

Young people (18-25) needed to join an advisory group for research into the acceptability of wearables, social media and other technologies for detecting mental health deterioration in young people

Introduction

We are looking for nine young people with experience of using mental health services to form a new Young People Advisory Group (YPAG) to advise a research project looking at detecting deterioration in mental health.

The McPin Foundation (www.mcpin.org) are helping to set up this group. But the group will be supported by researchers from Imperial College London on an ongoing basis.

Research is ongoing to see if [wearables](#) such as Fitbits and the Apple Watch, social media and other technologies can be used to detect any worsening of mental health problems in young adults (18-25 years of age).

However, there has been very little research with young people with mental health problems to understand whether the use of these platforms is acceptable to them. For example, would it be ok to use a smartphone app to try and see if a young person was becoming more depressed? This project is looking to inform the adoption and/or design of an intervention that would allow young adults to better self-manage their own mental health. The intervention would help them spot when their mental health is deteriorating and when help they might need.

The project lead is Professor Paul Aylin from the [Patient Safety Translational Research Centre \(PSTRC\)](#), Imperial College London. Dr Lindsay Dewa is the project manager. The study will take place in London. It is funded by the National Institute for Health Research (NIHR).

What is the Young People Advisory Group (YPAG)?

The Young People Advisory Group (YPAG) will have nine young adult members with experience of using mental health services. The group will be facilitated by Lindsay Dewa. Meetings may be attended by members of the research team and others, as needed.

The group will:

- Assist in producing project participant information sheets, consent forms and other documents.
- Review any documents that are produced for the public.
- Comment and contribute to the work of the research project.
- Discuss any ethical or practical issues that may arise during the project.
- Contribute to a project communications strategy.

How could you help and how will you be supported?

- You will help to improve research at the PSTRC and ensure that patients and the public are at the heart of the project.
- You can develop new general skills (e.g. minute taking in meetings).
- You can develop research skills such as interviewing and analysis of data.
- You can learn more about how to improve patient and public involvement (PPI) within a research project and how research projects run.
- You will get to know new people and work in a team.
- You will be appropriately supported and trained alongside researchers
- **Payment for this work will be offered at £20 an hour (for meeting time) and reasonable travel expenses will be reimbursed** (as agreed with the project manager).

What would you do as part of the Young People Advisory Group (YPAG)?

- Attend one face-to-face meeting in London at the first stage of the study. The meeting will be around 4 hours (with breaks and refreshments!)
- Read documents ahead of the meeting and with other group members provide expertise to support the study team decision making
- Constructively raise any concerns that you might have and offering possible solutions.
- Respond to occasional emails between meetings of the group.
- **Be available week beginning 18th December 2017.**

In addition, some of you may:

- Attend a steering group committee meeting with West London Mental Health Trust (WLMHT) and Imperial College London four times a year, to discuss other mental health research projects.
- Complete basic training in qualitative data collection and analysis.
- Become a co-researcher to interview other young people and carry out data analysis.

Members of the group will be supported as needed by Lindsay Dewa and others as appropriate

Desirable skills or attributes

Members will need to:

- Be between 18 and 25 years of age
- Be living within easy reach of London
- Be comfortable with using email.
- Have an interest in mental health research.
- Have experience of mental health services as a patient and experience of using technologies, e.g.:
 - Using a Fitbit, smart watch or other wearable device
 - Using social media such as Facebook, Twitter or Instagram
 - Using other technologies such as virtual reality, mobile apps or websites.

How to apply?

To apply please complete the following application form and email to Lindsay Dewa (l.dewa@imperial.ac.uk) by **5pm on Thursday December 7th 2017**. **Application forms will be shared with the McPin Foundation for the sole purpose of helping to establish the group.**

If you have any questions at all or have any problems completing the form then please contact Lindsay Dewa using the email above, or phone 020 7594 2114.