

Module 1: FEELINGS

Why you feel the way you do

This module introduces users to Cognitive Behaviour Therapy concepts including:

- connections between thoughts and feelings
- identifying the emotional consequences of various thinking patterns
- learning to identify unhelpful thoughts in oneself and other people
- specific thought patterns associated with vulnerability to depression including perceptions of situations, the self and the future as well as attributions of external events.

The module includes a range of exercises and a homework self-monitoring task to record thoughts, feelings and behaviours for events associated with positive and negative emotions.

Module 2: THOUGHTS

Changing the way we think

The second module provides further information about identifying and overcoming unhelpful cognitive patterns.

Users are introduced to the cognitive distortions listed by Burns in his book **Feeling Good** and complete interactive exercises to practice identifying these distortions. Users are then introduced to methods for contesting each distortion and are provided with practice exercises.

The user is then encouraged to identify areas of personal vulnerability using their responses to the Warpy Thoughts Test, which provides feedback about the prominence of key depressive schemas (such as perfectionism, need for approval and love, entitlement)

Finally there is a brief intervention aimed at improving self-esteem, which includes homework exercises to set goals for improving self-care behaviour.

MODULE 3: UNWARPING

Changing warped thoughts

The third module extends the material covered previously.

Users are introduced to additional techniques for responding to negative thoughts including a range of self-monitoring exercises and other cognitive interventions, such as behavioural and cognitive experiments and coping self-talk.

Specific interventions are provided for the schemas discussed in the previous module and users can choose which of these are most relevant to them.

The self-esteem intervention in this module focuses on actively increasing positive events through behavioural activation. Exercises include the Pleasant Events Quiz and activity scheduling.

Module 4: DE-STRESSING

Knowing what makes you upset

The fourth module provides information about stress responses and how they interact with cognitive patterns.

Major life events and chronic low-level stressors are explained and the user is encouraged to use self-assessment exercises to identify the major sources of stress currently affecting them and to develop coping strategies.

The fourth module also explores users' perceptions of their relationship with their parents, provides further self-assessment and suggestions about strategies for improving family relationships and managing unhelpful cognitions related to difficulties with parents. These strategies include cognitive restructuring, communication skills and functional analysis.

Finally, the program provides information about relaxation and three types of relaxation interventions (progressive muscle relaxation, guided imagery and music).

Module 5: RELATIONSHIPS

Relationships and how they work out

The final module provides a brief intervention about coping with relationship breakdown that includes cognitive and behavioural strategies.

Problem-solving is introduced and users are encouraged to apply it to their own situation through using an interactive exercise. Users then complete a further Goldberg Anxiety and Depressions Questionnaire and are able to review their progress and see a summary of the material covered in MoodGYM.

Finally they are invited to give feedback on their experience of MoodGYM.

the MoodGYM

TRAINING PROGRAM / Mark III

www.moodgym.anu.edu.au

MoodGYM comprises five modules. At the start and completion of the program, as well as the start of each module, users are required to complete the Goldberg Depression and Anxiety quizzes.

Each module begins by reviewing the material covered in the previous module. At the end of each module, there is a summary of what has been covered, the user's Goldberg scores and goal setting.

**More information available at the
e-hub Assist Portal for facilitators**

www.ehubassist.anu.edu.au