



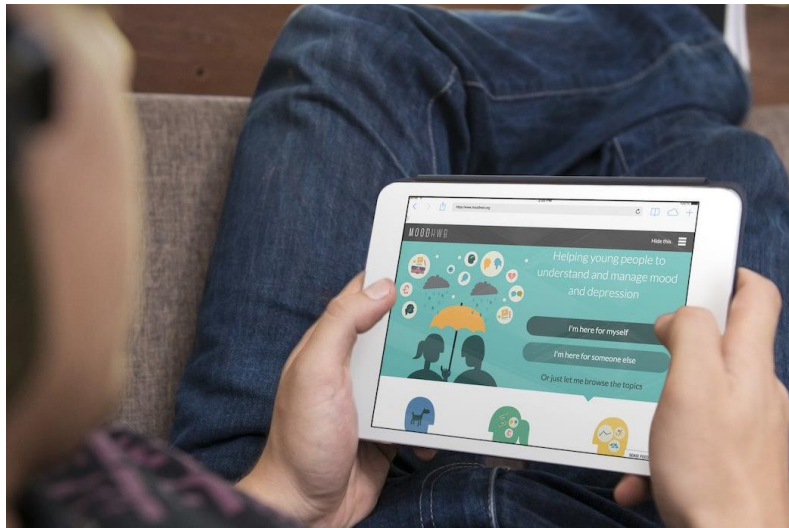
NIHR | National Institute  
for Health Research



NCMH  
National Centre for Mental Health  
Canolfan Iechyd Meddwl Genedlaethol

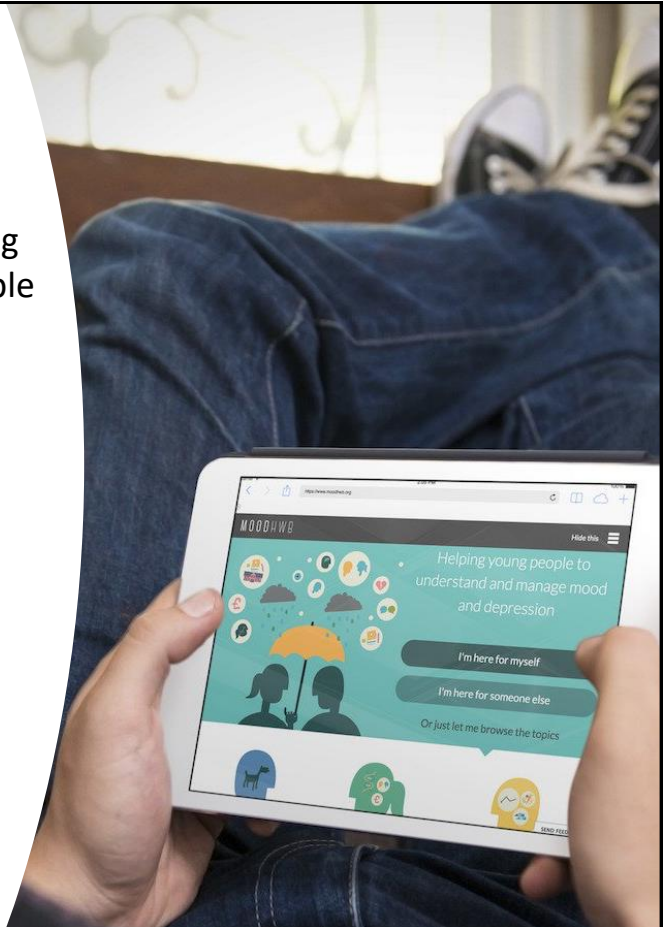
# Digital support for young people with their mood and wellbeing (MoodHwb) study

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## MoodHwb

- Promotes self-help, help-seeking & social support for young people
- Helps families, friends, practitioners
- Bilingual website & app
- Personalised, interactive
- Evidence-based
- Used independently or with counsellor/therapist/others
- Free & open-access in future



# Developing MoodHwb

**User Stories, Adolescents (Aged 14-18)**

**Flowchart:** A flowchart showing the relationship between 'Child with depressed parents', 'Exam Stress', and 'Panic/Anxiety'. A box labeled 'with the young person (read)' contains 'Panic/Anxiety', 'ABX (Antibiotics)', and 'Dizziness'. Arrows indicate connections between these elements.

**Wireframes:** Hand-drawn wireframes for mobile screens with annotations: 'Interactive generation of mood', 'Interaction reveals different causes / emotions associated with depression', 'Automa displays potential content options', 'Linear navigation', 'Progress / rewards', 'Content', 'What this content useful', and '3 questions'.

**User flow:** A flowchart titled 'User flow' with the caption 'The following diagram illustrates the key user flow'. It starts with 'The user logs in to the package', leading to a decision 'Has the user completed a package?'. If 'Yes', it leads to 'Display dashboard (home screen)'. If 'No', it leads to 'Display welcome page', then a decision 'Assessment of parent / caregiver?'. If 'Yes', it leads to 'Display assessment questions', then 'Display dashboard (home screen)'. If 'No', it leads to 'Display questionnaire-based questions', then 'Display dashboard (home screen)'. A 'Display required URL' box is also shown.

**Welcome Screen:** A table with columns 'Animation' and 'Description'.
 

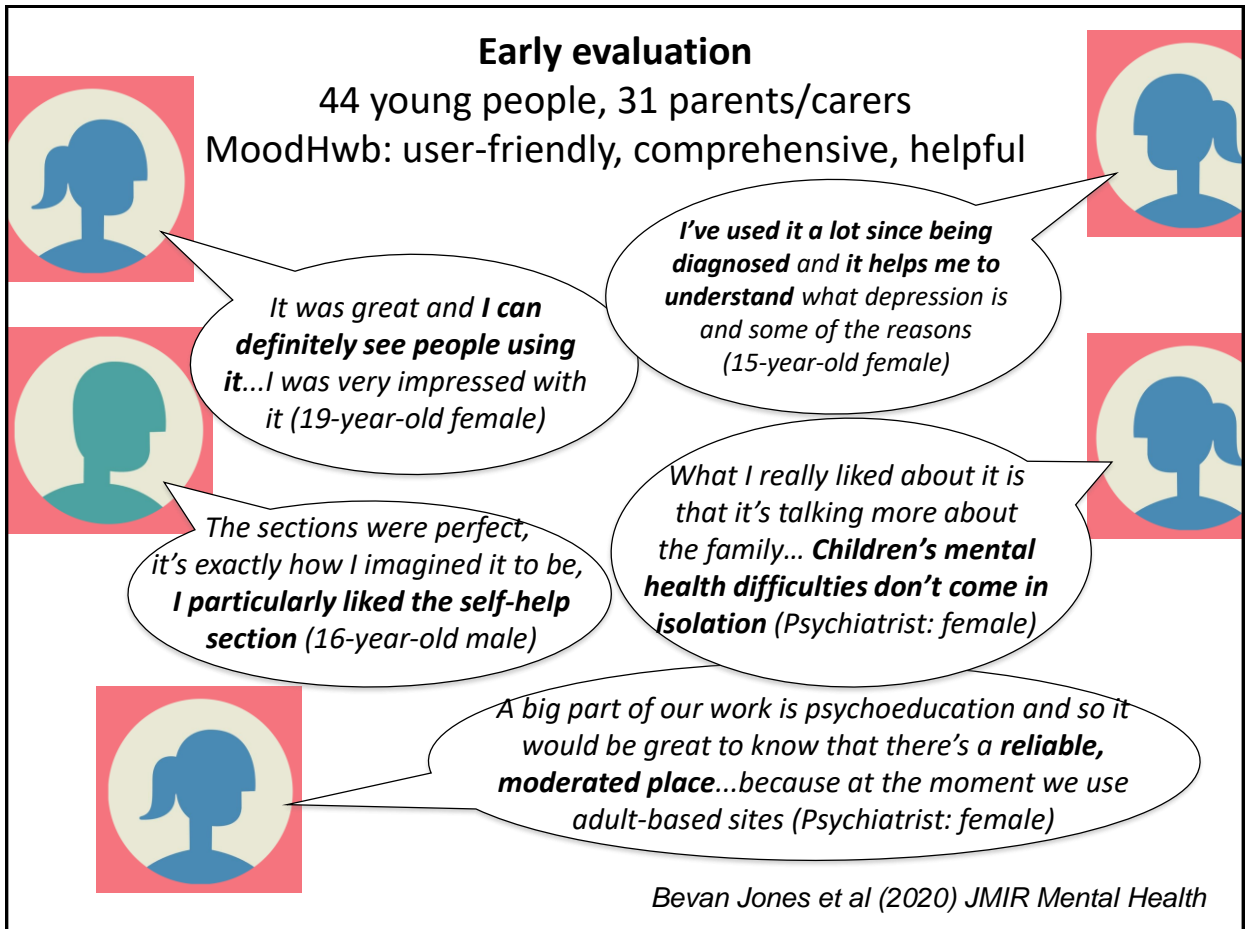
Animation	Description
A	Image(s) representing the package
B	Sentence summarising the package
C	'I'm here for myself' display & the questions for a parent/carer
D	'I'm here for someone else' display & the questions for a parent, friend or user
E	Main navigation
F	The user can switch language

**Mobile Screens:**

- My Mood:** A screen with a header 'My Mood' and a main heading 'Helping young people with mood'. It features three buttons: 'I'm here for myself', 'I'm here for someone else', and 'I just want to browse the package'. Below are icons for 'What is depression?', 'Other health issues', and 'Possible reasons for depression'.
- MOODSCAPE:** A screen with a header 'MOODSCAPE' and a main heading 'Helping young people to engage, understand and manage depression'. It features three buttons: 'I'm here for myself', 'I'm here for somebody else', and 'Or just let me browse the topics'. Below are icons for 'What is Depression?', 'Possible reasons', and 'Self help'.
- MOODING:** A screen with a header 'MOODING' and a main heading 'Helping young people to understand and manage mood and depression'. It features three buttons: 'I'm here for myself', 'I'm here for someone else', and 'Or just let me browse the topics'. Below are icons for 'What are mood and feelings?', 'Possible reasons', and 'Self help'.

Bevan Jones et al (2018) JMIR Mental Health

**Early evaluation**  
44 young people, 31 parents/carers  
MoodHwb: user-friendly, comprehensive, helpful



*It was great and I can **definitely see people using it...** I was very impressed with it (19-year-old female)*

*I've used it a lot since being **diagnosed** and it helps me to **understand** what depression is and some of the reasons (15-year-old female)*

*The sections were perfect, it's exactly how I imagined it to be, I **particularly liked the self-help section** (16-year-old male)*

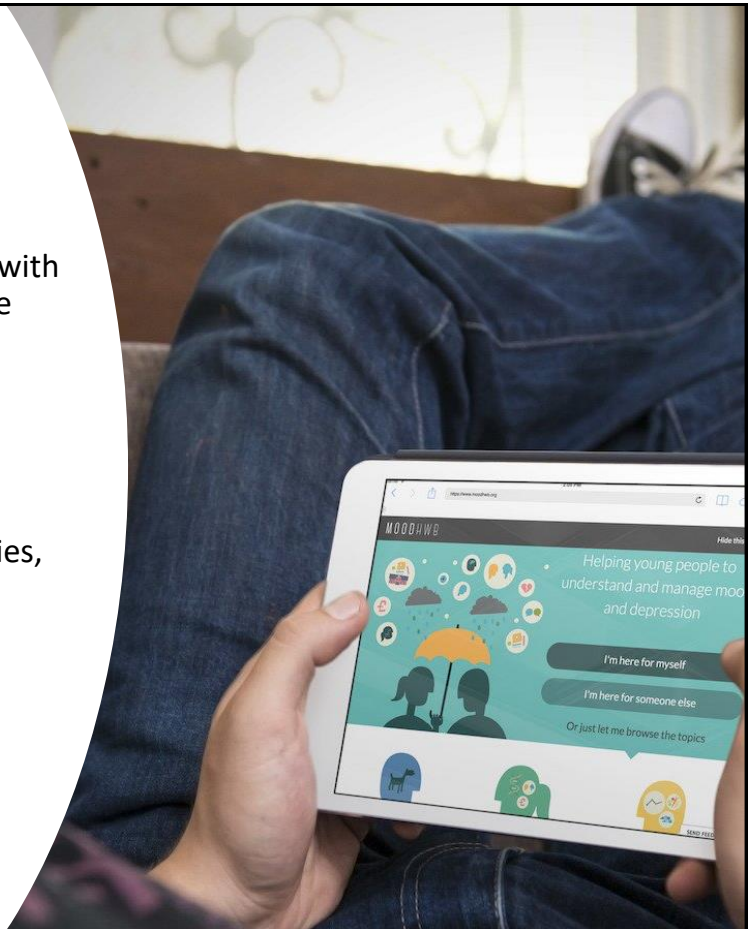
*What I really liked about it is that it's talking more about the family... **Children's mental health difficulties don't come in isolation** (Psychiatrist: female)*

*A big part of our work is psychoeducation and so it would be great to know that there's a **reliable, moderated place...** because at the moment we use adult-based sites (Psychiatrist: female)*

*Bevan Jones et al (2020) JMIR Mental Health*

## Who can take part?

- Young people (13-19 yrs old) with low mood or other depressive symptoms
- Their parents/carers
- Via school counsellors/ practitioners, primary mental health, youth services, charities, volunteers
- In Scotland and Wales
- Not under secondary CAMHS
- Up to 150-200 young people



# Study website



**Digital support for young people with their mood and wellbeing**

**Background**

Many young people have problems with mood, and most are not getting any help.

We are now looking at different ways in which to help young people online with their health, mood and well-being.

We have developed an [online programme/app](#) with young people and families/carers to support their mood and well-being.

**Why are we doing this research?**

We are interested in how young people and parents/carers might use the online programme/app, compared to using a digital information pack for mood and well-being, along with any other help they are getting (e.g. school counselling).

It is important to get feedback so that we know how to improve and test this programme further.

# Cards to signpost to study website



**Digital support  
for young  
people with  
their mood and  
wellbeing**

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**Cymorth  
digidol i bobl  
ifanc gyda'u  
hwyliau a'u lles**

**Can you help us?**

We have developed an online programme with young people (and families/carers) to support their mood and wellbeing.

We are interested in receiving feedback to improve and test our programme.

**Who can participate?**

- Young people between 13 and 19 years of age who have had problems with their mood and wellbeing, and have internet access
- Their parents and carers

For more info and to take part:

[ncmh.info/digitalsupport](https://ncmh.info/digitalsupport)

**Gallwch chi helpu ni?**

Rydym wedi datblygu rhaglen ar-lein gyda phobl ifanc (a theuluoedd/gofalwyr) i gefnogi eu hwyliau a'u lles.

Mae gennym ddi-ddordeb mewn derbyn adborth i wella a phrofi hyn.

**Pwy all gymryd rhan?**

- Pobl ifanc sydd rhwng 13 a 19 oed, wedi cael problemau gyda'u hwyliau a'u lles (e.e. teimlo'n isel), a gyda defnydd rheolaidd o'r rhyngwyd.
- Eu rhieni a'u gofalwyr

Am fwy o wybodaeth ac i gymryd rhan:

[ncmh.info/digitalsupport](https://ncmh.info/digitalsupport)

Get in touch | Cysylltwch â ni  
YouthOnlineStudy@cardiff.ac.uk









## For more information



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- Information on Cardiff Uni website:

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

- Article on development of MoodHwb:

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

- Article on early evaluation of MoodHwb:

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