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Title: Component 2 –Research report

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Introduction

I will research the occurrence of mental health issues in teenage boys that are under the provision of local youth offending teams.

I've chosen this subject as I plan to work within the youth offending service.

Mental health among children and young people has become an increasingly significant public health concern in the United Kingdom. Recent national surveys indicate that one in five young people aged eight to twenty-five years have a probable mental health disorder, highlighting the scale of psychological difficulties affecting this population. (NHS England 2023.)

I will research what is known already on the subject and try and find a correlation between mental health in teenage boys and the occurrence of youth offending.

Task1

Selection of a research topic

The current issue is the level of mental health problems in teenage boys under local provision from youth offending teams.

It affects a group of vulnerable people, particularly teenagers.

If this group of teenagers are suffering underlying conditions that are not addressed, it could lead to further criminal activity as they mature. Maybe if the problems are identified and addressed, the incidence of offending may not increase. (HM Prison and probation service 2024)

This subject interests me as I feel teenagers are vulnerable and the incidence of crime rates could be possibly decreased if the teenagers were to be given the right support and interventions at a crucial time of their lives and their individual needs considered could make a big difference. According to (The Children's society 2025) Fifty percent of mental health problems begin before age 14.

I would like to explore existing evidence, potential risk factors, and implications for youth justice and mental health services.

I chose this study as i feel teenagers deserve a chance in society and an opportunity to get support and guidance.

“Mental health issues are a major issue, affecting teenagers in the UK “

(NHS website 2023)

“Around 45% of children in the youth justice system have a diagnosed mental health disorder (youth justice board for England and Wales,2025)

This information suggests that there is a link between mental health issues and youth offending statistics.

I would like to work in the youth offending system as a youth offender worker. Looking at UK government websites, the information I have been researching about the specific role seems to me to be very ideological. The statistics suggest that there is improvement to be made in the system that is currently used.

Task 2

Evaluating information sources

Source 1

Youth justice board for England and Wales

I will use the CRAAP test Blakeslee (2004) which is a list of questions to help you evaluate the information you find.

C-Currency

The YJB is up to date and relevant, it publishes reports, statistics, and strategies regularly.

It provides current policy and system information.

R-Relevancy

The YJB is relevant to my research as youth offenders are governed by the YJB that set out rules and regulations alongside other government authorities to ensure youth offenders follows the law and legislations and get help and support to stop reoffending and help rehabilitate the young offenders.

A-Authority

Has legal responsibility for monitoring youth justice and advising government

It is an official government-based organisation this makes it trustworthy for factual information.

A-Accuracy

The YJB collect data, commission research, and publish findings

It aims to base decisions on evidence and best practice, This improves reliability and accuracy.

P-Purpose

The agenda of the organisation is to show facts from the government with statistics and real information for the public, with it being a government website, it can be trusted to provide accurate information.

The source may be biased as the site is government run and may be ideological.

There is only information from the government sources and not individuals that are a part of the youth offending service receiving help and support.

(Youth Justice Board for England and Wales, 2024)

Source 2

NHS health research authority

C-Currency

The HRA website is regularly updated.

It uses current UK research policies and standards.

R-Relevance

It is relevant in the research as it does specific health research. Which could show the incidence of mental health in teenage boys.

It provides information about how the studies are carried out, which will show how best it is to gather information to research a specific subject.

A-Authority

It is provided by the national health service. The national health service would be involved in the health care of teenagers in the UK.

Research is carried out by professionals. The information would follow professional guidelines.

Fact-based findings.

A-Accuracy

It is accurate as the research carried out follows official guidelines.

It is real research and fact-based findings.

P-Purpose

To show the results of health studies.

Follow guidelines set out by professionals.

To inform the findings rather than persuade people's opinions on the findings. (NHS health research authority, 2025)

Source 3

Prison reform trust

C-Currency

It is up to date as there are reports published in 2025/26 from the prison reform trust.

It is regularly updated.

R-Relevance

It is relevant for the research as it only deals with information from prisons, offenders, and the criminal justice system.

There is information available on mental health and on young offenders.

A-Authority

It is a registered independent charity.

A-Accuracy

It uses research studies to gather information.

The research gathered is from prisoners and the justice system so it can give both views.

P-Purpose

Its purpose is to improve the conditions in the prison service.

Reduce the number of people being put into prison, so working with the youth offending service may show information relating to youth offending and mental health. (Prison reform trust, 2024)

Task 3 Research methodologies

Quantitative research is a method of study that uses numbers and statistics and measurements that can be counted to compare results and analyse them.

It uses structured methods such as surveys and experiments. The results are shown in charts, tables, or graphs.

The results can be studied to see if there are pattern trends or relationships in the information.

A quantitative method could involve a survey of a group of people, maybe teenage boys, that are asked if they have any mental health problems? and also if they have committed a crime? This could possibly show a pattern. The only downfall is that quantitative methods of research don't show the individuals' thoughts and feelings; they use direct messages with direct answers to get reports that can be put into charts.

Qualitative research methodologies use information from interviews that reflect people's individual thoughts and feelings. For example, if a group of teenage boys were interviewed and asked the same questions as before, have they committed a crime or suffered mental health problems? You would be able to get individual personal thoughts, feelings, and backgrounds and get a better understanding of underlying problems that can cause these problems.

Mixed methods are using both research methodologies. This gives both quantitative and qualitative results. For example, as before, a group of teenage boys can answer a survey and take part in an interview to find out if they have mental health problems and have committed crimes. This gives a more in-depth insight into whether there are patterns and possible causes that could lead to teenage boys committing crime. This can be useful to help and offer support to these individuals to prevent further problems.

Task4 data collection

Primary data collection is information collected by researchers. This can include surveys, interviews, and direct observations.

Secondary data is when you use information that has already been collected by someone else and not yourself.

I would use both primary and secondary data collection for my report. I would do this as using primary data collection would save time and be less expensive as the information has already been collected, and you can compare results from different periods of time. This would be helpful in my report to see if the number of teenagers suffering mental health problems is linked to the incidence of teenagers committing crime or are at risk of committing crime and are under the supervision of the youth offending service.

By using both types of data collection I'd be able to get the statistics and what has already been done with the primary data collection and gathering my own information using secondary data collection I can see if there are gaps in the research and if anything can be put into place to help teenage boys that are suffering from mental health problems address their problems and use preventative methods to rehabilitate them.

Conclusion

This research was aimed at finding a pattern between the incidence of mental health problems in teenage boys and being under the provision of youth offending management teams.

By researching this topic, I found that the incidence of mental health issues in teenage boys is an issue. There could possibly be a link to mental health and committing crime. Although there is a lot of information that indicates high rates of mental health in teenage boys, it does not always lead to them committing crimes.

I feel more research needs to be done to find out if the help offered to young offenders does in fact help to reduce the incidence of reoffending and help them to rehabilitate.

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