

Table 1*Phases in AR*

Phase	Focus of phase
Exploring	Identifying generalised areas for investigation
Identifying	Undertaking fact-finding to refine ideas
Planning	Developing a viable plan of action
Collecting data	Selecting and enacting initial data-gathering techniques
Analysing/reflecting	Simultaneously scrutinising and reflecting on emerging data
Hypothesizing/speculating	Developing initial predictions/explanations based on data
Intervening	Deliberately changing practices in response to predictions
Observing	Observing and evaluating outcomes of interventions
Reporting	Articulating processes formatively or summatively to others
Writing	Summarising and disseminating written research accounts
Presenting	Summarising and disseminating oral research accounts

Table 2*Outline of Sessions*

Session Topic	Areas Covered
One: Introduction to the study and signing of consent forms	Discussion of the study Consent process
Two: Problem identification	Identification of community issues faced by young adults Selection of community issue of interest Clearly defining the problem
Three: Problem exploration	How the identified problem will be addressed Brainstorming practical and feasible solutions Outlining available options Considering resources that can be used to address the identified issue
Four: Development of an action plan	Drafting a project plan for the intervention Discussing means of reaching peers when implementing the intervention Discussing resources that can be employed
Five: Implementation	Opportunities and obstacles encountered in the process Revisiting the action plan
Six: Implementation	Opportunities and obstacles encountered in the process Revisiting the action plan
Seven: Progress review	Achievements thus far Obstacles encountered Need for revisiting and revising the project plan Discussion of progress on objectives Discussion of anticipated outcomes in view of current interactions with peers
Eight: Reflections on process	Share experiences of implementing the intervention Reflect on the perceived value of the intervention

Table 3*Initial Action Plan for Intervention*

Action steps	Person responsible	Timeline	Resources needed
1. Identify resources in the community that provide some form of mental health support, including organisations.	All participants	7 July 2023 throughout duration of project	Information on organisations Relationships with stakeholders in the community
2. Identify schools in Mamelodi West for the school talk.	Kabelo	5 August to mid-August 2023	Transport
3. Communicate with identified organisations. and school for the school talk.	Researcher Kabelo Mahlatse Koketso Sizwe	August to September 2023	Contact details Relationships with organisations
4. Contact additional organisations and institutions should the identified organisation not be available.	Mahlatse Researcher	September 2023	Internet access Contact details Connections with organisations
5. Obtain a letter from the school specifying the need for the school talk and details of the number of learners per grade.	Kabelo	End September 2023	Transport
6. Communicate plan for the school talk with the head of the school and the organisations.	Kabelo Researcher	14 October 2023	Transport
7. Present the school talk and distribute the handout containing information on mental health support resources at the school.	All members NGOs invited	October 2023	Pamphlets with information on mental health support resources

Table 4*Revised Action Plan for Intervention*

Action steps	Person responsible	Timeline	Resources needed
1. Communicate with the coordinator at the youth centre for permission to present the talk to the learners.	Sizwe – communicating with the branch coordinator Researcher – drafting of letter requesting permission from the youth centre	11– 14 November 2023	Letter detailing nature of request
2. Seek consent from the learners' parents through consent letters.	Mahlatse	14 – 21 November 2023	Consent forms
3. Communicate with local organisations that might wish to be involved in the programme.	Sizwe Mahlatse Tumelo Koketso	November 2023	Telephonic communication
4. Prepare content to be covered in the workshop. Conduct research on the chosen topic and do a presentation on depression and related mental health challenges at the host organisation.	All members	November 2023	Internet Notepads and/or devices to write notes WhatsApp group chat for sharing of information
5. Host the talk with the learners at the host organisation's branch and distribute a list of resources for mental health support.	Tumelo Koketso Mahlatse Researcher	Proposed date of event: 22 November 2023 with subsequent revisions	Printing facilities for the pamphlet on resources on mental health support

Table 5*Revised Action Plan for Final Proposed Intervention*

Action steps	Person responsible	Timeline	Resources needed
1. Make arrangements for an interview with the station manager at the local radio station.	Researcher	November 2023	Written communication specifying nature of request
2. Prepare for the interview at the local radio station.	Researcher Koketso Palesa Lerato	3 December 2023	Connectivity for WhatsApp call
3. Conduct an interview at the local radio station to raise awareness on mental health challenges among the youth.	Koketso Palesa Lerato	4 December 2023	Transport Internet access for livestreaming the interview
4. Communicate with the local radio station for assistance with posting the video and list of resources on their social media pages.	Researcher	November	Contact with radio station
5. Compile a list of resources and create an infographic with contact details of organisations.	All members	25 November	WhatsApp group for sharing information
6. Post the video and list of resources on the local radio station's social media platforms and on the personal accounts of the participants.	All members	December 2023/January 2024	Internet access
7. Distribute handouts of the list of resources at the youth centre.	Sizwe	11 January 2024	Printing facilities
8. Communicate with the branch coordinator at the youth centre for scheduling discussions with the learners at the centre in the new year.	Sizwe	11 January 2024	Telephonic communication

Table 6*Example of Response Categories for Coding*

Prevalence of mental health challenges among youth	Limited resources in the community for mental health support	Poor mental health literacy	Barriers to mental health help-seeking
Many young people have mental health challenges.	Limited number of organisations in the community	Misconceptions on mental health challenges	Stigma (self-stigma by youth in particular)
Young people experience challenges daily.	Lack of facilities/institutions	Limited understanding of depression	Lack of knowledge on where to get help
Mental health challenges are aggravated by other social issues.	Shortage of psychologists the community	Lack of knowledge about where to get help	Scarcity of sources of help in the community

Table 7*Themes and Subthemes*

Themes	Subthemes
1. Problem identification	<ul style="list-style-type: none">a. Prevalence of mental health challenges among youthb. Limited mental health resourcesc. Poor mental health literacyd. Stigma as a barrier to mental health help-seeking
2. Developing the intervention	<ul style="list-style-type: none">a. Coming up with solutionsb. Identifying community resourcesc. Tools for interventiond. Intervention-related challengese. Struggling to balance “personal” and “project”
3. Process of empowerment	<ul style="list-style-type: none">a. Shift in beliefs about their competenceb. Critical awareness of the environmentc. Mobilising individual strengthsd. Gaining confidence and a heightened sense of masterye. Resource mobilisation skills
4. Perceived value of intervention	<ul style="list-style-type: none">a. Knowledge acquiredb. Psychological well-beingc. Social well-beingd. Perception of influence of the intervention on peers