

HOPEFULNESS FOR YOUNG PEOPLE WITH DEPRESSION:

A WELLCOME TRUST FUNDED INSIGHT ANALYSIS

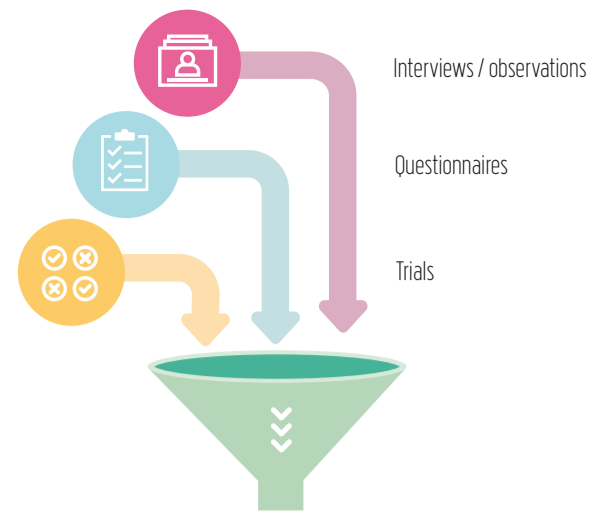
WHAT IS HOPEFULNESS?



WHAT WAS THIS PROJECT?

Wellcome Trust funded clinical and research psychologists in Sussex and Norwich to conduct an insight analysis into hopefulness as a key active ingredient for young people with depression.

- 4 MONTHS
- 8700 STUDIES SCREENED
- 31 RESEARCH STUDIES INCLUDED IN A SYSTEMATIC REVIEW
- 15 LIVED EXPERIENCE EXPERTS



SYSTEMATIC REVIEW

WHAT DID YOUNG LIVED EXPERIENCE EXPERTS THINK ABOUT HOW MENTAL HEALTH PROFESSIONALS CAN ENHANCE HOPEFULNESS?

WHAT DID YOUNG LIVED EXPERIENCE EXPERTS THINK ABOUT HOPE?

WHAT DID THE EVIDENCE SAY HOPEFULNESS CAN DO FOR YOUNG PEOPLE WITH DEPRESSION?



"Mental health workers often don't focus on hope enough"

"They shouldn't tell young people how or why to feel hope; but should try to trigger hopeful thinking and connect with people's unique ways of feeling hopeful"



WHAT KINDS OF SPECIFIC INTERVENTIONS SEEM TO HELP ENHANCE HOPE FOR YOUNG PEOPLE WITH DEPRESSION?

Social Recovery Therapy, Behavioural Activation, Cognitive Behavioural Therapy (CBT)

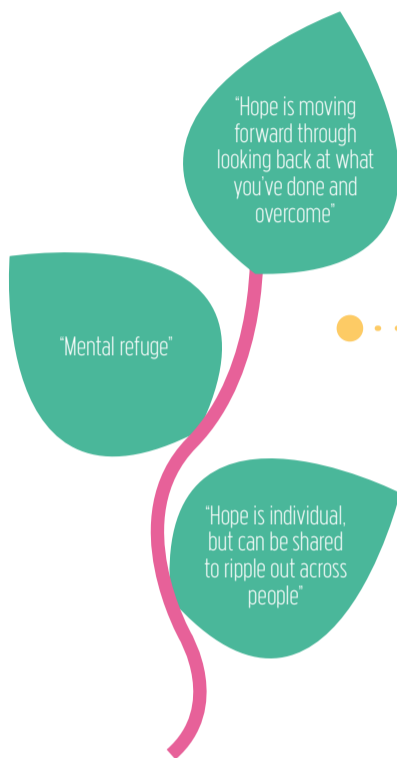
Rational Emotive Behaviour Therapy, Forgiveness-based CBT, Life coaching, Active listening placebo interventions

Integrated yoga and meditation, wilderness, camping and care farm interventions

Goal-skills / visualisation intervention

Grief-based CBT

Positive psychology intervention



WHAT DID THE EVIDENCE SAY MENTAL HEALTH SERVICES CAN DO TO ENHANCE HOPEFULNESS FOR YOUNG PEOPLE WITH DEPRESSION?

'Gathering of hope'
Shared experiences and goals
Good to discuss the future with others
Opportunity to help others

GROUPINESS

ASSESSMENT

A hopeful framework
Understand as unique being
Connect with strengths and difficulties
Framework for problems – but also solutions

THERAPEUTIC RELATIONSHIP

'Bond of hope'

Relationally authentic

Kind, caring, hopeful, professional, competent

WHAT WERE THE KEY PROJECT CONCLUSIONS?

The existing evidence is quite poor quality overall, e.g., involving small numbers of research participants.

Standard mental health services can increase hope for young people with depression through therapeutic relationships, good assessment and groups.

Young people with depression, especially with complex difficulties, might not have much hopefulness and it may need to gradually develop.

Mental health professionals should avoid being too explicit or directive in encouraging young people to feel hopeful or what to feel hopeful about.

Hopefulness can be a primer – enhancing help-seeking and engagement in mental health interventions.

Instead, mental health professionals should try to engage with young people's unique ways of feeling hopeful.

Hopefulness can be enhanced outside of mental health services, for example in schools and universities.



YOUNG LIVED EXPERIENCE EXPERTS' TOP 10 FUTURE RESEARCH PRIORITIES FOR HOPEFULNESS AS A KEY ACTIVE INGREDIENT FOR YOUNG PEOPLE WITH DEPRESSION:

- 1 How do specific marginalisations, for example socioeconomic status, race, sexuality, and gender identity, interact with how young people with depression experience hopefulness?
- 2 How does having hopefulness benefit a young person's ability to cope with depression compared to people who do not have hopefulness or do not understand hopefulness as motivational or goal-directed?
- 3 How can professionals better help in triggering more hopefulness for young people who have long-term depression (including with complex difficulties)?
- 4 How can hopefulness be promoted in the transition from child/youth to adult mental health services?
- 5 How can people surrounding a young person with depression help to encourage growth in hopefulness?
- 6 How can the importance of hopefulness and goals be made clear to young people with depression?
- 7 How can teaching self-advocacy affect hopefulness in children or young people with depression?
- 8 What types of group therapy or support groups are best for promoting hopefulness in recovery for young people with depression?
- 9 Are there differences in the benefits of hopefulness for young people with mixed anxiety and depression compared to solely depression?
- 10 How can encouraging community and/or political involvement increase hopefulness for children and young people with depression?

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