

Active Ingredients to prevent or treat youth anxiety and depression reviewed by Wellcome-funded teams (2020-21)

Behaviours and activities	Beliefs and knowledge	Brain/Body functions
<ul style="list-style-type: none"> • Behavioural activation: increasing engagement with positive activities • Collaborative goal setting and tracking • Engagement with the arts • Exposure: facing one's fears in a planned manner • Physical activity: more bodily movement • Problem solving • Relaxation techniques: better stress response via relaxation • Remote measurement technologies: use of remote technologies to monitor changes in biology, behaviour, and environment relevant to the problems • Self-disclosure: sharing information with others about personal experiences and characteristics 	<ul style="list-style-type: none"> • Agency: developing a sense of agency through social action • Cultural connection: connection with one's own culture • Mental health literacy • Sense of mattering • Sense of purpose • Self-evaluation: improved view of self • Spiritual and religious beliefs 	<ul style="list-style-type: none"> • Circadian rhythms: better sleep-wake cycles • Gut microbiome: improving gut microbiome function • Hippocampal neurogenesis: growth of new neurons in the hippocampal region of the brain • Omega-3 supplements • Reduced levels of inflammation in the body • Selective serotonin reuptake inhibitors: use of antidepressants
Cognitive and attentional skills	Human connections	Socioeconomic factors
<ul style="list-style-type: none"> • Affective awareness: knowing how one feels • Decentering: better able to shift perspective • Emotional controllability: beliefs about the extent to which emotions are controllable • Emotional granularity: improved ability to characterise emotional experiences • Emotion regulation: improved management of emotions • Grief reduction: use of strategies to target feelings of grief • Helpful attentional and interpretational thinking patterns • Hopefulness: learning to be more hopeful • Mental imagery: helpful use of emotional mental imagery • Perfectionism reduction • Repetitive negative thinking reduction • Self-compassion 	<ul style="list-style-type: none"> • Communication in families • Digital quality social connection • Family support • Loneliness reduction • Neighbourhood cohesion: increased neighbourhood social connection • Peer support: support from a peer who has experienced anxiety and/or depression • School connectedness: sense of connection to school life • Social inclusion: improved inclusion for those who are minoritized on the basis of their identity (e.g., sexual and gender) • Social relationships: facilitating improvements in social relationships • Working alliance: a functional and collaborative relationship with a helper 	<ul style="list-style-type: none"> • Economic transfers: increased financial resources via cash transfers • Urban access to green space

Note: This is not a comprehensive list of all possible active ingredients. Wellcome selected these based on the quality of the submitted proposals, the teams' expertise, and to ensure a diverse range of ingredients were considered. Categories used are imperfect and merely for ease of navigation.

