

DTL Phase One- Mental Health in Teenagers

DTL SEWA 2023 Seattle Chapter Team 2

Members:

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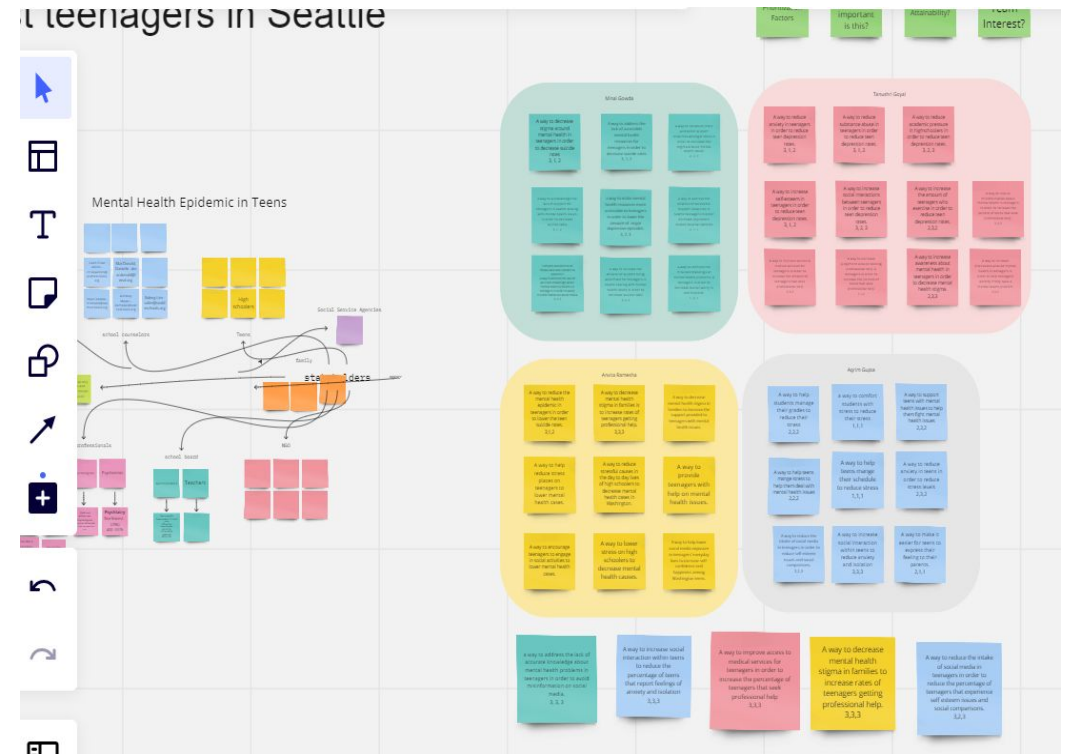
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Background to Need statements

“Globally, it is estimated that 1 in 7 (14%) 10-19 year-olds experience mental health conditions, yet these remain largely unrecognized and untreated.” (WHO)

As teenagers, we see mental health issues affecting a lot of our peers and we wanted to do something to help. Anxiety and depressive disorders can immensely affect school attendance and grades. The lack of social interaction can worsen isolation and loneliness. Depression can lead to suicide.



Team Miro Board

Key insights from research

37% of high school students reported that they had experienced poor mental health during the COVID-19 pandemic, and 44% reported they continuously felt hopeless.

Misinformation on social media about mental health issues includes negative effects like wrong interpretation of scientific research, fear, panic, and decreased access to health care.

Evidence points that social isolation leads to depression, poor sleep quality, and impaired immunity.

Social media affects a teenagers' self perception and self confidence far more now than previously imagined. Research found that negative social media comparisons and eating disorders correlated with social media.

Negative social media comparisons and eating disorders were found correlating to Instagram use. (Seattle Times)

Talk therapy is effective but expensive, not as easily accessible, never enough therapists.

The need for washington mental health professionals were only met for 16.2 percent of the population (available psychologists versus the number needed to eliminate the HPSA)



Final Need Statements(3-5)

Needs Prioritization Criteria:

Factor 1: Importance to Community (1-3)

Factor 2: Attainability (1-3)

Factor 3: Team Interest (1-3)

A way to address the lack of accurate knowledge about mental health problems in teenagers in King County in order to decrease survey reports of misinformation on social media by 15 percent. (9)

A way to improve access to medical services for teenagers in order to increase the percentage of teenagers in King County that seek professional help by 5 percent. (9)

A way to decrease mental health stigma in families to increase rates of teenagers in King County getting professional help by 5 percent. (9)

A way to address the lack of social interaction within teens in King County to reduce the percentage of teens that report feelings of anxiety and isolation by 5 percent. (9)

A way to reduce the intake of negativity on social media in teenagers in King County in order to reduce the percentage of teenagers that experience self esteem issues and social comparisons by 5 percent. (8)

