



Adolescent Response to Mental Health Infographics

Jonah Barer(1), Reese Hyzer BS(2), Megan Moreno MD, MPH, MSED(3), Claudia Vilela BA(4)

^{1,2,3}University of Wisconsin – Madison

School of Medicine and Public Health, Department of Pediatrics

UWHealth

American Family Children's Hospital



Department of Pediatrics
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

INTRODUCTION

- Infographics are effective way to spread information
- Infographics have exploded recently since the start of the pandemic
- There is little research on how infographics affect wellbeing
- The study focused on mental health
- More research needs to be done on how consuming infographics on social media impacts mental health

The purpose of this study is to find out how health infographics affect ones mood and their motivation to improve their mental health.

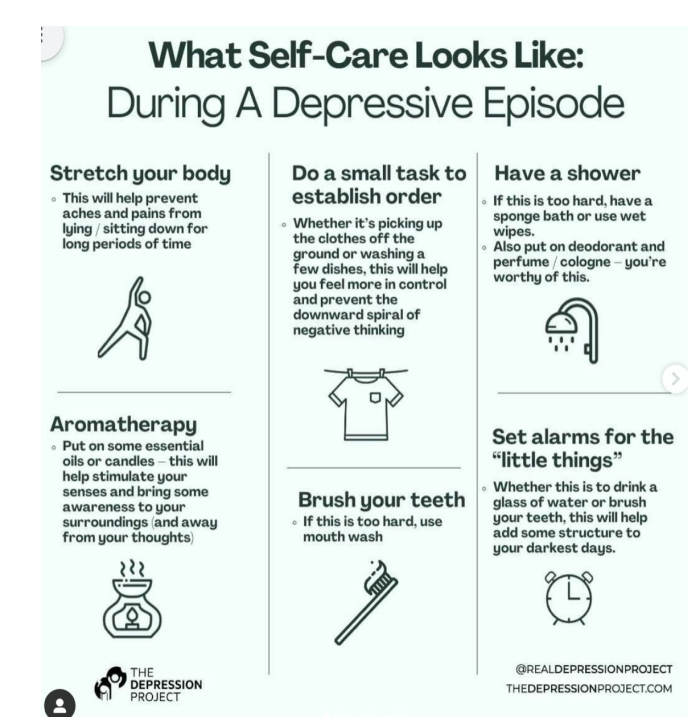
METHODS

Subjects:

- Cross-Sectional Survey on google forms
- The subjects were teenagers aged 14-20
- All subject use social media

Measures

- Participant were asked about:
 - demographic information
 - motivation to improve health
 - Mood
 - Frequency of interaction with infographics



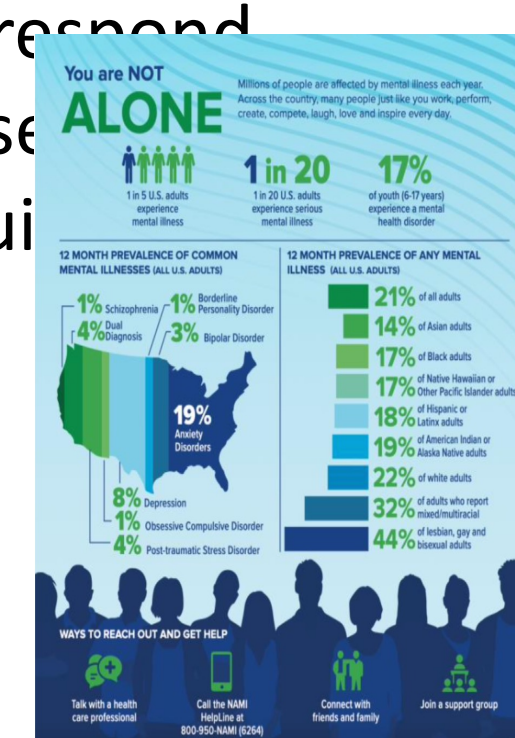
Toxic Positivity	Highest Self
- Relax! You'll get over it	- Your feelings are valid
- No days off	- Rest days are important
- Good vibes only	- It's ok to feel down
- It could be much worse	- This must be difficult
- That's not that bad...	- I understand
- Just don't think about it. Move on!	- Wanna talk about it? My door is always open to listen

Data Collection:

- Participants were asked about their mood and motivation before and after viewing 3 infographics

Data Analyses:

- Data was exported from the quantitative questions to a spreadsheet and then analyzed using a Paired T-Test
- Answers from the question asking respondents to respond with three words to describe their emotions after seeing infographics were run through LIWC(Linguistic Inquiry and Word Count) for emotional tone analysis



RESULTS

Demographics:

49 subjects responded to the survey

Age

15	16	17	18	19	20
12.2%	18.4%	49%	16.3%	2%	2%

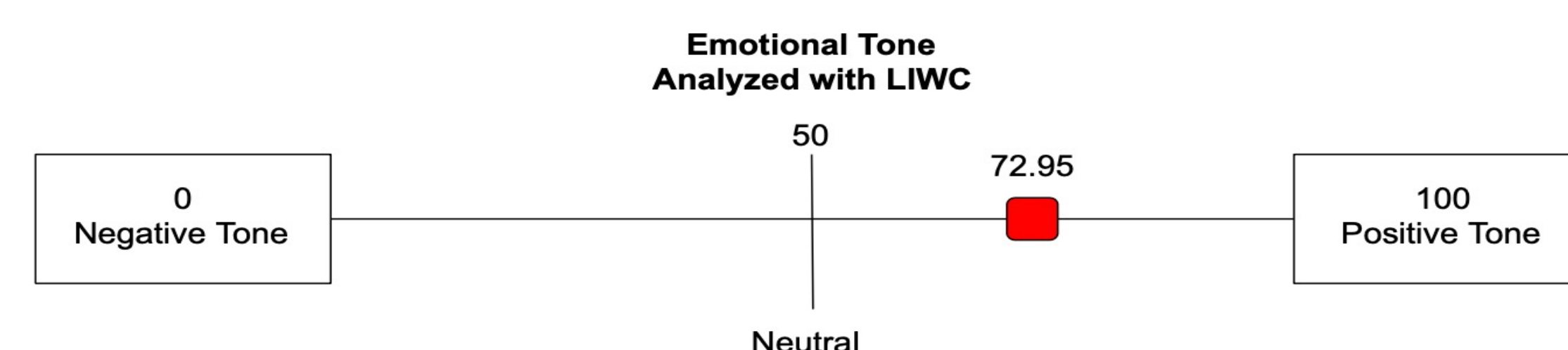
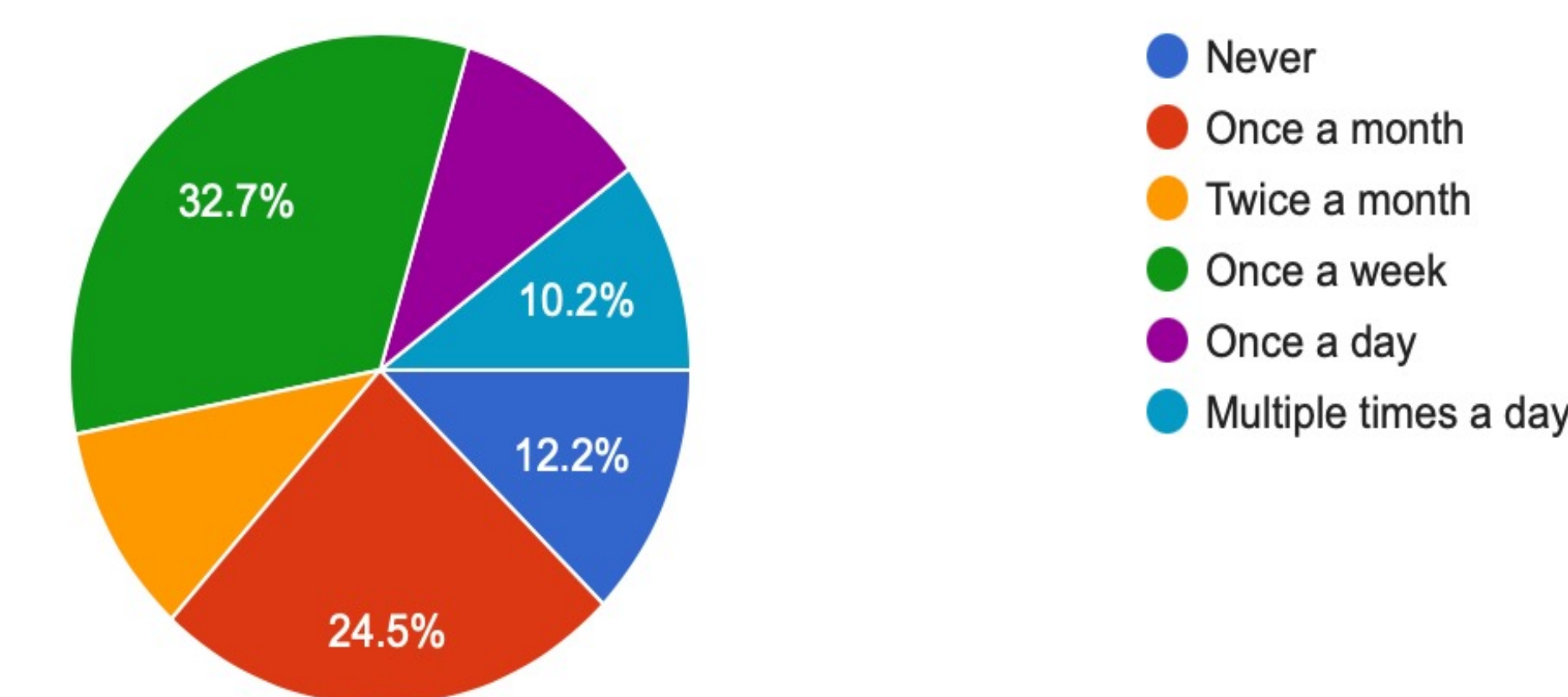
Gender

Male	Female	Non-Binary
36.7%	61.2%	2%

Race

White	Black/African-American	Native American	Asian	Native Hawaiian	Latino
68.8%	4.2%	2.1%	27.1%	0%	2.1%

How Often Subjects See Infographics



Mood

	Avg	Standard Deviation
Mood Before	4.92	.172
Mood After	5.06	.183

p = .164, t = -1.414, df = 48

Motivation

	Avg	Standard Deviation
Motivation Before	4.59	1.526
Motivation After	4.94	1.533

p = .002, t = -3.358, df = 48

LIWC RESULTS



CONCLUSIONS

- Respondents had significantly improved motivation after viewing infographics but not mood
- Emotions after viewing infographics had a general positive emotional tone
- Over 50% of respondents reported viewing mental health related infographics on social media at least once a week
- Based on this study, mental health related infographics are beneficial for improving motivation to better one's health and should continue to be used for adolescent mental wellness
- Infographics should be more widely circulated as they are a good method for improving motivation to better one's mental health
- Limitations were in the study were that 61.2% of respondents were female and 70% were white so the data might not be accurately depicting all demographics
- Another limitation was that respondents were asked to rate their mood/motivation right after seeing the infographic which is not an accurate representation of their long term response to seeing an infographic. Future studies can explore this relationship using different study designs.

I would like to thank all who participated in my survey as this study would not have been possible without them. I would also like to thank my mentors Reese and Claudia for guiding me throughout this process.

CONTACT INFORMATION

Jonah Barer
Jonahgbarer@gmail.com

Megan A. Moreno, MD, MSED, MPH
moreno@wisc.edu

<http://smahrtresearch.com/>

@SMAHRTeam

@SMAHRTeam

https://business.facebook.com/SMAHRTeam/

