

PROJECT DETAILS

Project Title:

Blended Digital Behavioural Activation For Young People With Moderate to Severe Depression: A Feasibility Clinical Trial.

Project Summary:

Mood problems among young people are increasing, contributing to high demand and long waiting times for Australian children and adolescents accessing Child and Adolescent Mental Health Services (CAMHS). Blended delivery of therapy, which integrates face-to-face and digital interventions, offers a scalable approach to improving access to depression treatment. Behavioural activation (BA) is an effective intervention for depression; however, the clinical efficacy and safety of digitally blended BA for young people remain unclear. This PhD will develop and evaluate a blended BA model for adolescents with depression, examining feasibility, acceptability, and preliminary efficacy. The project aims to generate an evidence-based model to increase access to low-intensity psychosocial interventions for young people experiencing depression.

Preferred Applicant Skillset:

We are looking for a self-motivated PhD candidate with the following:

- Bachelor's degree in a health-related field with first- or second-class honours and/or Master's degree with a research component or equivalent from a recognised university.
- IELTS score of ≥ 7 across all bands where relevant tertiary education is not completed in an English-speaking country.
- Interest in low intensity psychosocial interventions such as Behavioural Activation.
- Evidence of excellent interpersonal, communication, and scientific writing skills.
- Relevant experience in quantitative and qualitative research methodology.

Knowledge of Child and Adolescents Mental Health Services and challenges faced by young people in accessing mental health services.

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