

A decorative graphic on the left side of the slide consisting of white lines and circles on a blue gradient background, resembling a circuit board or neural network.

PROJECT PROPOSAL PRESENTATION

RACHEL DIPLOCK – MA PSYCHOTHERAPEUTIC PRACTICE – HUMANISTIC

M7X01681

A decorative graphic on the left side of the slide, consisting of white and light blue lines that resemble a circuit board or a network diagram. These lines are vertical and horizontal, with small circles at various points, creating a sense of connectivity and technology.

SOCIAL MEDIA: CONNECTION VS ISOLATION

WHAT ARE THE POSITIVE IMPACTS?

WHAT ARE THE NEGATIVE IMPACTS?

SOCIAL MEDIA USE PATTERNS:

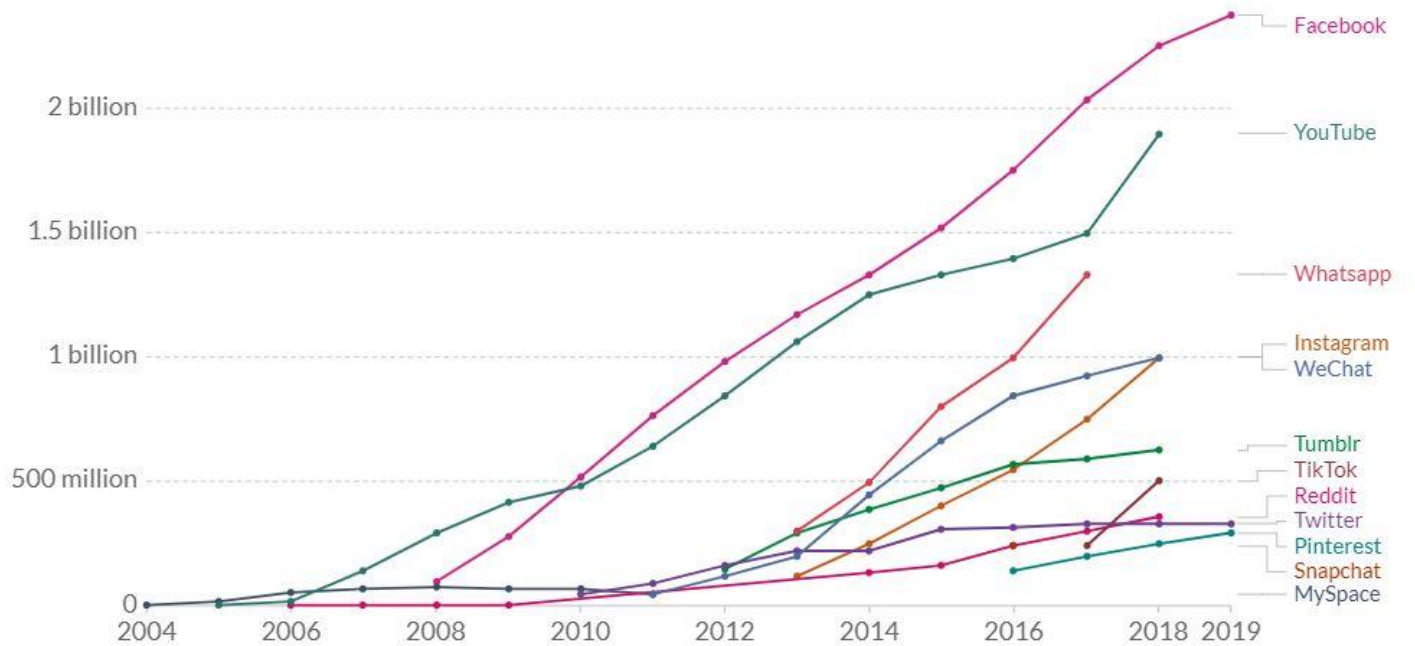
- Increased variety of networks
- Increased number of users

Number of people using social media platforms, 2004 to 2019

Estimates correspond to monthly active users (MAUs). Facebook, for example, measures MAUs as users that have logged in during the past 30 days. See source for more details.

Our World in Data

+ Add



Source: Statista and TNW (2019)

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(Ortiz-Ospina, 2019)

SOCIAL MEDIA USE PATTERNS:

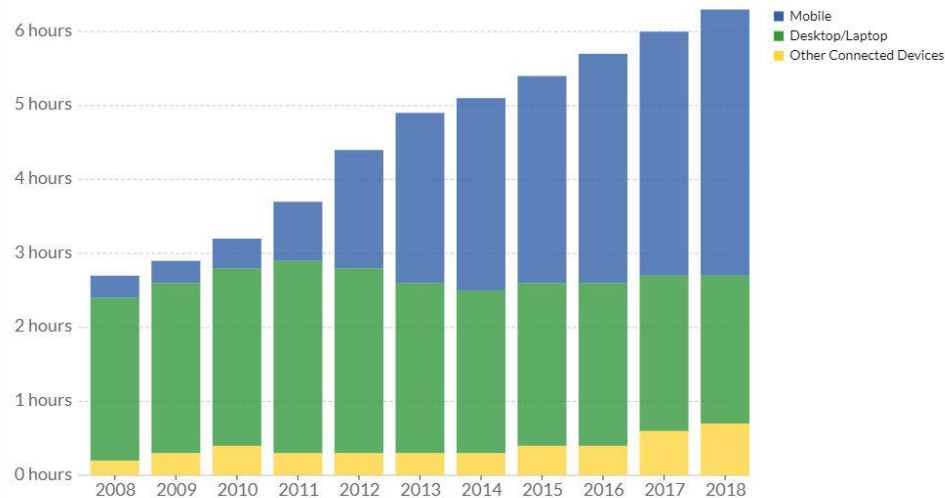
- Increased amount of time spent online
- Increased accessibility to the internet

(Ortiz-Ospina, 2019)

Daily hours spent with digital media, United States, 2008 to 2018

Average hours per day spent engaging with digital media (e.g. digital images and videos, web pages, social media apps, etc.) The data for 'other connected devices' includes game consoles. Mobile includes smartphones & tablets. All data includes both home & work usage for people 18+.

Our World
in Data



Source: BOND Internet Trends (2019)

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SOCIAL MEDIA AND SOCIAL RELATIONSHIPS

STRONG CONNECTIONS RESULT IN:

- INCREASED HAPPINESS
- REDUCED STRESS, ANXIETY AND DEPRESSION
- BOOSTS SELF-WORTH
- PREVENTS LONELINESS

(ROBINSON & SMITH, 2020)

SOCIAL MEDIA ALLOWS...



Relationship
maintenance



ease of contact / no
geographical
boundaries



emotional support



increased accessibility
to social connection

(Robinson & Smith, 2020)

TOGETHER BUT NOT TOGETHER

- SOCIAL MEDIA CANNOT REPLACE FACE-TO-FACE HUMAN CONNECTION
- PHYSICAL CONNECTION TRIGGERS STRESS-REDUCING HORMONES
- EXTENDED USE OF SOCIAL MEDIA CAN INCREASE FEELINGS OF ISOLATION, ANXIETY AND DEPRESSION
- CAUSE FEELINGS OF INADEQUACY
- INCREASED 'FOMO'
- INCREASED OPPORTUNITY FOR CYBERBULLYING/TROLLING
- WITHDRAWAL FROM REAL-LIFE CONNECTIONS

(ROBINSON & SMITH, 2020)

CURRENT RESEARCH

- ❖ A STUDY EXPLORING THE LINK BETWEEN OVER-USE OF SOCIAL MEDIA AND MENTAL HEALTH (CHUNG-YING ET AL., 2021) RECORDED A NEGATIVE IMPACT ON MENTAL QUALITY OF LIFE.
- ❖ IDENTIFICATION OF FACTORS LINKED TO BOTH POSITIVE AND NEGATIVE MENTAL HEALTH NEEDED TO PRODUCE SUCCESSFUL MENTAL HEALTH PROGRAMMES
- ❖ OVER-USE OF SOCIAL MEDIA IS A GLOBAL PROBLEM RESULTING IN A VARIETY OF HEALTH ISSUES

(CHUNG-YING ET AL., 2021)

(WONG ET AL., 2020)

CURRENT RESEARCH

- ❖ A STUDY (RODGERS ET AL., 2020) EXPLORING LINK BETWEEN SOCIAL MEDIA USE AND BODY DISSATISFACTION SHOWED A CORRELATION BETWEEN THE 2 AND ALSO WITH LOWER SELF-ESTEEM.
- ❖ STUDY SUPPORTS THE IDEA THAT MENTAL HEALTH PROGRAMMES SUCH AS A SOCIAL MEDIA LITERACY PROGRAMME COULD BE BENEFICIAL AS PREVENTION/INTERVENTION FOR NEGATIVE IMPACTS OF SOCIAL MEDIA USE.

(RODGERS ET AL., 2020)

(CHUNG-YING, 2021)

PROTOCOL FOR TRIAL

- ❖ A PROTOCOL FOR RCT DEVELOPED FOR SOCIAL MEDIA LITERACY, BODY IMAGE AND WELL-BEING PROGRAMME (GORDON ET AL., 2020).
- ❖ CAN A PROGRAMME OF THIS KIND REDUCE NEGATIVE IMPACT OF SOCIAL MEDIA ON MENTAL WELL-BEING?
- ❖ TRADITIONAL MEDIA SURROUNDED US WITH APPEARANCE-IDEAL IMAGES FOR MANY YEARS, BUT INCREASED MEDIA LITERACY HAS REDUCED THE NEGATIVE IMPACT ON MENTAL HEALTH (BURNETTE ET AL., 2017)

CURRENT RESEARCH



- Little moderation of shared news and information may lead to false information being shared to a potentially massive audience
- Possible impact on public health as well as unnecessary panic

(Sharma et al., 2020)

(Birmingham City University, 2020)

CURRENT RESEARCH

- ❖ A study was conducted (Zhao & Zhou, 2020) about social media and the impact on mental health specifically during the Covid-19 Pandemic
- ❖ Results found increased social media use correlated with poorer mental health
- ❖ Information/News shared on social media may cause greater depression
- ❖ Prior research (Thompson et al., 2019) suggests social media users with pre-existing mental health issues / trauma more frequently access concerning news articles/Information.

IS ENOUGH BEING DONE BY SOCIAL MEDIA NETWORKS TO HELP?

- ❖ SOCIAL MEDIA NETWORKS HAVE POTENTIAL TO REACH LARGE SCALE AUDIENCE WITH EARLY INTERVENTION SUPPORT
- ❖ IF SOCIAL MEDIA NETWORKS ASSISTED IN DETECTION OF PSYCHIATRIC STRESSORS, AN IDENTIFIED CAUSE OF SUICIDAL BEHAVIOURS, EARLY INTERVENTION COULD BE MORE EASILY FACILITATED
- ❖ SOCIAL MEDIA NETWORK TWITTER HAS PUT FORWARD VERY FEW APPROACHES TO REDUCE PSYCHIATRIC STRESSORS

(JINGCHENG ET AL., 2018)

GRAPHIC SELF-HARM CONTENT

- In 2017, 14 year old Molly Russell took her life
- Following her death, it was discovered she had accessed graphic self-harm content on Instagram
- Molly's Father accused Instagram of being partly responsible for her death
- Instagram replied with a statement that they do not permit material that promotes self-harm or suicide
- UK Government urged social media networks to take more responsibility for harmful content posted

(Crawford, 2019)



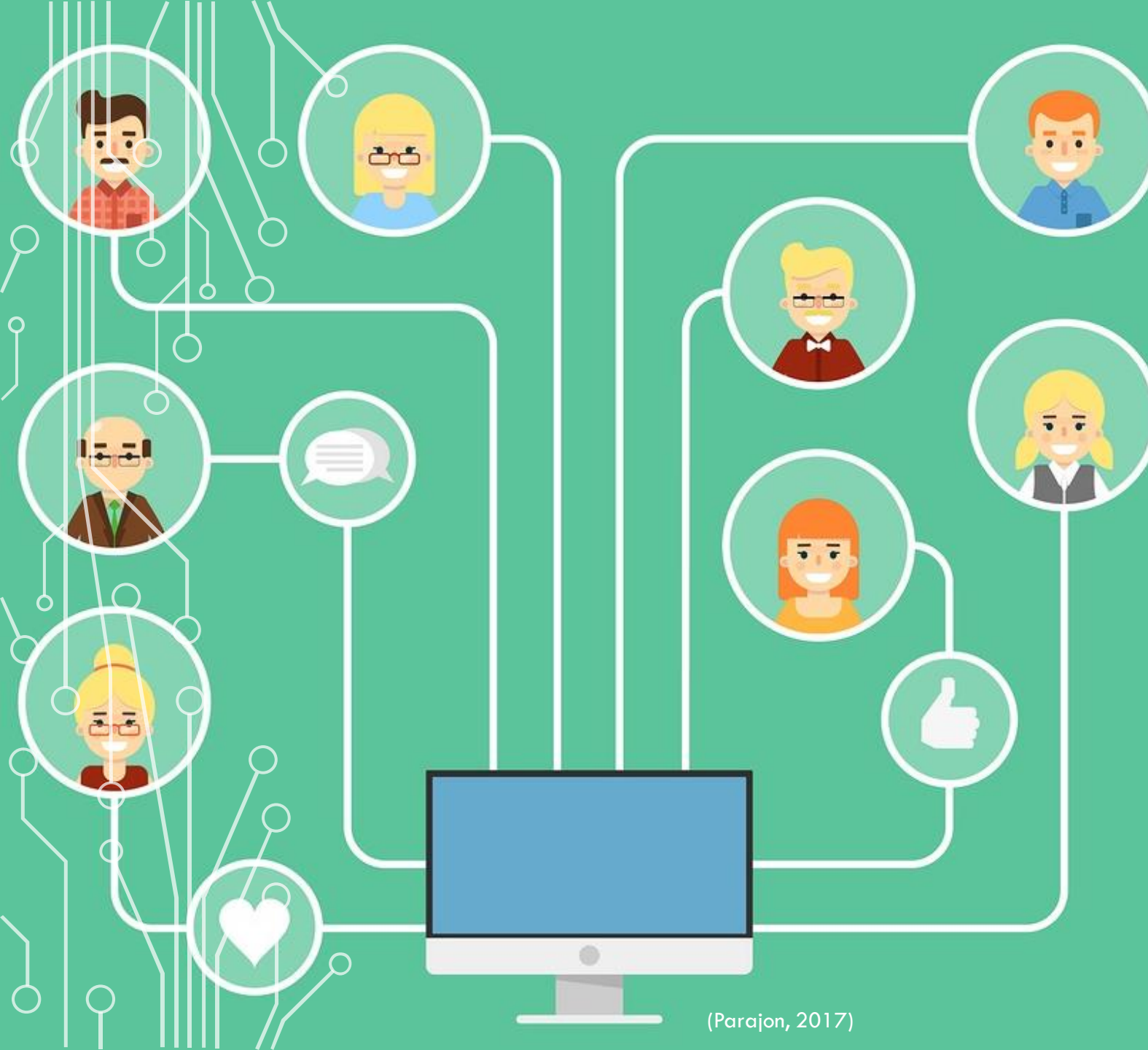
(Rose, 2019)

SOCIAL MEDIA ALGORITHM

- INSTAGRAM PLEDGED TO REMOVE ALL GRAPHIC SELF-HARM IMAGES
- FELT BY MANY TOO LITTLE TOO LATE
- INFLUENCE OF ALGORITHM UNADDRESSED
- CONTENT SHOWN TO INDIVIDUAL USERS CONSIDERED RELEVANT BASED ON PREVIOUS CONTENT ACCESSED BY USER
- MR RUSSELL CLAIMS THIS ALGORITHM PUSHED MORE HARMFUL CONTENT ONTO AN ALREADY VULNERABLE GIRL
- SOME STEPS MADE TO MAKE USERS EXPERIENCE SAFER
- GRAPHIC IMAGES AND VIDEOS REMAIN READILY AVAILABLE
- CALL FOR REGULATIONS TO BE IMPOSED ON SOCIAL MEDIA NETWORKS DUE TO LACK OF RESPONSIBILITY

(PALACZ, 2019)

(CRAWFORD, 2019)



(Parajon, 2017)

CURRENT RESEARCH

- ❖ Routine use of social media has positive health outcomes
- ❖ Development of emotional connection with social media causes emergence of negative health outcomes
- ❖ Social media allows connection without barriers of distance/time
- ❖ Social media can help strengthen offline relationships
- ❖ Development of online communities and a support system

(Bekalu et al., 2019)

A POSITIVE PLATFORM

- ROYAL SOCIETY FOR PUBLIC HEALTH RESEARCHED EFFECTS OF SOCIAL MEDIA ON MENTAL HEALTH AND FOUND IT HAS MASSIVE POTENTIAL TO SUPPORT MENTAL HEALTH
- RESEARCH FOUND THAT 7 IN 10 OF THE PARTICIPANTS HAD RECEIVED SUPPORT ON SOCIAL MEDIA
- PARTICIPANTS FELT THAT SOCIAL MEDIA WAS A SPACE FOR POSITIVE SELF-EXPRESSION AND TO SHARE INTERESTS WITH OTHERS

(MCDADE, 2019)

AIMS

- ✓ EXPLORE BENEFITS AND DRAWBACKS
- ✓ COMPARE POSITIVE AND NEGATIVE ASPECTS
- ✓ ASSESS WHETHER PRO'S AND CONS ARE EQUAL OR ONE-SIDED
- ✓ HIGHLIGHT GAPS IN RESEARCH
- ✓ EXPLORE WHETHER ONLINE CONNECTIONS WITH LOVED ONES DURING PANDEMIC IS BENEFICIAL OR ISOLATES US FURTHER
- ✓ 1 IN 6 HAVE MENTAL HEALTH PROBLEM
- ✓ STEADY INCREASE RECENT YEARS
- ✓ CURRENT LIFESTYLE TO BLAME?

(BROWN & TRIGGLE, 2018)

WHY?

- ✓ RAPID GROWTH OF SOCIAL MEDIA, WHAT IS THE IMPACT ON OUR WELL-BEING?
- ✓ HOW COULD THIS IMPACT THE YOUNGER GENERATION?
- ✓ WHAT ARE OTHERS EXPERIENCES OF SOCIAL MEDIA AND HOW IT IMPACTS THEM?
- ✓ CAN NETWORKS DO MORE TO PROTECT USERS MENTAL HEALTH?
- ✓ WILL GOVERNMENT IMPOSE REGULATIONS TO MAKE OUR SOCIAL MEDIA EXPERIENCE SAFER?
- ✓ WITH MENTAL HEALTH PROBLEMS SEEMING TO INCREASE EACH YEAR COULD THIS BE DIRECTLY RELATED TO AN “ONLINE LIFE”?

PROPOSED PLAN OF WORK

ACTION	TARGET DATE
Decide on research question	16/07/2021
Write Introduction	30/07/2021
Read background literature	27/08/2021
Write and submit draft literature review	24/09/2021
Return of draft literature review	22/10/2021
Amend literature review and submit final draft	26/11/2021
Final conclusions	14/01/2022
Footnotes and Bibliography	28/01/2022
Proofreading and corrections	11/02/2022
Binding of thesis	25/02/2022

ETHICAL APPROVAL

- ✓ MAKE ETHICAL APPROVAL APPLICATION TO UWTSD
- ✓ ENSURE ADHERENCE TO UWTSD RESEARCH, ETHICS AND INTEGRITY CODE OF PRACTICE, UWTSD DATA MANAGEMENT POLICY AND BACP ETHICAL FRAMEWORK
- ✓ APPLICATION TO INFORM UNIVERSITY OF PROPOSED RESEARCH METHODS
- ✓ NO LIVE PARTICIPANTS
- ✓ NO PREDICTED RISK TO INVESTIGATOR
- ✓ INFORMED AND ABLE TO SEEK SUPPORT IF NEEDED
- ✓ NO PERSONAL OR SPECIAL CATEGORY DATA TO STORE

THANK YOU FOR LISTENING...



(Adobe, 2021)

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