Participatory Action Research (PAR) is a process in which researchers and transition age youth (TAY) collaborate on a research project designed to improve mental health services. Collaboration requires that TAY have the opportunity to be actively involved in all phases of the research from defining the problem to disseminating results.

**Why?**
- Enhances relevance of research questions and methods
- Generates actionable results
- Widens dissemination of research findings
- Distrust between:
  - Consumers and non-consumers
  - Experienced researchers and new researchers
  - Adults and young adults
- Different from traditional research training and methods
- Funding or infrastructure needed for team building
- Young adults may lack employment experience
- Young adults may have turbulent lives

**Challenges Faced**
- Research leadership’s commitment to active participation of young adults
- Promoting young adult self-efficacy and empowerment
- Adults and young adults working together
- Training on research for TAY
- Naturally occurring adult mentoring of young adults
- Availability of developmentally appropriate vocational supports

**How?**
- Vocational/skill development
- Self-efficacy that instills empowerment to act
- Self-confidence and a sense of hope
- Improved health outcomes
- Life-long civic participants

**Positive Outcomes for Young Adults**
- Vocational/skill development
- Self-efficacy that instills empowerment to act
- Self-confidence and a sense of hope
- Improved health outcomes
- Life-long civic participants

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Suggested Citation: Delman, J. (2011). Young Adults Getting Involved: Participatory Action Research and Transition Age Youth. Tip Sheet 1. Worcester, MA: University of Massachusetts Medical School, Department of Psychiatry, Systems and Psychosocial Advances Research Center (SPARC), Transitions Research and Training Center.

This publication can be made available in alternative formats upon request through TransitionsRTC@umassmed.edu

The contents of this tip sheet were developed under a grant with funding from the National Institute on Disability, Independent Living, and Rehabilitation Research, and from the Center for Mental Health Services Substance Abuse and Mental Health Services Administration, United States Department of Health and Human Services (NIDILRR grant H133B090018, the Learning and Working Transitions RRTC). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). Additional funding provided by UMass Medical School’s Commonwealth Medicine division. The content of this tip sheet do not necessarily represent the policy of NIDILRR, ACL, HHS, and you should not assume endorsement by the Federal Government.

The Transitions RTC is part of the Systems & Psychosocial Advances Research Center (SPARC), A Massachusetts Department of Mental Health Research Center of Excellence.