

Digital Youth x MindTech: Digital risk, resilience and interventions, co-creating change in youth mental health

13 November 2025, County Hall London

Draft Programme

09.30 Registration and coffee.

10:00 Welcome address -Professor Chris Hollis and Professor Ellen Townsend.

Morning Session: Digital Youth Highlights

10:10 Talk 1

Moving beyond screen time in DIORA: The importance of specific digital activities and the reactions they induce as predictors of adolescent mental health.

Professor Edmund Sonuga-Barke, Dr Kasia Kostyrka-Allchorne and members of Sprouting Minds Young Person's Advisory Group and DIORA youth panel.

10.30 Talk 2

The effectiveness of a socially assistive robot for improving emotion regulation among LGBTQ+ youth experiencing self-harm thoughts.

Dr Petr Slovak, Dr Amy J Williams and Sprouting Minds.

10.50 Talk 3

When SPARX fly: lessons learned from a gamified digital CBT intervention for low mood in young people.

Professor Chris Hollis, Dr Mathijs Lucassen, Dr Camilla Babbage and Sprouting Minds.

11:10 Refreshments, exhibition, demo's.

11:45 Keynote Address-**Dr Amy Orben, University of Cambridge** (including the DSIT report and the challenges of linking research evidence and policy in this field).

12:05 Spotlight on policy: Panel Discussion in response to keynote, **Baroness Hilary Cass, Prof Sonia Livingstone, Prof Bernadka Dubicka.**

Close of Morning Event

12:20 Lunch, exhibition, demo's and networking.

Afternoon session: Where do we go now and how do we get there?

13.20 Interactive workshops include:

- Cultivating participatory (or creative) processes in research.
- Working with innovators: how to work effectively with tech partners to design and develop digital solutions.
- Challenges and solutions to designing, developing and implementing digital platforms to support remote assessment and monitoring.

- Using large data sets to help identify factors that might protect or mitigate against the negative impacts of harmful online experience.

14:55 Refreshments, exhibition.

15:20 Panel session: **‘Bridging the valley of death’- moving research to implementation and commercialisation.**

16:00 Keynote address: **Prof Cathy Creswell, University of Oxford: Taking digital interventions for youth from research to practice.**

16:20 Next steps and closing comments.

16:30 Close.



Digital Youth | 
With Sprouting Minds

A UKRI funded project 

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Book now

Thursday 13 November 2025
County Hall, London

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