

Social Research Call

Title:

Strengthening resilience systems as a youth mental health right



Acronym: RESIL(SC)IENCE

Project leader: Helena Carvalho

Host organisation: Universidade do Porto

Main purpose of the project: RESIL(SC)IENCE aims to contribute to the development of valid, timely, and accurate indicators that could provide a systemic and comprehensive analysis of youth Mental Health determinants and inform intersectoral policies in the field.

Design/methodology/approach: The project implies quantitative and qualitative data collection. Quantitative data will include a nationally representative survey on individuals with ages ranging from 18 to 35 years. The protocol will comprise individual, contextual, and socioeconomic information. Qualitative data includes: 3 Focus Groups (6-8 participants); Netnography and Semi-structured interviews (15 interviews).

Potential results: The significant investment in measurement and the production of an inclusive data survey (that addresses Portuguese social, economic and regional inequalities) also aims to provide the scientific community and policymakers with a culturally adapted and youth sensitivity tool for monitoring future reforms and policies' impact on the field.

Social relevance of the research: RESIL(SC)IENCE collaboration contents and processes can inspire paradigmatic changes in decision-making for developing public policies in Portugal, namely highlighting the role of bottom-up, participatory methods and multisectoral approaches in Mental Health domain.

Originality/value of the project: The ambitious nature of RESIL(SC)IENCE results from a solid compromise in developing a project grounded on real lives, which implies focusing on individual but also, on social and economic indicators of Mental Health.