

# My Compass

Development and evaluation of an information platform for young people with mental health issues under consideration of web design principles

## Short Description

Many adolescents suffer from psychological stress and disorders that can lead to considerable impairment and negative long-term effects continuing into adulthood. However, scientific findings about successful treatment options reach the target population in a limited and un-systematic way. In addition, this information is often insufficiently monitored for quality. Treatments, however, can only unravel their effect when people affected by mental disorders know about their options.

The aim of this project is the dissemination of scientific findings on mental health of young people. The project will be supported by the longstanding experience of a large number of collaborating projects funded by the BMBF (German Federal Ministry for Education and Research) program "Healthy - for a lifetime - children and adolescents". An information platform for the target group will be established providing information about mental disorders and adequate health care services. Design principles and other strategies will be used to improve the platforms reach, as well as the uptake of adequate treatment options

by the target group when necessary. Systematic Reviews will evaluate the current scientific state of research in these areas and RCTs will test applied strategies experimentally for their effectiveness.

To ensure that the needs of the target population and the opinion of experts are being addressed both groups will be involved in the entire cycle of development and evaluation via qualitative research.

This project aims to use the full potential of digital technologies to reduce the gap between knowledge in the target population and research findings, as well as to promote the use of adequate health services. The project aims to create a non-profit, open-access platform with expansion potential. This could be an integration of further health topics, or the integration of a barrier-free, directly accessible diagnostic and online intervention platform to reduce barriers on the way to improved care.

## Project Management

Prof. Dr. Harald Baumeister

## Cooperation Partners

Project partner (central contact persons):  
ADOPT (Prof. Dr. Manfred Döpfner);  
COACH (Prof. Dr. Harald Baumeister);  
COMPARE (Prof. Dr. Hanna Christiansen);  
IMAC-MIND (Prof. Dr. Rainer Thomasius);  
Kids2Health (Prof. Dr. Christine Heim);  
Pro-HEAD (Prof. Dr. Michael Kaess, PD Dr. Stephanie Bauer);  
STAR (Prof. Dr. Paul Plener);  
YOURHEALTH (Prof. Dr. Frank Neuner)

## Project Staff

Leonie Kott

## Funding

Federal Ministry of Education and Research

## Duration and Subsidy Amount

36 months, 432.031€

## Publications

Publications of the department can be found here: <https://www.uni-ulm.de/en/in/psy-klips/publications/>

Department of Clinical Psychology and Psychotherapy