

FORSKNINGSPROGRAMMET CHILD-PMH – RESEARCH PROGRAM CHILD-PMH

In Swedish

Psykisk hälsa och delaktighet i habiliteringsprocessen för barn och ungdomar med funktionshinder

Psykisk hälsa och delaktighet är universella aspekter av att fungera väl. Barn och ungdomar med funktionshinder rapporteras relativt ofta ha lägre psykisk hälsa och delaktighet än andra barn. Oftast är dock barn och ungdomar med gravare funktionsnedsättningar inte med i större undersökningar när barn besvarar frågor om sin psykiska hälsa. Detta då de kan ha svårt att besvara enkäterna. I habilitering planeras de flesta åtgärderna i samarbete med föräldrarna, barnen är dock inte alltid med. Om kartläggningsmetoder och samarbetsformer anpassas kan barnen själva rapportera om sin psykiska hälsa och också delta i hela habiliteringsprocessen tillsammans med sina vårdnadshavare.

I det här forskningsprogrammet undersöks psykisk hälsa och delaktighet hos barn och ungdomar med funktionshinder, fokus ligger på hur psykisk hälsa utvecklas över tid och på hur barn och vårdnadshavares aktiva delaktighet i habiliteringsprocessen kan ökas. Programmet har två delar, en longitudinell studie samt en del om barn och föräldrars aktiva medverkan i habiliteringsprocessen. I den longitudinella studien följs barn med funktionshinder i fem habiliteringsregioner under fyra år med fem datainsamlingar och relateras till faktorer som man vet hör ihop med hälsa och delaktighet. Målet är att beskriva och analysera utvecklingskurvor för psykisk hälsa och delaktighet för barnen. Det kan leda till att bättre åtgärder för barnens psykiska hälsa och delaktighet kan utformas. När det gäller barn och föräldrars aktiva deltagande i habiliteringsprocessen används en inkluderande forskningsdesign. Forskare, barn, vårdnadshavare och habiliteringspersonal deltar tillsammans under 5 år i alla stegen i forskningsprocessen, från att utforma forskningsfrågor till att utforma åtgärder avsedda att öka delaktighet i processen och att berätta om resultatet när åtgärderna utvärderas. Delaktighet i habiliteringsprocessen relateras också till barnens psykiska hälsa.

In English

Mental Health and Participation in Habilitation for Children and Adolescents with Disabilities

Mental health and participation in life situations are universal aspects of functioning. Mental health problems and participation restrictions are relatively often reported for children with disabilities. However, most population self-report surveys of mental health exclude children with severe or profound impairments because the children can't respond to the questionnaires. In habilitation, many interventions are planned and decided upon in collaboration with parents but less frequently in collaboration with the children themselves. If adapted data collection methods and collaborative problem-solving methods are used the children themselves can provide information about their mental health and participate in the intervention planning process.

This program investigates relations between participation and factors affecting participation with a focus on mental health and services provided to children with disabilities who have mental health problems. The program has two parts, one longitudinal study and one part



focusing on the intervention process in habilitation. In the longitudinal study children in five habilitation regions are followed longitudinally for 4 years where researchers collect information prospectively about mental health at five time points from children and care providers. The goal is to describe and analyze mental health trajectories both in terms of mental health problems and in terms of participation and factors affecting mental health and participation. Participation is seen as an indicator of mental health and related to wellbeing. In the part of the program that focus on the intervention process an inclusive research approach is adopted. Researchers, children, parents and professionals collaborate for 5 years in all steps of the research process with the aim to design and evaluate interventions aimed at increasing children and care provider involvement in the intervention process. The program will provide information about how participation and mental health problems are related and about if and how child and parent involvement in interventions are related to mental health. The program can facilitate further development of support to children with disabilities who have mental health problems.

Duration of Project

5 years (2019-2023)

Program funding

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Program leader

The research program is led by CHILD researchers.

Program co-workers

It is implemented in collaboration with researchers from; Linköping University, Örebro University, Mälardalen University, Melbourne University and Bloorview Research Institute and with the following regional habilitation centres; Jönköping, Östergötland, Örebro, Västmanland and Gävleborg.

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L. Augustine, F. Lyngnegård & M. Granlund (2021): [Trajectories of participation, mental health, and mental health problems in adolescents with self-reported neurodevelopmental disorders](#), *Disability and Rehabilitation*, DOI: 10.1080/09638288.2021.1955304

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Keywords

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