

**00:00** Hello, my name is Emma Stallwood and I am a research assistant at the Hospital for

**00:04** Sick Children. Thanks so much for taking a few minutes to hear about our research

**00:09** project that could be of interest to you and really needs your input.

**00:13** This project is called IN-ROADS. The goal of the IN-ROADS project is to get your feedback on

**00:18** what aspects of your life do you want to see most improved after receiving treatment for depression.

**00:24** Depression is a medical condition that can affect many areas of one's life. Around the world,

**00:30** one in five young people experience depression at some point during their teenage years. Currently,

**00:36** there is a need for more research to identify the best treatments for teenagers with depression.

**00:41** In research looking at treatments for teenagers with depression, different researchers are

**00:46** measuring different aspects of teenagers' lives to determine if a treatment works.

**00:51** For example, one researcher who is assessing a new treatment for teenagers with depression

**00:57** may look to see if the teenager improves in: how well they do in school,

**01:02** their response to treatment, and how well the teenager is getting along with their family.

**01:07** But, another researcher who is assessing a different new treatment for teenagers with

**01:12** depression may measure aspects such as depression severity, tiredness, and how the teenager

**01:19** functions in social situations such as organized activities, to determine if a treatment works.

**01:26** If both researchers found their treatment to be effective based on what they were measuring in

**01:31** teenagers' lives, we cannot determine which treatment is better because different aspects

**01:36** of the teenagers' lives were measured. This means that we cannot compare the effects of

**01:42** these treatments. In research, these aspects are called 'outcomes' because they are the outcome

**01:48** or effect of a treatment that a researcher is measuring to determine if a treatment works well.

**01:54** So, what outcome do you believe should be measured in research for teenagers with depression?

**02:00** This is where you come in. You have what we call lived experience,

**02:04** which means that you are an expert in what it is like to live with depression.

**02:08** We need to know which outcomes are important to you when you receive treatment. In other words,

**02:14** what do you want researchers to be measuring to determine if a treatment is effective?

**02:19** Our research project wants your input on what outcomes mean the most to you.

**02:24** We are developing what is called a 'core outcome set' to collect this information.

**02:29** A core outcome set is a small list of outcomes that are agreed to be measured

**02:34** in all studies of a particular condition, such as depression. It is important to note

**02:39** that a core outcome set does not restrict researchers from measuring other outcomes,

**02:44** but it provides a list of outcomes that at minimum, a study should measure.

**02:49** These core outcomes would allow researchers to make comparisons about treatments,

**02:54** and, very importantly, since the core outcomes will be developed with your input,

**03:00** these core outcomes provide researchers with a list of outcomes to measure in

**03:04** their studies that are important to teenagers with depression.

**03:09** So, how do you get involved? We need your help to identify which outcomes

**03:13** of treatment are the most important to you. In other words, what aspects of

**03:18** your life do you want to see being measured and improved after treatment for depression?

**03:23** We invite you to attend one of our workshops for teenagers with depression

**03:27** so that we can learn what is important to you.

**03:30** After the workshop, we will combine these lists of outcomes from teenagers and the outcomes

**03:35** caregivers gave us in their own workshop, with outcomes that doctors, psychologists and other

**03:41** health care providers who work with teenagers with depression think are important to be measured in

**03:46** research studies. This list of combined outcomes will be put in a survey called a “Delphi survey”.

**03:53** At this point, you will already have contributed enormously to the project,

**03:57** by sharing which outcomes are important to you and it will be up to you if you want to

**04:02** continue with the next phase of the IN-ROADS project. If you are interested, there is a

**04:07** short video on the Delphi survey phase of the project, that you can listen to at any time.

**04:12** Thank you so much for taking the time to watch this video.

**04:15** I really hope you will consider sharing your lived experience.

**04:19** If you would like to learn more about the project, please email [inroads.initiative@sickkids.ca](mailto:inroads.initiative@sickkids.ca).