



Rob



Olly



Nicola



Jasmin



Dennis



Caroline

## June 2019

The Mental Health Zone was a themed zone supported by The British Psychological Society with six psychologists:

- Rob Dempsey, the winner of this zone, is researching how our perceptions of our social environment impact our mental and physical health.
- Olly Clabburn is looking at stress for social workers and ways that it might be reduced.
- Nicola Johnstone designs research studies to understand how emotions develop as people grow up.
- Jasmin Moon supports adults whose job is causing a mental health problem or making their mental health worse.
- Dennis Relajo-Howell runs a mental health blog, website and open access journal to address the stigma around mental health.
- Caroline Brett is interested in what influences how we rate our wellbeing, whether it be our personal characteristics or our circumstances.

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

PAGE VIEWS	MENTAL HEALTH ZONE	JUNE '19 ZONES AVERAGE
<b>Total zone</b>	16,151	14,954
<b>ASK page</b>	833	1,171
<b>CHAT page</b>	1,401	1,374
<b>VOTE page</b>	1,649	1,415

	MENTAL HEALTH ZONE	JUNE '19 ZONES AVERAGE	IAS 2012-19 AVERAGE
<b>Mental Health Zone Schools</b>	12	10	10
<b>Students logged in</b>	372	380	391
<b>% of students active in ASK, CHAT or VOTE</b>	93%	89%	86%
<b>Questions asked</b>	165	319	664
<b>Questions approved</b>	118	173	293
<b>Answers given</b>	553	414	529
<b>Comments</b>	24	46	70
<b>Votes</b>	308	303	308
<b>Live chats</b>	21	20	17
<b>Lines of live chat</b>	6,286	6,730	5,742
<b>Average lines per live chat</b>	299	346	357

The Mental Health Zone was a psychology themed zone, with more sixth form groups taking part than other zones.

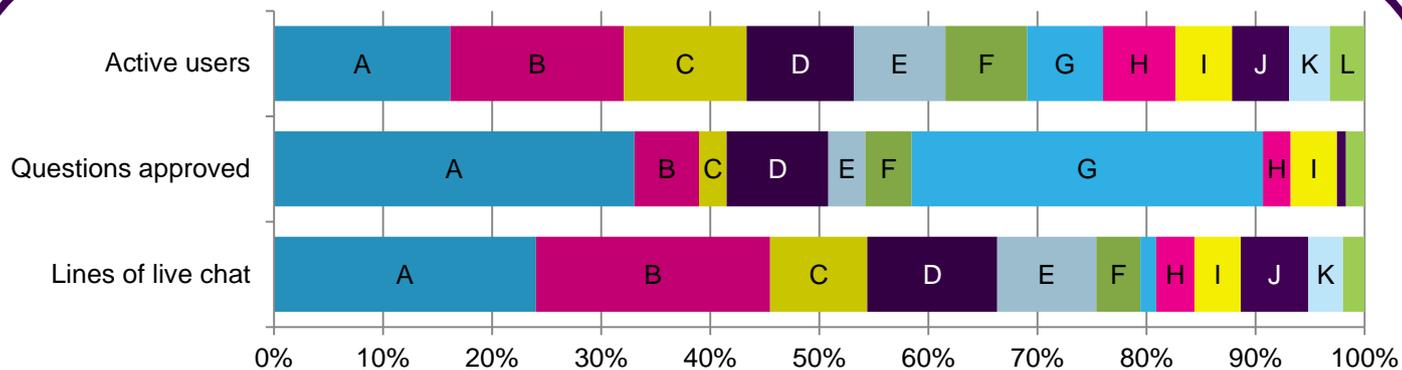
This Zone saw fewer questions asked than other June 2019 zones, the psychologists however, provided many more answers than the average.

### Popular topics

Many questions in ASK in this Zone focussed on the topic of mental health. There was a lot of interest in working in psychology with students asking thoughtful questions about how different illnesses are diagnosed, the different types of people the psychologists work with, and the mental illnesses they research. Many students asked Dennis about his work running a blog and creating YouTube videos, showing there is a variety of jobs in psychology.

There were lots of general questions about mental health issues, like which are the most common and which are most difficult to treat. Students were aware of current issues that could be affecting their own mental health and often asked about social media and whether the psychologists thought this has a negative impact on young people. They also asked about the links between physical and mental health, and how to look after your mental health day to day. Students wanted to know about the psychologists personal experience of mental health issues, and asked how they keep their work and home life separate and whether their jobs affect them emotionally.

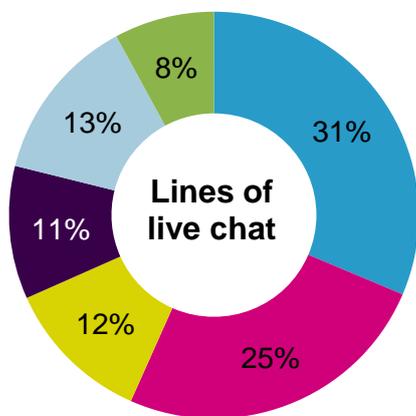
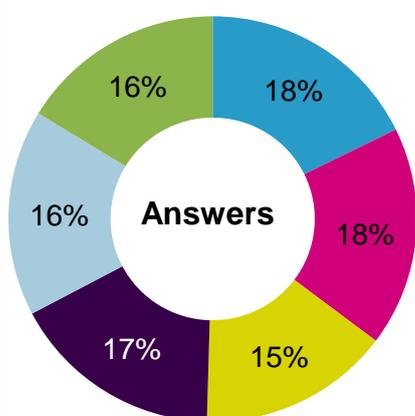
## School data at a glance



School	Year/s	Classes
A	Furness Academy, Barrow-in-Furness (WP/U)	9 2
B	Arboretum Primary School, Derby (WP)	5,6 3
C	The Charles Dickens School, Broadstairs (U)	9 2
D	Dover Grammar School for Girls, Dover (U)	12 2
E	All Hallows Catholic High School, Preston	7,8 2
F	Colne Community School and College, Colchester	8 1
G	John Henry Newman Catholic College, Birmingham (WP)	12 1
H	Fitzharrys School, Abingdon	12 1
I	Hermitage Academy, Argyll & Bute (U)	10 1
J	Wyvern Academy, Darlington (WP/U)	STEM Club 1
K	St John Rigby RC Sixth Form College, Wigan	12 1
L	Dame Alice Owen's School, Potters Bar	12 1

We want to increase the participation of under-represented groups going into STEM careers. Find out what we mean by our under-served (U) and WP schools (WP), and how you can support us in working with more of these at [about.imascientist.org.uk/under-served-and-wp/](https://about.imascientist.org.uk/under-served-and-wp/)

## Psychologist Activity



PSYCHOLOGISTS	PROFILE VIEWS	POSITION
Rob Dempsey	623	Winner
Dennis Relojo-Howell	607	2nd
Olly Clabburn	585	3rd
Jasmin Moon	444	4th
Caroline Brett	442	5th
Nicola Johnstone	476	6th



## Examples of good engagement

Within the live chats and ASK, students were keen to talk with the psychologists about issues that affect them as young people, such as this conversation about politics and the media:

*“Do you think political issues are a significant factor of stress in young people?” – Student*

*“They're maybe not the biggest cause but the uncertainty over the future of the UK and climate change are bound to cause some worries” – Jasmin, Psychologist*

*“It's a factor of stress for all of us!! Plus the internet / social media means that so much information is available to us that it can be a bit overwhelming sometimes” – Caroline, Psychologist*

*“What're your thoughts on this?” – Rob, Psychologist*

*“I think it's less about politics and more about the media. for example Trumps election” – Student*

*“Interesting - the type and nature of the coverage, rather than the original event? I think I'd agree - lot of things get blown up by the media in its reporting” – Rob, Psychologist*

*“Yes, the media can make things sound a lot scarier than they actually are!” – Jasmin, Psychologist*

*“There's a wonderful newspaper called 'Positive News' (or something like that) that focusses on only positive news stories, which is a breath of fresh air” – Caroline, Psychologist*

Students were very interested in the zone theme and wanted to know what it was like to work in the area of mental health. All the psychologists were great at talking honestly about their roles:

*“How has dealing with people who have potential mental health problems had an effect on yourselves as individuals?” – Student*

*“Good question. I think it's helped me think more about my own mental health and what I can do to keep myself mentally healthy. However it can also be quite emotionally draining.” – Jasmin, Psychologist*

*“Excellent question :- ) It helps me to understand myself better. At times, as Jasmin says, it can be emotionally draining and quite stressful, particularly when we're not able to help directly!” – Caroline, Psychologist*

*“It does not have a significant effect on me. I don't work as a mental health professional but I do know that there's such a thing as compassion fatigue, where the person becomes indifferent to people who needs their support.” – Dennis, Psychologist*

*“A great question - it can have a significant effect on us, both positive and negative. Positive (as you may help someone to live well)... Negative (as you can hear some distressing stories)” – Rob, Psychologist*

*“As we are dealing with people, it can sometimes be something that I take home with me. Thankfully, I have always had a really good team around me and feel able to speak to them if I find something particularly challenging” – Olly, Psychologist*

## **Psychologist winner: Rob Dempsey**

Rob's plans for the prize money: "I would create a free-to-use online video and some supporting printed materials (flyers, posters) which detail why we need psychological approaches to understanding mental health-related experiences and how students can develop a career in Psychology and Mental Health. I plan to use the services of an animation/design company to make the video and printed materials vibrant and appealing."



Read Rob's [thank you message](#).

## **Student winner: dos**

As the student winner, dos will receive a certificate and a gift voucher.

## **Feedback**

We're still collecting feedback from teachers, students and psychologists but here are a few of the comments made about June's *I'm a Scientist...*

"It appeals to children with all types of abilities and gives them the opportunity to ask questions at their own level of understanding. The enthusiasm of the scientists involved is contagious and students get very excited when questions are answered." – **Teacher**

"I have learnt that your background life doesn't just have to be about science as well and that you can do running, cooking, football etc in your free time" – **Student**

"As it is online, there's a real sense of flexibility compared to other types of science engagement (where you physically have to be there). Communicating with schools all over the country is also very rewarding." – **Scientist**