

The **READY Trial** team at the **University of Hertfordshire** in collaboration with **Norwich City Community Sports Foundation** are looking for **young people** (aged 13-17) with **low mood/depression** to take part in a research study called A randomised controlled trial of energetic activity for depression in young people – **The READY Trial.**

WHAT'S THE AIM OF THE STUDY?

The study aims to answer the following questions:

- Does exercise of a high, or a low intensity **help improve the mood of young people** with low mood or depression, or does a social group work just as well?
- Are the exercise groups good **value for money**?
- Do young people continue to attend the exercise groups enough to benefit from the exercise, and does the **intensity of the exercise** matter?

We're exploring the best way to organise and deliver the study so that young people will want to take part in a larger study and continue to want to take part in the group activities.

WHAT DOES THE RESEARCH STUDY INVOLVE?

Around 27 young people from Norfolk will be randomly allocated to one of the following three groups:



High Intensity Physical Activity

e.g. Circuit training, boxing



Low Intensity Physical Activity

e.g. Pilates or chair-based exercise



Social Activity

e.g. Quizzes, bingo

Young people will be asked to attend the sessions **twice a week for 12-weeks** and at certain points in the study will be asked to **answer questionnaires** about their health and wear a **physical activity monitor**. These classes will take place at The Nest in Horsford (with appropriate social distancing) or online if required.

WHAT DO WE NEED FROM YOU?

There is a lot of evidence of the beneficial effect of physical activity on health and wellbeing, however, there is limited data specifically regarding young people and mental health. To explore this, there is a need for large scale, high quality research. Your members will have the chance to participate in a national trial which may **help reduce their symptoms of low mood and depression**. We'd like to invite you to **share this opportunity with your members and their parents** using the resources provided whether this be via email, newsletter or social media and let them know that we are currently looking for young people to take part.

HOW CAN I GET MORE INFORMATION?

Visit our **website**: www.readytrial.co.uk, follow us on **Twitter** [@READYTrial](https://twitter.com/READYTrial) and **Instagram** [@readytrial](https://www.instagram.com/readytrial), email us at researchinfo@nsft.nhs.uk

Thank You!