



## **Evaluation and exploration of Thrive Plymouth YR4: Mental Wellbeing**

*(Note: Students are welcome to select any combination or just one of the research questions identified below)*

**Aim:** To evaluate the impact and explore the drivers and barriers related to implementing interventions to improve mental wellbeing.

Thrive Plymouth is our 10 year programme to get everyone working together to improve health and wellbeing and narrow the gap in health status between people and communities in the city. In years 1-3 we focused on the four key health related behaviors in various settings. Year 4 of Thrive Plymouth takes a different approach in that it focusses on mental wellbeing as an underlying determinant of these four behaviours and positive health.

Work with partners and stakeholders focusses on promoting the 5 ways to wellbeing framework, with a particular focus on young adults aged 16-25. The 5 ways to wellbeing are the five everyday areas of life that bring the biggest boost to happiness. Evidence shows that by building these simple measures into our daily lives we can make a big difference to our health and happiness. We want to encourage each other to do a bit more of what makes us happy because we think this could make a big difference to the health and happiness of our city.

In addition, network members are being encouraged to use the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) to evaluate any individual interventions they introduce. You can find out more about Thrive Plymouth Year 4:

<https://www.plymouth.gov.uk/publichealth/thriveplymouth/mentalwellbeing>

The three key research questions related to Thrive Plymouth Year 4 are:

1. What impact has the promotion of the five ways to wellbeing framework had on the resilience of 16-25 year old adults?
2. An evaluation of the work of the Thrive Plymouth network members *(either collectively or individually)* on improving wellbeing among their employees/ target groups/ clients.
3. What barriers and facilitators do stakeholders and partners identify related to their use of the WEMWBS wellbeing evaluation scale. *(I anticipate this would be a qualitative focus group project)?*

Contact [Dan Preece](#) for further information.