

Supported Education Research

Mid Sweden University
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Everyone is a genius. But if you judge a fish on its ability to climb a tree, it will live its whole life believing that it is stupid.
-A Einstein



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Overview

SEd Research & Innovation projects

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Overview Supported Education projects

Supported Education projects	Status
36. Move ahead 4.9 2023	Planned
35. Heads Up Mental Health Literacy 2022-2025	Running
34. Mental Health Groningen 2022-2032	Running
33. Move ahead 3.3 2022	Finished
32. Peer2Peer project 2021-2024	Running
31. Move ahead 2.2 2021	Finished
30. Project Mid Sweden University 2019-2023	Running
29. EAST (Luminess students) project 2020-2022	Running
28. Online course behouders 2020-2022	Running
27. JagKan project, Helsingborg municipality, Sweden 2019-2020	Running
26. SEdLab South Africa 2018-2023	Running
25. BECIBO 2: Supported education and civil society 2020-2022	Running
24. Compare RCT RL behouders 2018-2022	Running
23. Impuls project 2017-2018	Finished
22. Move Ahead 2016-2021	Finished
21. Ongelijkheid in de JGZ, HVA 2018-2022	Running
20. Evaluatie impuls en Kiekering	Finished
19. TopUp 2017-2018	Finished
18. Corepro 2017-2018	Finished
17. Nieuwe wegen in de GGZ	Finished
16. Naar Inclusief Voortgezet Onderwijs (NIVO) 2017-2023	Running
15. Mindset Cognitive Remediation 2017-2023	Running
14. Study success 2017-2020	Finished
13. BECIBO 1: Supported education and civil society 2017-2020	Finished
12. Disclosure 2016-2018	Finished
11. Vakanties aan het werk 2014-2017	Finished
10. StuDeM, support group for students with a depression 2017	Finished
9. RAAK Begeleid Leren 2014-2016	Finished
8. ImpulsII 2013-2016	Finished
7. Handboek BE, 2013-2014	Finished
6. Kiekering 2013-2014	Finished
5. Studeren met een beperking aan de HG 2008-2011	Finished
4. Studeren met autisme 2006-2007	Finished
3. Studeren met steun. Good practice project 2008-2009	Finished
2. Website Begeleid Leren 2005	Finished
1. Impuls 2004-2005	Finished

Total budget € 7.000.000,- = 79 889 470,47 SEK

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Student survey 2019 + 2021

2672 students

GENDER
33,3% male
66,4% female

AGE
23,9 jaar

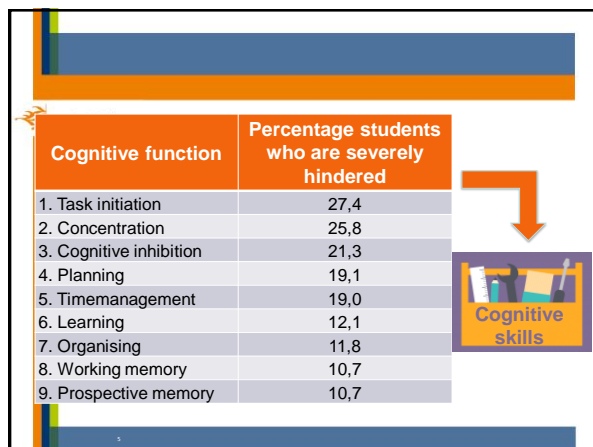
STUDY YEAR
1 2 3 4 5+

Official diagnosis
20 %

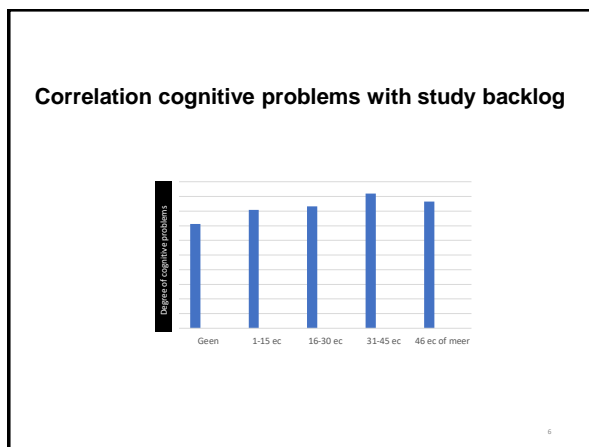
Degree of mental health problems
1-15 ec
16-30 ec
31-45 ec
46 ec of...

Correlation mental health problems with study backlog
■ Angst
■ Depressie
■ Stress

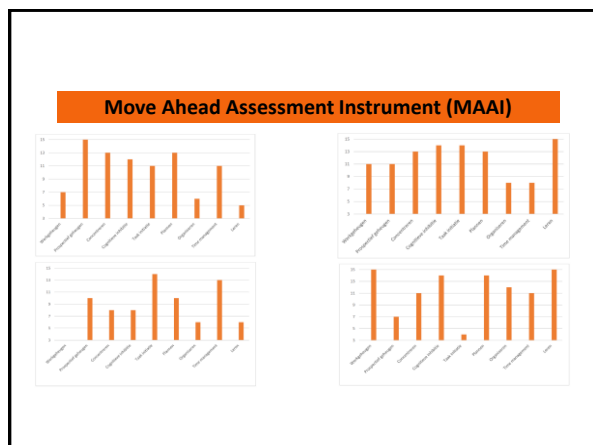
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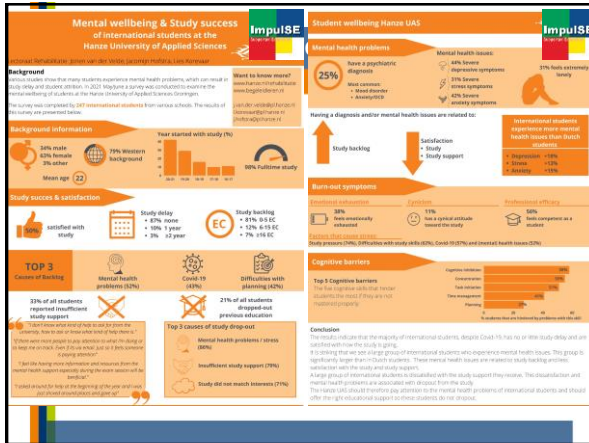


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**Move aHead
Manual**
Overview sessions

Cognitive skill	Session options	My sessions
Organiseren	1. Organiseren	
	8. Plannen; Agenda routine	
	10. Taakinitiatie, de 7 O's	
Timemanagement	2. Agenda gebruiken	
	5. Timemanagement	
Prospectief geheugen	6. Taakmanagement - taken opdelen	
	7. Taakmanagement - to-do-lijsten	
	3. Prospectief geheugen algemeen	
Planning	4. Geheugensteun gebruiken	
	8. Plannen, agenda routine	
Taakinitiatie	9. Plannen, een deadline halen	
	10. Taakinitiatie - de 7 O's	
Concentratie	11. Concentreren tijdens gesprekken	
	12. Concentreren tijdens een taak	
	13. Concentreren - afleiding reduceren	
Leren	14. Onthouden - coderen en namen onthouden	
	15. Onthouden - uit je hoofd leren en onthouden van lijsten	
Werkgeheugen	16. Aantekeningen maken	
	17. Werkgeheugen	
Cognitive inhibitie	12. Concentreren tijdens een taak	
	13. Concentreren - afleiding reduceren	

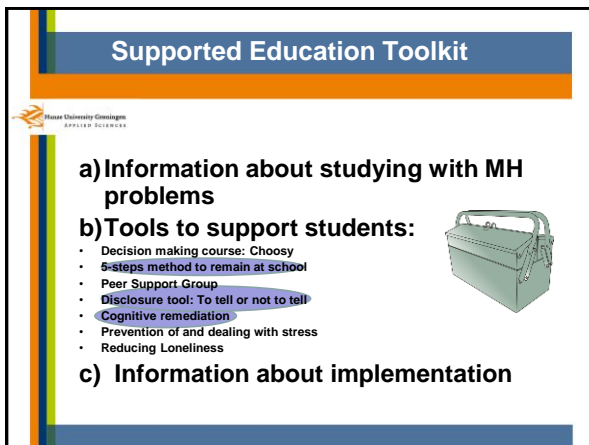
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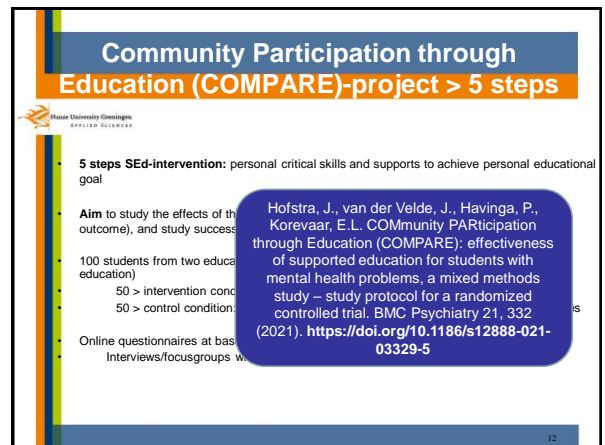
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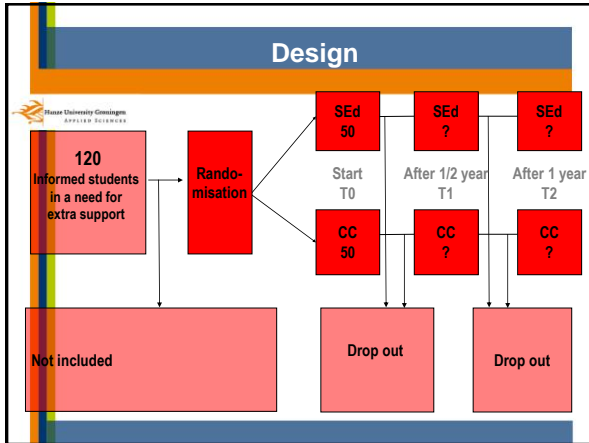
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Cognitive Remediation training for students with cognitive problems

Otto, L. K. M., Hofstra, J., & Korevaar, L. (2020). A cognitive remediation training for young adults with psychotic disorders to support their participation in education - study protocol for a pilot randomized controlled trial. Pilot and Feasibility Studies, 6(1), [54]. <https://doi.org/10.1186/s40814-020-00579-0>

- Mindset-project: Students with psychotic disorders, Mental health professionals, 12 fixed modules on cognitive skills
- Move aHead-project: Students with mental health problems, Educational professionals, Tailor-made training

www.move-ahead.eu

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Disclosure-tool: To tell or not to tell?

- 'To tell or not to tell?' is a frequently heard dilemma amongst students with mental health problems
- Mental health and educational professionals often do not know how to support these students

Manual for professionals / worksheets for students: www.supportededucation.eu/?page_id=496

Evaluation study: Hofstra, J., Boonstra, N. & Korevaar, E.L. (2021). To tell or not to tell about your mental health problems? An intervention for students. Journal of Further and Higher Education, <https://doi.org/10.1080/0309877X.2020.1870943>

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Disclosure-tool: To tell or not to tell?

- Evaluation study:
 - 44 students; 12 trained educational professionals; 4 meetings of one hour
 - Questionnaire before intervention, directly after and at 3 months follow-up
 - Interviews with both students and professionals
- Directly after the final meeting students are **less concerned** about disclosing or not than prior to the start of the support > this effect is still there after three months
- Directly after the last meeting students experience **less decisional conflicts** than prior to the start of the support
- All students and professionals were **positive** about the tool **recommend** the tool to others

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Activities of the Innovation Lab



- 36 research & Innovation projects
- SEd initiatives and programmes in ± 20 cities or regions
- SEd courses for students, MH practitioners and Educational staff
- 1st World Conference on SEd (2015); five national SEd conferences
- ± 35 articles in journals; 2x a special issue in Journal of Rehabilitation, 3 dissertations, ± 200 (inter)national presentations & workshops
- International collaboration: e.g. United States, Norway, Portugal, Sweden, South Africa
- Websites: e.g.: supportededucation.eu, begeleidleren.nl, move-ahead.eu

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Interest in Supported Education programs around the world



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