

***I-Well* Using the
internet to improve
adolescent mental
health and well-being**



**We warmly invite you and
your school to take part in
our study.**

We aim to provide adolescents, school counsellors, and parents in Dunedin/Otago access to internet-based therapy programs to help improve mental health and well-being. This study is part of a larger programme of research on internet-based therapeutic programs to improve mental health and well-being that is being conducted by the Injury Prevention Research Unit (see <http://www.otago.ac.nz/rid>)

**Funded by the Health Research
Council of New Zealand**

(2010—2013)



The study has been approved by the Multi-Region Ethics Committee as part of a wider programme of research on internet-based therapy by the Injury Prevention Research Unit as well as the Upper South A Ethics Committee (URA/11/11/069).



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***I-Well*
Using the Internet to
Improve Adolescent
Mental Health
and Well-being**



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Adolescent Well-Being in New Zealand



In New Zealand, up to 25% of adolescents experience problems with their mental health and well-being, most commonly depression.

Up to 20% of adolescents have symptoms of depression that cause problems with their mood, well-being, relationships, health, and school functioning. If signs of depression are caught early, however, depression can be treated effectively.

One way that we can help adolescents to access mental health support is via the internet.

Our Study

We are conducting a research project entitled *Using the internet to improve adolescent mental health and well-being*.

In our study (2010-2013), we aim to use internet therapy programs to improve the mental health and well-being of adolescents in Dunedin/Otago schools.

Invitation

We warmly invite your school to take part in our study.

What does the study involve?

Using a secure internet site, Year 10 to 13 students in early 2012 will be asked to fill in questionnaires about their well-being (about 30 minutes), and then to complete an online therapy program over the course of four or five weeks (about 30 minutes/week).



Parents/guardians and school counsellors will also be given access to the two online therapy programs and asked about how useful they felt the programs were for improving mental health and well-being.

At the end of the study (6 months after the study begins), students will be asked again to complete follow-up online questionnaires (about 30 minutes) to find out how the internet-based therapy programs may have affected their mental health and well-being, and whether they felt the programs would be acceptable to other adolescents, parents, and counsellors.

What are the benefits of taking part?

Everybody knows what it's like to feel down, stressed, or upset. By taking part in the study, adolescents could learn information and techniques to help manage day-to-day stress and well-being.

Counsellors and parents will have access to useful information and resources for helping adolescents.

Also, the feedback from adolescents, parents, and counsellors will help us to develop internet-based therapy programs for adolescents who might need them in the future.



**We thank you for
considering your school's
involvement!**

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