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What are the effects of preventative interventions on Major Depressive Disorder (MDD) in young adults? A systematic review and meta-analysis of randomized controlled trials

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Highlights

- Young adults are at increased risk of developing depression
- Psychological and wellbeing interventions may be effective at reducing MDD risk
- Thus far no review has assessed the effects of such interventions for young adults
- Available interventions can be effective at reducing sub-threshold symptoms of depression
- No studies assessed the effects of such interventions on onset of depression

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