

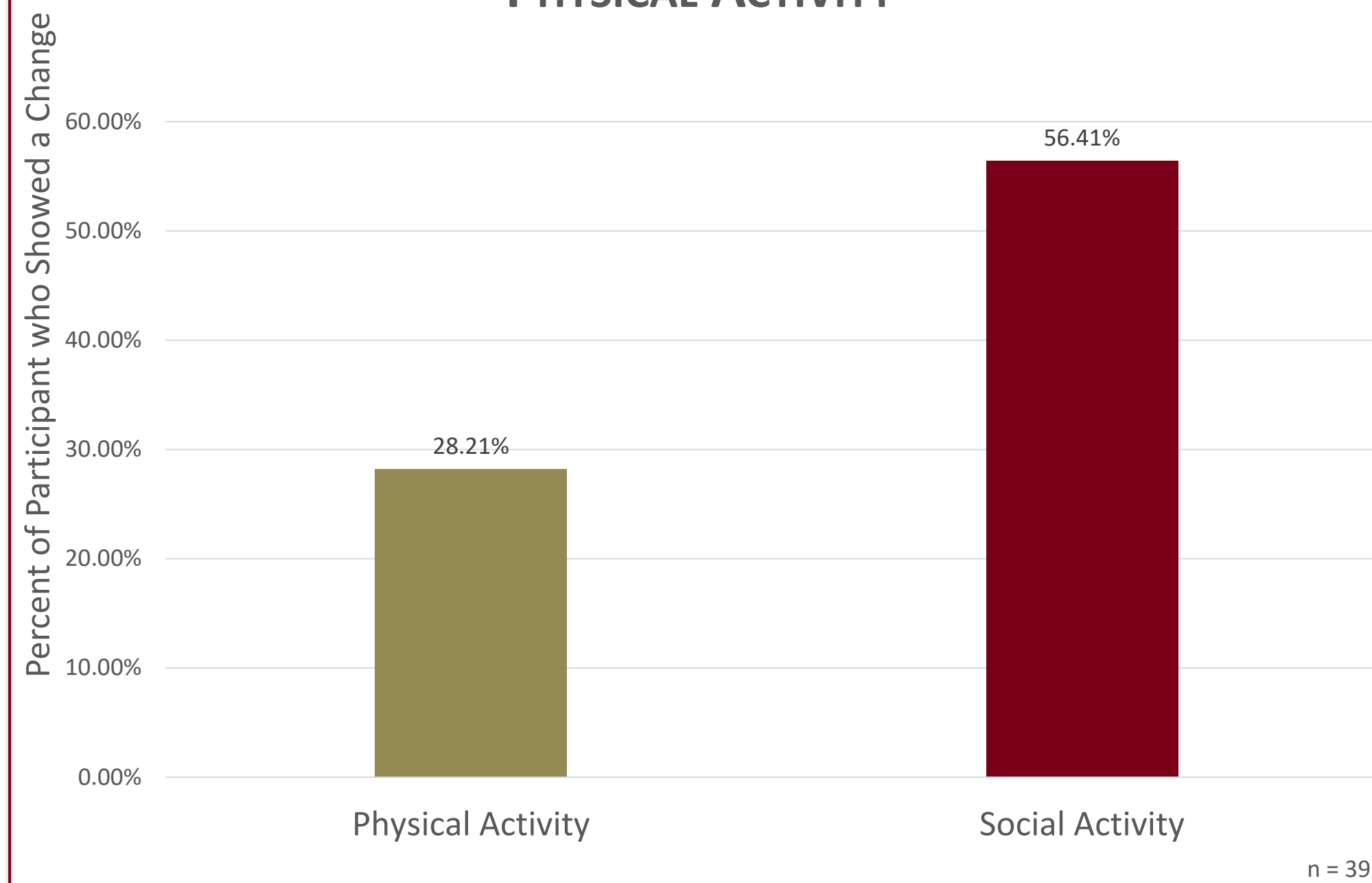
Background and Significance

- This study aims to determine whether family members observed change in adolescents over the duration of the Creativity Camp.
- Adolescents with depressive symptoms participated in the Creativity Camp as a part of a multiphase intervention study.
- Participants were asked to engage in creative activities such as drawing, clay making, and dancing.
- Family members noticing change in social and physical activities is important to understand adolescents' strengths and growth.
- Adolescents engage in extracurricular activities have been seen to have better familial relationships and lower rate of depression symptoms.¹
- Social relationships of adolescents become for salient to parents at this stage of development.²
- According to previous research, adolescents' strengths may go unnoticed by themselves as well as parents.³ If strengths become noticed by parents it may be an indication of improvement within the adolescents' health and relationships.

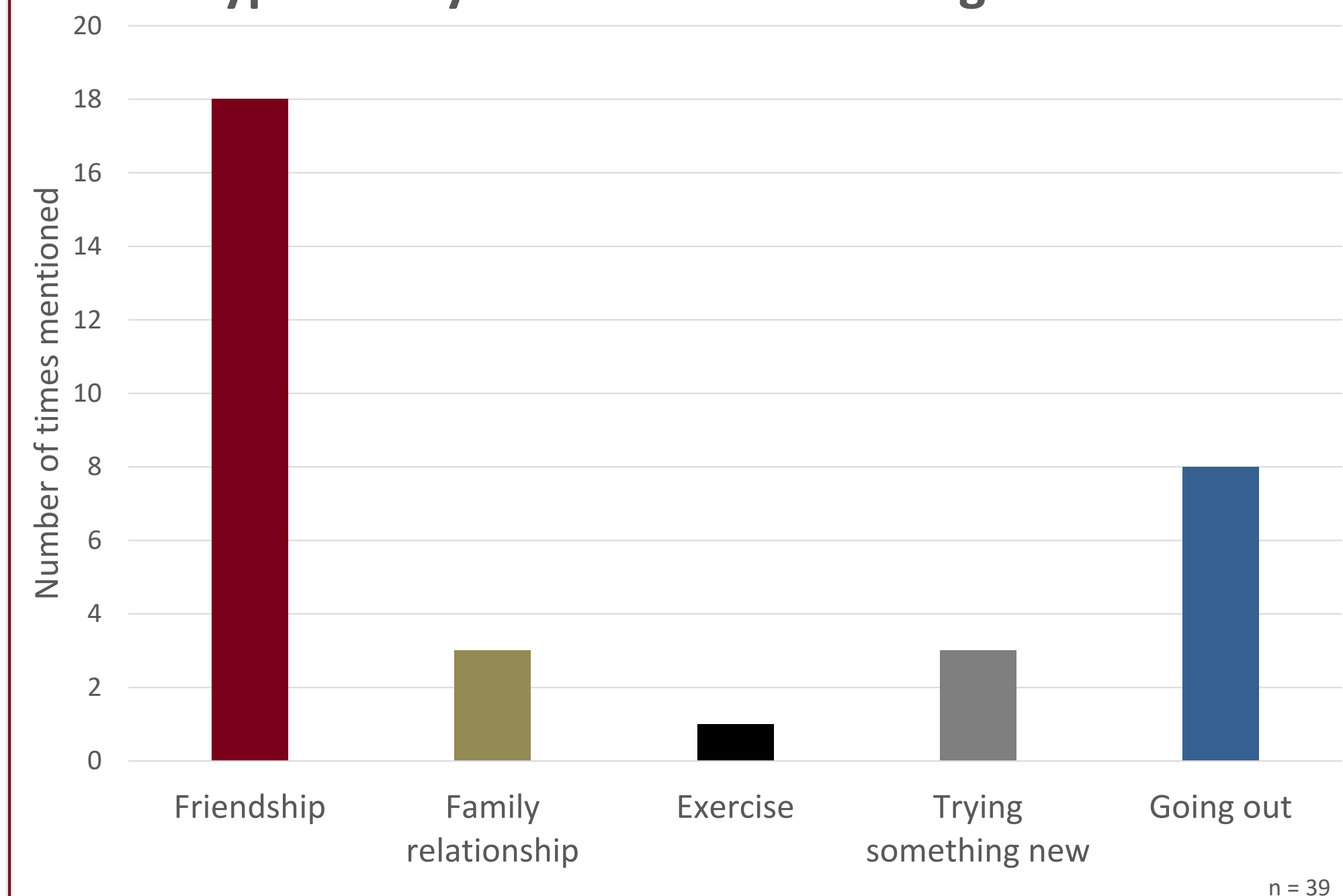
Methods

- After the eight days of the camp, family members of the participants were interviewed.
- As a part of the interview family members were ask a series of questions regarding the participants experience with the camp as wells as any changes in physical or social activity. activity.
- The family members answers to these questions were recorded.
- The responses were initially organized into two categories: changes demonstrated and no change. From the category of changes demonstrated, the types of changes were extracted.

PARTICIPANTS WHO SHOWED CHANGES IN SOCIAL AND PHYSICAL ACTIVITY



Type of Physical and Social Changes Noticed



Results

- 65.38 % of participants had an increase in their social activity and 34.62% of participants had in increase in their physical activity.
- Increased interactions with friends was the most common type of change noticed by family members.

Discussion and Conclusion

- A majority of the participants family members noticed a social change in the participants during the course of the Creativity Camp.
- The results suggest that the Creativity Camp has influence the participants to engage in connecting with friends.
- Through the strength perspective, this result can be interpreted as participants connecting with their own strengths.
- For future direction, a codebook could be developed to better analyze qualitatively the other family members answers to the other in-depth questions in the interview. The themes from this further analysis may provide insight into why social and physical changes occurred.
- Six months after the finish of the Creativity Camp there will be a follow-up interview with the family members. These interviews will provide more insight into any change.

References

[1] Mason, M. J., Schmidt, C., Abraham, A., Walker, L., & Tercyak, K. (2009). Adolescents' Social Environment and Depression: Social Networks, Extracurricular Activity, and Family Relationship Influences. *Journal of Clinical Psychology in Medical Settings*, 16(4), 346–354. <https://doi.org/10.1007/s10880-009-9169-4>

[2] Steinberg, L., & Morris, A. S. (2001). Adolescent development. *Annual Review of Psychology*, 52, 83–110. <https://doi.org/10.1146/annurev.psych.52.1.83>

[3] Tyson, E. H., & Baffour, T. D. (2004). Arts-based strengths: A solution-focused intervention with adolescents in an acute-care psychiatric setting. *The Arts in Psychotherapy*, 31(4), 213–227. <https://doi.org/10.1016/j.aip.2004.06.004>