



Opportunity for your school to support research evaluating whether a free online intervention can improve young people's emotional wellbeing.

In the current climate, it is more important than ever that we support young people's mental health. Research carried out in USA found that a 30-minute online intervention teaching young people about having a growth mindset of personality, reduced rates of anxiety and low mood over a 9-month period. We are hoping to replicate these findings in the UK, with the aim of improving access to support for children and adolescents struggling with their emotional wellbeing as soon as difficulties are identified.

We would love your help in advertising this research to parents who may be interested in their child taking part. I have attached a recruitment poster and video which provides some more information about who we are looking to recruit and what taking part in research involves. I have also included suggested text for newsletters or for posts on social media.

In exchange for support with recruitment, we are offering participating schools a free online workshop on techniques to support young people's mental health, delivered by a trained mental health professional. Alternatively, for secondary schools we are happy to present on careers in psychology if this would be of interest to your pupils.

Please do not hesitate to contact me if you have any questions or would like to get involved.

Kind regards,

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This research has been reviewed and approved by the Research Ethics Committee at Royal Holloway, University of London.

HELP US SPREAD THE WORD

Suggested text for emails/ newsletters/ social media

"During these challenging times it is more important than ever that we support young people's mental health. If your child has been feeling worried, stressed, sad or lonely recently, you may be interested in this research project. The project is looking at whether a FREE 30-minute online intervention can improve how young people feel and how they cope with stressful situations. Not only does taking part in this research have the potential to benefit your child, but it will also help researchers understand how they can help young people struggling with their emotional wellbeing in the future."

"We know that the pandemic has had a significant impact on the mental health of many young people. We are supporting research at Royal Holloway, University of London, which is looking at whether a free 30-minute online intervention can improve how young people feel and how they cope with challenges. If your child has been feeling anxious, worried or sad recently, and is aged between 8 and 16, you may be interested in taking part. Please see the attached poster for more information"

"Research in the USA has shown that a free 30-minute online intervention, teaching young people about having a growth mindset of personality, can improve how young people feel and how they cope with challenges. This research is now being carried out by researchers in the UK. If you have a child aged between 8 and 16 and would be interested in taking part go to bit.ly/32Me1Zi for more information."