

Childhood Family Social Panorama and its Impact on Self Image and Social Anxiety



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Agenda

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- Research Aims & Objectives
- Methods & Research Implementation
- Ethics
- Findings & Analysis
- Conclusion
- Recommendations & Future Actions
- Personal & Professional Learning Experience
- Q & A

Background of the Study

Why Focus on Social Anxiety?



Common Issue

→ *Social anxiety is a common mental health issue.*



Early Onset

→ *75% of all mental health disorders begin before the age of 25.*

FI Impact in Finland

→ Nearly 400,000 adults suffer from social anxiety.

Approximately 7 % of Finland's population experiences social fear or anxiety



Justification

Why This Research Matters?

Education & Work

→ *Social anxiety affects studies, employment & relationships*

Economic Impact

→ *Mental health issues cost Finland €11 billion/year (OECD, 2018)*

Research Gaps

→ *Social anxiety has not been studied through MSP or Social Panorama interventions*

Research Aims & Objectives

Understanding & Improving Social Anxiety Treatment

Understanding

→ *Social anxiety background factors*

Developing & Evaluating

→ *Develop and evaluate the effectiveness of new approaches*

Increasing Awareness & Encouraging

→ *Use the Social Panorama interventions in mental health & coaching*

Methods

Exploring Social Anxiety Through Spatial Interventions



Ontological and Epistemological Foundation

→ *An interpretive paradigm with a relativist ontological foundation, alongside the Mental Space Psychology paradigm*



Research Approach

→ *Qualitative, phenomenological, case study & practice-based research*



Data Collection Methods

→ *Interviews, modeling, observation, anxiety scales, self-assessment questionnaires*

Research Implementation

Research Process and Analysis

-  **Initial Assessments**
→ *LSAS and SPIN-FIN questionnaires*
-  **Childhood Social Panorama Interventions**
→ *Exploring family dynamics*
-  **Self-image Interventions**
→ *Modelling and improving self-image*
-  **Analysis and Insights**
→ *Phenomenological analysis of participants' experiences and the impact of interventions*

Ethics

Ensuring Research Integrity and Participant Well-Being

Ethical Standards

→ *Follows UWTSD & Finnish research integrity guidelines*

Consent & Confidentiality

→ *Informed consent, anonymized & securely stored data*

Participant Safety

→ *Mental health & emotional safety ensured*

Findings

Key Results of the Study

1. Childhood Social Panorama Intervention
2. Impact on Social Anxiety
3. Impact on Self-Image and Self-Image Interventions
4. Social Anxiety in Test Situation and the Impact of Self-Image Intervention on Anxiety Level
5. Beliefs
6. Achievement of Objectives

1. Childhood Social Panorama Intervention Results

Significant Positive Changes

Key Outcomes

→ *Participants achieved their goals, improved family dynamics, and redefined their roles within their childhood family.*

Impact on Social Anxiety

→ *Significant reduction in social anxiety levels*

Impact on Self-Image

→ *Minor changes in self-image*

2 a) Impact of LSAS on Social Anxiety

Participant	LSAS Baseline	LSAS 1st Follow-Up Meeting	Change 1	LSAS 2nd Follow-Up Meeting	Change 2	Total Change
1	57	37	-20	7	-30	-50
2	80	59	-21	23	-36	-57
4	85	81	-4	23	-58	-62

2 b) Impact of SPIN-FIN on Social Anxiety

Participant	SPIN-FIN Baseline	SPIN-FIN 1st Follow- Up Meeting	Change 1	SPIN-FIN 2nd Follow-Up Meeting	Change 2	Total Change
1	42	14	-28	2	-12	- 40
2	45	31	-14	13	-18	- 32
4	46	33	-13	13	-20	- 33

3. Self-Image before and after Intervention

Participant	Baseline	Representation of self-image	1st follow-up	2 follow-up
1	negative	A self-image disconnected from oneself	Weak, 25-year-old	Weak, current age
2	weak	metaphorical wolf	Weak, 5-year-old child	Weak, 13-year-old
4	weak	Curled-up 9-year-old child	Weak, 16-year-old	Positive, current age

4. Social Anxiety in Test Situation and the Impact of Self-Image Intervention on Anxiety Level

Participant	Test situation	Anxiety Level (AL) 1–10 Baseline	AL 1st Follow-Up	AL 1st Follow-Up after intervention	AL 2nd Follow-Up	AL 2nd Follow-Up after intervention
1	Presenting in front of a group at school	8	2	1	1	1
2	Working under observation by others	8–9	7	4	4	1
4	Interaction where unfairness was felt, and understanding was lacking	9	8	6	1	1

5. Change in Beliefs

Participant's Beliefs at the End of the Study

Positive Beliefs

→ *Retained initial beliefs and gained new strengths*

Negative Beliefs

→ *Persisted but diminished in intensity*

Key Changes

→ *Improved self-awareness and confidence*

6. Achievement of Objectives

Participant's Goals and Progress

-  **Key Achievements**
→ *Social anxiety reduced, with greater confidence in social situations*
-  **In Progress**
→ *Continued practice in self-expression and setting boundaries*
-  **Personal Growth**
→ *Positive steps taken towards greater internal freedom and self-assurance*

Analysis

Key Insights and Evaluation



Childhood Social Panorama

→ *Impact on self-image and social anxiety*



Self-Image Interventions

→ *Influence on reducing social anxiety*



Beliefs & Objectives

→ *Changes in beliefs and achievement of personal goals*

Conclusions

Summary and Implications of the Study

Key Findings

→ *Positive changes in self-image and reduced social anxiety*

Progressive Change

→ *Gradual improvements require time and repetition*

Alignment with Literature

→ *Findings support existing theories, with some minor differences*

Practical Implications

→ *The effectiveness of Social Panorama and self-image interventions*

Recommendations & Future actions

Exploring Potential and Enhancing Practical Application

Further Research

→ *Investigate the impact of Social Panorama interventions on social anxiety*

Individually Focused Studies

→ *Study either Childhood Family Panorama or Self-Image interventions separately*

Practical Applications

→ *Explore regression in socially anxious situations and its implications*

Professional Tools

→ *Recommend these interventions for coaches and mental health professionals*

Personal & Professional Learning Experience

Research Journey Insights and Growth

Personal Reflection

→ *Writing is more enjoyable when I choose to be in a positive mindset*

Professional Growth

→ *Focus on client needs rather than methods in future projects*

Process Refinement

→ *Clearer guidance and communication for interventions*

Practical Lessons

→ *Use social media for recruitment; check bureaucratic requirements*

Q & A

Thank you for listening!

References

OECD/EuropeanUnion, 2024. *Health at a Glance: Europe 2018: State of Health in the EU Cycle*.
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