

**THIS WAY UP ↑↑**

# headstart Program Outline

Internet-Delivered Cognitive Behavioural Treatment Programs



Our Partners:



# headstart Program

## Who is this program for?

This transdiagnostic program is for young people and targets repetitive negative thinking processes of worry and rumination. The program teaches skills to reduce repetitive negative thinking, targeting many common symptoms such as:

- Excessive, uncontrollable worry
- Rumination
- Persistent low mood or sadness
- Low self-esteem
- Difficulty concentrating
- Catastrophic thinking styles
- Poor sleep

### Clinical Tip

This program is based on the principles of Cognitive Behavioural Therapy (CBT) and Mindfulness, including strategies for managing worries such as problem-solving, and attention shifting. Be curious to which skills resonate most with the young person you are supporting. Encourage them to try all the skills, then reflect together on which skill(s) work best for them. Remember the program can teach the skills, though your therapeutic relationship is key for helping the young person stay on track and get the most out of the program.

## What does this program involve?

Across **3 modules**, young people completing the program will follow the illustrated stories of 'Sam' and 'Charlie' as they learn skills for managing their worries. Sam and Charlie are guided through the program by their friends, as well as 'Dave', a mental health clinician who offers support along the way.

This program contains:

### Psychoeducation about:

- The process and impact of repetitive negative thinking, with a focus on worry
- Cognitive behaviour therapy
- Mood management
- The psychological benefits of exercise
- Activity scheduling and helpful distractions
- Sleep hygiene
- Unhelpful thinking styles
- Solution-focused coping
- Problem solving

### Evidence-Based Skills & Strategies including:

- Thought Monitoring
- Staying Active and Busy
- Absorbing and Distracting Activities
- Activity Scheduling
- Postponing Worry (Worry Time)
- Structured Problem Solving
- Attention Shifting
- Specific Thinking
- Sleep Hygiene
- Cognitive and behavioural skills to manage worries at sleep and wake times

## Questionnaires

Young people complete the **K-10**, **PHQ-4**, and **RTQ-10** throughout this program.

## Program Outline

Module 1 - Understanding Worry	
This module explains what excessive worrying looks like, and how to identify and track worried thoughts. It also explains how staying active interrupts the worry cycle.	<b>Skills:</b> Thought Monitoring, Staying Active and Busy with Activity Scheduling  <b>Resources:</b> Thought Tracking Form, Staying Active and Busy resource, Absorbing and Distracting Activities List, Activity Planner
Module 2 - Helpful Thinking	
Young people learn how to identify unhelpful thinking patterns, and a range of effective skills to reduce worry. These include postponing worry, attention shifting, and structured problem solving.	<b>Skills:</b> Postponing Worry, Problem Solving, Attention Shifting.  <b>Resources:</b> Three Rules Checklist, Worry Time handout, Problem Solving worksheet, Attention Shifting handout.
Module 3 - Enjoy Now	
Young people learn solution-focused strategies to reduce worry and tips on how to achieve worry-free, quality sleep.	<b>Skills:</b> Specific thinking, Sleep hygiene, reducing the impact of worry upon one's sleep using both cognitive and behavioural skills.  <b>Resources:</b> Here and Now Thinking handout, Good Sleep Guide, Managing Worries at Sleep and Wake Times handout, Decision Tree handout.

## Extra Resources

Each module includes a Module Summary & Action Plan resource to summarise the skills covered, and set activities for the young person to practice before commencing the next module. There are a range of extra resources also available in the program, including:

- Distress Tolerance resource
- Keep Calm & Stay Safe Guide
- Boosting Motivation resource
- Getting Extra Help resource

## Research

The Worry and Rumination Program has been evaluated in a randomised controlled trial, concluding that completion leads to significant reductions in symptoms of depression, anxiety, general psychological distress, as well as improvements in levels of worry and rumination. This program is a adapted version of the Worry and Rumination Program tailored to the needs of young people.

Reference: Joubert et al, Managing Rumination and worry: A randomised controlled trial of an internet intervention targeting repetitive negative thinking delivered with and without clinician guidance, Behaviour Research and Therapy, 2023.

# Start Using Evidence-Based iCBT in Your Practice Today

Register a free Clinician Account to start prescribing iCBT to  
your patients

[www.thiswayupclinic.org/users/login](http://www.thiswayupclinic.org/users/login)

