

Scoping a digital intervention in youth mental health support in Kenya for post-Covid recovery

Principal Investigator

- Dr Emma Newport,
MAH, E.Newport@sussex.ac.uk

Co-Investigators

- Dr Clio Berry, BSMS, c.berry@bsms.ac.uk
- Dr Daniel Michelson



Suggested Kenyan Youth MH priorities

Sample characteristic (N = 223)	N	Valid %
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Any mental health problem	100	44.84
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Type of mental health
problem

Anxiety	65	29.15
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Depression or other mood problem	71	32.23
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Substance use disorder	8	3.59
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Eating disorder	26	11.66
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Posttraumatic stress disorder

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Workshop One

- Introduce and set up workshop two (co-creation event)
- Knowledge exchange
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Workshop Two: Co-creation

Digital Co-creation Tools

1. Canva
2. Padlet
3. PollEverywhere

- Review of WHO MH resources
- Review of Nigerian MH podcast
- Vision for the future
- Parameter setting (WHO pyramid)
- Design options + ideas
- Breakout rooms for small group discussion (website design; online chat / support group; creative / social media design)
 - TYC Intern team worked as facilitators in b/out rooms –essential to success
- Groups 1 + 2: focus on mental health peer / support worker
- Groups 3 + 4: focus on trust in/of digital MH resources

Subproject	Sources of data	Type
Youth Mental Health Survey	Qualtrics Survey	Quantitative (e.g. Likert scales ratings)+ Qualitative (Categorical-Free text)
Workshops (preZoom)	QualtricsSurvey	Quantitative (Demographic data) + Qualitative (Categorical-Free text)
Workshops (session 1)	PollEv	Quantitative (ratings on Pulse survey,Who would you speak to re. MH?,MH H/Wresources rating)
Workshops (session 1, 2)	PollEv	Qualitative- Free Text(MH word associations, WHO/Podcast Resources review)
Workshops (session 2)	Padlet	Qualitative- Free text (ideas for mental healthintervention; +/- of youth support workers,Trust in digital MH resources)
Workshops (sessions 1,2)	Zoom chats	Qualitative- Text (Pt PMs to Facilitator, Pt to all Pts, Team members between them)
Workshops (session 1,2)	Zoom recordings	Qualitative- Audio conversations
Workshops (postZoom)	Qualtrics Feedback Survey	Qual+ Quant (Ratings, Free Text)

DATA



Thank you