

HeadStart national evaluation final report

Appendix 4: HeadStart
publications and
engagement activity

**Evidence Based
Practice Unit**

A partnership of



Introduction

Between 2018 and 2023 HeadStart produced 64 publications for a variety of audiences, including evidence briefings, journal articles and briefings for young people. In addition, learning from HeadStart was shared at several events and conferences and via blog posts and media articles.

Evidence briefings

In HeadStart evidence briefings, we share our research findings from the HeadStart programme. These briefings draw on qualitative, quantitative and summative data collected during the six-year programme. The research examines a wide range of topics related to children and young people's mental health and wellbeing and explores perceptions about and impact of HeadStart delivery. They can be found at: <https://www.annafreud.org/research/past-research-projects/the-headstart-learning-programme/>

<i>Briefing name</i>	<i>Publication date</i>
Evidence briefing #17: Young people's perspectives on their participation in HeadStart	Forthcoming
Evidence briefing #16: Changes in local areas as a result of the HeadStart programme: stakeholder perspectives	May 2023
Evidence briefing #15: Supporting young people's and families' mental health and wellbeing: examples and perspectives from parents and carers in HeadStart	January 2023
Evidence briefing #14: Youth participation: models used to understand young people's participation in school and community programmes	August 2022
Evidence briefing #13: Young people's experiences of HeadStart: 2017-2021	June 2022
Evidence briefing #12: Learning from HeadStart: changes in perceived social support during early adolescence	October 2021
Evidence briefing #11: Learning from HeadStart: does a brief, school-based intervention aimed at building resilience help children with emerging mental health difficulties?	July 2021
Evidence briefing #10: Delivery of the HeadStart programme during the coronavirus pandemic: HeadStart staff perspectives	February 2021
Evidence briefing #9: HeadStart in schools: what do school staff members think?	December 2020

Evidence briefing #8: Learning from HeadStart: does cross-age peer mentoring help young people with emerging mental health difficulties?	October 2020
Evidence briefing #7: Learning from HeadStart: the mental health and wellbeing of adolescent boys and girls	February 2020
Evidence briefing #6: Shining a light on risk and protective factors: young people's experiences	January 2020
Evidence briefing #5: Whole school approaches to promoting mental health: what does the evidence say?	October 2021
Evidence briefing #4: Learning from HeadStart: does social action help young people with emerging mental health issues?	April 2019
Evidence briefing #3: Learning from HeadStart: the relationship between mental health and school attainment, attendance and exclusions in young people aged 11-14	February 2019
Evidence briefing #2: HeadStart year 1: national qualitative evaluation findings - young people's perspectives	May 2018
Evidence briefing #1: Mental health problems in young people, aged 11-14: results from the first HeadStart annual survey of 30,000 children	January 2018

Heads up briefings

HeadStart heads up briefings aim to highlight policy implications emerging from the HeadStart evaluation. They can be found at:

<https://www.annafreud.org/research/past-research-projects/the-headstart-learning-programme/>

<i>Briefing name</i>	<i>Publication date</i>
Heads Up Briefing #8 What has gender got to do with young people's mental health?	April 2023
Heads up briefing #7: Mental health problems and subjective wellbeing: are they influenced by the same things?	November 2022
Heads up briefing #6: Targeted interventions in HeadStart: how do HeadStart partnerships support the mental health of young people, and do they reach those in need?	June 2022
Heads up briefing #5: Gender differences, improving support, and talking about mental health: learning from the 2020 HeadStart conference	July 2022

Heads up briefing #4: Supporting young people at home: what helps young people with their mental health and wellbeing?	June 2020
Heads up briefing #3: How are systems change and sustainability being approached in HeadStart?	October 2019
Heads up briefing #2: What are HeadStart partnerships doing to support the mental health of children and young people aged 10-16?	June 2019
Heads up briefing #1: What are HeadStart interventions focusing on to improve mental health in 10-16-year-olds?	April 2019

Young people's briefings

Young people's briefings provide concise and accessible summaries of some of the HeadStart Learning Team's research. They have been created with and for young people. They can be found at <https://www.annafreud.org/research/past-research-projects/the-headstart-learning-programme/>

<i>Briefing name</i>	<i>Publication date</i>
What we learned about young people's mental health from HeadStart	Forthcoming
Learning from HeadStart: the mental health and wellbeing of boys and girls aged 11-14	September 2020
What young people in HeadStart told us about having difficulties and getting support	February 2020
What young people in HeadStart told us about handling problems and difficult situations	February 2019

Journal articles

<i>Journal article</i>	<i>Publication date</i>
Demkowicz, O., Panayiotou, M., Qualter, P and Humphrey, N. (2023). Longitudinal relationships across emotional distress, perceived emotion regulation, and social connections during early adolescence: A developmental cascades investigation. <i>Development and Psychopathology</i> , 1-16, https://doi.org/10.1017/S0954579422001407	February 2023

Jefferies, P., Fritz, J., Deighton, J. and Ungar. M. (2023). Analysis of Protective Factors in Schoolchildren in England Using the Dual-factor Model of Mental Health. <i>Research on Child and Adolescent Psychopathology</i> , 1-14. https://doi.org/10.1007/s10802-023-01038-z	February 2023
Carmichael-Murphy, P., Demkowicz, O., and Humphrey, N. (2022). “At risk” adolescent boys’ engagement with an employability intervention: A qualitative exploration. <i>Frontiers in Education</i> , 7. https://doi.org/10.3389/feduc.2022.924456	July 2022
Lereya, S. T., Patalay, P., and Deighton, J. (2022). Predictors of mental health difficulties and subjective wellbeing in adolescents: A longitudinal study. <i>JCPP Advances</i> , e12074. https://doi.org/10.1002/jcv2.12074	May 2022
Yoon, Y., Eisenstadt, M., Lereya, S.T. and Deighton, J. (2022). Gender difference in the change of adolescents’ mental health and subjective wellbeing trajectories. <i>European Child and Adolescent Psychiatry</i> . https://doi.org/10.1007/s00787-022-01961-4	March 2022
Stapley, E., Stock, S., Deighton, J. and Demkowicz, O. (2022). A qualitative study of how adolescents’ use of coping strategies and support varies in line with their experiences of adversity. <i>Child Youth Care Forum</i> . https://doi.org/10.1007/s10566-022-09682-0	March 2022
Demkowicz, O., Panayiotou, M., & Humphrey, N. (2021) Cumulative risk exposure and emotional symptoms among early adolescent girls. <i>BMC Women's Health</i> 21, 388. https://doi.org/10.1186/s12905-021-01527-7	November 2021
Black, L., Panayiotou, M., & Humphrey, N. (2022). Internalizing symptoms, well-being, and correlates in adolescence: A multiverse exploration via cross-lagged panel network models. <i>Development and Psychopathology</i> , 34(4), 1477-1491. https://doi.org/10.1017/S0954579421000225	June 2021
O'Neill, A., Stapley, E., Stock, S., Merrick, H., & Humphrey, N. (2021). Adolescents’ Understanding of What Causes Emotional Distress: A Qualitative Exploration in a Non-clinical Sample Using Ideal-Type Analysis. <i>Frontiers in Public Health</i> , 9, 673321. https://doi.org/10.3389/fpubh.2021.673321	May 2021
Demkowicz, O., Ashworth, E., Mansfield, R., Stapley, E., Miles, H., Hayes, D., Burrell, K., Moore, A., and Deighton, J. (2020). Children and young people’s experiences of completing mental health and wellbeing measures for research: learning from two	September 2020

school-based pilot projects. <i>Child and Adolescent Psychiatry and Mental Health</i> 14, 35. https://doi.org/10.1186/s13034-020-00341-7	
Humphrey, N. & Panayiotou, M. (2020). Bounce Back: Randomised trial of a brief, school-based group intervention for children with emergent mental health difficulties. <i>European Child and Adolescent Psychiatry</i> , 31, 205-210. https://doi.org/10.1007/s00787-020-01612-6	August 2020
Black, L., Mansfield, R., & Panayiotou, M. (2020). Age appropriateness of the self-report strengths and difficulties questionnaire. <i>Assessment</i> , 28(6), 1556-1569. https://doi.org/10.1177/1073191120903382	February 2020
Eisenstadt, M., Stapley, E., Deighton, J. & Wolpert, M. (2020). Adolescent stressors and their perceived effects on mental well-being: a qualitative study. <i>Mental Health and Family Medicine</i> , 16, 992-1001.	January 2020
Casey, P., Patalay, P., Deighton, J., Miller, S. & Wolpert, M. (2020). The Child Outcome Rating Scale: Validating a four-item measure of psychosocial functioning in community and clinic samples of children aged 10-15. <i>European Child and Adolescent Psychiatry</i> 29, 1089-1102. https://doi.org/10.1007/s00787-019-01423-4	October 2019
Stapley, E., Demkowicz, O., Eisenstadt, M., Wolpert, M., & Deighton, J. (2020). Coping With the Stresses of Daily Life in England: A Qualitative Study of Self-Care Strategies and Social and Professional Support in Early Adolescence. <i>The Journal of Early Adolescence</i> , 40(5), 605-632. https://doi.org/10.1177/0272431619858420	July 2019
Demkowicz, O., Panayiotou, M., Ashworth, E., Humphrey, N., & Deighton, J. (2020). The factor structure of the 4-item Perceived Stress Scale in English adolescents. <i>European Journal of Psychological Assessment</i> , 36(5), 913-917. https://doi.org/10.1027/1015-5759/a000562	May 2019
Deighton, J., Lereya, T. L., Casey, P., Patalay, P., Humphrey, N., and Wolpert, M. (2019). Prevalence of mental health problems in schools: poverty and other risk factors amongst 28,000 adolescents in England. <i>British Journal of Psychiatry</i> . https://doi.org/10.1192/bjp.2019.19	February 2019
Black, L., Panayiotou, M., & Humphrey, N. (2019). The dimensionality and latent structure of mental health difficulties	February 2019

and wellbeing in early adolescence. <i>PloS One</i> , 14(2), e0213018. https://doi.org/10.1371/journal.pone.0213018	
Lereya, S. T., Patel, M., Dos Santos, J. P. G. A., & Deighton, J. (2019). Mental health difficulties, attainment and attendance: a cross-sectional study. <i>European child & adolescent psychiatry</i> , 28(8), 1147-1152. https://doi.org/10.1007/s00787-018-01273-6	January 2019
Lereya, S.T., Humphrey, N., Patalay, P. <i>et al.</i> The student resilience survey: psychometric validation and associations with mental health. <i>Child Adolescent Psychiatry Mental Health</i> 10, 44 (2016). https://doi.org/10.1186/s13034-016-0132-5	November 2016

Case studies

HeadStart case studies share some of our practice-based learning from the programme. Some case studies take a close look at learning from a particular HeadStart area, while others zoom out to think about how multiple HeadStart areas addressed the same challenge - from engaging children and young people in research and evaluation to making best use of mental health and wellbeing data. Find them at: <https://www.annafreud.org/research/past-research-projects/the-headstart-learning-programme/>

<i>Case study</i>	<i>Publication date</i>
Case study #7: Youth participation in HeadStart: A review of youth participation activity across a diverse, multi-service youth mental health and wellbeing programme	March 2023
Case study #6: Evaluating a multi-disciplinary children's referral service: HeadStart Kernow's Bloom model	May 2022
Case study #5: Making best use of pupil mental health and wellbeing data	March 2021
Case study #4: Engaging children and young people meaningfully in evaluation and research: learning from HeadStart	August 2020
Case study #3: Using data to inform system and cultural change: Informing system and cultural change in emotional and mental health using the Wellbeing Measurement Framework survey results	September 2019
Case study #2: Reporting on young people's progress on intervention: developing an intervention outcome report	January 2019
Case study #1: Using surveys to measure wellbeing in schools: how to get a good response rate	September 2018

Other resources

Unless otherwise stated, these resources are available at:

<https://www.annafreud.org/research/past-research-projects/the-headstart-learning-programme/>

<i>Resource name</i>	<i>Publication date</i>
Lereya et al. (2023). Descriptive analysis of mental health difficulties across gender and sexual minorities. Available at: https://www.ucl.ac.uk/evidence-based-practice-unit/sites/evidence_based_practice_unit/files/mental_health_difficulties_across_gender_and_sexual_minorities_final_0.pdf	April 2023
At a glance: impact of HeadStart on secondary pupil absence, exclusion and attainment	October 2022
Conducting economic evaluations of mental health and wellbeing early intervention and prevention programmes: learning and insights from a real-world implementation context	January 2022
How I cope: a young person's guide. Available at: https://www.ucl.ac.uk/children-policy-research/how-i-cope-young-persons-guide	April 2021
Young people's experiences during the coronavirus pandemic: views of young HeadStart volunteers https://www.ucl.ac.uk/evidence-based-practice-unit/sites/evidence-based-practice-unit/files/a3_poster_headstart_young_people_coronavirus_updated_publication.pdf	November 2020
Learning from HeadStart update #2. Available from: https://www.ucl.ac.uk/evidence-based-practice-unit/sites/evidence-based-practice-unit/files/headstart_update_2_january_2018_1.pdf	January 2018
Learning from HeadStart update #1. Available from: https://www.ucl.ac.uk/evidence-based-practice-unit/sites/evidence-based-practice-unit/files/headstart_hs_update_1_november_2017_0.pdf	November 2017
Wellbeing Measurement Framework. Available from: https://www.corc.uk.net/resource-hub/wellbeing-measurement-framework-wmf/	March 2017

HeadStart Learning Team events

<i>Event</i>	<i>Date</i>
Evidence Based Practice Unit seminar: So What Have We Learnt From the Last 12 Months?	November 2022
Evidence Based Practice Unit seminar: So What do We Know About Social Connection and Young People’s Mental Health?	October 2022
Three roundtables (for schools, researchers and integrated care): Improving the Mental Health Support System for Children and Young People: New Evidence from the Anna Freud Centre Evaluation of HeadStart	Autumn 2022
CORC seminar: Involving Young People in Research (showcased the National HeadStart Young People’s Group)	May 2022
HeadStart digital events: HeadStart in Schools; Supporting Young People’s Wellbeing Across the System: Learning From HeadStart	November 2021
CORC Forum (HeadStart data featured in keynote)	November 2021
2020 HeadStart learning conference: The How, What and Why of Resilience	February 2020
Evidence Based Practice Unit “So What?” seminar	July 2018
Promotion of HeadStart Learning Team outputs at a series of free training events hosted by CORC	March 2018
2018 HeadStart Learning Conference	January 2018
Keynote presentation at CORC Members Forum	November 2018

HeadStart learning shared at external conferences and events

<i>Event</i>	<i>Date</i>
Keynote presentation at HeadStart Wolverhampton Conference	June 2022
Invited talk at the Mercers' Company Governor's Conference	May 2022
Keynote presentation at Doctorate in Educational and Child Psychology research conference	May 2022
Presentation at the Association of Colleges Mental Health and Wellbeing Conference	2022
Keynote presentation at Child and Adolescent Research Network Conference, New Zealand	November 2021
Presentation at Digital Child Mental Health Conference, University of Dublin	2020
Keynote presentation at an education conference in Hong Kong	December 2019
Invited talk at the International Association for Youth Mental Health conference in Australia	September 2019
Presentations at the Children and Young People's Mental Health and Wellbeing Conference in Stirling	September 2019
Jessica Deighton involved in panel at Labour Party conference fringe event, speaking about school-based research	September 2019
UCL Faculty of Education and Society and the Anna Freud Centre Mental Health and Education Research Seminar	May 2019
Child mental health and wellbeing workshop for Department for Education policymakers (drawing on examples from HeadStart)	May 2018
Keynote presentation at Durham County Council Mental Health and Resilience in Schools Conference: What Works and How you Evidence It	January 2018
Anna Freud Centre's regional Schools in Mind events	September 2017
Presentation at Reading University Conference	September 2017

Keynote speech at Schools North East Conference	June 2017
Keynote speech at the Association for Child and Adolescent Mental Health Jack Tizard Memorial Conference	June 2017
Presentation at Essex Resilience to Brilliance Primary Conference	June 2017

News and blogs

<i>Article</i>	<i>Publication date</i>
Blog post - Pro Bono Economics: How many children are at risk of permanent school exclusion in the UK?	December 2022
Blog post - What Works Centre for Wellbeing: Self-report measures offer new insights into adolescent wellbeing	September 2022
HeadStart Learning Programme highlighted in the UCL Research Excellence Framework (UCL news story and podcast)	May 2022
Article - The Psychologist: Wellbeing and social support	January 2022
Blog post - Evidence Based Practice Unit: Young people at the forefront: the 2020 HeadStart Learning conference	July 2020
Article - Charity Today: New evidence is a wake-up call on the mental health of girls	February 2020
Blog post - Big Qual Analysis Resource Hub: Analysing young people's experiences of coping with problems, difficult situations and feelings: An evolving approach to analysing qualitative longitudinal evaluation data	February 2019