

NEW GROUNDBREAKING RESEARCH

IMPACT EVALUATION OF headspace DENMARK



Research conducted by the Copenhagen Research Unit for Recovery¹ with support from TrygFonden.

This research, examining the mental health effects of headspace interventions on young people in comparison to a control group, is the first of its kind both nationally and internationally.

► **MENTAL WELL-BEING**

The study showed a statistically significant effect of the intervention on the young people's wellbeing (WHO-5), indicating that headspace reduces the burden of mental distress.

► **SELF-EFFICACY**

The study showed a near-significant effect on self-efficacy (General Self-Efficacy Scale). This shows an increased belief in their own abilities to handle challenges. Thus, it is an important investment with a great potential for prevention.

The impact evaluation was conducted from September 2022 to mid-2024 and included 1.532 young people (aged 12-25) in the intervention group – those who received counseling sessions at headspace – and 9.926 young people in the control group.

¹ Copenhagen Research Unit for Recovery, Region Zealand, Lene Falgaard Epløv (MD, PhD), Anne Thorup (Clinical Professor), Merete Nordentoft (Professor), et al.