



## Want to join our international co-creation group and have an impact on how research about developmental diversity is done?

### Join our team!

#### About R2D2 – MH project:

**Risk and Resilience in Developmental Diversity and Mental Health (R2D2 - MH)** is an international research project that aims to improve the mental health (MH) outcomes of adolescents and adults with neurodevelopmental diversity (NDD).

The **overall goal of R2D2** is to improve the MH outcomes across the lifespan for neurodivergent individuals based on: 1) enhanced molecular and neurobiological understanding of risk and resilience to poor MH outcomes for neurodivergent people; 2) redefinition of mental health and functioning by co-creation of acceptable outcome measures with stakeholders.

#### Who are we looking for?

We are looking for **adolescents** who are **neurodivergent** to inform work undertaken within the R2D2 – MH project.

#### Profile of participants:

- Autistic or ADHD
- Age between 15 - 18 years old
- Fluent English
- Good communication technology skills

#### What does a cocreation group do?

To **provide to the researcher's outcome measures** that they consider acceptable and useful (the outcomes selected will guide the whole R2D2 project and will be integrated into a positive psychology App and a digital clinical portal).

To **provide feedback on the progress of the project** (mainly about issues related to the development of the App and Clinical portal)

#### What do we expect?

- Cocreation group is **integral part** of the research.
- Input from the cocreation group is **vital** for the project.
- Participants are allowed and expected to ask questions regarding the project.
- Group will discuss the research that is in development and will communicate ideas, opinions and feedback to the researchers.

#### How the meetings will look like?

- All meetings will be in **English**.



- They will be a **safe space** where participants can trust each other and the researchers.
- Participants will be asked about their needs and expectations to be comfortable as members of the cocreation group.
- R2D2 **research members sometimes will join** in the meetings (e.g. to explain what there are doing at some point and get their feedback)
- Participation **will be paid** according to the R2D2 resources (**400 euros per year approx.**)

### When we will meet?

We will meet on **Saturdays** from **10.30 am to 12.00 pm** (9.30 to 11.00 am in UK and Ireland). It is expected to meet at least once every 2 months.

Meetings will be mainly **by Zoom**.

### Who are we?

We are researchers from different European institutions. We are very motivated to include the voices of neurodivergent people in research. We will guarantee that these voices are heard and considered in R2D2 -MH project. Here is a brief introduction to each of us.

#### Kristien Hens ([kristien.hens@uantwerpen.be](mailto:kristien.hens@uantwerpen.be))

I am an ethicist at the University of Antwerp interested in the ethics of autism research. I believe that ethical research necessarily respects ‘nothing about us without us’.



#### José Miguel Carrasco ([jmccarrasco@aplicacoop.com](mailto:jmccarrasco@aplicacoop.com))

I am a sociologist working in Public Health interested in involving people in research and in the management of their own health process.



#### Ana Sainz ([r2d2.aplicacoop@gmail.com](mailto:r2d2.aplicacoop@gmail.com))

I am an Occupational Therapist and I am interested in involving people in research. I am responsible for the adolescent co-creation group but I work together with Joke, you can count on the both of us.



#### Joke Struyf ([joke.struyf@uantwerpen.be](mailto:joke.struyf@uantwerpen.be))

I am a PhD researcher with degrees in sociology and philosophy, working at the University of Antwerp. I am very happy to work on this project with you. I am responsible for the adult co-creation group but I work together with Ana, you can count on the both of us.



### Contact:

If you are interested in joining us, please **contact our colleague Ana Sainz** through her email: [r2d2.aplicacoop@gmail.com](mailto:r2d2.aplicacoop@gmail.com)