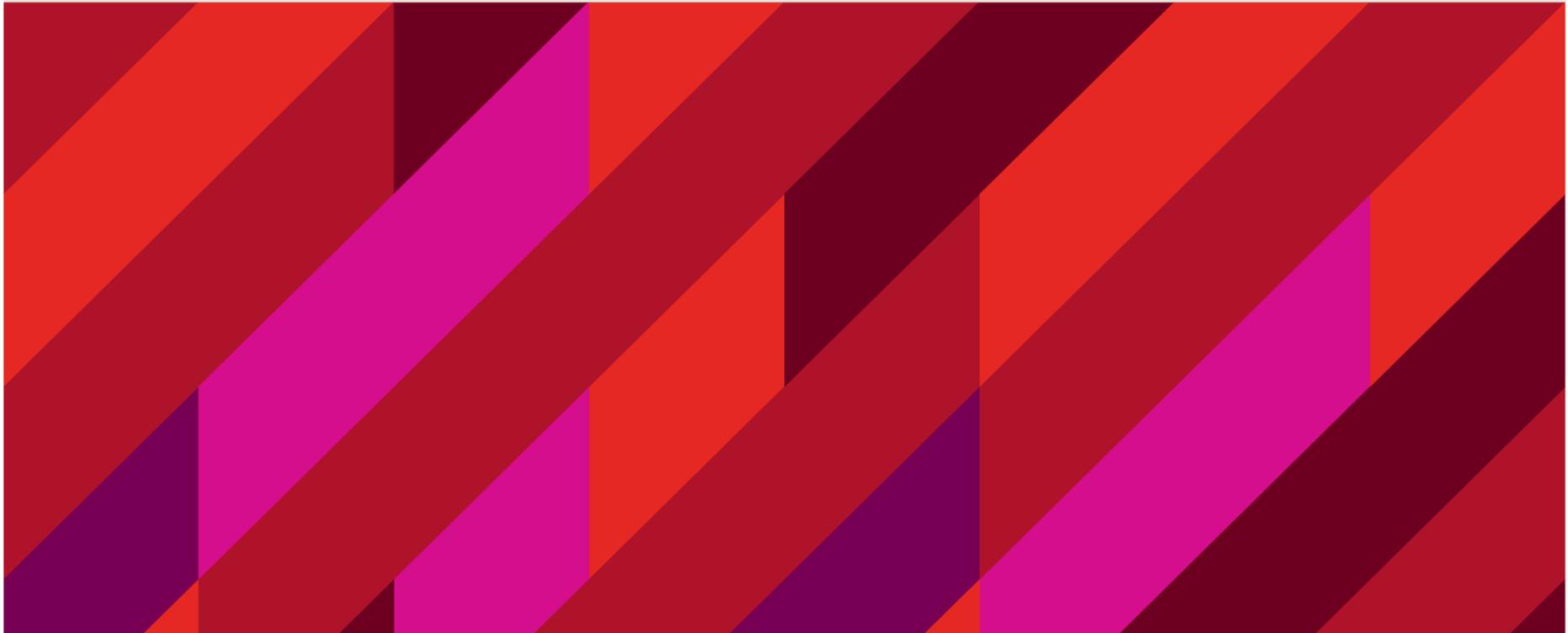


Youth Mental Health Screening in Schools Research Study

Developing a sustainable system to deliver early intervention for emotional health
through Australian schools



Study Overview



WHAT IS THIS STUDY ABOUT?

This study aims to develop a mental health screening tool for students to do in school. It aims to identify students who may be going through a difficult time and need mental health support. Students will complete an online screener twice (6-9 months apart). Schools will be provided with different pathways to care and referral options, which schools can then offer to students who need additional support.



WHO WILL BE PARTICIPATING?

Schools:

- 100 (approx.) schools across NSW. Schools may be Government, Catholic or Independent School.
- All NSW schools will be eligible to participate.

Students:

- Students in Year 4 through to Year 11
- Schools may choose to include all eligible year groups, or they can select particular year groups.



WHO'S BEHIND THIS STUDY?

Researchers:

- Prof Ron Rapee (Chief Investigator) and Dr Rebecca Kuhnert (Research Coordinator) from the Centre for Emotional Health at Macquarie University

Partners:

- NSW Department of Education
- Catholic Schools NSW
- Association of Independent Schools NSW

Funder:

- Bupa Health Foundation



WHAT'S THE BENEFIT FOR MY SCHOOL?

- Access to free and easy-to-deliver emotional health screening for students from Year 4 to Year 11, that will identify students who score high on symptoms of emotional distress and who may otherwise “slip through the cracks”.
- A list of identified students from your school who are currently struggling with emotional distress. Many of these students will be known to you – but some will be newly identified.
- A detailed report on the findings of the screenings, including aggregated data for your school overall.
- Recommendations tailored to your school and community on local, evidence-based referral services, provided by expert researchers and clinicians.
- Increased knowledge and skills development for your school mental health staff in methods of screening and identification of emotionally distressed youth.
- Development of free guides and templates for your school to use for ongoing screening and referral, if your school would like to continue screening after the study.

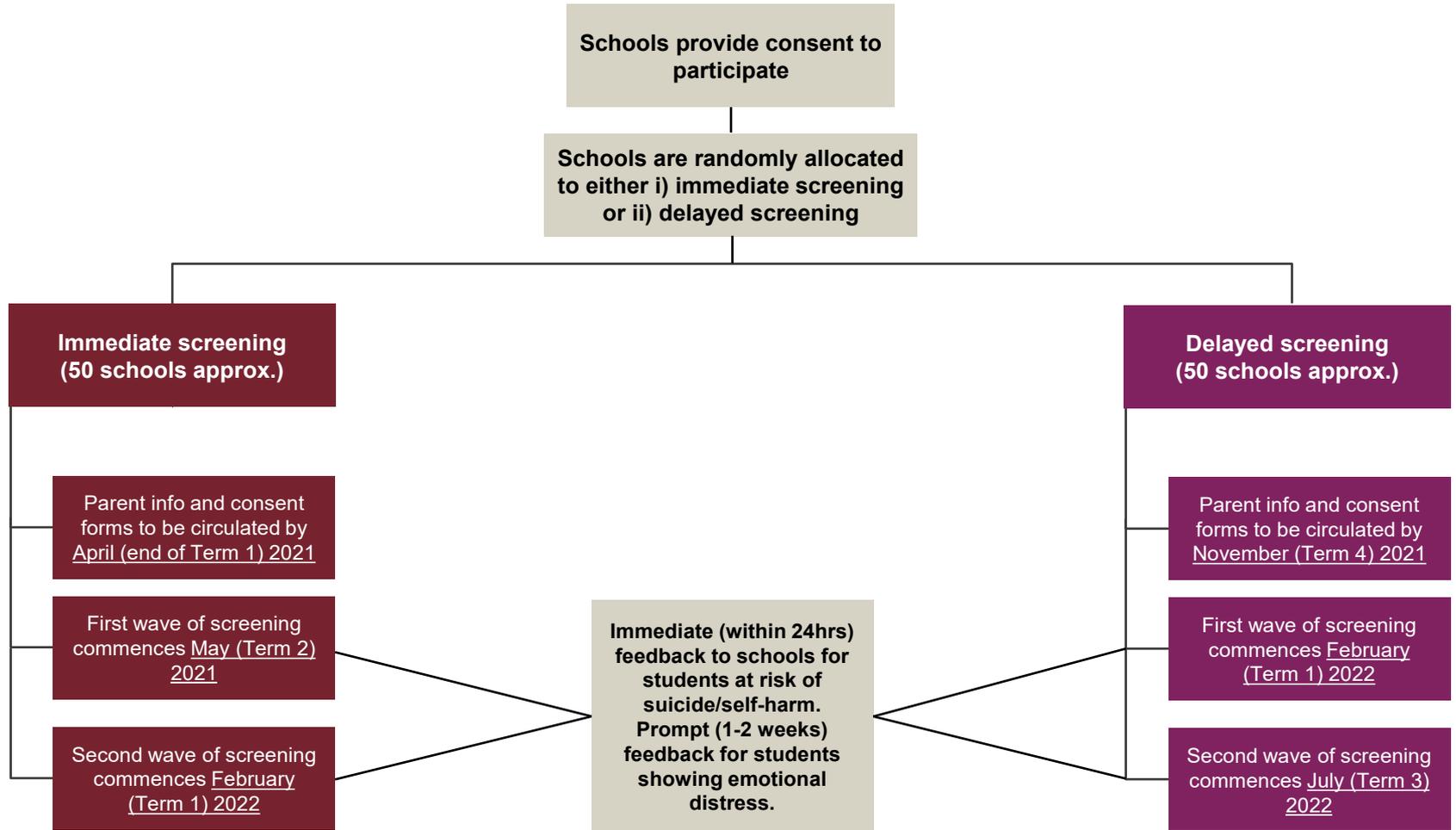
Study Commitments



WHAT WILL THIS INVOLVE FOR MY SCHOOL?

- Random allocation to receive screening either in 2021 ('immediate') or in 2022 ('delayed'). Schools allocated to delayed screening will not miss out on screening – it will just be at a later date.
- Circulate information about the study to parents/guardians (templates will be provided) and record any non-participating students.
- Arrange a time and provide supervision for students to complete the screening. Screening will take approx. 30 minutes and will be completed online. All screening materials, instructions, and scoring will be provided to you.
- Ensure that a member of staff with mental health expertise (e.g., school counsellor) is available on the day of testing.
- Provide appropriate information about relevant services to students who have been identified as having symptoms of emotional distress and their parent(s). Macquarie University will provide your school with a list of students who score high on emotional health symptoms and will work with your staff and local mental health services to help you to identify the best pathways to care.
- Provide the Macquarie University Research Team with student data on school attendance and academic performance (only for students whose parents provide active consent for this).
- Provide feedback to us about how you found the experience (with your consent).

Study Timeline



Frequently Asked Questions

What consent is needed for students?

This study has ethics approval for opt-out (passive) consent. All eligible students will participate unless their parents provide consent for them to opt out. This means greater representation across the student cohort and more students getting the help they need.

Can my school choose which year groups participate?

Yes – as long as they are Year 4 through to Year 11. While we recommend that schools include all eligible year groups, your school may prefer to select certain year groups only.

Can multiple students do screening at the same time?

Yes, we recommend this to make the best use of your school's time. Students will need individual access to a computer, but students can do their screening as class or year groups together.

Is this study private and confidential?

The Research team will not be able to personally identify students. Any at-risk students will be flagged with your school using their Student ID, so only your school staff will be able to identify students. Screening results will only ever be given to schools at group levels and will be de-identified.

How do I sign up for my school to participate?

If you would like your school to participate, please email Dr Rebecca Kuhnert (Research Coordinator) and you will be sent an Information and Consent Form to sign and return: rebecca.kuhnert@mq.edu.au Please also feel free to email Dr Rebecca Kuhnert (Research Coordinator) with any questions you may have.



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Thank you for your interest in our research!

Please contact Dr Rebecca Kuhnert to
sign up or find out more:

rebecca.kuhnert@mq.edu.au

This study has been approved by the Macquarie
University Human Research Ethics Committee -
Reference No: 52021918824322