

A hand-drawn illustration of a desk with a laptop, camera, smartphone, keyboard, mouse, and glasses. The central focus is a whiteboard with text. The background is a solid blue color.

HOW "TWEETING," "HASHTAGGING," AND "LIKING" INFORMS MENTAL HEALTH PROFESSIONALS

CHELSEA THOMPSON, M.ED.
COURTNEY L. MCLAUGHLIN, PH.D., NCSP
DANA L. ELMQUIST, M.ED.



AGENDA


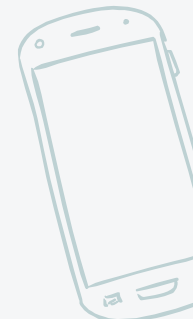



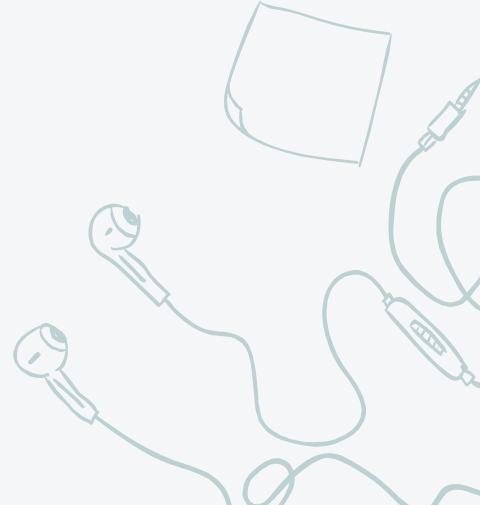
1. Semi-Structured Interviewing
2. Social Media and Adolescents
3. Social Media, Mental Health, and Adolescents
4. Social Media Semi-Structured Interviewing
5. Questions

SEMI-STRUCTURED INTERVIEWING





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, ????

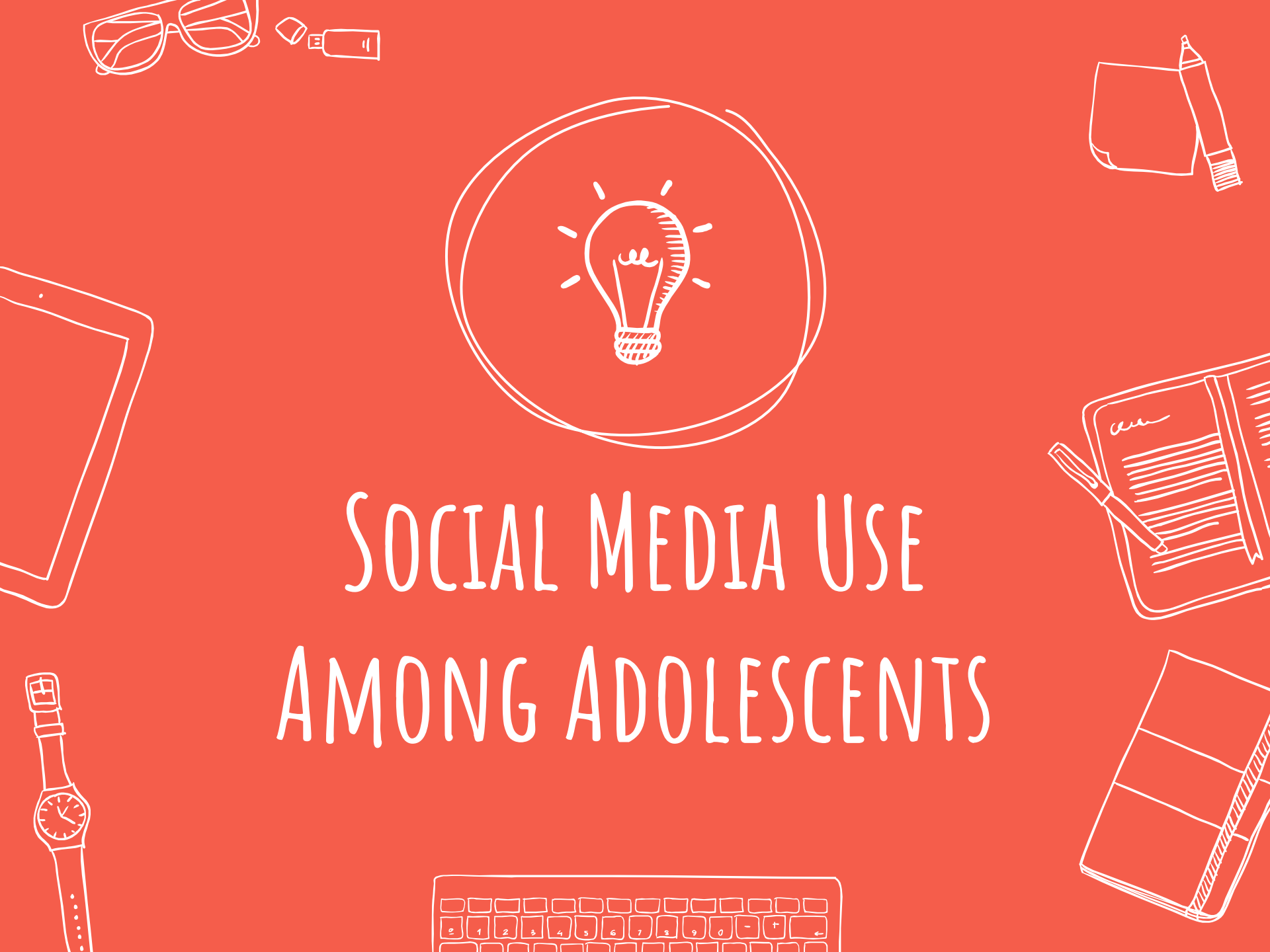


SEMI-STRUCTURED INTERVIEWING CONSIDERATIONS

Open- and closed-ended questions

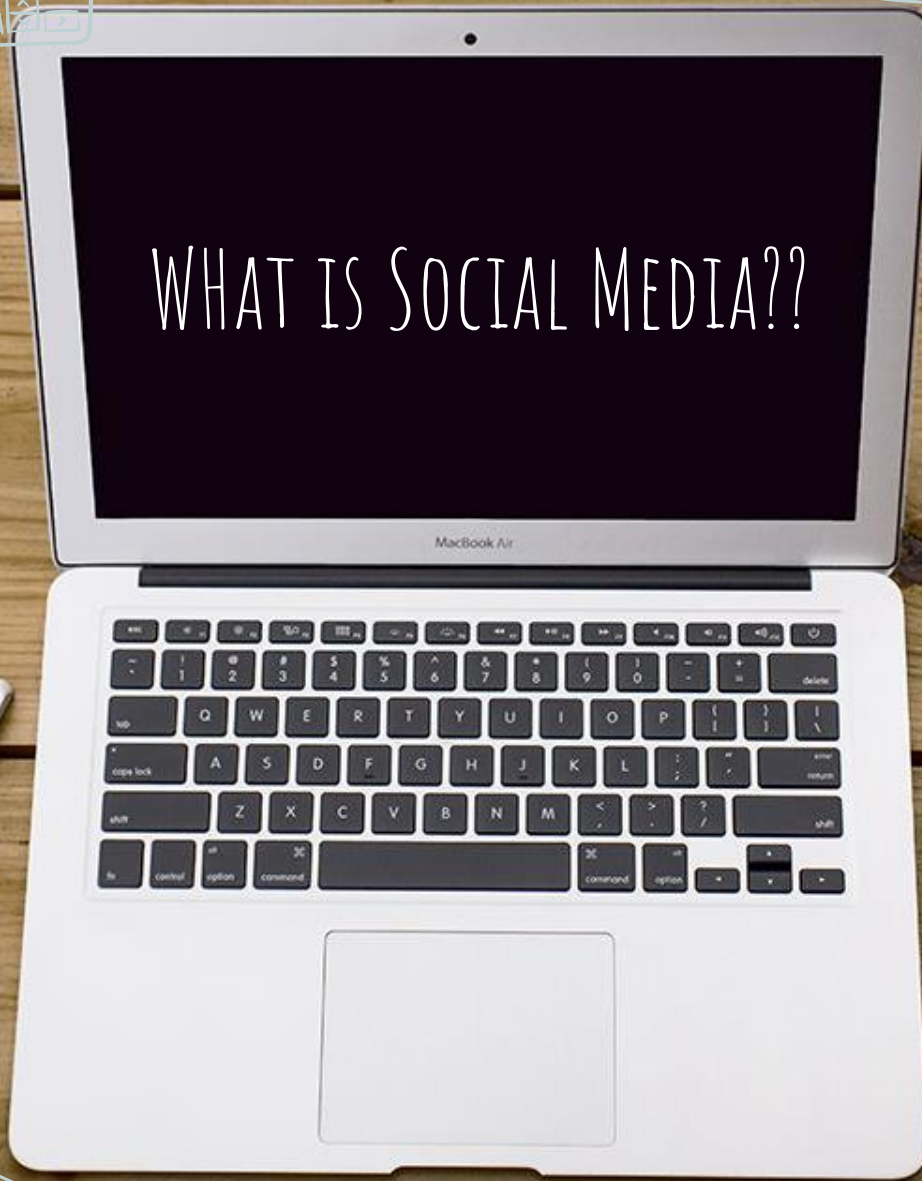
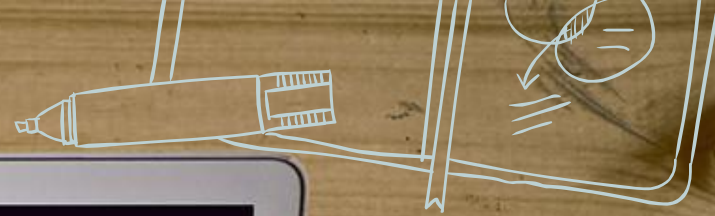
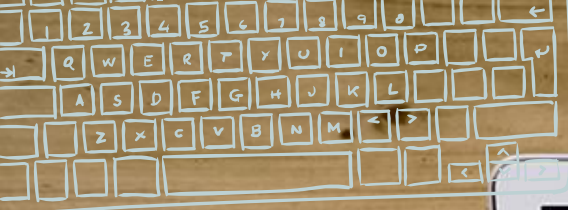
Microskills

Probing



SOCIAL MEDIA USE AMONG ADOLESCENTS

WHAT IS SOCIAL MEDIA??





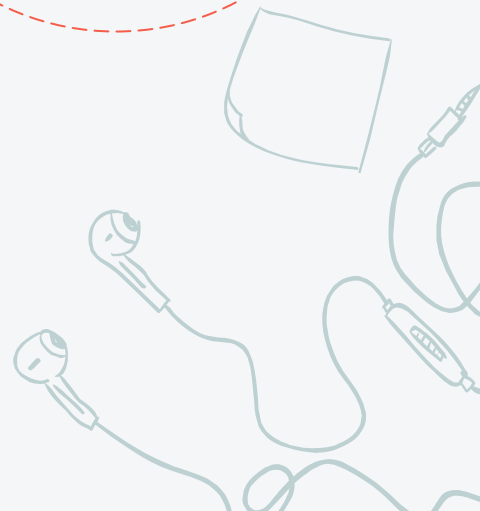
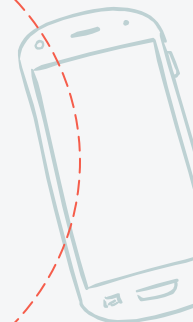
COMMUNICATION PATTERNS

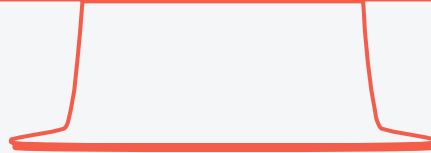
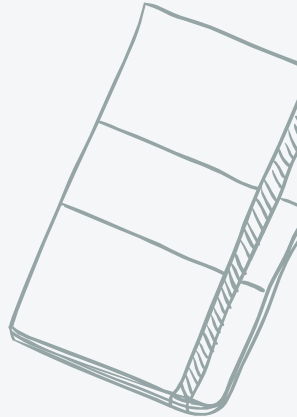
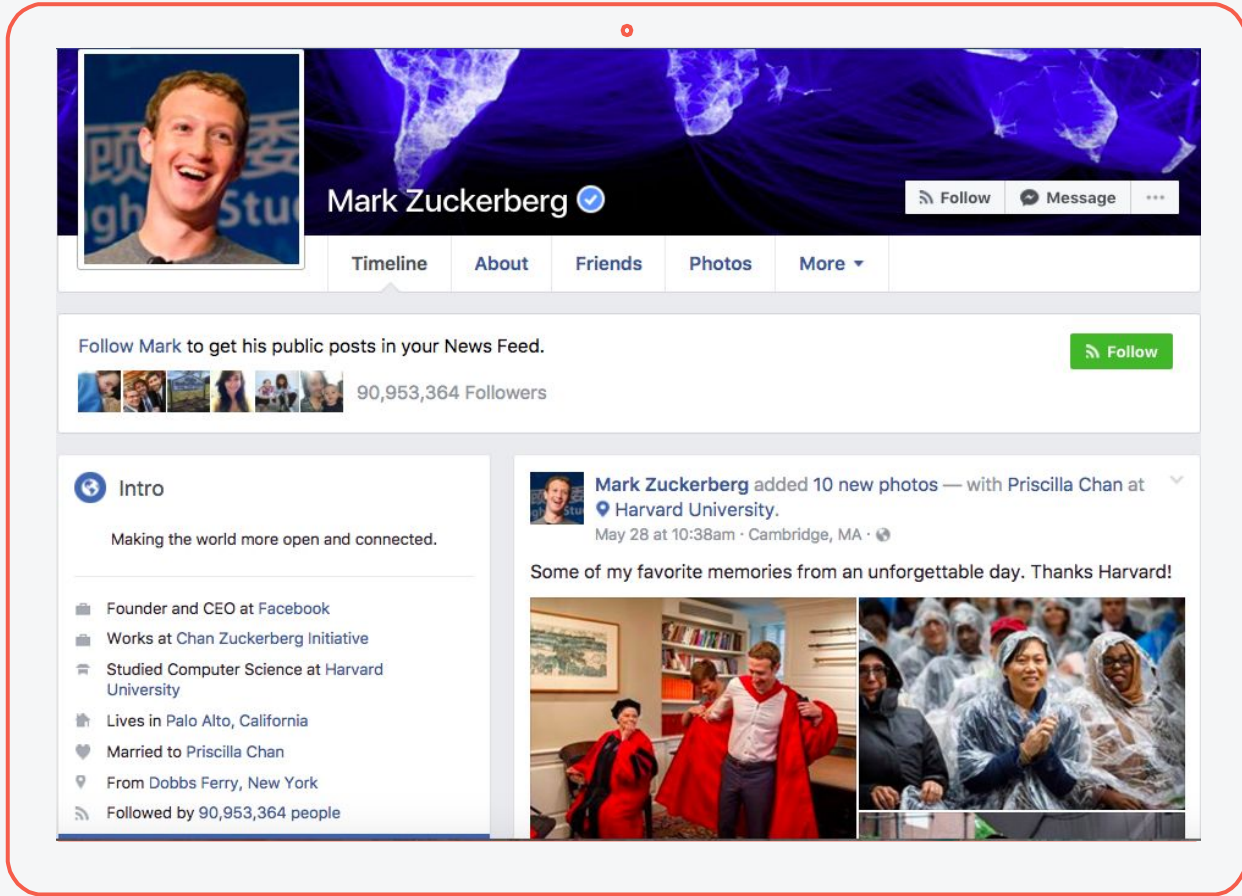
**Traditional
Mass Media**

Social Media

**Social
Networking**

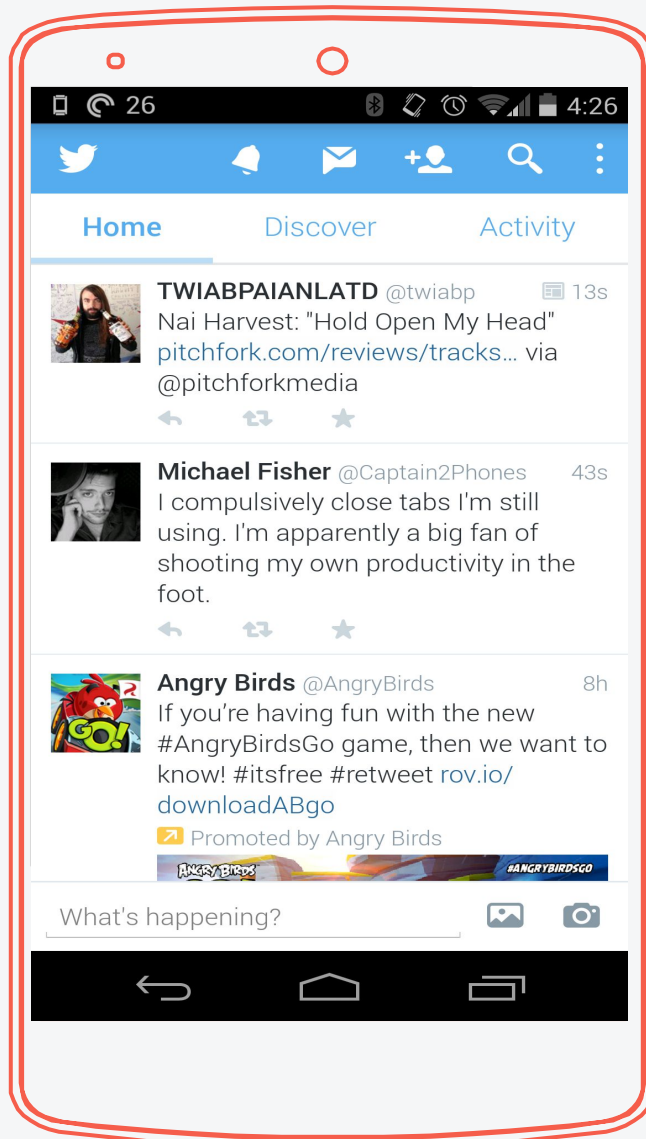
**Computer
Mediated
Communication**



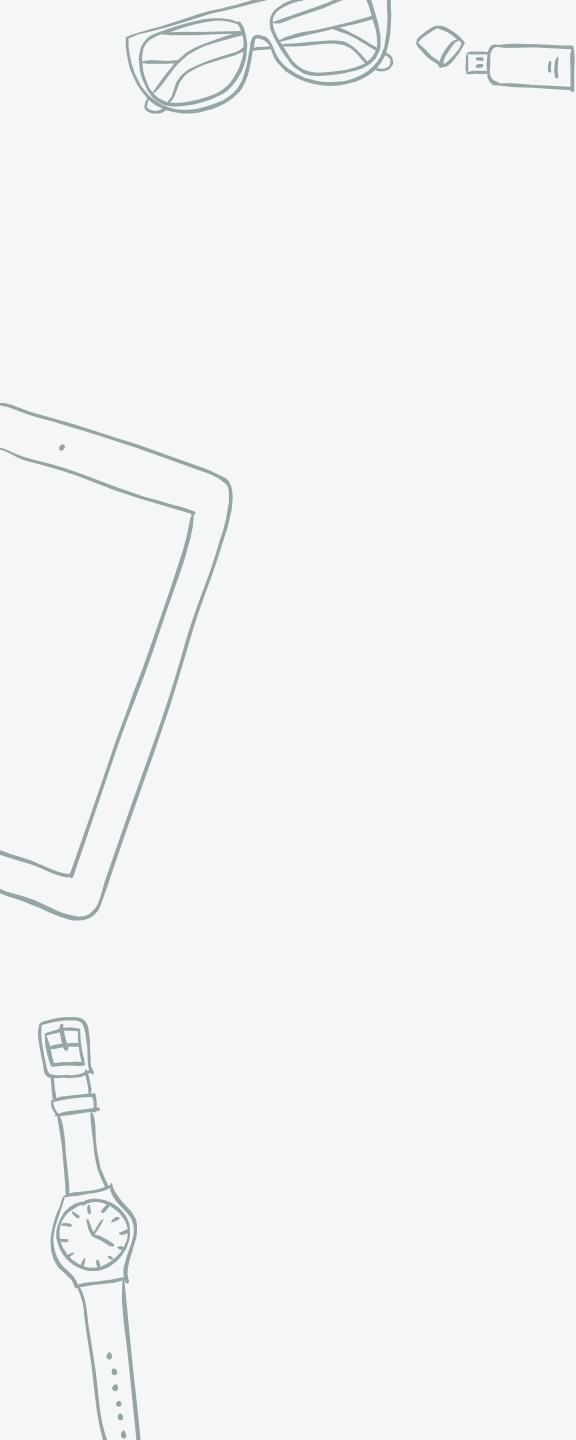
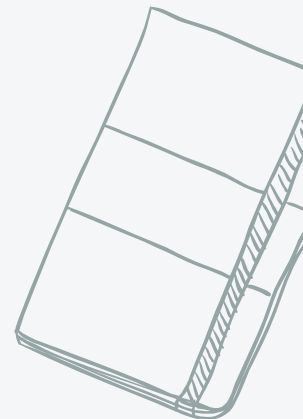


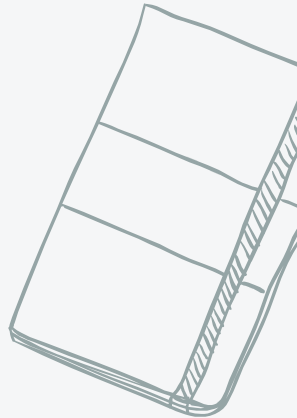
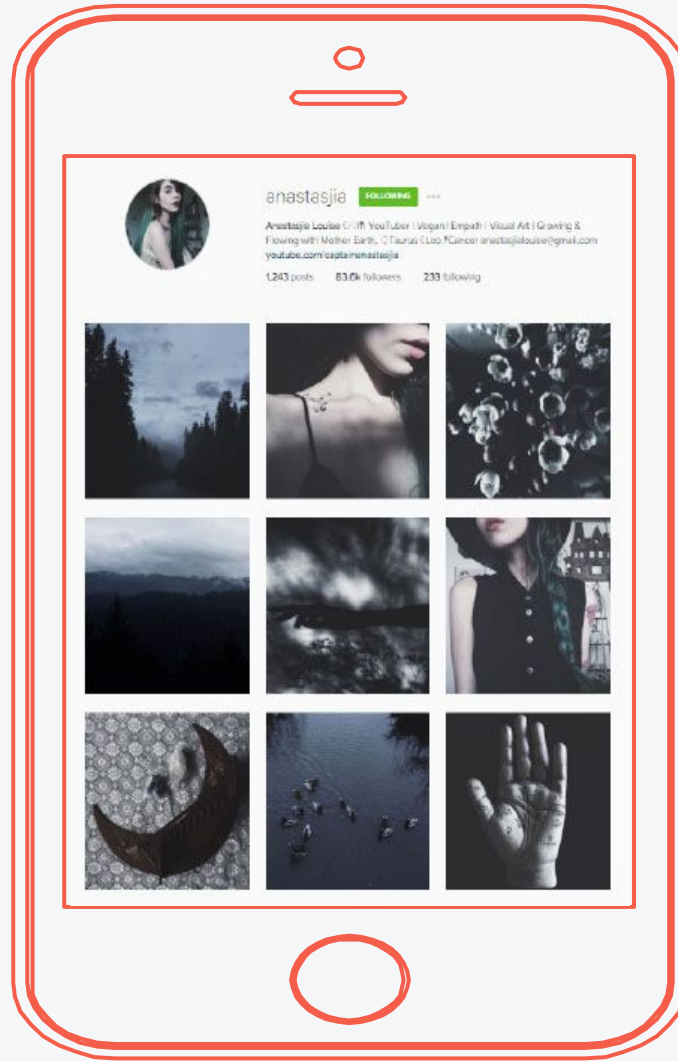
FACEBOOK





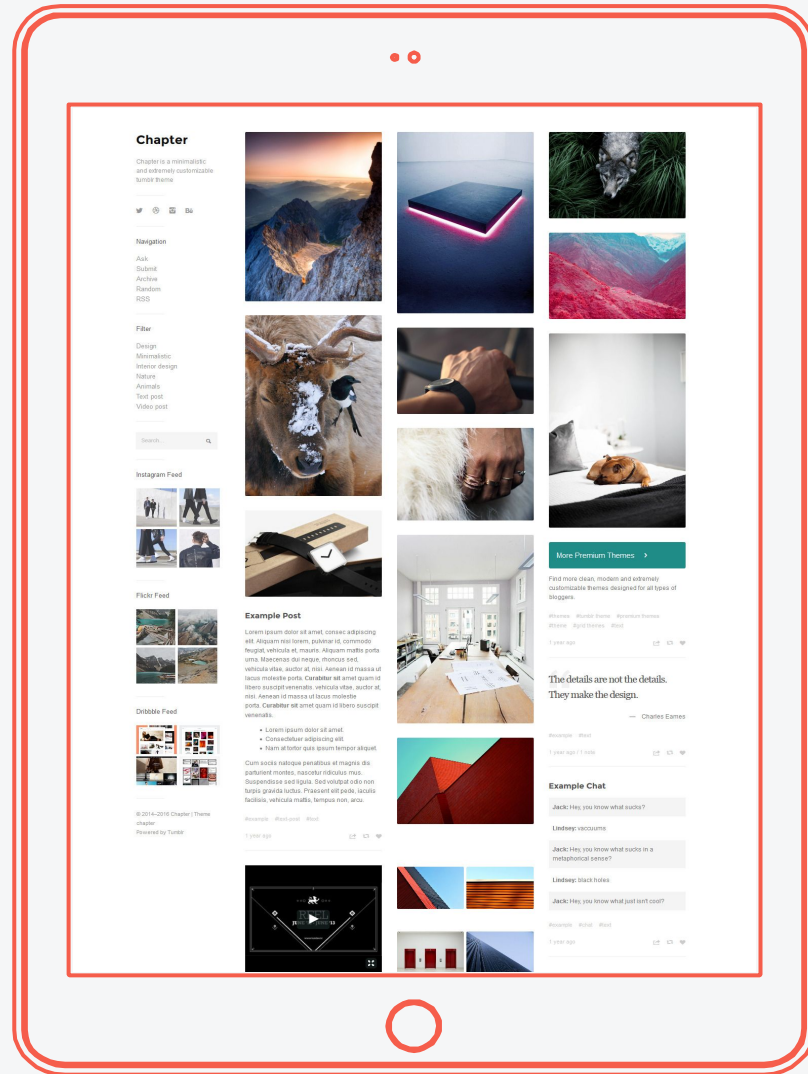
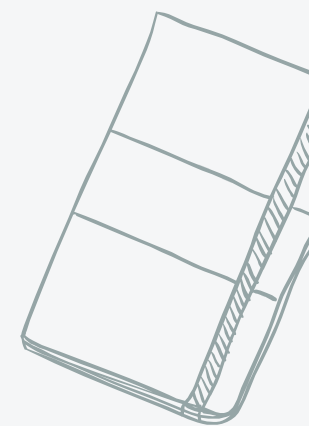
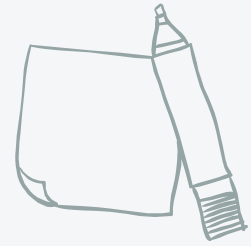
TWITTER



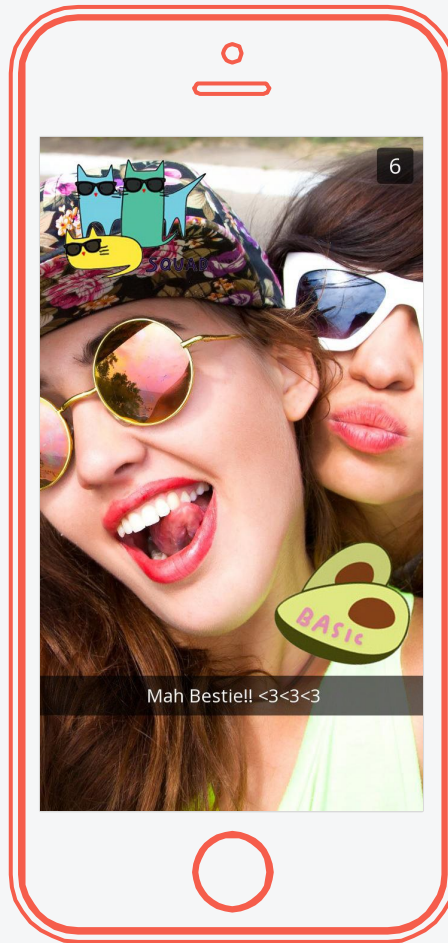


INSTAGRAM

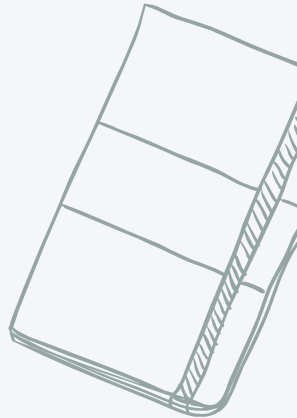
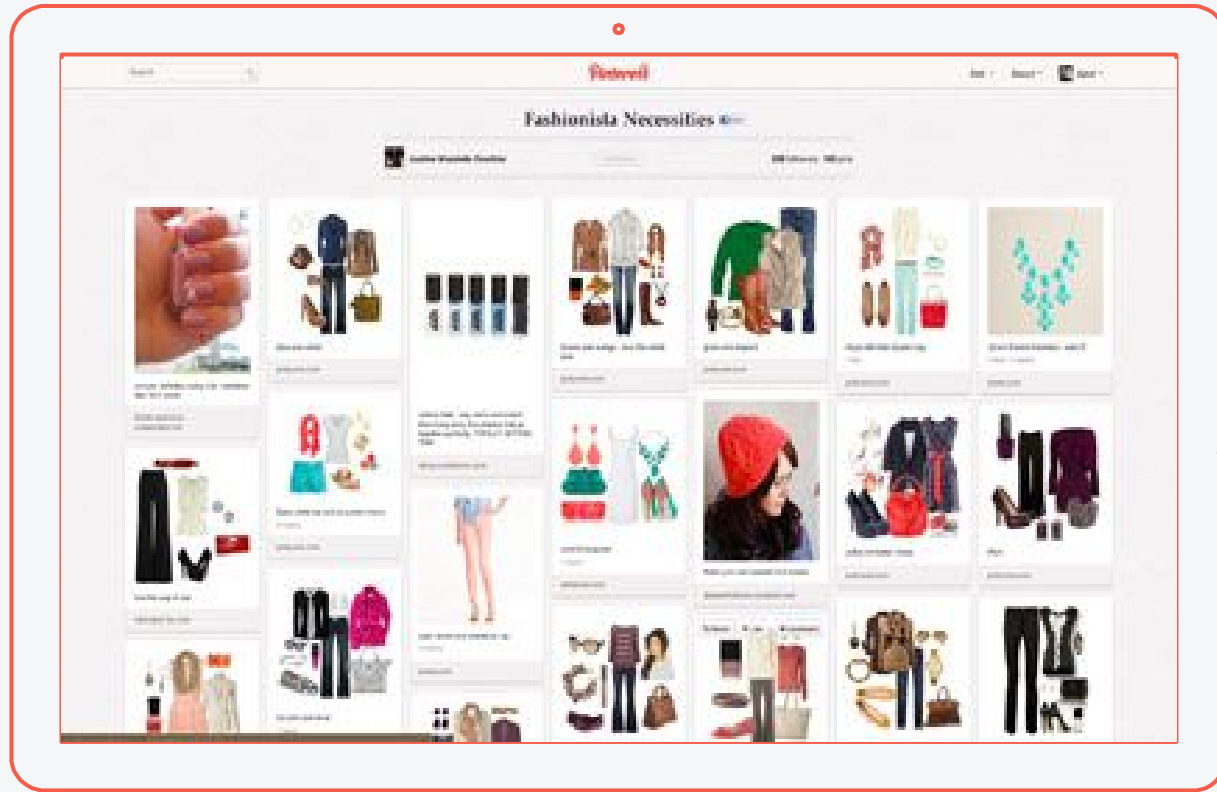




TUMBLR



SNAPCHAT

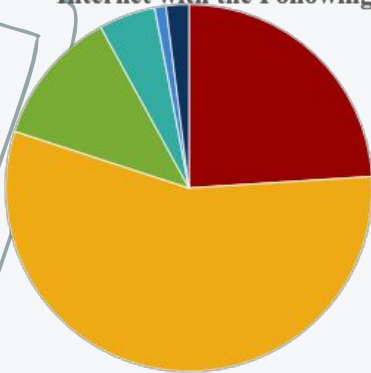


PINTEREST



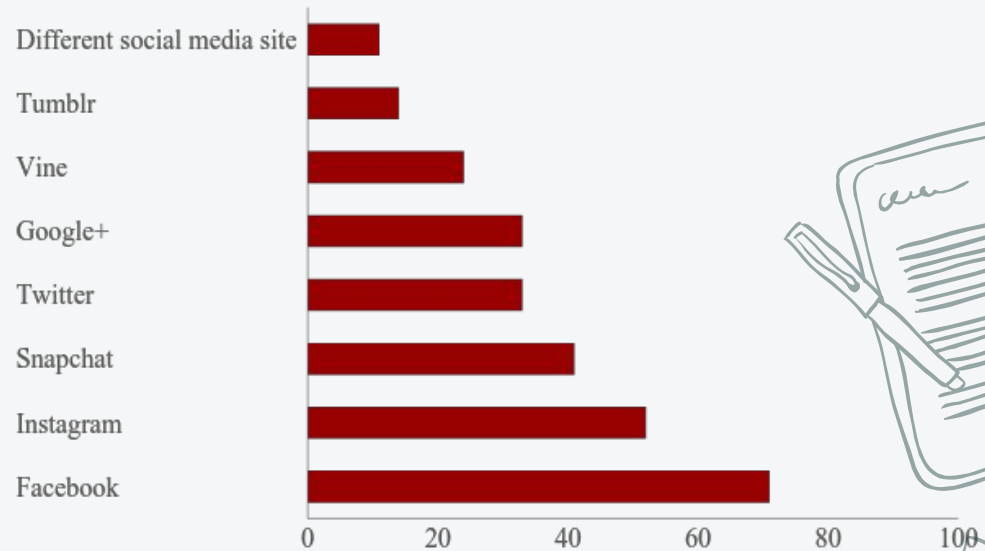
SOCIAL MEDIA STATISTICS

% 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...

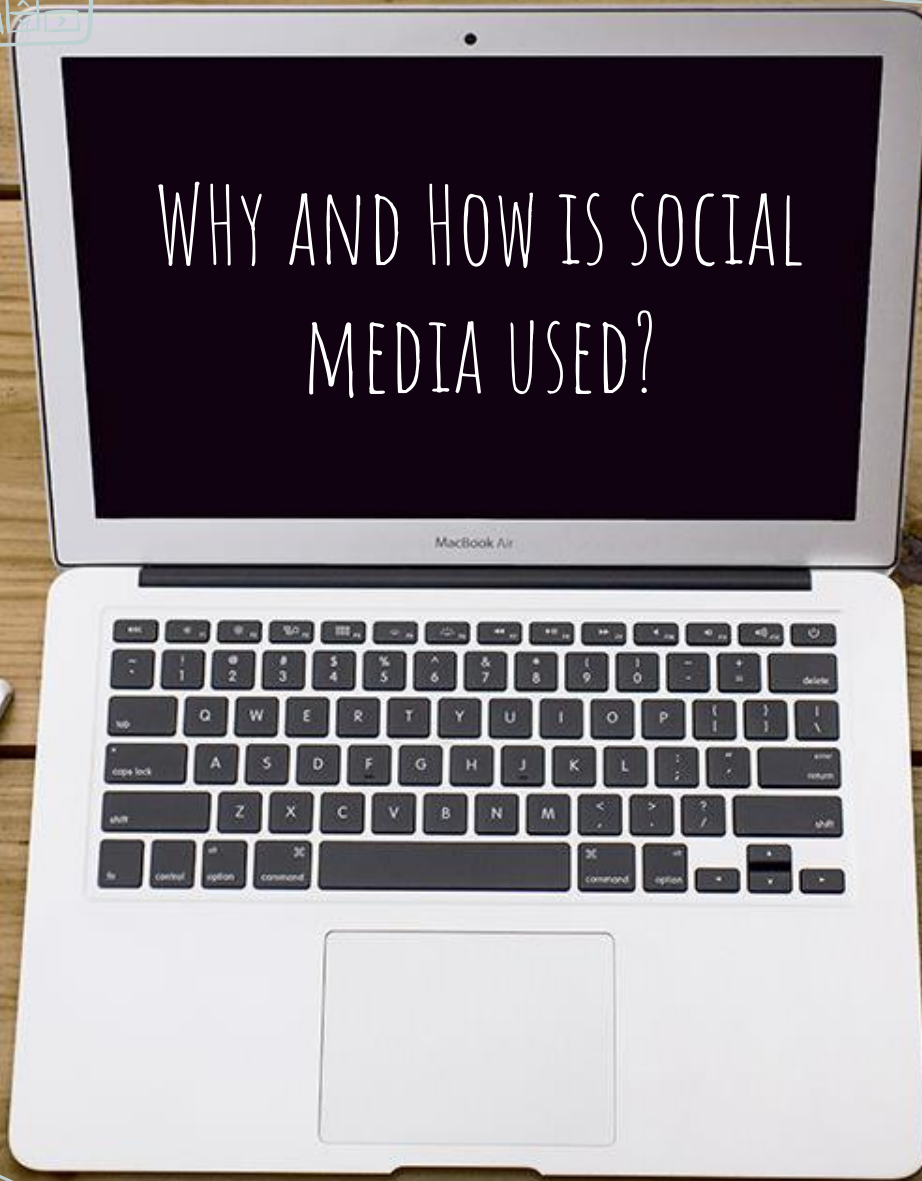
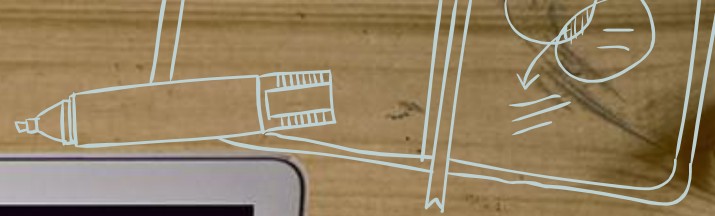
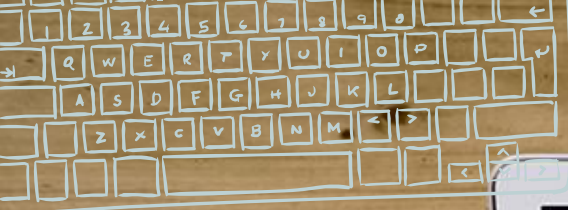




SOCIAL MEDIA, MENTAL HEALTH, AND ADOLESCENTS



WHY AND HOW IS SOCIAL MEDIA USED?





3 REASONS WHY ADOLESCENTS USE SOCIAL MEDIA

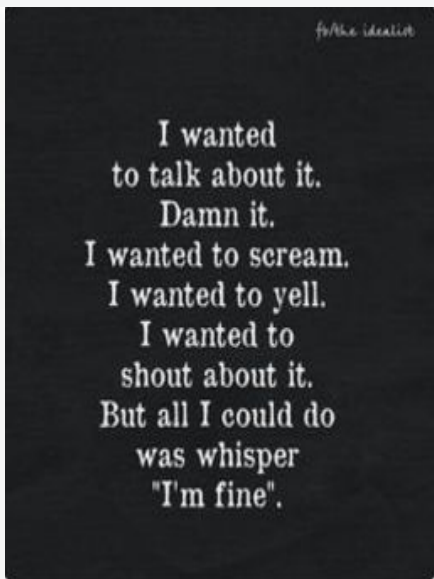
- ✘ Self-expression
- ✘ Sense of connectivity and community
- ✘ Health information that can be searched anonymously



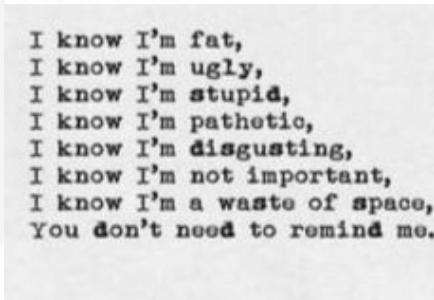
SELF-EXPRESSION



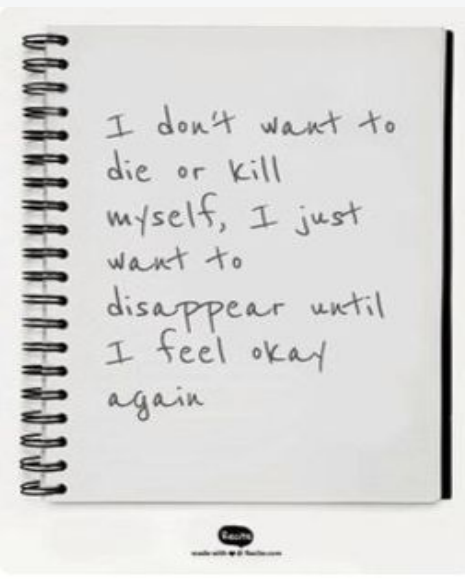
Too True | Know that feeling too well. I'm not sure which... 48.6k 8



#Depression 25k 8
#Mentalllness...



depression telling me im worthless - Google Search 3.2k 2



Me too. - I'm so sorry I've made you feel like this... I'm a... 14.6k 7



Oh it is wayyy worse! Things don't tend to affect us, I... 15.1k 5



How I'm Feeling Right Now 100.7k 11

This picture says alot....that's exactly how depression...



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

NIH
NIMH

[Follow](#)

Mental Health NIMH ✓
@NIMHgov

Official Twitter account of the National Institute of Mental Health. Retweets ≠ endorsements. Privacy Policies: ...

Followed by [Sandy Hook Promise](#) and 1 other

MENTAL HEALTH AWARENESS WEEK
8-14 MAY 2017
#MHAW17

M

Mental Health Fdn ✓
@mentalhealth

Mental Health Foundation: home of [#MentalHealthAwarenessWeek](#) [#MHAW17](#), which is running from 8-14 May 2017. We're a charity promotin...

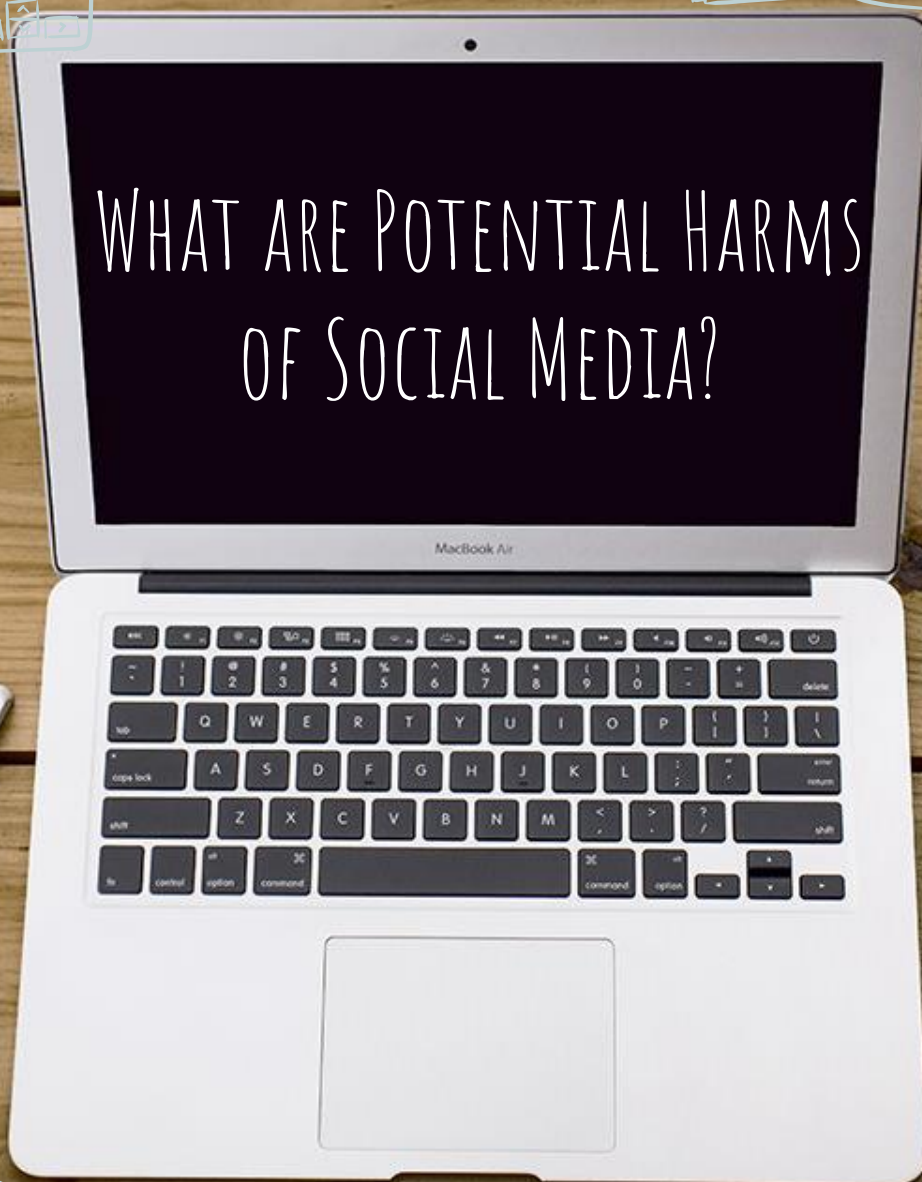
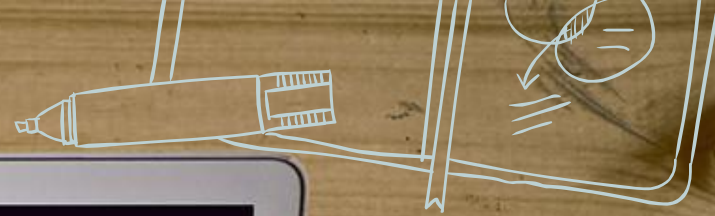
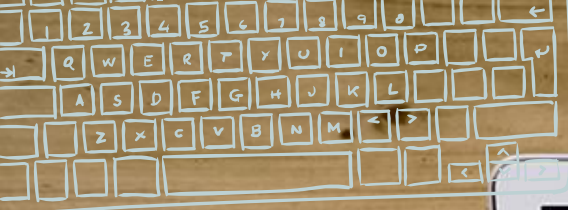
#MHchat @MHchat

Mental Health Chat
@MHChat

[#MHchat](#) is an open access Mental Health community ([mhchat.com](#)) Join+Share your views & experience...

Followed by [NASP](#)

WHAT ARE POTENTIAL HARMS OF SOCIAL MEDIA?





POTENTIAL HARMS

- ✘ Social bubbles
- ✘ Triggers
- ✘ Cyberbullying and trolling

SOCIAL BUBBLES

Twitter

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



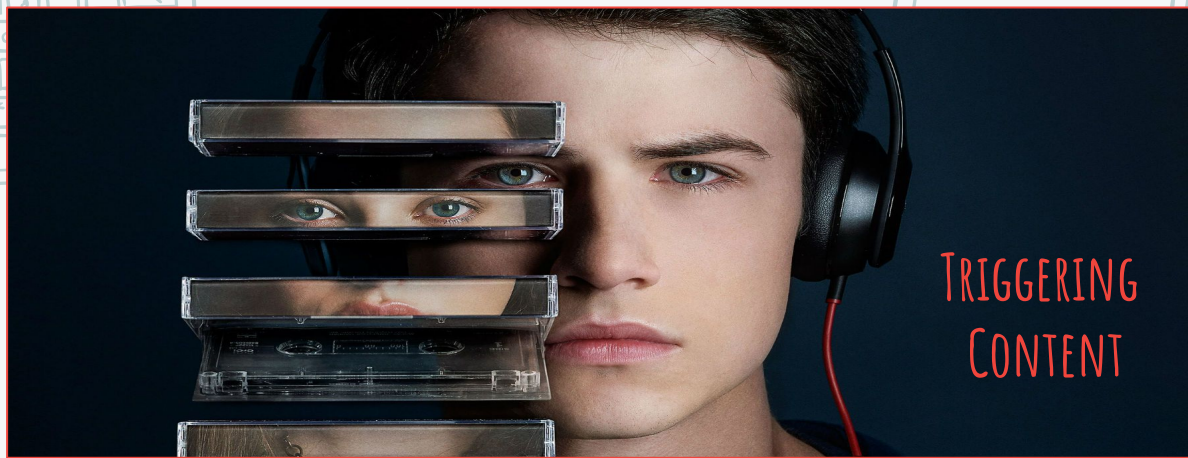
Instagram

- ✘ 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**.





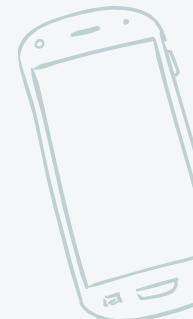

- ✘ *13 Reasons Why*
 - **Brian Yorkey:** “we wanted it to be **painful to watch** because we wanted to be very clear that there is **nothing** in any way **worthwhile about suicide**”
 - **Dr. Helen Hsu:** “As hard as it was to see the final decision that Hannah made when she died of suicide I think 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.**

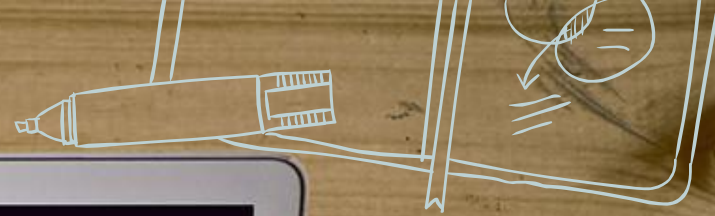
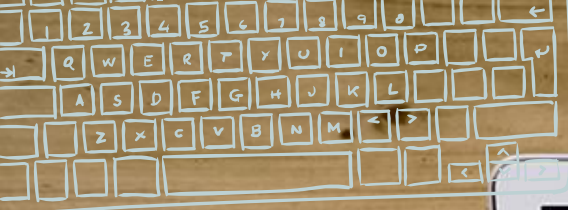
- ✘ **NASP Recommendations:**
 - Be aware of the TV show
 - Support engaging conversations on the potential harms posed by media and social media
 - Disseminating resources and expertise in preventing harmful behaviors.

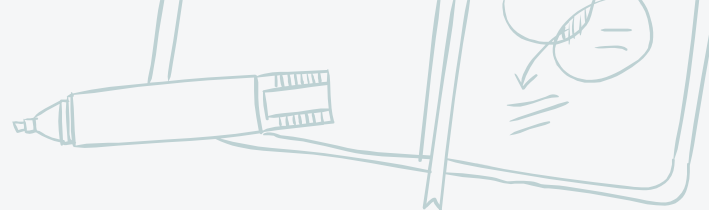


CYBERBULLYING & TROLLING

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- ✘ “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?





YES!

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

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](#)

Instagram

Blocked certain hashtags from being searched.

Backlash:

Variant hashtags were created to get around the censor.

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

Buzzfeed

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

Outside Your Bubble
Other perspectives on this story

- 1 Some readers are concerned there may not be a clear appeal process for removing these restrictions if a user is wrongly throttled.
- 2 On r/The_Donald, readers compared the decision to George Orwell's "1984" in a thread calling it an example of "Police Statism."
- 3 Some worry that this will even further isolate Twitter users from other perspectives.
- 4 Though Twitter has indicated that throttling is not simply based on key words, many readers are concerned about how an account is assessed.
- 5 On both Reddit and Twitter readers discussed users leaving Twitter for other platforms in response to this policy.
- 6 Reactions were positive, too. Many were happy Twitter was making an effort.


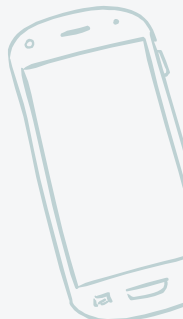






SOCIAL MEDIA SEMI-STRUCTURED INTERVIEW





PURPOSE OF SOCIAL MEDIA INTERVIEW FOR ADOLESCENTS (SMI-A)

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- ✘ 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



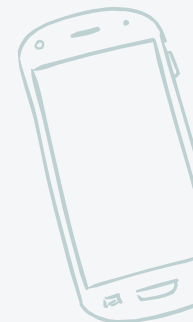
ONSET OF SOCIAL MEDIA USE

- ✘ 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



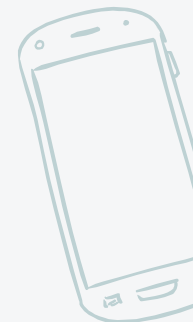
INFLUENCE AND SOCIALIZATION

- ✘ To determine who adolescents interact with and why



IMPRESSIONS AND ATTITUDES

- ✘ To gauge how social media influences adolescents' emotions and feelings





RESOURCES

- ✘ To determine what resources or information adolescents' seek out on social networking platforms

QUESTIONS?





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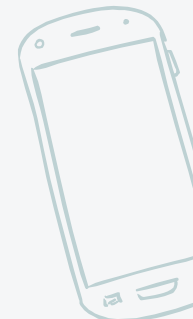



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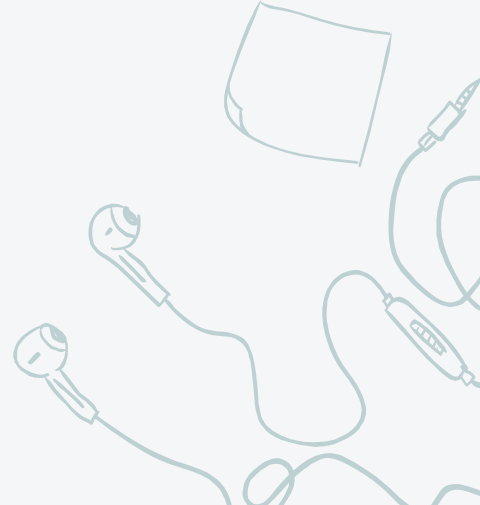



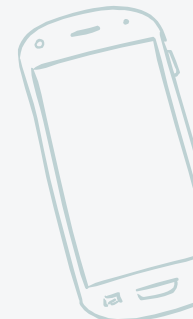
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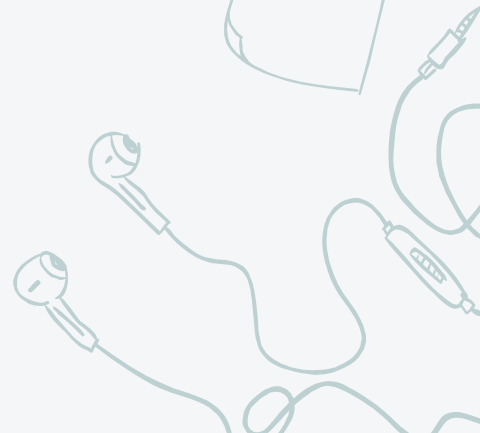



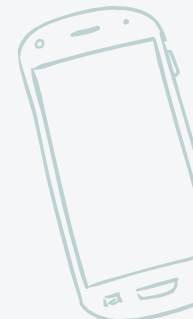


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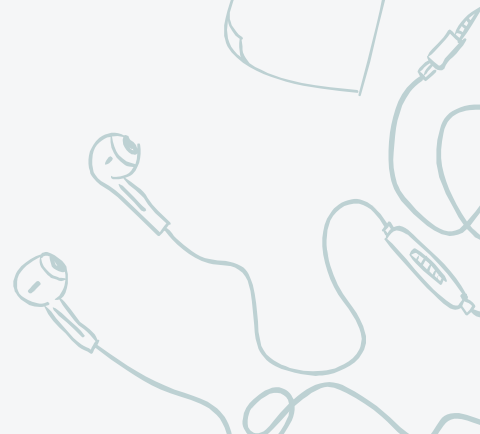
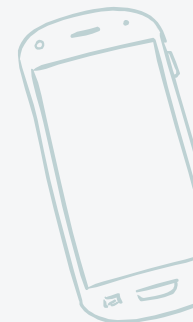
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Chelshea Z. Thompson, M.Ed.
Graduate Student
Educational and School Psychology
Indiana University of Pennsylvania
c.z.thompson@iup.edu



Dana L. Elmquist, M.Ed.
Graduate Student
Educational and School Psychology
Indiana University of Pennsylvania
d.l.elmquist@iup.edu
814-706-6581



Courtney L. McLaughlin, Ph.D., NCSP
Associate Professor
Director of the School Psychology Ph.D. Program
Senior Associate Editor for School Psychology International Journal
Department of Educational & School Psychology
Stouffer Hall, Room 251, 1175 Maple Street
Indiana, Pennsylvania 15705
724-357-2299
cmc@iup.edu

