

Navigating social media as young people living with chronic physical conditions



WORKSHOP AIMS

1. This workshop aims to stimulate conversations about the impact of social media on mental wellbeing in young people living with Type 1 diabetes (*I will present findings from recent research*).
2. We will also collectively explore how this extends/applies to other chronic health condition contexts.
3. We will collate ideas about the implications of current research and gather ideas about future research directions surrounding social media and mental wellbeing in young people living with a chronic physical condition.



Steno Diabetes Center
Copenhagen



NUI Galway
OÉ Gaillimh

SO'ME-T1ME...

Social MEdia use among young people with Type 1 diabetes
and the influence on MEntal wellbeing



SO'ME-T1ME PROJECT TEAM MEMBERS

Dr Emma Berry (E.berry@qub.ac.uk; @EmmaBerry90) (PI) (Health Psychology lecturer at QUB)

Youth Advisory Panel members (Cliona, Luke, Ciara, and Emilia)

Ms Caoimhe Sheilds, Mr Matthew Thornton, & Ms Grace Carroll (research students at QUB)

Dr Mark Davies (Consultant Clinical Psychologist; BHSCT)

Dr Emmeline Heffernan (Consultant Paediatrician, BHSCT)

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Dr Bryan Cleal (Senior researcher from Steno Diabetes Centre, Denmark)

Dr Ingrid Willaing (Research manager/lead from Steno Diabetes Centre, Denmark)

Dr Eimear Morrissey (Postdoctoral researcher at NUI Galway)

Prof. Sean Dinneen (Consultant in Diabetes, Endocrinology and General Medicine & Professor of Diabetic Medicine, Galway Hospital/NUI Galway)



SO'ME-TIME...

AIM:

- To explore young people with Type 1 diabetes' experiences of social media and examine the helpful and less helpful aspects of this online world.

WHO WAS INVOLVED:

- Led by a team of diabetes researchers and clinicians at Queen's University Belfast & BHSCT, Steno Diabetes Centre Copenhagen, and NUI Galway
- Panel of young people with Type 1 diabetes

Research phases:

- Recruitment of a youth advisory panel of young people aged 13-20 who have T1D, from NI, ROI, and Denmark to inform key phases of the research
- Focus groups/interviews with young people with T1D aged 13-20 and caregivers (Thematic analysis)
- Conducted scoping review exploring current literature on social media and diabetes
- Co-developed a visual output with YAP of main themes (*see comic excerpts at the exhibition*)

Workshop discussions

Step 1: Consider the following topics in relation to young people living with a chronic physical condition and consider the research implications/needs.

Step 2: Write key thoughts/ideas on flip board sheets (15minutes~)

Step 3: Larger group discussion of key discussion points (15minutes~)

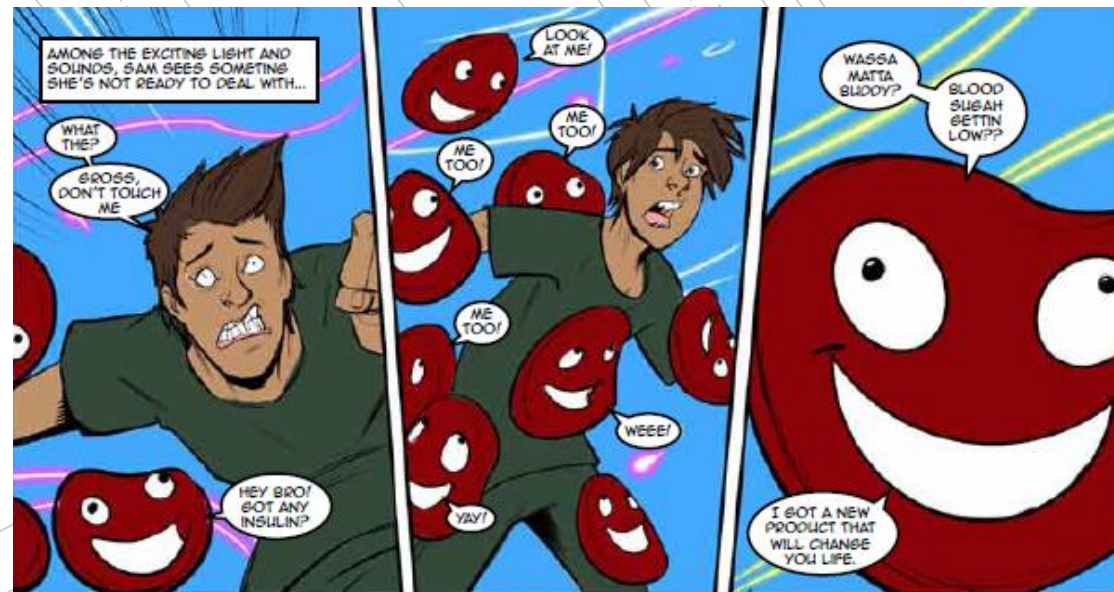
Consider the following topics in relation to young people living with a chronic physical condition and consider the research implications/needs.

Topic 1: “Social media gives young people the freedom to explore and access [diabetes] information and support



Consider the following topics in relation to young people living with a chronic physical condition and consider the research implications/needs

Topic 2: “Young people see a lot of adverts for different [diabetes] products, devices, nutrition plans, and that can be overwhelming and stressful”



Consider the following topics in relation to young people living with a chronic physical condition and consider the research implications/needs

Topic 3: *“People only show their ‘perfect days’, so you always see filtered versions of reality”*



Consider the following topics in relation to young people living with a chronic physical condition and consider the research implications/needs

Topic 4: [Diabetes] stigma online...

Does perceived stigma influence of feeling judged online impact/influence young peoples' behaviour?

