Logic Model: Interpersonal Psychotherapy – Adolescent Skills Training

**Intervention Components**

**IPT-AST Counselors**
- Collaboratively identify interpersonal goals
- Use interpersonal framework
- Utilize communication analysis
- Teach, practice, and apply interpersonal strategies to improve relationships
- Monitor depressive symptoms

**IPT-AST Consultants**
- Provide IPT-AST training
- Provide consultation (case review, feedback, modeling, rehearsal)
- Problem-solve implementation barriers
- Support clinical decision-making about booster sessions and referrals

**Implementation Variables**

**Counselors**
- Fidelity to IPT-AST
- Attitudes toward EBP
- Acceptability of IPT-AST
- Attendance to consultation

**Proximal Outcomes**

**Youth**
- Acceptability of IPT-AST
- Attendance to sessions

**Social and Emotional**
- Improved mood and anxiety
- Improved overall functioning
- Improved social functioning

**Academic**
- Greater school engagement and connectedness
- Improved attendance

**Distal Outcomes**

**Academic**
- Improved attendance
- Improved grades and standardized test scores
- Fewer disciplinary incidents
- Improved school retention

**Social and Emotional**
- Continued improvements in social and overall functioning
- Continued improvements in mood and anxiety
- Reduced depression onset

**Youth**
- Baseline social, emotional, and academic functioning
- Demographics