

PROJECT SUMMARY



Young people, mental health and sport – a scoping study

AYPH and Streetgames

Background

Sport England has funded AYPH and Streetgames to undertake a scoping exercise that looks at the role of sport in mental health outcomes for young people aged 14-25 in the UK. This scoping review will set out the questions, assess the existing evidence and propose a research agenda. We will be looking at the evidence on the role of sport in preventing problems arising, in promoting positive youth development and in treating problems once they exist.

Why is this important?

- Sport and organised opportunities to take part in physical activity are widely available, universal 'interventions', carrying positive connotations (rather than stigmatisation). As such they have a potentially important role to play in promoting resilience and reducing mental health problems
- Access to good quality sport has the potential to reduce health inequalities
- With the reduction in youth services funding, promoting the importance of sport and organised activities for this age group is critical if opportunities are not to disappear

Methods

The project will have three main elements:

- (i) **A scoping literature review**, to map out existing research on young people, sport and organised physical activities, and mental health outcomes, highlighting what we know already and the outstanding research questions, particularly in relation to high-risk samples such as those living in inner city areas where health needs may be higher.
- (ii) **Participation work with young people**, to get their perspective on the right kind of sport 'offer', and to inform the questions asked in the scoping review. This is likely to involve young people who are service users, drawn from our existing contacts with youth participation groups in the health service.
- (iii) **Stakeholder event**, with providers and local strategic leads to discuss the findings, draw together recommendations for good practice and next steps.

Timing and outputs

The project will start on 1 February 2016 and complete at the end of May 2016. As well as a report for funders we will produce a briefing setting out recommendations for good practice from the work.

For further information, contact info@youngpeopleshealth.org.uk or visit www.ayph.org.uk