

SHINE Affiliated Project: MoodHwb

Dear SHINE schools and Local Authorities,



We would like to bring to your attention a research study which will evaluate the digital programme MoodHwb (*pronounced MoodHub*), to help young people with, or at elevated risk of, low mood and depression. This research is part of a National Institute for Health Research (NIHR) and Health and Care Research Wales (HCRW) Post-Doctoral Fellowship.

'MoodHwb' is a digital programme to support young people (and their families/carers) with their mood and well-being. It aims to promote self-help, help-seeking where appropriate and social support. It is multi-platform (i.e. works on phones, tablets and desktops) and is available as an interactive website and an 'app'.

The programme could be used by the young person independently, or with someone else e.g. a practitioner (e.g. counsellor or therapist) or parent/carer. If found to be acceptable, feasible and effective, we aim for this programme to be freely available in future.

The 'MoodHwb' digital programme has been developed in collaboration with young people who either had a history of depression or were at elevated risk (due to family history), parents/carers, and professionals from health, education, social, and youth services and charities.

Eligible Participants

Young people aged 13-19 years who are experiencing depressive symptoms or mild-moderate depression, where depression is the primary mental health difficulty. Parents/carers and practitioners will also be recruited if they live or work with young people who present with mental health difficulties.

Recruitment

Recruitment may take place via school nurses/counsellors, Primary Mental Health centres, charities, youth services and sports academies in Wales and in Scotland. We will also recruit volunteers, for example through online advertising of the study.

Study Procedures

Participants will be randomised into two groups. Two-thirds of participants will have access to the digital programme, MoodHwb plus treatment as usual (TAU), and one-third of participants will have access to digital information sheets on mood and depression plus TAU. Each participant will be part of the study for 6 months and asked to complete an online questionnaire at the start, and then again after two and six months. We will ask a small group of young people and parents/carers to take part in semi-structured interviews, and we will arrange a focus group for practitioners. We are now presenting this project to schools across Scotland and Wales to assess their interest in joining our research project from around April-May 2021.

Additional information

General information about MoodHwb on the Cardiff University website

<https://www.cardiff.ac.uk/mrc-centre-neuropsychiatric-genetics-genomics/research/current-projects/moodhwb-mood-and-wellbeing-in-young-people>

Paper on the co-development of MoodHwb

<https://mental.jmir.org/2018/1/e13/>

Paper on the early evaluation

<https://mental.jmir.org/2020/7/e14536/>

Contact

For more information, or to register your interest to participate in this project, please contact the SHINE Network Manager, Dawn Haughton, at Dawn.Haughton@glasgow.ac.uk

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