

Mindfulness-based cognitive therapy for depression in adolescents

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Are the choices of outcome measures relevant to the study?

This study sought to evaluate the feasibility of developing MBCT provision for young people, who had received individual psychological therapy and who continued to have residual symptoms of depression (Ames et al. 75). The eight week MBCT program participated by a group of adolescents yielded six major themes that were true of the participants after partaking in the mindfulness based cognitive therapy. Three of the themes are: all participants talked about increased awareness of thoughts and actions, all participants described decentered awareness enabling them to relate to their thoughts and/or feelings differently and three participants described thinking more positively while two reported stepping back from strong emotions and consequently enjoying and engaging in life more (Ames et al. 75). Semi-structured interview played a critical in harnessing those outcomes from the group of adolescents present during MBCT program. These outcomes measure are very relevant to the study because they prove that MBCT enables positive thinking and awareness of thoughts and actions which helps with depression

The three other outcomes are: Working out as a group, advantages of simple sensory exercises over formal mediation, and progression of mindfulness even after the program. The stated outcome indicates that adolescents give credit groups with regards to managing moods and stress among them since each one of them share their experiences more feely. Relieving stress through simple sensory exercises work-out for the adolescents because formal mediation tend to be long and difficult altogether, therefore inefficient

to them. State of mindfulness among the adolescents during stressful moments tend to be applicable based on the sixth theme highlighted by the adolescents. The study used only eight participants with seven variables being analyzed; this might seem to be a small number of participants, but the smaller the number, the easier it is to keep in touch with the participants during the study.

Is the study feasible and does the study expand knowledge in the field?

The Program (MCBT) is beneficial in empowering the young people as it does with the adults. From the conclusion of the study, the adolescents appreciated the social and emotional value that had imparted on them through the study. If the study transformed those young people, the program could be extrapolated to other adolescents experiencing depressive symptoms. However, the vital aspect is to make the participants (adolescents) feel part of the process from the start. This will so reduce the rate at which adolescents withdraw from the program before completion.