

# Scoping Review of Enhancing Emotional Resilience and Growth in Young People (ENERGY)

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## Background

- Stress related illnesses create major impacts on the global economy (WHO, 2013).
- Resilience has been at the forefront of much current research, as a means of alleviating such illness.
- Enhancing resilience is believed to provide individuals with skills which could assist with dealing with major stressors throughout life.
- Research has focused on what constitutes resilience and how researchers can implement programs to assist with the development or enhance emotional resilience.

## Introduction

- 1 in eight 5-19 year olds in England has a clinically impairing mental health condition (NHS Digital 2018)
- 1 in four young women aged 17-19-year now meet the criteria for a mental health disorder (NHS Digital, 2018)
- Resilience is defined as successful adaptation to adverse experiences and life challenges (Masten, 2001).
- Resilience programs can reduce children's anxiety and also improve academic achievement (Durlak et al. 2011).

## Aim

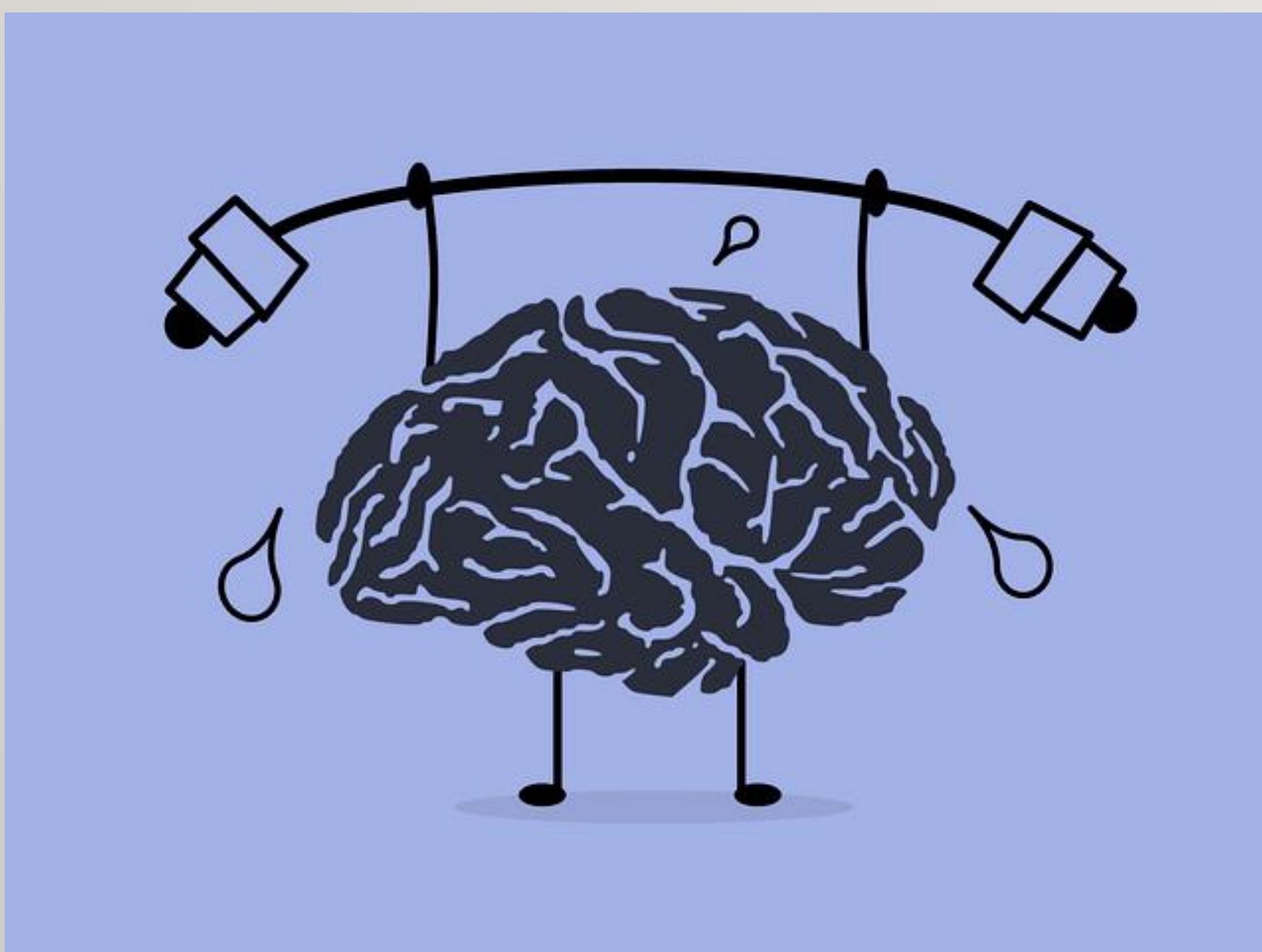
- To conduct a scoping review of existing studies examining emotional resilience intervention programs that target young people and/or adolescents within both a school and community setting and identify potential gaps in service provision.

## Methods

- PsychINFO, PubMed and The Cochrane Library were electronically searched using key search terms.
- The titles and abstracts of these articles were screened to determine their relevance to the review.
- Included studies: aimed at children and young people 5-19 years, offered a universal school or community based programmes to enhance emotional resilience.
- Excluded studies: were those involving pre-school aged children, or were targeted at addressing risks of abuse or non-accidental injury

## Results

- The search identified 198 papers, and of these 20 met inclusion criteria.
- Nineteen took place within a school setting and one took place within a community setting.



3 GOOD HEALTH AND WELL-BEING



Consistent with UN Sustainable Development Goal 3: 'Good Health & Well Being', work towards supporting the emotional resilience of young people respects the capacity that young people have to understand their own needs, to learn about and practice new skills and thereby to regulate their emotions and responses to life stressors.

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## Research Priority Areas

- **Resilience, depression, anxiety and coping**, using the strengths and difficulty questionnaire, were the outcome measures most frequently assessed in studies.
- Other outcomes measures included **self esteem, self efficacy** and **general wellbeing**.

### Research Gaps

- There was a significant representation of resilience in youths where interventions/programmes were implemented.
- However, the majority of these programmes were developed with the intent to build resilience for children of primary school ages.
- Further research should be conducted to provide evidence that such interventions could also assist with enhancing resilience within adolescents to promote good health throughout adulthood.

## Next Steps

- The establishment of a Lancashire Engagement Network for Young people (LENY) will help to identify and then develop a way/ways of helping (interventions) young people to support their mental health (ability to self-regulate, resilience)

## Young Person Mental Health: Can You Help? Post Your Thoughts

# Enhancing Emotional Resilience

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## References

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