



ENhancing Emotional Resilience & Growth in Young People (ENERGY)

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Burnley campus

Talk overview

- Theoretical Background
- Study objectives
- Methodology
- Work in progress
- Discussion/Questions

Theoretical background



- Young people often considered the most productive part of society, tend to be the most disengaged and vulnerable.
- Statistics released by the NHS Digital survey on 22nd November 2018 suggest that one in eight 5-19 year olds in England has a clinically impairing mental health condition. In addition, 1 in four young women aged 17-19-year now meet the criteria for a mental disorder (NHS, 2018).
- There is a steady increase in the proportion of children with any mental health condition since 1999, partly explained due to increased anxiety.
- Children with mental health conditions were more likely to have poor general health (NHS, 2018)

Theoretical background



- Resilience is defined as successful adaptation to adverse experiences and life challenges (Masten et al. 2001).
- Resilience programs can reduce children's aggressive behaviour and anxiety and also improve academic achievement (Durlak et al. 2011).
- Existing programme are school-based, targeted for primary school children and have not used rigorous methodology (e.g., RCT).
- There is a clear need for community-based emotional resilience programmes that are tailored to the needs of young people.

Study Objectives

The objectives of the current study are as follows:

- To design and deliver an emotional resilience programme in the community based on young people's expectations from the programme.
- To evaluate the effectiveness and cost-effectiveness of the programme.
- To feedback the results to the community and Primary Care Networks (PCNs) as well as develop Self-Help Groups (SHGs) with young people.

Study Hypotheses

Young people who participate in the programme will demonstrate:

- Enhanced emotional resilience
- Improved academic achievement
- Reduced behaviour problems and stress
- Better general health

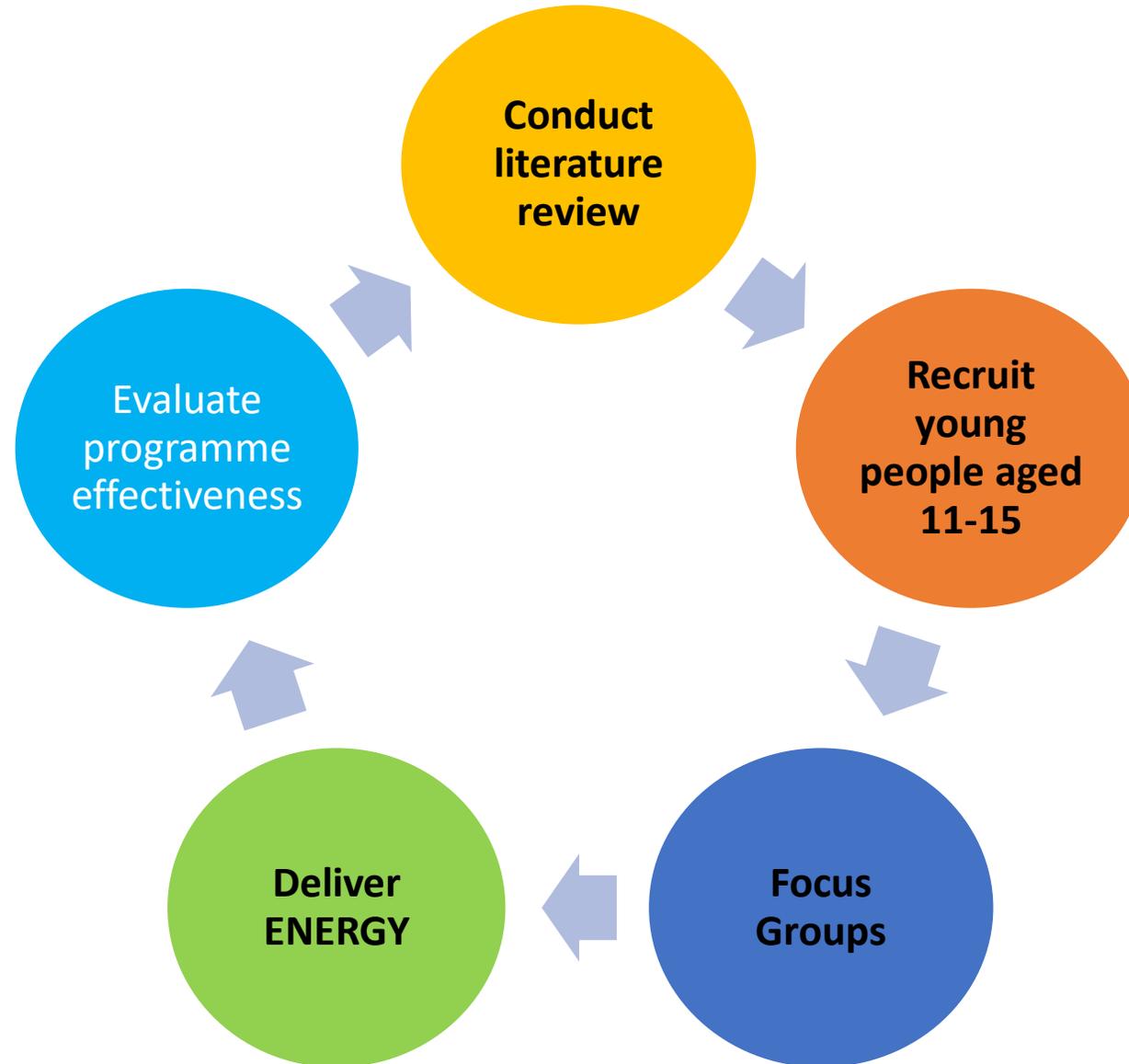
Methodology I

- 1. Conduct a literature review** on community programs on emotional resilience in 11-15-year-olds.
- 2. Recruit** typically developing 11-15-year-olds from the community via schools and primary care networks.
- 3. Conduct focus groups** with young people in order to understand in an interactive setting the perspectives of young people themselves about emotional resilience, coping mechanisms and sources of help.

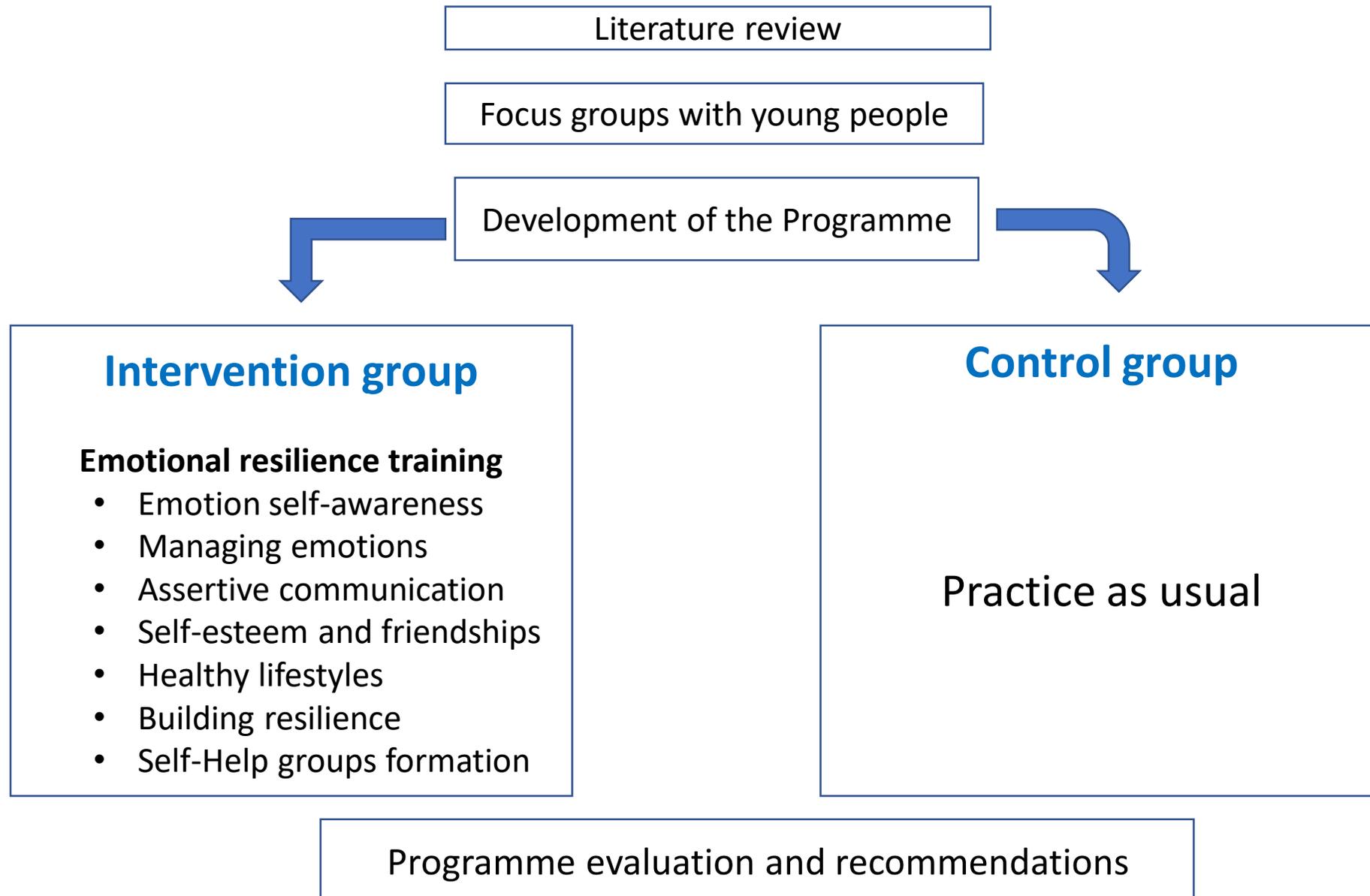
Methodology II

1. **Design** a 6-month emotional resilience programme based on the results from the focus groups and the literature review.
2. **Deliver** the programme with young people in the community.
3. **Measure** emotional resilience, academic achievement and problem behaviour before and after the programme.

Methodology



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Work in Progress



- Funding is now available to appoint a Research Assistant to conduct the literature review and focus groups in the next 9 months.
- Focus groups with young people will be conducted to gain an understanding of the needs and priorities of young people.
- The perspectives of young people will inform the design of the programme.

Discussion and questions

Thank you for listening



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