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Research Article

The Effectiveness of the Hopeful Minds Intervention Program in Reducing Depressive Symptoms: A Study on Adolescents in Sarawak, Malaysia

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Author(s): Siti Raudzah Ghazali*, Cassidy Bosco¹ and Rekeya Vincent Balang

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Abstract

Introduction: Mental health issues among adolescents have been increasing recently. Specific interventions are needed to reduce the rising trend of depression in the country, especially among adolescents. The objective of this study was to evaluate the effectiveness of the Hopeful Minds Intervention Program among adolescents.

Method: This study used an experimental research design to evaluate the effectiveness of the Hopeful Minds Intervention Program among adolescents in Sarawak. A total of 100 adolescents, aged 13, participated in this 10-week study. They were randomly divided into intervention (n=50) and control groups (n=50). The Center for Epidemiologic Studies Depression Scale (CES-D) was used to measure overall depressive symptoms, as well as the depressive affect and somatic symptoms subscales. Participants completed the CES-D instrument both pre- and post-intervention. The effectiveness of the intervention was analyzed using ANOVA by comparing the mean effects between the intervention

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