Project Report

* indicates a required field

Research Title
Improving Young New Zealanders' Mental Health: How the Internet Puts Young People in Touch with Psychological Support
This question is read only.

Please provide a short summary of the work that was completed as part of this project / research *
We have successfully completed the proposed research which sought to identify effective ways the internet could be used to facilitate young people's access to mental health support.

The research project was conducted in two phases. In the first phase of the research we completed digital interviews with 37 young people and identified the kinds of online messages most likely to prompt youth engagement with mental health services. During the second stage, we conducted a series of workshops with 67 participants in which we co-designed online messages to facilitate young people's engagement with off-line mental health support.

We have produced a summary report outlining the key findings that will be sent to service providers and policy makers (see the uploaded document).

The research has informed a number of academic outputs including contributions to a book, one completed Honours dissertation, one journal article completed and under review, and a second journal article in preparation.
Describe the "who, what, where, when and why" of your initiative

Timing

Is your project / research complete? *
◉ Yes ○ No
If your initiative is still in progress, pick "no"

Start Date
01/02/2019
Must be a date.

Finish Date
31/12/2021
Must be a date.

Milestones

What have been the major steps / stages (i.e. milestones) involved in delivering your initiative to date?

Milestone	Description

Consulting with stakeholders and youth advisors	Set up youth/cultural advisory committee and discussed ideas with relevant stakeholders.
Obtaining ethics approval	Prepared and submitted detailed research documents to the University of Auckland Human Participants Ethics Committee. Received approval for the study.
Phase One Data Collection	Recruited participants and interviewed 37 young people about their experiences and observations of online mental health support practices and preferences in youth networks.
Phase One Data Analysis and Report Writing	Analyed the data and wrote up findings of Phase One in the form of an Honours dissertation. This was re-worked into a journal article and submitted for publication, with data also informing a book on youth mental health.
Phase Two Data Collection	Recruited participants 67 participants and ran 6 workshops to co-design online messages that would facilitate young people's access to mental health services.
Phase Two Data Analysis and Report Writing	Analysed data and wrote up in a journal article (still to be completed).
Write summary report	Wrote summary report for service providers and policy makers.
Disseminate summary report	Send out summary report to relevant stakeholders including youth participants, service providers and policy makers in early 2022.
e.g. planning; major activities; evaluation	

Outcomes

What outcomes were generated as a result of this project / research?

Outcomes are the changes that have occurred for the beneficiaries of your initiative. Generally outcomes can be framed as an increase or decrease in one or more of the following:

- Skills, knowledge, confidence, aspiration, motivation, (these are generally **immediate** or short-term outcomes)
- Actions, behaviour, change in policy (these are generally **intermediate** or medium-term outcomes)
- Social, financial, environmental, physical conditions (these are generally **long-term** outcomes)

Immediate outcomes occur directly following an activity (e.g. within 1 month); intermediate outcomes are those that fall between the immediate and long-term (e.g. between 1 month and 2 years); and long-term outcomes are those we expect to see years later (e.g. 2, 5, 10 or 50 years after the activity).

We also want to learn more about how you tracked the outcomes of your initiative - what you measured and how.

If you need more help understanding what outcomes are, read the help sheets at www.ourcommunity.com.au/evaluation

List your initiative's outcomes and attached information in the following table. Leave blank any fields that do not apply to your project.

Outcome	Were these outcomes anticipated?	Timeframe	Indicator	Verification Method
Increased knowledge about young people's online mental health practices	Anticipated	Long-term	Academic outputs	Journal articles published
Identification of the kinds of online messages that could be used to facilitate young people's access to mental health services	Anticipated	Long-term	Academic outputs	Journal articles published
Practical recommendations for mental health services to use the internet to engage youth with mental health support	Anticipated	Long-term	Report to service providers	Report sent to service providers
Developing data collection methods for youth research	Anticipated	Long-term	Academic outputs	Journal articles published
Researcher skill development	Anticipated	Intermediate	Student Honours dissertation	Dissertation passed
Outcomes are the changes that you believe were generated or influenced by your initiative. See information above.	Choose from the list	Choose from the list (see description above)	What you used to measure this outcome - e.g. "change in teenage pregnancy rates from x to y"	e.g. survey; interviews; focus groups

What (if anything) did you change in your approach and practices as your project? research proceeded, and why? *
We chose to do individual interviews using WhatsApp instant messenger as this has, in our recent research, proved to be a better fit for young people and particularly useful in

capturing their online practices which can be communicated through screenshots as well as digital descriptions. While we had not initially planned to use this data collection method for the current research it allowed the flexibility to interview participants through this period of COVID-19 restrictions. We were also forced to change our strategy for running co-design workshops with some run online via Zoom or in limited locations in response to COVID-19 restrictions.

We were unable to get as much geographical diversity as we would have liked due to the disruptions of Covid19. As result our findings may not have relevance for rural communities. We did, however, exceed the overall number of participants we had estimated our proposal.

We may use this information to help inform others undertaking similar work

What did you learn as a result of undertaking this project/program? *
We gained knowledge about young people's online practices in relation to mental health and the barriers to their engagement with services and support. We also identified online messages that would be most effective in encouraging young people to make better use of the professional support available to them in their local communities.

We had anticipated that it would be useful to engage young people in thinking about issues related to their own mental health, but we were nonetheless surprised and impressed at the creativity and ingenuity young people displayed in designing online messages that youth would relate to.

There were also some unanticipated learnings from this project. We learned to be flexible about recruitment and data gathering strategies in the face of COVID-19 restrictions. We took special care not to intrude on communities struggling with issues related to the pandemic and associated lockdown and were unable to use schools as a site of recruitment as we had planned due to the challenging circumstances they were facing. In the face of these barriers, we were forced to explore alternative ways of finding participants and enhanced our knowledge and skill in using online data gathering methods.

We are particularly interested in lessons that may help others undertaking similar work. Think about what you learned about your inputs (money, skills, personnel, time - too much; too little; about right?); your assumptions (were they 100% right, only partly right, or were the results a complete surprise?); and the context of the project/program (timing; targeted beneficiaries; geographic settings - were they right; wrong; about right?)

How will you share your learnings from this project/research? *
We have/will share our learnings from this research in several different ways:

We have written a report summarising the main findings that will be sent to service providers and policy makers working in areas relevant to youth mental health.

We have written a book that makes use of data from the project to shed light on young people's mental health practices online.

We have written one article based on Phase One of the study which is currently submitted to the journal, Child and Youth Services Review. A second article is in process based on Phase Two of the study and will be submitted in the new year.

We have not been able to present at conferences over this period given that most were cancelled because of COVID-19.

What mediums were used to share the learnings? Have you reached the audience you expected?

We'd love to see some visual and audio representations of your work. Please share below.

Upload files:

Filename: InternetNZ Stakeholder Report 2021 Gibson & Trnka.pdf
File size: 296.7 kB

and/or

Provide web link:

Must be a URL

and/or

Provide additional details:

This project has informed several publications:

Gibson, K. (2021). What young people want from mental health services: A youth informed approach for the digital age. London & New York: Routledge

Adeane, E. (2020). Online messages, offline help: Using the internet to connect young people to psychological support. Psychology Honours diss., University of Auckland.

Adeane, E. & Gibson, K. Bridging the gap with mental health services: Online messaging that works for young people. Submitted to Child and Youth Services Review.

Gibson, K.& Panditharatne, S. Co-designing internet messages to engage youth with mental health support. In preparation.

Please include captions, if relevant

Can we use your media content in our own communications?

◉ Yes ○ No ○ Please contact us first
e.g. in our annual report

Financial Report

* indicates a required field

Project Income & Expenditure

Please provide details of any project income (funds received) and project expenditure (funds spent) to date.

Use the 'Notes' column to provide any additional information you think we should be aware of.

Income Description	Income Type	Confirmed Funding?	Income Amount ($)	Notes
Internet New Zealand	Philanthropic Grants *	Confirmed *	$28,000.00	Total grant from Internet New Zealand

Expenditure Description	Expenditure Type	Expenditure Amount ($)	Notes
Research assistance	Salaries and Wages *	$16,648.00	Data recruitment, collection, transcribing and analysis
Consumables	Other Expenditure	$6,779.00	Participant vouchers, printing, software
Travel	Other Expenditure	$473.00	Travel for research
Phone plan	Other Expenditure	$1,784.00	Mobile phone expenses

Income and Expenditure Totals

Total Income Amount

$28,000.00
This number/amount is calculated.

Total Expenditure Amount

$25,684.00
This number/amount is calculated.

Income - Expenditure

$2,316.00
This number/amount is calculated.

Have you experienced any issues with your intended project budget to date? If so, please explain reasons for any major variances or for providing incomplete information:
Due to COVID-19 we were not able to spend the budget allocated for conference travel and were prevented from travelling for research purposes. We, however, required more research assistant resources to manage the challenges of participant recruitment and of transcribing a higher number of interviews and workshops than anticipated.

Certification and Feedback

Feedback

You are now nearing the end of this form. Before you review your application and click the **SUBMIT** button please take a few moments to provide some feedback. (If you would rather provide anonymous feedback, please go to **{{ Grantmakers: provide a link to an anonymous survey or delete this sentence }}**

Please indicate how you found the acquittal process:
○ Very easy ◉ Easy ○ Neutral ○ Difficult ○ Very Difficult

How many minutes in total did it take you to complete this form?
120
Estimate in minutes (i.e. 1 hour = 60 minutes)

Please provide us with your suggestions about any improvements and/or additions to this form that you think we need to consider:
I found it hard to make sense of the requirement to detail outcome, indicator and verification method as these are not familiar concepts in my field of work.