

# Investigating the effects of community interventions to improve youth mental health

<b>Submission date</b> 12/03/2025	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 23/04/2025	<b>Overall study status</b> Ongoing	<input type="checkbox"/> Protocol
<b>Last Edited</b> 13/04/2026	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input checked="" type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

The study addresses youth mental health among emerging adults. Through an interventional study in five countries, the research aims to provide data on youth mental health and on the effects of community interventions for improving youth mental health.

### Who can participate?

People aged 15-24 years old

### What does the study involve?

The study involves community interventions and online mental health training.

### What are the possible benefits and risks of participating?

The benefits of participating are better mental health. No risks are anticipated.

### Where is the study run from?

The study is run by the University of Applied Sciences Emden-Leer in five countries (Belgium, Germany, Moldova, Poland, and Portugal).

### When is the study starting and how long is it expected to run for?

January 2024 to July 2026

### Who is funding the study?

The study is funded by the European Commission under the Horizon 2020 program.

### Who is the main contact?

Prof Dr Jutta Lindert, [jutta.lindert@hs-emden-leer.de](mailto:jutta.lindert@hs-emden-leer.de)

## Contact information

### Type(s)

Public, Scientific, Principal investigator

**Contact name**

Prof Jutta Lindert

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**Additional identifiers****Clinical Trials Information System (CTIS)**

Nil known

**Protocol serial number**

Nil known

**Study information****Scientific Title**

Investigating the effects of community interventions to improve youth mental health in comparison with youth mental health without community interventions

**Acronym**

EARLY

**Study objectives**

Community interventions improve the mental health of people aged 15-24 years old more than no interventions.

**Ethics approval required**

Ethics approval required

**Ethics approval(s)**

approved 27/01/2024, Institutional Review Board University of Emden / Leer (Constantiaplatz 4, Emden, 26723, Germany; +49 4921/807-1007; vp.forschung-transfer@hs-emden-leer.de), ref: 2024\_EARLY\_03

**Study design**

Multi-center community unblinded interventional study

**Primary study design**

Interventional

**Study type(s)**

Prevention, Other

## **Health condition(s) or problem(s) studied**

Promotion of mental health and prevention of depression and anxiety.

## **Interventions**

The study is a multi-center community unblinded interventional study. Two communities will be identified in five countries, purposively (allocation of intervention is purposively). These are the intervention communities. The two intervention communities will be matched by age distribution, gender distribution and density with two other communities. These are the control communities. Communities will not be masked.

In the intervention communities, key person groups, parent groups, and youth groups will be gathered three times. Information about relationships and their impact on mental health will be disseminated in these groups. Additionally, in the intervention communities opportunities to participate in a short mental health promotion online course will be disseminated. In the control communities, no groups are formed.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Current primary outcome measure as of 29/05/2025:

Resilience is measured using the Child Youth Resilience Measure (CYRM-R), Executive Functioning is measured using the Adult Executive Function Inventory (ADEXI), and Emotional regulation is measured using the Emotion Regulation Questionnaire (ERQ) at baseline (T1), mid-intervention (T2), end of intervention (T3), and (T0) follow-up

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Previous primary outcome measure:

Mental health is measured using the Brief Resilience Scale (BRS) at baseline (T1), mid-intervention (T2), end of intervention (T3), and (T0) follow-up

## **Key secondary outcome(s)**

Current secondary outcome measures as of 29/05/2025:

The following secondary outcome measures are assessed at baseline (T0), mid-intervention (T1), end of intervention (T2), and follow-up (T3):

1. Depression measured using the Patient Health Questionnaire-9 (PHQ-9)
  2. Anxiety measured using the Generalized Anxiety Disorder-7 (GAD-7)
  3. Stress disorder measured using the International Trauma Questionnaire (ITQ)
  4. Substance use measured using the Alcohol, Smoking and Substance Involvement Screening Test (ASSIST – LITE)
  5. Gratitude measured using the The Gratitude Questionnaire-6, (GQ-6)
  6. Optimism measured using the Revised Life Orientation Test (LOT-R)
  7. Well-being measured using the Wellbeing Scale
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Previous secondary outcome measures:

The following secondary outcome measures are assessed at baseline (T0), mid-intervention (T1), end of intervention (T2), and follow-up (T3):

1. Depression measured using the Patient Health Questionnaire-9 for teens (PHQ-A)
2. Anxiety measured using the Generalized Anxiety Disorder-7 (GAD-7)
3. Stress disorder measured using the International Trauma Questionnaire (ITQ)
4. Substance use measured using the International Trauma Questionnaire (ITQ) and the Alcohol, Smoking and Substance Involvement Screening Test (ASSIST – LITE)
5. Executive functioning measured using the Teenage/Adult Executive Function Inventory
6. Emotional control measured using the Emotion Regulation Questionnaire for Children and Adolescents (ERQ-CA)
7. Resilience measured using the Child Youth Resilience Measure (CYRM-R)
8. Gratitude measured using the The Gratitude Questionnaire-6, (GQ-6)
9. Optimism measured using the Revised Life Orientation Test (LOT-R)
10. Well-being measured using the Wellbeing Scale

**Completion date**

30/07/2026

## Eligibility

**Key inclusion criteria**

1. Aged 15-24 years old
2. Proficient in the national language
3. Informed consent

**Participant type(s)**

Service user

**Healthy volunteers allowed**

No

**Age group**

Mixed

**Lower age limit**

15 years

**Upper age limit**

24 years

**Sex**

All

**Total final enrolment**

12000

**Key exclusion criteria**

Not meeting the participant inclusion criteria

**Date of first enrolment**

20/04/2025

**Date of final enrolment**

15/07/2025

## **Locations**

**Countries of recruitment**

Belgium

Germany

Moldova

Poland

Portugal

**Study participating centre**

**University of Applied Sciences Emden / Leer**

Constantiaplatz 4

Emden

Germany

26423

**Study participating centre**

**Hopital Universitaire de Bruxelles**

Av. Franklin Roosevelt 50

Bruxelles

Belgium

1050

**Study participating centre**

**Society of psychiatrists, narcologists, psychotherapists and clinical psychologists from Moldova**

Str. Columna 130

Chisenau

Moldova

MD 2001

**Study participating centre**

**Gdansk University**

Jana Baszynskiego 8

Gdansk  
Poland  
80-309

## Sponsor information

### Organisation

Directorate-General Joint Research Centre

### ROR

<https://ror.org/04j5wtv36>

## Funder(s)

### Funder type

Government

### Funder Name

Horizon 2020 Framework Programme

### Alternative Name(s)

EU Framework Programme for Research and Innovation H2020, Horizon 2020, Horizon 2020 Framework Programme (H2020), Rahmenprogramm Horizont 2020, Horizont 2020, Programa Marco Horizonte 2020, Horizonte 2020, Programme-cadre Horizon 2020, Orizzonte 2020, Programma quadro Orizzonte 2020, H2020

### Funding Body Type

Government organisation

### Funding Body Subtype

National government

### Location

## Results and Publications

### Individual participant data (IPD) sharing plan

The datasets generated during the current study will be available upon request from Prof. Dr. Jutta Lindert ([jutta.lindert@hs-emden-leer.de](mailto:jutta.lindert@hs-emden-leer.de)).

- The type of data that will be shared: raw data
- Timing for availability: July 2028
- Whether consent from participants was required and obtained: yes, informed consent will be obtained

- Comments on data anonymization: data are anonymized in line with the European data regulation laws.
- Any ethical or legal restrictions. Data transfer in line with the legal restrictions of European regulations.
- Any additional comments. No

**IPD sharing plan summary**

Available on request