

Your mental health matters

We are looking for volunteers to participate in our study on the mental health of carers for young people with emotional outbursts

Introduction

This study on the mental wellbeing of carers specifically focuses on understanding how carers of young people with emotional outbursts have coped during the pandemic and the impact of that on their daily lives and access to support. We are hoping to spread more awareness about carers' mental health and to help us think about how we can improve services/support in the future, especially in isolating circumstances like pandemics.



Who are we?

We are researchers from the Kate Woodcock Research Group, based at the School of Psychology, at the University of Birmingham. Ms Snigdha Mukerji, the principle investigator is a trainee Clinical Psychologist and Dr Kate Woodcock is a senior lecturer at the University of Birmingham.

Who are we looking for?

We are specifically looking for families/carers of young people aged between 5-20 years old, who have emotional outbursts at least once a month. We are also only looking for carers who have experienced some change in their mental health during the pandemic.

What will the study involve?

It will involve interviews of around an hour via either video call or telephone. The interviews will include questions about how you felt before the pandemic and what changes you experienced during it. A 10 pound Amazon voucher will be provided to thank you for your participation.



Contact Us To Participate

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