



Kooth Mental Wellbeing Tool Evaluation

Important Information for Parents

Kooth

Scottish Borders Council has made the [Kooth online mental wellbeing tool](#) available to all children and young people 11 years of age and over. The Kooth online tool provides young people with information, monitored peer-support and online access to trained counsellors.

About the research

Social Value Lab has been commissioned by the Scottish Government to evaluate the use and effectiveness of Kooth in Aberdeenshire and the Scottish Borders. The aim of the evaluation is to understand whether it is helpful to roll out the Kooth tool for all young people across Scotland.

Your child may be offered the opportunity to take part in face-to-face interviews and/or focus groups between December 2021 and February 2022, to collect more in-depth information about the use and usefulness of Kooth and the mental wellbeing support requirements of young people in general. This will be arranged through your child's school.

A survey for all young people in Scottish Borders will be issued during this period, as well as a survey for parents and carers. Again, these will be distributed via your child's school.

Purpose of the evaluation

The information gathered by the research will be used to produce a report about Kooth. The report will demonstrate to what extent young people use Kooth and how they perceive the usefulness of Kooth for their mental wellbeing.

Young people and parents/carers will not be named in the report.

Participant rights

Taking part in the study is completely voluntary. Young people may choose not to take part or to stop participating at any time. We have attached our GDPR Privacy Notice to inform you how we are using and storing any data collected.

Please note, we will not record your child's name or ask for any personal or contact information. We will also not ask your child anything about their specific mental health status or issues. The research is clearly focused on the tool and mental health of young people in general.



About Social Value Lab

[Social Value Lab](#) is the national hub for social impact research, strategy, and evaluation. Our mission is to produce the evidence and ideas that support stronger, more effective projects, programmes and communities in Scotland. We operate with a small core team based in Glasgow and our staff specialise in outcome-focused planning, monitoring and evaluation.

Further information

If you have any questions or concerns about this research, please contact Helen Cowen (helen@socialvaluelab.org.uk) by email or on 0141 530 1479.