

# Project Drama

Improv For  
Anxiety & Depression

## What is this study about?

Project DRAMA stands for Developing Resilience & Anxiety Management in Adolescents. The program is for teens ages 14-17 years of age who struggle with worries, social anxiety or depression.

## Why improv?

The theater arts have been shown to help adolescents learn about emotions, increase emotional awareness and expression and reduce behavioral problems. Improv has also shown to have led to improvements in anxiety, depression, and self-esteem in anxious adults.

## What requirements are there?

Participants will engage in 12 weeks of guided improv plus evidence-based techniques to reduce anxiety and depression. Each session will be two hours long. Participants will also be asked to complete a survey and an interview at the beginning and end of the study.

## Who is conducting this study?



**Dr. Amy Przeworski**  
Associate Professor



**Christopher Bohan**  
Improv Instructor



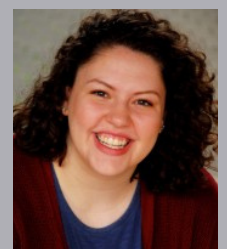
**Dr. Arin Connell**  
Associate Professor



**Alexandra Piedra, M.A.**  
Graduate Student



**Ethan Kinstler**  
Group Leader



**Grace Ingham**  
Group Leader

## What will I be doing?

After you express interest, all parents and adolescents will be asked to complete surveys (about 30 minutes each) and a remote interview (about 90 minutes) to see if they're a good fit for our study. If you fit our criteria, you will be randomly assigned to one of two groups: a wait list group or the improv group.

### **\*Wait list group:**

The wait list group will remain on our wait list, and have the opportunity to join our improv group again in about 3 months. If you are in the wait list group, you and your child will be asked to complete several surveys and an interview again in about 3 months.

### **\*Improv group:**

If you are enrolled in the improv group, your child will attend a weekly improv group for 12 weeks. You and your child will be asked to complete 30-minute surveys and an interview at the end of the 12 weeks. 3 months later, you and your child will be asked to complete 30-minute surveys one last time.

## Is this therapy?

The purpose of this research is to learn about whether an Improvisation course could help adolescents manage their anxiety. This improvisation course will be implemented by undergraduate students, not licensed therapists or psychologists. As such, it is important to note that this should not be considered "therapy" or an "intervention." It should not replace intensive treatment for adolescents who require a higher level of treatment. Rather, it can be considered a supplementary or preventative group that can help adolescents manage feelings of anxiety or depression.

## Where is this study taking place?

Case Western Reserve University  
Clark Hall  
11130 Bellflower Rd, Cleveland, OH 44106  
Drop-off: Behind Clark Hall; the street is parallel to Bellflower Rd.

## Is there a cost?

No, this program is free of cost to you. You will be compensated for your participation.

## What are the COVID-19 safety precautions?

During the group, participants must wear masks at all times. Participants will maintain 6 feet of distance from one another. All shared materials will be sanitized regularly and hand sanitizer will be available for participants to use at any time.

## Are you interested?

If so, please contact us by e-mail at:  
SOARLab@case.edu