TECC-Y: Is it feasible to engage youth with early psychosis to address their physical health (diet, exercise, smoking) via an online platform?

**BACKGROUND**
- People with severe mental disorders have a higher risk of cardiovascular morbidity and mortality than the general population.\(^1\)
- Contributing factors include tobacco smoking, low levels of physical activity and poor nutrition.

**AIM**
1. Evaluate the use of the TECC-Y model to engage youth with early psychosis
2. Feasibility for early detection and management of poor nutrition, physical inactivity and smoking

**METHODS**
- Ontario residents (ages 16-29) with early psychosis (diagnosed in last 5 years) randomized to receive health coaching (high intensity group, HI: \(n = 29\)) or self-directed learning (low intensity group, LI: \(n = 23\)) for 12 weeks.

**RESULTS**
1. Engagement was higher over time for HI group for physical activity (\(p < 0.001\)) and nutrition (\(p = 0.001\)), but not smoking.
2. Symptoms on QIDS (depression) were lower (\(p = 0.006\)) at follow-up for HI group.

**CONCLUSIONS**
- Personalized health coaching for youth with psychosis is feasible and may have sustained perceived benefits.
- Overall engagement and retention of this population is challenging.

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