

LIA IMPACT REPORT

Developing a data management framework whilst leading in research and data analysis approaches

Summi Ng with Body & Soul Charity

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About Body & Soul and the You Are Not Alone Programme (YANA)

Body & Soul Charity is based in London, offering Dialectic Behavioural Therapy (DBT) and similar holistic, trauma-informed mental health services to marginalised populations at high risk of suicide. I worked on the YANA project, which specifically targets young people aged 16-35. Members who completed the initial DBT for crisis reduction enter the Graduate Programme, which is a community that encourages 'graduates' to practice and apply DBT skills. Graduates also work on 'Life Worth Living' goals as part of a 'therapeutic, creative, and trauma-informed community model of care'. The research study in this project aims to demonstrate the long-term benefits of the Graduate Programme for sustained mental health outcomes. This is essential to revolutionise suicide prevention, including the current UK healthcare system's use of short-term intervention, which results in a revolving door, leaving 'root causes untouched' (Body & Soul Charity, 2025). Before my LiA, their data collection and processing strategy was outdated and required a lot of manual labour in data entry and calculations, which was prone to errors and inconsistencies. I applied my skills and expertise to automate the latter to facilitate development of a rigorous study.

Primary SDG



This project facilitated the development of a rigorous longitudinal study on the long-term benefits of group DBT and a community, trauma-informed model of care on young people at high risk of suicide.

Secondary SDG



This project indirectly facilitates Body & Soul's pursuit for decolonised, accessible approaches to DBT and the inclusion of underrepresented people in their mental health service.

Specific, Measurable, Achievable, Relevant, Time-bound Goals

1

S: Interact with YANA team and research volunteers to develop a coding framework using R. This will allow input of the raw dataset and automated processing/cleanup

M: Measuring initial and final time taken to input data into the database

A: Involves learning how to code basic formatting and data organisation

R: Removes tedious and erroneous manual labour in the development of a rigorous longitudinal mental health study

T: Week 5 at the latest, aiming for mid Week 4 to refine as much as possible

-5 minutes

on time spent in data entry per graduate (8-11 minutes down to 3)

+166.7%

Increase in data entry efficiency

- Completed check-in organiser by Week 2
- Completed pre- and post-group organiser by Week 3/4
- Maintained regular communication with the YANA team and research volunteers for organisation priorities and database inconsistencies found along the way
- Volunteers fed back that it made their lives easier and reduced common calculation errors and mistakes

2

S: Make tutorials to pass down knowledge and educate on using R codes and qualitative analysis

M: Qualitative feedback from research volunteers who have no experience in R

A: Only involves replicating in writing and video form what I've done in the above

R: Ensures my impact is sustainable and allows volunteers who directly input the data maintain data entry efficiency

T: By Week 5 to report to YANA team

- Completed check-in organiser video and written tutorial by Week 3
- Completed pre- and post-group organiser video and written tutorial by Week 4
- Completed a qualitative content analysis guide
- Reached out to support network for content analysis expertise
- All tutorials have at least a written version, and all volunteers have fed back that they were easy to understand, comprehensible, and engaging

3

S: Develop research questions, data analysis, and presentation methodology for the second round of data collection based on pilot study, existing data, and funder expectations

M: Qualitative feedback from YANA team

A: Involves communication with fundraising team and consolidating understanding of the database, which I will have after working with it on R

R: In alignment with the charity's mission of advocating for the long-term effects of DBT, and pushing forth the agenda of ensuring sustained well-being

T: By Week 5-6 to report to YANA team

- Completed a series of research questions on predictors of sustained mental health outcomes
- Went beyond my SMART goal and used R to present and visualise data, removing the manual labour required to make them. The team can use this script for future presentations and organising of data as outliers are identified here too.
- Put forth content analysis as the qualitative analysis approach – developed a sample coding framework – to which the team approved of
- Reached out to academic support network for guidance on understanding content analysis

Reflections on Leadership Capacities and Character

CAPACITIES

People, Process Performance: Heavily *communicated and collaborated* with research volunteers to *problem-solve* and devise a data management framework that works best for them, including tutorials that they and others could understand. I also frequently integrated this organising strategy with my *research and analysis skills*, which mapped onto my work in developing research questions and leading the data analysis methodology. This required a level of *design-thinking, critical thinking*, and incorporating the *vision* of the charity's mission to advocate for DBT and community's sustainable effects on mental health.

CHANGE-MAKER VALUES

I felt driven by Ambitious and Determined having the goal of making data processing automated as optimally and efficiently. However, I also practised noticing my vices if I went too far. I did this by tapping into Curious and Fast to prioritise and understand what the research volunteers found difficult initially, and what would be most helpful.

CHARACTER

Moments during the coding development process tested my Transcendence and Drive. However, I focused on Humanity, Humility, Courage, and Judgement in my project vision and priorities to keep me going. I adopted the mindset of slow but intentional problem-solving and working through it step-by-step, collaborating with others to make small, meaningful impacts that can build up to a significant one.

LOOKING FORWARD

- Using my knowledge and skills to continue contributing through volunteering efforts and support for ongoing data processing and analysis
- Consolidate the skills and lessons I've learned on leadership, character, capacities, research, impact measurement, reflection, and project management. Integrate the latter onto my personal and professional development
- Dive into how research can change and inform mental healthcare systems and protocol to maintain sustained mental well-being

A big thank you to the Body & Soul team being so supportive throughout my LiA, to the Durham Laidlaw team for your ongoing support, and to the Laidlaw Foundation for funding this project.

Body & Soul Charity – revolutionising suicide prevention with love. (2025). <https://bodyandsoulcharity.org/>

Please see my profile for more information about this project's progress! <https://laidlawscholars.network/users/summi-ng>

