

## Social Capital & Youth Mental Health (SoCap-YMH) Funded by Familjen Kamprads Stiftelse

The research team:

**Project Leader: Mikael Ahlberg**, Ph.D. thesis on social capital and mental health among adolescents. Registered Nurse & Senior lecturer in Nursing at HU

**Katrin Häggström Westberg**, Ph.D. thesis on help seeking behavior among adolescents with mental health problems. Psychiatric Nurse, co-owner of Affecta Clinic in Halmstad and Senior lecturer in Nursing at HU

**Petra Svedberg**, Professor of Nursing at HU & **Jens M. Nygren**, Professor of Health Innovation at HU, both with expertise on co-production, evaluation and implementation of mental health interventions targeting adolescents.

**Malin Eriksson**, Professor in social work and Ass. professor in Public Health at Umeå University,

**Antony Morgan**, Professor in Public Health at Glasgow Caledonian University in London, with expertise on social capital and mental health problems among adolescents.

**Katerina Cerna**, Ph.D. Educational sciences, works as a Associate Professor in Informatics at GU and HU, with expertise on participatory design.





**International Journal of Environmental Research and Public Health**

Review  
**Current Conceptualization and Operationalization of Adolescents' Social Capital: A Systematic Review of Self-Reported Instruments**  
 Mikael G. Ahlborg\*, Maria Nyholm, Jens M. Nygren and Petra Svedberg

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 \* Correspondence: mikael.ahlborg@hh.se

**Abstract:** There is a capital in empirical map and psychometric been developed and identify and evaluate capital, specifically d was a systematic rev Reported Outcome N applied. Twenty stu capital instrument fo variation in the desi development proced both the multidimen Careful examination further instrument di

**Keywords:** adolescer capital; validation

1. Introduction  
 Social capital r networks [1]. A gr capital and adoles capital has in this | explaining inequal

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**International Journal of Environmental Research and Public Health**

Review  
**Mental Health Problems among Young People—A Scoping Review of Help-Seeking**  
 Katrin Häggström Westberg<sup>1,2,\*</sup>, Maria Nyholm<sup>1</sup>, Jens M. Nygren<sup>1</sup> and Petra Svedberg<sup>1</sup>

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**Abstract:** Mental health problems among young people is a worldwide public health concern. There has been an increase in mental health problems among young people in the Nordic countries in the last 25 years, particularly in Sweden. Despite this increase, international research has repeatedly shown that young people do not access or receive support when encountering mental health problems. The purpose of this study was to explore the process of help-seeking for professional support among young people with mental health problems.

**Methods:** The study used qualitative constructivist Grounded Theory and open-ended interviews. Thirteen young people between 15 and 23, recruited from two local support clinics, were interviewed.

**Results:** *Lost in space* emerged as the core category, capturing aspects of both the experience of self and mental health problems as well as the process of seeking and acquiring professional help for mental health problems. The study identified several prominent barriers for seeking and acquiring professional help for mental health problems. The young people expressed a lack of knowledge on mental health issues and support services and substantial efforts were made to try to cope with problems on one's own. *Lost in space* involved *Drifting* - trying to make sense of own experiences and struggling to cope with problems, *Navigating* - searching for help through multiple attempts and contacts and *Docking* - finding support with something/somebody that feels right.

**Conclusions:** The theoretical model sheds light on how young people with mental health problems were met with fragmented support services. Society needs to provide encompassing, youth-friendly and flexible support services, so that attempts at help-seeking are not missed.

**Keywords:** Sweden, Mental health, Young people, Help-seeking, Support services, Grounded theory

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**RESEARCH** Open Access

**Lost in space - an exploration of help-seeking among young people with mental health problems: a constructivist grounded theory study**  
 Katrin Häggström Westberg<sup>1,2\*</sup>, Jens M. Nygren<sup>1</sup>, Maria Nyholm<sup>1</sup>, Ing-Marie Carlsson<sup>1</sup> and Petra Svedberg<sup>1</sup>

**Check for updates**

**Abstract**

**Background:** Mental health problems among young people is a worldwide public health concern. There has been an increase in mental health problems among young people in the Nordic countries in the last 25 years, particularly in Sweden. Despite this increase, international research has repeatedly shown that young people do not access or receive support when encountering mental health problems. The purpose of this study was to explore the process of help-seeking for professional support among young people with mental health problems.

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public health priority, particularly as mental health 6- Even in countries with supposedly good access to or mental health problems. The aim of this study was re on young people's experiences of seeking help for idate whether the Lost in Space model was adaptable ocess described in the included articles in this scoping n which we searched for literature on mental health ed between 2010 and 2020 in different databases. From rticles for inclusion. The review showed how young rith regard to issues related to mental health and e and to safe-guard one's own health were consisten- vere often regarded as inaccessible and unresponsive. nd psychosocial process.

ip-seeking; scoping review; user perspective; qualitative

### AIM

**The overall aim of this research project is to investigate social capital in relation to help-seeking and mental health in adolescence. More specifically, we will enhance the understanding of social capital in relation to mental health in adolescence and how social capital may facilitate early identification and support of adolescents at risk of developing severe mental health problems in need of mental health care.**

The research questions that will be addressed are:

- WP 1 - How can we assess social capital and help-seeking for adolescents in Sweden with high validity and reliability in relation to mental health?
- WP 2 - What is the role of social capital for mental health and help-seeking in adolescence?
- WP 3 - How can we improve early identification of adolescents at risk of developing severe mental health problems?

## Project Plan

### WP 1:

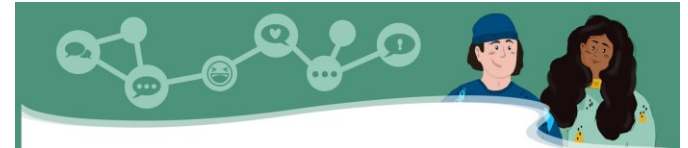
- Instrument Development, Social Capital and Help-Seeking,
- How? Focus-groups and workshops with pupils in 9<sup>th</sup> grade, Laholm, Halmstad & Gothenburg
- When? Autumn 2023- Spring 2024

### WP 2:

- Longitudinal investigation of Mental Health, Help-Seeking & Social Capital
- How? Questionnaires, >800 pupils in Halland & Gothenburg
- When? Autumn 2024 & Autumn 2025

### WP 3:

- Co-Production with the World Café Method
- How? Workshops with pupils, teachers (mentors), School Health, optional & Mental Health Organizations (Team TILIA, NSPH, CEPI, MIND)
- When? Spring 2024 – Spring 2026 and onwards?



**Vi söker deltagare till forskningsstudien SoCap**

**- Youth Mental Health - Socialt kapital, hjälpsökande och ungas psykiska hälsa.**

**Projektets syfte:** Vi vill veta mer om vilken roll sociala relationer spelar för ungdomars psykiska hälsa och hur det hänger ihop med hur unga söker hjälp när de har problem med sin psykiska hälsa.

**Projektets utformning:** Projektet är utformat för att ungdomar ska vara aktiva deltagare.

I den första fasen utvecklas två enkäter tillsammans med ungdomar. Den första enkäten kommer att handla om stöd i ungdomars sociala relationer, exempelvis inom familjen och bland kompisar och den andra enkäten kommer att handla om hur ungdomars söker hjälp för psykisk ohälsa.

Den andra fasen av projektet är en enkätstudie där elever får svara på frågor om sociala relationer, psykisk hälsa och att söka hjälp. Enkäten kommer att skickas ut vid två tillfällen med ett års mellanrum.

Den tredje fasen pågår under hela projektet. Här genomförs workshops där ungdomar och personal från skola och personer från organisationer som arbetar med ungdomar träffas för att prata om hur man kan förbättra den psykiska hälsan och på bästa sätt hjälpa dem som mår dåligt.

Vi är intresserade av deltagare i årskurs 9 och personal från relevanta verksamheter, t.ex. lärare, personal från elevhälsovård, hälso- och sjukvård samt fritids- och idrottsorganisationer.

**Frivillighet:** Det är helt frivilligt att delta och deltagande kan avbrytas när som helst utan att orsak behöver anges.

**Huvudman för projektet är Högskolan i Halmstad**

Har du frågor? Kontakta i så fall

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