How “Tweeting,” “Hashtagging,” and “Liking” Informs Mental Health Professionals

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AGENDA

1. Semi-Structured Interviewing
2. Social Media and Adolescents
3. Social Media, Mental Health, and Adolescents
4. Social Media Semi-Structured Interviewing
5. Questions
Discussion

- Why Use This Method?
- Goal of Semi-Structured Interview
- How to Structure Questions
Types of Interviewing

Structured

Semi-structured

Unstructured interviewing
**Semi-Structured Interviewing**

**Pro:** flexibility, versatile, brief, conversation, deeper exploration

**Con:** not as specific, ????
Semi-Structured interviewing considerations

Open- and closed-ended questions

Microskills

Probing
Social Media Use Among Adolescents
WHAT IS SOCIAL MEDIA??
Communication Patterns

- Traditional Mass Media
- Social Media
- Social Networking
- Computer Mediated Communication
Follow Mark to get his public posts in your News Feed.

90,953,364 Followers

Intro

Making the world more open and connected.

Mark Zuckerberg added 10 new photos — with Priscilla Chan at Harvard University.
May 28 at 10:38am · Cambridge, MA ·

Some of my favorite memories from an unforgettable day. Thanks Harvard!
TWIABPAIANLATD @twiabp 13s
Nai Harvest: "Hold Open My Head" pitchfork.com/reviews/tracks... via @pitchforkmedia

Michael Fisher @Captain2Phones 43s
I compulsively close tabs I'm still using. I'm apparently a big fan of shooting my own productivity in the foot.

Angry Birds @AngryBirds 8h
If you're having fun with the new #AngryBirdsGo game, then we want to know! #itsfree #retweet rov.io/downloadABgo

What's happening?
Snapchat
Social Media Statistics

% of Teens Ages 13 to 17 Who Use the Internet with the Following Frequencies:

- Almost Constantly
- Several Times a Day
- About Once a Day
- Several Times a Week
- One Times a Week
- Less Often

% of All Teens 13 to 17 Who Use...

- Different social media site
- Tumblr
- Vine
- Google+
- Twitter
- Snapchat
- Instagram
- Facebook
Social Media, Mental Health, and Adolescents
WHY AND HOW IS SOCIAL MEDIA USED?
3 Reasons Why Adolescents Use Social Media

- Self-expression
- Sense of connectivity and community
- Health information that can be searched anonymously
Self-Expression

I wanted to talk about it. Damn it.
I wanted to scream.
I wanted to yell.
I wanted to shout about it.
But all I could do was whisper "I'm fine".

Me too. - I'm so sorry I've made you feel like this...
I'm a...

I don't want to die or kill myself, I just want to disappear until I feel okay again.

Me too. - I'm so sorry I've made you feel like this...
I'm a...

I'm feeling right.

How I'm Feeling Right
Know

This picture says a lot...that's exactly how depression...

Too True | Know that feeling too well. I'm not sure which...

depression telling me im worthless - Google Search
Connectivity and Community

Cavazos-Rehg et al. (2016), searched and coded 2,739 Tumblr posts relating to depression, suicide, self-mutilation, and cutting.

- **Common themes:**
  - Self-loathing: 15% (412) of the posts
  - Loneliness or unloved: 15% (405) of the posts
  - Self-harm and scars: approximately 15% (407) of the posts
  - Suicide or death: 14% (372)
    - Graphic images/video clips: 18% (127/717)
  - Comfort, support, prevention: 8% (220)

- **Direct Interaction of users:** 9% (249)
  - Emotional support or reassuring messages: 47% (117/249)
  - Seeking or providing advice: 51% (127/249)
    - Positive/supportive advice (e.g., stopping self-harm or fighting depressing thoughts): 41% (52/127),
    - Potentially harmful advice (e.g., advising how to secretly engage in self-harm or maladaptive behaviors): 25% (32/127)
    - Suggested professional help or therapy to cope with their mental health problems: 13% (17/127)
**Anonymous Health Information**

- Access health information anonymously
- Stigma surrounding mental health
- Lack of resources
- Unsupportive family
- Beginning stages of readiness for treatment
What are Potential Harms of Social Media?
Potential harms

- Social bubbles
- Triggers
- Cyberbullying and trolling
In February 2016, Twitter announced a new algorithm that will filter tweets and show users tweets they are most “likely to care about.”

In March, Instagram announced: “the order of photos and videos in your feed will be based on the likelihood you’ll be interested in the content, your relationship with the person posting and the timeliness of the post.”

7 KEY FACTORS OF THE INSTAGRAM ALGORITHM

1. **Engagement** How popular the post is
2. **Relevancy** The genres of content you have interacted with
3. **Relationships** The accounts you regularly interact with
4. **Timeliness** How recent the posts are
5. **Profile Searches** The accounts you check out often
6. **Direct Shares** Whose posts you are sharing
7. **Time Spent** The duration spent viewing a post
Users can search “cutting” into the search bar on Instagram and view public pictures of self-harm acts.

*13 Reasons Why*
- **Brian Yorkey**: “we wanted it to be painful to watch because we wanted to be very clear that there is nothing in any way worthwhile about suicide”
- **Dr. Helen Hsu**: “As hard as it was to see the final decision that Hannah made when she died of suicide I think it was important to show that it’s not a pretty death, it’s not an easy one, and then the pain that never ends for her parent immediately thereafter, who are left with this horrible burden”

*The National Association of School Psychologists (NASP, 2017):*
- “research shows that exposure to another person’s suicide, or to graphic or sensationalized accounts of death, can be one of the many risk factors that youth struggling with mental health conditions cite as a reason they contemplate or attempt suicide.”
- it may be hard for some adolescents to discern reality from a TV show.

*NASP Recommendations:*
- Be aware of the TV show
- Support engaging conversations on the potential harms posed by media and social media
- Disseminating resources and expertise in preventing harmful behaviors.
Cyberbullying & trolling

“Cyberbullying is strongly related to suicidal ideation in comparison with traditional bullying” (van Geel, Vedder, & Tanilon, 2014).

“The relationship is often mediated by other factors, including depression and delinquency” (Hertz, Donato, & Wright, 2013).

However, “youth victimized by their peers were 2.4 times more likely to report suicidal ideation and 3.3 times more likely to report a suicide attempt than youth who reported not being bullied” (Espelage & Holt, 2013).
Are there strides being made to mediate these potential harms?
Tumblr:
If you search topics such as “suicide” or “depression” users are given links to lifeline’s, crisis intervention websites, and other positive Tumblr dashboards.

Backlash:
Variant hashtags were created to get around the censor.

Buzzfeed
Created a new feature called “Outside Your Bubble” for users to see different perspectives on topics that may be outside their “bubble.”

Chancellor, Pater, Clear, Gilbert, and Choudhury (2016), found that #anorexia became 99 variant hashtags such as #anoretic, #anorexi, and #anorexique.

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Everything okay?
If you or someone you know are experiencing any type of crisis, please know there are people who care about you and are here to help. Consider chatting confidentially with a volunteer trained in crisis intervention at www.imalive.org, or anonymously with a trained active listener from 7 Cups of Tea.

It might also be nice to fill your dash with inspirational and supportive posts from TWLOHA, Half of Us, the Lifeline, and Love Is Respect.

Go back
View search results
Social Media Semi-Structured Interview
Purpose of Social Media Interview for Adolescents (SMI-A)

- Guide assessment of adolescents struggling with mental health
- Assist to identify “red flag” areas
- Evaluate function of social media use and possible harms
Sections of SMI-A

- Onset of Social Media Use
- General Social Media Usage
- Social Media Preferences
- Influence and Socialization
- Impressions and Attitudes
- Resources
Onset of social media use

- To gauge how long adolescents have been using social networking platforms and why they started
General social media use

- To assess frequency, duration, and time of day of use
Social Media Preferences

- To determine pattern of behaviors and preferences on social networking platforms
Influence and socialization

- To determine who adolescents interact with and why
Impressions and attitudes

- To gauge how social media influences adolescents’ emotions and feelings
To determine what resources or information adolescents’ seek out on social networking platforms
Questions?


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