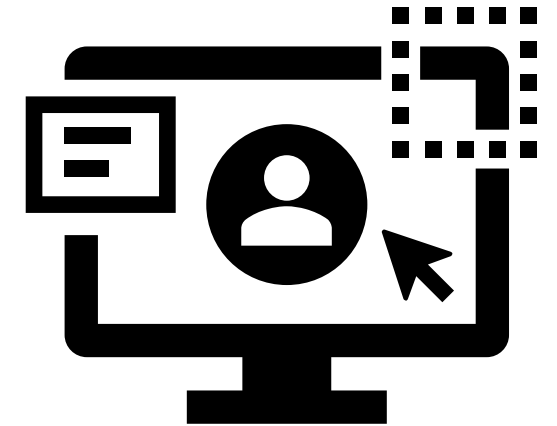


Technological Innovations for Social Change on Youth Mental Health

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



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

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

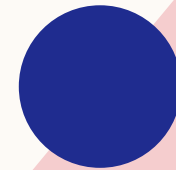
Introduction

Methods

Results

Limitations

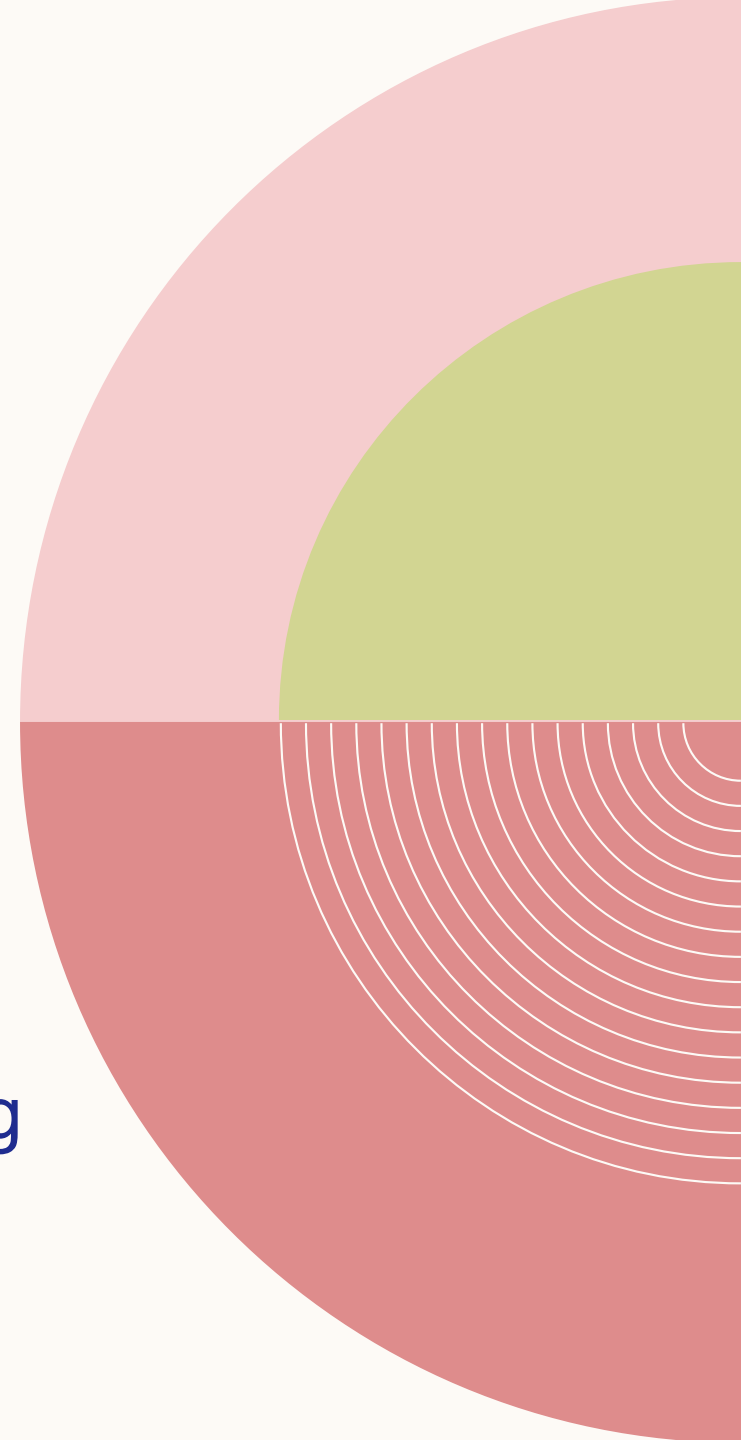
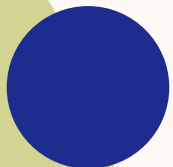
Summary

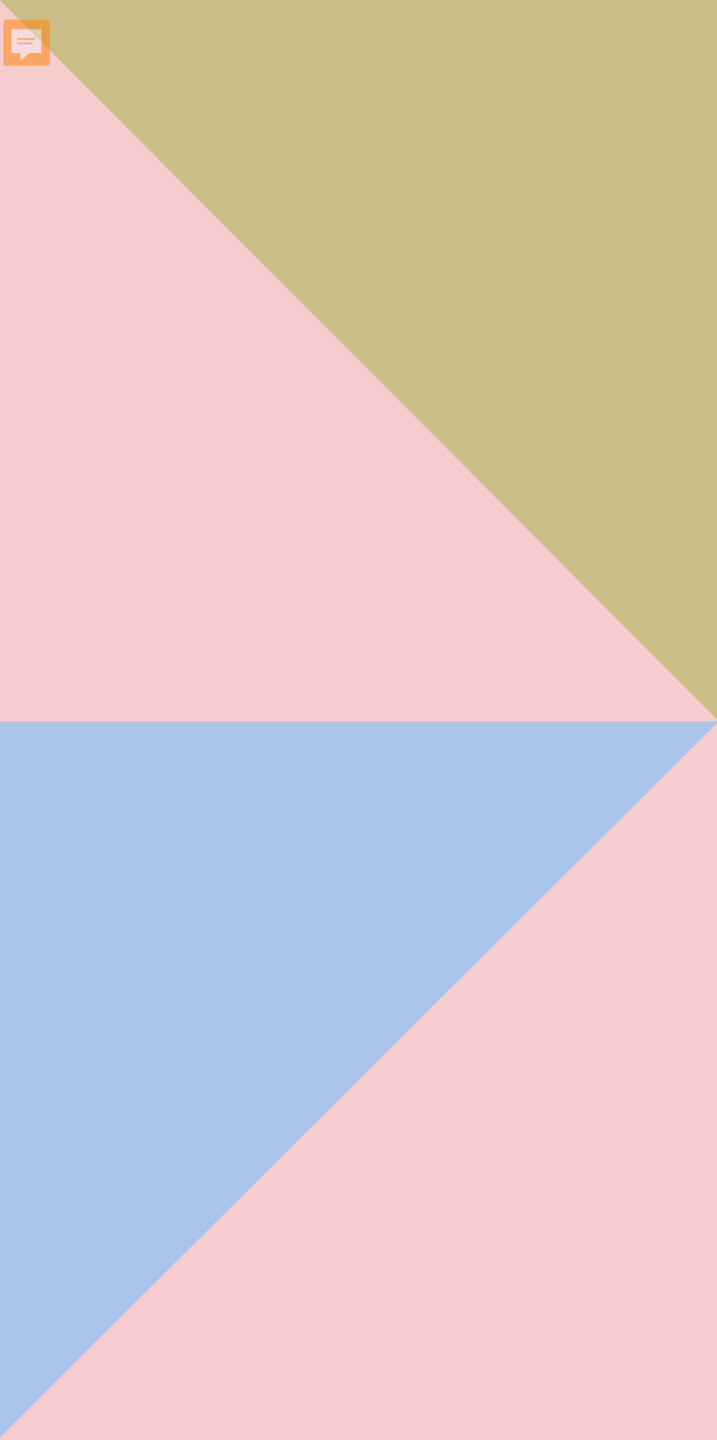


SCOPING REVIEW CONDUCTED IN 5 STAGES

(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





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



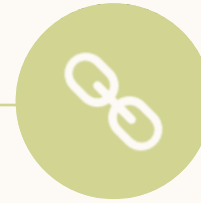
YOUTH

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”

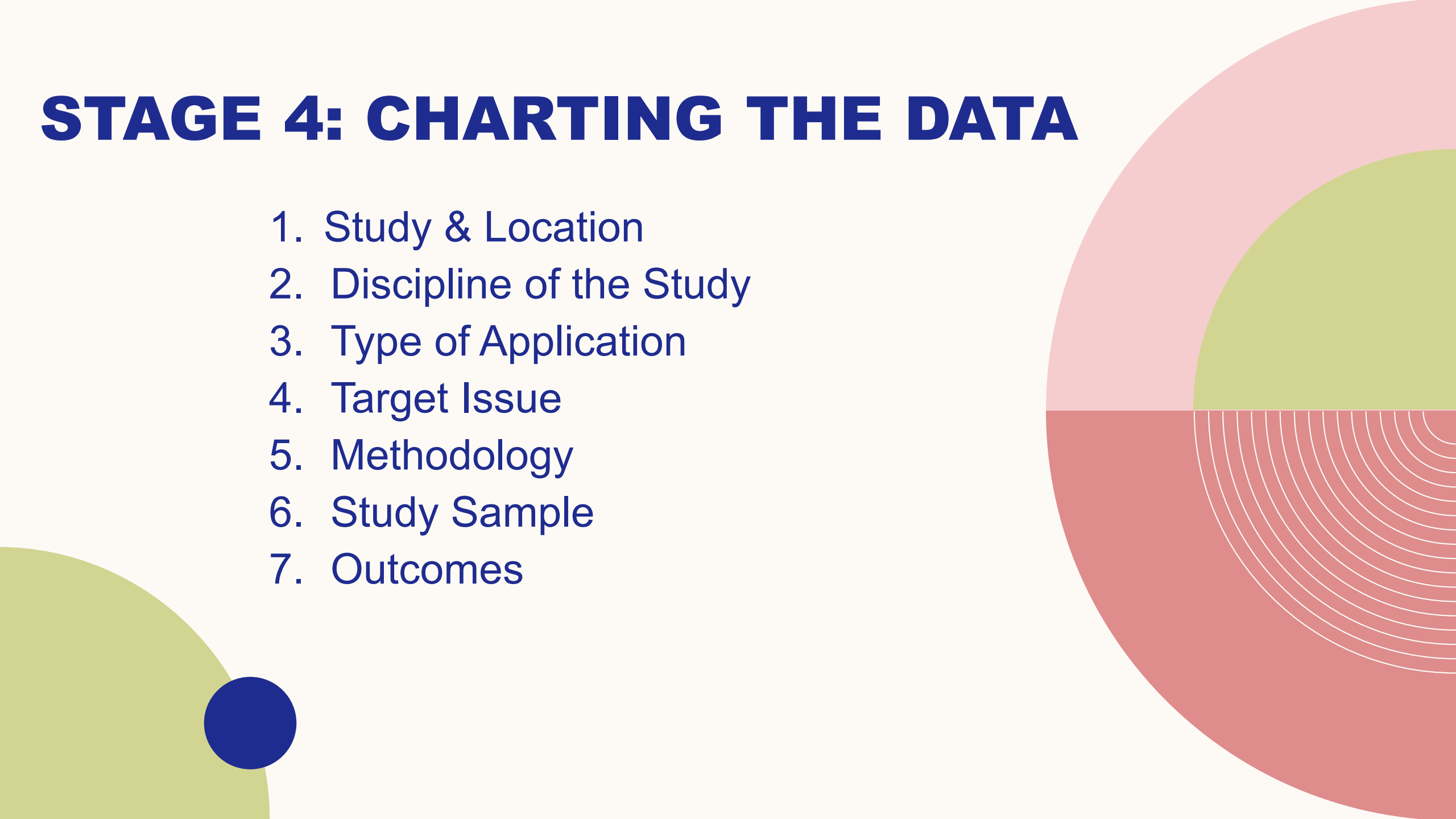
STAGE 3: STUDY SELECTION

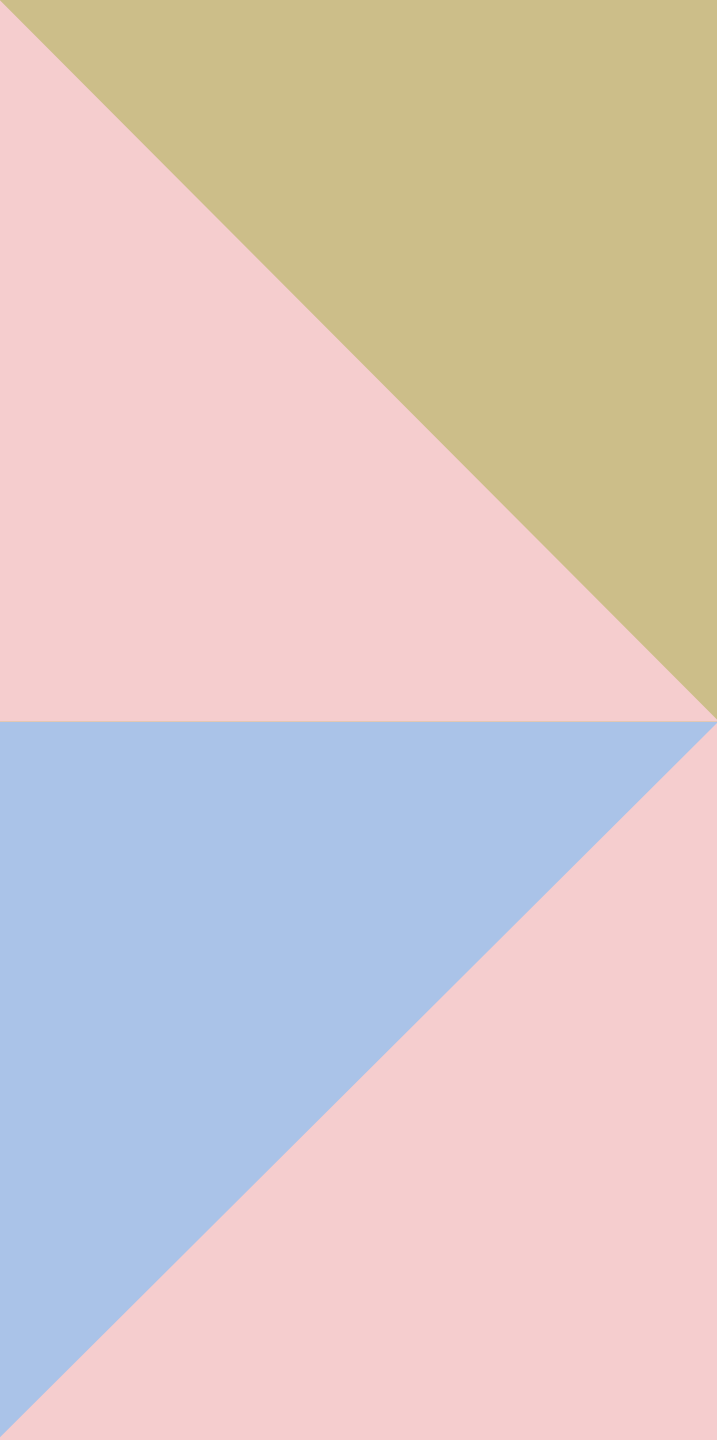
16 articles

- **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

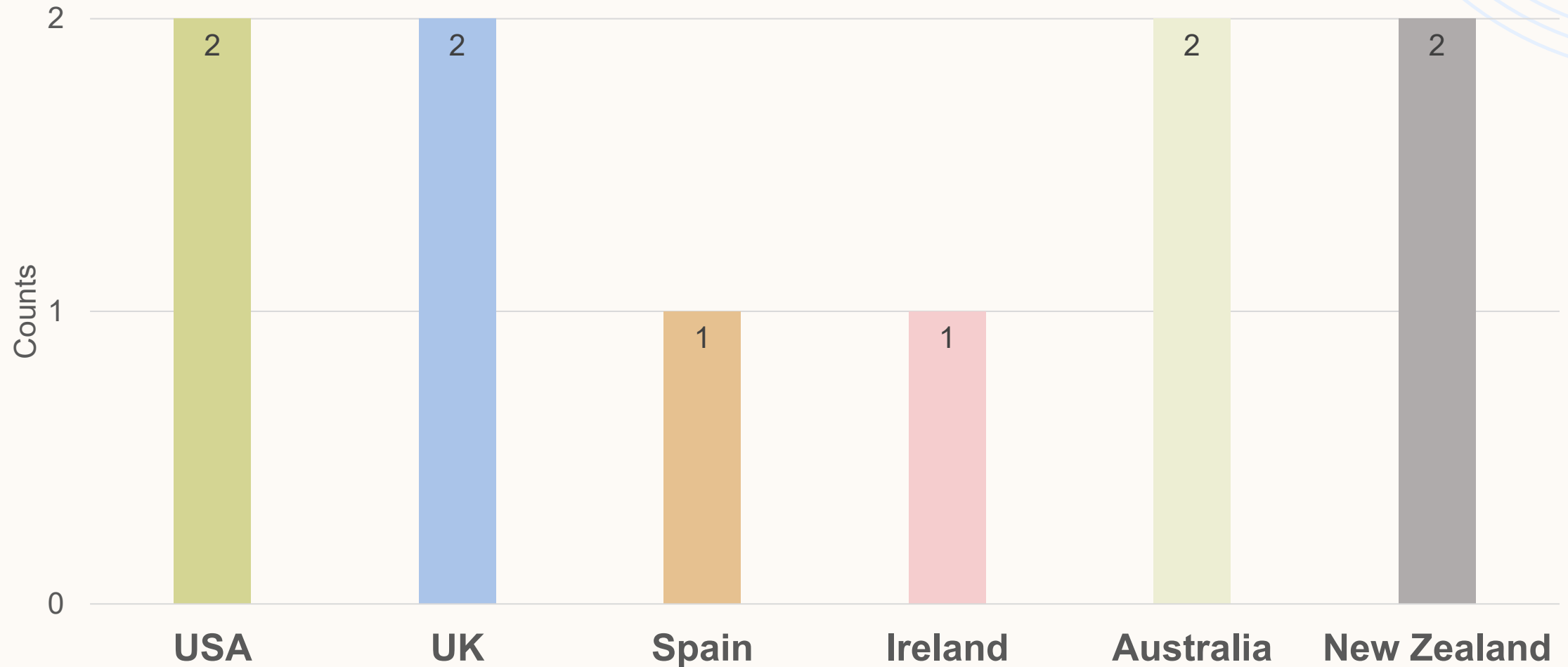




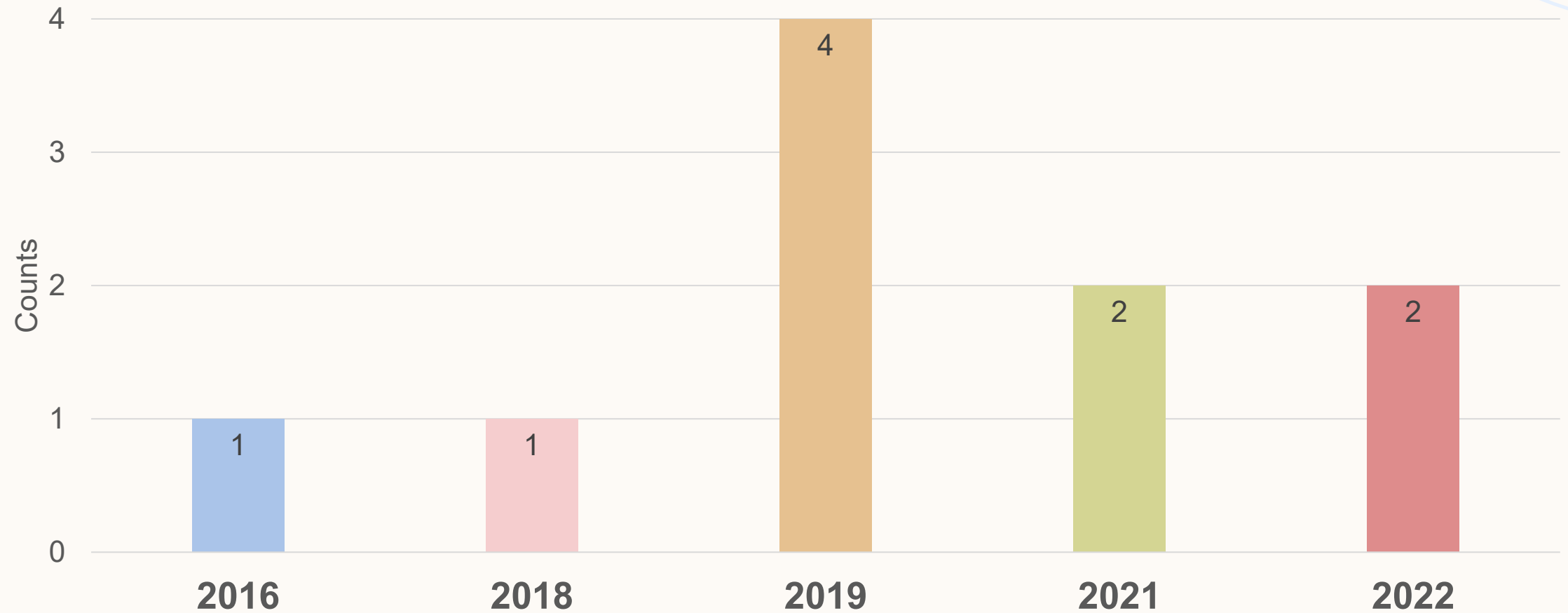
STAGE 5: COLLATING, SUMMARIZING & REPORTING RESULTS

Primary Research: 10

LOCATION OF STUDIES

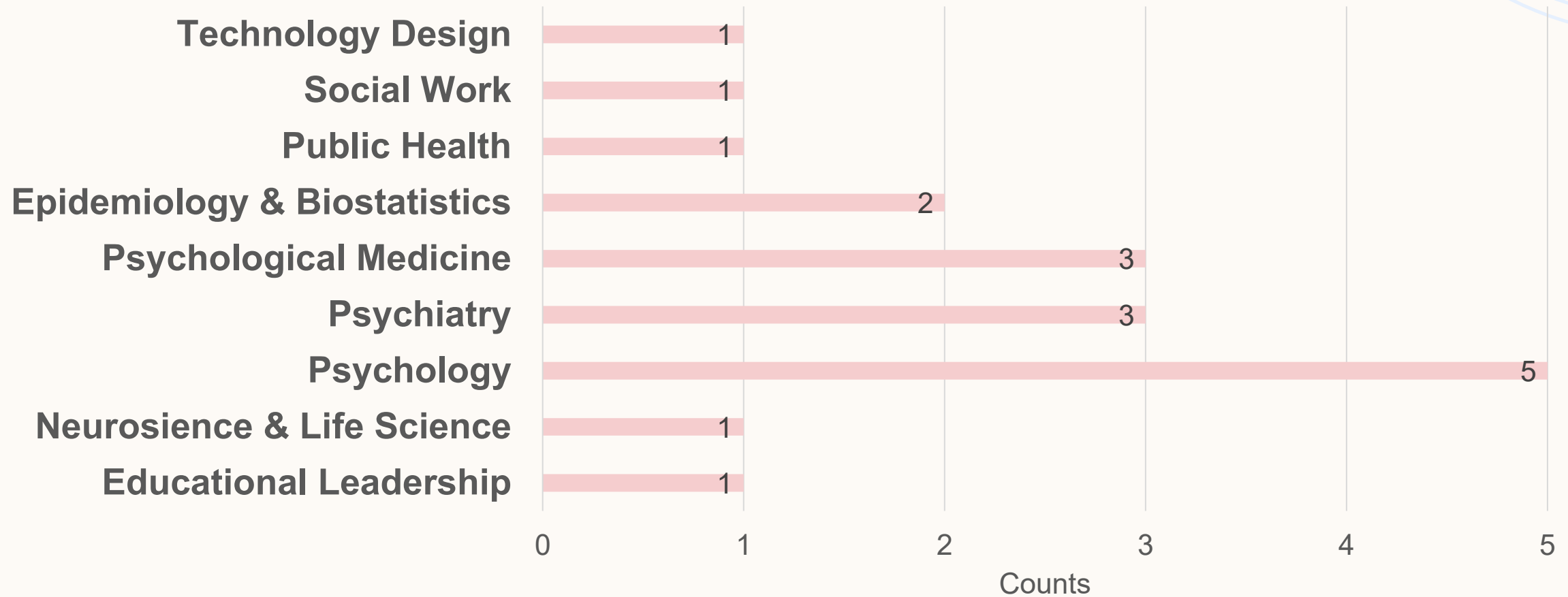


YEAR OF STUDIES



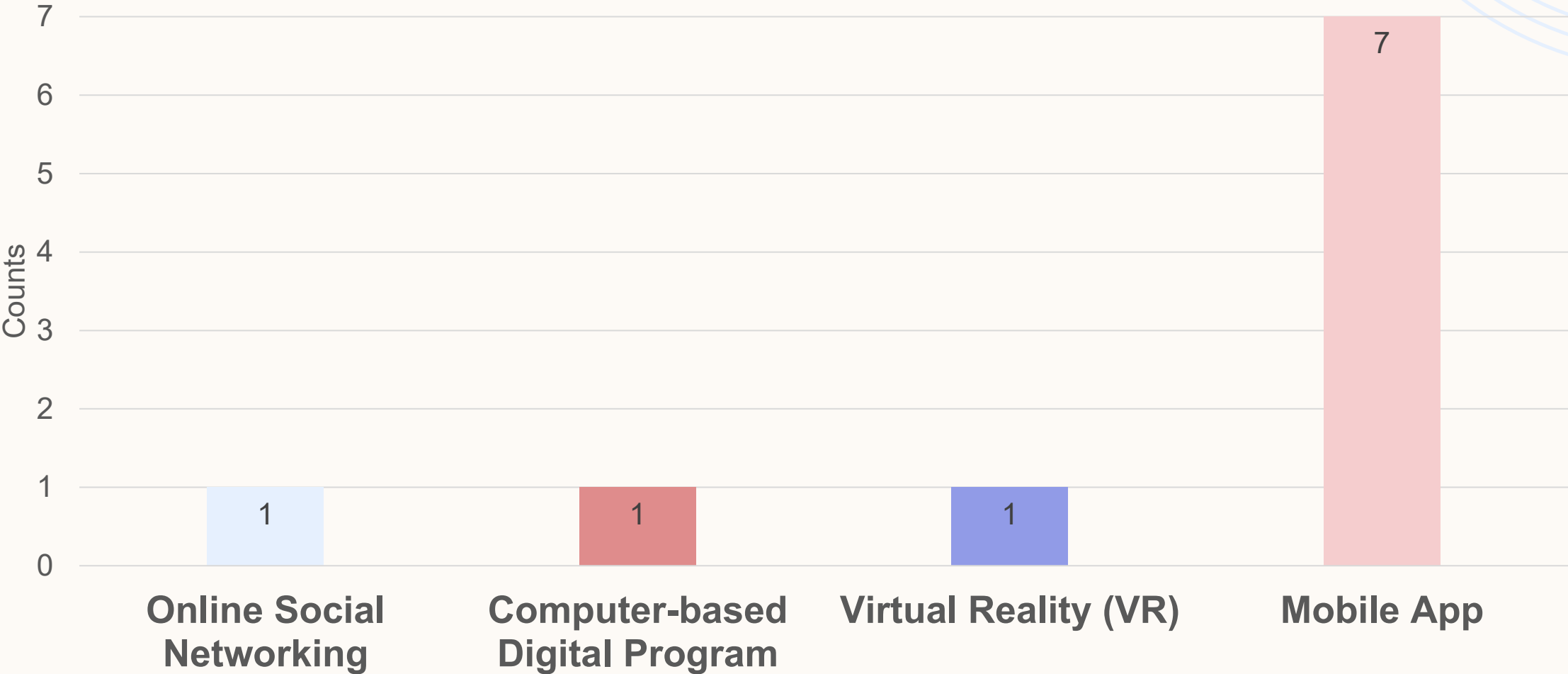
DISCIPLINE OF THE STUDIES

***BASED ON AUTHORS AFFILIATION**





TYPE OF APPLICATION





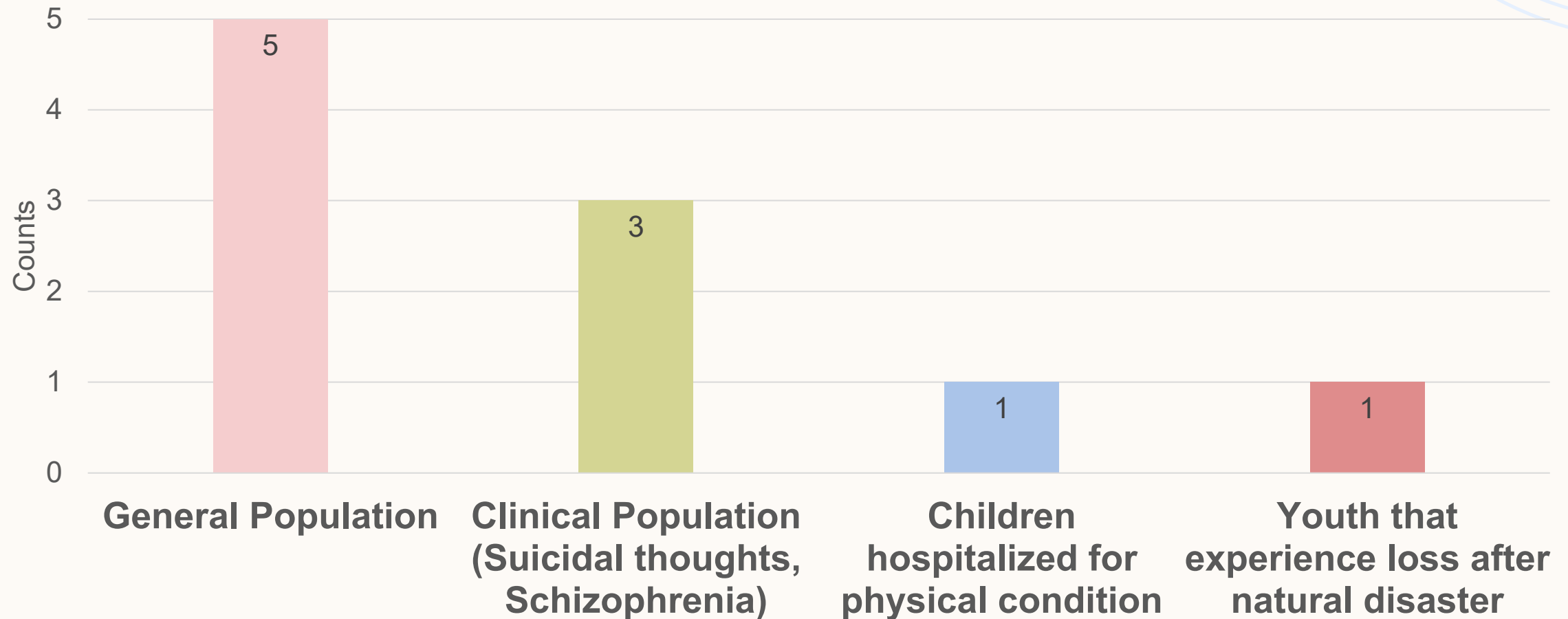
TARGET ISSUES



METHODS

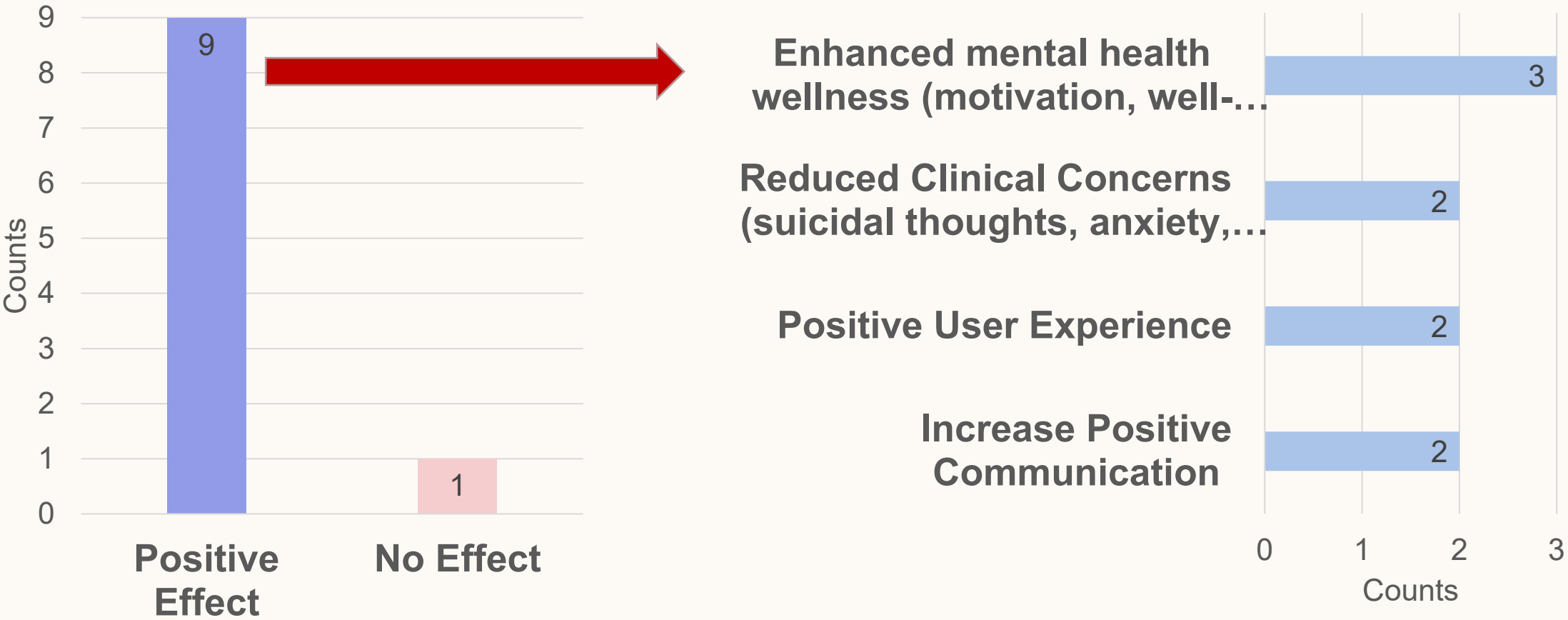


STUDY SAMPLE





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