

• 計畫中文名稱	青少年憂鬱症相關因素與其介入防治模式之監測(II)		
• 計畫英文名稱	The Investigation of the Adolescent Depression-Related Factors and the Monitor of Its Prevention-Intervention Model (II)		
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• 中文關鍵字	青少年；憂鬱症；憂鬱症盛行率；自殺意念；防治模式		
• 英文關鍵字	adolescence；depression；prevalence of depression；suicidal ideation；prevention-intervention model		
• 中文摘要	憂鬱症被稱爲「二十一世紀的癌症」(Holden, 2000)，近年來，青少年憂鬱症盛行率不斷攀高，終身盛行率估計更高達 3.6-24%。即使有相同的復發率，這些青少年卻比成年人提早延長約 20 年的發病時間，不但在家庭、學業與人際關係上飽受煎熬，甚而有 15%可能走向自殺的不歸路。本研究以「三段五級」預防模式，規劃青少年憂鬱症防治模式，期能透過降低危險因子暴露、早期診斷與適當治療、及健全機能恢復與降低復發的方式，緩解青少年憂鬱症問題。 本計畫的執行分「問卷開發」、「調查篩檢」、「防治介入」及「資料分析」四組，擬編製兼具本土與國際比較性之自陳式「青少年憂鬱症及其相關因子調查問卷」，隨後於臺北縣市抽取國、高中職各兩所共 1338 位中學生進行「青少年憂鬱症調查(Survey on Adolescent Depression, SAD)」，探討青少年憂鬱症及自殺意念現況，進行盛行率及深入相關危險因子檢測。 本研究以男性 23 分且女性 26 分爲流行病學研究中心憂鬱量表(CES-D)對現行重鬱症診斷的最適切點，根據第一年 SAD 調查結果，未達此臨界點之青少年，將以「衛生教育」方式實施「初段預防」(含衛教組約 367 人，對照組約 730 人)，超過此臨界點之青少年，但還不用藥高中職生(以精神科醫師的專業判斷與 DSM-IV 之診斷標準爲原則)，規劃執行爲期四個月介入治療的「隨機臨床試驗」(含認知行爲治療模式與心理演劇模式)，實施「次、末段預防」，最後，將持續追蹤參與三段防治模式計畫青少年憂鬱症狀四個月，以監測本防治模式方案之有效性及可行性。 本研究建置「青春心事紀」青少年憂鬱症網站，設計「二階段線上憂鬱症篩檢」、「憂鬱症衛教資訊」、「線上憂鬱 Q & A 信箱」、「討論交流區」等，將憂鬱症資訊透過網路傳播宣導。此外，憂鬱症患者的治療意願一直是重要議題，本研究將分析憂鬱青少年對介入治療「有意願」與「無意願」個案於個人特質與危險因子之異同，除可協助實證醫學對憂鬱症瞭解，未來更能對不同需求規劃合適之介入。 本研究之心理衛生團隊，包括臨床精神科醫師、心理輔導諮商師，以及在心理學、流行病學、生物統計學、護理學及社工領域之專家學者，在理論研究與臨床實務上累積豐沛的經驗，並以臺北醫學大學與台灣流行病學學會資源爲後盾，俾能		

藉由憂鬱症的調查與三段五級防治模式之規劃執行，幫助學生遠離憂鬱，達到提升青少年心理健康之目的。

• 英文摘要

Depression represents a common type of psychopathology experienced during adolescence, with lifetime prevalence estimates ranging from 3.6% to 24%. Moreover, depressive symptoms in adolescence are found to be predictors of early adulthood depressive disorders and maladjustment. This study thus proposes a prevention-intervention model for adolescent depression. With the strategies and involvement of decreased exposure of risk factors, early diagnosis, and appropriate prevention and intervention programs, it is hoped that the depression in adolescence may be ameliorated. Four groups are categorized in this study, including :Questionnaire Development, Investigation, Prevention-Intervention Program,and Data Analysis. A self-reported questionnaire named Questionnaire on Adolescent Depression and its Related Factors will be edited and distributed to a total of 1,260 students in Metropolitan Taipei area, including 2 junior high schools and 2 senior high schools students. This Survey on Adolescent Depression (SAD) aims to investigate the current picture of depressive symptoms and suicidal ideation on adolescence in Taiwan and to assess risk factors related to their occurrence. Based upon the investigation, for youth who do not achieve a diagnosis of depressive symptoms, a primary prevention program of health education will be designed and carried out to a total of 386 students, with controls recruiting 773 youth remained. For those who achieve a diagnosis of more seriously depressive symptoms but do not yet require treatment using drugs (judged by psychiatrists), a secondary prevention program of a four-month randomized clinical trial will be performed, including a total of 37 youth in the cognitive-behavioral therapy, psycho-drama therapy, and control groups. Finally, these youth will be followed-up for 4 months in order to monitor the feasibility and effectiveness of this prevention-intervention program. This study will build up a website on adolescent depression, with the design of the two-stage online depression screening,online health education,online Q & A mail box, and online discussion board. With the wide spread of internet, it is hoped that the depression on adolescence may be prevented in advance. In addition, because willingness is an important issue in treating depression, this study will investigate, analyze, and compare personal characteristics as well as the risk factors related for those who agree to participate in the depression intervention program and those who do not. It is hoped that further prevention intervention programs may be more appropriately designed to fit these various needs. The research team recruits psychiatrists, clinical counselors, and experts on fields of Psychology, Epidemiology, Biostatistics, Nursing, and Social Work. With the resources of Taipei Medical University and Taiwan Epidemiology Association as well as the design of the prevention-intervention program, this study ultimately aims to promote the mental health of the adolescence in Taiwan.