

Impact of Public Involvement in Research

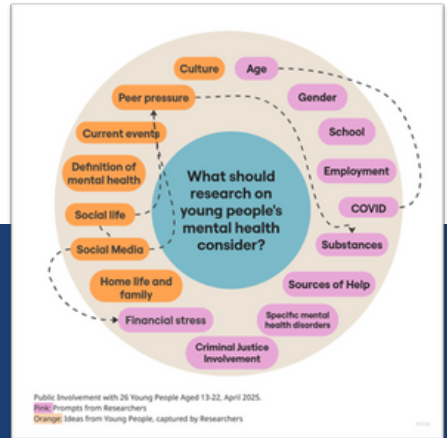
Young People Shaping Mental Health Research

Children and young people make up 20% of the UK population, yet research and services often overlook their input. This limits understanding of their priorities, especially in mental health.

Twenty-six young people aged 13 to 22 took part in four focus group discussions about mental health research. Researchers shared a list of ten topics they thought were important, and the young people talked about what was missing and how research findings should be presented so they are clear and easy to understand.

They added **seven priorities**, including family life, social media, friendships, peer pressure, culture and current events. They also suggested using simple language, visuals, podcasts, and videos to make research more accessible.

This input will shape future research questions and help make findings easier to understand. The research team are creating a **guide to share research** in ways that work for young people.



"I took part in this project because mental health is something I think more people need to talk about, especially for young men. It was good to share our experiences and know that we're not alone in how we feel."

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