

Digital Youth X MindTech

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

Thursday 13 November 2025, 09:30-16:30

County Hall, London

09:30	Registration & refreshments
10:00	Welcome address - Professor Chris Hollis and Professor Ellen Townsend
Morning session: Digital Youth highlights	
10:10	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 Eliz Azeri, Sprouting Minds
10:30	The effectiveness of a socially assistive robot for improving emotion regulation among LGBTQ+ youth experiencing self-harm thoughts - Dr Petr Slovak, Dr A Jess Williams and Lucy Martin, Sprouting Minds
10:50	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 Stuart Dodzo, Sprouting Minds
11:10	Refreshments, exhibition, demonstrations
11:45	Keynote 1: Fixing the science of technology harms - Professor Amy Orben, University of Cambridge
12:05	Spotlight on policy: Panel discussion in response to keynote, chaired by Professor Peter Fonagy CBE - Baroness Hilary Cass and Professor Bernadka Dubicka
12:25	Lunch, exhibition, demonstrations and networking
Afternoon session: Where do we go now and how do we get there?	
13:25	Interactive Workshops a. Challenges and solutions to designing, developing and implementing digital platforms to support remote assessment and monitoring b. Building effective industry partnerships: strategies, principles, and practice c. Digital Youth in the Data Mine: Unearthing Insights from Big Datasets d. Creative Approaches in Research and PPI (Patient and Public Involvement)
14:55	Refreshments and exhibition
15:20	Panel session: 'Bridging the valley of death'- moving research to implementation and commercialisation, chaired by Professor Chris Hollis - Professor Ed Watkins, Robert Higginson, Barnaby Perks and Dr Aaron Kandola
16:00	Keynote 2: Taking digital interventions for youth from research to practice - Professor Cathy Creswell, University of Oxford
16:20	Next steps and closing comments
16:30	Event close