

Active Horizons: Active Ingredients summary

Introduction

The aim of this document is to provide a summary of Active Ingredients prevalent across Active Horizon's delivery offer. This document will also provide brief descriptions of each Active Ingredient.

What are Active Ingredients?

Active ingredients are mechanisms researched by Wellcome¹ to build a body of evidence surrounding 'what works' to lessen the impacts of anxiety and depression amongst young people.

By 'active ingredients' we mean those aspects of an intervention that drive clinical effect, are conceptually well defined, and link to specific hypothesised mechanisms of action (Wellcome, 2022). In other words, those aspects most likely to make a difference in preventing, treating, or managing mental health difficulties. (Wellcome, 2022)

Behaviours and Activities	Beliefs and Knowledge	Brain/Body Functions
<ul style="list-style-type: none"> • Behavioural Activation: Increased engagement with positive activities • Collaborative goal setting and tracking: Setting and tracking individual goals set by the young person • Engagement with the arts: Increased engagement with artistic expression including: painting, drawing, theatre, music and dance • Exposure: Facing one's fears in a planned manner • Physical activity: More bodily movement • Problem solving Young people working with someone else to unpack issues and develop skills in solving problems • Relaxation techniques: Better stress response via relaxation • Remote measurement technologies: Use of remote technologies to monitor changes in biology, behaviour, and environment relevant to the problems • Self-disclosure: Sharing information with others about personal experiences and characteristics 	<ul style="list-style-type: none"> • Agency: developing a sense of agency through social action • Cultural connection: Connection with one's own culture. • Mental health literacy and psychoeducation: Increasing knowledge of mental health issues and education surrounding why they happen • Sense of mattering: Caring for and feeling important to others • Sense of purpose: A sense of having a purpose in actions or having meaning in life • Self-evaluation: Improved view of self • Spiritual and religious beliefs: Connection with and sharing one's own spiritual and religious beliefs 	<ul style="list-style-type: none"> • Circadian rhythms: Better sleep-wake cycles • Gut microbiome: Improving gut microbiome function • Hippocampal neurogenesis: Growth of new neurons in the hippocampal region of the brain • Omega-3 supplements: Use of Omega-3 supplements • Reduced levels of inflammation in the body: Undertaking activities or using medications that reduce levels of inflammation • Selective serotonin reuptake inhibitors: Use of antidepressants
Cognitive and Attentional Skills	Human Connections	Socioeconomic Factors
<ul style="list-style-type: none"> • Affective awareness: Knowing how one feels 	<ul style="list-style-type: none"> • Communication in families: Improving communication within families 	<ul style="list-style-type: none"> • Economic transfers: Increased financial resources via cash transfers

¹ Wellcome are a charity established in 1936, with a focus on funding curiosity-driven research. Wellcome funds three major health challenges: Climate change, Infectious disease and Mental Health.

<ul style="list-style-type: none"> • Decentering: <i>Better able to shift perspective</i> • Emotional controllability: <i>Beliefs about the extent to which emotions are controllable</i> • Emotional granularity: <i>Improved ability to characterise emotional experiences</i> • Emotion regulation: <i>Improved management of emotions</i> • Grief reduction: <i>Use of strategies to target feelings of grief</i> • Helpful attentional and interpretational thinking patterns: <i>Focussing attention on positives and shifting perspective to adapt interpretation</i> • Hopefulness: <i>Learning to be more hopeful</i> • Mental imagery: <i>Helpful use of emotional mental imagery</i> • Perfectionism reduction: <i>Reducing instances of perfectionistic behaviour</i> • Repetitive negative thinking reduction: <i>Shifting patterns of negative thinking to more helpful routes of thinking</i> • Self-compassion: <i>Increasing empathy towards oneself</i> 	<ul style="list-style-type: none"> • Digital quality social connection: <i>Perceived value of an online interaction between two or more people</i> • Family support : <i>Quality of support received from familial members</i> • Loneliness reduction: <i>Reducing feelings of loneliness through opportunities to connect with others</i> • Neighbourhood cohesion: <i>Increased neighbourhood social connection and belonging</i> • Peer support: <i>Support from a peer who has experienced anxiety and/or depression</i> • School connectedness: <i>Sense of connection to school life</i> • Social inclusion: <i>Improved inclusion for those who are minoritized on the basis of their identity (e.g., sexual and gender)</i> • Social relationships: <i>Facilitating improvements in social relationships</i> • Working alliance: <i>A functional and collaborative relationship with a helper</i> 	<ul style="list-style-type: none"> • Urban access to green space: <i>Offering spaces to explore nature that is otherwise inaccessible to those living in urban contexts</i>
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Active Horizons Active Ingredients

Researchers from Dartington Service Design Lab have conducted an analysis of the activities Active Horizons currently offer to young people within their community within the London Borough of Bexley. Activities have been mapped to Active Ingredients, providing evidence for how they may create positive outcomes for young people. However, appropriate measurements and evaluations would need to be conducted to test these assumptions.

Summary image:



Activity	Active Ingredient	Suggested Data Measurement Tools
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121 Support <i>Conversations with young people and/or their parents to support them in problem solving/making sense of issues</i>	Beliefs and Knowledge: Agency	The Brief Scale of sense of Community in Adolescence (SOC-A) ¹	<i>Requires an understanding of Factor analysis, would require further training or qualified individual to administer and analyse data</i>
	Beliefs and Knowledge: Mental Health Literacy and Psychoeducation	Mental Health Literacy Scale ²	<i>Lacks public access</i>
	Cognitive and Attentional Skills: Self-Compassion	Youth Self-Compassion Scale (SCS) ³ Found Here	<i>Acceptable for youth worker use but requires minor knowledge of statistical averaging/descriptive statistics</i>
	Cognitive and Attentional Skills: Emotional Regulation	Emotional Regulation Questionnaire Children and Adolescents (ERQ-CA) ⁴ Found Here	<i>Easy to use and acceptable for youth workers use.</i>
	Cognitive and Attentional Skills: Emotional Controllability	Emotion Beliefs Questionnaire ⁵ Found Here	<i>Acceptable for use of Youth Workers but requires construction of materials and adapting language to be more child friendly.</i>
	Cognitive and Attentional Skills: Grief Reduction	Prolonged Grief Disorder tool (PG-13) ⁶ Found Here	<i>Easy to use and acceptable for youth workers use.</i>
	Cognitive and Attentional Skills: Hopefulness	Children's Hope Scale ⁷ Found Here	<i>Easy to use and acceptable for youth workers use.</i>
	Cognitive and Attentional Skills: Repetitive Negative Thinking Reduction	Perseverative Thinking Questionnaire ⁸ Found Here	<i>Requires an advanced understanding of statistical testing. Further training or a qualified individual in factor analysis would be required to administer and analyse data.</i>
	Human Connections: Social Relationships	Filia-Social Inclusion Measure Information found Here	<i>Acceptable for use of Youth Workers but requires construction of materials and understanding of basic statistical means and standard deviations.</i>
	Human Connections: Social Inclusion	The Social Connectedness and Social Assurance Scales ⁹ Found Here (Requires permission for use)	<i>Easy to use and acceptable for youth workers use.</i>
Human Connections: Family Support	Inventory of Parent and Peer Attachment ¹⁰ Found Here	<i>Acceptable for youth worker use but requires minor knowledge of</i>	

			<i>statistical averaging/descriptive statistics</i>
	Behaviour and Activities: Self-Disclosure	The Distress Disclosure Index Found Here	<i>Easy to use and acceptable for youth workers use</i>
	Behavioural and Activities: Problem Solving	Youth Top Problems ¹¹ Found Here	<i>Easy to use and acceptable for youth workers use however may be time consuming</i>
Supporting young students experiencing racism <i>Part of 121 support described above</i>	Cognitive and Attentional Skills: Self-Compassion	Youth Self-Compassion Scale (SCS) Found Here	<i>Acceptable for youth worker use but requires minor knowledge of statistical averaging/descriptive statistics</i>
	Beliefs and Knowledge: Sense of Mattering	Anti-Mattering Scale ¹²	<i>Acceptable for youth worker use but requires minor knowledge of statistical averaging/descriptive statistics</i>
	Human Connections: Peer Support	Principle-based fidelity index for peer support interventions in mental health services ¹³	<i>Requires training in fidelity evaluation to administer tool and interpret data.</i>
	Human Connections: Social Inclusion	The Social Connectedness and Social Assurance Scales Found Here (Requires permission for use)	<i>Easy to use and acceptable for youth workers use.</i>
	Human Connections: Social Relationships	Filia-Social Inclusion Measure Information found Here	<i>Acceptable for use of Youth Workers but requires construction of materials and understanding of basic statistical means and standard deviations.</i>
	Behavioural and Activities: Self-Disclosure	The Distress Disclosure Index Found Here	<i>Easy to use and acceptable for youth workers use</i>
	Behavioural and Activities: Problem Solving	Youth Top Problems Found Here	<i>Easy to use and acceptable for youth workers use however may be time consuming</i>
School Meditation	Behaviour and Activities: Relaxation techniques	N/A	
	Behaviours and Activities: Behavioural Activation	Behavioural Activation for Depression Scale (BADs)	<i>Requires an understanding of Behavioural Activation Theory and literature review to supplement interpretational skills.</i>

	Human Connections: Social Inclusion	The Social Connectedness and Social Assurance Scales Found Here (Requires permission for use)	<i>Easy to use and acceptable for youth workers use.</i>
Young Ambassadors Programme	Human Connections: Neighbourhood Cohesion	The Neighbourhood Collective Efficacy measure ¹⁴	<i>Requires an advanced understanding of statistical testing. Further training or a qualified individual would be required to administer and analyse data.</i>
	Human Connections: Social Relationships	Filia-Social Inclusion Measure Information found Here	<i>Acceptable for use of Youth Workers but requires construction of materials and understanding of basic statistical means and standard deviations.</i>
	Human Connections: Social Inclusion	The Social Connectedness and Social Assurance Scales Found Here (Requires permission for use)	<i>Easy to use and acceptable for youth workers use.</i>
	Human Connections: Loneliness Reduction	UCLA Loneliness Scale ¹⁵ Found Here	<i>Easy to use and acceptable for youth workers use.</i>
	Cognitive and Attentional Skills: Decentring	Experiences Questionnaire ¹⁶ Found Here (Table 1)	<i>Requires an understanding of Factor analysis, would require further training or qualified individual to administer and analyse data. Further reconstruction of materials would be required.</i>
	Beliefs and Knowledge: Self Evaluation	Self Perception Profile for Children (SPPC) and Self Perception Profile for Adolescents (SPPA) ¹⁷ Found Here (SPPC) Found Here (SPPA)	<i>Acceptable for use of Youth Workers but requires construction of materials and understanding of basic statistical means and standard deviations.</i>
	Beliefs and Knowledge: Sense of Mattering	Anti-Mattering Scale	<i>Acceptable for youth worker use but requires minor knowledge of statistical averaging/descriptive statistics</i>
	Beliefs and Knowledge: Sense of Purpose	Sense of Purpose Scale Found Here (Table 2)	<i>Requires an understanding of Factor analysis, would require further training or qualified individual to administer and analyse data. Further reconstruction of materials would be required.</i>

	Beliefs and Knowledge: Agency	The Brief Scale of sense of Community in Adolescence (SOC-A)	<i>Requires an understanding of Factor analysis, would require further training or qualified individual to administer and analyse data</i>
	Behaviours and Activities: Behavioural Activation	Behavioural Activation for Depression Scale (BADs) ¹⁸	<i>Requires an understanding of Behavioural Activation Theory and literature review to supplement interpretational skills.</i>
Sports Leadership Training	Behaviours and Activities: Physical Activity	N/A	
	Behaviours and Activities: Behavioural Activation	Behavioural Activation for Depression Scale (BADs)	<i>Requires an understanding of Behavioural Activation Theory and literature review to supplement interpretational skills.</i>
	Human Connections: Peer Support	Principle-based fidelity index for peer support interventions in mental health services	<i>Requires training in fidelity evaluation to administer tool and interpret data.</i>
	Human Connections: Social Inclusion	The Social Connectedness and Social Assurance Scales Found Here (Requires permission for use)	<i>Easy to use and acceptable for youth workers use.</i>
	Human Connections: Loneliness Reduction	UCLA Loneliness Scale Found Here	<i>Easy to use and acceptable for youth workers use.</i>
	Human Connections: Social Relationships	Filia-Social Inclusion Measure Information found Here	<i>Acceptable for use of Youth Workers but requires construction of materials and understanding of basic statistical means and standard deviations.</i>
Windrush Legacy Team	Behaviours and Activities: Engagement with the Arts	The Warick-Edinburgh Wellbeing Scale ¹⁹	<i>Easy to use and acceptable for youth workers use</i>
	Behaviours and Activities: Behavioural Activation	Behavioural Activation for Depression Scale (BADs)	<i>Requires an understanding of Behavioural Activation Theory and literature review to supplement interpretational skills.</i>
	Behaviours and Activities: Collaborative Goal Setting and Tracking	Goal Based Outcome Tool ²⁰ Found Here	<i>Easy to use and acceptable for youth workers use</i>

	Behaviours and Activities: Physical Activity	N/A	
	Behaviours and Activities: Self-Disclosure	The Distress Disclosure Index Found Here	<i>Easy to use and acceptable for youth workers use</i>
	Human Connections: Neighbourhood Cohesion	The Neighbourhood Collective Efficacy measure	<i>Requires an advanced understanding of statistical testing. Further training or a qualified individual would be required to administer and analyse data.</i>
	Human Connections: Social Relationships	Filia-Social Inclusion Measure ²¹ Information found Here	<i>Acceptable for use of Youth Workers but requires construction of materials and understanding of basic statistical means and standard deviations.</i>
	Human Connections: Loneliness Reduction	UCLA Loneliness Scale Found Here	<i>Easy to use and acceptable for youth workers use.</i>
	Human Connections: Social Inclusion	The Social Connectedness and Social Assurance Scales Found Here (Requires permission for use)	<i>Easy to use and acceptable for youth workers use.</i>
	Beliefs and Knowledge: Cultural Connection	Cultural Connectedness Scale ²² Found Here (please note that there is not a ready to use version and this version is specific to First Nation Inuit Youth)	<i>Would require adaptation so questions are relevant to cultural contexts and understanding of statistical factor analysis</i>
Afro-Beat Dance Classes	Behavioural Activation: Physical Activity	N/A	
	Behaviours and Activities: Behavioural Activation	Behavioural Activation for Depression Scale (BADs)	<i>Requires an understanding of Behavioural Activation Theory and literature review to supplement interpretational skills.</i>
	Behaviour and Activities: Engagement with the Arts	The Warick-Edinburgh Wellbeing Scale Found Here	<i>Easy to use and acceptable for youth workers use</i>
	Human Connections: Social Inclusion	The Social Connectedness and Social Assurance Scales Found Here (Requires permission for use)	<i>Easy to use and acceptable for youth workers use.</i>
	Human Connections: Loneliness Reduction	UCLA Loneliness Scale Found Here	<i>Easy to use and acceptable for youth workers use.</i>

	Human Connections: Social Relationships	Filia-Social Inclusion Measure Information found Here	<i>Acceptable for use of Youth Workers but requires construction of materials and understanding of basic statistical means and standard deviations.</i>
Sewing and Design Classes	Behaviour and Activities: Engagement with the Arts	The Warick-Edinburgh Wellbeing Scale Found Here	<i>Easy to use and acceptable for youth workers use</i>
	Behaviours and Activities: Behavioural Activation	Behavioural Activation for Depression Scale (BADS)	<i>Requires an understanding of Behavioural Activation Theory and literature review to supplement interpretational skills</i>
	Human Connections: Social Inclusion	The Social Connectedness and Social Assurance Scales Found Here (Requires permission for use)	<i>Easy to use and acceptable for youth workers use.</i>
	Human Connections: Loneliness Reduction	UCLA Loneliness Scale Found Here	<i>Easy to use and acceptable for youth workers use.</i>
	Human Connections: Social Relationships	Filia-Social Inclusion Measure Information found Here	<i>Acceptable for use of Youth Workers but requires construction of materials and understanding of basic statistical means and standard deviations.</i>
Hair Braiding Classes	Behaviour and Activities: Engagement with the Arts	The Warick-Edinburgh Wellbeing Scale Found Here	<i>Easy to use and acceptable for youth workers use</i>
	Behaviours and Activities: Behavioural Activation	Behavioural Activation for Depression Scale (BADS)	<i>Requires an understanding of Behavioural Activation Theory and literature review to supplement interpretational skills.</i>
	Human Connections: Social Relationships	Filia-Social Inclusion Measure Information found Here	<i>Acceptable for use of Youth Workers but requires construction of materials and understanding of basic statistical means and standard deviations.</i>
	Human Connections: Loneliness Reduction	UCLA Loneliness Scale Found Here	<i>Easy to use and acceptable for youth workers use.</i>
	Human Connections: Social Inclusion	The Social Connectedness and Social Assurance Scales Found Here (Requires permission for use)	<i>Easy to use and acceptable for youth workers use.</i>

Coding Classes	<i>At the time of producing this output Dartington Service Design Lab did not have evidence or enough information to associate it with any Active Ingredients.</i>		
Cooking and Baking Skills	Behavioural Activation: Engagement with the Arts	The Warick-Edinburgh Wellbeing Scale Found Here	<i>Easy to use and acceptable for youth workers use</i>
	Behaviours and Activities: Behavioural Activation	Behavioural Activation for Depression Scale (BADs)	<i>Requires an understanding of Behavioural Activation Theory and literature review to supplement interpretational skills.</i>
	Human Connections: Social Relationships	Filia-Social Inclusion Measure Information found Here	<i>Acceptable for use of Youth Workers but requires construction of materials and understanding of basic statistical means and standard deviations.</i>
	Human Connections: Loneliness Reduction	UCLA Loneliness Scale Found Here	<i>Easy to use and acceptable for youth workers use.</i>
	Human Connections: Social Inclusion	The Social Connectedness and Social Assurance Scales Found Here (Requires permission for use)	<i>Easy to use and acceptable for youth workers use.</i>
Tamba Play: Performing Arts of African Village Play	Behavioural Activation: Physical Activity	N/A	
	Behaviours and Activities: Behavioural Activation	Behavioural Activation for Depression Scale (BADs)	<i>Requires an understanding of Behavioural Activation Theory and literature review to supplement interpretational skills.</i>
	Behavioural Activation: Engagement with the Arts	The Warick-Edinburgh Wellbeing Scale Found Here	<i>Easy to use and acceptable for youth workers use</i>
	Beliefs and Knowledge: Cultural Connection	Cultural Connectedness Scale Found Here (please note that there is not a ready to use version and this version is specific to First Nation Inuit Youth)	<i>Would require adaptation so questions are relevant to cultural contexts and understanding of statistical factor analysis</i>
	Human Connections: Social Inclusion	The Social Connectedness and Social Assurance Scales Found Here (Requires permission for use)	<i>Easy to use and acceptable for youth workers use.</i>
	Human Connections: Loneliness Reduction	UCLA Loneliness Scale Found Here	<i>Easy to use and acceptable for youth workers use.</i>

	Human Connections: Social Relationships	Filia-Social Inclusion Measure Information found Here	<i>Acceptable for use of Youth Workers but requires construction of materials and understanding of basic statistical means and standard deviations.</i>
Mentoring	Behaviours and Activities: Behavioural Activation	Behavioural Activation for Depression Scale (BADS)	<i>Requires an understanding of Behavioural Activation Theory and literature review to supplement interpretational skills.</i>
	Human Connections: Peer Support	Principle-based fidelity index for peer support interventions in mental health services	<i>Requires training in fidelity evaluation to administer tool and interpret data.</i>
	Human Connections: Loneliness Reduction	UCLA Loneliness Scale Found Here	<i>Easy to use and acceptable for youth workers use.</i>
	Human Connections: Social Inclusion	The Social Connectedness and Social Assurance Scales Found Here (Requires permission for use)	<i>Easy to use and acceptable for youth workers use.</i>
	Human Connections: Social Relationships	Filia-Social Inclusion Measure Information found Here	<i>Acceptable for use of Youth Workers but requires construction of materials and understanding of basic statistical means and standard deviations.</i>
	Behavioural and Activities: Problem Solving	Youth Top Problems ²³ Found Here	
Before & After School Clubs	Behaviours and Activities: Behavioural Activation	Behavioural Activation for Depression Scale (BADS)	<i>Requires an understanding of Behavioural Activation Theory and literature review to supplement interpretational skills.</i>
	Behaviours and Activities: Physical Activity	N/A	
	Human Connections: School Connectedness	Revised School Climate Measure ²⁴	<i>Lacks public access</i>
	Human Connections: Social Relationships	Filia-Social Inclusion Measure Information found Here	<i>Acceptable for use of Youth Workers but requires construction of materials and understanding of basic statistical means and standard deviations.</i>

	Human Connections: Loneliness Reduction	UCLA Loneliness Scale Found Here	<i>Easy to use and acceptable for youth workers use.</i>
	Human Connections: Social Inclusion	The Social Connectedness and Social Assurance Scales Found Here (Requires permission for use)	<i>Easy to use and acceptable for youth workers use.</i>

**Please note that this analysis is solely based upon the information that we hold about each activity through discussions with Active Horizons and information provided on their website. Active Ingredients involved may expand beyond the ones stated above. Measures suggested are measures used consistently across literature for the specific Active Ingredient assigned. Some Active ingredients have no measures specified or inconsistent measures for the youth sector context, and therefore, suggestions cannot be made or have been altered with validated measures. Additionally, some Active Ingredients may depend on the current context of the activity and what it may offer. For instance, loneliness reduction relies on social connection to happen, however young people simply working together may not facilitate or guarantee that social connection. Therefore, it is important to consider additional aspects that may aid in encouraging social connection.*

Questions to consider

- What are the specific **goals and objectives** of the activities listed above?
- Why would it be **useful** to assess your impact?
- How might we **use the information** from these assessments?
- Who will be **involved** in implementing questionnaires and/or surveys?
- What opportunities **currently exist** to involve young people and parents/carers in questionnaires and surveys to assess the impact?
- How might our assessment of impact consider/respect the **diverse needs and backgrounds** of the young people participating in our activities?
- What potential **challenges and limitations** might arise during an impact assessment process/or evaluation?
- Are there activities we might want to assess impact from/evaluate first? Why?

This list is not exhaustive. There will be other questions you might want to consider based on your organisational and context knowledge/needs

Data Measurement Tools References

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