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PowerUp app for parents: A comparative RCT to promote shared decision making (SDM)

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Many researchers agree that stress can be a barrier to shared decision making (SDM) or person centered care. In addition, studies show that making decisions for young people (YP) with mental health conditions can be challenging as evident by low levels of parental SDM and agreement between parents, YPs and clinicians, for example, on reasons for attending services. My current research is typically based on the premise that parents and young people accessing mental health service is involved in a shared decision making process and thus, the parent can be considered as another service user. Therefore, parents need support in managing parental stress when their child is experiencing difficulties in order to be fully engaged in the SDM process. This research will be conducted in phases that will eventually lead to a cluster RCT. The general research question addressed will be to evaluate if an evidence-based app for parents can lower the stress barrier and promote SDM for parents of children in therapy. The findings of this proposed study will lead to informed support to promote SDM and enhance the overall lifestyle of parents and children accessing mental health services, by providing parents with the necessary support to be involved in their child's physical, mental and social well-being.

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How to walk away from work stress: An innovative online program

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“Walk Away From Work Stress” is an innovative online program helping targets of workplace bullying thrive when confronted by a narcissistic manager in a toxic workplace where they feel isolated and with nowhere to turn, unable to leave their jobs because of economic insecurity. Gary Namie's research tells us that the best, most competent employees are targeted and up to 70% quit, are relocated or fired whereas less than 13% of workplace bullies lose their jobs. Workplace bullying costs Australia \$6 to \$36 billion a year, a figure similar to other developed nations. Building resilience in our best employees is a way to protect, enhance and promote the psychological and economic wellbeing of our communities. The program covers four main areas: 1) Emotional mastery – how to reliably attain a calm centeredness, triumph over workplace trauma, reduce feelings of overwhelm and promote creativity and intuition; 2) Teflon self-esteem – how to set good boundaries with difficult people, tame the inner critic, enhance your value and become your own greatest ally; 3) Toxic boss whispering – effective communication strategies for dealing with difficult people, how to be more persuasive and diffuse rage attacks; 4) Beating financial stress – strategies for weathering a crisis, building a convincing legal case and finding a new job by effectively bypassing the traditional application process. This program is available to participants 24/7 and is comprised of online modules, a private Facebook community and weekly online mentoring sessions. The presentation will also report on participants' experience in the program.

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