



Welcome

**Professor Willem Kuyken, MYRIAD
Principal Investigator**



Welcome to the inaugural newsletter for the schools in the My Resilience in

Adolescence (MYRIAD) project, funded by the Wellcome Trust.

We are hoping to answer the question, “can we enhance the mental health and well-being of young people in a crucial period of their lives, early adolescence?” We chose the name for our project because myriad means a large number and our project involves thousands of young people across the UK, hundreds of school teachers and a large team of researchers. Asking, and answering an important scientific question is only possible through this widespread support - we could not do it without you.

The MYRIAD project is based on the knowledge that adolescence is a vulnerable time for the onset of mental illness: 75% of mental disorders begin before the age of 24, and half by age 15. By aiming to promote good mental health and intervening early, we may be able to help prevent mental illness from developing and mitigate its effects when it does.

Read more about Willem’s work in this interview:

www.tes.com/news/school-news/breaking-views/tes-talks-willem-kuyken

What Happens Next?

**Dr Catherine Crane, Project
Manager**



We have recently come to the end of a very busy period in the research, after

having visited your pupils, and we would like to say a huge thank you to all the MYRIAD Research Leads, class teachers, pupils and all other members of staff who have answered questionnaires, organised classes and made this research possible. We are looking forward to supporting your school on its journey through the rest of the project. The next steps are:

- We will **visit your school again later this year**
- Around the same time as the visit, **participating teachers will complete their own questionnaires online**
- **Some teachers will also be completing questionnaires about the pupils**



Inspiring an Interest in Research and Science

Elizabeth Nuthall, Trial Manager



We want to inspire the researchers of the future when we come into your school. There are various

activities we can offer your school and students over the coming few terms, including:

- **Giving an assembly or class on designing a good research project**, critically engaging with research, writing hypotheses and research ethics
- **Speaking to students about life as a researcher**, and the different pathways members of our team have followed before working on MYRIAD today. There are career opportunities in research at all levels, from entry level jobs for school leavers, to those taking up a research career following completion of higher level academic qualifications. This could take different formats from assemblies to small group discussions.

Please get in touch with us if you are interested in any of these opportunities!

MYRIAD

My resilience in adolescence

MYRIAD Newsletter Edition 1: March 2018

MYRIAD and our links with your school

Liz Lord, Schools Liaison Lead



We are committed to fostering close working relationships with all of

our MYRIAD schools. We want to raise the aspirations of your pupils and staff by our involvement with you. Each MYRIAD school has a dedicated Research Assistant in Oxford to discuss the possibilities for your school with you. We have put together some possible activities that we have been sharing with you.

We would be happy to come to speak to parents or governors about the project if there is interest within the school.

Celebrate your involvement in the MYRIAD project

Every school taking part in the project will receive a **MYRIAD certificate of participation** and we can also provide other materials:

- **A MYRIAD project banner for your foyer or railings**
- **An article in your school newsletter** to celebrate our links and give an overview of the research
- **MYRIAD logo and wording for your website** about the project and our joint links

Any Questions?

If you or staff, pupils, parents or other members of your school community have any questions about the project please get in touch with the MYRIAD team at myriad@psych.ox.ac.uk.



MYRIAD
Research Visits in Numbers

All 4 Countries of the UK	85 Schools	Over 26,000 11-14 year olds
---------------------------	------------	-----------------------------

Over 600 Teachers have signed up to be a part of our study

Over 1000 individual classes were seen during our visits

25 different MYRIAD researchers enjoyed meeting you and your pupils

Thank You!
Our project would not be possible if it were not for you and your ongoing support. For this, we sincerely thank you!

Wellcome Trust Public Engagement Funding

We are delighted to have been awarded some additional funding from the Wellcome Trust to run a series of public engagement events with our study schools. We will be planning this programme of work over the next year and will get in touch in the future to tell you more about the activities and opportunities that may be open to your school.

Links with the University of Oxford

The MYRIAD project is led by researchers at the University of Oxford.

The University of Oxford has developed a programme of 'link colleges' to simplify communication between UK schools and the University. Every school in the country is linked with an Oxford College. Find out more here: www.ox.ac.uk/admissions/undergraduate/applying-to-oxford/teachers/link-colleges

The Teachers' Newsletter is a regular update of key news and events about applying to the University of Oxford. You can sign up here: www.ox.ac.uk/admissions/undergraduate/applying-to-oxford/teachers/teachers-e-newsletter-0?wssl=1

If there is anything you would like to hear about in future newsletters, please let us know.

MYRIAD
My resilience in adolescence