

Young Person's Mental Health Advisory Group

Guidelines for researchers

Who are we?

We are a group of young people aged 16-26 who have used mental health services, or who've supported someone else who has. We can offer a young person's perspective on your mental health research project.

Examples of how we can help include:

- Commenting on the feasibility of research projects
- Helping researchers with language and jargon
- Assessing whether a project will be attractive to young people or not (and why)
- Reviewing research documents for user-friendliness
- Testing websites, apps and computer games
- Developing a sustainable Patient and Carer Involvement and Engagement (PCIE) strategy
- Advising on dissemination and sharing findings with young people

We are here to improve research projects, not to validate them.

Prior to visiting the group

Please read the guidance to see if you are eligible, and then complete the application form. The information you provide in your application form will be sent to the group in advance of the meeting.

If there are any other documents/information you would like us to advise on, please email the group facilitators at least two weeks in advance of your allocated meeting slot.

PowerPoint presentation slides can be sent to the facilitators in advance of the meeting, or brought on a memory stick. Please let us know in advance of the meeting if you need sound/video.

Presenting to the group

We have put together some tips for presentations:

- Icebreakers are not necessary as we know each other quite well however if it is required for your study you can ask us about our professional background.
- Start by recapping why you are here, and what you want from us.

- Members have good knowledge of mental health and therefore basic terminology does not need to be defined
 - o E.g., please do not define depression, however more technical terms (e.g. stratified medicine) may need to be defined.
- Please refrain from using extensive facts and figures as members are aware of the importance of mental health
- Slides can be helpful but think about the information we need/don't need to know.
- Don't use jargon. If you use acronyms, spell them out and tell us what they mean.
- Try and include all young people in the room by looking round and making contact.
- We will indicate if we want to speak, so try and invite people who are waiting.
- We prefer whole group discussions. We feel they are more productive than small groups, unless a small group discussion is necessary for the task.
- We don't like presenting back individually. If you ask us to discuss something, come round and collect feedback from us, or invite open discussion.
- Silence is ok, it allows us time to think and contribute fully.
- We will ask questions - this is to help us understand your research better.

We have had training in basic research methodology and have a good understanding of most conditions and therapies, so you don't need to go into too much detail about these.

Please Note:

Members of the group would prefer not to be asked directly about their personal experiences of services and roles as service users and/or carers, unless it is initiated by themselves.

Icebreakers - professional background

In general, we prefer our conversations not to be audio recorded during the session. However, please ask permission prior to the meeting if you would like to use audio recording equipment for a specific purpose. A facilitator will take minutes and send you a summary after the meeting so that you do not need to take notes.

After the meeting

Some of us might also complete individual feedback forms on presentations and also write down comments on the study. A facilitator will summarise both the individual feedback and the comments suggested during the meeting. They aim to have the feedback back to you within a week

A facilitator will also send you a feedback form about your visit to the group. Please complete this, we really like to receive feedback to help us improve the service we offer.