

**Grant recipient:** Dr Jackie Parsonage-Harrison

**Grant:** Research Career Development Grant 2023

**Title of project:** The ATUS24, activity-focused time-use intervention to improve mental health and well-being in adolescents, an acceptability study.

**Abstract:**

The balance of the activities we 'do' with our time on a daily basis, such as sleeping, exercising, being creative, studying, resting, or being with friends, shapes how we develop, especially during adolescence. Time spent in activities during adolescence provides opportunity to experiment, explore, and define ourselves e.g. what we enjoy, what we are good at, what feels good, and what helps us relax. Critically, the activities we do during adolescence affect our physical and mental health and shape our future health patterns. Therefore, what adolescents choose to do with their time is important. Finding and maintaining a healthy balance of activity - within the many external influences, the realities of developing independence, increased freedom over what they choose to do, and the various pressures affecting how they choose to use each cycle of 24 hours - can be challenging and impact health.

Originally aimed at 16 to 17 years olds during key educational transition points e.g. GCSE to A level, the recently developed Activity Time Use Intervention (ATUS) is being developed to equip and enable adolescents to consider, practically, how they spend their time. ATUS supports and empowers adolescents' natural process of learning to juggle, weigh up and manage the different factors influencing their time use choices and encourages them to identify personal strategies to achieve a healthier balance of activity within the context of their daily lives. We are applying for funding to evaluate the acceptability of this intervention with the target population and the practicalities of delivery.