**Not sure AnneLoes will make a Powerpoint. Perhaps she presents without a digital presentation**

**A Boxing Intervention for Children of Parents with a Mental disorder and/or Addiction (16-24 years) – Research proposal**

Willemijn Langkamp, Dorine van Namen, AnneLoes van Staa, Jasmijn Holla

**BACKGROUND**

Children of parents with a mental disorder and/or addiction (CoPMA) often experience chronic stress, mental and physical health problems. Their financial situation, social well-being, and study success can also be affected by living with parents with mental and/or addiction problems. They are often not in th(Haudenhuyse et al., 2021)e view of professionals or they receive only verbal therapies, such as cognitive behavioural therapy or EMDR. These therapies are not suitable for everyone, nor do they appeal to all (Hoeboer, 2022).

Sport and exercise are little used in prevention and treatment programmes for CoPMA, although these have been positively associated with health and well-being (Biddle et al., 2015; Bozdarov et al., 2022; Hermens et al., 2017). Boxing, in particular, has (1) appeal to young people in vulnerable positions, (2) the potential to promote self-esteem, personal growth, and mental health and (3) prevent or reduce victimization (De Vries et al., 2018; Haudenhuyse et al., 2021). The prerequisite is that the way, and context in which, boxing is offered are tailored to the wishes, needs, and abilities of CoPMA.

The scientific literature on body-oriented therapy is scarce and diverse, coming from a wide range of disciplines and therapeutic orientations, including, for example, sports and movement therapy, yoga, qigong and tai chi, dance movement therapy, psychomotor therapy, somatic experiencing, acupoint therapies or touch therapies (Bloch-atefi & Smith, 2014; Ley et al., 2018). Studies show that low-threshold sports interventions and vocational therapies (music and creative therapy, psychomotor therapy) can lead to reductions in anxiety, depression, behavioural problems, and juvenile delinquency, as well as improved school performance, social skills and increased self-confidence and motivation for further treatment (Bailey et al., 2018). By consciously engaging with, and reflecting on, bodily sensations, awareness of one's own thoughts and feelings grows (Haudenhuyse et al., 2021). In addition, these exercises also seem to contribute to the prevention of victimisation.

Although body-centered and movement-based interventions have been shown to be effective in different populations and contexts, treatments have not been standardized or systematically evaluated.

**COLLABORATION**

1. 3 Universities of Applied Sciences
2. 6 boxing trainers
3. 1 trainer therapeutic boxing
4. 3 healthcare institutions

In two regions: Amsterdam/Haarlem and Rotterdam

**PURPOSE**

To develop an appropriate and safe boxing intervention that promotes mental health in CoPMA.

The long-term goal of the project is to investigate the effectiveness of the developed intervention and, if effective, to get the boxing intervention structurally embedded in preventive interventions for CoPMA.

**METHOD**

Practice-based, design-oriented research. This type of research works from the perspective of professionals seeking to solve a field problem and is not limited to explaining the problem, but also provides effective principle solutions. It involves three phases: 1) a diagnostic phase in which the practice problem is explored to identify working mechanisms; 2) a design phase in which a solution is designed in co-creation; and 3) an evaluation phase in which the solution is tested and evaluated on feasibility (van Aken & Andriessen, 2011).

**RESULTS**

As a pilot we organized, together with four boxing trainers, 15 boxing clinics at KOPP groups in Amsterdam and Haarlem. 32 young people participated. After each clinic, we conducted a survey among the participating young people. The 32 participants reported positive experiences. They experienced boxing as an outlet for emotions, they felt accepted and seen. The boxing trainers and care professionals also had positive experiences. Nevertheless, sometimes intense emotions were released during the clinics.

Ambition:

1. Boxing trainers are trained to provide a safe boxing intervention to CoPMA to promote mental well-being.
2. Boxing training for 12 weeks.
3. Boxing trainers and mental health professionals collaborate.
4. Mental well-being of CoPMA increases.

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