

# FYP Slay Index Interview Protocol

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### [FYP Slay Index](#)

#### 1. Introduction (5 minutes)

##### 1. Greeting and Rapport Building

- Welcome the participant; thank them for volunteering.
- Briefly introduce yourself and your research team/organization.

##### 2. Study Overview

- **Purpose:** “We are exploring how youth advocates become involved in mental health activism, what motivates them, and what supports or resources they need to be more effective.”
- Emphasize that **their experiences and perspectives** will help design better solutions for future youth advocates.

##### 3. Ethical Assurances

- Reiterate informed consent:
- Participation is voluntary; they can withdraw at any time.
- Their responses will remain confidential/anonymous as agreed.
- Confirm permission to **record** (audio or video) for transcription and note-taking.

#### 2. Personal Background & Lived Experiences (10-15 minutes)

**Objective:** Build a contextual understanding of the participant’s personal history (4 Ls: Lived, Loved, Labored, Learnt), setting the stage for their advocacy journey.

##### 1. Could you tell me a bit about your background and how you first became interested in mental health advocacy?

- Possible Follow-ups:
- “Were there any personal experiences (Lived) that sparked your interest?”
- “What supportive relationships (Loved) influenced you early on?”

## 2. **What aspects of your daily life or work (Labored) overlap with your advocacy?**

- Possible Follow-up:
- “How did learning experiences (Learnt)—like formal education, training, or even online resources—shape your approach to advocacy?”

## 3. **Could you describe any specific turning points or ‘aha’ moments that made you decide to take action in mental health?**

- Possible Follow-up:
- “Was there a particular event or challenge that motivated you to shift from awareness to active advocacy?”

## 4. What does flourishing meant to you?

### 3. **Advocacy Journey & Motivational Drivers (10-15 minutes)**

**Objective:** Map out how Capability, Opportunity, and Motivation (COM-B) have influenced their activist behaviors, and uncover the evolution of their advocacy work.

#### 1. **How did you start your advocacy work?**

- Possible Follow-ups:
- **Capability:** “Which skills or knowledge did you feel you had (or needed) at the start?”
- **Opportunity:** “What kinds of opportunities or enabling factors helped you get started?”
- **Motivation:** “What internal or external motivators kept you going in the early stages?”

#### 2. **What challenges or barriers have you faced in your advocacy journey?**

- Possible Follow-ups:
- “How did these challenges affect your motivation or ability to continue?”

- “Were there times you felt you lacked the capability or opportunity to push forward?”

### **3. Has your motivation changed over time?**

- Possible Follow-ups:
- “Were there new personal experiences or external events that boosted or diminished your commitment?”
- “Did you develop new skills or gain different kinds of support that shifted the way you advocate?”

### **4. Needfinding & Resource Gaps (10-15 minutes)**

**Objective:** Identify the specific resources, support systems, or interventions that could better enable youth to engage in mental health advocacy—core “user needs.”

#### **1. Thinking back on your journey, what resources or supports do you wish you’d had early on?**

- Possible Follow-ups:
- “Were you looking for mentorship, peer networks, funding, training?”
- “What would have made the biggest difference in overcoming barriers?”

#### **2. What are the biggest unmet needs or gaps you still encounter as a youth mental health advocate?**

- Possible Follow-ups:
- “Are these gaps related to funding, policy support, organizational backing, emotional well-being, or something else?”
- “Where do you currently turn for help, and what do you struggle to find?”

#### **3. If you could design or improve a program or platform to support youth advocates, what would it look like?**

- Possible Follow-ups:
- “What key features or tools would it need to include?” (e.g., mental health resources, leadership training, policy education)
- “How could it address issues like burnout, stigma, or lack of institutional support?”

#### **4. In your opinion, what do emerging youth advocates need most to become effective social change agents in mental health?**

- Possible Follow-ups:
- “Could you list the top 2–3 supports (e.g., skill-building, networking, mentorship, technology, funding) that are essential?”

#### **5. Cross-Cultural / Intersectional Considerations (Optional, 5 minutes)**

**Objective:** Understand how cultural, socioeconomic, and identity factors influence participants’ advocacy experiences and needs.

##### **1. How do you think your cultural or community context has shaped your advocacy work?**

- Possible Follow-up:
- “Have you encountered cultural norms or beliefs about mental health that made it harder or easier to advocate?”

##### **2. In what ways do your various identities (race, gender, socioeconomic status, etc.) interact with your activism?**

- Possible Follow-up:
- “Are there unique barriers or enablers tied to these intersectional identities?”

#### **6. Reflection & Future Directions (5–10 minutes)**

##### **1. What do you hope the future of youth mental health advocacy looks like in your community or globally?**

- Possible Follow-up:
- “How do you see your role evolving as part of that future?”

##### **2. What advice or insights would you share with someone new to mental health advocacy?**

- Possible Follow-up:
- “Is there a single piece of advice you wish you had when you started?”

##### **3. Is there anything we haven’t discussed that you feel is important for us to understand about your advocacy journey or the needs of youth advocates?**

#### **4. Any questions you would like to ask other advocates?**

### **7. Closing (2-5 minutes)**

#### **1. Express Gratitude**

- Thank the participant for their honesty and time.

#### **2. Next Steps**

- Briefly explain how their input will be used (e.g., to inform solution design, develop an advocacy toolkit, shape subsequent research).

#### **3. Invitation for Follow-Up**

- Ask if they would like to stay informed about the project outcomes, publications, or pilot programs.
- Offer contact information for any follow-up questions or clarifications.

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