

# Leisure plan

## **Leisure intervention plan for the leisure activity intervention in “Randomised controlled trial of vigorous aerobic group exercise versus leisure group activities for mild to moderate depression in adolescents”.**

### Leisure schedules

Mondays 15:30 – 16:35

Wednesdays 15:30 – 16:35

Thursdays 15:30 – 16:35

### Reminders

Text messages (sms) are sent to all participants earlier the same day before group sessions. The messages can but need not be replied. The participants can text or call the group leader if they are hesitant to show up to the group session. The group leader will be available 15 minutes before session to make sure the group sessions start on time.

### Check-in, 3-5 minutes

Check-in together where participants share how they are doing and some recent events. Participants are prompted to suggest which game/activity to engage in and group leader makes the choice.

### Snacks

The leader provides fruit, sandwich and juice after check-in.

### Activities, 50 minutes

#### **Games**

Playing games in teams. For example card games, "Skippo", "Lenga", "Yatzy", "Ticket to ride".

#### **Optional group activities**

Painting or drawing together.

### Round off, 5 minutes

Summing up together to end the group session. Participants share how they experienced the session. Group leader gives feedback and validates behaviours and emotional states but do not encourage behaviour change beyond group sessions.

### Instructions to group leaders

#### **Rational:**

The group activity is intended to provide activities with peers and a supportive environment. Interventions that resemble cognitive behavioural therapy are to be avoided.

#### **Do this:**

- Ask the participants about how they are doing and how life is going
- Listen
- Validate feelings
- If someone gets sad – validate and listen, but don't give advice or solutions
- Focus on the leisure activities for the session and choose topics associated to them

Don't do this:

- Do not encourage activities beyond sessions (no behavioural activation)
- Do not give advice on how to cope with depression
- Do not engage in problem solving
- Do not discuss treatment of depression but, if requested, give short answers about what might be helpful such as antidepressant medication, keep up daily routines with sleep, school and meals, be active, exercise and avoid alcohol and drugs.