

Co- onderzoek met jongeren



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VBSP



Youth Gems

Improving Youth Mental
Health
one step at a time



Funded by
the European Union



Introduction

YOUTH GEMs is a 5 -year running research project on the genetic & environmental factors influencing mental health of children and youngsters in the age of 12-24yr. Varying activities to investigate mental health, stress and trauma in young people are undertaken, from user participation, clinical studies to genetic studies, artificial intelligence and e-health development. The idea is that self awareness, early detection and interventions may prevent or alleviate mental distress.

Werkpakketten

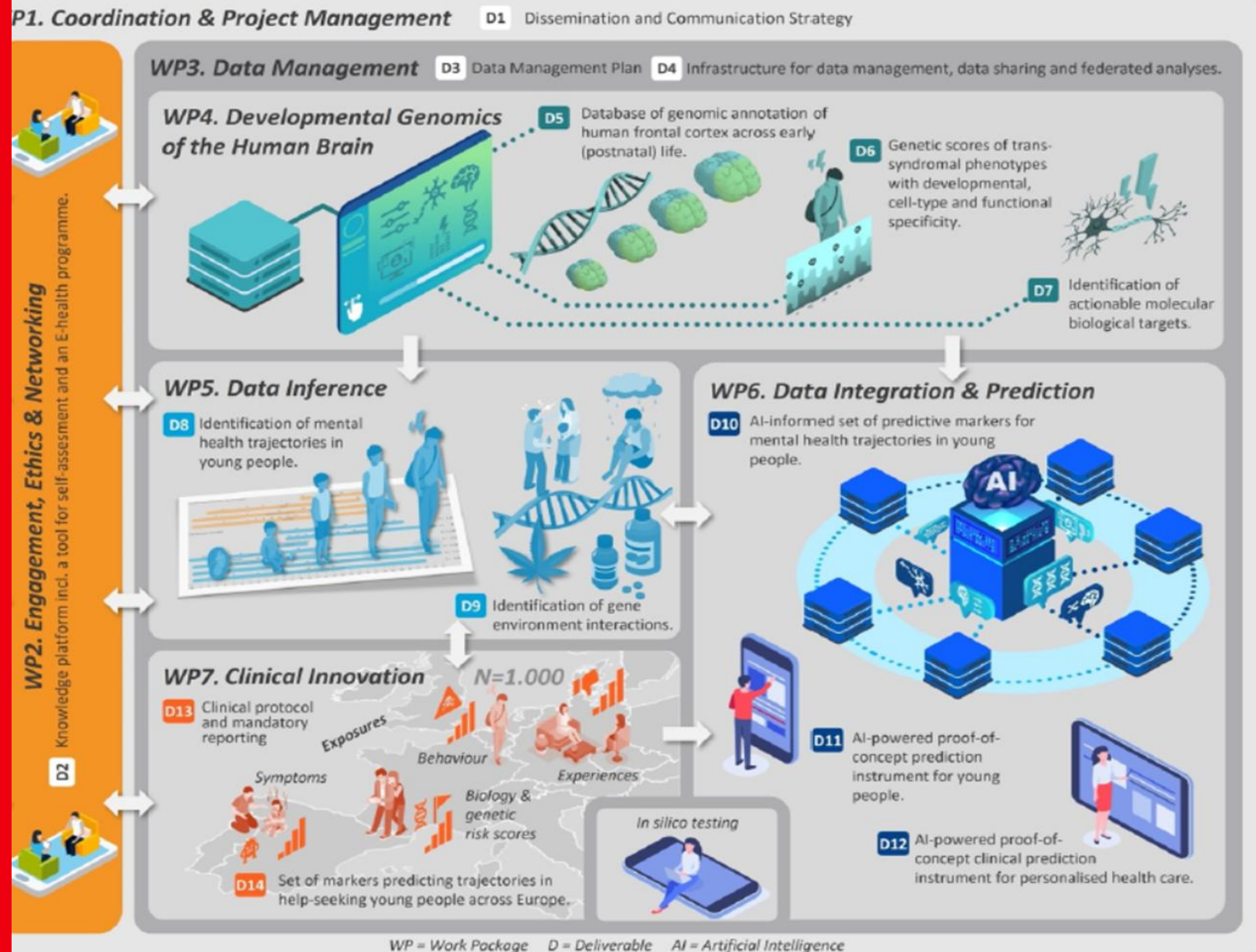


Figure 2: Overall study design, work packages and the main key Deliverables (D1-14)

Work package 2

Young people who have experienced “mental distress” or adverse childhood experiences choose their individual approach to recover and heal.

They have lived experiences and insights of what works and what doesn't.

This learning is often a continuing and complex process but taking agency over one's own life and finding personalized strategies are essential in recovery and healing processes.

Often scientific knowledge and experiential knowledge represent two separate worlds. In this project we would like to bring these worlds together and connect these knowledge types.

Workpackage 2 activities

1 Dissemination & communication

2 Narrative collection

3 Self assessment tool

4 E-health

5 Ethics

6 Young advisory panel & science cafés

7 Networking & collaboration, international engagement network

Youth engagement model

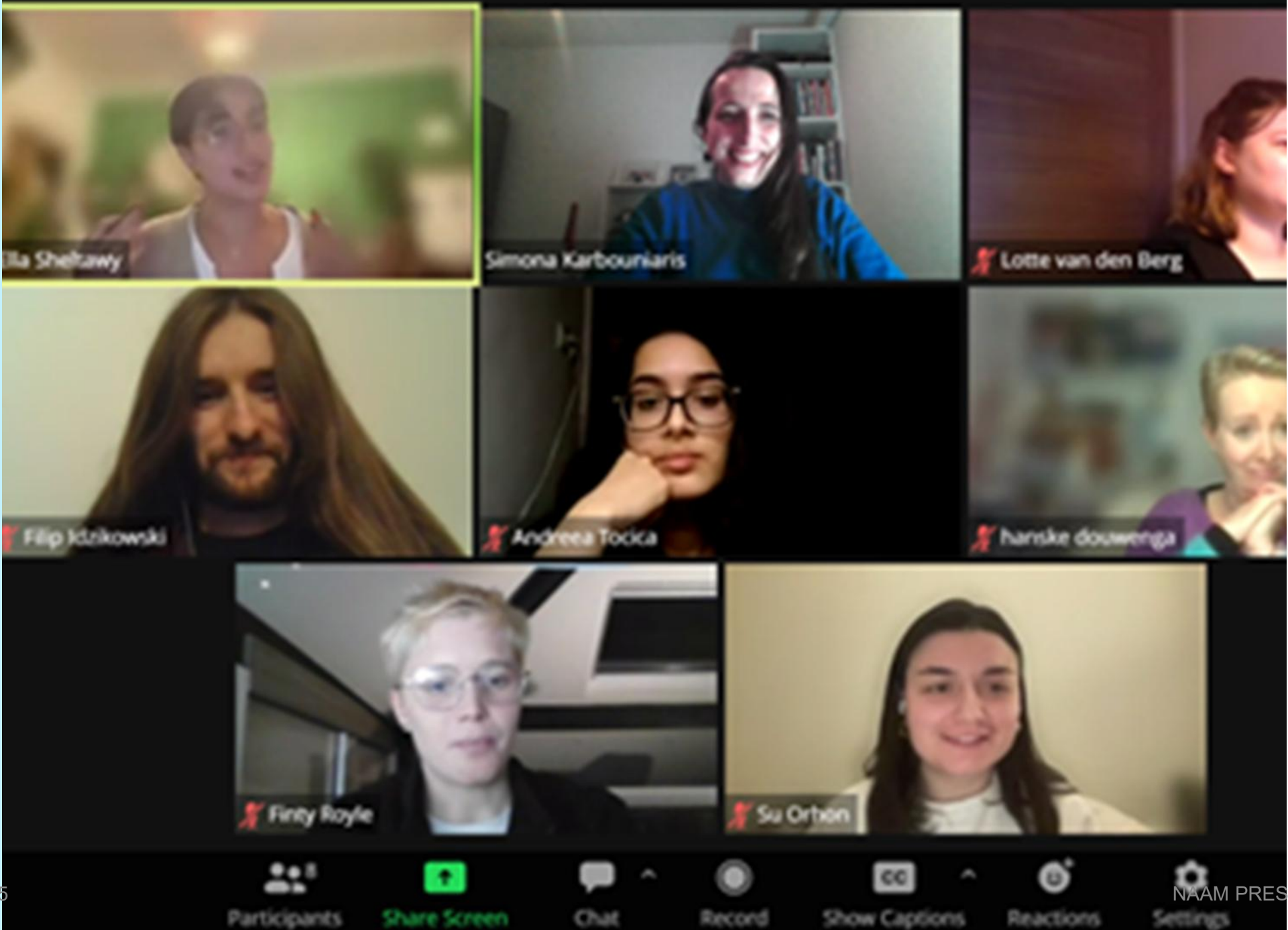


- Young Experts
- Monthly Science Cafés
- Working Agreement
- Involvement in all WP's
- Opportunities for more involvement



Co- Onderzoek en ervaringsdeskundigheid: een gemeenschap opbouwen

- ✓ Maandelijksse bijeenkomsten (online)
- ✓ Contact en verbinding tussen Young Experts & Researchers
- ✓ Geïnformeerd en om feedback en advies gevraagd over ontwikkelingen in het project, waarbij telkens terug wordt gekoppeld wat er gedaan is met deze input



Jila Sheltawy

Simona Karbouniaris

Lotte van den Berg

Filip Idzikowski

Andreea Todica

hamske douwenga

Finny Royle

Su Orhon

Participants

Share Screen

Chat

Record

Show Captions

Reactions

Settings

2.6 Young experts involvement



www.youth-gems.eu

YOUTH GEMS SCIENCE CAFE

WORKING AGREEMENT

 @YouthGems

 /company/youthgems

1. We want to achieve a different kind of academic research where the lived experience of young people is at its centre.
2. We will be able to feed into decisions, co-produce with researchers, and learn alongside them.
3. Young people should be given the opportunity for involvement in every work package, to ensure that our voices have impact.
4. We are a team who act with integrity and equity: we value diversity, we actively listen, we act with empathy, honesty and respect.
5. We will always include a sensitivity question in the beginning of each session and commit to using trigger warnings when broaching sensitive subjects. We will let the facilitator know if we are triggered, and they commit to always checking in afterwards.
6. Any professionals who interact with the Science Cafe must act with transparency and commit to feeding back what has been done with our input: we would like to be updated either in person or by written update, after 2 sessions maximum.
7. We will meet online monthly, & communicate frequently - at least once a month, and this will be over online meeting or Slack (which will be reviewed for functionality in May).
8. We will notify the facilitator of any 'long-term' or repeat input on any piece of work so they can agree & manage payment.



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2.5 Ethics



Empowerment

Transparency

Accountability

Equality

Accessibility

Responsibility

Trust

Responsiveness

Autonomy

Respect

Honesty

Understanding

Empathy

Involvement

Reliability

Clarity

Support

**FUNDAMENTAL VALUES
LISTED BY YOUNG EXPERTS**

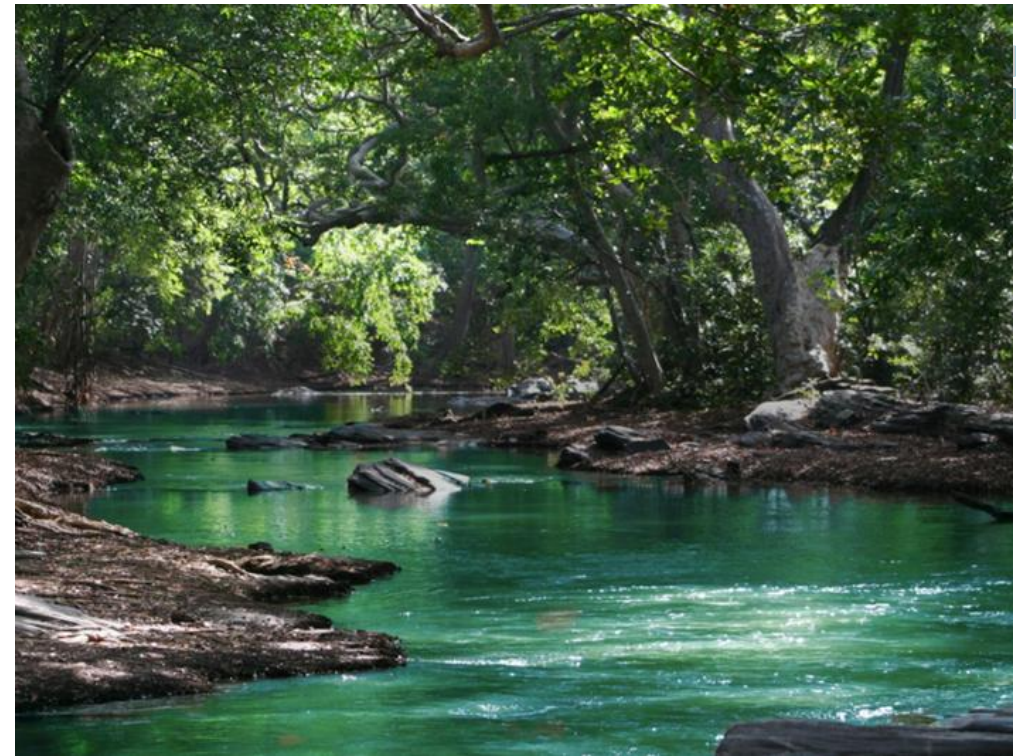
Hoe realiseer je een veilige gemeenschap?

- ✓ Elkaar goed leren kennen
- ✓ Creëren van een veilige omgeving: voor- en nazorg
- ✓ Working agreement: samen afspreken hoe we met elkaar werken
- ✓ Gezamenlijke waarden
- ✓ De ervaringsdeskundigen zijn betrokken bij ieder onderdeel van het onderzoek



Co-design

- Kwantitatief en kwalitatief onderzoek
- Kawa Methode
- Deep listening



Co- Onderzoek en ervaringsdeskundigheid: Wat hebben we geleerd?

- ✓ Gelijkwaardige (werk) relatie in een veilige gemeenschap
- ✓ Hogere de validiteit van het onderzoek
- ✓ Een bijzonder waardevolle manier om narratieven op te halen en andere waardevolle producten
- ✓ Meer werkplezier
- ✓ Bewustzijn dat ervaringskennis gelijkwaardig maar anders is dan wetenschappelijke kennis
- ✓ Ervaringsverhalen zijn niet van onderzoeker
- ✓ Taal doet er toe
- ✓ Betrek ervaringsdeskundige vanaf de start
- ✓ Beloon ervaringsdeskundige als professionals
- ✓ Loslaten en vertrouwen



Young Peoples Feedback

I think there is enough transparency and open dialogue between every part of the project. The attention is given to young experts is really felt!

I feel absolutely listened to... It shows how experts in their fields listen and appreciate our input, and it makes the experience feel even more impactful to share more with them. I can confidently say it far exceeds my expectations how vocal everyone is about the steps and inputs.

sometimes I found difficulties to participate to researchers meetings because I don't feel like we can really have a voice in there, but it's okay to me because at least we have the possibility to always take part and it's the volunteer who decides what suits them or not

It's a very complex project and sometimes it's hard to understand all the parts of it.

My contribution is really valued. Especially that the scientists have to tell us about what they have done with our feedback.

It has also helped with my self esteem, because often times my mental health struggles persuade me to believe I'm worth less than what I'm capable of, and seeing and learning from other Young Experts in various topics made me realize maybe the way I perceive myself is different than how others perceive me as well.

Vragen?

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HIER KOMT ALLES SAMEN