SOCIAL MEDIA INTERVIEW FOR ADOLESCENTS (SMI-A)

BY: DANA ELMQUIST, COURTNEY MCLAUGHLIN, AND CHELSHEA THOMPSON

NAME:

DATE OF BIRTH:

DATE OF INTERVIEW:

CHRONOLOGICAL AGE:

GRADE:

INTERVIEWER:

SCHOOL/CLINIC:

SCHOOL/INSTITUTION:

GENDER:

REASON FOR REFERRAL:

PREFACE

THIS SEMI-STRUCTURED INTERVIEW CAN BE USED BY PROFESSIONALS TO HELP GUIDE THEIR ASSESSMENT OF ADOLESCENTS STRUGGLING WITH MENTAL HEALTH. DESIGNED TO TARGET "RED FLAGS" ABOUT HOW TEENS ARE USING SOCIAL MEDIA TO COPE WITH MENTAL HEALTH ISSUES, THIS TOOL MAY ASSIST PROFESSIONALS IN IDENTIFYING AREAS THAT MAY NEED TO BE INVESTIGATED FURTHER. SPECIFICALLY, THE INTERVIEW DELVES INTO THE PATTERN OF USE BY ADOLESCENTS; THE CONTENT CREATED, "FOLLOWED," OR "SHARED" AND ITS INFLUENCES ON THEIR PERSONALITY AND IDENTITY.

THIS TYPE OF WORK HAS THE POTENTIAL TO REACH MORE ADOLESCENTS AND PROVIDE THEM WITH SERVICES THAT MAY BE OF GREAT BENEFIT TO THEM. SIMILAR INTERVIEWS, COUNSELING INTERVENTIONS, AND PREVENTATIVE RESOURCES CAN CONTINUE TO HIGHLIGHT THE NEED FOR RESOURCES RELATED TO SOCIAL MEDIA.

SPECIFICALLY FOR ASSESSMENT PURPOSES, LEWIS, HEATH, MICHAL, AND DUGGAN (2012) RECOMMENDS SCHOOL PSYCHOLOGISTS LOG THEIR SOCIAL MEDIA USE, HIGHLIGHTING THEIR THOUGHTS, FEELINGS, AND ACTIONS BEFORE, DURING, AND AFTER USING SOCIAL MEDIA. NEXT, A SEMI-STRUCTURED INTERVIEW CAN BE USED TO ASSESS THE WAY ADOLESCENTS ARE ENGAGING IN SOCIAL MEDIA CONTENT. ALSO, THE CLINICIAN MAY DETERMINE THE FREQUENCY, DURATION, AND TIME OF DAY OF ONLINE ACTIVITIES. THUS, CLINICIANS MAY BE ABLE TO EVALUATE THE FUNCTION OF THEIR SOCIAL MEDIA USE, POTENTIAL ANTECEDENTS TO USING SOCIAL MEDIA, AND POSSIBLE HARMS AND BENEFITS OF THE ACTIVITIES.

SCHOOL PSYCHOLOGISTS CAN IMPROVE THEIR EFFICACY IN PROVIDING MENTAL HEALTH SERVICES BY BECOMING FAMILIAR WITH THE SOCIAL MEDIA MICROCOSM OF ADOLESCENT CULTURE. SCHOOL PSYCHOLOGISTS CAN GAIN GREAT INSIGHT INTO HOW TEENS USE AND VALUE SOCIAL MEDIA IN THEIR EVERYDAY LIVES. LEWIS, HEATH, MICHAL, AND DUGGAN (2012) RECOMMEND SCHOOL PSYCHOLOGISTS FAMILIARIZE THEMSELVES WITH THE COLLOQUIUMS OF SOCIAL MEDIA BECAUSE ENGAGEMENT WITH USERS OF SOCIAL MEDIA MAY BE DIFFICULT WITHOUT THE REPERTOIRE OF SOCIAL MEDIA.

FURTHERMORE, DUGGAN, HEATH, LEWIS, AND BAXTER (2011), RECOMMENDS SCHOOL-BASED MENTAL HEALTH PRACTITIONERS FAMILIARIZE THEMSELVES WITH THE CULTURE AND THEMES OF SOCIAL MEDIA. THEY SHOULD UNDERSTAND THE ONLINE SUPPORT GROUPS, "WHICH MAY RANGE FROM EDUCATIONAL AND SUPPORTIVE TO NORMALIZING AND REINFORCING" (DUGGAN, HEATH, LEWIS, & BAXTER, 2012, P. 65). ALSO, DUGGAN, HEATH, LEWIS, AND BAXTER (2011), RECOMMEND BECOMING FAMILIAR WITH THE CONTENT ON SOCIAL MEDIA PLATFORMS WHICH CAN GUIDE ASSESSMENTS OF STUDENTS.

SOCIAL MEDIA IS AN INFLUENCE ON ADOLESCENTS LIVES THAT DOES NOT SEEM TO BE GOING AWAY ANYTIME SOON. IN CONCLUSION, ROMER AND RICH ASTUTELY STATED, "ADOLESCENTS TODAY HAVE GREATER ACCESS TO INFORMATION ABOUT THEIR BODIES, THEIR SELVES, AND THE WORLD IN WHICH THEY ARE LIVING, ALL OF WHICH MAY LEAD TO EFFECTS NOT SEEN IN THEIR PREDECESSORS" (2016).

HELPFUL DEFINITIONS

THE PURPOSE OF THE SEMI-STRUCTURED INTERVIEW IS TO ASSESS HOW ADOLESCENTS ARE USING SOCIAL MEDIA, WHY THEY ARE USING SOCIAL MEDIA, AND HOW IT MAY AFFECT THEIR MENTAL HEALTH. IT IS DESIGNED TO TARGET "RED FLAGS" ABOUT HOW ADOLESCENTS ARE USING SOCIAL MEDIA TO COPE WITH MENTAL HEALTH ISSUES; THIS TOOL MAY ASSIST PROFESSIONALS IN IDENTIFYING AREAS THAT MAY NEED TO BE INVESTIGATED FURTHER.

FOR THIS INTERVIEW, SOCIAL MEDIA WILL BE REFERRED TO AS THE CONTENT THAT IS CREATED AND SHARED ON SOCIAL NETWORKING PLATFORMS (SNP). SOCIAL NETWORKING PLATFORMS ARE THE APPLICATIONS (APPS) AND WEBSITES THAT INDIVIDUALS USE TO DISPLAY AND SHARE SOCIAL MEDIA, INTERACT WITH OTHER USERS, AND GATHER INFORMATION AND RESOURCES.

SOCIAL MEDIA

SOCIAL MEDIA: CONTENT THAT IS CREATED AND SHARED THROUGH SPECIFIC PLATFORMS OR SITES. ALSO, USERS CAN CONNECT AND INTERACT WITH OTHER MEMBERS THROUGH SNP.

FACEBOOK

FACEBOOK: AN SNP WHERE INDIVIDUALS CAN CREATE USER PROFILES, UPLOAD AND SHARE COMMENTS, PICTURES, VIDEOS, AND DOCUMENTS, INTERACT WITH OTHER USERS THROUGH PRIVATE AND PUBLIC COMMENTS.

TWITTER

TWITTER IS A SERVICE FOR FRIENDS, FAMILY, AND COWORKERS TO COMMUNICATE AND STAY CONNECTED THROUGH THE EXCHANGE OF QUICK, FREQUENT MESSAGES. PEOPLE POST TWEETS, WHICH MAY CONTAIN PHOTOS, VIDEOS, LINKS AND UP TO 140 CHARACTERS OF TEXT. THESE MESSAGES ARE POSTED TO A USERS PROFILE, SENT TO THEIR FOLLOWERS, AND ARE SEARCHABLE ON TWITTER.

INSTAGRAM

INSTAGRAM IS A FUN AND QUIRKY WAY TO SHARE SNAPSHOTS OF A USERS LIFE THROUGH A SERIES OF PICTURES VIEWABLE BY FOLLOWERS. USERS CAN SNAP A PHOTO WITH THEIR MOBILE PHONE, THEN CHOOSE A FILTER TO TRANSFORM THE IMAGE INTO A MEMORY TO KEEP AROUND FOREVER. INSTAGRAM ALLOWS USERS TO EXPERIENCE MOMENTS IN YOUR FRIENDS' LIVES THROUGH PICTURES AS THEY HAPPEN. IMAGINE A WORLD CONNECTED THROUGH PHOTOS.

SNAPCHAT

SNAPCHAT IS AN APP THAT ALLOWS USERS TO TAKE PICTURES AND VIDEOS AND SEND THE PICTURES AND VIDEOS TO THEIR FRIENDS OR USERS ON THE APP. THE PICTURES AND VIDEOS CAN BE VIEWED FOR 1-10 SECONDS BEFORE THEY DISAPPEAR OR THE IMAGES CAN BE ADDED TO THEIR "STORY." THEIR "STORY" IS A COLLECTION OF PICTURES AND VIDEOS THAT CAN BE VIEWED MULTIPLE TIMES WITHIN 24 HOURS.

TUMBLR

TUMBLR IS A WEBSITE THAT ALLOWS USERS TO UPLOAD CONTENT TO THEIR PROFILE. OTHER USERS OF TUMBLR CAN "REBLOG" OR SHARE AND COMMENT ON THE UPLOADED CONTENT. ALSO, USERS CAN SEARCH CONTENT THAT IS OF INTEREST AND ADD THE CONTENT TO THEIR PROFILE.

WHISPER

WHISPER IS AN SNP THAT ALLOWS USERS TO POST MESSAGES AND RECEIVE REPLIES ANONYMOUSLY. THESE MESSAGES ARE REFERRED TO AS "WHISPERS." WHEN THE WHISPERS ARE POSTED, THEY BECOME SUPERIMPOSED OVER AN IMAGE THAT THE USER UPLOADS OR OVER A PICTURE FROM WHISPER'S SEARCH ENGINE.

PERISCOPE

PERISCOPE IS AN APPLICATION THAT ALLOWS USERS TO LIVE STREAM VIDEOS. USERS CAN COMMENT, HEART, AND SHARE LIVE VIDEOS.

PINTEREST

PINTEREST IS AN SNP THAT ALLOWS USERS TO CREATE THEIR OWN "PINBOARDS" WHERE THEY CAN ORGANIZE SOCIAL MEDIA CONTENT SUCH AS PHOTOS AND VIDEOS, CALLED "PINS." USERS' PINS AND PINBOARDS CAN BE SHARED WITH OTHER PINTEREST USERS. PINS MAY HAVE EXTERNAL LINKS ATTACHED TO THEM, ALLOWING USERS TO NAVIGATE TO OTHER WEBSITES.

WHATSAPP

WHATSAPP IS AN APP THAT ALLOWS USERS TO MESSAGE AND CALL OTHER USERS THROUGH THE APPLICATION. THIS APPLICATION CREATES A "PHONE NUMBER" FOR EACH USER FOR FREE, AND USERS CAN USE THAT NUMBER TO CONTACT OTHER USERS. UNLIKE TRADITIONAL TEXTING, THIS APP DOES NOT REQUIRE A PHONE PLAN OR COST MONEY TO MESSAGE.

OTHER

OBSERVATIONS

PHYSICAL APPEARANCE: (E.G., DRESS, OVERALL APPEARANCE)

MOOD AND ACTIVITY LEVEL: (E.G., AFFECT, LEVEL OF ENGAGEMENT)

MOVEMENT AND BEHAVIOR: (E.G., POSTURE, EYE CONTACT)

SPEECH: (E.G., VOLUME, SPEED OF SPEECH)

THOUGHT CONTENT/PROCESS: (E.G., HALLUCINATIONS, DELUSIONS, OBSESSIONS, SYMPTOMS OF DISSOCIATION)

COGNITION: (E.G., ORIENTATION WITHIN TIME, PLACE, IDENTITY, ABSTRACT THINKING)

JUDGEMENT: (E.G., DECISION MAKING, PROBLEM-SOLVING)

INSIGHT: (E.G., RECOGNIZING PROBLEMS, UNDERSTANDING SEVERITY)

1. ONSET OF SOCIAL MEDIA USE

THE PURPOSE OF THIS SECTION IS TO GAUGE HOW LONG THE ADOLESCENT HAS BEEN USING SOCIAL NETWORKING PLATFORMS AND WHY THEY STARTED.

WHEN DID YOU START USING SOCIAL MEDIA?

> PROBE: WHY DID YOU INITIALLY START USING IT?
> PROBE: WHAT ATTRACTED YOU TO IT?
> PROBE: IS THIS REASON STILL RELEVANT?

TYPICAL	ABNORMAL	NEED TO REASSESS

NOTES/OBSERVATIONS

2. GENERAL SOCIAL MEDIA USEAGE

THIS SECTION HELPS THE CLINICIAN DETERMINE THE FREQUENCY, DURATION, AND TIME OF DAY OF ONLINE ACTIVITIES.

HOW DO YOU USUALLY SPEND YOUR TIME ON SOCIAL MEDIA?

PROBE: HOW MUCH TIME DO YOU SPEND ON SOCIAL MEDIA DAILY? PER WEEK?

PROBE: WHICH SITES DO YOU USE?

PROBE: DO YOU USE ONE TOOL MORE OFTEN THAN ANOTHER? EQUALLY? FOR EXAMPLE, ONE ADOLESCENT MIGHT LIKE TO SHARE PICTURES MORE AND THUS USE INSTAGRAM MORE OFTEN.

PROBE: HOW DO YOU USE THEM DIFFERENTLY?

TYPICAL   ABNORMAL   NEED TO REASSESS

NOTES/OBSERVATIONS

3. SOCIAL MEDIA PREFERENCES

THIS SECTION HELPS DETERMINE THEIR BEHAVIORS AND PREFERENCES ON SOCIAL MEDIA.

WHAT DO YOU LIKE/NOT LIKE TO DO ON THESE SITES?

      PROBE: WHAT DO YOU LIKE TO LOOK AT OR READ ON THESE SITES?
      PROBE: WHAT DO YOU LIKE TO POST ON THESE SITES?
      PROBE: HOW DO YOU EXPRESS YOURSELF ON SOCIAL MEDIA?
      PROBE: DO YOU SEEK OUT _____?
      PROBE: DO YOU AVOID CONTENT THAT IS _____?

TYPICAL	ABNORMAL	NEED TO REASSESS

NOTES/OBSERVATIONS

4. INFLUENCE AND SOCIALIZATION

THIS SECTION HELPS DETERMINE WHO THEY INTERACT WITH ON SOCIAL MEDIA AND WHY.

WHO DO YOU "FOLLOW" ON SOCIAL MEDIA? ("FOLLOW" MEANS TO ENGAGE IN CONTENT OF ANOTHER USER)

> PROBE: MOSTLY PEOPLE YOU KNOW PERSONALLY? DON'T KNOW PERSONALLY? CELEBRITIES? ATHLETES?
>
> PROBE: WHY DO YOU FOLLOW THEM?
>
> PROBE: DO YOU COMPARE YOURSELF TO THEM? LOOK UP TO THEM? FIND THEM RELATABLE?

TYPICAL   ABNORMAL   NEED TO REASSESS

NOTES/OBSERVATIONS

4. INFLUENCE AND SOCIALIZATION CONTINUED

THIS SECTION HELPS DETERMINE WHO THEY INTERACT WITH ON SOCIAL MEDIA AND WHY.

HOW DOES SOCIALIZING WITH OTHERS ON SOCIAL MEDIA INFLUENCE HOW YOU USE IT? NOTE ANY INDICATIONS OF CYBERBULLYING.

PROBE: WHO DO YOU USUALLY TALK TO ON SOCIAL MEDIA? WHO DO YOU REGULARLY COMMUNICATE WITH ON SOCIAL MEDIA?
PROBE: DO YOU PREFER YOUR ONLINE RELATIONSHIPS OR OFFLINE RELATIONSHIPS?
PROBE: WHAT KIND OF NEGATIVE EXPERIENCES HAVE YOU HAD ON SOCIAL MEDIA?
PROBE: HOW DOES IT AFFECT YOUR USE?

TYPICAL   ABNORMAL   NEED TO REASSESS

NOTES/OBSERVATIONS

5. IMPRESSIONS AND ATTITUDES

THIS SECTION HELPS DETERMINE HOW SOCIAL MEDIA INFLUENCE THEIR EMOTIONS OR HOW SOCIAL MEDIA INFLUENCES THEIR FEELINGS.

WHEN YOU THINK ABOUT SOCIAL MEDIA, WHAT WORDS AND IMAGES COME TO MIND?

PROBE: HOW DO YOU FEEL WHILE YOU ARE USING SOCIAL MEDIA?

PROBE: HOW DO YOU FEEL AFTER YOU ARE DONE USING SOCIAL MEDIA?

PROBE: DOES YOUR MOOD EVER CHANGE DURING OR AFTER YOU USE SOCIAL MEDIA?

TYPICAL   ABNORMAL   NEED TO REASSESS

NOTES/OBSERVATIONS

6. RESOURCES

THIS SECTION HELPS DETERMINE WHAT RESOURCES OR INFORMATION THEY SEEK ON THE PLATFORMS.

DO YOU EVER USE SOCIAL MEDIA TO FIND HEALTH INFORMATION?

 PROBE: WHAT HAVE YOU LOOKED FOR?
 PROBE: WHAT HAVE YOU FOUND?
 PROBE: WHERE HAVE YOU FOUND IT?
 PROBE: DO YOU TRUST THIS INFORMATION/TRUST WHERE IT CAME FROM?

TYPICAL	ABNORMAL	NEED TO REASSESS

NOTES/OBSERVATIONS

7. ADDITIONAL INFORMATION

IS THERE ANYTHING ELSE YOU WOULD LIKE TO SHARE WITH ME?

TYPICAL   ABNORMAL   NEED TO REASSESS

NOTES/OBSERVATIONS

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ABOUT THE AUTHORS

DANA ELMQUIST, M.ED.

DANA ELMQUIST, M.ED., IS A DOCTORAL CANDIDATE IN THE SCHOOL PSYCHOLOGY PH.D. PROGRAM AT INDIANA UNIVERSITY OF PENNSYLVANIA. DANA HAS EXPERIENCE TEACHING ADOLESCENTS, INTERNING AT A MENTAL HEALTH COUNSELING CENTER, AND PROVIDING PSYCHOEDUCATIONAL EVALUATIONS. HER RESEARCH INTERESTS, PUBLICATIONS, AND PRESENTATIONS FOCUS ON SOCIAL MEDIA, MENTAL HEALTH, AND CRISIS RESPONSIVE SERVICES AND INTERVENTIONS.

COURTNEY MCLAUGHLIN, PH.D., NCSP

COURTNEY L. MCLAUGHLIN, PH.D., NCSP, IS AN ASSOCIATE PROFESSOR IN THE DEPARTMENT OF EDUCATIONAL AND SCHOOL PSYCHOLOGY AND DIRECTS THE SCHOOL PSYCHOLOGY PH.D. PROGRAM. DR. MCLAUGHLIN HAS PUBLISHED AND PRESENTED A VARIETY OF TOPICS RELATED TO SCHOOL-BASED MENTAL HEALTH INCLUDING SCHOOL-BASED MENTAL HEALTH SYSTEMS, SOCIAL MEDIA AND MENTAL HEALTH, GEOGRAPHY AND MENTAL HEALTH, COGNITIVE-BEHAVIORAL THERAPY, CHILDREN AND ADOLESCENTS AT-RISK, AND TRAINING FUTURE SCHOOL PSYCHOLOGISTS. SHE HAS SERVES AS A SENIOR ASSOCIATE EDITOR FOR SCHOOL PSYCHOLOGY INTERNATIONAL.

CHELSHEA THOMPSON, M.ED.

CHELSHEA THOMPSON, M.ED. IS A DOCTORAL CANDIDATE IN THE SCHOOL PSYCHOLOGY PH.D. PROGRAM AT INDIANA UNIVERSITY OF PENNSYLVANIA. CHELSHEA HAS PREVIOUSLY PRESENTED RESEARCH ON SCHOOL-WIDE POSITIVE BEHAVIORAL INTERVENTIONS AND SUPPORTS. HER RESEARCH INTERESTS ARE SOCIAL-EMOTIONAL LEARNING, RESILIENCE, AND GROWTH MINDSET.