

PS YOUNG SUPPORT

WEB BASED SUPPORT FOR YOUNG PEOPLE CLOSE TO PERSONS WITH MENTAL ILLNESS

The research project PS Young Support is studying whether or not an Internet based support can help young people who are close to someone, a friend or family member, with mental illness.

Young people with such experience participated in development and evaluated a website together with researchers, software developers and a communicator.

RESEARCH GROUP

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The website www.molnhopp.nu in December 3, 2009.

METHODS AND PROCEEDINGS

The research project PS Young Support uses a participatory design and comprises three phases:

✓ COMPLETED PHASE

Phase 1: Mapping

Mapping of young next of kin's life situation and need of support and their thoughts about internet based support.

✓ COMPLETED PHASE

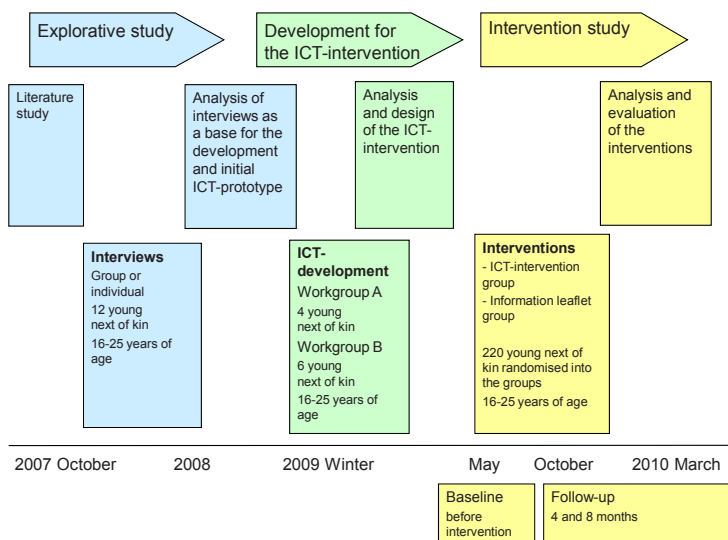
Phase 2: Development

The respondents from phase 1 were engaged in the design process of the website and were split into two groups.

✓ COMPLETED PHASE

Phase 3: Intervention

A randomised, controlled, intervention study is executed during eight months.



BACKGROUND

Whilst the mental health of the Swedish population has improved as a whole, it has on the contrary worsened in the age group of 15–24 year olds. Young people close to persons with mental illness are particularly exposed. These young people's lives are highly affected by this life situation and they must often change normal life routines such as schooling, work and social life.

THE IMPORTANCE OF THE PROJECT

The knowledge is uncertain regarding the effect of web based health care efforts. There is a need for studies of the effect as well as knowledge of the usability of web based support. The PS Young Support study will increase knowledge in both areas and therefore contribute to the development of efficient support. Young relatives to persons with mental illness are an invisible group and the study will give more knowledge of their life situation and mental health.

www.psyyoungsupport.se