SELF-CARE

Research | Results | Recommendations

1. Scoping review: which papers talk about self-care?

- Number of papers (keyword search)
  - Initial screenings: 6093
  - First search (Database search): 1002
  - Second search (other databases): 109
  - Relevant papers: 109

- 109 remaining paper types:
  - Individual studies (84.13%)
  - Reviews of multiple studies (43.87%)

- Studies were excluded because:
  1. Involved a mental health professional
  2. Not about children and young people
  3. Didn’t look at effectiveness
  4. Duplicates

- Within these 109 papers:
  - Individual studies were identified and screened for effectiveness
  - Papers: 900+

2. Systematic review: which self-care methods have been tested?

- The 38 relevant papers tested 7 types of self-care techniques
  - Physical exercise
  - Massage therapy
  - Light therapy
  - Contact with pets
  - Dietary supplements
  - Peer support (online)
  - Cognitive behavioural training (online/books)

- Strongest evidence: Light therapy for seasonal depression
  - Moderate evidence - online CBT for depression & anxiety
  - Insufficient evidence - most studies, there was not enough certainty to draw even tentative conclusions

- This highlights despite the increasing interest in the possibility of self-care, we lack evidence to guide this
- We call for an expanded research agenda that evaluates self & community approaches

Full paper: http://SelfCareReview

ANNA FREUD NATIONAL CENTRE FOR CHILDREN AND FAMILIES SELF-CARE SURVEY RESULTS

We asked more than 100 young people between the ages of 11-25 who have ever felt depressed or anxious which of the approaches identified during the scoping review worked for them. Here is a small sample of the results:

- Things that scored high:
  - Listening to music: 96%
  - Home entertainment (TV/films/books): 92%
  - Personal hygiene: 85%

- Things that scored low:
  - Light therapy: 8%
  - Tali Chy: 3%
  - Over-the-counter medications: 5%

Things we had and would use it again:

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