

# YPii!



Young People's involvement in Digital Mental Health

## Emerging Minds Funding Call – YPii Involvement Event

Many of you will be aware of the latest [Emerging Minds funding call](#) which aims to address the following Big Question Research Challenge:

- Why even when we know ‘what works’ isn’t this necessarily implemented in policy and practice?
- How do we improve evidence-based decision making? E.g.: How can we successfully inform commissioning decisions and policy making and how can we ultimately increase implementation of research into practice?

Many of you will recognise that these align well to digital mental health. We are planning an event to support our network with involvement expertise and provide opportunities for young people. We are currently looking for expressions of interest for those keen to take this opportunity to learn from and join with young people in developing proposals for research aimed at answering these big questions using digital mental health. Please contact us [here](#) with a brief synopsis of your research interests before September 6th.

# YPii Spotlight

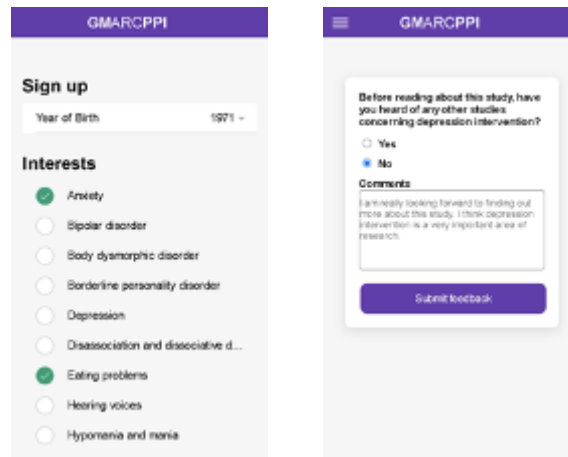
**This is a place where we can spotlight the work of our members, whether that is research, case studies or guidance.**

**The PPIE App, by Homirah Mullah from the CAMHS.Digital Young People's Advisory Group.**

[CAMHS.Digital](#) is a research unit within Greater Manchester Mental Health NHS Foundation Trust (GMMH) and affiliated with the Centre for Women's Mental Health (CWMH) at the University of Manchester.

The Patient and Public Involvement App (PPIE) is a National Institute for Health Research Greater Manchester Applied Research Collaboration (NIHR GM-ARC)-funded app, that has been developed by the Digital Health Software team at the University of Manchester in collaboration with young people to increase their involvement in mental health research. The app presents a hub of a diverse range of research projects for young people to participate in. With easy to understand instructions and attractive design it allows comfortable access into providing input into mental health research projects. Having used the app myself as a 21 year old, I found it effortless to use and it was fascinating to see an array of different research projects to participate in.

The app allows its users to choose their areas of interest from a diverse list of conditions from common mental disorders such as depression and anxiety, to less common disorders such as agoraphobia. Only research projects from these areas of interest will be presented, therefore allowing the user straightforward access into participating in projects that they are interested in as opposed to browsing through a wide range of projects, which may appear off-putting. The user is able to change their areas of interest whenever they wish to do so. A brief description of the study is also provided so that the user has the option to read further about the study if it sparks their interest- reducing the time that may have otherwise been spent on trying to read through the participant information sheet to grasp a brief understanding of studies, which some users may find unappealing. The option to take part in the study is then presented from which the user can agree to take part in the study, or otherwise decline- in this case, another study would be presented.



### Example screenshots from within the app

Though I have been involved in many research studies, I am often unaware of the results and the next steps following the study, hence it was especially refreshing to see that the app allows its users to view comments and updates regarding the studies the user has participated in. This consolidates the feeling of involvement in the study and encourages the user to take part in more studies as they can feel as though they are part of something significant.

As there is an increasing demand for young people to participate in mental health research, especially as the research projects are based on young people, an app such as the PPIE app is highly necessary. It seems likely that the PPIE app would appear appealing to young people due to its clear usability, alongside its increased feeling of involvement and easy browsing. The vast array of mental conditions may also increase the interest.

# Introductions

**This is a place for members to share a little about themselves.**

## **Kareem Khan, Research Fellow at the University of Nottingham**

Hello, my name is Kareem and I am a Research Fellow at MindTech. My Ph.D. research focussed on a remote, online therapy for children and young people with tics and Tourettes and now I am researching how to implement that into clinical practice. [Email](#).

## News, Views, Reviews

### [UKRI Co-Production in Research](#)

As part of their good research resource hub UK Research and Innovation have published their key principles and several case studies, along with links to further information.

### [IEEE SA Children's Data Governance Applied Case Study Report](#)

The Institute of Electrical and Electronics Engineers Standards Association have published their report for companies building digital applications and online platforms aimed at children. Containing eleven case studies it demonstrates how to apply principles of age-appropriate, inclusive design and data governance considerations. Of particular interest are several in the area of health and wellness that demonstrate how these approaches to embedding children's rights can enhance trustworthy online and offline experiences. Please note that to download the report you will need to complete a form.

### [UKRI award 4-year research programme for Adolescent Mental Health and Development in the Digital World](#)

Led by Professors Chris Hollis and Ellen Townsend at the University of Nottingham the research programme is part of the larger £24m Adolescence, Mental Health and the Developing Mind programme. A collaboration with several universities and programme partners the aim is to support multi and inter-disciplinary research and innovation. Significantly, two co-investigators are young people and the Young Person's Advisory Group has been involved at every step of the research process.

### [As part of the above project they're recruiting young people](#)

Young people aged 11-19 years are being asked to share their thoughts about using online

therapy for low mood and depression to help in understanding how to deliver online therapies for young people in the UK. Anyone can take part in the survey and there is the chance to win a £25 voucher. More information [here](#).

Young people aged 11-19 years who have experienced low mood, depression or used digital therapies and their parents or carers are also being recruited to join small online groups at the University of Nottingham. The groups, which will be either young people or groups of parents and carers, will discuss a fantasy-style game called [SPARX](#) which aims to improve mood. All who take part will receive a £10 voucher. If interested, please [email Dr Camilla Babbage](#).

### [The impact of patient and public involvement in health research versus healthcare: A scoping review of reviews](#)

This scoping review highlights the breadth of PPI within a UK context. As expected, health research reports more impact in the areas of research design and delivery whilst in healthcare these are seen more within clinical outcomes. However, this review also demonstrates several areas with limited evidence of PPI impact, particularly with regards to service improvement and policy. It recommends more evidence of PPI impact within healthcare, addressing more outcomes within research and better-quality methodologies. Impact is often assigned to the research process rather than the individual. Additional studies examining the researchers' perspectives, and what they see as barriers and facilitators, could potentially improve PPI in health research. Further, the paper calls for studies exploring broader perspectives than only patients to ensure the broader public interest is accounted for, alongside personal interest.

### [Volunteering Opportunity for Young People: Volunteer Representative in CAMHS Involvement Groups](#)

Nottinghamshire Healthcare NHS Foundation Trust are looking for a volunteer between 16 and 25 years old to help develop their CAMHS participation group. Applications are currently open.

## **Have you got something to share?**

Please do get in touch with us with your subject heading indicating which part of the newsletter you would like to contribute to with suggestions of news or upcoming events. We are welcoming our members to provide an introduction of themselves, their groups and/or research. Please complete [this](#) form if you are interested. If you would like to be considered for our spotlight please let us know if you will be sharing ongoing or completed research, how-to guides, case studies and testimonials, interviews with experts, or other important pieces of learning in a short summary (under 250 words). The YPii Spotlight is under 1000 words but can link to more information if needed.

Please email [YPiiDMH@nottingham.ac.uk](mailto:YPiiDMH@nottingham.ac.uk) if you wish to unsubscribe.