

Psychoeducational Psychotherapy (PEP) Adapted For Spanish Speaking Children With Mood Disorders: A Case Series

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Background

- Behavioral and cognitive-behavioral interventions have shown promise in the treatment of Latino youth
- Limited availability of Spanish therapy options** limits the delivery of and research on interventions for the large number of Latino children and families who have minimal proficiency in English
- Childhood **mood disorders** are associated with **significant psychosocial impairment**; high degree of mental health utilization; and suicidality
- Psychosocial interventions play an important role in promoting medication compliance, teaching skills to decrease relapse, and improving psychosocial functioning
- Currently, **Psychoeducational Psychotherapy (PEP)** is the only psychotherapy shown to be efficacious for preadolescent children with mood disorders

Description

- In an initial study we **translated PEP treatment materials into Spanish** and reviewed them for cultural appropriateness
- Aimed to establish the feasibility of the Spanish PEP intervention with **4 families of children age 8-12 with mood disorders**
- Parent and child participants completed diagnostic interviews and mood rating scales at baseline
- After the **20 session treatment**, they completed mood rating scales and satisfaction surveys

Child 1

- 11 yo boy
- Difficulty at home and school
- Long history of mental health treatment
- Mood lability, physical aggression, inappropriate laughing and silliness when mood was expansive**
- Met criteria for **Bipolar Disorder (K-SADS)**
- Shortly after the K-SADS interview, he was **hospitalized** after becoming violent at home. He resumed the PEP sessions after dismissal from the hospital
- Post treatment: Notable improvement in mood symptoms.** Parent became **better health care consumer** (used less services, all connected; built a better alliance with the school)

Child 2

- 8 yo boy
- Depression** at times; **talkativeness** at times with **↓ need for sleep, hyper focus, racing thoughts, rapid speech, fixed ideas**
- Met criteria for **Bipolar Disorder (K-SADS)**
- Post treatment: Pt learned healthy coping skills** and parents displayed **more understanding and tolerance**

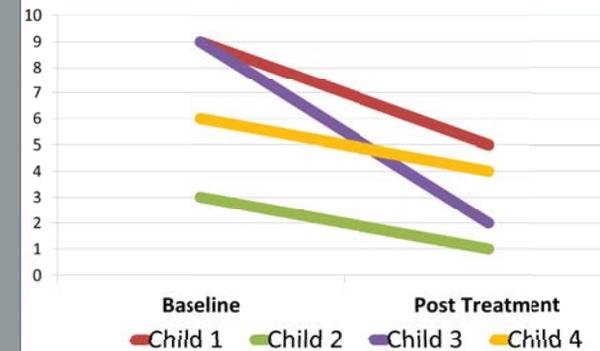
Child 3

- 9 yo girl
- Depression, irritability, anger towards family, anhedonia, ↓ self-esteem**
- Post treatment: improvement in mood and ↓ irritability**

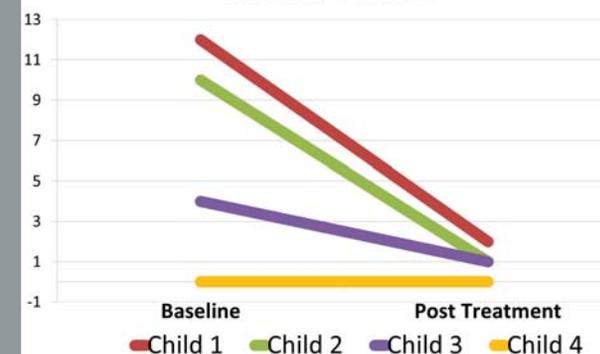
Child 4

- 10 yo girl
- Depression, ↓ self-esteem, suicidal thoughts**
- Rheumatoid Arthritis, often confined to a wheelchair
- 20 sessions of the PEP program
- Post treatment: ↓ depressive symptoms and overall improvement in her mood**

Depression Scores



Mania Scores



Conclusion

- All participants** showed **improvement on mood symptoms** after the intervention
- The material was rated as **culturally appropriate**
- High overall satisfaction** reported by both parents and children
- The results suggest that PEP in Spanish is a potentially beneficial treatment with no identifiable harmful outcomes and further research is warranted

Funding

- KU School of Medicine - Wichita Dean's Grant
- WCGME/KBA - Frontiers Pilot Grant