

Interventions to improve the mental health of children & young people with long-term conditions: Can evidence of effectiveness and evidence of patient experience be mutually informing?

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#TLC4LTC THE EVIDENCE THE STORY SO FAR... CHILDREN & YOUNG PEOPLE (CYP) WITH LONG TERM CONDITIONS (LTCs) ARE REPORTEDLY FOUR TIMES MORE LIKELY TO EXPERIENCE MENTAL HEALTH ISSUES THAN THEIR PHYSICALLY HEALTHY COUNTERPARTS. WE CONDUCTED TWO LINKED EVIDENCE SYNTHESSES TO FIND OUT WHETHER INTERVENTIONS AIMING TO IMPROVE MENTAL HEALTH CAN HELP AND EXPLORED THE ATTITUDES AND EXPERIENCES OF THOSE INVOLVED IN RECEIVING AND DELIVERING INTERVENTIONS...

ONE DAY IN EXETER...
WE'RE STARTING TO UNDERSTAND WHICH TREATMENTS MAY IMPROVE THE MENTAL HEALTH OF CYP WITH LTCs...
AND WE KNOW LOTS MORE ABOUT THE ATTITUDES & EXPERIENCES OF THOSE WHO RECEIVE & DELIVER THEM...

WE WERE READY...
POW

IT WENT LIKE THIS...
WE WANTED TO KNOW IF RESULTS FROM THE 'WHAT WORKS?' REVIEW AGREED OR DISAGREED...
WITH THEMES FROM THE EXPERIENCES REVIEW...
AND VICE VERSA...

STRESS & COPING
SEEM TO BE IMPORTANT IN REVIEW 2 DO WE HAVE ANY FINDINGS FROM THE UK?
WHAT ABOUT INVOLVING FAMILY & PEERS?
WHAT WORKS THEN?
DO THE INTERVENTIONS ONLY AIM TO IMPROVE MENTAL HEALTH OR OTHER OUTCOMES TOO?

WE STARTED WHILST THE RESULTS FROM EACH REVIEW WERE PRELIMINARY...
SO THAT DISCUSSIONS COULD ALSO CONTRIBUTE TO THE SYNTHESIS OF THE INDIVIDUAL REVIEWS

QUESTIONS WERE FRAMED SYSTEMATICALLY LIKE THIS: REVIEW 1 FOUND X, CAN REVIEW 2 INFORM THESE FINDINGS?
QUESTIONS RELATED TO THE SYNTHESISED REVIEW FINDINGS OR DESCRIPTIVE DETAILS OF INCLUDED STUDIES

MANY WEEKS LATER...
BOOM

WE HAD GROUPED SETS OF QUESTIONS & ANSWERS INTO NINE CATEGORIES ACCORDING TO SHARED IDEAS
AND DISCUSSED THE RESULTS WITH CYP, THEIR PARENTS, PSYCHIATRISTS, PSYCHOLOGISTS & PAEDIATRICIANS

WE HAD SOME RESULTS
BOOM

DEGREE OF OVERLAP
SADLY THERE WAS LITTLE OVERLAP BETWEEN THE TWO BODIES OF EVIDENCE...
AND SPECIFIC COMBINATIONS OF INTERVENTION TYPES AND LTCs WERE RARELY SEEN IN BOTH REVIEWS

LACK OF EVIDENCE
MUCH OF THE EVIDENCE IN BOTH REVIEWS IS POOR QUALITY AND VERY LITTLE WAS CONDUCTED IN THE UK

WHAT WORKS FOR WHOM
THE LACK OF OVERLAP BETWEEN REVIEWS LIMITED EXPLORATION OF WHAT WORKS FOR WHOM BUT...
HIGHLIGHTED THE NEED FOR FUTURE RESEARCH TO INVESTIGATE REASONS FOR EFFECTIVENESS

ADAPTATION
FURTHER EVIDENCE IS NEEDED TO UNDERSTAND WHETHER & HOW INTERVENTIONS SHOULD BE ADAPTED FOR LTCs
AND THE EXTENT TO WHICH INTERVENTIONS CAN BE USED FLEXIBLY WITHOUT COMPROMISING FIDELITY

ACCESSIBILITY
EVIDENCE FROM BOTH REVIEWS THAT LOCATION & FAMILIARITY OF THE ENVIRONMENT & STAFF MAY BE IMPORTANT DETERMINANTS OF THERAPEUTIC ATMOSPHERE WHICH MAY AFFECT ENGAGEMENT WITH TREATMENT

STRESS & COPING
STRATEGIES TO REDUCE STRESS & IMPROVE COPING WERE OFTEN DISCUSSED IN THE EXPERIENCES REVIEW
BUT THE 'WHAT WORKS?' REVIEW WAS UNABLE TO EFFECTIVELY EVALUATE THESE STRATEGIES

FAMILY & PEERS
EVIDENCE FROM BOTH REVIEWS SUGGESTS THAT INTERVENTIONS SHOULD INCLUDE FAMILY, ESPECIALLY PARENTS AND THAT THERE ARE BENEFITS OF GROUP SETTINGS WHERE CYP MEET PEERS WITH LTCs

RELATIONSHIPS
THE OPPORTUNITY TO PROVIDE A SAFE & TRUSTING SPACE MAY BE OVERLOOKED IN INTERVENTION DESIGN
AND WOULD SEEM AN IMPORTANT COMPONENT TO INTEGRATE INTO FUTURE PROGRAMMES

HOLISTIC APPROACH
WHILE BOTH REVIEWS INCLUDED INTERVENTIONS THAT AIMED TO IMPROVE MENTAL HEALTH
MOST ALSO TARGETED OTHER OUTCOMES e.g. LTC SYMPTOMS, SOCIAL SUPPORT, KNOWLEDGE & SELF MANAGEMENT

TO BE CONTINUED...
THANKS FOR READING
THE FULL REPORT WILL BE PUBLISHED SOON...
LOOK OUT FOR UPDATES ON THE PROJECT WEBPAGE & ON TWITTER

DESPITE DIFFERENCES IN RESEARCH QUESTIONS, METHODS OF SYNTHESIS AND TYPES OF INTERVENTIONS IN THE TWO SYSTEMATIC REVIEWS, THIS METHOD GENERATED NEW FINDINGS OR STRENGTHENED EVIDENCE FROM THE INDIVIDUAL REVIEWS AND FACILITATED THE IDENTIFICATION OF A NUMBER OF TENTATIVE IMPLICATIONS FOR POLICY, PRACTICE AND FUTURE RESEARCH.

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