

## The Problem

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

Americans spend on average **5.4** on their phones consuming media Source 1

Between 2008 and 2017 there was a **71%** increase in psychological distress Source 2

Suicide 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?**
- 1 Bring awareness to trigger content warnings
  - 2 Emphasize the influential effects the media has on mental health
  - 3 For other researchers to possibly use as research for future studies on the physiology-psychological effects of trigger warnings.

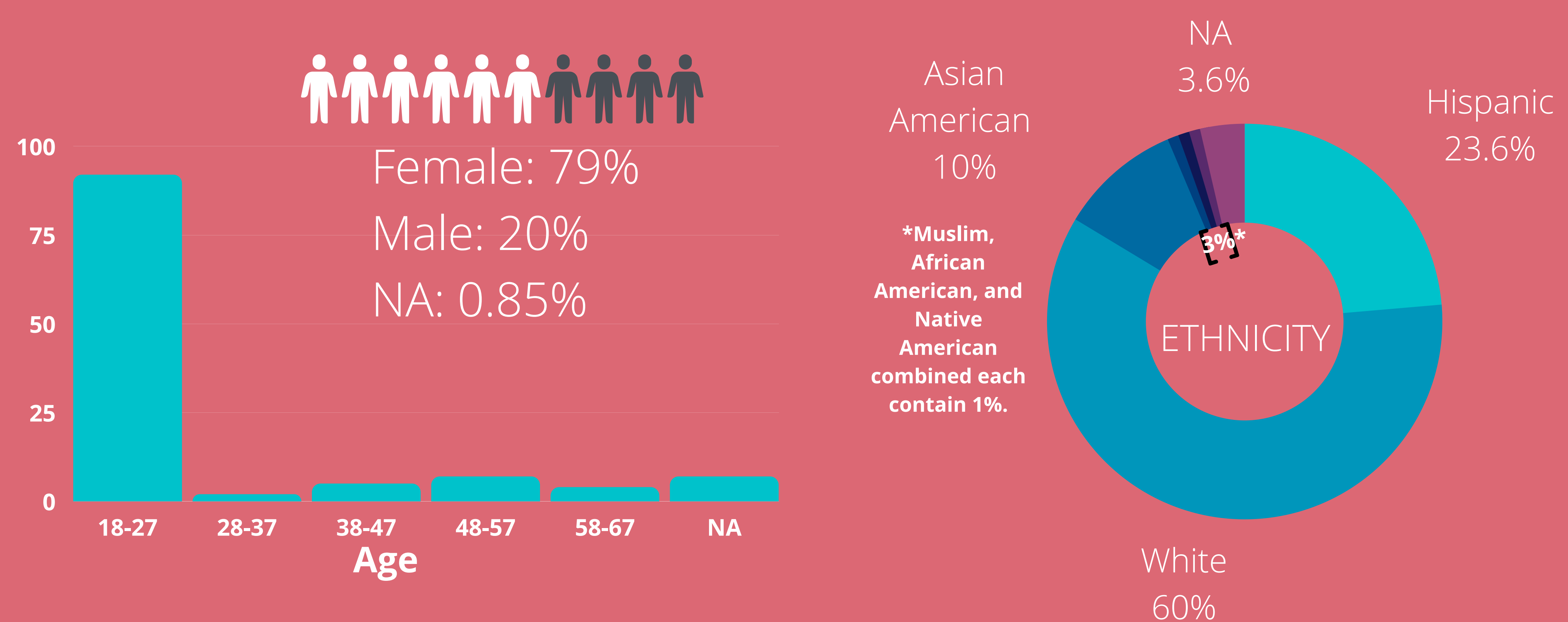
**Sources**

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-2020/>

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\(19\)30288-6/fulltext](https://www.jaacap.org/article/S0890-8567(19)30288-6/fulltext).

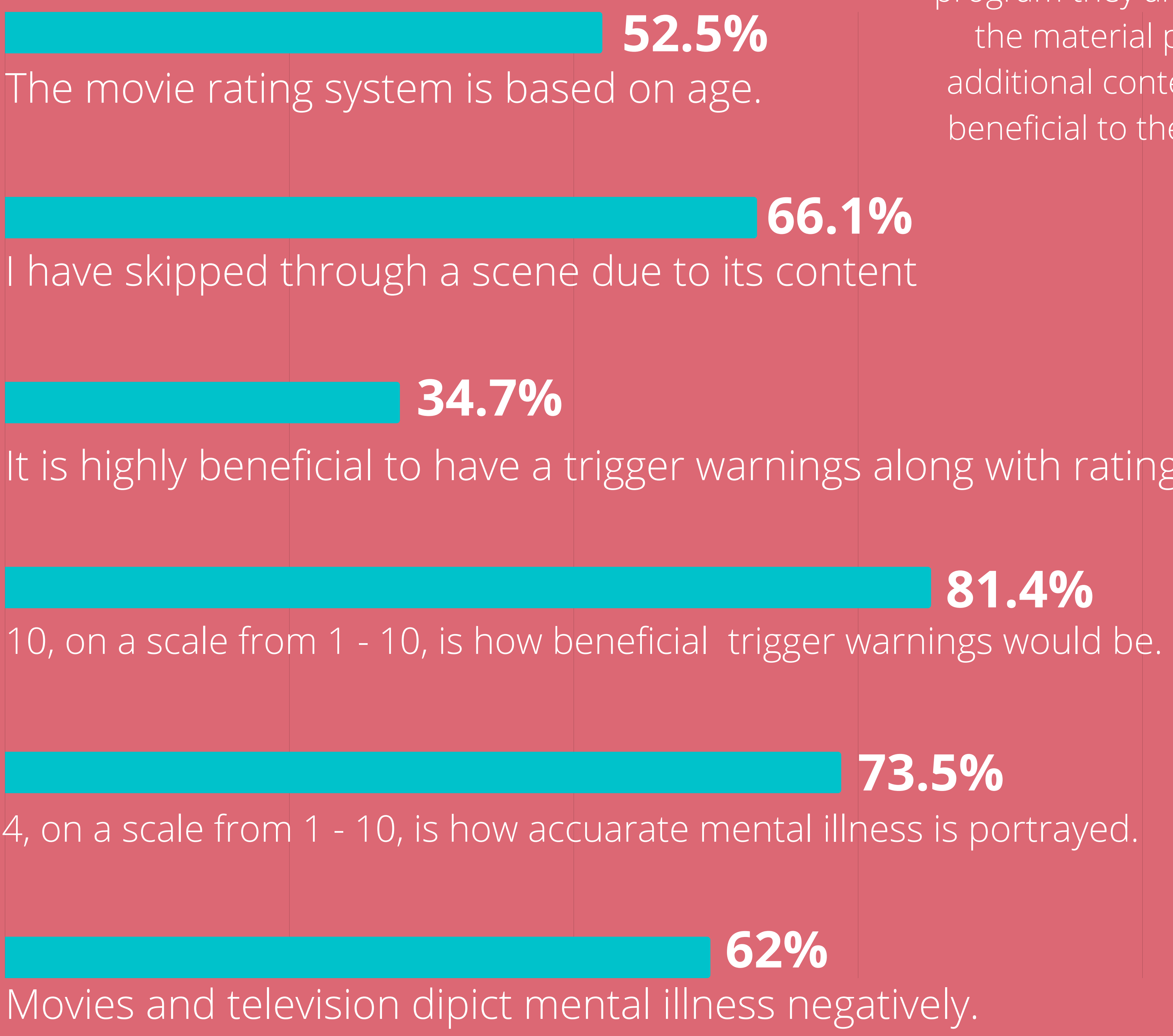
## Demographics

**From the 118 participants we surveyed:**



## Results

**From the 118 participants we surveyed:**



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.

This shows that while many people will view potentially triggering scenes, providing adequate warning prior to the content is something 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.

## Workflow



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