

# Construction and Application of Digital Intervention Scheme for Depressed Adolescents Based on DNA-V Model

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## Abstract

According to the data released by the World Health Organization, depression patients in the world have more than 300 million, the prevalence rate is as high as 4.4%, and it is expected that by 2030, depression will rank first in the global total burden of disease. According to data jointly released by the United Nations Children's Fund (UNICEF) and the World Health Organization (WHO), about 20% of the world's 1.2 billion adolescents aged 10 to 19 suffer from mental health problems, and about 16% of the diseases and injuries suffered by adolescents are caused by mental health problems. Due to their negative thinking mode, depressed adolescents are easy to lead to psychological rigidity, resulting in reduced psychological flexibility, so that it is difficult to get rid of depression, affecting the quality of life and mental health of patients. Therefore, it is an urgent problem to provide convenient psychological intervention programs to improve psychological flexibility for depressed adolescents. Acceptance commitment therapy has been proven to improve the mental flexibility of patient caregivers and relieve negative emotions, and the DNA-V model is a more convenient, specific and interesting intervention model for adolescents based on acceptance commitment therapy. Networked self-help psychological intervention has the advantages of economy, convenience, privacy protection, and not limited by time and space. Therefore, the construction of DNA-V psychological intervention program based on small program may provide free intervention for depressed adolescents in a more convenient and efficient way, improve their psychological flexibility and negative emotions, and improve their quality of life. Therefore, this study aims to construct a DNA-V model-based digital mental flexibility intervention scheme for depressed adolescents, and explore the effects of DNA-V model-based digital mental flexibility intervention schemes on the levels of mental flexibility, anxiety and depression of depressed adolescents.

## Keywords

Depressed Adolescents, DNA-V Model, Psychological Flexibility, Online Intervention