



The Global Mental Health Databank Project:

Designing to support good mental health for young people

Youth Panel Member, in India

We are looking for young people to help a group of researchers design and implement an innovative project funded by the Wellcome Trust to promote mental health and make psychological treatments more available to adolescents using online platforms (***see details below***). The project will focus on how such a platform might work. For example, if an App is developed, what is needed to make it acceptable to young people to use and what needs to be incorporated to ensure young people will allow their data to be stored, and what would they like to know about their data? This project is working across the UK, India and South Africa and young people are being invited to help the researchers ensure that what is being planned is aligned with what young people need and want.

We are looking for 15 young people, aged between 18 and 24, **who either feel they would have benefited from support in their adolescence for mental health problems (such as anxiety and low mood) or those who have received such support.** We will be asking you to commit to 6 months in the first instance to work with the researchers by attending a couple of two-hour virtual meetings each month as well as respond to questions posed either over email, WhatsApp groups etc. You must have access to a smartphone or a tablet/computer to participate.

You will receive an honorarium for your participation and input.

Introduction to the Global Mental Health Databank Project

Research partners from India, South Africa, the United Kingdom, and the United States have come together to co-design, build and test with young people, a mental health databank that will hold information about mental and physical health among young people from 17-24 years old. This Global Mental Health Databank (GMHD) project is funded by the Wellcome Trust, based in the United Kingdom. The **overall goal** is to create a databank that can be used in the future to help improve the ways we treat and prevent mental health problems like anxiety and depression for young people living in different countries around the world. We hope that the databank can help researchers, scientists, and young people answer the questions, "What kinds of treatments and prevention activities for anxiety and depression really work, who do they work for, and why do they work among young people across different settings?"

What exactly is a databank?

A databank is a collection of information about people, places, and things that is managed in a central location so that interested people can search it to learn from the information. People can also contribute information to a databank. For example, if you have data that you want to contribute (like information about your local environment, your activities, your community, and/or your mental health) a databank also allows you to submit this information so that it can be safely shared with others without giving them personal details that would identify you. A databank could also allow young people who contribute data to look at their own personal information and learn about themselves.

The Global Mental Health Databank

The Global Mental Health Databank project is part of Wellcome's mental health programme, launched in January 2020. This programme has already identified a list of [active ingredients](#) for different approaches to preventing and treating mental health problems among young people that can make a big difference in depression and anxiety prevention, care, and treatment. For example, active ingredients in depression and anxiety treatment or prevention interventions could include things like tips for better sleep management, best ways to improve social relationships with friends or family, or reducing feelings of loneliness. Our GMHD project will collect data on some of these active



ingredients among young people. Gathering input from young people on how to best measure these ingredients among youth is one of our priorities.

India, South Africa, and the United Kingdom are the initial places where we will design and test whether the GMHD is easy to use and useful to researchers and young people. To do this, our team will ask young people across these three countries to share some of their data. At this early stage of the project we are very interested in understanding if young people can and will share their data. We want to involve young people in the design of the Databank so that we create a Databank that is acceptable to them, easy to use, and useful.

These organizations are members of the project team:

- Centre for Mental Health Law and Policy, Indian Law Society, Pune
- Walter Sisulu University
- Higher Health South Africa
- Oxford University
- Cambridge University
- University of Washington
- Sage Bionetworks

Over the next year, team members from these institutions will work closely with young people to lead a collaborative and creative process of developing and pilot testing the GMHD.

Youth Panels

One way to involve young people will be to have youth advisors from India, South Africa, and the United Kingdom that will help guide the development of the databank and co-create the databank with us. We hope that the databank will be user-friendly for 1) young people who contribute their data and 2) researchers seeking to use the data to answer important questions to benefit young people's mental health.

We will look for young people to provide feedback and advice at different stages of the project. Each country will develop Youth Panels to give feedback and guide aspects of the design most relevant to youth needs. An international youth panel (IYP) will include representatives from each country. They will make sure each Youth Panel's ideas and opinions are shared with the project teams or the GMHD Steering Committee.

The In-country Youth Panel will be responsible for:

1. Co-designing the **key questions of our project** and **reviewing the active ingredients** we want to use to see if it is realistic for the databank to collect information about these ingredients.
2. Co-designing the **mobile platform** we use to collect mental health-related data from youth (e.g., smart phone apps, WhatsApp, SMS)
3. Providing advice and perspectives on **how best to collect data** among young people in India, South Africa, and the United Kingdom
4. Helping to **recruit youth participants** and **share our findings** to the community
5. Helping to plan **future research directions**
6. Providing **feedback to the GMHD Steering Committee, through the International Youth Panel**, on the above issues and other topics relevant to project design, data collection among young people in our research settings, and ethical issues and privacy concerns.