

# Youth E-mental Health in Scotland: Challenges and Research Opportunities

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# What is information science?

“It is concerned with the body of knowledge relating to the origination, collection, organization, storage, retrieval, interpretation, transmission, and utilization of information.”

# Youth mental health in UK/Scotland

- UK and Scotland have prioritised mental health reform
- 75% of UK residents have looked for health info online
- 40% of UK youth has experienced a mental health concern as a result of unemployment
- Predictors of UK youth mental illness:
  - Material deprivation
  - No parental emotional support
  - Family issues
  - Lower education levels

# Why youth e-mental health?

- E-mental health: “Mental health services and information delivered through the Internet and related technologies”
- “Emerging adults” aged 16-25 have a relatively increased incidence of stress, anxiety, depression
- 92% of youth go online daily; we must meet them there
- Does not replace face-to-face counselling, but can add or lead to it
- Can circumvent stigma due to anonymity

Arnett, 2000; Hunt & Eisenberg, 2010; Levin, Currie, & Muldoon, 2009; Lenhard, 2015; St. Jean et al., 2015; Younes et al., 2015; Sinclair et al., 2013

# Scottish e-mental health: Present but disjointed

MOODJUICE



# Examples of e-mental health

# A page of text about a condition

## What is depression?

We often use the expression 'I feel depressed' when we're feeling sad or miserable about life. Usually, these feelings pass in due course. But, if the feelings are interfering with your life and don't go away after a couple of weeks, or if they come back, over and over again, for a few days at a time, it could be a sign that you're depressed in the medical sense of the term.

In its mildest form, depression can mean just being in low spirits. It doesn't stop you leading your normal life, but makes everything harder to do and seem less worthwhile. At its most severe, major depression (clinical depression) can be life-threatening, because it can make you feel suicidal or simply give up the will to live.

There are also some specific forms of depression:

- **Seasonal affective disorder (SAD)** – this is seasonal depression which is related to day length. It usually comes on in the autumn and winter, when days are short and the sun is low in the sky, and gets better as the days get longer and brighter. (See [Understanding seasonal affective disorder.](#))
- **Postnatal depression** – many mothers have 'the baby blues' soon after the birth of their baby, but it usually passes after a day or two. Postnatal depression is a much more serious problem and can occur any time between two weeks and two years after the birth. (See [Understanding postnatal depression.](#))
- **Bipolar disorder (manic depression)** – some people have major mood swings, when periods of depression alternate with periods of mania. When manic, they are in a state of high excitement, and may plan and may try to carry out over-ambitious schemes and ideas. They often then have periods of severe depression. (See [Understanding bipolar disorder.](#))

# Quizzes to evaluate issues/severity





# Online chat with a counsellor

## Online chat

Chat with a ChildLine counsellor about anything that is worrying you in a 1-2-1 session - this works like instant messenger. Enter the waiting room to request a chat.



# Apps (mood trackers, meditation, etc.)

The screenshot shows the Mood Panda website homepage. At the top left is the 'mood' logo with a panda icon. To its right is a 'Login To MoodPanda' button and a navigation menu with links for 'Features', 'About', 'FAQ', 'Blog', 'API', 'iPhone', and 'Android'. The main heading reads 'Track Happiness Mood Panda'. Below this, there are three options for accessing the app: 'iPhone App' (with an image of two iPhones), 'Android' (with an image of two smartphones), and 'Web Browser' (with an image of a computer monitor). A 'Like' button with a '2k' count is also visible. A large panda character is on the left side of the page.

The screenshot shows the 'Meditate' screen in the Calm app. At the top, there is a settings gear icon, the title 'Meditate', and a close 'X' icon. The screen lists five meditation options, each with an icon, a title, a description, and a status icon:

- Body Scan**: A relaxing meditation. Status: Available.
- Deep Sleep**: A restful night. Status: NEW (orange badge).
- Calming Anxiety**: Release lingering tension. Status: Locked (lock icon).
- Anxiety Release**: Release lingering anxiety. Status: Locked (lock icon).
- Compassion**: Feel the love. Status: Locked (lock icon).

At the bottom, there is a navigation bar with three options: 'Program' (with a calendar icon), 'Guided' (with a headphones icon and an orange dot), and 'Timer' (with a clock icon).

# Personal stories

[Home](#) / [Stories](#) / [Submitted thoughts and stories](#) / [My Journey of Recovery](#)

## MY JOURNEY OF RECOVERY



[anxiety](#) | [bereavement](#) | [bipolar disorder \(manic depression\)](#) | [cognitive therapy](#) | [Community Mental Health Team \(CMHT\)](#) | [community/socialising/inclusion](#) | [coping strategies](#) | [creativity](#) | [Crisis planning](#) | [depression](#) | [diabetes](#) | [divorce/break-up](#) | [Father](#) | [grief/loss](#) | [hobbies](#) | [hope](#) | [humour](#) | [innovation in service provision/examples of good practice](#) | [insight](#) | [isolation](#) | [medication \(-\)](#) | [misdiagnosis](#) | [mother](#) | [peer support](#) | [person centred support](#) | [physical health](#) | [physical illness](#) | [professional](#) | [psychiatry \(+\)](#) | [Psychiatry \(-\)](#) | [recovery focused practice](#) | [resilience](#) | [seeing things differently](#) | [Self-knowledge/learning/growth](#) | [self-management](#) | [self-stigma](#) | [sense of self](#) | [service provider](#) | [service user involvement](#) | [Statutory mental health services\(-\)](#) | [stigma/discrimination](#) | [stress](#) | [support from family](#) | [support from non-mental health professionals](#) | [taking control](#) | [Wellbeing](#)

Author: Robin Ross

Published: August 2013

*Led by a desire to inspire and give hope that recovery is possible to people with experience of mental ill-health and mental health professionals, Robin, a trained psychiatric nurse with a diagnosis of Bipolar Disorder, decided to share his story. The author talks candidly about the many challenges faced on his recovery journey, including bereavement, physical illness, relationship breakdown and self-stigma. Robin's story also explores the people and recovery focused practice that have helped to shape and guide his journey. He describes the positive impact a person-centred approach, peer support and the over-arching expectation that recovery is possible have all had, allowing him to take more responsibility for his own wellbeing and inspiring him to pursue his creative interests.*

Hi my name is Robin and I'd like to tell you about my journey of recovery. I have my own reasons to participate in this process and I'd like to explain a little of what these reasons are.

Recently I was asked to speak in front of an audience of 120 people at a recovery event and afterwards approached by a representative of the Scottish Recovery Network who asked if I'd like to write and record my story of recovery.

When I began to write my story down, it was really only then that I began to see and understand what the meaning of recovery is for me. It began as a recovery story always begins. A series of descriptions of illness and diagnosis and I guess I wanted what everyone wants, a happy ending.

# Videos featuring others who have “been there”

HOME → INTERVIEWS

## Interviews

**mindyourmind** speaks with advocates, authors, musicians, athletes and other people about their own opinions and life experiences.

**ALL** AUTHORS MUSICIANS ADVOCATES CELEBRITIES MIXED MEDIA ATHLETES



Tyler Bryden



Frazer Sundown



Okilly Dokilly



Barak Shavit



Elaine Lui



Lee Crutchley - How To Be Happy or at Least

### TAGS IN ALL SECTIONS

life experience (655)  
wellness (636)  
getting help (570)  
coping (485)  
self care (343)  
relationship (328)  
youth (326)  
stigma (282)  
mood disorder (250)  
behaviour (236)  
awareness (230)  
stress relief (223)

More

SHARE

# Interactives/games



Annoying stress trogs are on the loose! Squish 'em, and get some stress tips along the way!

PLAY



Test your knowledge and get informed about safe sex by battling the evil and infected Sperminator!

PLAY

# **My prior research in youth e-mental health (2008-present)**

# They start with Google, using *their* terms, but they can't discern what is available/reliable



my life sucks

my life sucks

my life sucks **quotes**

my life sucks **yahoo**

About 78,400,000 results (0.32 seconds)

[Rate My Life - How Are You Doing? Find Out If You Suck at ...](#)

[www.ratemylife.net/](http://www.ratemylife.net/) ▼

At Rate **My Life**, we rate your life using factors derived from what people want to accomplish in life after aggregating data from the entire Internet!

[5 Helpful Things to Do When You Think Life Sucks](#)

[tinybuddha.com/blog/5-helpful-things-do-when-think-life-sucks/](http://tinybuddha.com/blog/5-helpful-things-do-when-think-life-sucks/) ▼

1 Oct 2014 - 5 Helpful Things to Do When You Think Life Sucks ... For the better part of **my life**, I've felt flustered and incapable of handling these moments.

[FML: Your everyday life stories](#)

[www.fmylife.com/](http://www.fmylife.com/) ▼

Startled, I stumbled and grabbed a nearby tree branch to regain **my** balance. The branch ... 5 comments. I agree, your **life sucks** (289) - you deserved it (15).

[The Top 7 Reasons Why Your Life Sucks - Holosync ...](#)

[www.centerpointe.com](http://www.centerpointe.com) › Home › Happiness ▼

6 Jun 2014 - Why life is sometimes such a struggle... • Why you aren't happy... Believe me, I've certainly struggled in **my life**. I was on the Olympic Struggling ...

# They do not want to read large blocks of text

## About this leaflet

This leaflet is for anyone who is, or has been depressed. We hope it will also be helpful for friends and relatives.

It describes what depression feels like, some of the help that is available, how you can help yourself and how to help someone else who is depressed. It also mentions some of the things we don't know about depression. At the end of the leaflet, there is a list of other places where you can get further information.



## Introduction

We all feel fed up, miserable or sad at times. These feelings don't usually last longer than a week or two, and they don't interfere too much with our lives. Sometimes there's a reason, sometimes not. We usually cope - we may talk to a friend but don't otherwise need any help.

However, in depression:

- your feelings don't lift after a few days - they carry on for weeks or months
- are so bad that they interfere with your life.

## What does it feel like?

Most people with depression will not have all the symptoms listed below, but most will have at least five or six.

You:

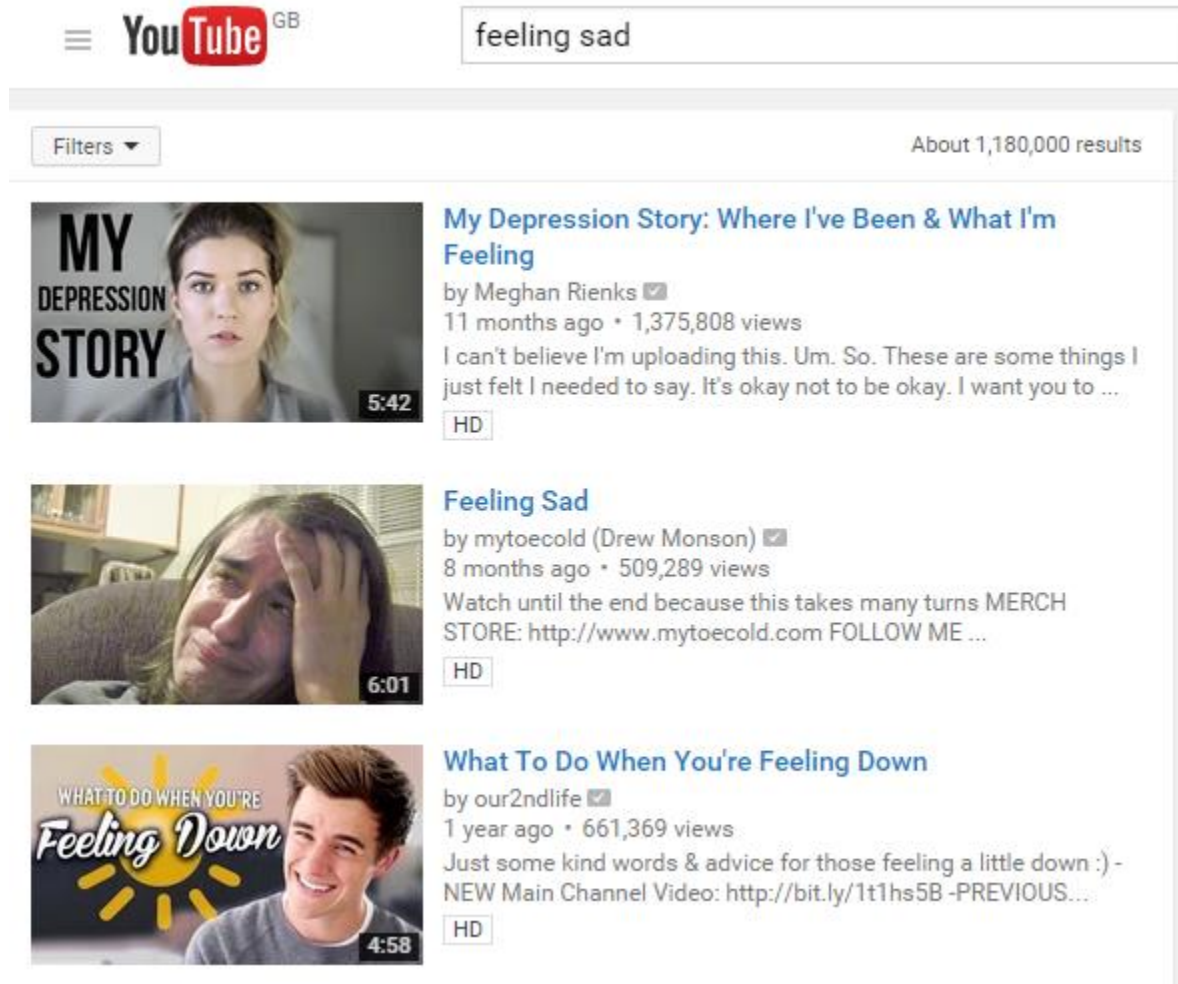
- feel unhappy most of the time (but may feel a little better in the evenings)
- lose interest in life and can't enjoy anything
- find it harder to make decisions
- can't cope with things that you used to
- feel utterly tired
- feel restless and agitated
- lose appetite and weight (some people find they do the reverse and put on weight)
- take 1-2 hours to get off to sleep, and then wake up earlier than usual
- lose interest in sex
- lose your self-confidence
- feel useless, inadequate and hopeless
- avoid other people
- feel irritable
- feel worse at a particular time each day, usually in the morning
- think of suicide.

You may not realise how depressed you are for a while, especially if it has come on gradually. You try to struggle on and may even start to blame yourself for being lazy or lacking willpower. It sometimes takes a friend or a partner to persuade you that there really is a problem which can be helped.

You may start to notice pains, constant headaches or sleeplessness. Physical symptoms like this can be the first sign of depression.



# They prefer videos



The image shows a screenshot of a YouTube search results page for the query "feeling sad". The page features the YouTube logo, a search bar with the text "feeling sad", and a filter dropdown menu. The search results are displayed in a list format, with each entry including a video thumbnail, the video title, the creator's name, the upload date, the number of views, a short description, and a video quality indicator (HD).

YouTube GB

feeling sad

Filters ▾

About 1,180,000 results

**MY DEPRESSION STORY**  
**My Depression Story: Where I've Been & What I'm Feeling**  
by Meghan Rienks ✓  
11 months ago • 1,375,808 views  
I can't believe I'm uploading this. Um. So. These are some things I just felt I needed to say. It's okay not to be okay. I want you to ...  
HD

**Feeling Sad**  
by mytoecold (Drew Monson) ✓  
8 months ago • 509,289 views  
Watch until the end because this takes many turns MERCH STORE: <http://www.mytoecold.com> FOLLOW ME ...  
HD

**WHAT TO DO WHEN YOU'RE Feeling Down**  
**What To Do When You're Feeling Down**  
by our2ndlife ✓  
1 year ago • 661,369 views  
Just some kind words & advice for those feeling a little down :) - NEW Main Channel Video: <http://bit.ly/1t1hs5B> -PREVIOUS...  
HD

# They prefer interactive, not static

- Discussion forums, but not social media
- Quizzes, but not if topic is “too serious”
- Chatting/texting with a trusted counsellor
- Chatting is better than phone
- Games must hold their interest

# Launching today: brotalk.ca



# My future research: Breaking down the barriers to youth e-mental health

- Collaborate with government and/or third sector partners to access youth; identify and implement solutions to barriers
- These might include:
  - Socioeconomic disadvantages?
  - Literacy (general, health, information)?
  - Search term translation issues?
  - Inappropriate search engine optimisation methods (SEO)?
  - Lack of desired formats?
  - Organisational constraints?

Let's find the answers! (pun intended)

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