

## Effectiveness of the BAND Intervention Program on Thai Adolescents' Sense of Belonging, Negative Thinking and Depressive Symptoms

Phuangphet Kaesornsamut, Yajai Sitthimongkol, Reg Arthur Williams, Sopin Sangon, Wajjanin Rohitsuk, Thavatchai Vorapongsathorn

**Abstract:** This randomized controlled trial sought to examine the effectiveness of the 14-hour *Belonging against Negative Thinking and Depression* (BAND) intervention program on Thai adolescents' sense of belonging, for mild to moderate depression, negative thinking and depressive symptoms. Cognitive behavioral and interpersonal approaches were integrated in constructing the intervention program that was designed to develop interpersonal skills and modify the adolescents' negative thoughts. The sample included 60 Thai high school students, with mild to moderate depressive symptoms, who were randomly assigned to either the intervention (n=30) or control (n=30) group. Those assigned to the intervention group participated in 14, one-hour sessions over seven weeks.

The results revealed subjects in the intervention group, compared to those in the control group, had an increased sense of belonging, decreased negative thinking and decreased depressive symptoms. The findings support the effectiveness of the theory-based intervention in reducing depressive risk factors among Thai adolescents. Thus, community and mental health nurses are encouraged to apply the intervention program to high school students as a means of potentially preventing and/or reducing the rate of depression among Thai adolescents.

*Pacific Rim Int J Nurs Res 2012 ; 16(1) 29-47*

**Keywords:** Depression; Negative thinking; Sense of belonging; Thai adolescents

### Introduction

The World Health Organization (WHO) has predicted depression will be the second most common cause of global morbidity and mortality by 2020.<sup>1</sup> Furthermore, prior research has revealed depression among Western adolescents is highly related to suicide risk, with 33% to 50% of depressed teens experiencing suicidal ideations.<sup>2</sup> In Thailand, depression among adolescents has been recognized as a significant health problem with 18% to 69% of adolescents having depressive symptoms,<sup>3-6</sup> and approximately 60% of teens diagnosed with depression experiencing suicidal ideation.<sup>6</sup>

*Correspondence to: Phuangphet Kaesornsamut, PhD RN., Lecturer, Faculty of Nursing, Mahidol University, 2 Siriraj, Bangkoknoi, Bangkok, 10700 Thailand. E-mail: nspks@mahidol.ac.th*  
*Yajai Sitthimongkol, PhD, RN, Associate Professor, Faculty of Nursing, Mahidol 2 Siriraj, Bangkoknoi, Bangkok, 10700 Thailand.*  
*Reg Arthur Williams, PhD, RN, BC, FAAN. Professor, School of Nursing, and Professor, Department of Psychiatry, Medical School, University of Michigan 400 North Ingalls, Ann Arbor, MI 48109 USA.*  
*Sopin Sangon, PhD, RN. Assistant Professor Ramathibodi School of Nursing, Faculty of Medicine, Ramathibodi Hospital, Mahidol University 270 Rama VI Road, Phayathai, Ratchathewi, Bangkok, 10400 Thailand.*  
*Wajjanin Rohitsuk, PhD. Lecturer, Department of Psychiatry, Faculty of Medicine, Siriraj Hospital, Mahidol University, 2 Siriraj, Bangkoknoi, Bangkok, 10700 Thailand.*  
*Thavatchai Vorapongsathorn, PhD. Associate Professor (Retired) 291 Soi Sreboonreung 9 Moo 1 Maesa, Maerim, Chiang Mai, 50100 Thailand.*