

Mental Health and the Media

Karen Ngo, Amy Portillo-Ramirez, Lauren Szlosek and Aubrey Yokota

The Problem

How does the media affect us and what can be done to protect our mental health?

Americans spend on average

on their phones consuming media Source 1

Between 2008 and 2017 there was a

71%

increase in

psychological distress

Source 2

Suiside rates, in 10-17 years olds, increased

29%

after the release of 13 Reasons Why Source 1

Can the use of trigger warnings be of support or hindrance?

Our Solution

Create a Survey

on perception of trigger warnings, mental health depiction in the media, and the movie rating system with age, gender, and ethnicity

Publish a Paper

based on our survey's results and literature review



Why?

Bring awareness to trigger content warnings



Emphasize the influential effects the media has on mental health



For other researchers to possibly use as research for future studies on the physiology-psychological effects of trigger warnings.

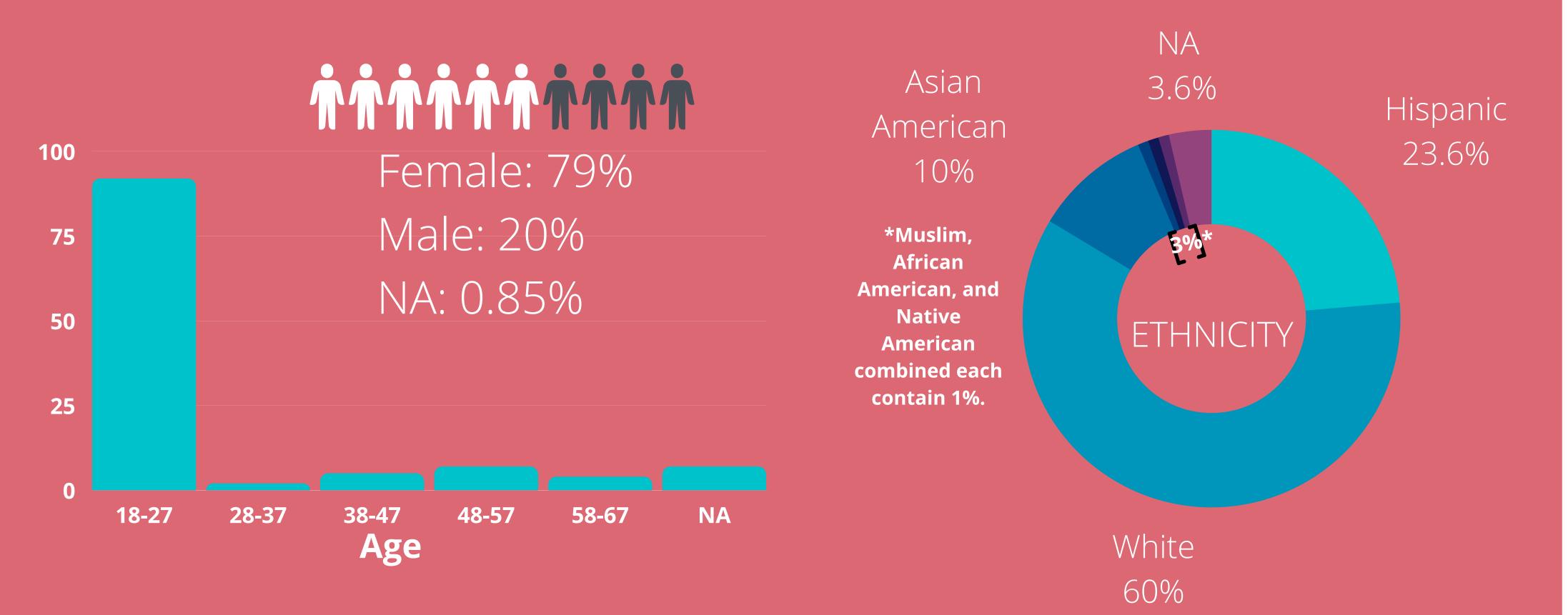
Sources

1 - Adgate B. The Impact COVID-19 Had On The Entertainment Industry In 2020. Forbes. [accessed 2021 Dec 10]. https://www.forbes.com/sites/bradadgate/2021/04/13/the-impact-covid-19-had-on-the-entertainment-industry-in-

2- Bridge JA, Greenhouse JB, Ruch D, Stevens J, Ackerman J, Sheftall AH, Horowitz LM, Kelleher KJ, Campo JV. 2020. Association Between the Release of Netflix's 13 Reasons Why and Suicide Rates in the United States: An Interrupted Time Series Analysis. Journal of the American Academy of Child & Adolescent Psychiatry. 59(2):236–243. doi:10.1016/j.jaac.2019.04.020. [accessed 2021 Dec 10]. https://www.jaacap.org/article/S0890-8567(19)30288-

Demographics

From the 118 participants we surveyed:



Results

From the 118 participants we surveyed:

52.5%

The movie rating system is based on age.

66.1%

I have skipped through a scene due to its content

34.7%

It is highly beneficial to have a trigger warnings along with rating, content is something

81.4%

10, on a scale from 1 - 10, is how beneficial trigger warnings would be.

73.5%

4, on a scale from 1 - 10, is how accuarate mental illness is portrayed.

62%

Movies and television dipict mental illness negatively.

Our results from the survey indicated that most people are not likely to turn off the program they are watching because of the material presented but feel that additional content warnings would be beneficial to their viewing experience.

> while many people will view potentially triggering scenes, providing adequate warning prior to the that many people would find beneficial. It is indicated that having the ability to consciously choose what one is watching and prepare themselves for the content ahead would contribute to a more positive

viewing experience.

This shows that

Workflow

Survey questions

Researched content warning and its effectiveness

Researched about the media's depiction of mental health and the effects it has on people

Consulted with professionals within the field

Wrote a paper to summarize our findings for future use

Researched the effects the media has on people with mental health illnesses

Created a survey to gauge people's thoughts and feelings on content warnings' efficacy

Conducted further research to conclude that content warnings are effective and should be implemented in order to reduce the negative effects media has on depicting/portraying

mental health

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