores from enrollment to 6 months. Youths' mean depression scores also decreased from enrollment (average= 53.00) to 24 months post enrollment (average = 43.91). At enrollment, there were 78 respondents. At 6 months, 12 months, 18 months, and 24 months, there were 33, 25, 22, and 11 respondents respectively.

Graph 2. Revised Children's Manifest Anxiety Scale Scores from Enrollment to 18 Months*



*At 24 months, the number of youth is fewer than 10.

Graph 2. While youth in this sample were not found to be clinically anxious and therefore could not improve and drop below the cut-off score for clinical anxiety, there was a decrease in the youths' average anxiety scores from enrollment to 6 months. The youths' mean anxiety scores also decreased from enrollment (average = 55.04) to 18 months post enrollment (average = 43.85). At enrollment, there were 54 respondents. At 6 months, 12 months, 18 months, there were 22, 19, and 13 respondents respectively.

As with the other briefs: due to drastically different sample sizes at different time points, all changes apparent from the graphs and the data presented should be interpreted with caution.