

Youth mental health and information engagement

Dr Diane Rasmussen Pennington FHEA FRSA

Lecturer in Information Science and Course Director

Digital Health and Wellness Group

Strathclyde iSchool Research Group (SiSRG)

diane.pennington@strath.ac.uk / @infogamerist

Digital Health Citizen Engagement Network: Changing Care Together

2 May 2018

What is information science?

Strathclyde iSchool Reseach Group About us



Our research group investigates arising socio-techno phenomena and evolving information systems and behaviours. In pursuit of a literate and informed society, much of our work is societal in nature. We investigate human information need and use, and we're informing future interactive information system design.

Holistic in perspective, our work is theoretically underpinned by internationally recognised expertise in:

- interactive information retrieval
- information behaviour
- information law and ethics
- information engagement

We bridge theory and practice, working collaboratively with a number of partners including:

- the National Health Service Scotland
- Glasgow City Libraries
- Barnardo's Scotland

Lead, Information Engagement area

Our research areas

Information engagement

We research how and why people engage with information, as well as how to increase user engagement, particularly in the domains of digital health and social media. This term is most common in patient studies, but can include a broad range of online information interactions, such as browsing, searching, finding, describing, sharing, repurposing, and interacting with information. We ground our work in social cognition, which seeks to understand the influence of individual cognitive processes about information on social interactions.

Contact us

Diane Pennington

- Connecting young people to online mental health information through understanding their search terms and format preferences;
- Applying non-textual research methods to understanding categories of information needs among people with dementia, and developing an ontological model of these needs;
- Analysing and making recommendations for implementing linked data applications;
- Understanding how people select videos in leisure settings.

Youth e-mental health – What’s available? What help is out there? How can they find it?



MOODJUICE



A page of text

What is depression?

Depression is a low mood that lasts for a long time, and affects your everyday life.

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, depression can be life-threatening because it can make you feel suicidal or simply give up the will to live.

It feels like I'm stuck under a huge grey-black cloud. It's dark and isolating, smothering me at every opportunity.

When does low mood become depression?

We all have times when our mood is low, and we're feeling sad or miserable about life. Usually these feelings pass in due course.

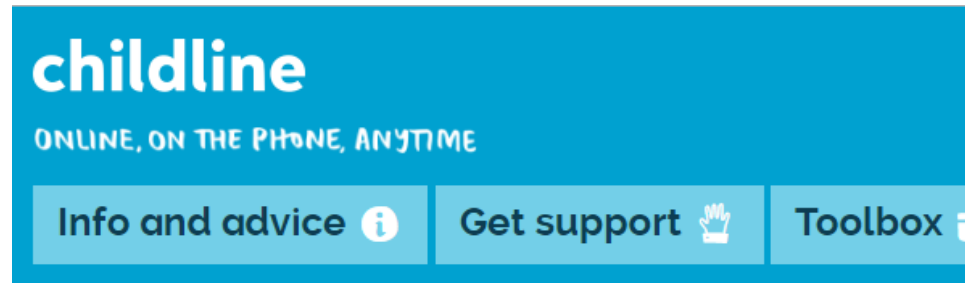
But if the feelings are interfering with your life and don't go away after a couple of weeks, or if they come back over and over again for a few days at a time, it could be a sign that you're experiencing depression.

It starts as sadness then I feel myself shutting down, becoming less capable of coping. Eventually, I just feel numb and empty.

Quizzes to evaluate issues/severity



Online chat with a counsellor



You are here / Home / Get support / [1-2-1 counsellor chat](#)

1-2-1 COUNSELLOR CHAT

Chat with a counsellor about anything. It's a 1-2-1 session - so it's just you and Childline. They can give you help and support with whatever's worrying you.

HOW TO USE 1-2-1 COUNSELLOR CHAT

- **Enter the waiting room**
We'll be with you to start your chat as soon as we can.
- **Stay calm while you wait**
Why not watch videos and play games while you wait.
- **Start chatting to a counsellor**
Chat with a counsellor about whatever's worrying you.

Personal stories

HOME → EXPRESSION → STORIES → MY STRUGGLE WITH DEPRESSION

my struggle with depression

By James  abuse, depression, mood disorder

I have struggled with depression for longer than I can remember and and it all started when I was younger I was 2 years old and my uncle was "bored" his words not mine but so he touched me and raped me. even now I have night terrors but they don't scare me anymore they make me stronger and that's all thanks to my friends they help me thru so much and im thankful. a message to people struggling.... it gets better there are people that want to help you just have to let them. there is always someone that can help you and wants to.

Submitted by james, age 17.

TAGS IN ALL SECTIONS

wellness (715)
life experience (696)
getting help (620)
coping (543)
self care (405)
relationship (351)
youth (341)
stigma (304)
mood disorder (273)
awareness (252)
depression (251)
behaviour (246)

More

SHARE



Personal stories (with interactions?)

Home > Real Life Stories > Aidan's Story

Aidan's Story

Story submitted by: Aidan



"There is this external stigma on guys that we don't have feelings – the fact is, we do."

- ⊕ Chapter 1: "I felt lost."
- ⊕ Chapter 2: The Physical and the Mental
- ⊕ Chapter 3: Hitting Rock Bottom
- ⊕ Chapter 4: The Rear View Mirror
- ⊕ Chapter 5: Guys and Stigma
- ⊕ Chapter 6: Friends and Teams



<http://www.brotalk.ca/Real-Life-Stories/Aidans-Story>

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

HOME → INTERACTIVES → SQUISH 'EM

Squish 'Em

wellness and stress relief.



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

PLAY



If you have a QR reader you can scan the code and quickly access the tool on your mobile device.

TAGS IN ALL SECTIONS

wellness (715)
life experience (696)
getting help (620)
coping (543)
self care (405)
relationship (351)
youth (341)
stigma (304)
mood disorder (273)
awareness (252)
depression (251)
behaviour (246)

More

SHARE

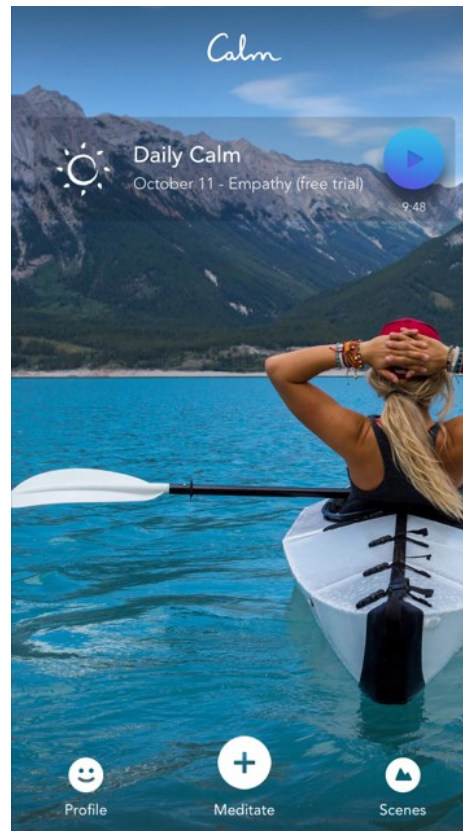
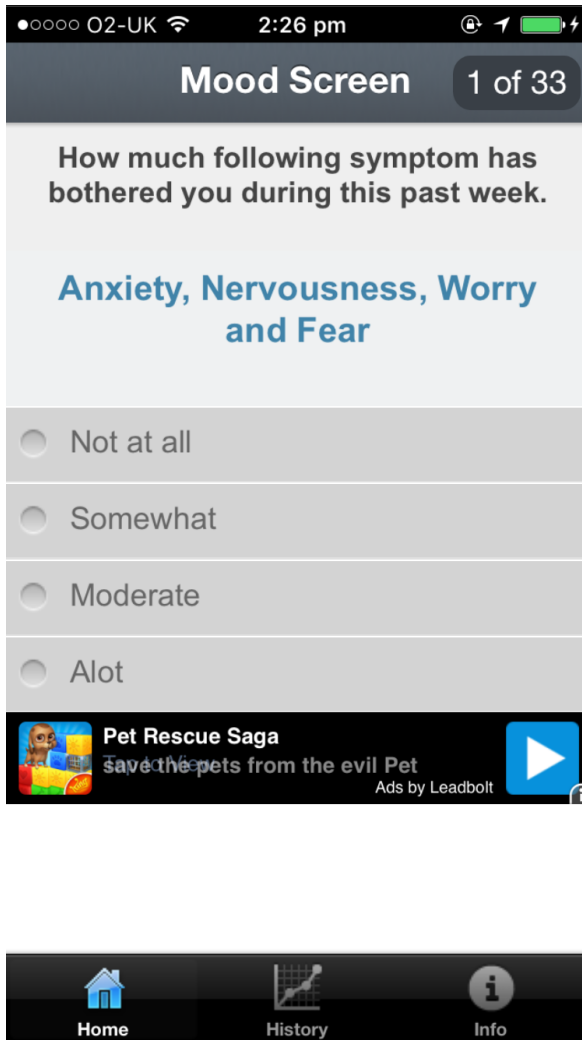


Social media awareness

The image shows a screenshot of the Facebook page for 'Mental Health on The Mighty'. The page header features a red logo with the text 'The MIGHTY MENTAL HEALTH'. Below the logo, the page name 'Mental Health on The Mighty' is displayed with a verified badge and the handle '@MentalHealthOnTheMighty'. A navigation menu on the left includes 'Home', 'About', 'Photos', 'Likes', 'Videos', 'Posts', and a 'Create a Page' button. The main content area shows a post from 'Mental Health on The Mighty' dated October 6 at 2:00am. The post text reads: "It's silent anxiety attacks, hidden by smiles." Below the text is a video thumbnail showing a close-up of a woman's face with her eyes closed. The text 'High-functioning anxiety looks like...' is overlaid on the video. Above the post, there are three Polaroid-style photos: one of a woman's face, one of a group of people holding a sign that says 'OUR MENTAL HEALTH IS NOT A COSTUME', and one of a person holding a sign that says '#ThisPsychiatrist helps young people overcome suicidal thoughts'. Interaction buttons for 'Liked', 'Save', 'Share', and 'More' are visible below the photos.

<https://www.facebook.com/MentalHealthOnTheMighty>

Apps (mood tracking, meditation, inspiration)

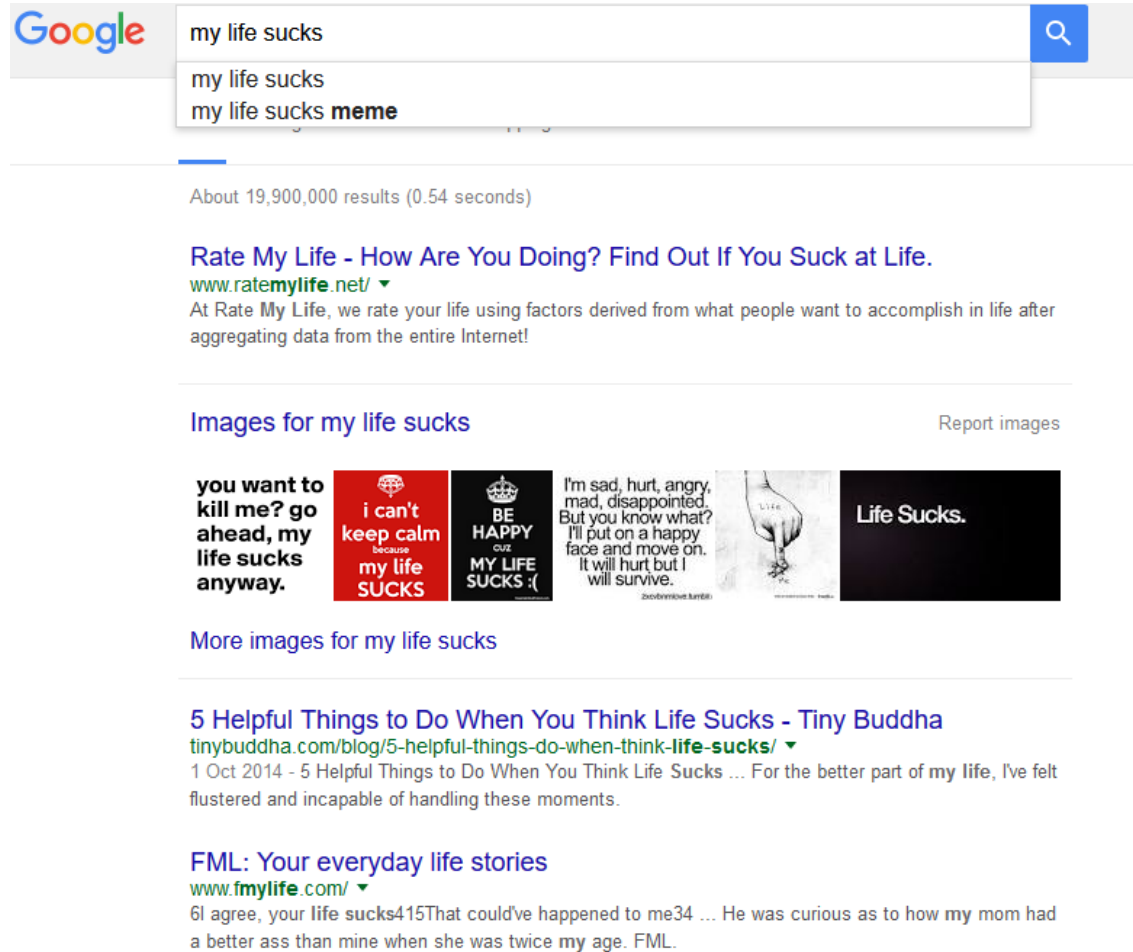


A graphic with a bright yellow sun icon at the top. Below the sun is the text: "Stress is a designer ailment that many of the so-called afflicted suffer from with pride." Below this text is the name "Janet Street-Porter" in a cursive font. At the bottom right, there is a yellow circle with the text "Ad-Free". At the very bottom, there is a navigation bar with a left arrow, a blue circle with "ALL", a yellow star icon, a blue circle with "MORE", and a right arrow. Below the navigation bar is a banner for the Google app for iPhone, with the text "Get the latest Google app for iPhone*" and a blue button that says "INSTALL NOW".

Results of my prior work in youth mental health



Start with Google, using *their* terms



Google my life sucks

my life sucks
my life sucks **meme**

About 19,900,000 results (0.54 seconds)

Rate My Life - How Are You Doing? Find Out If You Suck at Life.
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!

Images for my life sucks Report images

you want to kill me? go ahead, my life sucks anyway. | i can't keep calm because my life SUCKS | BE HAPPY CUZ MY LIFE SUCKS :(| I'm sad, hurt, angry, mad, disappointed. But you know what? I'll put on a happy face and move on. It will hurt but I will survive. | Life Sucks.

More images for my life sucks

5 Helpful Things to Do When You Think Life Sucks - Tiny Buddha
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/ ▼
61 agree, your life sucks415That could've happened to me34 ... He was curious as to how my mom had a better ass than mine when she was twice my age. FML.

Not too much 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.

Videos!



I'm sad

Filters ▾

About 14,600,000 results



When I am Sad

Aglaia Mortcheva
7 years ago • 450,130 views

"When I am Sad", Flash, (4 min.22 sec.). short film created by Aglaia Mortcheva 2008.



L CD VOL 01 - I'm Sad - Senmie (Official Lyric Video) / Original song

L PRODUCTION OFFICIAL
1 month ago • 26,179 views

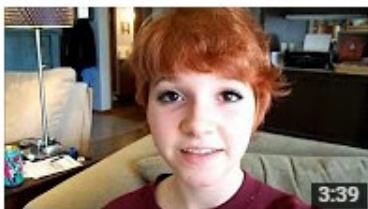
Official Lyric Video I'm Sad - Senmie (Original song) MV Coming soon ...! L Album CD VOL 01 Smart Tune : 415639 SMS TO 855.



I AM A SAD PERSON

JellyandDay2 ✓
1 year ago • 114,063 views

Today I talk about my depression. #VentingWithJelly
----- Want more of us?



What To Do When You're Sad

Musicandartsavelives
3 years ago • 14,478 views

A lot of people ask what I do when I'm sad; so these are some things that I do and you could try too. Let me know if any of these ...

Interactive, not static

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

Other results

- They do not know what is available
- Poor health literacy
- Disagreements on judging credibility
- Trust issues are prominent

Methods of engagement: How did we find this out?



Kids Help Phone 



mindyourmind.ca

mindyourmind exists in the space where mental health, wellness, engagement and technology meet. We work with young people aged 14-29 to co-create interactive tools and innovative resources to build capacity and resilience.

mindyourmind's definition of “youth engagement” – and conflicting worlds

“Young people who are engaged affectively, cognitively and behaviourally participate fully and become co-creators with adults as partners. They are loyal, invested and because of this will be more likely to talk to their peers about their involvement. Interactions and communications are delivered in a manner that reflects a young person's world view and incorporates pillars of youth culture in the delivery and presentation.”

- Icebreakers, favourite bands and websites, making name tags, food, comfortable social settings

Result: “Let's just say I hugged the phone.”

Meet them “where they are”

- Recruit through social media, school contacts, prior relationships
- Online surveys to start
- WordPress/asynchronous groups
- Google Hangouts groups
- School nurses/counsellors as contacts
- Youth advisory steering group
- Search sessions with interviews

Meanwhile in Scotland...



From Scottish Government's Mental Health Strategy, 2017-2020

“Develop more accessible psychological self-help resources and support national rollout of computerised CBT [cognitive behavioural therapy] with NHS 24, by 2018.”

“Other opportunities also exist through peer support, digital tools and better use of electronic information because these offer huge potential for widening access, supporting co-production and self-management.”

Refers to the new Digital Health and Care Strategy...

'I have access to the digital information, tools and services I need to help maintain and improve my health and wellbeing.'



“How do you find a good movie?”

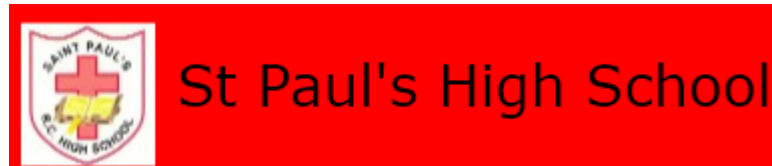
YouTube Find an exciting movie.

SoundCloud Find a sad song.

Flickr Find a beautiful picture.

Google Play Store Find a calming app.

Wikipedia What makes people angry about Brexit?



Finding solutions to advance digital health for addressing unmet needs in relation to self-harming behaviours



EUROPE & SCOTLAND
European Social Fund
Investing in a Smart, Sustainable and Inclusive Future



**European Social Fund
Social Innovation Fund**

...through socially-oriented, equal inclusion of stakeholders



- Social Innovation Labs/co-production approach to the incubation of creative ideas and solutions
- Young people with “lived experience”, parents, families will all contribute equally
- “Hackathons”
- Interviews, surveys
- Project Steering Group

What can we (you) do to help?



Resources

Finding mental health information and support online can be difficult. Where do you start?

Aye Mind is working to identify resources to support mental wellbeing for young people. We have gathered a wide range of examples for you to explore. We do not endorse or recommend particular resources – being featured on our database does not imply proof of effectiveness. We encourage you to carefully explore resource before you use them. We have created material in our Toolkit that offers guidance on assessing the value of digital resources – see our [Digital Tools Section](#) for example. **Be curious, but stay critical!**

<http://ayemind.com/resource-map/>
<https://mindyourmind.ca/help>

Help

There are many resources out there for you to find help. Find out when, how, and where to get help for yourself or a friend.

ALL | I NEED HELP | MY FRIEND NEEDS HELP | TALK TO SOMEONE



I'm in Crisis



I Don't Know What's Wrong



I Need to Talk to Someone



Talk to a Doctor



Talk to a Counsellor



Talk to a Therapist



My Friend is in Crisis



What's Wrong with My Friend?



How Can I Help My Friend



Get Ready for Your Appointment



Self Care while Helping a Friend



Where to Call