

2020-2021 Academic Year Internship Opportunities

Project: Research on Youth Depression Prevention

Mentor: Tracy Gladstone, Ph.D.

Internship Description:

Youth depression is a problem of major proportions, particularly for disadvantaged youth who often lack access to mental health resources. Depression is also a family illness, such that children of depressed parents are at increased risk of experiencing a depressive episode, family-related factors are associated with the development and maintenance of depressive symptoms, and parental depression may interfere with children's response to interventions targeting depression. Additionally, depression presents a significant and increasingly common problem for college students across the United States, with 46 percent of students reporting that they "felt so depressed it was difficult to function" in the past 12 months.

[Dr. Gladstone's work](#) focuses on the prevention of depression in at-risk adolescents and young adults. [Her team](#) is working on several different programs related to the prevention of youth depression. For example, they work in local school systems to screen for adolescent depression, they are evaluating both an internet-based depression prevention program and a group cognitive behavioral intervention delivered to adolescents identified through primary care, and they are preparing to pilot test an online depression prevention intervention targeting college students with symptoms of depression. An intern working with her team may have the opportunity to work on any of these projects.

Internship Responsibilities:

An intern would be invited to assist Dr. Gladstone's team in pilot testing a new, online [depression prevention intervention for Wellesley College students](#). The intern may also be trained to administer clinical screens and structured clinical interviews with at-risk teens, with clinical supervision from staff. In addition, the intern would help with general study activities and would have the opportunity to learn about and assist with a range of depression prevention studies that are underway. The team is committed to helping an intern develop and explore interests in the broad area of youth depression prevention research.

Skills Required:

Dr. Gladstone requires an intern who is a rising junior or senior student with strong interpersonal skills and comfort with phone work. A background in psychology is preferred.

Experience Intern Can Expect to Gain:

This is a close-knit research team working on a range of youth depression prevention studies. An intern working with them can expect to learn about the problem of youth depression, general clinical assessment skills, and the steps involved in intervention development, implementation, and evaluation. In addition, the intern will be able to delve deeply into an aspect of this work that they find particularly interesting in order to prepare a presentation for the Ruhlman Conference and may have the opportunity to assist in larger presentations and/or publications.