

YOUTH-GEMs

HORIZON-HLTH-2021-STAYHLTH-01

Grant Agreement number: 101057182

LIST of PROJECT OUTCOMES



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Project Outcome	Short Description
Datasets and prediction markers	
Datasets	In the project, existing and new datasets are collected containing information on mental health problems, genetic information and environmental factors. The aim of the project is to make these data available for any researcher within and outside the Youth-GEMS Consortium in a FAIR (Findable, Accessible, Interoperable, and Reuseable) manner with the utmost respect for privacy.
Prediction Markers	The goal of the project is to define sets of markers for the prediction of trajectories of mental health in youth, including genetic, environmental, and clinical variables that will help predict and treat in a more individualized manner.
Federated Analytical Pipeline	A federated analytical pipeline using AI can better automatize the analyses, standardizing procedures and harmonize research data so that more knowledge is collected and distributed without needing to be an expert in statistics, physics or maths.
Project Outcome	
Short Description	
Clinical Assessment Instruments	
Clinical assessment instruments, tools and guidelines	Clinical assessment instruments, tools, and guidelines for mental health care professionals are developed and standardized, to be made available with the purpose of harmonizing data collection and analyses.

Project Outcome	Short Description
(Self-)assessment and Prediction App	
Knowledge Platform	<p>One of the main goals of Youth-GEMs is to develop a knowledge platform on mental health and illness, not only for young people, but also for carers, policy makers and educators, to provide accurate and up-to-date information on mental health in youth</p> <p>Additionally, for young people, there will be a platform providing digital tools for self-assessment and for educators an E-health programme.</p>
Prediction App	<p>Apps will developed, with two specific aims:</p> <ol style="list-style-type: none"> 1. Proof-of-concept digital (self)-assessment for youth 2. A prediction instrument for health care professionals <p>To implement the two is an ultimate goal, providing the opportunity for youth to self-assess their health and be informed about the best way to deal with their issues; whereas the prediction instrument is continuously updated with the latest information collected by the participating youth.</p>
Well-being App	<p>The Gemmy App is being developed to be a personalized tool for self-awareness, self-assessment, and emotional well-being, tailored to the real needs of adolescents and young adults (ages 14-20). It offers different features such as goal setting, emotion tracking, and positive affirmations, to support personal growth and healthy habits. It also provides a set of grounding activities - simple, research-backed techniques designed to help young people regain a sense of calm when feeling overwhelmed. These activities include immersive calming stimuli like sounds, vibrations, and animations, guided breathing exercises and soothing music.</p>