



BACK 2 SCHOOL

A new Intervention Program for children
with problematic school absenteeism

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Funded by:



Agenda

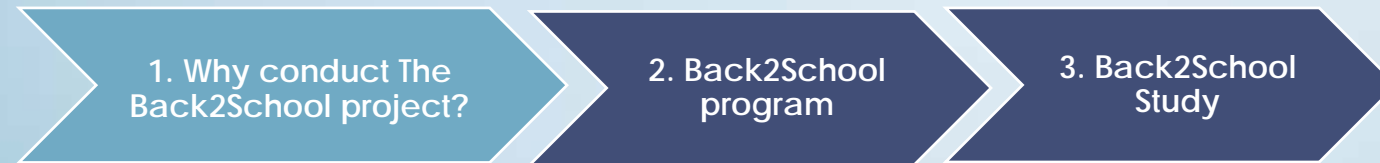


1. Why conduct The Back2School project?

2. Back2School program

3. Back2School Study

Why Back2School?



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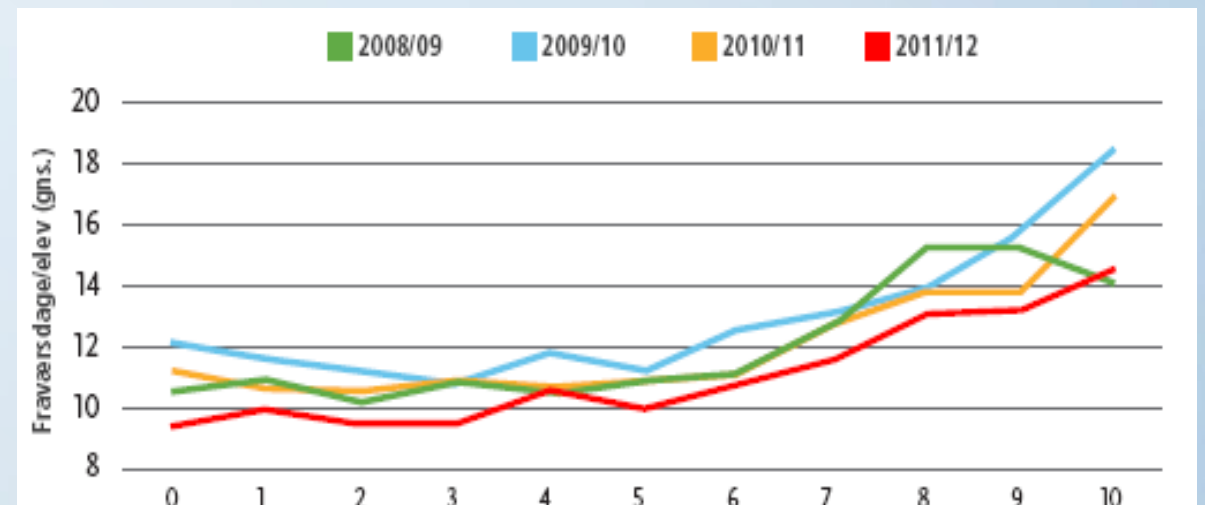
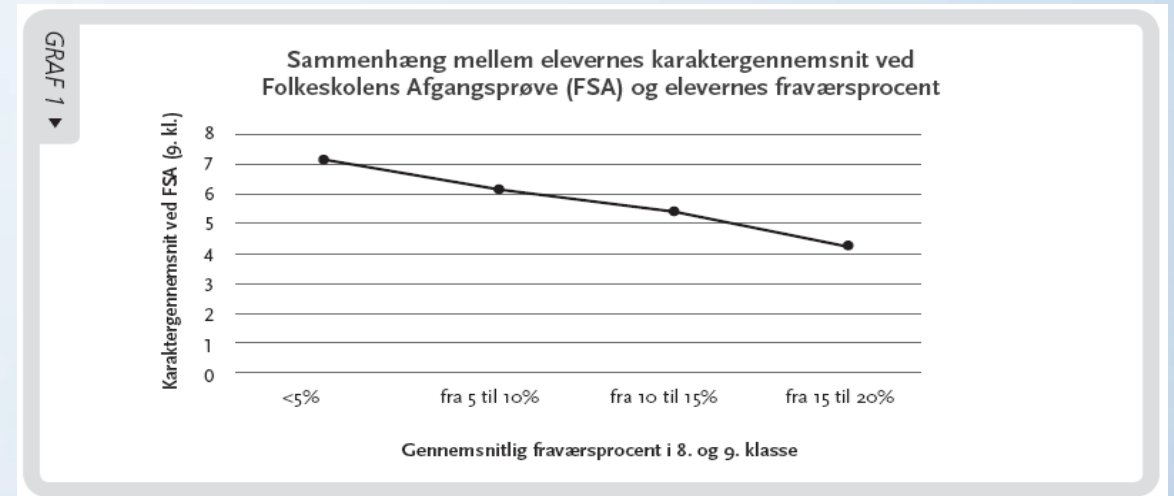
School attendance

- School is a central arena for children to:
 - Learn and develop skills
 - Create social relations
- Absence from school is:
 - a serious and complex problem
 - may have negative short- and long-term consequences



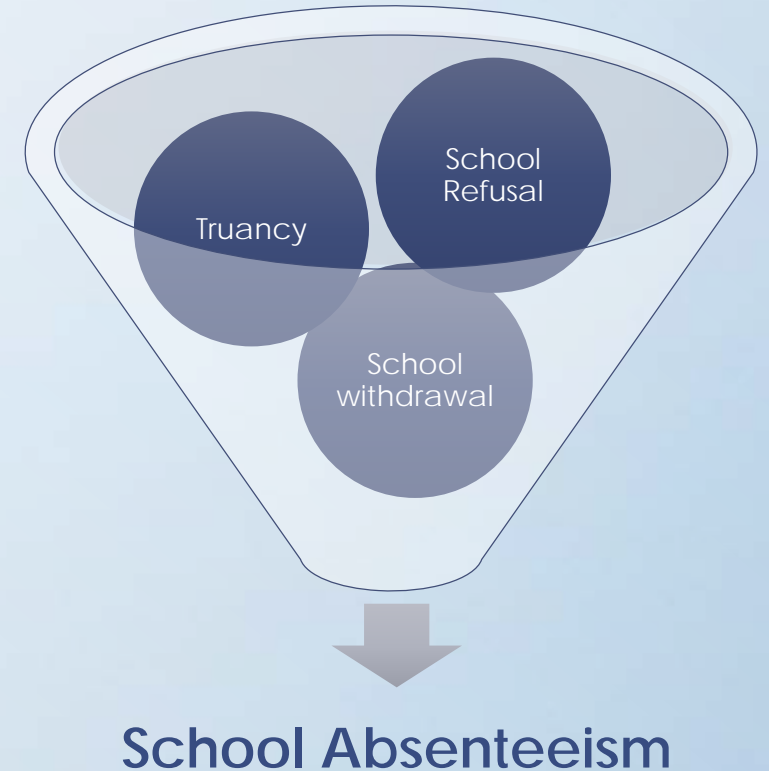
School absenteeism

- Negative consequences
 - Academic difficulties
 - School dropout
 - Psychological problems
 - Anxiety
 - Depression
 - Behavioral problems
- Prevalence
 - Aarhus Municipality
 - 5.5% problematic school absenteeism
 - 1500 students
 - Tendency to increase with age



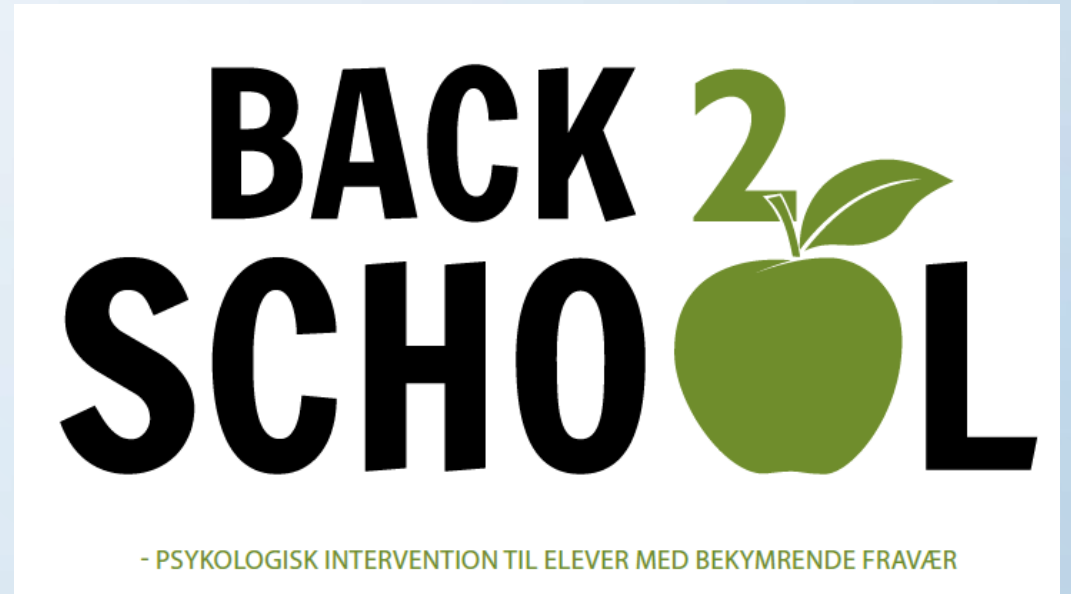
Absent children a diverse group

- School Absenteeism
 - Complex and broad term
 - Simple definition ***absence from school***
 - Legal and illegal absence
- Other definitions:
 - Truancy (Externalizing behavior)
 - School refusal (Internalizing behavior)
 - School withdrawal

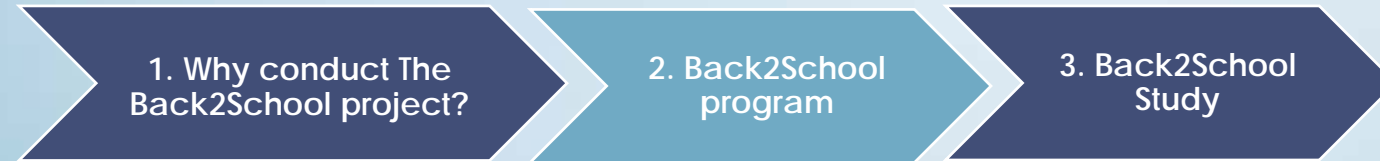


How to help a diverse group?

- Case-based and personalized
- Including evidence based treatment for:
 - Anxiety
 - Depression
 - Behavior disorders
 - Trauma
 - Bullying
 - Etc.
- Includes both children, parents and the school



The Back2School program



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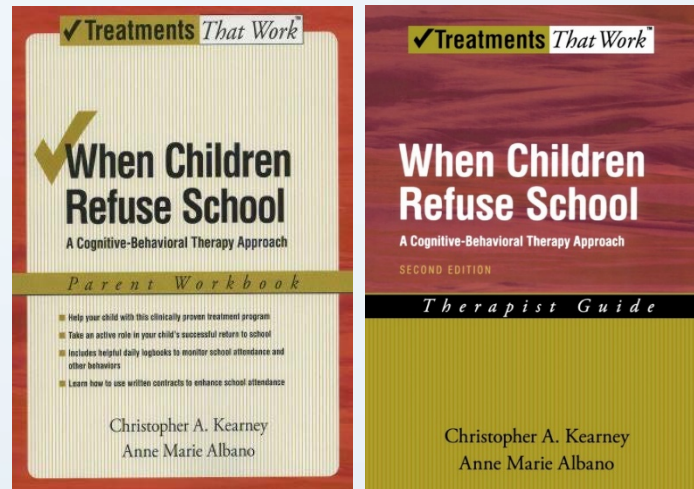


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With inspiration from:

Kearney:
A functional approach

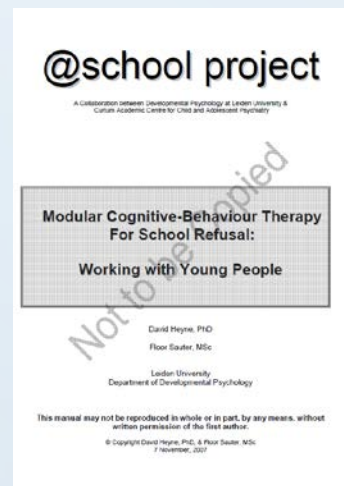


In collaboration with:

Pia Jeppesen:
Mind My Mind



Heyne:
Anxiety disorder and school refusal - adolescents

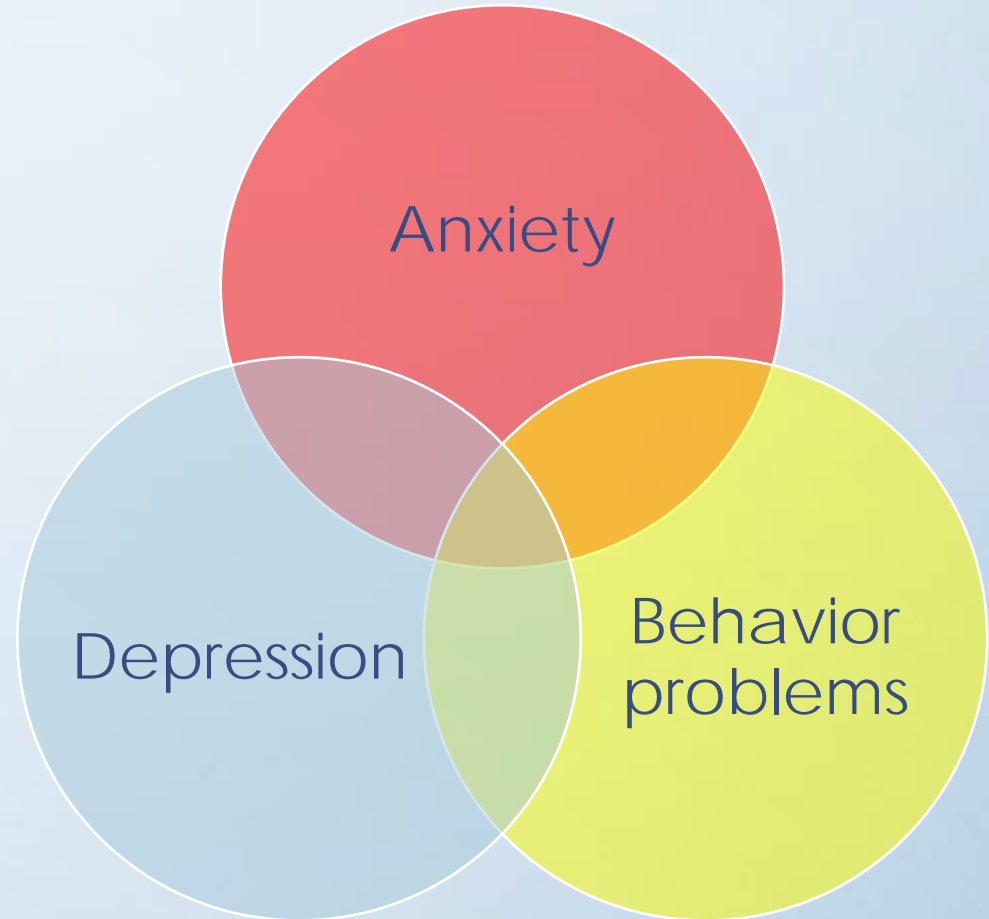


BACK 2 SCHOOL

- PSYKOLOGISK INTERVENTION TIL ELEVER MED BEKYMRENDE FRAVÆR

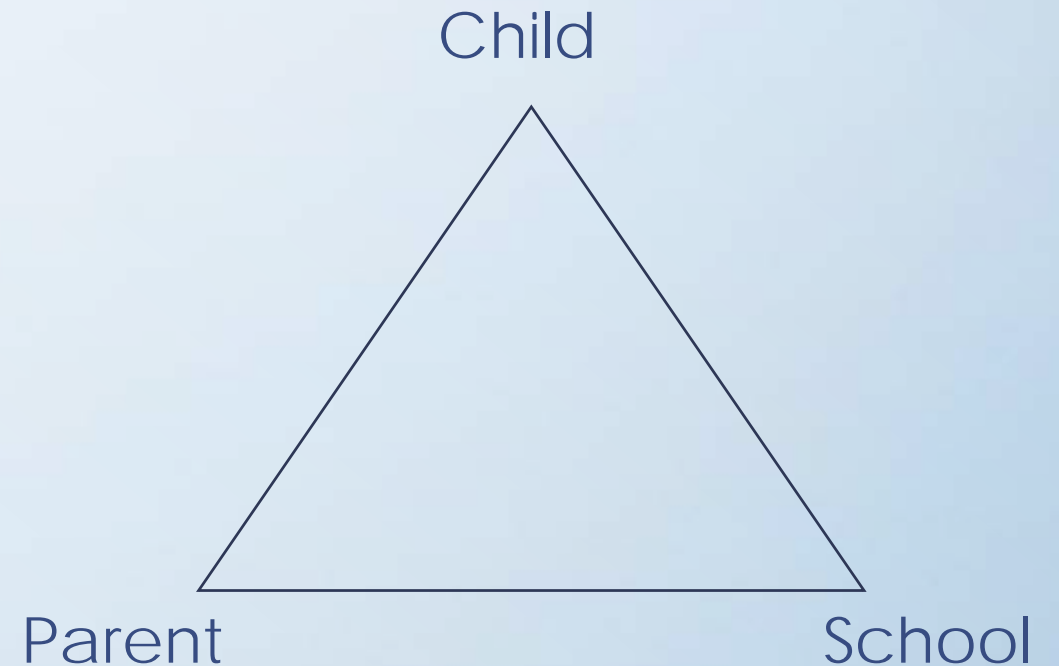
Cognitive Behavioral Therapy

- Effective treatment for:
 - Anxiety
 - Depression
 - Behavioral problems
- The problem of comorbidity
- **Back2School**
 - Integrates modules treating different psychological problems
 - Primary goal is to increase attendance



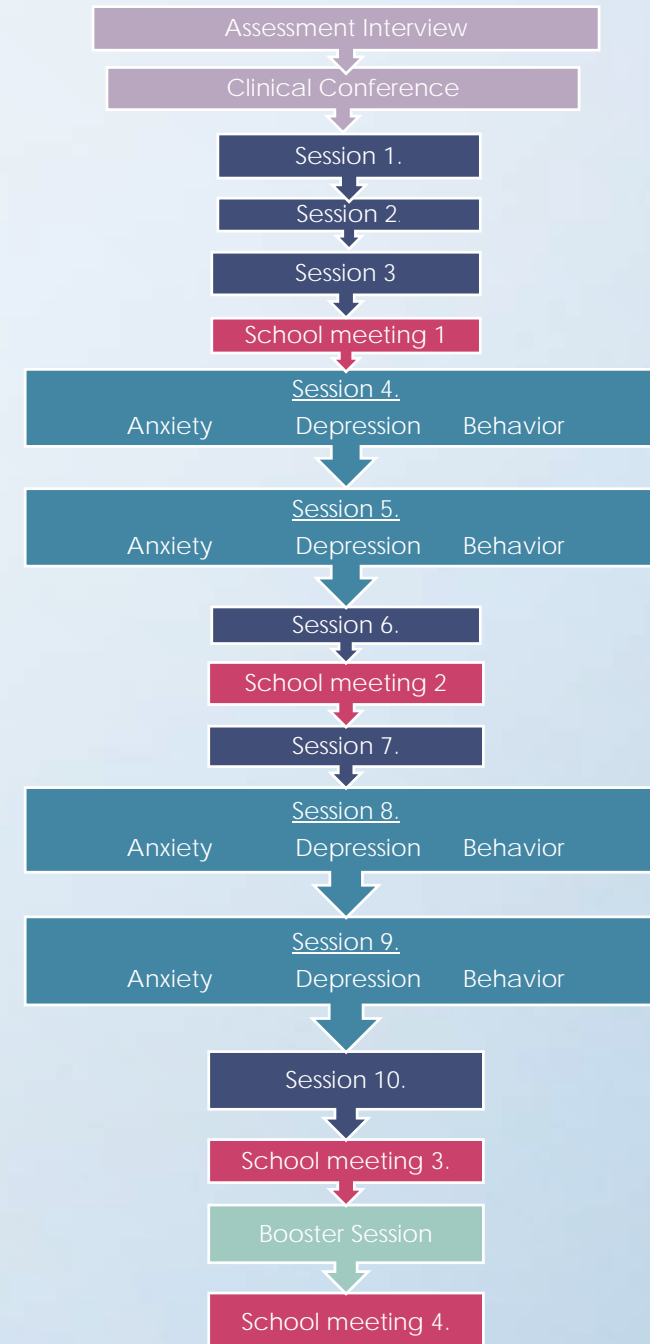
A coordinated approach

- There is no single reason causing school absence
- There may be several maintaining and precipitating factors
 - Parenting style
 - School environment
 - Ect.
- Treatment incorporates, child, parents, and the school

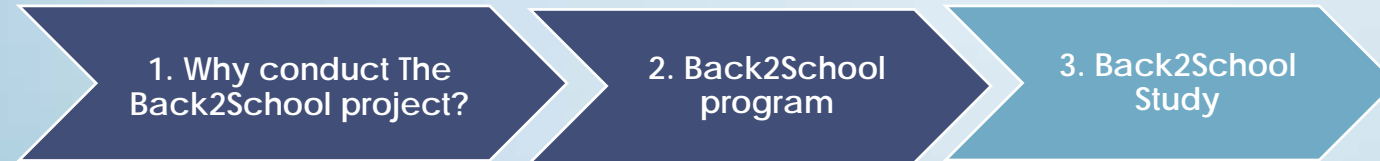


Treatment program

- Assessment interview
 - Clinical Interview
- Clinical conference
 - Personalize treatment
- 10 sessions
 - Psychoeducation
 - SMART goals
 - Gradual exposure
 - Adaptive design
- Booster session
 - 2-3 months after session 10
- 4 school meetings



The Back2School study



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Feasibility study:
Spring 2017



Randomized Controlled Trial
Fall 2017 – 2019

Randomized Controlled Trial

Fall 2017 – 2019

- **Inclusion Criteria:**

- Public school within the municipality of Aarhus.
- Understand and speak Danish
- 0-9th grade (excluding second semester of the 9th grade).
- More than 10% absenteeism

- **Back2School**

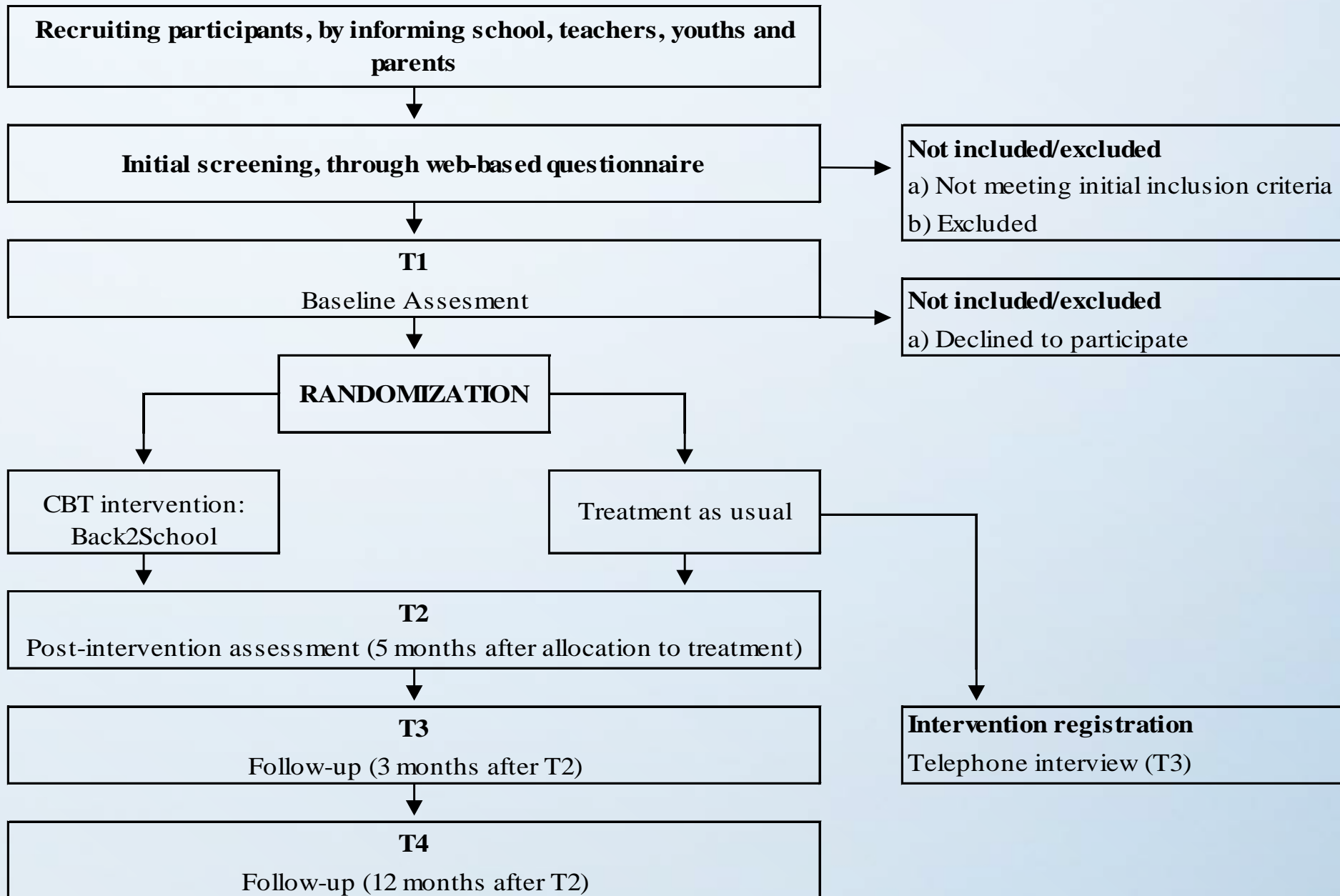
- School Psychologists
- Psychology students

- **Treatment As Usual**

- Help provided by Aarhus

Hypothesis

- Back2School will be effective in increasing attendance
- Back2School will be superior to TAU



Feasibility study: Spring 2017

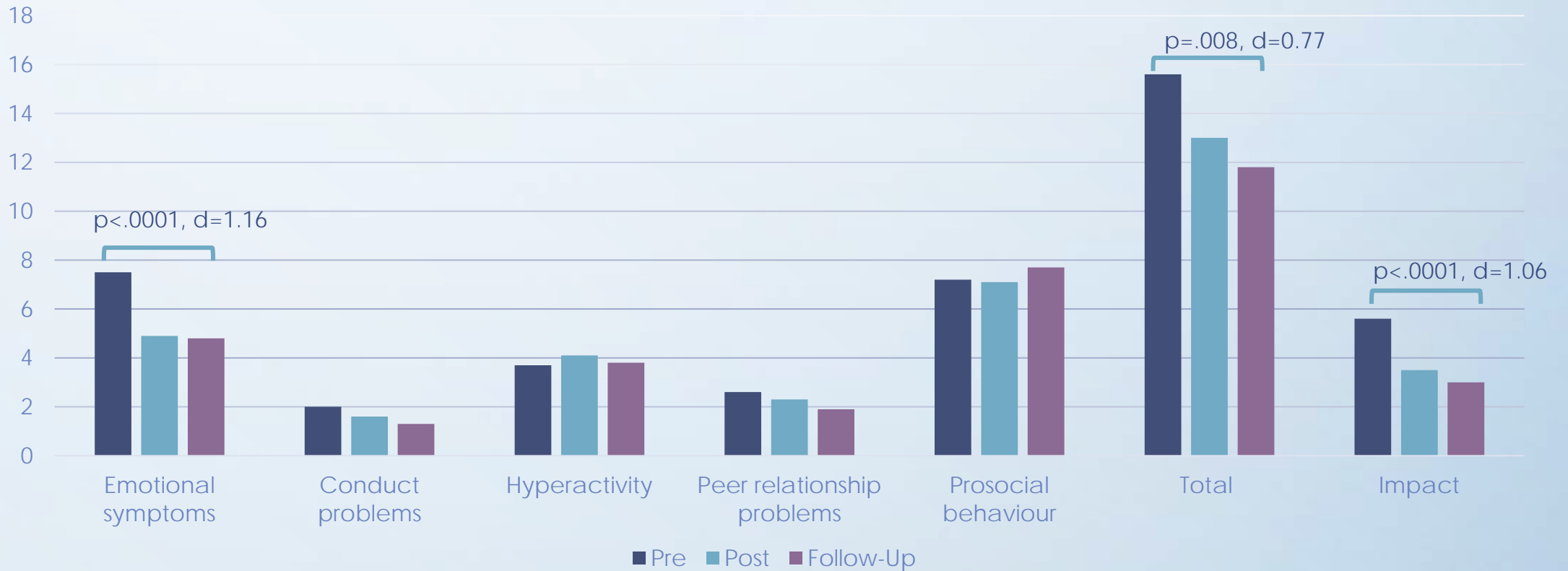
- Sample
 - 24 children recruited
 - 22 children completed
- Therapists
 - School psychologists (Aarhus Municipality)
 - Psychologists (Aarhus University)
 - Assisted by psychology students

School Absence

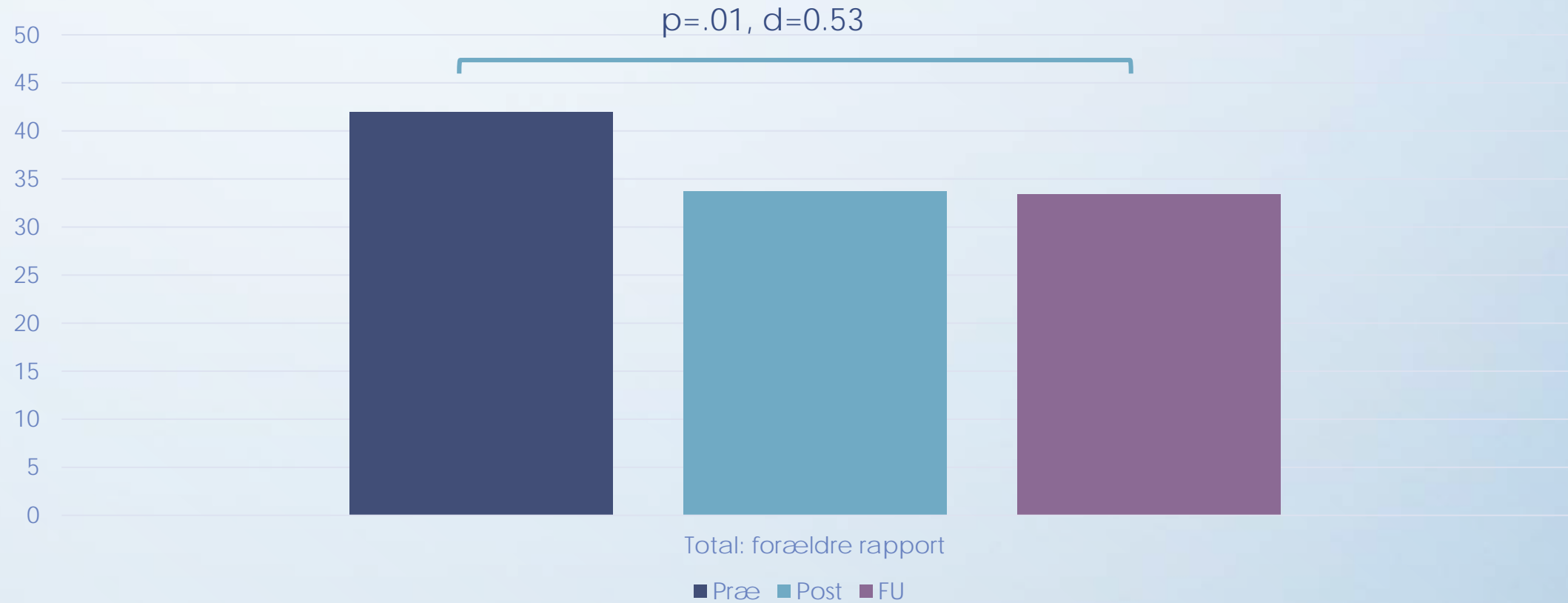


	N	%
Panic attack	3	12.5
Separation anxiety	6	25
Social phobia	8	33.3
Specific phobia	7	29.1
Agoraphobia	7	29.1
OCD (compulsive thoughts)	3	12.5
OCD (compulsive actions)	2	8.3
PTSD	2	8.3
Generalized anxiety	5	20.8
Depressive symptoms – depressive mood/irritability	8	33.3
Depressive symptoms – lower interests	10	41.6
Depressive symptoms – tiredness and fatigue	8	33.3
ADHD – attention deficit	4	16.7
ADHD – hyperactivity/impulsivity	1	4.2
Oppositional Defiance Disorder	5	20.8
Conduct Disorder	1	4.2
Autism Specter Disorder	6	25

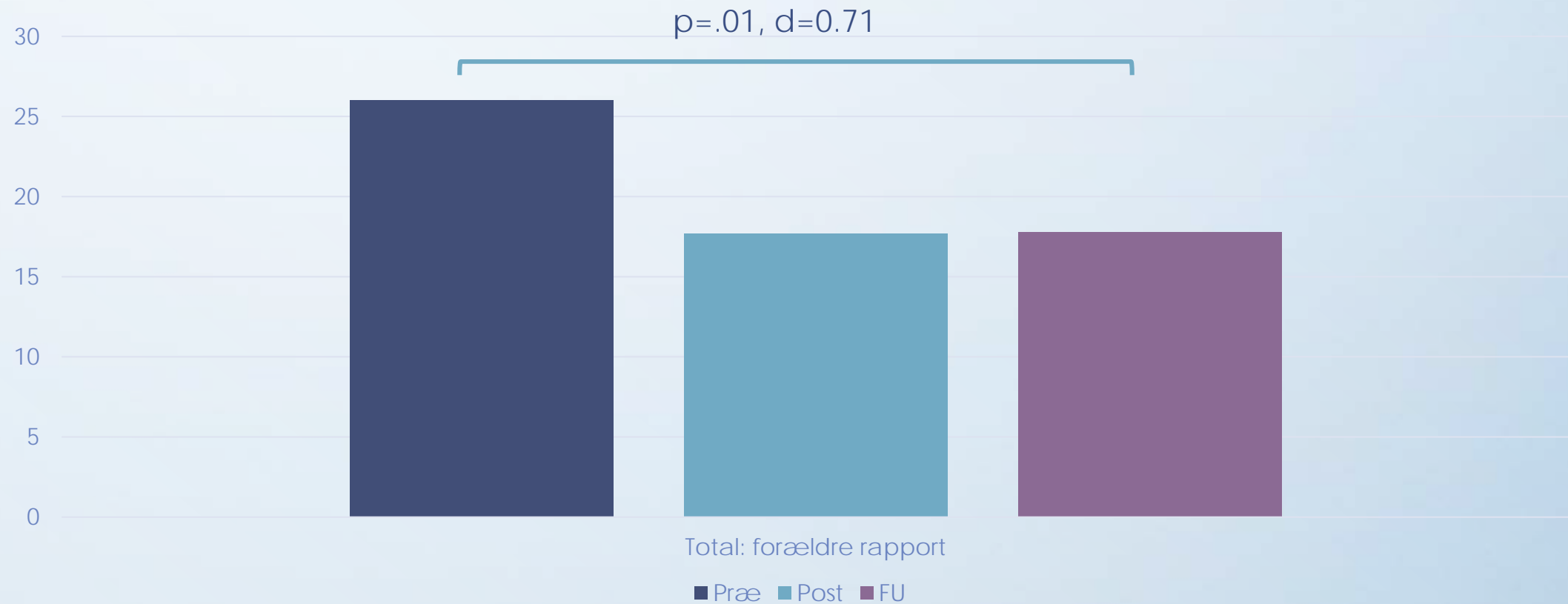
Parent reported change on SDQ



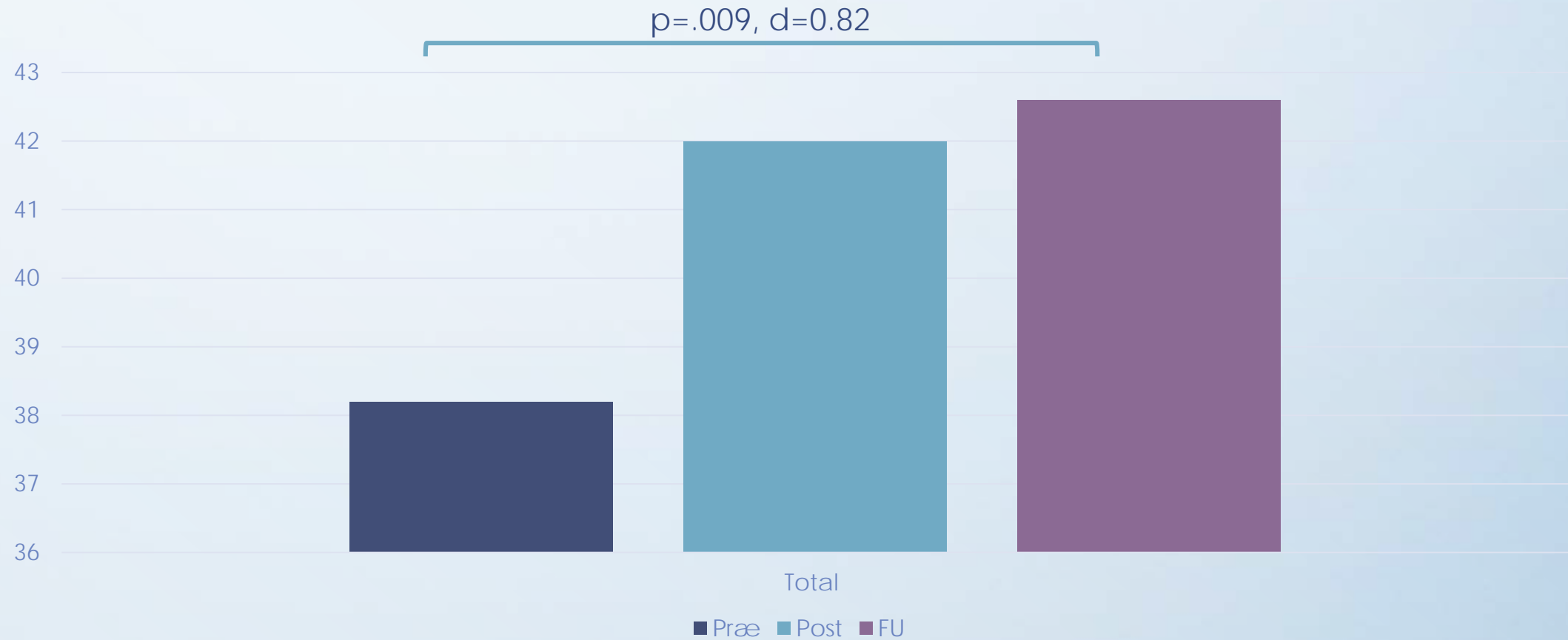
Symptoms of Anxiety (SCAS)



Depressive symptoms (MFQ)

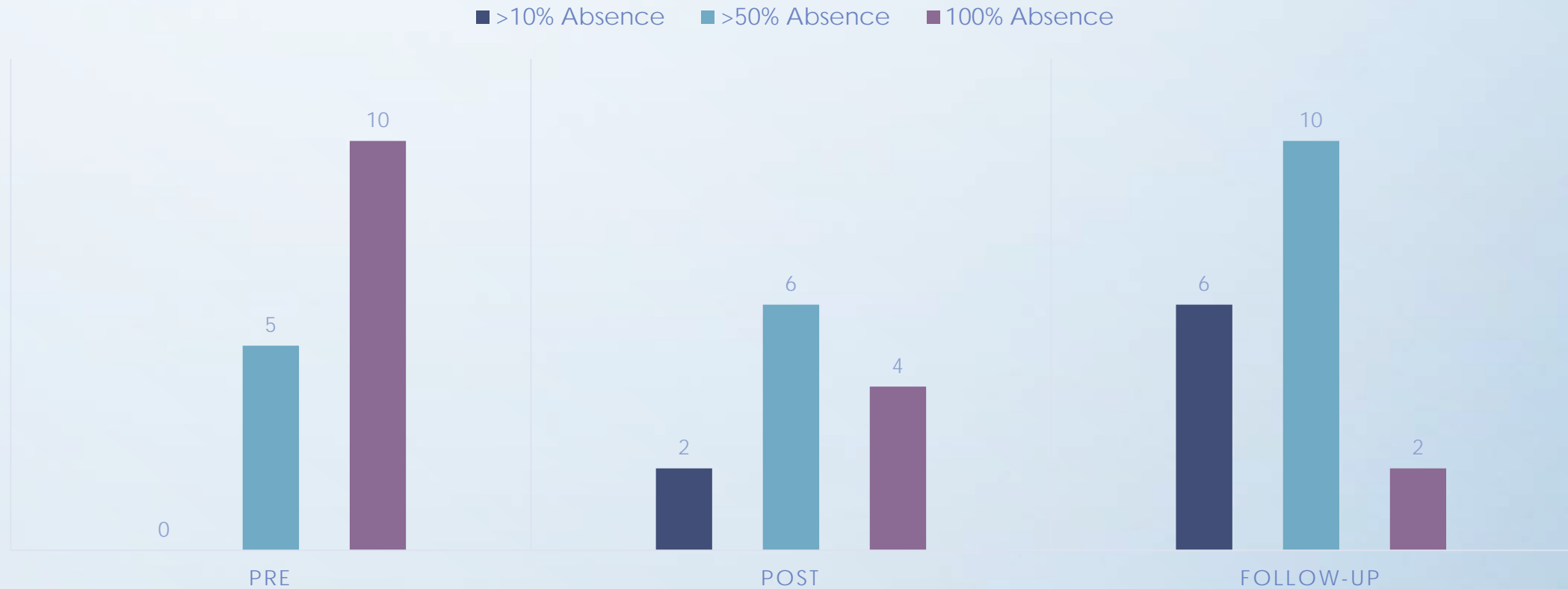


Self-efficacy (SEQ-RSAP)



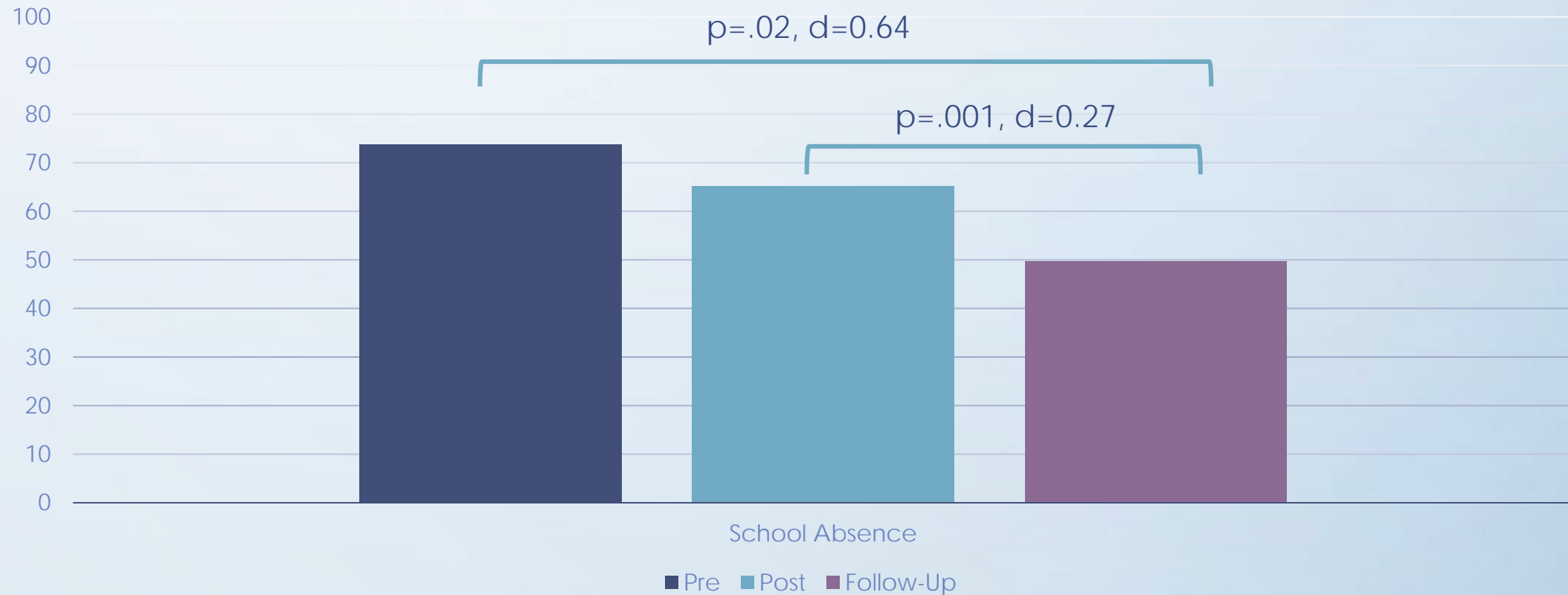
Change in School Absence

Parent reported School Absence



Change in School Absence

Parent reported School absence



What now?

- Over the next 2 years we will continue to help children with school absence
- In the future we hope...
 - That our program can be used by others
 - Ultimately helping more children attending school

Thank you for your
attention

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