



# **WELL**

*Skills for Adolescent Wellbeing*

## **Information Booklet**

**Wolfson Centre**  
for Young People's Mental Health  
**Canolfan Wolfson**  
ar gyfer Iechyd Meddwl Pobl Ifanc





# Skills for adolescent **WELL**being (SWELL)

A randomised controlled trial of a group Cognitive Behavioural Therapy (CBT) intervention for young people with parental depression treatment optimisation.

## Who are we?

We are a research team of doctors and researchers at the **Wolfson Centre for Young People's Mental Health** at Cardiff University. We are doing a research study to test whether joining a group that helps young people learn skills to support their wellbeing can reduce symptoms of depression in young people and also whether it can prevent depression from happening in the future.

Image: Professor Frances Rice, Chief Investigator of the study, and the SWELL team



## Why are we doing this research?

Everyone can feel sad or low in mood from time to time. Occasionally, this sadness can be long lasting and affect day-to-day life. This is what we call depression.

Depression is common in teenagers and can affect many areas of life like friendships, schoolwork and family relationships. Finding ways to reduce depression is important.

This study will test whether attending a wellbeing group (on video call) can reduce or prevent depression in young people. It also aims to find out what young people and their parents think of this group and what it is like for them to take part. This will help us to understand whether it could be used more widely by young people to reduce or prevent depression in the future.

## Who can take part?

- Young people aged 13-17 years old who have had depression before, or who have mild symptoms of depression at the moment can take part.
- Young people must also live with a parent who has had depression before, who has also agreed to take part

# What will participants be asked to do if they decide to take part?



**01**

## **Eligibility check**

Parents and young people will be asked to fill in a short online questionnaire with a researcher (via phone or video call). This will include questions to check they meet criteria to take part in the study.



**02**

## **Parent depression symptoms questionnaire**

If parents and young people meet the criteria and agree to take part, parents will be asked to complete a questionnaire about their depression symptoms.

**2.a**

### **If a parent has high levels of depression symptoms**

If a parent has high levels of depression symptoms a doctor will meet with them to talk to them about their depression and make recommendations on how to improve their symptoms. These recommendations may include medication and/or asking them to complete an internet CBT course. These parents will be followed up for a 12 week period before entering the trial.

**2.b**

### **If a parent does not have high levels of depression symptoms**

If the parent does not have high levels of depression symptoms, they will be entered straight into the trial.



**03**

### **Entering the trial**

On entering the trial, all parents and young people will be asked to fill in questionnaires and meet with researchers who will ask them some questions. These will include questions about themselves (e.g., how they think, feel and behave), as well questions about their family and friendships.

**04**

**Young people will then be randomly chosen either to:**

#### **Join an online group where they will learn skills for supporting their wellbeing.**

They will join a group of 6-8 young people whom they will meet via video call, along with a group coordinator, for 1.5 hours per week over eight weeks.

During online group sessions, they will learn new skills by taking part in a talking therapy called Cognitive Behavioral Therapy (CBT). CBT involves learning skills like how to solve problems in your life and how to think in a balanced, less negative way.

Once they have finished the 8 sessions, they will have three additional group sessions to give them a chance to practice the skills they have learnt and to learn one or two new useful skills. These will depend on what the young people in that group think is most helpful for them but could include things like relaxation and assertiveness training.

**or**  
**continue as they are.**

They will not receive the group CBT therapy but will be able to continue with any support or treatment they already receive, or seek new treatment.

**05**

#### **3 month follow up**

Three months after starting the trial, all parents and young people will be asked to complete further online questionnaires.

**06**

#### **9 month follow up**

Nine months after starting the trial, parents and young people will meet with a researcher online. They will be asked to answer some more questions, through a combination of online questionnaires and structured interviews with the researcher.



07

## Feedback

A few of the parents and young people who take part in the study (including those who join the CBT group and those who don't) will be asked to talk to researchers separately about their experience of taking part.



## Compensation

We know time is valuable, so every participant will receive up to £50 in vouchers as a thank you for taking part.

A £10 voucher will be given to all who fill in the questionnaires at the end of the group CBT sessions (at around three months into the study).

A £20 voucher will be given to all who fill in questionnaires and participate in structured interviews at around 9 months into the study.

Another £20 voucher will be given to those who talk to researchers separately about their experience of taking part in the study.



## How do people join the study?

If a young person and their parent decide to take part in our research, we ask that parents complete an [Expression of Interest form](https://redcap.link/SWELL) here **[redcap.link/SWELL](https://redcap.link/SWELL)**.

Taking part is completely optional and parents and young people can change their minds at any time without giving a reason.



**Scan me to  
register your  
interest**

## Data linking

We would like to ask everyone taking part in the study to agree to link their study information (e.g., answers to questionnaires etc) to information about them that is collected by others e.g., doctors, hospitals and schools. This will allow us to understand how the intervention affects longer-term outcomes like mental health and education. Linking data like this is done in an anonymous way (young people and parents can't be identified) and would be used for research only.

## Confidentiality and data protection

All information collected as part of this study will be kept confidential (private) and be used for research only. The only times we would share information with others is if parents and young people agreed to it, or if they told us something that made us worried about them or someone else.



If young people are chosen to take part in a CBT group, then others in their group will know their name and whatever they tell them during the therapy sessions. They, and others in the group, will be asked to keep everything you are told confidential (private). All members of the group will be reminded of this at each session. Young people don't have to share anything they don't want to.

Group sessions will be audio recorded but will only be listened to by researchers involved in the study.

**All study information will be stored securely at Cardiff University.**

### If you have any questions:

For the main study team, please contact :  
**SWELL@cardiff.ac.uk**



# Resources

Whether they choose to take part in the study or not, parents and young people can contact the following organisations for free and confidential advice about how they're feeling:

## Childline

Support for children and young people in the UK, including a free helpline and 1-2-1 online chats with counsellors.

0800 1111 (24 hours 7 days a week, number free from any phone)  
[childline.org.uk](https://www.childline.org.uk)

## The Samaritans

The Samaritans provide 24 hour, confidential, emotional support for anyone in crisis.

116 123 (24 hours 7 days a week, number free from any phone)  
[samaritans.org](https://www.samaritans.org)

## Saneline

Helpline providing information on mental health. Also offers emotional and crisis support to people experiencing mental illness, their family, carers and friends.

0300 304 7000 (4.30pm-10.30pm)  
[sane@saneline.org](mailto:sane@saneline.org)  
[sane.org.uk](https://www.sane.org.uk)

## Mind

Information service for users of mental health services, carers and other groups. Information on types of mental distress, treatments, therapies and legal information.

Call: 0300 123 3393 Text: 86463 (9am – 6pm, Monday to Friday)  
[info@mind.org.uk](mailto:info@mind.org.uk) [mind.org.uk](https://www.mind.org.uk)

## National Centre for Mental Health (NCMH)

Digital materials only:  
[ncmh.info](https://www.ncmh.info)

## YoungMinds

[youngminds.org.uk](https://www.youngminds.org.uk)

## Meic Cymru

[meiccymru.org](https://www.meiccymru.org)

## NHS Direct Wales

0845 4647  
[nhsdirect.wales.nhs.uk/](https://www.nhsdirect.wales.nhs.uk/)

## Papyrus

[papyrus-uk.org](https://www.papyrus-uk.org)



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