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

### Behaviours and activities
- **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

### Beliefs and knowledge
- **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**

### Brain/Body functions
- **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
- **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**

### Human connections
- **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

### Socioeconomic factors
- **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.