

2022-2023 Academic Year Internship Opportunities

Project: Depression Prevention Efforts for Adolescents and Young Adults
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.

Our work focuses on the prevention of depression in at-risk adolescents and young adults. We are working on several different programs related to the prevention of youth depression. For example, we work in local school systems to screen for adolescent depression, we are evaluating an internet-based depression prevention program delivered to adolescents identified through primary care, we are working to implement an online depression prevention intervention targeting college students with symptoms of depression, and we are beginning a new project targeting depression prevention in adolescents with intellectual and developmental disabilities. An intern working with us may have the opportunity to work on any of these projects.

Internship Responsibilities

- An intern working with us may be trained to administer clinical screens and structured clinical interviews with at-risk teens, with clinical supervision from our staff.
- An intern also 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.
- We are committed to helping an intern to develop and explore interests in the broad area of youth depression prevention research.

Skills Required

- We require an intern who is a rising junior or senior student with strong interpersonal skills and comfort with phone work. We prefer a background in psychology.

Experience Intern Can Expect to Gain

An intern working with us can expect to gain experience working with a multidisciplinary team of mental health clinicians and researchers. An intern can expect to learn broadly about depression prevention research, may gain experience with clinical assessments, and will have the opportunity to explore large data sets.