



# Methodological Framework and Guidelines for the Empirical Research

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# Table of contents

Methodological Framework and Guidelines for the Empirical Research	3
Empirical Research Goals	4
Method	5
Results and Discussion	11
The Partners National Reports	13
References	14
APPENDIX 1	15
APPENDIX 2	24
APPENDIX 3	29
APPENDIX 4	32

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“If we want to better understand and support young people, we first need to listen to them”

Laurence Chandy & Ellen J. MacKenzie

(Foreword, in Johns Hopkins Bloomberg School of Public Health & United Nations Children’s Fund, 2022, p. 5).

Stronger Youth project Work Package #2 (WP2) includes two research activities, namely a bibliographic and empirical research on adolescents’ problems/needs, resources, and communication preferences. Both are foundational for the project's subsequent activities, especially the construction of the OSAT. Both researches are foundational for the project's subsequent proposals, as the On-line Skill Assessment Tool (OSAT; in the WP2 too) and the organization and piloting of a peer mentoring program in other Work Packages (support materials, mentors and educators’ training, piloting the mentoring program, etc.).

This document proposes a methodological framework and guidelines, so that the Partners can implement the same research procedures in their countries and report their results in comparable ways. This includes a questionnaire especially built for this research and the proposal of a framework for its administration to an adolescent sample in partner’s countries and data analysis. The procedures, results and conclusions of the national research will be presented in the national report’s Part Two. The Part One presents the bibliographic research above mentioned. The Partners reports will be compiled later in a single report by the University of Évora (Portugal). This proposal was presented, discussed, refined, and approved overall at the Project’s

Kick-off-Meeting in Évora, Portugal (2024 January 31st and February 1st).

## Empirical Research Goals

The aim of this work is to collect evidence about European adolescents from different countries (Czech Republic, Italy, Poland, Portugal, Romania, Spain)' perspectives on a variety of dimensions concerning their own mental health and well-being. The specific goals include:

- Describe adolescents' point of view about their psychological problems and coping resources;
- Identify the risk and protective factors for mental health and well-being that adolescents perceive in the key contexts in which they live;
- Identify adolescents' preferred channels for help-seeking and communication.

The collected data should provide useful information to building the OSAT, an instrument intended to help screening adolescent mentor candidates. In addition, it is expected to bring evidence-based information to the several stages in the mentoring program organization.