



## INTRODUCING OLA

**Depression and anxiety** are leading causes of youth disability worldwide. Adolescents and young adults who live in big cities more commonly experience stressful events such as **violence, poverty, substance misuse and social isolation**, which puts them at greater risk of developing one or both conditions.

This includes adolescents and young adults from **Latin America**, which is one of the most urban parts of the world with approximately **80% of the population** living in large cities. In addition, young people represent a **¼ of the population** in Latin America. Estimated levels of depression and/or anxiety for adolescents and young adults within the region range from **17% in Colombia** to **26% in Argentina**. Although many individuals experience stressful events, most do not develop depression and/or anxiety. Of those who do experience mental distress, evidence suggests that **50-60% of individuals recover after one year** without accessing treatment from mental health services.

The **OLA study** will take place across **under-resourced** areas of three large Latin American cities: **Buenos Aires (Argentina), Bogotá (Colombia) and Lima (Peru)**. The overall aim of the programme is to identify which characteristics, resources and activities help young people living in urban environments in Latin America to prevent and recover from depression and/or anxiety, using **4 Work Packages (WP)**.

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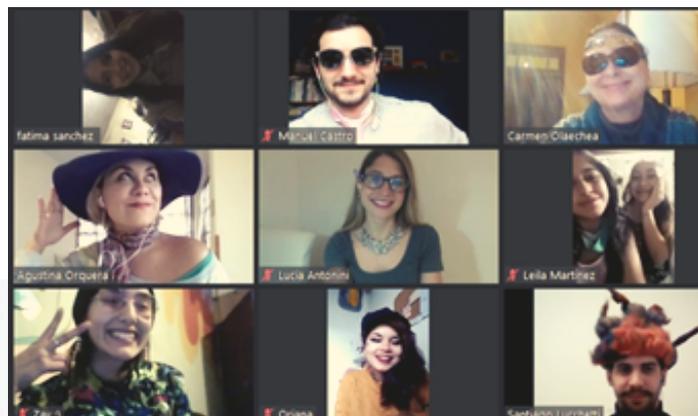
MEET THE  
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# RESEARCH UPDATE



## Study aims of OLA:

- ✓ **WP1:** Develop appropriate methods for assessing resources in young people.
- **WP2:** Determine if resources differ between young people with and without depression and anxiety.
- **WP3:** Identify which resources are linked with recovery from depression and anxiety in young people.
- **WP4:** Exploring examples of what works for young people either to prevent depression and anxiety, or in supporting them to recover.



*Staff from Crear Vale la Pena and University of Buenos Aires alongside participants doing one of the activities from the OLA online arts workshops, as part of WP1, in August/September 2020.*

## Pilot Study (WP1) - *Phase completed*

- Completed in December 2020.

## Cross sectional study (WP2) - *In progress*

- **WHAT:** Participants will complete the questionnaires developed in WP1.
- **WHO:** 2,040 young people (15-16 years old and 20-24 years old) across the three countries: 1,020 participants experiencing depression and/or anxiety and 1,020 without.
- **WHY:** to understand if characteristics, resources and activities are different in young people who are, and are not experiencing depression and anxiety.

## Updates per country

- **Colombia** have already recruited 19 participants to the study.
- **Argentina** are currently identifying schools and institutions that they can recruit from.
- **Peru** are also in the process of identifying schools and institutions from which they can recruit participants. They have already identified around 100 potential participants and recruited 8 participants to the study.

## Longitudinal cohort study (WP3) - *Expected to start in mid 2021*

- **WHAT:** Participants will complete a short number of questionnaires after 6 months and then all questionnaires again after a period of 12 months.
- **WHO:** 1,020 young people (aged 15-16 years and 20-24 years) across the three countries, who took part in the cross-sectional study and who were experiencing depression and/or anxiety when they joined the study.
- **WHY:** to understand which characteristics, resources and activities in young people are linked to recovery from depression and anxiety.

# ARTS PARTNERS



## Spotlight on...

### HEARTBEAT: CREATING RECOVERY



- **Autistic individuals** and their carers have been amongst the worst affected groups in the COVID-19 pandemic.
- **Stay-at-home and social distancing protocols** have made access to much needed targeted therapies nearly impossible for many families.
- This project investigates how innovative, **theatre-based methodologies** can be adapted to **build resilience** among autistic young people in this uniquely challenging moment. It also reveals **insights** into how they are experiencing the pandemic.
- These **online participatory methodologies** are now being adapted by Spanish-speaking theatre-makers in **Peru**. They are testing how **autistic individuals and their families** in Latin America can get **support** from arts organisations throughout the pandemic, with the aim of **reducing social isolation**.



**CLICK ON THIS VIMEO VIDEO TO SEE WHAT LA PLAZA AND THE FLUTE THEATRE HAVE BEEN WORKING ON, OVER THESE PAST MONTHS.**

#### Online performances of La Tempestad (Spanish)

**Monday 31st May - Thursday 3rd June**

Two shows a day, across the 4 days:

09.00am-10:45am in PET

11:15am-01:00pm in PET

**Zoom Link:** <https://pucp.zoom.us/j/99875200556?pwd=akhHaW5FUFNIV2ROR25zRlpLc0ZFUT09>

Meeting ID: 998 7520 0556

Password: 321371

#### Arts Partners Involved

Flute Theatre, UK

Teatro La Plaza, Peru



#### Research Team Involved

Professor Paul Heritage (QMUL, PPP)

Francisco Diez Canseco (CRONICAS)



# MEET THE PRINCIPAL INVESTIGATORS



**Stefan Priebe** is the Chief Investigator based at the Unit for Social and Community Psychiatry, Queen Mary University of London.



**Victoria Bird** is the Principal Investigator based at the Unit for Social and Community Psychiatry, Queen Mary University of London.



**Luis Ignacio Brusco** is the Principal Investigator at CENECON which is a centre belonging to the Faculty of Medicine of the University of Buenos Aires.



**Francisco Diez-Canseco** is the Principal Investigator at CRONICAS, based at Universidad Peruana Cayetano Heredia.



**Carlos Gomez-Restrepo** is the Principal Investigator based at the Faculty of Medicine, Pontificia Universidad Javeriana.

## ARTS PARTNERS:

### COMMITTEES:

- Steering Group
- Lived experience advisory panels (in each country)



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