

A linked evidence synthesis evaluating mental health interventions for children with long-term conditions: Communicating implications for policy and practice

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Background

We completed a project which focused on synthesising evidence related to mental health interventions for children and young people with long-term physical conditions.

Review 1 aimed to evaluate the effectiveness and cost-effectiveness of interventions.

Review 2 aimed to explore the factors that may enhance or limit the delivery of interventions.

The Overarching Synthesis aimed to integrate the findings from Review 1 and Review 2.

The project had the potential to reveal a range of implications for policy and practice. We worked with end users including psychiatrists, psychologists, paediatricians, young people and parents at each stage of this project to help ensure that the implications remained relevant and accessible.

Aim

To work with end users to:

- Generate and prioritise implications for future intervention development and implementation
- Facilitate communication to key target audiences.

This poster provides four examples of how we achieved these aims:

Podcast

Both our young people and parent advisory groups were keen to co-create dissemination material, but preferred audio rather than visual formats. Therefore in the final group meetings we recorded two podcasts.

Listen on the headphones!



Plain language summaries

Young people and parent advisory groups edited plain language summaries. Together, these pieces of dissemination aimed to communicate the detail of the project in accessible formats that would be preferred, understood and shared by other end users.

Many children and young people with a long term physical health condition also experience feelings of depression, anxiety and other **mental health issues** and this impacts on **their day to day life, their family and others around them**. This review **investigates** whether interventions (**treatments, strategies and resources**) can help children and young people with their mental health. We

Red text = amends from advisory groups

“Research is not complete until it is written up and its results shared, not only with other scientists who may build upon it to further advance the science, but also with those who may benefit from it, who may use it, and who have a stake in it” – Fathalla & Fathalla (2004, p.109)

Fathalla, M. F., & Fathalla, M. M. (2004). A practical guide for health researchers. World Health Organization, Regional Office for the Eastern Mediterranean.

Overarching synthesis

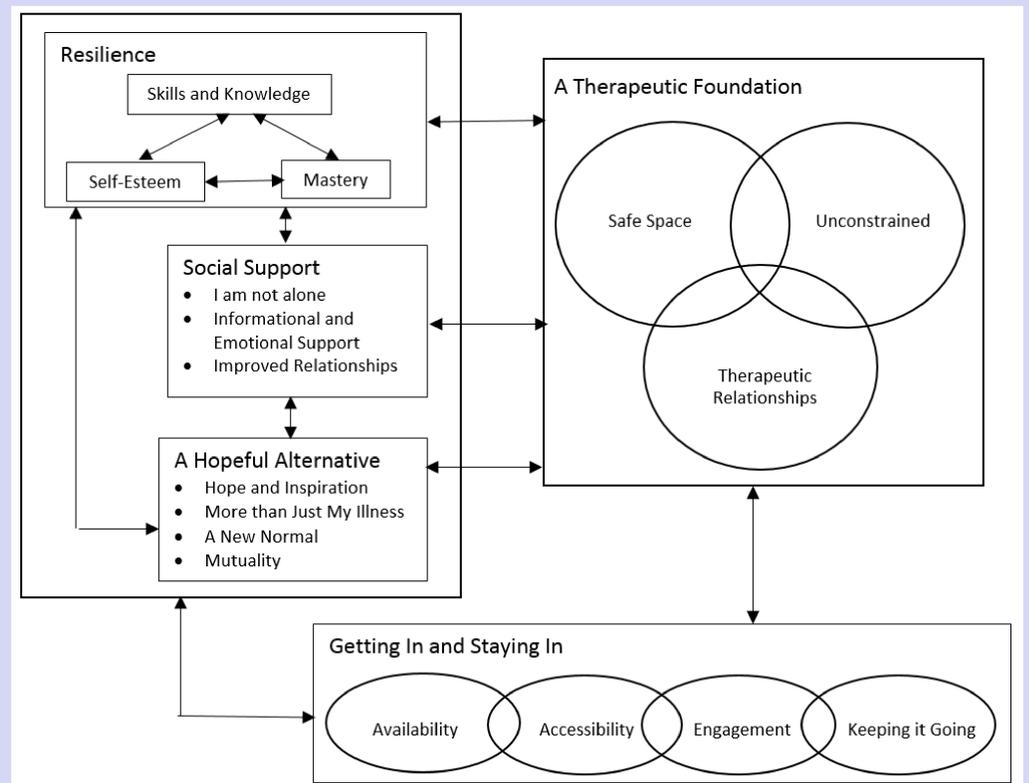
The overarching synthesis integrated the findings from Review 1 and Review 2. Consultation events with end users allowed us to highlight implications from this synthesis. Tabulating the overarching synthesis categories allowed the evidence informing specific implications to be communicated.

Category	Summary	Review 1 contribution	Review 2 contribution	Implications
Adaptations to Interventions and Flexibility	There is some evidence from both reviews that adapting interventions to the needs of individuals, particularly their LTC, may be beneficial.	Some evidence that CBT and parenting programmes that are adapted to the needs of individuals are beneficial	Perceived effectiveness for interventions that are relevant to young people's needs and can adapt to CYP goals.	Comparison of adapted interventions versus generic interventions yet to be performed.

Line-of-argument diagram

As part of meta-ethnography, Review 2 involved a line-of-argument synthesis. This provided a model that captured how themes are related to one another and describes the experience of participants with long-term conditions receiving mental health interventions, their families and the professionals involved in their care.

Although end users felt that the diagram requires explanation and should not stand alone, it was considered a useful tool to summarise Review 2 findings and the messages resonated with charity end users when we conducted stakeholder consultation.



Discussion

A range of consultation events allowed us to highlight implications from the project with end users. A range of end users welcomed the opportunity to comment on interim findings and engage in the production of a variety of dissemination tools.

Our final report is under review, so we will continue to work with end users to develop communication tools and disseminate the findings when the final report is published. We anticipate using infographics, blogs and social media to further communicate implications for policy and practice.