

## Preventie van stress, angst en depressie door psycho-educatie: Een overzicht van interventies.

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### Abstract

*This paper aims to provide a review of the effectivity of psychoeducation as a method for preventing stress, anxiety and depression.*

*Major databases were searched using predefined keywords. Main characteristics of reviewed articles are presented in overviews that are grouped according to the intervention targets. For each group, characteristics are highlighted and two studies are used to illustrate the main principles.*

*Results indicate an overall positive short time effect for this method and there are also indications for more long-lasting changes.*

*As a conclusion some general considerations and suggestions for further research are made.*

### Referentie

Van Daele, T., Hermans, D., Vansteenwegen, D., Van Audenhove, C., & Van den Bergh, O. (2010). Preventie van stress, angst en depressie door psycho-educatie: Een overzicht van interventies. *Psychologie & Gezondheid*, 38 (5), 224-235.

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