ENhancing Emotional Resilience & Growth in Young People (ENERGY)

Prof Umesh Chauhan and Dr Georgia Chronaki

Tue 27th November
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.
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

Conduct literature review

Evaluate programme effectiveness

Recruit young people aged 11-15

Deliver ENERGY

Focus Groups
ENhancing Emotional Resilience & Growth in Young People (ENERGY)

- Literature review
- Focus groups with young people

Development of the Programme

**Intervention group**

 Emotional resilience training
- Emotion self-awareness
- Managing emotions
- Assertive communication
- Self-esteem and friendships
- Healthy lifestyles
- Building resilience
- Self-Help groups formation

**Control group**

 Practice as usual

Programme evaluation and recommendations
• 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

• Prof Umesh Chauhan
  E-mail:  UChauhan@uclan.ac.uk

• Dr Georgia Chronaki
  E-mail:  GChronaki@uclan.ac.uk

Collaborators: Dr. Yasara Naheed and Rob Walley