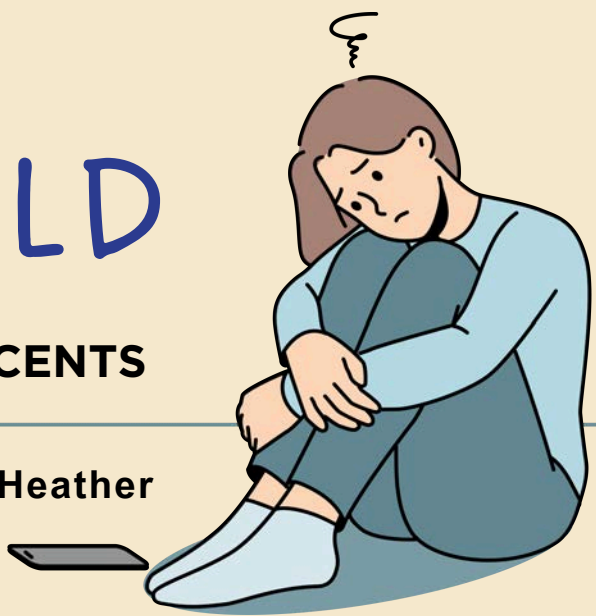
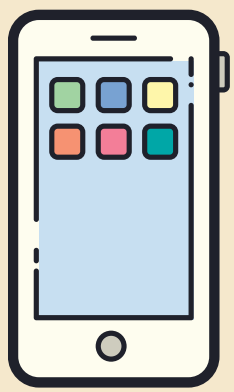


# LONELINESS IN THE DIGITAL WORLD

A CO-PRODUCED ECOLOGICAL MOMENTARY ASSESSMENT (EMA) STUDY WITH ADOLESCENTS

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## BACKGROUND

- Loneliness is a key public health issues, especially during adolescence.
- Social interaction plays a major role in shaping loneliness.
- Positive interaction can protect against loneliness.
- It is still unclear how in-person vs. online social interaction affect adolescent loneliness and mental health.

## OBJECTIVE

- Do online and in-person social interactions have the same impact on adolescent loneliness and mental health, and are there gender differences?
- Does current social rejection affect subsequent loneliness and emotions?
- Can current social acceptance help adolescents recover from previous social rejection by reducing loneliness levels or improving mental health?

## STUDY TIMELINE



## METHODOLOGY

- 200 young individuals aged 12 - 15
- Members of Generation Scotland
- 10-minute baseline questionnaire (e.g., internalising, attachment, personality, loneliness, social factors)
- 2 weeks EMA using LifeData, four times per day, one minute each (e.g., social interaction, internalising, positive/negative affect)

## ONGOING RECRUITMENT

## PPiE

SCAN HERE FOR WHY YOUNG PEOPLE JOINED

- 10 Young Person Advisory Group (YPAG) members
- 6 YPAG meetings (5 online + 1 in-person)
- Loneliness Launch Exhibition

SELF SELECTION

LINKS WITH EXISTING ORGANISATIONS

WIDE GEOGRAPHIC SPREAD

DIVERSITY

10 YOUNG PEOPLE

PATHWAYS FOR YP NOT IN YPAG



## RECOGNISING THE YPAG

- Participative Democracy Certification
- Young Scot Points
- Amazon vouchers
- Sharing public speaking platforms
- UCAS reference
- Nominating young people for British Citizenship Award
- Saltire Awards
- Certificate of Achievement
- Thank you Letters - Young people & Schools
- .....Pringles!!!



## WANT TO GET INVOLVED?

- Generation Scotland email: genscot@ed.ac.uk
- Loneliness project email: genscot\_teens@ed.ac.uk

Generation Scotland Signup Process

Young People Friendly Language

What Did Young People Shape

Social Media Recruitment

Loneliness Study Design

