



Can you help us to re-think early intervention for children and adolescent mental health?

Vast amounts of data are routinely about children and young people. We are trying to find new ways to use this by developing tools that can identify young people with high risk of mental health problems later in life. There is an extensive body of research on a wide range of risk factors for MH problems in young people – some are unequivocal (such as being a member of a minority group) but for many others we don't yet know if, or how much, they matter.

This study aims to identify the risk factors that could be important – ensuring that we take a broad understanding that includes risk factors relating to minority or under-represented groups. We will then explore whether these risk factors can be used to develop risk prediction and early identification tools using machine learning and artificial intelligence approaches.

To do this, we need help from you! We are looking for experts by practical experience and knowledge of mental health, particularly in children and young people (clinicians, therapists, educators as well as researchers) to take part in an effort to provide multi-disciplinary perspectives to identify helpful indicators of later mental health problems. Participation involves helping us to refine an existing list of risk factors we have already identified with a literature search, adding any that are missing, and helping us to group and prioritise these. This will be achieved by three anonymous online surveys that can be carried out at a time that suits you, called a Delphi study.

If you would like to take part in this Delphi Study, please contact Dr Shabina Hayat (sah63@medschl.cam.ac.uk) and we will send you the participant information and instructions on how to take part.

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