



Newsletter: February 2026

And that's a wrap!

- We have officially finished our final visits with the young people involved. We're proud to say we met our targets for recruitment and successfully followed our participants' journeys through their 6 and 12-month updates.
- Research in adolescent mental health is only possible when dedicated professionals like you open your doors and engage with the process. By integrating Behavioural Activation into your settings, you haven't just helped us collect data—you've played a vital role in exploring how we can better support young people struggling with depression.
- We understand that your services have been really busy alongside your involvement, and we truly appreciate the time and energy you provided to make this research a success. Stay tuned for an update on our findings in the coming months!



Numbers at a glance (preliminary stats only!)

- **260** young people participated in the trial
- **215** young people completed their research follow-ups 6 months after joining the study.
- **205** young people completed their research follow-ups 12 months after joining the study.
- **48** young people spoke to a researcher about their experiences of taking part in the trial
- **16** professionals spoke to a researcher about their experiences of taking part in the trial
- **770** Behavioural Activation sessions have been delivered
- **655** sessions in line with your usual care in your service have been delivered

What's next?

