

MYRIAD

My resilience in adolescence

MYRIAD Project
University of Oxford
Department of Psychiatry
Warneford Hospital
OX3 7JX

Dear Headteacher,

We would like to invite your school to take part in a national secondary school-based research project led by the University of Oxford. The project is investigating how schools prepare young people to manage their emotional health and improve their resilience during adolescence. It is funded by the Wellcome Trust and will be one of the largest projects to explore this area to date.

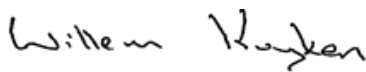
The research focuses on pupils aged 11-14. It will help us to gain valuable information about this critical period in pupils' lives and will look at how your school curriculum could best develop young people's resilience.

We will carry out a comparison of social and emotional learning, which is already being taught in schools, with a class-based mindfulness intervention. All of the schools participating in the project will carry on with their usual curriculum. However, in half of the participating schools, a number of teachers will be trained in the mindfulness intervention and will be asked to teach it to classes of Years 8 and 9 pupils. Related training costs and supply cover will be provided by the project.

Participation in the project would enable your school and, especially, your pupils to gain valuable insight into high-quality scientific research processes and will provide an opportunity for your pupils to see 'research in action.'

If you would like to participate, please register your interest by contacting our team via the link provided below. We anticipate a high demand for places on this project, so please register as soon as possible.

Yours faithfully,



Professor Willem Kuyken (Chief Investigator)



Elizabeth Nuthall (Trial Manager)

For further information:

MYRIAD Project Team

myriadproject.org

01865 613 164

myriad@psych.ox.ac.uk

This project is part of a larger collaboration between the University of Oxford, the MRC Cognition and Brain Sciences Unit, University College London, the University of Exeter and King's College London.