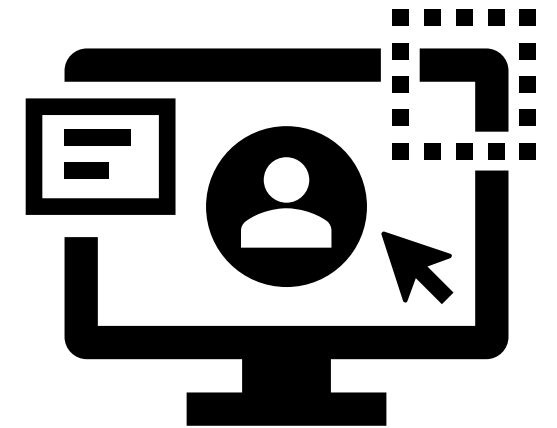


Technological Innovations for Social Change on Youth Mental Health

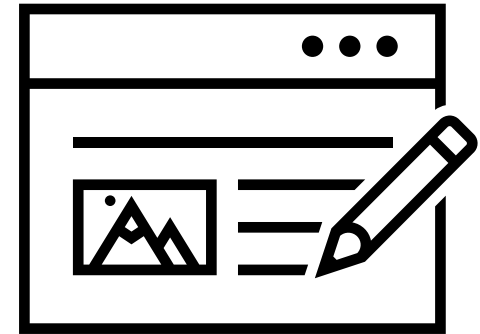
Tam, Kwok, Lee, et al. (2023)
Society for Social Work and Research
2023 Conference, Phoenix, AZ
January 11 – 15, 2023



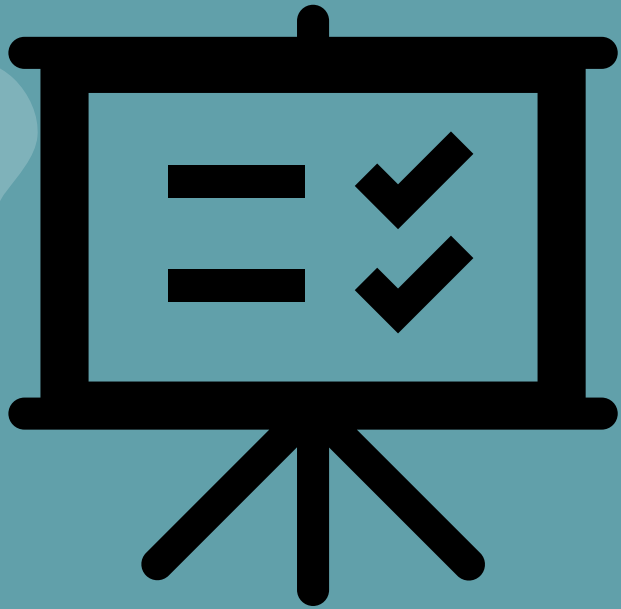
Co-authors

(part of Children and Youth Mental Health, CYMH, Project Team)

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- ❖ Dr. Tugce Bozalioglu, Volunteer
- ❖ Devasish Joseph, Youth Volunteer
- ❖ Evan Hu, Consultant, Founding Partner & G7 Associate at Creative Destruction Lab





Focuses of the Roundtable



- 1) To examine the role of digital technology in health and social service provision specifically to address youth mental health;
- 2) To share a collaborative approach to develop a web-based application for the promotion and early intervention of youth mental health; and
- 3) To discuss ethical issues to balance youth's right on privacy, data security, and the need for safety in the cyberworld, but also attending to issues pertaining to accessibility and alternative modes of service delivery.

Outline of the Roundtable

1. Introduction and overview
2. Review of literature on role of digital technology in health and/or social services addressing youth mental health
3. Sharing of CYMH Web App co-creation focus group experiences
4. Discussion/feedback
5. Ethical issues in the use of digital technology to address youth mental health: CYMH Web App as an example
6. Discussion/feedback
7. Future outlook



Review of literature: The utility and effects of digital technology to address youth mental health

**LITERATURE REVIEW
ON THE UTILITY AND
EFFECTS OF DIGITAL
TECHNOLOGY TO
ADDRESS YOUTH
MENTAL HEALTH**

SSWR
Roundtable

WORK GROUP TEAM MEMBERS

Dora Tam, PhD

Barbara Lee, PhD

Caleb Lam, BSW

Tugce Bozalioglu, PhD

LITERATURE REVIEW

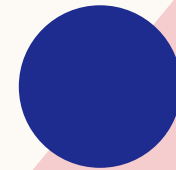
Introduction

Methods

Results

Limitations

Summary



SCOPING REVIEW CONDUCTED IN 5 STAGES

(Arksey & O'Malley, 2005)

1. Identify the research question(s)
2. Identify the relevant studies
3. Study selection
4. Charting the data
5. Collating, summarizing, and reporting results



Arksey, H., & O'Malley, L. (2005). Scoping studies: towards a methodological framework. *International Journal of Social Research Methodology*, 8(1), 19-32, DOI: 10.1080/1364557032000119616



STAGE 1: RESEARCH QUESTION

What is the research evidence on the utility and effects of digital technology to address youth mental health?

STAGE 2: IDENTIFY THE RELEVANT STUDIES

ELECTRONIC DATABASES:

- CINAHL Plus (via EBSCOhost)
- Medline (via Ovid)
- PsycInfo (via Ovid)
- Social Work Abstracts
- Scopus

INCLUSION CRITERIA:

- Peer Reviewed Journal
- Full text available
- English Language
- Publication Year: 2012-2022

SEARCH TERMS



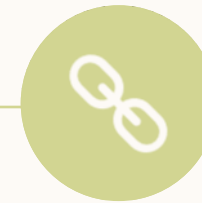
YOUTH

adolesce* or youth
or juvenil* or teen*
or “young pe*”



DIGITAL TECHNOLOGY

“Virtual reality,”
“Augmented reality,”
“Mobile or Phone
App,” “Web App*,”
“avatar,” “simulation”



MENTAL HEALTH

“mental wellness” or
“well-being” or wellbeing
or “resilien*” or “self-
efficacy” or “self-
actualization” or “Self-
confidence” or “positive
development”

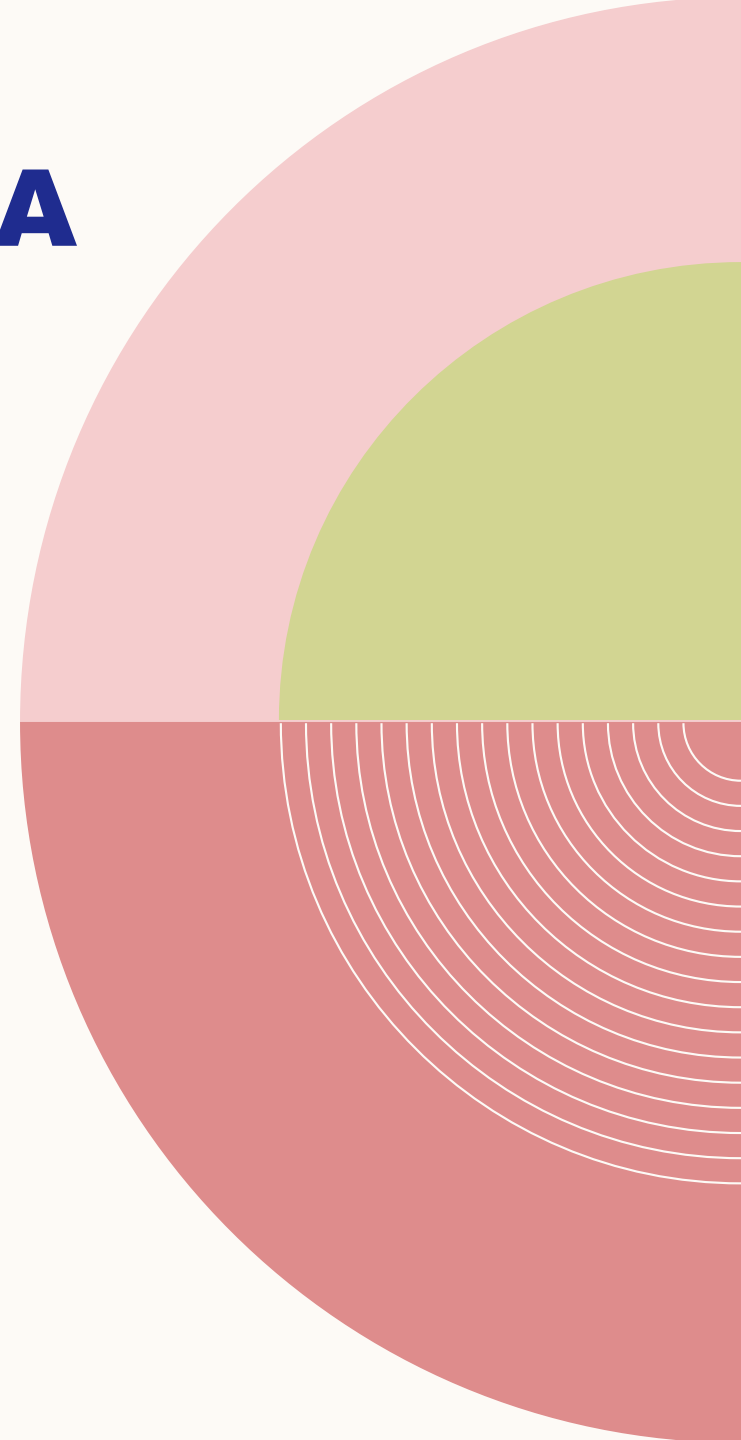
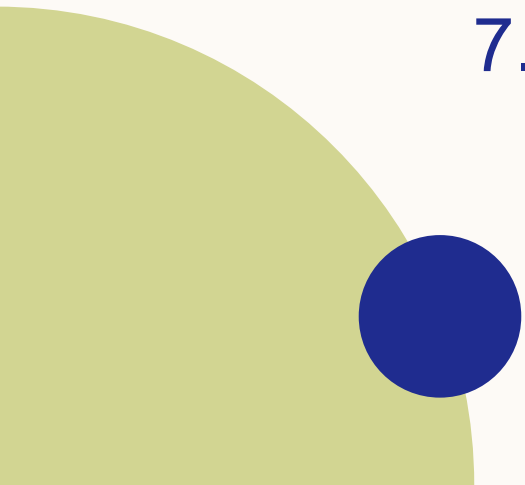
STAGE 3: STUDY SELECTION

16 articles

- **Primary Research: 10**
- Research Protocol: 4
- Systematic Review: 2

STAGE 4: CHARTING THE DATA

1. Study & Location
2. Discipline of the Study
3. Type of Application
4. Target Issue
5. Methodology
6. Study Sample
7. Outcomes

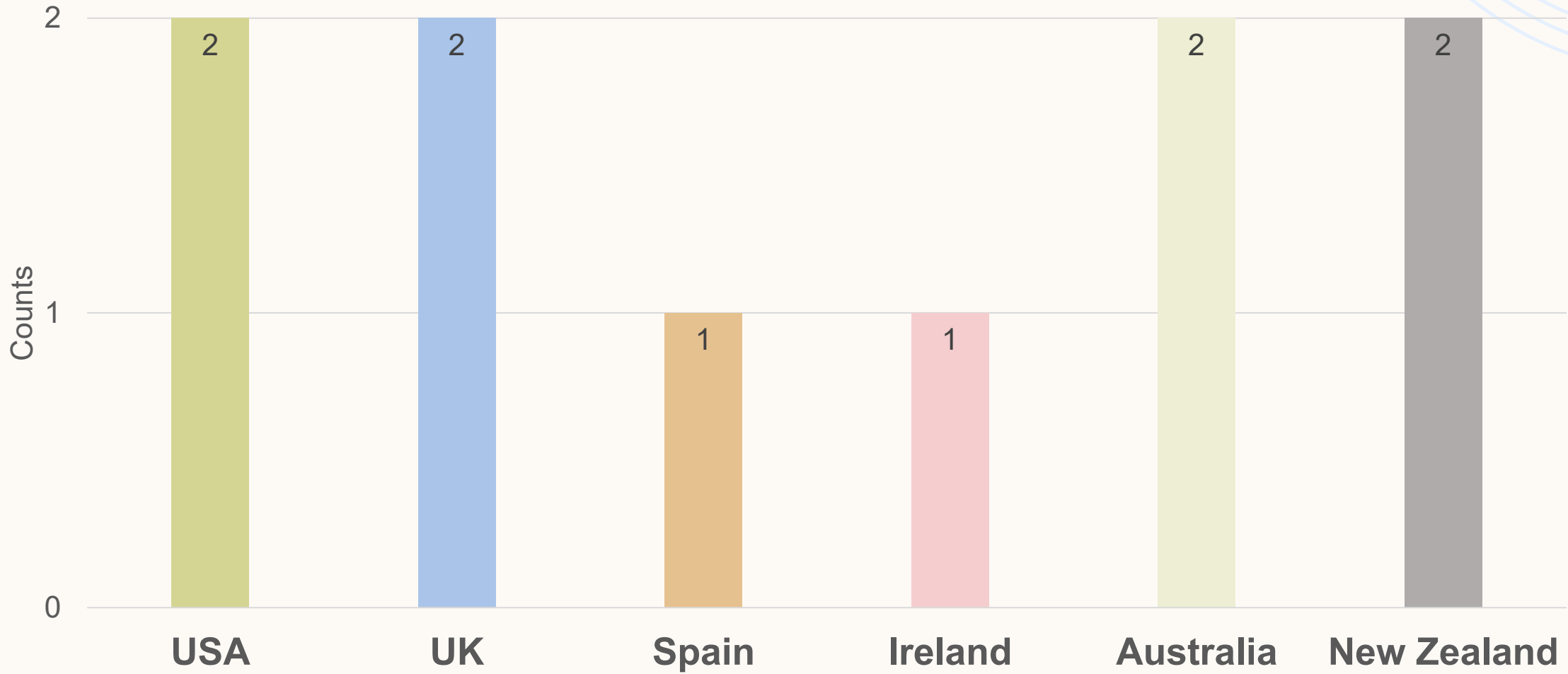




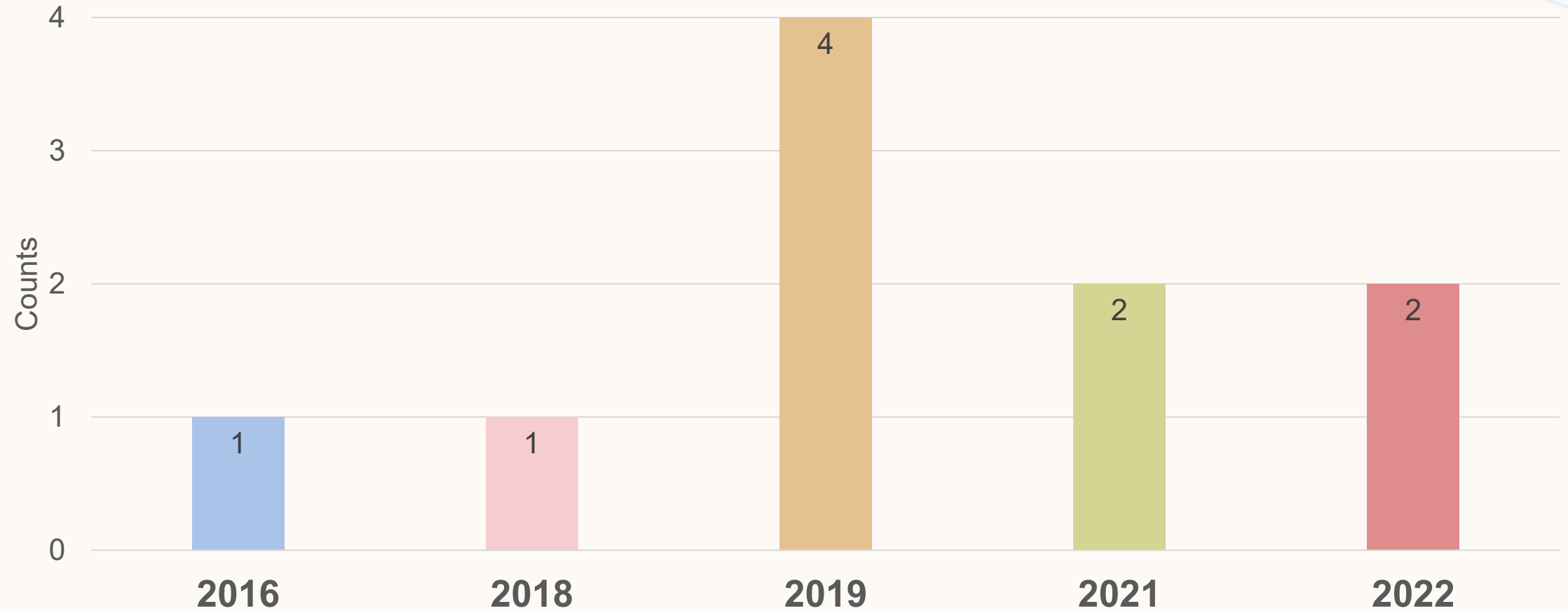
STAGE 5: COLLATING, SUMMARIZING & REPORTING RESULTS

Primary Research: 10

LOCATION OF STUDIES

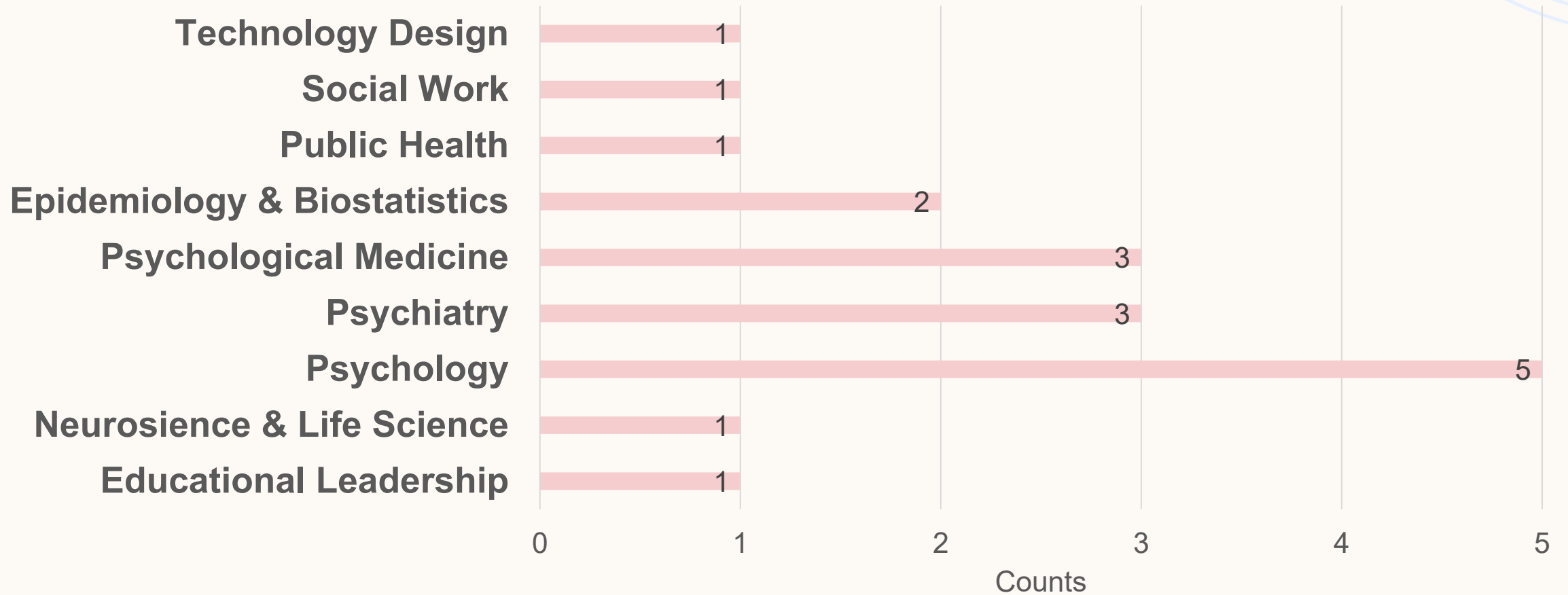


YEAR OF STUDIES

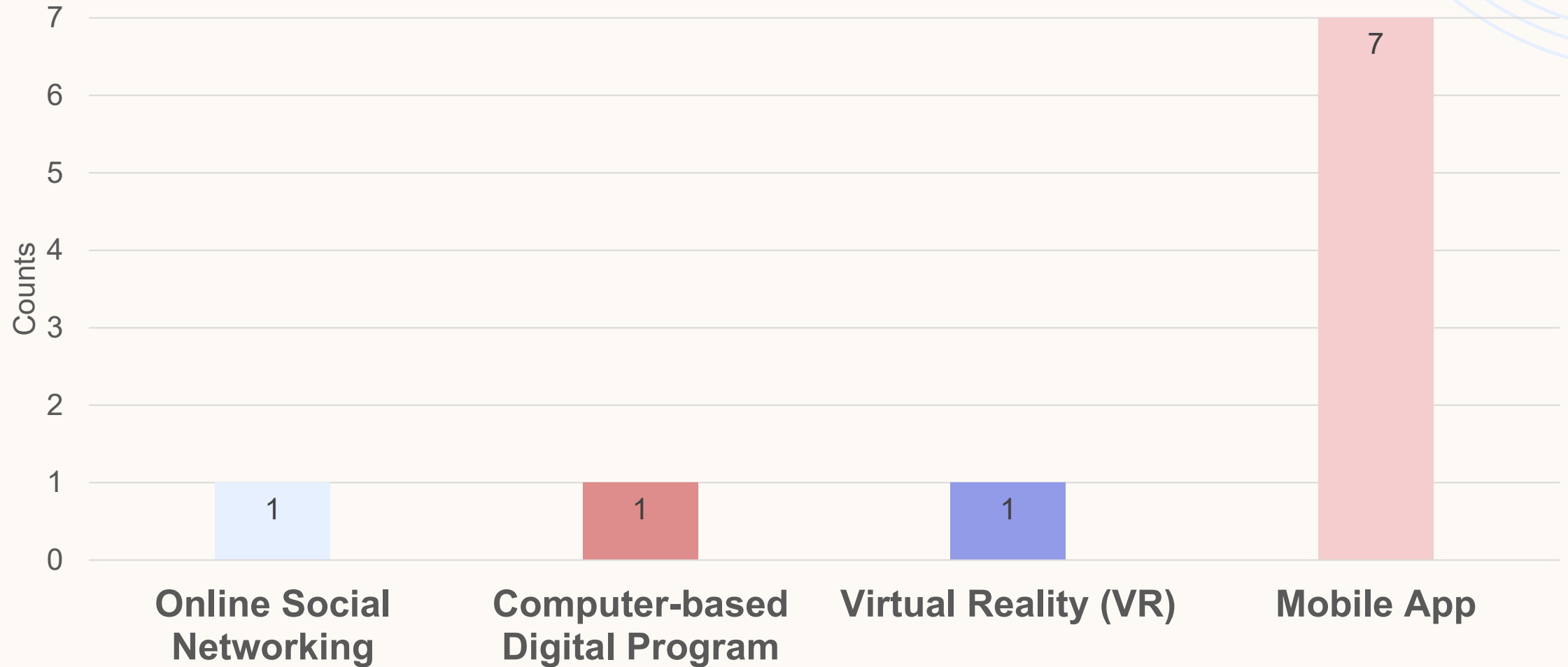


DISCIPLINE OF THE STUDIES

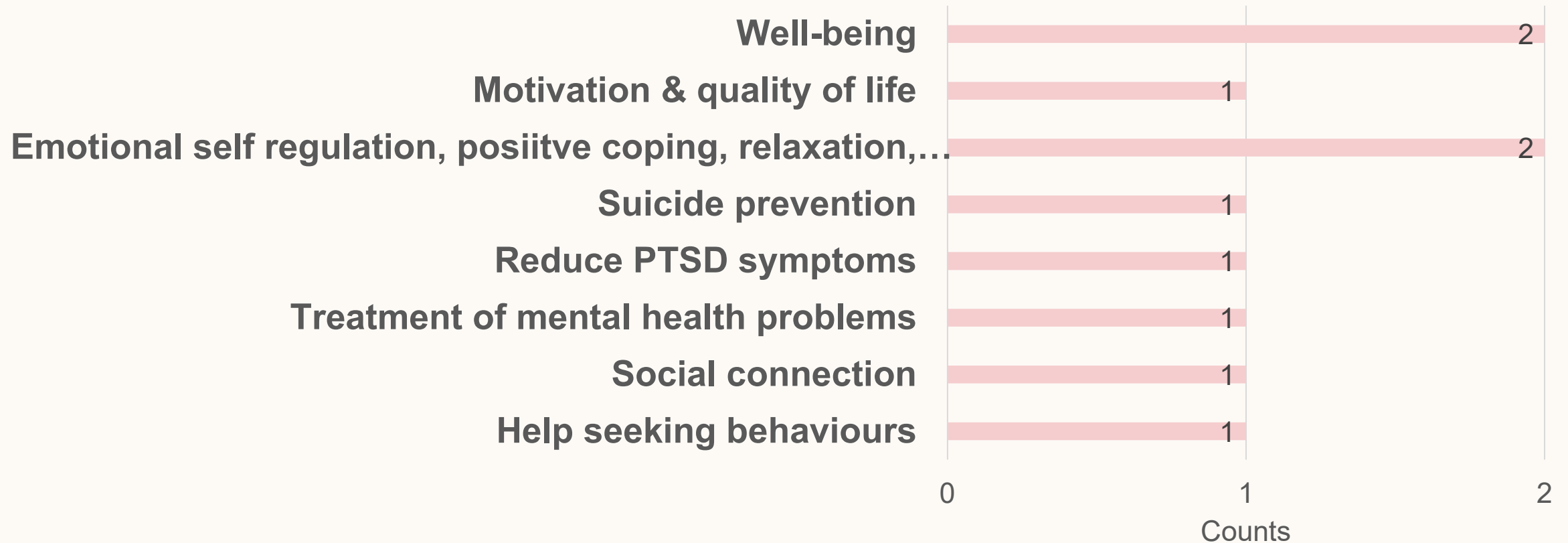
***BASED ON AUTHORS AFFILIATION**



TYPE OF APPLICATION



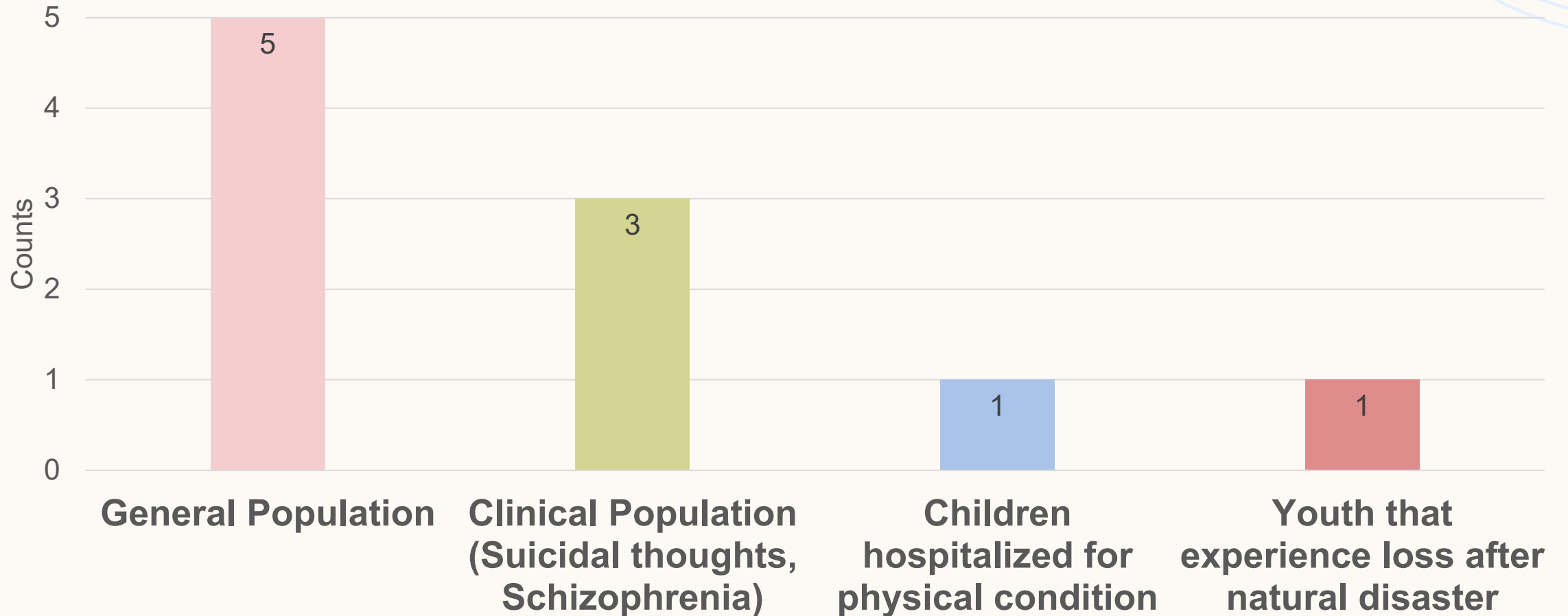
TARGET ISSUES



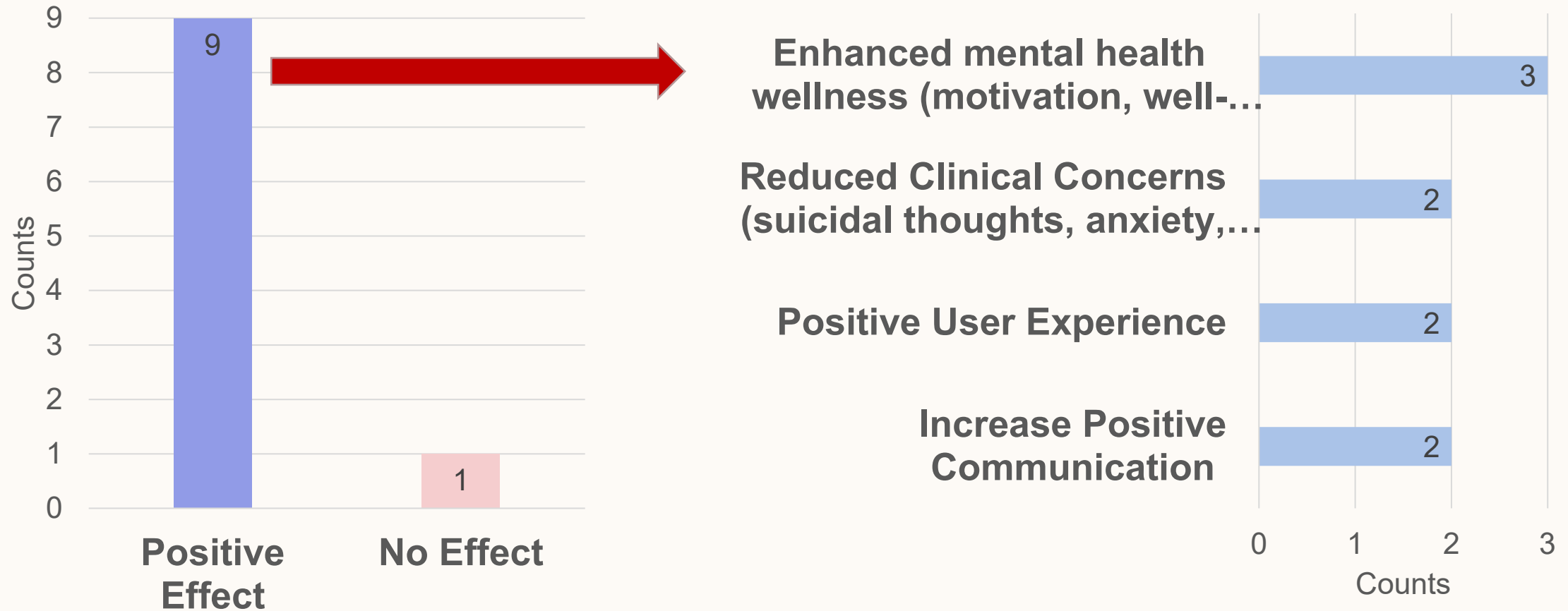
METHODS



STUDY SAMPLE



OUTCOMES



LIMITATIONS

- Few empirical studies
- One within social work
- Inclusion of the grey literature may find more studies
- Limited to youth with access and proficiency with the internet and digital technology
- Different study designs, sample, measures, and outcomes makes comparison of results difficult

SUMMARY

- Innovative digital technologies have been used in the study of effective prevention and intervention on youth mental health
- Overall, the use of digital technology to enhance youth mental health is promising
- Majority of those studies involved mobile app as this is one of the most viable and accessible device
- The evaluation of it's effects are recent within the last 7 years (most within 4 years)
- Social work has potential to contribute to it's development, usage, and evaluation

Acknowledgements

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Gratitude also goes to all CYMH Web App Focus Group participants, project assistants, practicum students, co-facilitators, volunteers, and the following partnering agencies:

Diversecities in Calgary

Hull Services in Calgary

Wood's Homes in Calgary

Center for Young Parents in Grande Prairie

Big Brothers Big Sisters of Lethbridge and District

McMan Youth, Family and Community Services Lethbridge and areas

Dept. of Family and Community Support Services in the County of Grande Prairie