



Emerging Minds

From interns and advisors to setting research priorities and producing journal publications: the importance and impact of co-production

Action for child mental health

Research
Challenges

The Big Question

Embracing Complexity

**Voices, Power &
Attitudes**

Supporting the Supporters



Voices, Power and Attitudes Research Challenge:

How can societal attitudes, structures and behaviours be changed in ways that have a positive impact on children and young people's mental health and wellbeing?



Our Emerging Minds journey

Our Emerging Minds journey



Research Assistant > EMN Internship application > **Intern**



Bounce Black > EMN Internship application > **Advisor**



Our Minds, Our Future > EMN Internship application > **Advisor**

Application and recruitment process

The recruitment process was very thorough. We found the process **engaging, supportive** and **representative**.

We found out about the project through social media, email and through our networks.

“We’d particularly welcome applications from those from Black, Asian and Ethnic minority background, those with lived experience of racism and/ or mental health problems.”

12 week **paid** internship.

Interviews & follow-up process.

Our research

Racism and the mental health of children & young people in the UK: the rationale

The link between racial discrimination and mental health difficulties has been widely researched, however, this has **primarily been with adult participants or young people outside the UK.**

Perceived and actual racial discrimination, direct or indirect, are have been topics of research, but there is **little research to investigate how racial discrimination affects young people's mental health in the UK.**

The process

- Carrying out a **rapid scoping review** of the literature to identify associations between racial discrimination and mental health in children and young people in the UK.
- Consulting young people, researchers, mental health professionals to **establish priorities for a funding call** in this area to address any gaps identified by the review.
- Engaging with **young people aged between 16 and 25 with relevant lived experience.**
- Facilitating **online workshops for researchers and practitioners** working with young people.

Consultation with young people

Effects of stereotypes, institutional racism, lack of meaningful representation

Impacts on self-perception, loneliness, social isolation, imposter syndrome, having to make oneself palatable to others

Highlighted need for co-production of research and culturally appropriate interventions

Influences on education and career decisions due to concerns about how they will be treated

“From a young age I’ve been told certain things like how to enter a situation like if police do stop and search.”

“If you always feel like you’re being persecuted, attacked, judged, [...] it’s going to damage your perception of others and also how you perceive yourself”

“How is it that the most extreme cases where people are having psychotic episodes, it’s [Black and Brown people], but when it comes to the stages right at the beginning when you’re able to help [we’re not getting it]?”

“More needs to be researched on the impact of early childhood experiences [...] if you then experience these kinds of things growing up what kind of impact does it have.”

Rapid scoping review

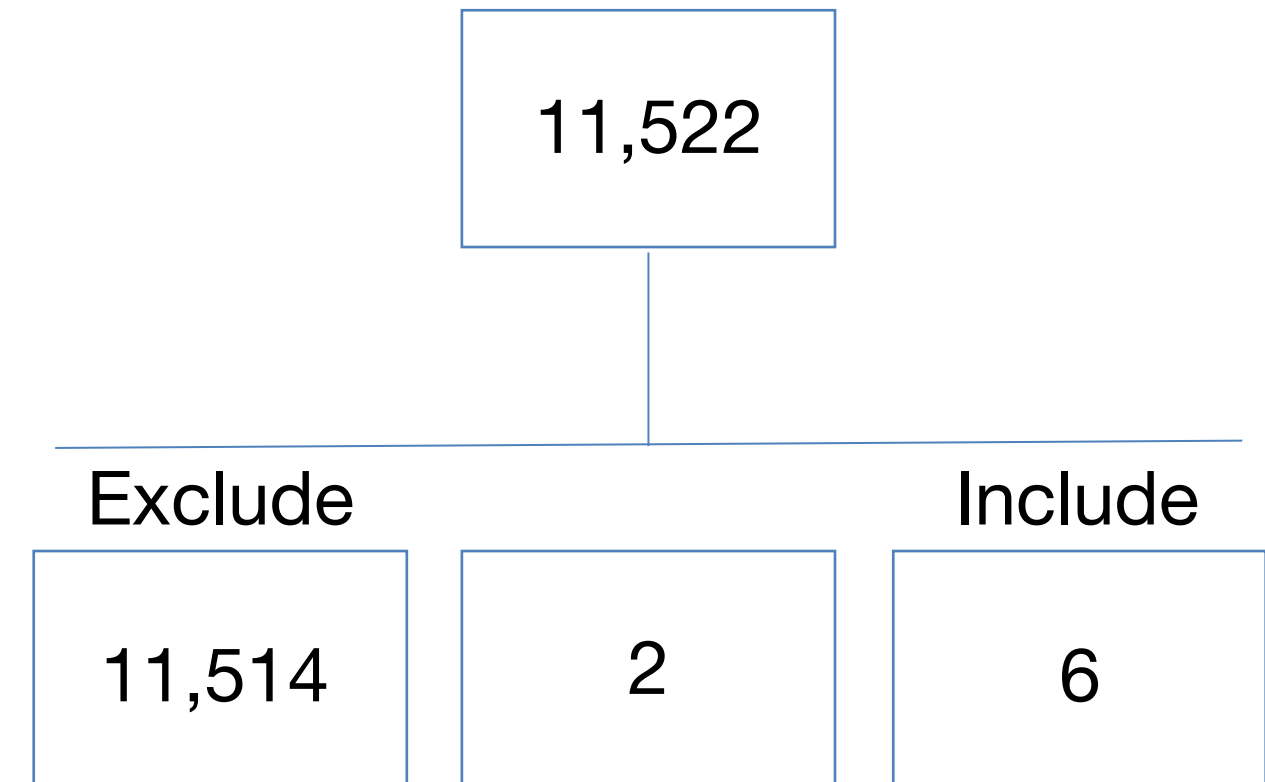
Inclusion criteria

- Peer reviewed publication containing original data
- UK based research
- Specifically examines associations with experiences of direct or indirect racism
- Includes assessment of mental health outcomes
- Participant ages are up to and including 18 years of age or have a mean age of 17 years or less.

What we've found so far

We've looked through all 11,522 papers from 2000-2022

- First step was going through abstracts and titles.
- Next step was taking remaining papers to full text screening.
- So far 6 STUDIES INCLUDED FROM 11,522 PAPERS



6 papers identified – in 3 mental health impacts of racism were incidental to the main focus of the study; mostly focused on secondary school settings.

Key points

- Peer bullying in school seems to be the main focus. **What about other forms of racism?**
- 3/6 papers seem to be **region specific**. This is important, the experiences of racism may be different depending where you live.
- 4/6 papers focus on children aged 11+ (secondary school +). **What about younger children?**
- **Only 1 paper** has been published in the last 5 years.

Major gaps and funding call

Major gaps

Nature of experiences
and mechanisms of
risk

Systemic and
institutional racism

Children < 10

Priorities for research

We set out to fund research projects that address the questions of:

- What is the **impact of racism** on the mental health of children and young people in the UK?
- What **interventions** will be effective in addressing racism in ways that will benefit children and young people's mental health?

Funding call process

- Presenting at funding call webinar
- Screening applications and individually ranking them
- Group discussion on which applications should go to interview stage
- Interviewing the applicants
- Ranking, discussing and selecting winners of the funding call.

‘We felt that our opinions and hard work was valued by being asked to be part of the funding call process.’

Successful bids



Transmission of experiences of racism, anxiety and depression in families (TRADE)

Dr Yasmin Ahmadzadeh, King's College London in partnership with Centre for Mental Health



Understanding young people's experiences of racially motivated appearance-focused (RMAF) bullying

Dr Shioma-Lei Craythorne, Lead Researcher and Research Fellow, Institute of Health and Neurodevelopment, Aston University




Improving wellbeing and mental health relating to racism in 10-11 year olds: a Bristol case study


Dr Verity Jones, University of the West of England Bristol

How it's impacted us

How it's benefited us



Reviewing
applications and
interviewing for the
funding call



Conducting
rapid scoping
reviews



Public
speaking
opportunities



Networking
with
academics



Boosted PhD
application



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Commentary

Amplifying the voices of young people from Black, Asian and other minority ethnic backgrounds in mental health research

Adenike A. M. O. Adebisi ✉, Fiyory Tzegai Ghezae ✉ & Jawwad Mustafa ✉

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Download citation | <https://doi.org/10.1080/09638237.2021.1898564> | Check for updates

Experimental Psychology University of Oxford

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Racism is racism: The impact of “every day” racism on the mental health of young people

1 February 2021 | Public Engagement

To mark Children’s Mental Health Week, this blog explores themes around racism and young people, based on the Emerging Minds’ Voices, Powers and Attitudes Challenge. Written by Fiyory Ghezae, an intern with the Emerging Minds Network.

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How does racism affect the mental health and wellbeing of children and young people in the UK?

Fiyory Tzegai Ghezae ✉ • Adenike Adebisi • Jawwad Mustafa

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Call to action

We call on funders, researchers and decision-makers to...

- ★ Provide opportunities for early career researchers and those with lived experience by reaching out to diverse networks.
- ★ Ensure co-production of research with young people happens from the beginning to end.
- ★ Commit to engaging with young people in a meaningful and representative way.

Activity

Thank You!

Read more about this challenge and funded projects
at:

emergingminds.org.uk



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