

The InvolveMENT research project

Facilitators & barriers to adolescents' use of mental health services in Norway

Model based on a questionnaire survey with 913 adolescents in 5 municipalities

SHARED DECISION-MAKING

SATISFIED WITH OWN PARTICIPATION

AGREED TREATMENT PLAN

SATISFIED WITH TREATMENT PLAN

USEFUL TREATMENT PLAN

FACILITATORS

THERAPIST AVAILABLE

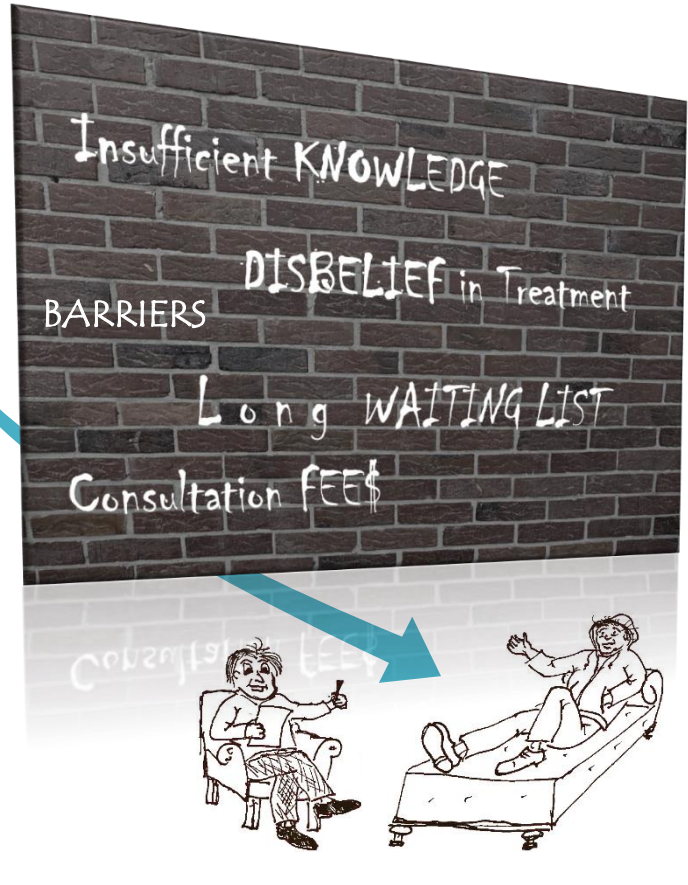
THERAPIST UNDERSTANDABLE

SUFFICIENT TIME/INFORMATION

SATISFACTION WITH HEALTHCARE

NUMBER/DURATION OF COMPLAINTS

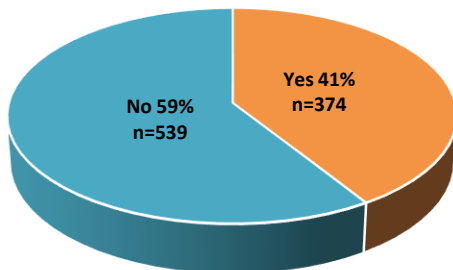
SOCIAL SUPPORT



Facilitators & barriers associated with whether used health service, experienced receiving help & continued services or not (most at $p \leq 0.001$)

Outcome measures developed with the help of adolescent co-researchers and based on:
 GS-PEQ: The Generic Short Patient Experiences Questionnaire
 EQUIP: Evaluating and Quantifying User and Carer Involvement in Mental Health Care Planning
 HSQ: Health Services Questionnaire, Norwegian Institute of Public Health

Mental health challenges



Response rate 78% (n=913 of 1168) Girls 50% Boys 50%

Out of 374 with mental health challenges:
 6 of 10 had a higher number (5-15) of challenges
 Used healthcare practitioner: 47% (n=177)
 Discontinued treatment: 38% (n=67)

Age (years):
 16: 6%
 17: 81%
 18: 8%
 19-26: 4%