

# INVOLVEMENT

## A mental health cohort for adolescents – Project plan

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### Background

Adolescents (As) in Norway: 15 – 20 % have reduced function due to mental health problems, 8 % have been diagnosed. All patients have the legal right to be actively involved in their own healthcare treatment as well as at system level (for improving healthcare services).

### Aims

To assess user involvement at individual and system level in primary and secondary health care services for adolescents with mental health problems/conditions, and to assess their satisfaction with, and effectiveness, cost-effectiveness and safety of healthcare services.

### Methods

Recruit a population cohort (age 13 – 17, N: max.30,000).  
A range of interventions TwiCs & qualitative studies.

### Ethical concerns – TwiCs specific

Cohort: Information & consent

Aim: Learn about As' mental health

Data for assessing effectiveness of interventions

*Consent process: What are we asking for and what information is given?*

RCT: Information & consent

Information about random selection to intervention group only.

*Disappointment: As sharing information over the internet / social media ?*

### Ethical concerns – Generic

Voluntary participation

Right to withdraw

Confidentiality with limitations

Age appropriate information

Informed consent: 13-15 A + parent, 16+ alone

