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E.motion trial:
Ongoing RCT to test two online interventions for **subclinical depression** in children and adolescents (12-17 years)



Reasons for not participating in the trial:

"The topic [mental health] is not relevant to me"

"I do not have time"

"I (or my parents) do not want personal data to be stored"

ProHEAD Consortium: ProHEAD (Promoting Help-seeking using E-technology for ADolescents) is aiming to assess new access pathways for prevalent mental health problems in children and adolescents.

- Five German study sites
- School-based sample of $N = 15,000$
- Age: 12-17 years
- Online assessments in school
- Allocation to one of five RCTs within the Consortium, based on meeting cut-off scores for mental health problems at baseline:

Screening and algorithm

- **RCT 1: general mental health problems**
- **RCT 2: eating disorder symptoms**
- **RCT 3: at-risk alcohol use**
- **RCT 4: depressive symptoms, E.motion trial**
- **RCT 5: no mental health problems, prevention trial**

Why do children and adolescents not participate in the trial?

Preliminary results on anonymized individual reasons for not participating in the trial (assessed via questionnaire): $N = 398$ students (age range: 12-17, all school types)

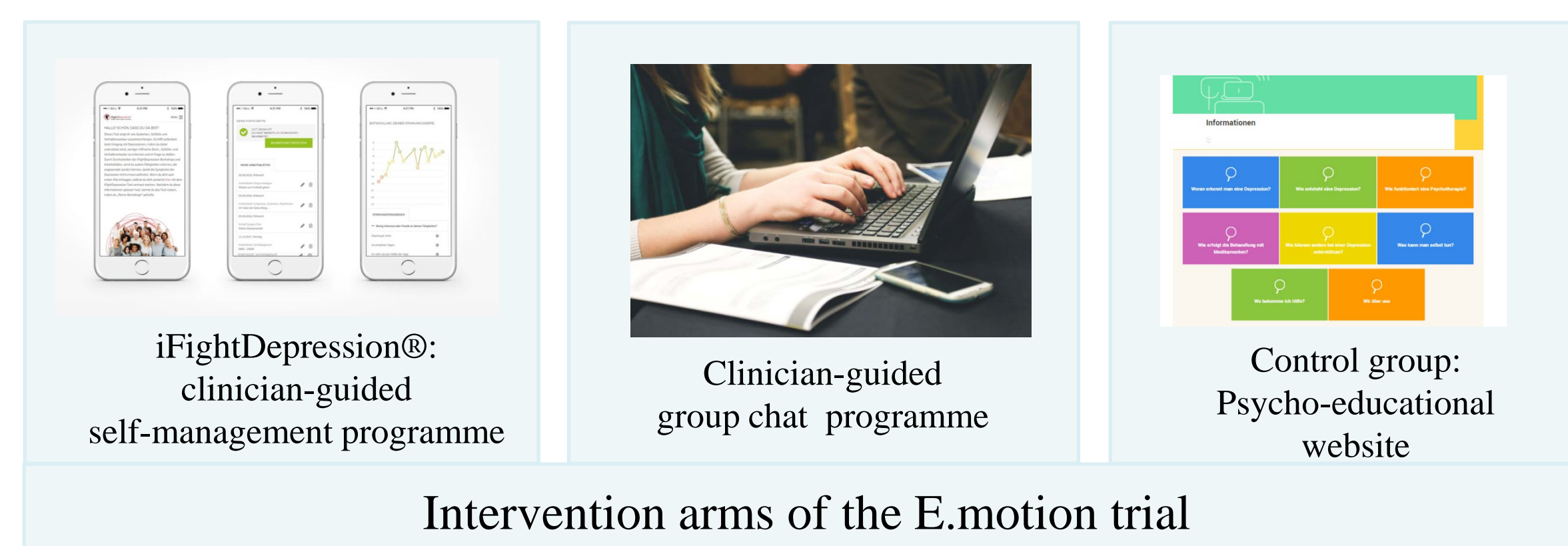
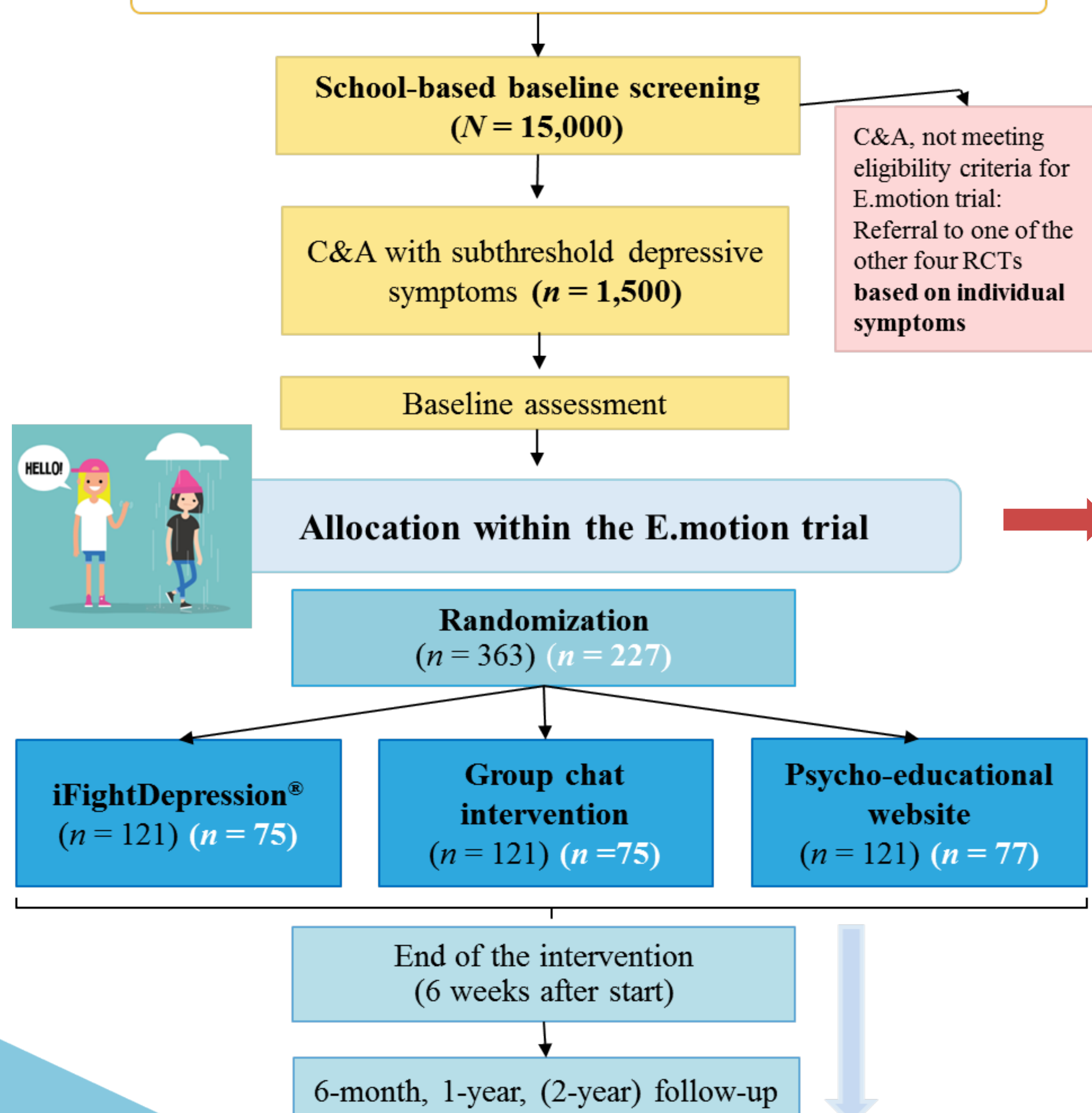
Top reasons for not participating in ProHEAD (Min = 0, Max = 16, M = 3):

- The topic (mental health) is not relevant to me. (n = 221, 55%)*
- I do not have time to participate. (n = 123, 31%)*
- I (or my parents) do not want personal data being stored. (n = 104, 26%)*
- My friends do not participate either. (n = 94, 23%)*
- My parents do not want me to participate. (n = 77, 19%)*
- The consent form is too long and complicated. (n = 73, 18%)*

Lessons-learned, practical and hands-on tips for school-based recruitment in trials:

- Go there in person, do not call or Email (for initial contact) and get to know the school before
- Inform the parents (as often and as much as possible), e.g. via letters, info on school website
- Prepare a one-pager FAQ document for parents
- Bring incentives (e.g. rulers)
- Get to know the school counsellors, social worker, bring chocolate
- Get support from your network (friends, family, neighbours)
- Have an Instagram account

Recruitment E.motion trial within the ProHEAD Consortium



Intervention arms of the E.motion trial



Take a picture to download the poster and the study protocol



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