Dynamic Interplay of Online Risk and Resilience in Adolescence

Diora

WP3 of Adolescent Mental Health and Development in the Digital World – an UKRI research programme.

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Rationale

➢ Research highlights adolescent digital engagement (DE) as a mental health risk and, sometimes, a source of support, even resilience.

➢ However, the causal processes responsible remain largely unknown.

➢ To address this issue we need to understand how intra- or inter-individual variations in DE are related temporally to mental health.

➢ How -
  • within-individual changes in usage (type, intensity, duration) relate to fluctuations in mood and mental health.
  • how patterns vary as a function of pre-existing risk.
Aims

➢ To examine the temporal dynamics of DE across a critical period of adolescent development.

➢ To explore how DE changes relate to mood and mental health fluctuations.

➢ To identify how these relations vary as a function of specific DE characteristics.

➢ To test whether they are moderated by the presence of pre-existing eating disorders and self-harm.
Stats

Work Plan

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Shared task

LSE RF

KCL RF

KCL Stats

MAIN STUDY PREP (months 4-14)

- Co-design & pilot study
- Recruitment strategy
- Analysis strategy
- Protocol & ethics

MAIN STUDY (12-36)

- Participant recruitment
- Baseline assessment
- Remote assessment
- End study Interview
- Statistical analysis
- Qualitative analysis
Possible Design

Follow up (Months)

Baseline assessment

EAT (N=50)

TD (N=50)

SH (N=50)

Exit Interview

EMA: Mood & Digital

2x Daily: Anx/Dep/Eat/SH

@x Daily: Anx/Dep/Eat/SH

2x Daily: Anx/Dep/Eat/SH

2x Daily: Anx/Dep/Eat/SH

2x Daily: Anx/Dep/Eat/SH
Feasibility Questions

➢ What is the critical adolescent period we should focus on?

➢ How long and how frequent should the intensive measurement periods be?

➢ What is the best way to capture temporal changes in digital usage across the day?

➢ Can we recruit sufficient clinical cases?

➢ How can we integrate intensive measurements and long-term longitudinal patterning into one analysis strategy?