

Opportunity for your school to take part in research on teenage mental health

What is the project looking at?

We are looking for young people to take part in a project to understand how teenagers manage emotions, such as anger, sadness and worry. It also looks at teenagers' families and the ways in which different members of their family interact with one another and how this connects to their expressions of emotions. We know that the ways in which teenagers manage their emotions is closely linked with their experience of worry and low mood. Therefore, by looking at these relationships we can better understand how to prevent and support them with these issues.

What will students' participation involve?

The study will involve students providing some demographic information and filling out four short questionnaires regarding their home life, experience of dealing with emotions and feelings of worry and/or low mood. The study takes about 45- 60 minutes to complete online and can be easily delivered as a whole class activity as part of a relevant lesson.

Why should our school participate?

The study provides a unique opportunity for teenagers to pause and reflect on their own mental well-being and relationships. It is also an opportunity for students who are suffering with mental health difficulties to be identified and directed to appropriate support. Furthermore, all participating schools will be offered a free 30 minute presentation on mental health difficulties in teenage populations and/or careers in mental health by a mental health professional. These talks could be adapted for student or teacher audiences depending on the needs of the school.

What if students' parents don't want them to participate?

That's okay! It is entirely up to students and their parents whether they partake or not. Information sheets will be sent out to students' parents alongside an opportunity for them to opt their child out of participating. Students themselves will then be asked to provide written consent and clearly told that they have a right to withdraw from the study at any time.

What happens to students' answers?

Participating students' responses will be kept safe and secure, only accessible to the research team. If we feel concerned by any of their answers, we will write to families briefly outlining our concerns and signposting them to services of support. At the end all responses will be analysed together, anonymously, and published in a paper. The study has received full approval from the Royal Holloway, University of London Ethics Committee.

How do we get in touch?

If you are interested in your school taking part, please get in touch via email:

olivia.tomaselli.2017@live.rhul.ac.uk

I will aim to contact schools by phone to give you more information about the project and answer any questions you might have.

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