



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

Project team

[Link to SSRP / IDCF web profile](#)

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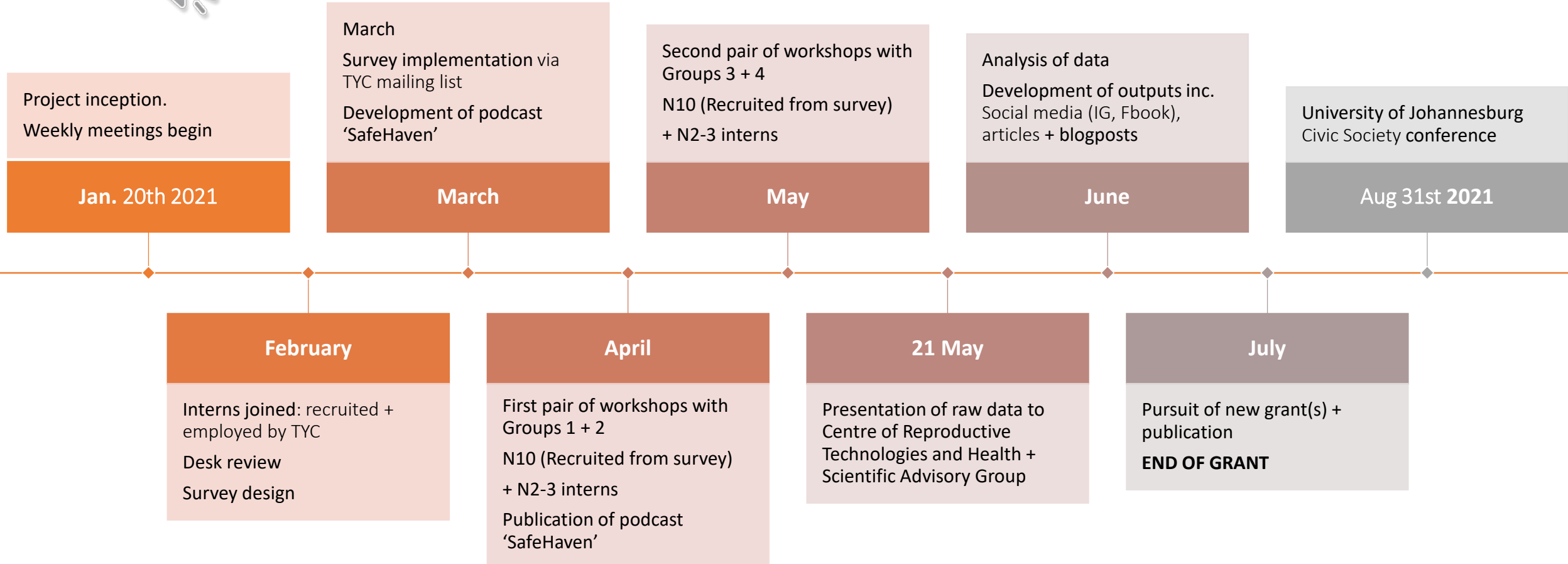
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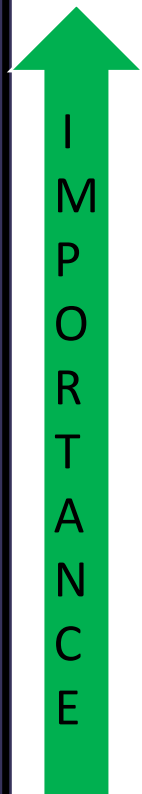
Self-reported lived experience of MH problems



Sample characteristic (N = 223)	N	Valid %
Any mental health problem	100	44.84
Type of mental health problem		
Anxiety	65	29.15
Depression or other mood problem	71	32.23
Substance use disorder	8	3.59
Eating disorder	26	11.66
Post-traumatic stress disorder	27	12.11
Any substance use problem	48	21.52

Suggested Kenyan Youth MH priorities

Rating scale: 1= Not important at all - 5= Extremely important



- 1. Depression** (M= 4.64, SD= .58)
68.06%, extremely important, 29.32% very important
- 2. Alcohol/Drug misuse** (M= 4.57, SD= .72)
65.43 % extremely important, 30.32% very important
- 3. Stress** (M= 4.55, SD= .66)
61.05%, extremely important, 35.79% very important
- 4. Anxiety** (M= 4.41, SD= .69)
50% extremely important, 42.47% very important
- 5. Eating behaviour problems** (M= 3.72, SD= 1.06)
28.18% extremely important, 30.39% very important

Other common free-text responses: sex misuse/addiction, suicidality, trauma, peer pressure, relationship issues



N=210

 Top 3



Preferred Type of Support

- Social media or media platforms (e.g., Facebook YouTube) with information

Extremely & Moderately likely to use: 66%

- Information based website
- Extremely & Moderately likely to use: 57%

- MH mobile app
- Extremely & Moderately likely to use: 47%

N=201

 Top 3



Preferred Type of Communication

- Messaging through apps (e.g., WhatsApp) with MH professional and/or peers

Very & Moderately interested: 77%

- Self-help resources that **do not** involve live communication to use on own time, when/if needed
- (e.g., online material to watch/read/download)

Very & Moderately interested: 76%

- Phone call communication with MH professional and/or peers

Very & Moderately interested: 75%

N=200

 Top 3



Most helpful MH Website features

- Videos to explain topics
Very helpful: 80 %
- Quizzes and tools to help assess mood & behaviour
Very helpful: 78%
- Pictures to explain topics
Very helpful: 74%
- Resource list to access help locally (e.g., contact details of services)
Very helpful: 75%



Methodology for co-creation

Workshop One

Please leave any comments that you have about today's session.

“ Today's session is great. It has well highlighted the basics of mental health. I feel well informed on what entails mental health issues. It is a great eye opener. ”

“ It was nice interacting with my fellows. ”

“ Thanks for this discussion ”

“ Today's session has been good, it was nice interacting with everyone who was on board. It was also fun, so to say.. thank you ”

“ very engaging and informative, love it! ”

“ Such an informative session. Happy to have been part of it, shared my thoughts and opinions on the topic, hear and learn from other young people and experts on mental health.
Thank you ”

“ I've learnt alot about today's session. I'm so much informed on matters concerning mental health and what causes mental health. I believe that I might be able to help out a friend with mental I'll health. ”

“ It is very interesting ”

“ Very insightful. Wishing you all the best with the project and I hope that millions of youth who deserve avenues such as this get to benefit from the teams work. Asanteni sana. Mungu awabariki. ”

“ Such an informative session. Happy to have been part of it, shared my thoughts and opinions on the topic, hear and learn from other young people and experts on mental health.
Thank you ”

- Introduce and set up workshop two (co-creation event)
- Knowledge exchange
- Qualitative responses to survey data
- MH literacy (symptom vignettes, word association with 'mental health')
- Barriers to access
- Poll on to whom they would go if they were worried about their MH
- Interest in becoming a MH peer / support worker



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

Sub-project	Sources of data	Type
Youth Mental Health Survey	Qualtrics Survey	Quantitative (e.g. Likert scales ratings)+ Qualitative (Categorical+ Free text)
Workshops (pre-Zoom)	Qualtrics Survey	Quantitative (Demographic data) + Qualitative (Categorical + Free text)
Workshops (session 1)	PolleEv	Quantitative (ratings on Pulse survey, Who would you speak to re. MH?, MH H/W resources rating)
Workshops (session 1, 2)	PolleEv	Qualitative - Free Text (MH word associations, WHO/Podcast Resources review)
Workshops (session 2)	Padlet	Qualitative - Free text (Ideas for mental health intervention; +/- 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 (post-Zoom)	Qualtrics Feedback Survey	Qual + Quant (Ratings, Free Text)



DATA





Where next?

1. Would like to apply for a grant to produce a full podcast series + social media advocacy via The Youth Café
2. Develop humanitarian / development orientated grant application for disseminating practice-based, low-cost MH interventions online (e.g. Kavli Trust)
3. Currently exploring a potential grant application with Wezi Mhango (Psych) and Darya Gaysina (Psych) on young mothers and mental health in Malawi, Ghana and Kenya (e.g. Wellcome Trust or Global Challenges Canada)
4. Potential KEF opportunities re. working with African businesses to provide wellbeing support as a way to bypass lack of medical infrastructure
(Antony Karanja)

Thank you

**For more information about our project or to contact the panellists,
please follow the link below
or email e.newport@sussex.ac.uk**

<https://www.sussex.ac.uk/ssrp/research/health-and-environment/scoping-an-intervention-in-youth-mental-health>