

**ADOLESCENT DEBRIEF SHEET**

## Project Title: Examining self-concept in adolescents

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The aim of this study was to investigate how adolescents of different ages think about themselves. This is an important time of your life when our thoughts about ourselves develop and change. We are interested in how this is affected by our mood.

Your answers will be kept confidential. If at any point you wish to withdraw your answers or ask any questions about this study please email me or my supervisors (contact details above). The project was approved by the University of Reading research Ethics Committee

We also asked you about your mood and how you are feeling. Everyone’s feelings go up and down from time to time. This is perfectly normal and nothing to worry about. Sometimes we feel down for quite a while. If you, or a friend, are feeling down there are lots of places that can help.

Usually people you already know can help; for example, your parents, other family, a teacher, or a friend. Sometimes it’s useful to talk to someone else so we have included information about other organizations that can help young people. Do have a look at this. If you feel that you definitely would like some help you can also talk to [*NAME OF PASTORAL STAFF*] at your school.

Thank you very much for helping us with this research. We hope you have found it interesting. If you would like to know more about our results please let your teacher know and we would be happy to come back and tell you want we found out. If you would like us to send you a brief summary of what we found you can email us at this address e.g.hards@pgr.reading.ac.uk (it will be ready in about 6 months).



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In this study you answered questions about your mood and feelings. Sometimes these things can be upsetting, or draw attention to difficulties you may not have noticed before. We are giving this leaflet to everyone who has taken part in our research at your school. It includes information about different types of support that you and/or your friends might find useful.

# Support and advice

* **Your School (Pastoral Staff, based in ROOM NUMBER)**.   
  If you are feeling worried about something, feel upset or just want to talk to someone, visit room XXX or XXX at your school, and a member of staff will be able to talk to you. You can also speak to [NAME OF PASTORAL STAFF HERE], or any member of staff you trust. They will be able to offer you support and advice.
* **Your General Practitioner (GP) (contact details vary)**

Your GP will be able to offer support and advice on possible treatment options for any mental health difficulties. It can be helpful to take someone with you if you are not used to talking to them.

* **Wiltshire Mind: Email:** [**office@wiltshiremind.co.uk**](http://kyi.org.uk/) **Tel: 01225 706532**  
  Wiltshire Mind is based in Melksham and provides support services in Wiltshire for people who are feeling distressed. Wiltshire mind provides a range of friendly, safe places for anyone at risk of/ or experiencing mental health issues.
* **Samaritans: Tel: 08457 90 90 90, Email: Jo@Samaritans.org**

Samaritans provides confidential emotional support, 24 hours a day for people who are experiencing feelings of distress or despair. They are there to listen if you’re worried about something, feel upset or confused, or you just want to talk to someone.

* **Childline: 0800 11 11**

Free confidential 24hr helpline for young people who are aged up to 19 years old

* **Papyrus: Tel: 0800 068 41 41/ SMS:0776 209 697, Email:** [**pat@papyrus-uk.org**](mailto:pat@papyrus-uk.org)

Papyrus is a UK national charity dedicated to the promotion of positive mental health and emotional wellbeing in young people.

* **NHS Direct (England & Wales): 111**

For health, advice and reassurance, 24 hours a day, 365 days a year.

# Websites and online resources

* **Young Minds:**

Charity committed to improving the mental health of young people. Learn about mental health and hear others’ stories www.youngminds.org.uk/

* **Time to change**

England’s biggest programme to challenge mental health stigma and discrimination. To learn

about mental health or to get involved in anti-stigma campaigns search: http://www.time-to-change.org.uk/

* **Re think mental illness**  
  A charity dedicated to changing lives. For support, to learn more about what mental health is/mental health services and volunteering opportunities. http://www.rethink.org/
* **MoodGYM:** https://moodgym.anu.edu.au/welcome

This is a free, interactive web programme for young people that is designed to prevent and  
 reduce depression

# Books

* **Reynolds, S. & Parkinson, M. (2015) Am I depressed? And what can I do about it?**The book adopts a narrative approach with graphic elements, incorporating case studies and including some interactive exercises. It provides an essential bridge for young people who have not yet asked for professional help as well as support for those who are waiting for treatment.
* **Reynolds S. & Parkinson, M. (2015) Teenage depression: A CBT guide for parents**This accessible companion book to Am I Depressed and What Can I do About it? makes use of the case studies, looking at the issues from the parents’ point of view, and incorporates additional strategies for parents. From ‘what to look out for’, through what the evidence says about different forms of treatment, to family communication and relapse prevention. Each section includes troubleshooting boxes
* **Think Good – Feel Good:** This is a workbook for children and young people.   
  Stallard, P. (2002). Chichester: John Wiley & Sons. (plus additional online resources after purchasing book http://www.wileyeurope.com/go/thinkgoodfeelgood)