

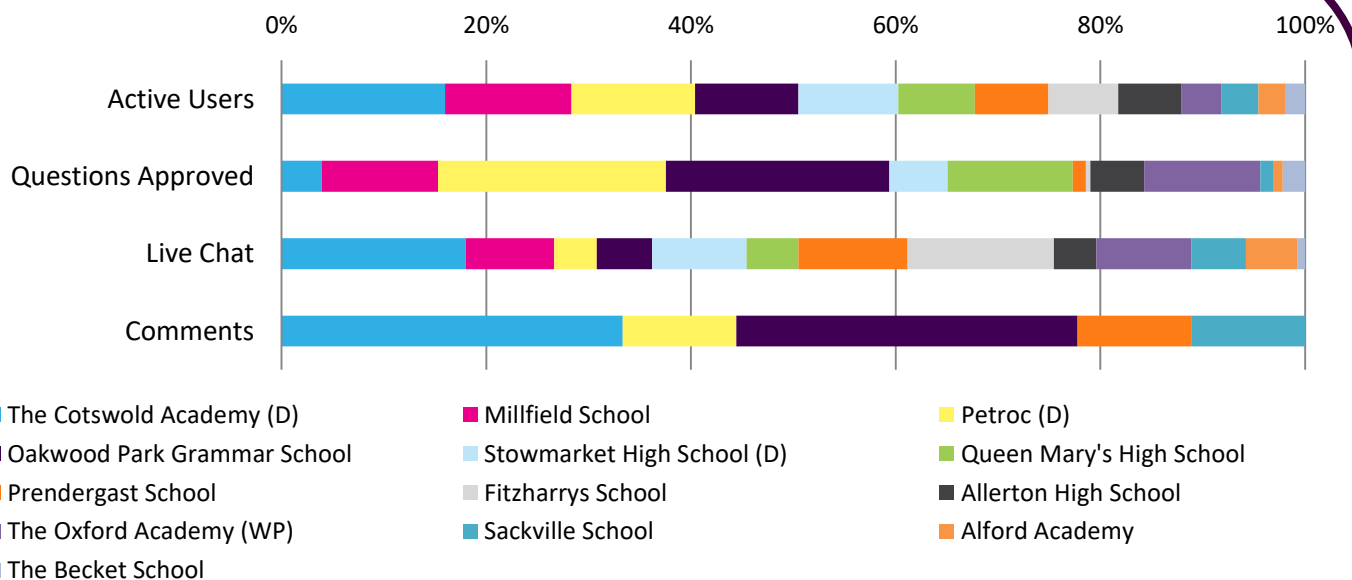
June 2017

The Mental Health Zone was a psychology themed zone funded by the British Psychological Society. Steve is researching how cancer medications affect people to help develop better treatments with less side-effects, Michelle is a postgraduate research student studying the beliefs of people with psychosis and Jermaine, the winner in this zone, is a lecturer of psychology who also researches how working in the public sector can cause mental health problems. Jack is a PhD student studying how sleep disturbances might put people at risk of experiences associated with schizophrenia and Gem works for Cancer Research trying to find the best ways to help people stop smoking.

There were around 16 A Level psychology classes taking part in this zone, so many students had a strong interest and understanding in the subject. This meant many of the live chats were incredibly focussed with informed questions about the psychologists' research and psychology in general. These smaller A Level class sizes meant that the number of students logged into this zone was lower than the average for this event.

The theme of mental health meant that students often drew upon their own experiences, or those of friends and family, when talking to the psychologists in both ASK and the Live Chats. Michelle also spoke openly about her own experiences with mental health issues, which seemed to aid students' understanding of the topic and help to diminish negative stigma.

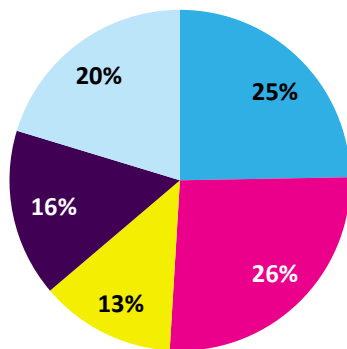
School data at a glance



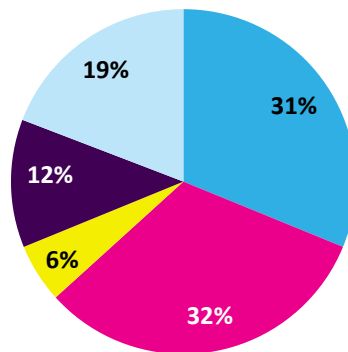
We want to increase the participation of under-represented groups going into STEM careers. Find out what we mean by our Widening Participation (WP) and distant from a major research HEI (D) schools, and how you can support us in working with more of these at about.imascientist.org.uk/widening-participation.

Scientist activity

Answers



Live Chat



Scientist	Profile views	Position
Jermaine Ravalier	769	Winner
Michelle Jamieson	929	2nd
Gem Taylor	603	3rd
Jack Barton	604	4th
Steve Brown	724	5th

Key figures from the Mental Health Zone and the averages of the June zones

	MENTAL HEALTH ZONE	JUNE '17 ZONES AVERAGE		MENTAL HEALTH ZONE	JUNE '17 ZONES AVERAGE	IAS 2012-17 AVERAGE
PAGE VIEWS			Schools	13	14	10
Total zone	17,165	20,354	Students logged in	370	498	381
ASK page	1,137	1,630	% of students active in ASK, CHAT or VOTE	85%	89%	85%
CHAT page	1,055	1,969	Questions asked	354	622	709
VOTE page	1,086	1,741	Questions approved	229	271	306
			Answers given	522	400	543
			Comments	21	45	76
			Votes	275	382	299
			Live chats	21	21	16
			Lines of live chat	3,154	6,525	5,315
			Average lines per live chat	150	311	344

Popular topics

This zone was on topic with students asking well-informed questions about all areas of mental health. Students asked about the diagnosis and treatments for different mental health disorders, symptoms of conditions such as anxiety, and whether mental illnesses can ever be fully cured.

There were many in-depth conversations in the live chats about the psychologists' research areas. For example, Jack received questions about the accuracy of his research if he is relying on participants' recollections and lots of questions about dreams; why we dream, why we don't always remember them, and about dream interpretation. Gem was asked why she wanted to work with addiction, the effects of tobacco withdrawal and whether she uses E-Cigarettes within her research.

On his profile, Steve mentioned that best thing he has done as a psychologist is work on a project helping dementia patients improve their memory using music. Students were really interested in this and how it worked, as well as wanting to know how Steve found this experience.



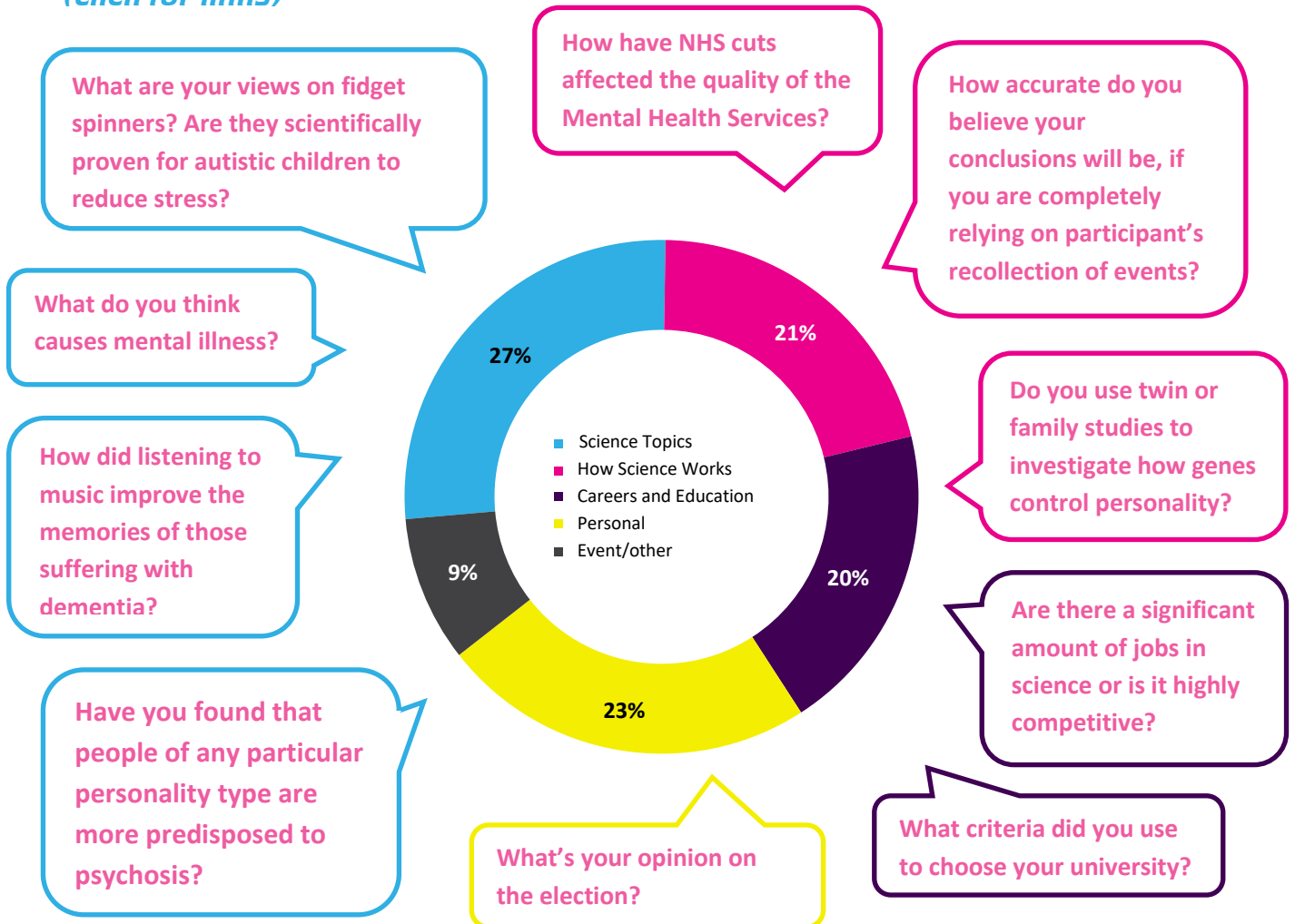
Top Keywords of questions approved in the Zone

Area represents frequency of use, colour represents category

<i>education</i>	<i>study</i>	<i>career</i>	<i>ethics</i>	<i>impact</i>	<i>gaming</i>	<i>dream</i>	<i>psychology</i>
			<i>film</i>	<i>smoking</i>	<i>illness</i>		
<i>university</i>			<i>personality</i>	<i>sleep</i>	<i>treatment</i>		
<i>research</i>			<i>memory</i>	<i>food</i>	<i>cancer</i>	<i>music</i>	

Careers and Education
 Science topics

Question themes and example questions in the Zone
(click for links)



Find out about how we've coded the questions at about.imascientist.org.uk/2017/student-question-coding



Examples of good engagement

Students often used the chats to discuss the psychologists' ideas for their prize money, showing an awareness of the issues surrounding mental health treatments, such as in this exchange with Michelle:

"As your project is partially or fully based online, what will you do to involve those in low income households who maybe do not have access to a computer and the internet but are also struggling with mental health?" – **Student**

"I'd involve community centres and libraries who provide computer time and space for these households" – **Michelle, psychologist**

"I think that's a really good idea because so much treatment of mental health is inaccessible to so many people." – **Student**

"Yes, and I have personal experience of this. So getting help to these in low income households is especially important. That's why I thought of a space that you could just 'walk past'" – **Michelle, psychologist**

There was also a lot of interest in becoming a psychologist, as many students in the zone were studying A Level psychology. The psychologists were great at giving practical advice on topics like choosing a University:

"What are the key things to look for when looking to study psychology at uni?" – **Student**

"An accredited degree, and good teaching reputation. Outside of that a uni that you know you'll enjoy" – **Jermaine, psychologist**

"How important is it to do a course which has an accredited status, and is it crucial if you wanted to become a teacher?" – **Student**

"Yeah crucial - you might not want to be a teacher after 3 years of a degree, so accreditation is vital. Also I think most Uni's have accredited degrees, so there's no reason not to." – **Jermaine, psychologist**

Scientist winner: Jermaine Ravalier

Jermaine's plans for the prize money: *"I'd love to hold an event in which I bring loads of students your age to see what I do in a typical day. I'd hope that it would inspire you to work toward a job like mine"* Read Jermaine's [thank you message](#).



Student winner: bilbo

For great engagement during the event, this student will receive a gift voucher and a certificate.

Feedback

We're still collecting feedback from teachers, students and scientists but here are a few of the comments made during the event...

"I have learnt that [psychology] isn't as complicated or inaccessible as I initially thought." – **Student**

"We have students who have never been [interested in] university who really enjoyed talking to the psychologists as people. Think it was great as they started to relax and see Uni as something which could be for people like them" – **Teacher**