

Young People's Mental Health Advisory Group

Guidelines for researchers

Who are we?

We are a group of young people aged 16-26 who have used mental health services, or who've supported someone else who has. We can offer a young person's perspective on your mental health research project. At each meeting there will be a variety of young people who can comment on your proposal, between the ages above and from all walks of life. Some of us are still at school or studying, others are working so we feel we all bring different perspectives in the advice we provide.

Examples of how we can help include:

- Commenting on the feasibility of research projects
- Helping researchers with language and jargon
- Assessing whether a project will be attractive to young people or not (and why)
- Reviewing research documents for user-friendliness
- Testing websites, apps and computer games
- Developing a sustainable Patient and Public Involvement (PPI) strategy
- Advising on dissemination and sharing findings with young people

Our role isn't to give approval to your research project, but to help you improve it from a young person's perspective.

Prior to visiting the group

Please read the guidance to see if you are eligible, and then complete the [application form](#) if you are interested. The information you provide in your application form will be sent to the group in advance of the meeting.

If there are any other documents/information you would like us to advise on, please email the group facilitators at least two weeks in advance of your allocated meeting slot.

PowerPoint presentation slides can be sent to the facilitators in advance of the meeting, or brought on a memory stick. Please let us know in advance of the meeting if you need sound/video.

Presenting to the group

We have put together some tips for presentations:

- Start by recapping why you are here, and what you want from us.
- It helps to have a few specific questions in mind you would like to ask us.
- Slides can be helpful, but think about the information we need/don't need to know.
- Don't use jargon. If you use acronyms, spell them out and tell us what they mean.
- Try and include all young people in the room by looking round and making eye contact.
- We will indicate if we want to speak, so try and invite people who are waiting.
- We prefer whole group discussions. We feel they are more productive than small groups, unless a small group discussion is necessary for the task.
- We don't like presenting back individually. If you ask us to discuss something, come round and collect feedback from us, or invite open discussion.
- Silence is ok, it allows us time to think and contribute fully.
- We will ask questions - this is to help us understand your research better.
- We like to be flexible in our feedback - as well as answering your questions, there may be other things we think of we consider important.

We have had training in basic research methodology, and have a good understanding of most conditions and therapies, so you don't need to go into too much detail about these.

After the meeting

Some of us might also complete individual feedback forms on presentations and also write down comments on the study. We will send these comments to the group facilitator, please ask them if you would like feedback about the presentation.

The facilitators will send you a feedback form about your visit to the group. Please complete this, we really like to receive feedback to help us improve the service we offer.