

Clinician Invitation: Help Shape the Future of Personalised Youth Mental Health Care

From Complexity to Clarity: Evaluating Personalised Computational Reports to Support Shared Decision Making in Youth Mental Health

University of Sydney – Brain and Mind Centre

An Invitation to Clinicians

We are inviting clinicians working with young people to take part in a new research project exploring how personalised computational reports can support shared decision making in youth mental health care.

Young people aged 15 to 25 often present with complex and overlapping symptoms that do not neatly fit traditional diagnostic pathways. Clinicians frequently face challenges in identifying what is driving a young person's difficulties and where intervention may have the greatest impact.

This project explores a new approach to personalised care. Using data collected through the Minding Your Mind app, a computational model generates an individualised report that maps how factors such as sleep, mood, behaviour and functioning interact over time.

The goal is to support clearer conversations between clinicians and young people, enabling care that is more personalised, collaborative and targeted.

Clinicians who participate will also form the first cohort of the Minding Your Mind Community of Practice, bringing together professionals interested in advancing personalised and measurement-based care in youth mental health. Over time this community will provide opportunities for shared learning through webinars, events and resources as the work develops.

What Participation Involves

Clinicians will be invited to:

Phase 1: Co design workshops (online)

Help shape how personalised reports can be integrated into routine clinical care.

Phase 2: Clinical use of personalised reports

Use the personalised report with young people in your care who choose to participate in the study.

Short online surveys

Complete brief surveys on feasibility, acceptability and shared decision making (baseline and one follow up).

All clinical decisions remain entirely your own and participation is designed to fit within routine care.

Why Participate?

Enhance Shared Decision-Making

Access a structured, data driven tool that can help anchor conversations with young people in observable patterns within their own data.

Support Personalised Care

The personalised report highlights potential intervention targets (e.g., sleep regularity, cognitive patterns, stress reactivity) using dynamic relationships in the young person's own data something traditional assessments cannot provide.

Improve the Therapeutic Alliance

Young people have expressed strong desire for personalised tools that make their care meaningful and relevant. This study directly responds to that need.

Shape the Future of Digital Mental Health

You'll co-design real-world implementation pathways, ensuring the tool is clinically practical and matches the realities of youth mental health work.

Professional Development & Contribution to Research

Participating clinicians will:

- Join the first cohort of the **Minding Your Mind Community of Practice**
- Contribute to implementation development for a national MRFF funded project
- Strengthen expertise in personalised care, measurement-based care and causal modelling
- Have opportunities to engage with future webinars, events and shared learning resources

Minimal Time Commitment

Workshops and surveys are online. Using the report happens within your usual clinical sessions.

Who Can Participate?

- Psychologists, psychiatrists, social workers
- Currently providing care to young people (15–25)

Why This Matters

Most young people with depression, anxiety, or circadian disturbance receive care that doesn't match their underlying needs, leading to disengagement and poorer outcomes. This project introduces a next-generation model of personalised, measurement-based care that could transform how youth mental health services make decisions.

Your expertise is crucial to ensuring it works in real clinical settings.

Interested?

Sam Huntley sam.huntley@sydney.edu.au to find out more and ask any questions.

