One year on, what I’ll be doing + A few quick updates

Elizabeth Blackwell Institute Workshop Nov 2019

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Population Health Sciences, Bristol Medical School + Centre for Psychological Approaches for Studying Education, School of Education + Mental Health in Young People Research Initiative, Elizabeth Blackwell Institute
One year ago
Then

Vice-Chancellor's Fellowship (Started August 2019)
‘The way universities are run is making us ill’: inside the student mental health crisis
My three research projects
1. Student and school characteristics

Outputs:
- Analysis of Wellbeing Survey data
- Understanding of contextual factors

Key method:
Multi-level modelling
2. Opt-in to university/parental contact

Outputs:
- Guidance on policy best-practice
- Cross-institutional perspectives

Key method:
In-depth case studies

How is the policy experienced?
What is the potential for benefit?
3. Exploring the impact of transitions

Outputs:
- Challenges, needs and strategies
- Guidance for staff supporting students

Key method:
Semi-structured interviews
One year on from the last EBI MHYP Workshop
“Stakeholder involvement work to identify priorities for research”
Stakeholder informed research

- Students (current and alumni)
- Students union
- School children
- Charities
- Academics
- Staff
- Clinicians
“Understand transitions from Schools to University and beyond University”
The impact of transitions on mental health

- Experiences of ‘at risk’ groups
- Belonging
- Needs
- Coping strategies
“Internal funding... and availability of small grants”
Four new EBI funded projects
- Lucy Biddle
- Oliver Davis
- Felicity Sedgewick
- Nick Turner
“Student mental health in UK HE structure/system compared with HE in other countries”
Cross-institutional partnerships

How can we come together, to measuring mental health and wellbeing outcomes across 23 universities (13 countries)?
“Understand support for staff and students”
Academic advisor for MMHUP

- Mind Mentally Healthy Universities
- Peer support for staff
Questions

1. What school-level factors might be related to mental health and wellbeing?

2. Should universities be in touch with parents?

3. Key times when students might be struggling?