

# CREATE In Full



## Welcome to the Project CREATE Final Conference

**CREATE: Creating Research Ecologies to Advance Transdisciplinary Learning**  
on arts-based programs through the study of adolescent loneliness

*A UKRI Adolescent Mental Health and the Developing Mind Project*

MAY 28<sup>TH</sup>, 2026



UNIVERSITY OF LEEDS

# CREATE & TEAM

A 3-year UKRI project aiming to improve youth mental health research and impact by bringing social science, art and young people together to share knowledge. We aimed to produce research methods and resources that could help researchers to unlock greater learning about arts-based practices and youth mental health and wellbeing.

## Principal Investigator

- Professor Paul Cooke

## Co-Investigators

- Dr Sylvan Baker
- Professor Kamaldeep Bhui
- Dr Ruth Herbert
- Professor Siobhan Hugh-Jones
- Associate Professor Anna Mankee-Williams
- Associate Professor Georgia Pavlopoulou
- Professor Nicola Shaughnessy
- Professor Edmund Sonuga-Barke
- Dr Emma Williams

## Postdoctoral Research Fellows

- Dr Raginie Duara
- Dr Cristina Harney

## Project Manager

- Danelle Lee

## PhD Student

- Kier Harris



UNIVERSITY OF LEEDS



FALMOUTH UNIVERSITY



University of Kent



ROYAL CENTRAL SCHOOL OF SPEECH & DRAMA UNIVERSITY OF LONDON

# Speakers



**Prof. Paul Cooke,  
Principal Investigator  
Project CREATE**



**Dr. Crissie Harney,  
Research Fellow  
Project CREATE**



**Dr. Emma Williams,  
Co-Investigator  
Project CREATE**



**Danelle Lee,  
Project Manager & Youth  
Outreach Lead  
Project CREATE**



**Dr. Ruth Herbert,  
Co-Investigator  
Project CREATE**



**Dr. Sylvan Baker,  
Co-investigator  
Project CREATE**



**Prof. Siobhan Hugh-Jones,  
Co-Investigator  
Project CREATE &**



**Prof. Nicola Shaughnessy,  
Co-investigator  
Project CREATE**

# Speakers



**Frida Aalborg,  
YPAG Member  
Project CREATE**



**Srhya Lalh,  
YPAG Member  
Project CREATE**



**Bhava Raja,  
YPAG Member  
Project CREATE**



**Roan Beckner,  
YPAG Member  
Project CREATE**



**Annanya Thumbarathy,  
YPAG Member  
Project CREATE**



**Shreya Sharma,  
YPAG Member  
Project CREATE**

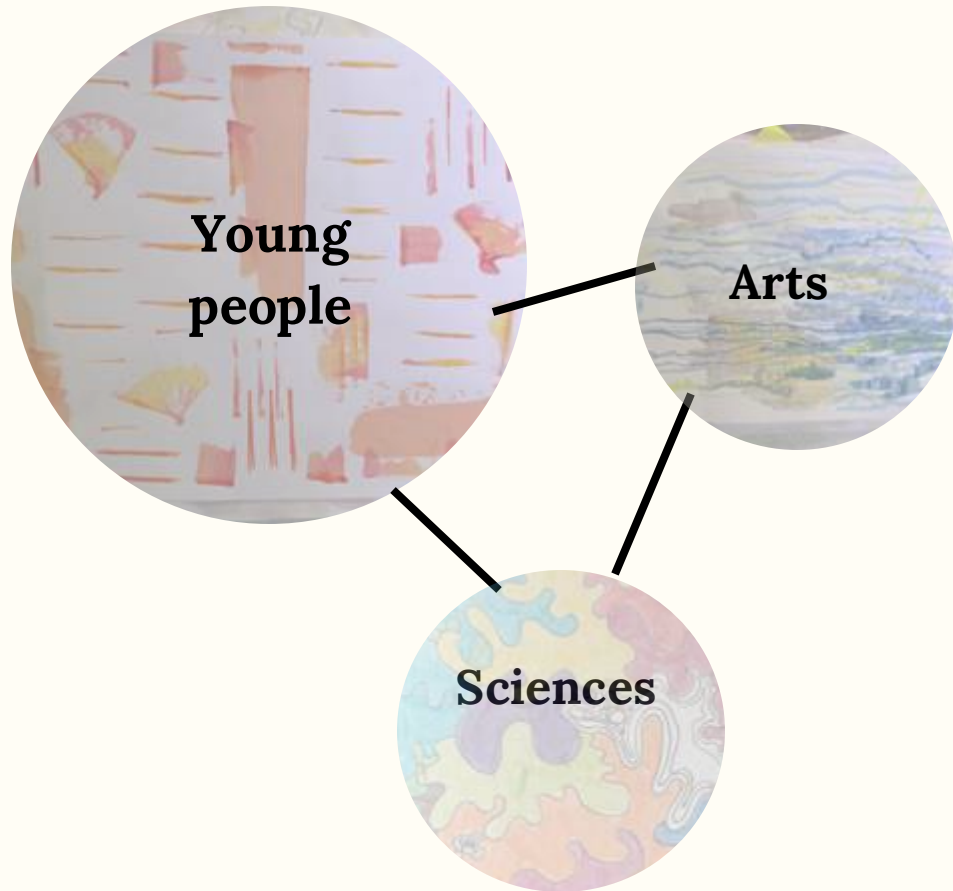


**Bhini Raja,  
YPAG Member  
Project CREATE**



**Sophie Smith,  
YPAG Member  
Project CREATE**

# Why was the project needed?



Creative Health: wide evidence but many unknowns about Participatory Arts (PA) and many knowledges excluded / siloed

Knowledge about PA from social science, the arts, artists and young people rarely meet; untapped potential – but many challenges

Social Sciences & Medicine can find it hard to understand the processes, outcomes and evidence around arts-based research

Young people, scientists and artists have different research values and vocabularies

No shared view on how to interpret art produced in research

No shared knowledge on how (mechanism) arts-based practices can help youth wellbeing

Strong differences on the use of standardised measures

# Four needs for 'the ecology' progress knowledge about arts-based programmes for youth mental health and wellbeing

1

Resources to help understand each other's concepts, vocabularies and perspectives

2

Transdisciplinary methods to analyze creative outputs products in youth arts-based research

3

Characterisation and conceptualisation of key active processes in youth arts-based practices to increase transdisciplinary understanding of how these 'work'

4

Integration of arts perspectives to overcome existing barriers to the use of standardised MH measures in arts approaches with young people

4 Work packages

Our day is structured around these

# Our Process

I

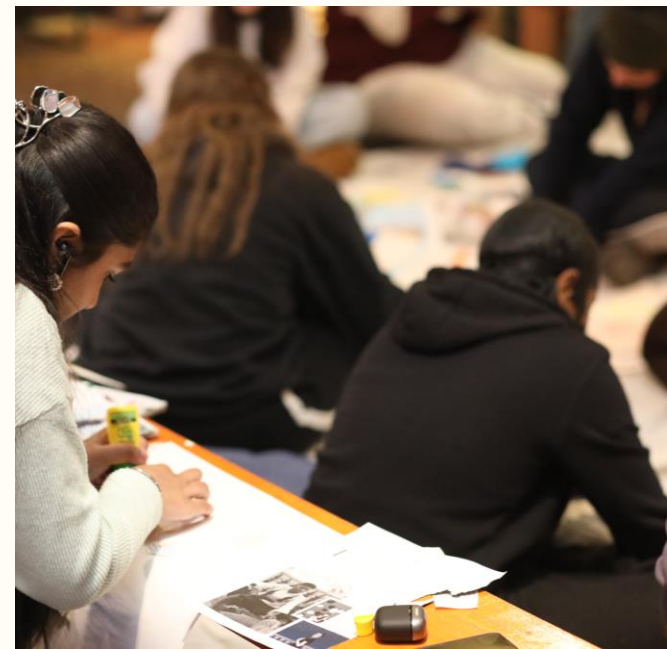
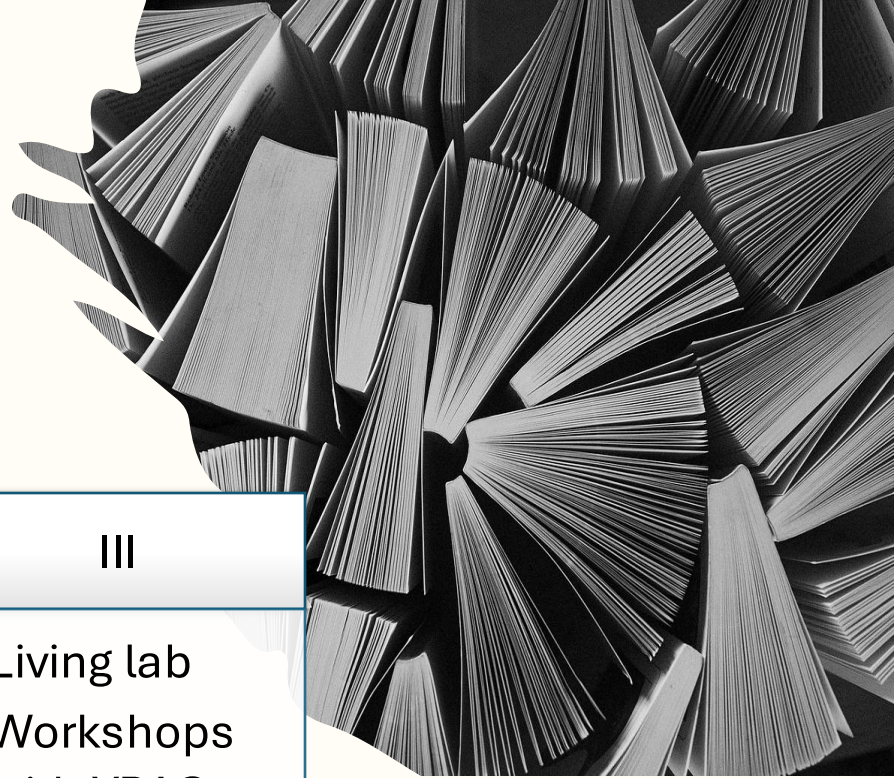
- Reviews
- Collecting background information

II

- Focus group interviews
- Consultation with arts and mental health experts

III

- Living lab
- Workshops with YPAG



# Living Labs

- **Practice based research / evidence-based research**
- Terminology used in diverse disciplines.
- **Living** = real world/lived experience/community participation / happening now
- **Lab** = structured, experimental, interdisciplinary approach to study complex problems
- In **CREATE** – each research question studied in its own a Living Lab
  - Weekend and regional
  - Young people, researchers, artists
  - Using mixed art forms and a focus on ‘loneliness’



# Living Labs in Create

## Review

Prepare key points of enquiry

Work with artists to plan LL

e.g. vocabularies, mechanisms, evaluation



**Host Lab:** Young people, artist & researchers collaborative enquiry all stimulated by the immediacy (living) of arts engagement

**Creative,  
Collaborative  
Curiosity**

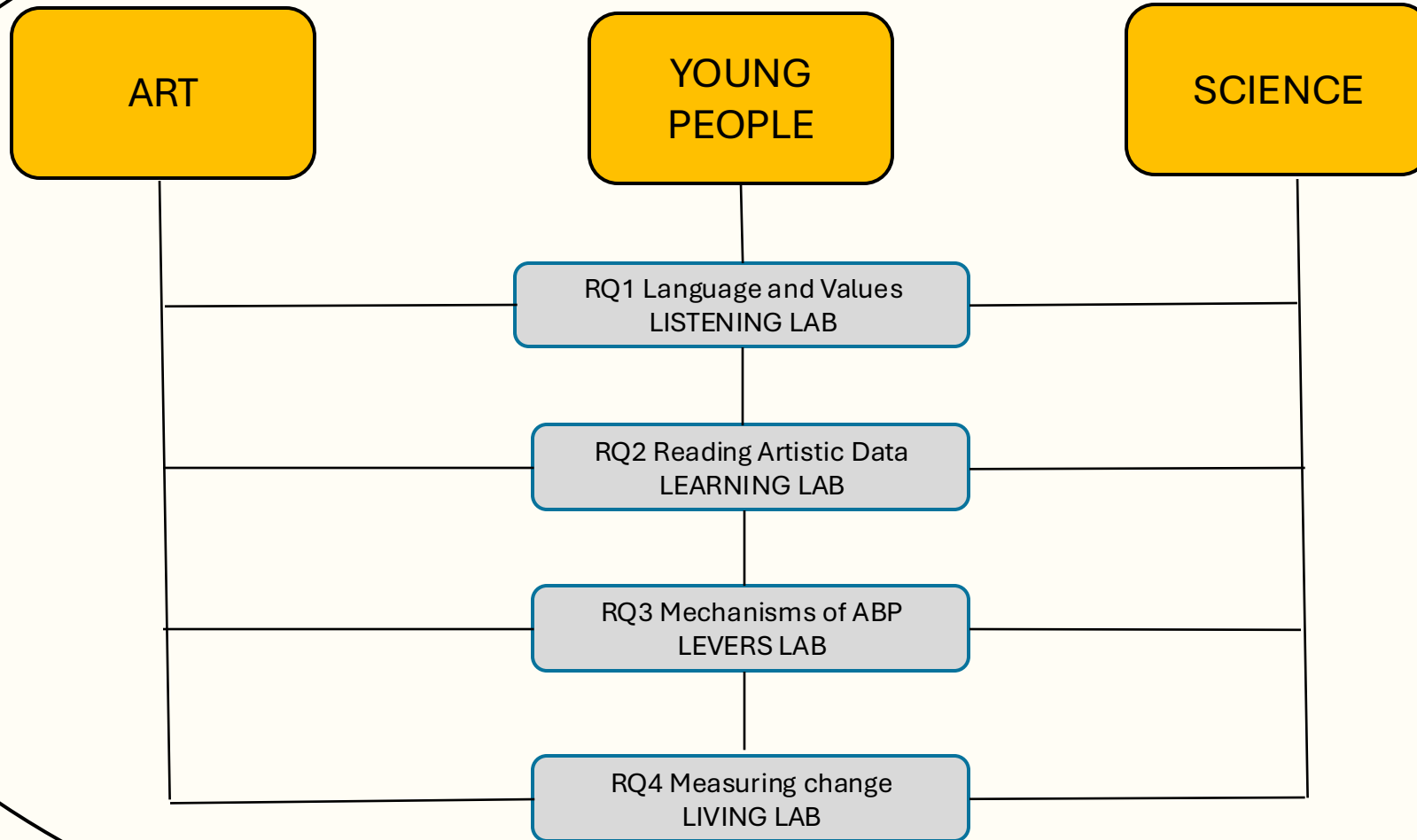


Generate and capture data: recordings, field notes, young people's memos; artworks, living lab evaluations

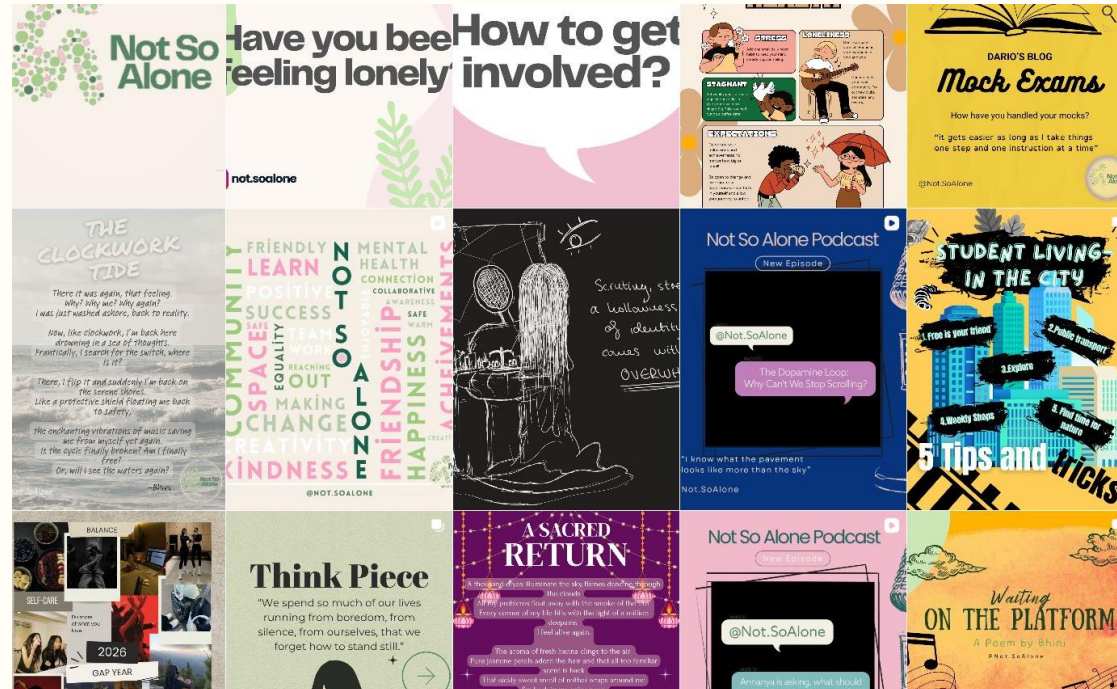


Detailed analysis; collective interpretation; integrate with other knowledges; share findings

# Transdisciplinary Ecology



# Our YPAG and Social Action



## What Makes a YPAG Work, in Our Own Words - Film

[https://youtu.be/rCw9kf4hak8?si=OoKtfmZW1\\_aNVyyg](https://youtu.be/rCw9kf4hak8?si=OoKtfmZW1_aNVyyg)

# Questions



# Get in Touch



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Thank You