

# What do young people and professionals around the world think about active ingredients for preventing and supporting depression and anxiety?



## What are 'active ingredients'?

Active ingredients are things that are important in preventing or helping with depression or anxiety.

We can think about it as 'cooking a dish': when cooking something, we need to use the right ingredients for the dish, but different people may use different ingredients because of what they like or dislike, or because of what is available to them, or because of their culture.

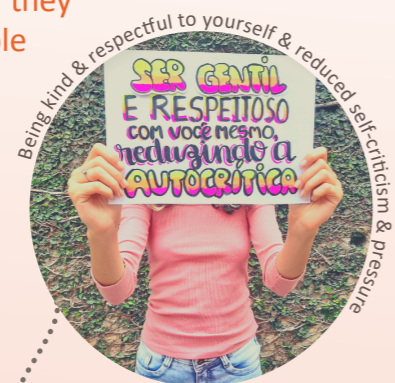
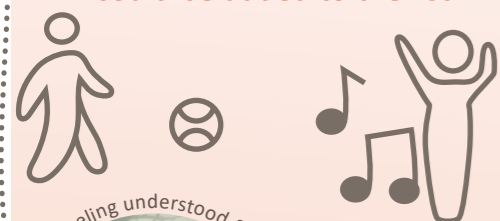
This is true for depression and anxiety as well: there are a lot of 'ingredients' that could help, and some people may like or use some ingredients more than others.



The Wellcome Trust, which is a global charitable foundation, created a list of 26 active ingredients that they thought may help young people aged 14-24 years with depression and anxiety.

They then worked with researchers around the world to find all the evidence demonstrating whether these active ingredients work for young people or not.

But the Wellcome Trust also wanted to know what young people and mental health professionals thought about those ingredients. In particular, they knew the list was not definitive or fully complete, and they wanted the help of young people to find out other ingredients that could be added to the list.



## About the project



We spoke with 120 young people with lived experience aged 14 to 24, and with 63 professionals from different disciplines (including researchers, clinicians and policy makers) from eight organisations across the world to hear their views on active ingredients.

The project team consisted of:

- Child Outcomes Research Consortium (CORC)
- University of Leicester
- Euro Youth Mental Health (EYMH).

We were commissioned by The Wellcome Trust to run this project from September 2020 to January 2021.

We would like to thank our peer researchers, peer advisors and partners on this project from across the world: FANET (Kenya), Kids Haven (South Africa), FRAME (India), Hussaini Foundation (Pakistan), Hayat Foundation (Turkey), ASEC (Brazil), FPCEUP (Portugal) and Hearts and Minds (UK).



## Young people involvement

It was very important for us to make sure that young people's ideas and opinions were at the heart of our work. So, as well as involving young people during discussions and interviews, we also worked closely with young people who were peer researchers and peer advisors, who guided us during the project.

Peer researchers and peer advisors found that taking part in such a research project was empowering and allowed them to have a voice on issues that were important to them, e.g. that they were able to use their experiences of depression and anxiety to make things a little better for others.



*It was indeed a unique experience for me as I communicated with the youth of my age as well as professionals of my field and I observed that the youth has a lot to share, but that there is a gap between youth and professionals which needs to be filled. We should provide platforms for young people where they can express their views and bring young people and professionals closer together.*

- Zeenat from Pakistan

