healthwatch
Bracknell Forest

Young Persons Mental Health Survey Report

Healthwatch Bracknell Forest visits Bracknell and Wokingham College once a month to collect views from the students about local health and social care services.

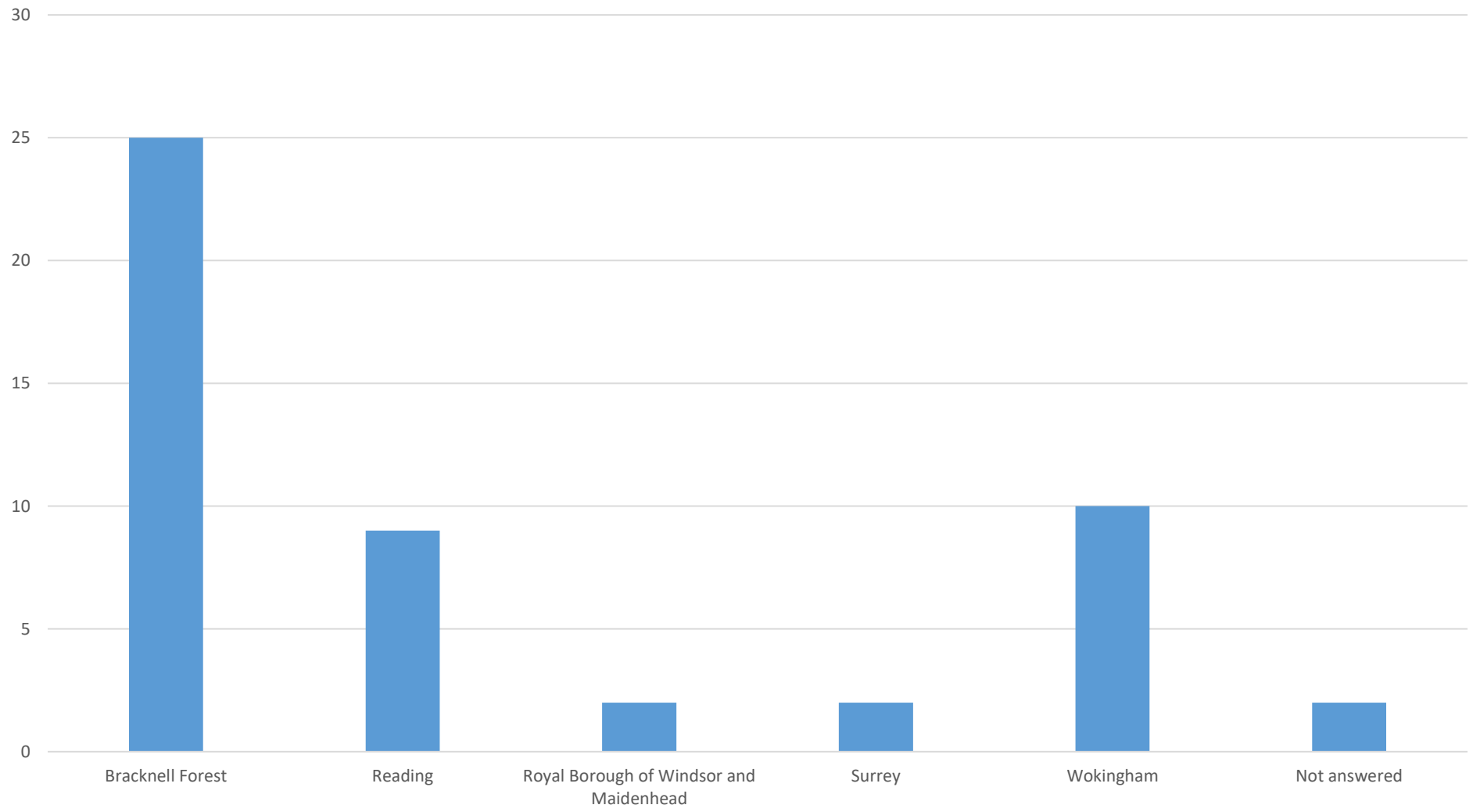
Student feedback had created a trend regarding their mental health and we wanted to explore this further.

The questions asked in the survey were as a result of the feedback we had received and was then co-produced with two students on work experience placement with us who study Health and Social Care at the college.

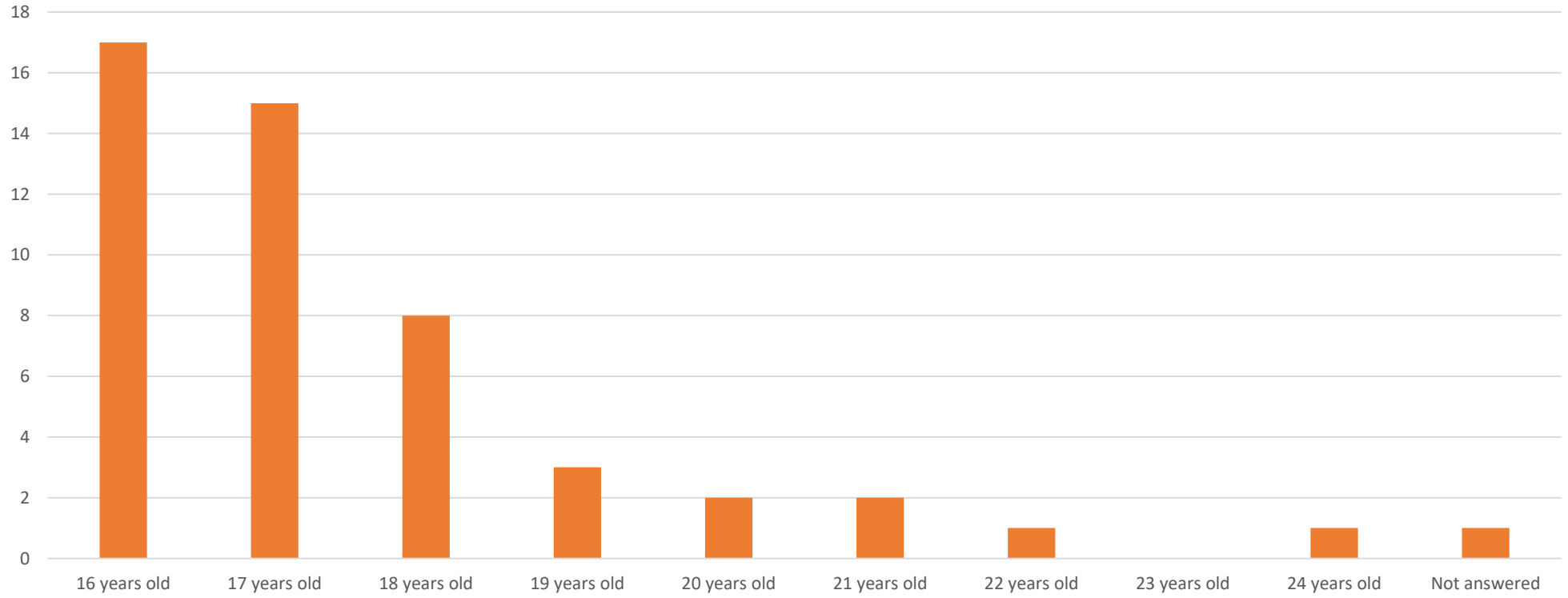
The survey was carried out on 5th February 2020, it is a snapshot of the students who wished to participate.

52 people completed the survey, 2 were spoiled therefore 50 responses are used in the results. A prize draw of 1 x £20 Costa voucher was offered as a thank you. 34 people entered the prize draw.

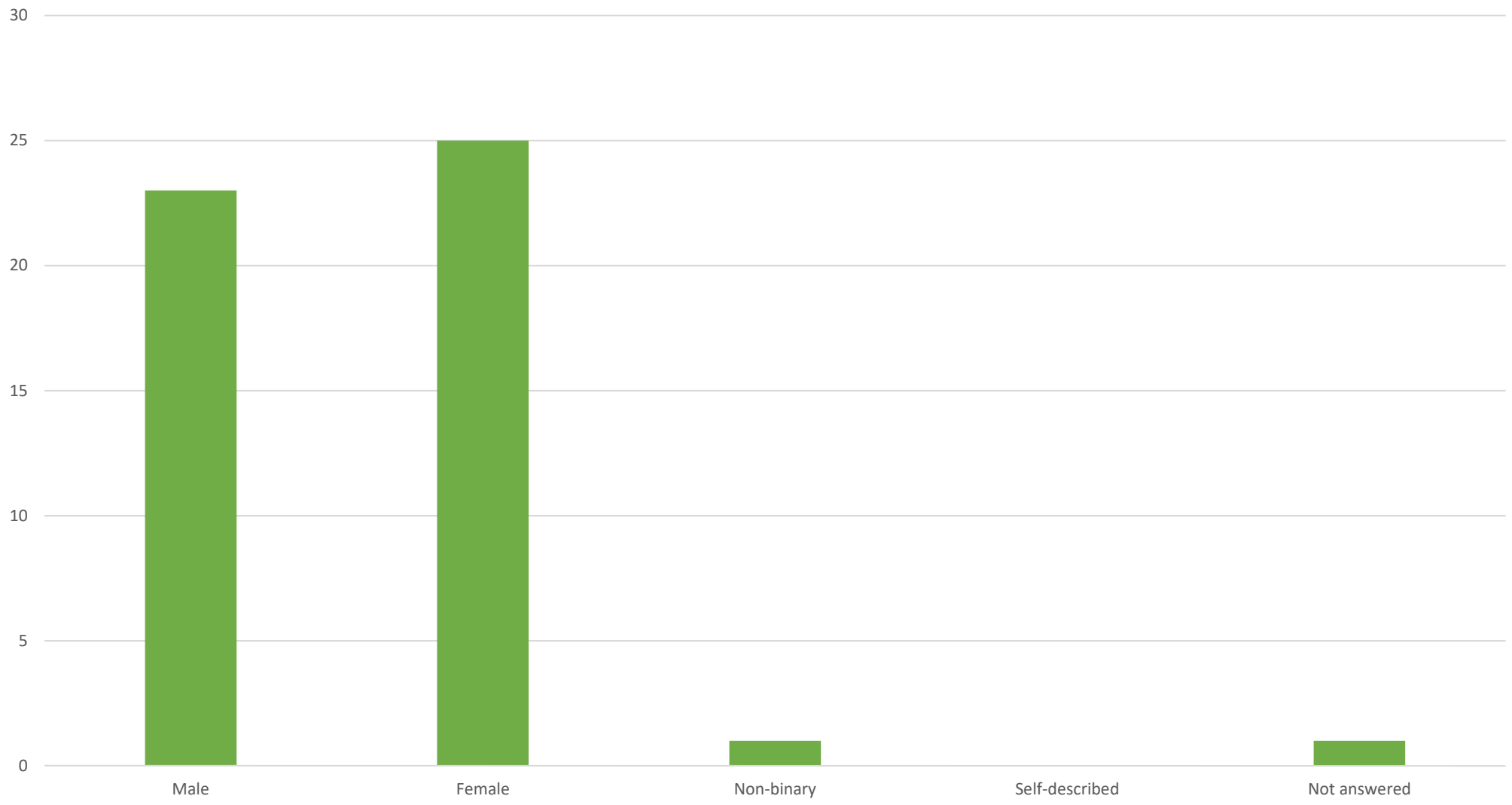
Demographics - Where do you live



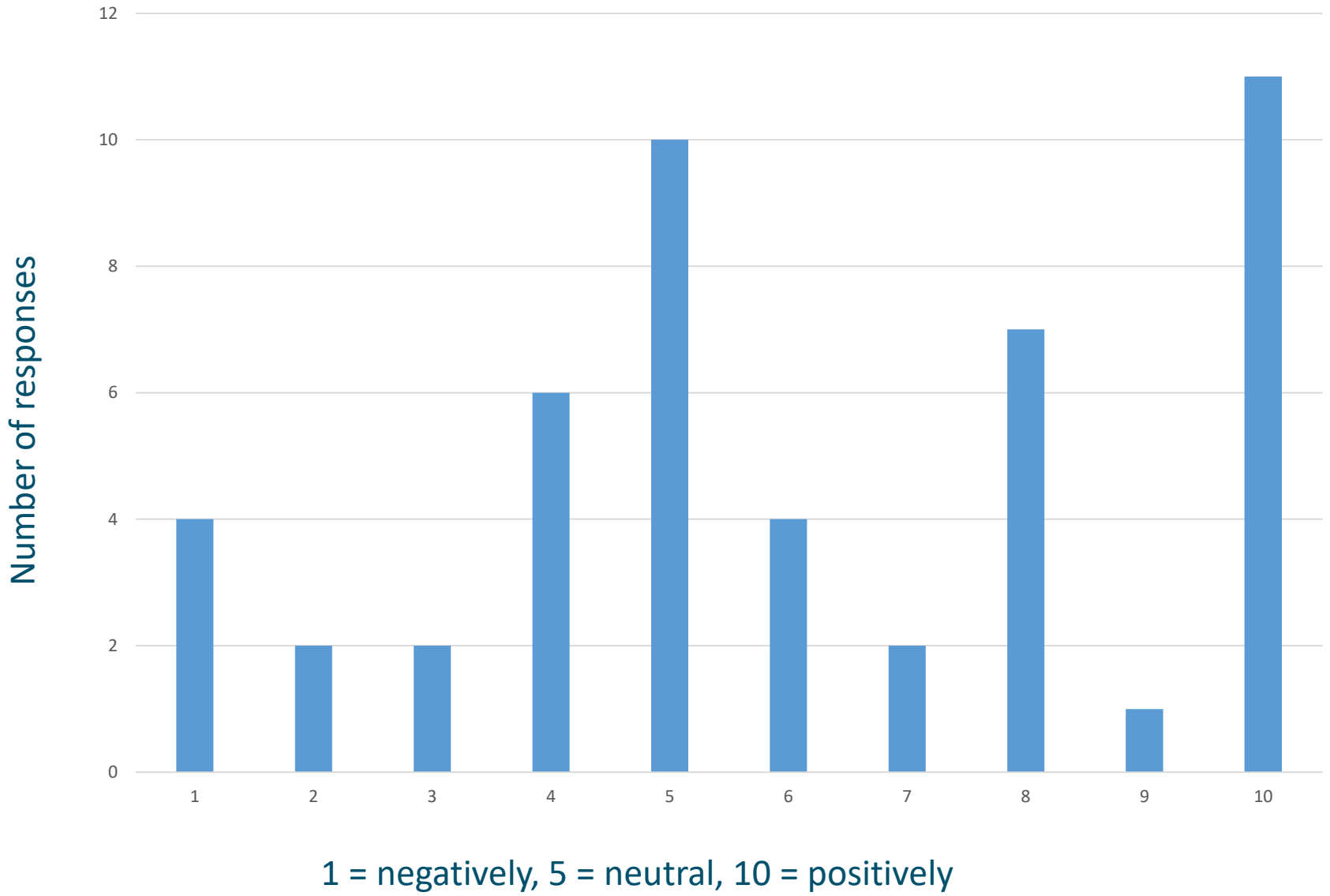
Demographics - Age



Demographics - Gender



How does your physical appearance affect how you feel?



The same reason such as someone's weight can affect how they feel about themselves, this could be negatively, not at all or weight can have a positive affect on someone's mental health. This is demonstrated on the next page.

Tell us what it is about your physical appearance that affects you?

Responses have been grouped based on the score respondents gave to the previous question.

Negative Responses

- My Skin
- Emotional
- Overweight
- Don’t feel pretty
- All of it
- My face
- Feels like its never good enough or socially acceptable
- I’m ugly

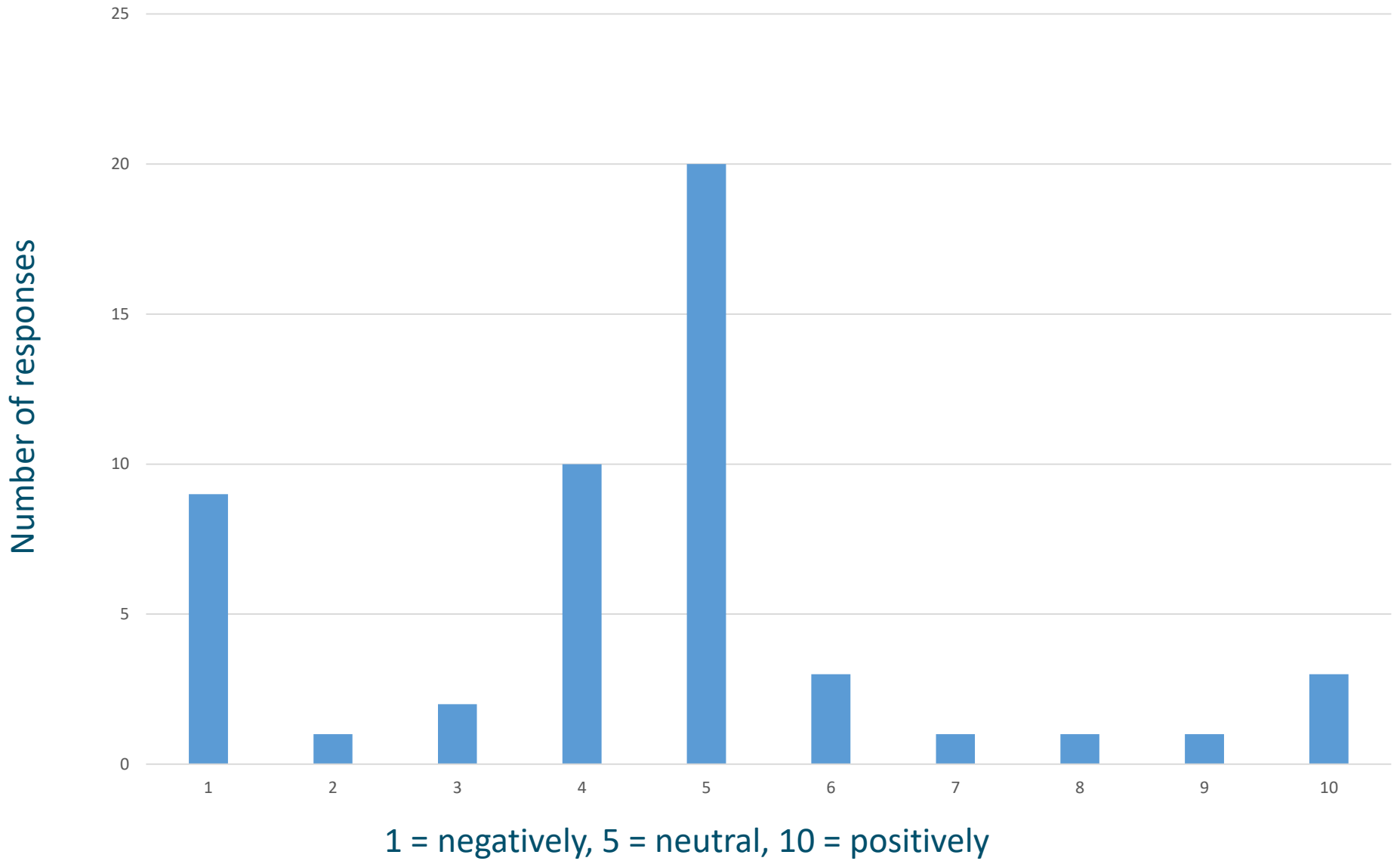
Neutral Responses

- Fitness wise its not the greatest
- Don’t like seeing video/photos for I think it looks bad
- Not nice
- Quite big
- Intimidating figure
- I don't know
- Not much really
- I’m overweight and that affects how I feel about myself
- Weight
- Don’t like the way I look
- Everything
- The way I look
- Feel other people are better than them
- If I look good I feel good
- Positively, emotion
- Stomach
- Legs and nose
- My legs
- My spots and height
- Size

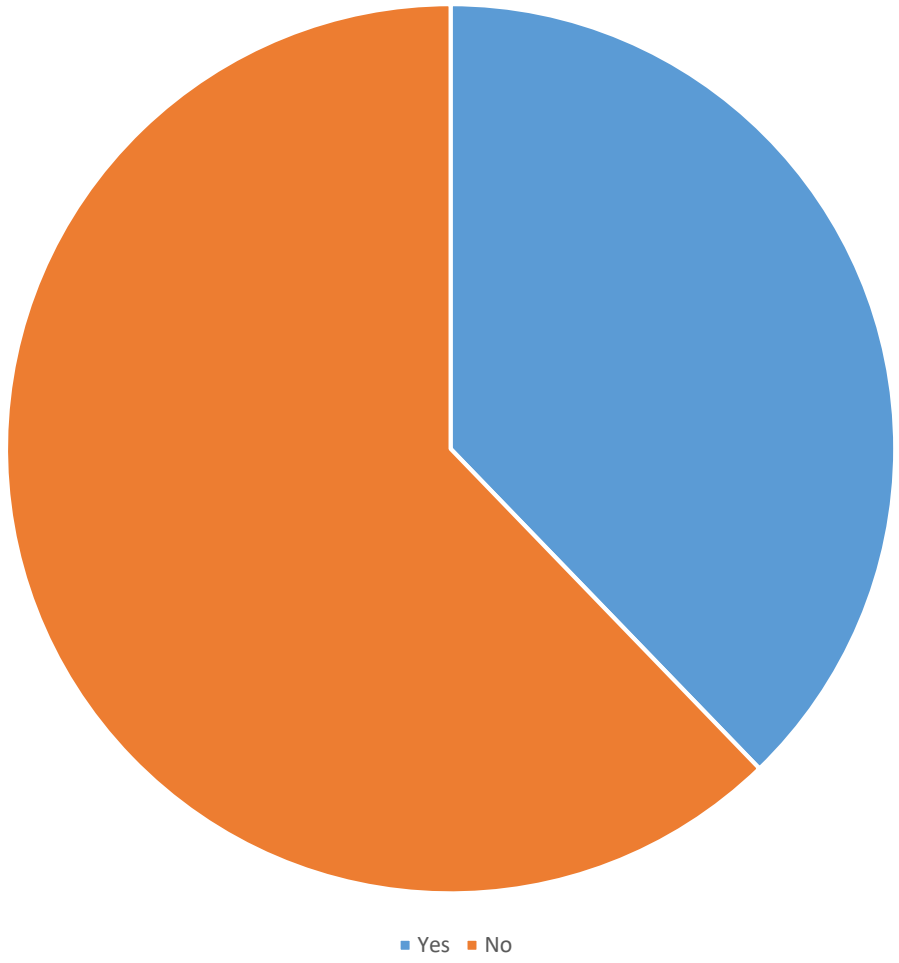
Positive Responses

- Too good looking
- Everything
- Personality positively effects how people perceive me
- If I’m ugly I’m awkward
- I don’t really have one
- Feel uncomfortable in public which gives you a low self-esteem
- Booty
- My weight
- Skin
- Weight
- Look younger than I am
- My hair
- I’m a big guy
- My weight
- I don’t really have one
- Sometimes bloated

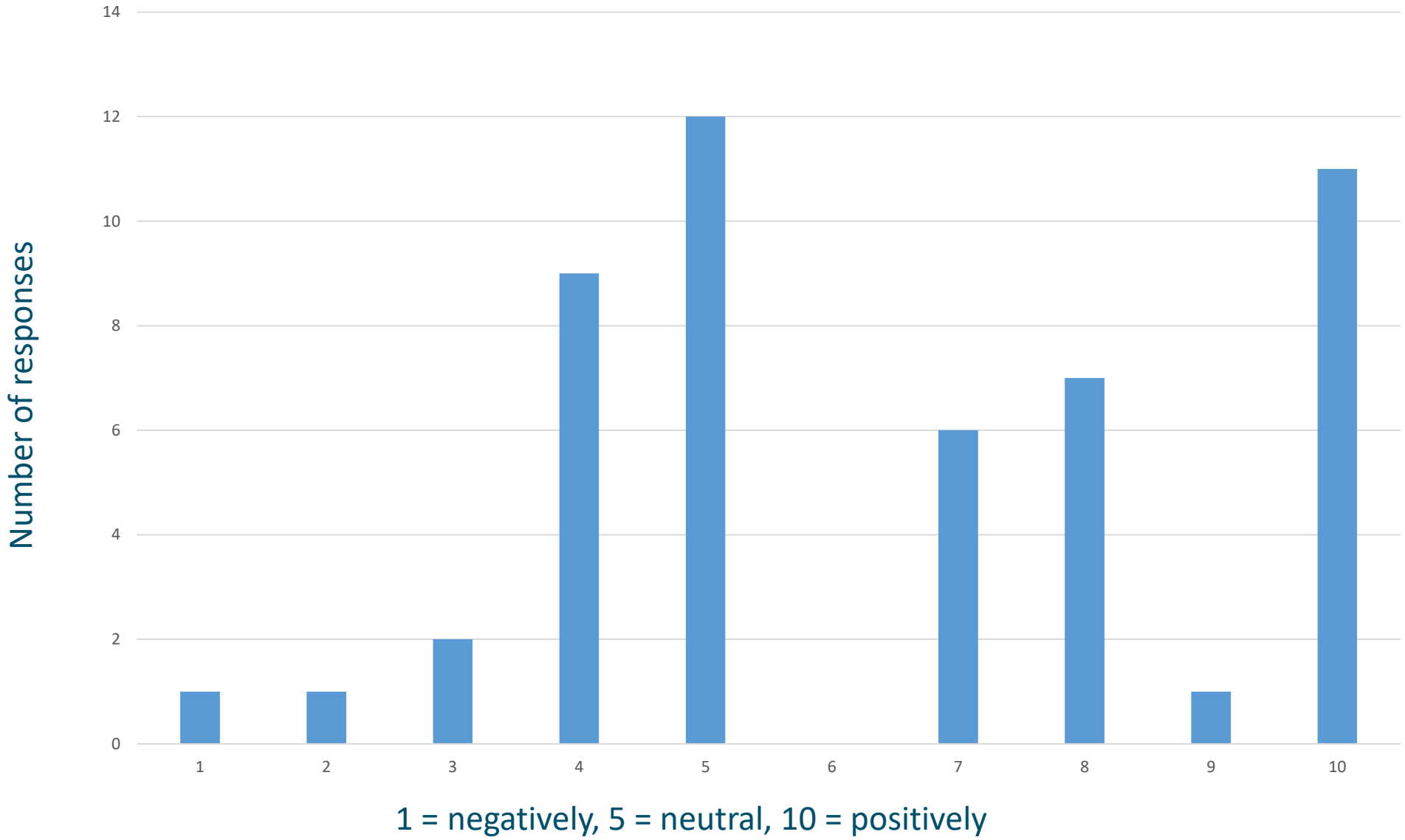
Is your metal health affected by how much money you have?



Do you feel you have to have the latest and best of things?



How does your home environment affect how you feel?



Tell us why you answered this way?

Responses have been grouped based on the score respondents gave to the previous question.

Negative Responses

- It doesn’t really, my home environment is okay
- Not got much freedom
- Tense constantly
- Constantly cleaning up after family

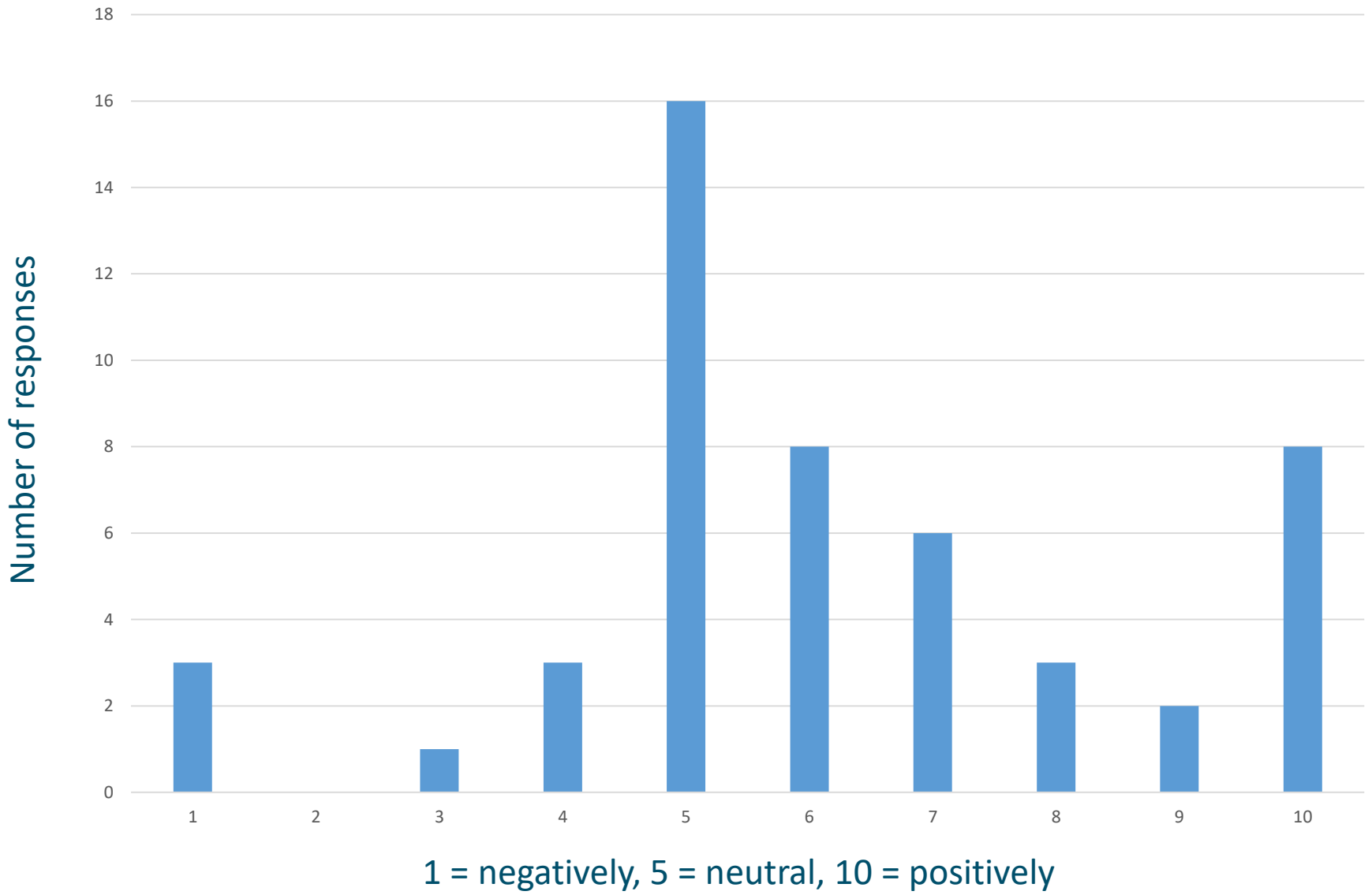
Neutral Responses

- Arguing
- Doesn’t really affect me
- Recently lost family member
- Living on my own, haven't really gotten time to sort out everything
- It doesn’t bother me, I have a good family
- Mum’s kinda bad vibes
- Because of lack of facilities, poverty
- Home can be noisy and crowded
- Crowded, sister argue, haven't got a mother
- Because it is good
- Don’t spend much time at home
- Pressure from parents
- Always happy
- Happy
- Not really

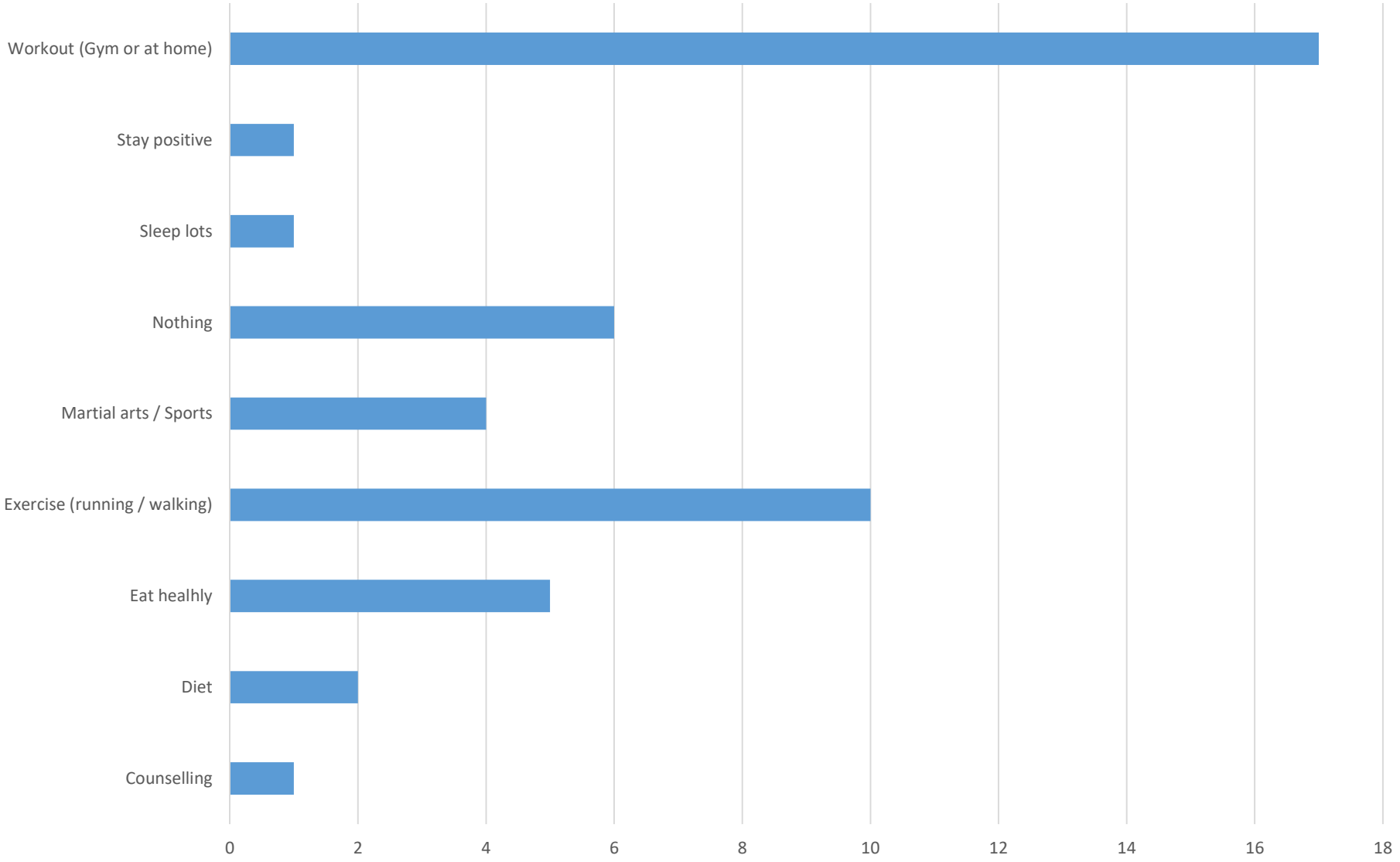
Positive Responses

- Like being at home
- My family makes me happy
- My family are lovely, however it can be problematic sometimes
- If I get in a fight I’m sad all day
- Good sometimes bad other times
- Used to feel stressed while at my parents but now that I have moved out, stress free
- Have a good relationship with everyone in my family
- Because I have a good family relationship
- Spent a lot of time with family
- People affect your mind
- Not a great area, minor criminal activity, not enough activities like youth clubs to keep easily influenced kids occupied
- Arguments with parents and brother
- Live with dad and step-mum
- I like my family
- Too many arguments
- If things aren't good at home I’m in a bad mood

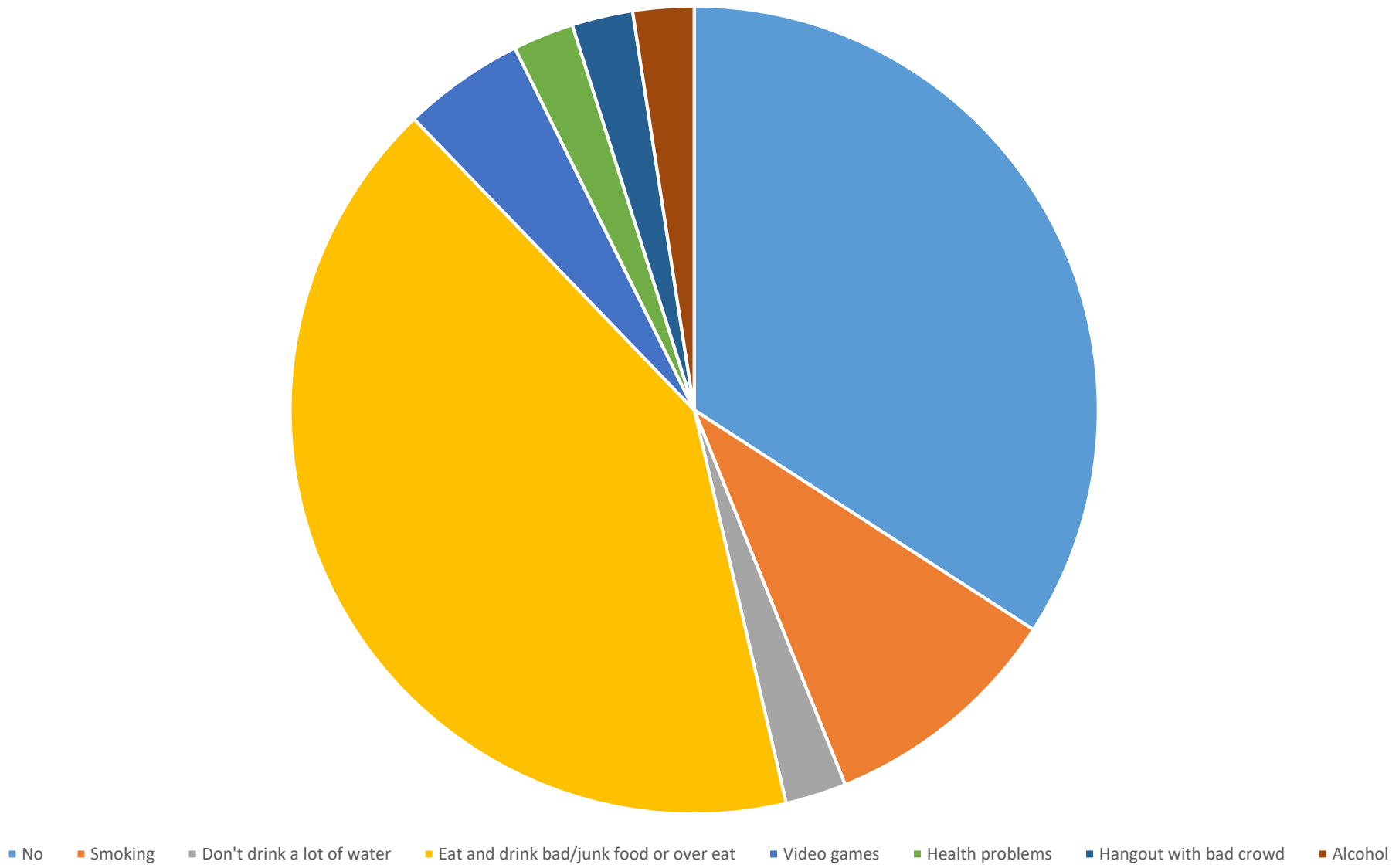
How does your physical health affect your mental health?



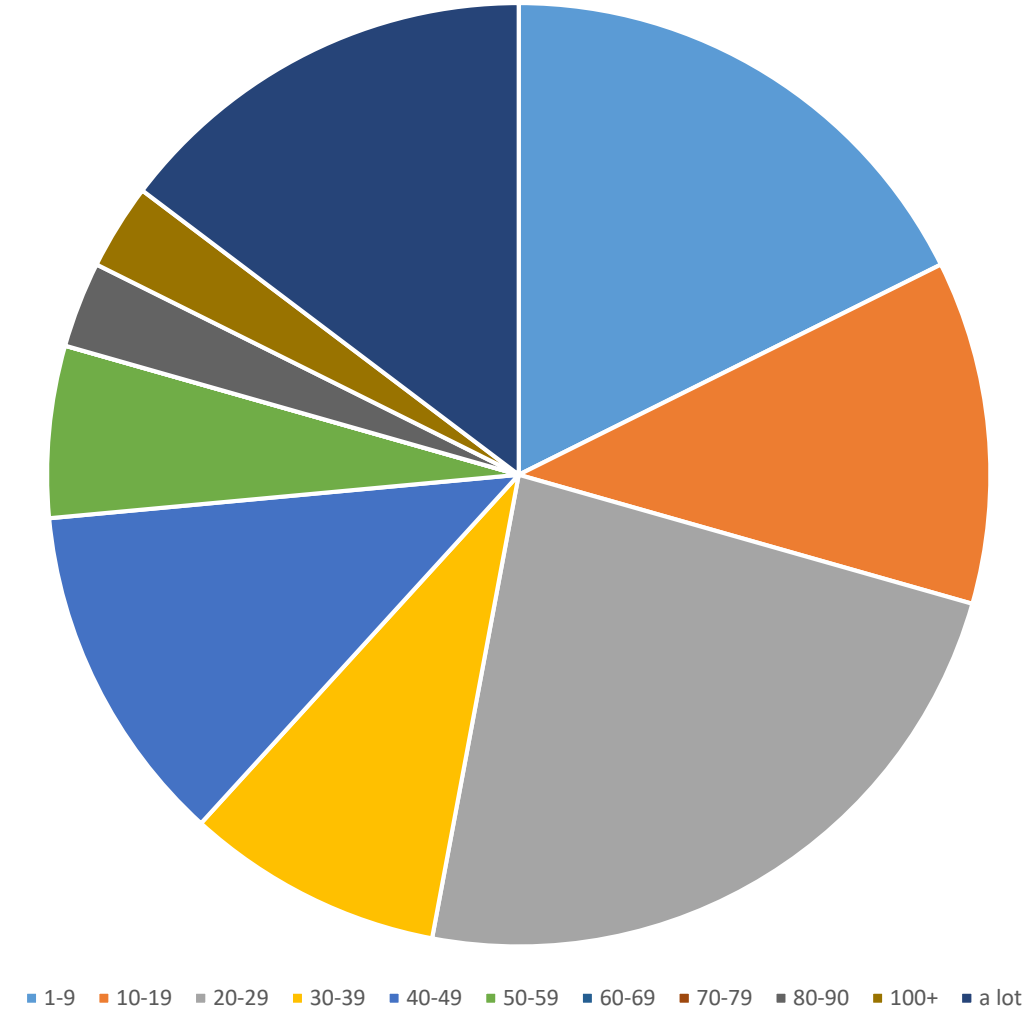
What do you do to help your physical health?



Do you do anything that negatively affects your physical health?

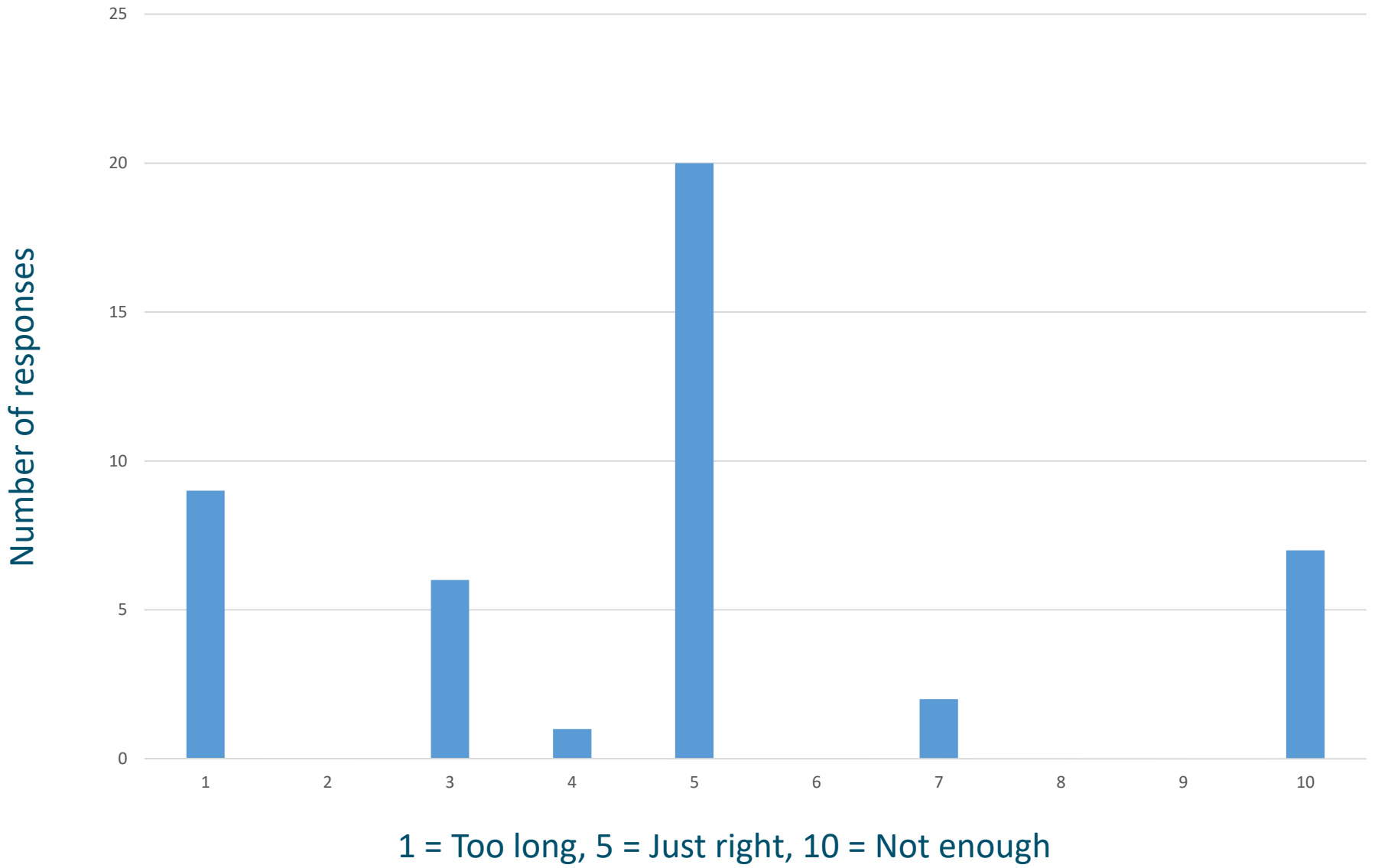


On average how much time do you spend on social media in one week?

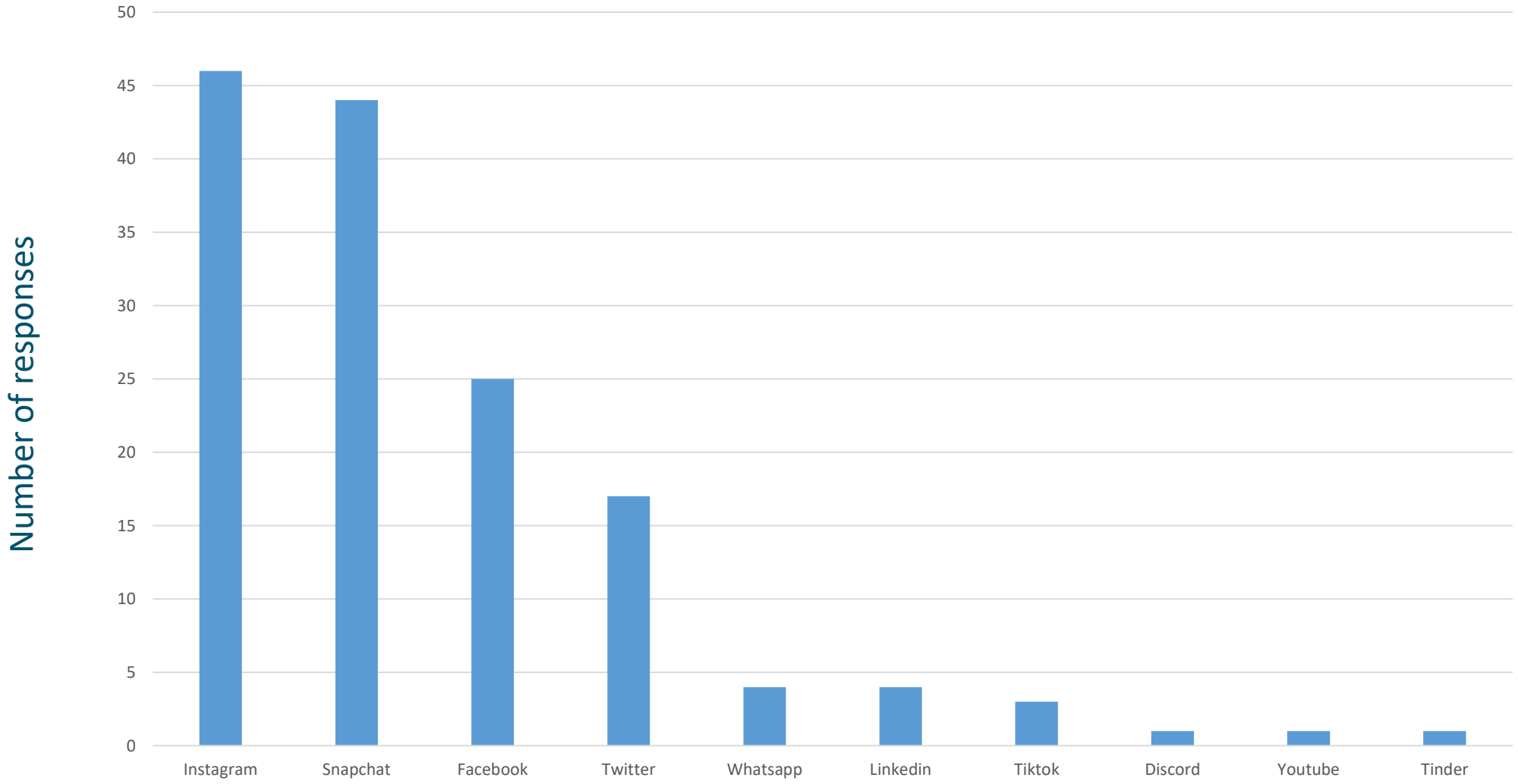


(hours)

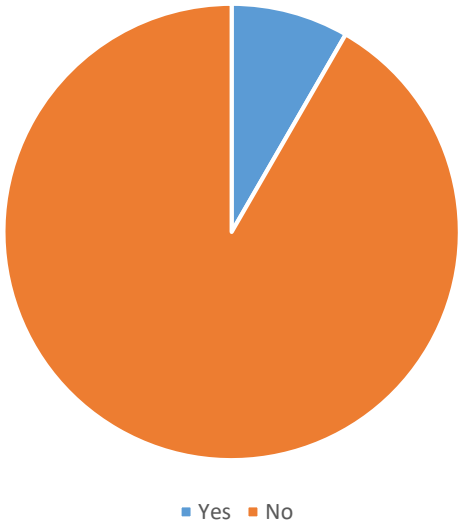
Do you think this amount of time is?



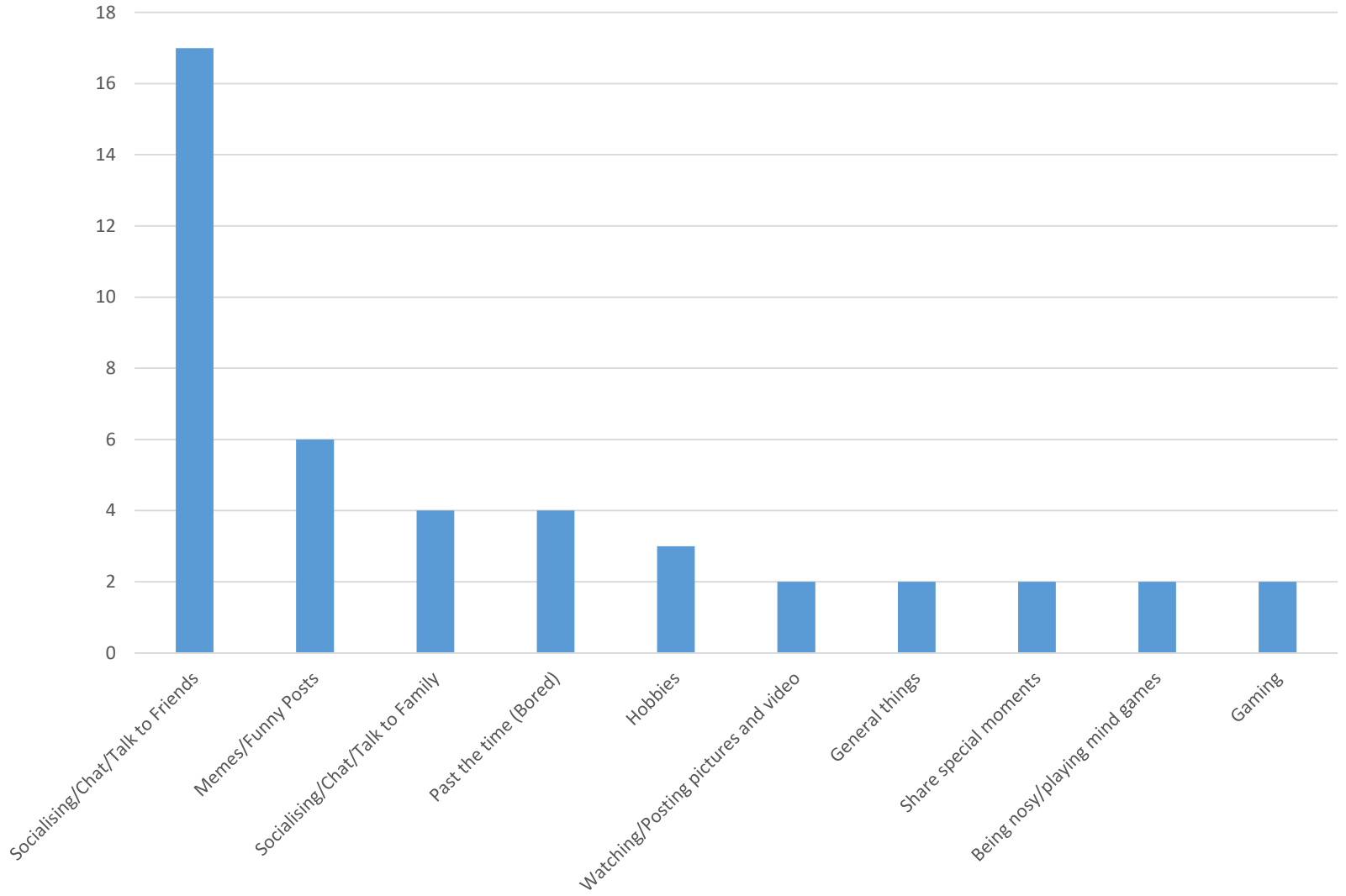
Which social media platforms do you use?



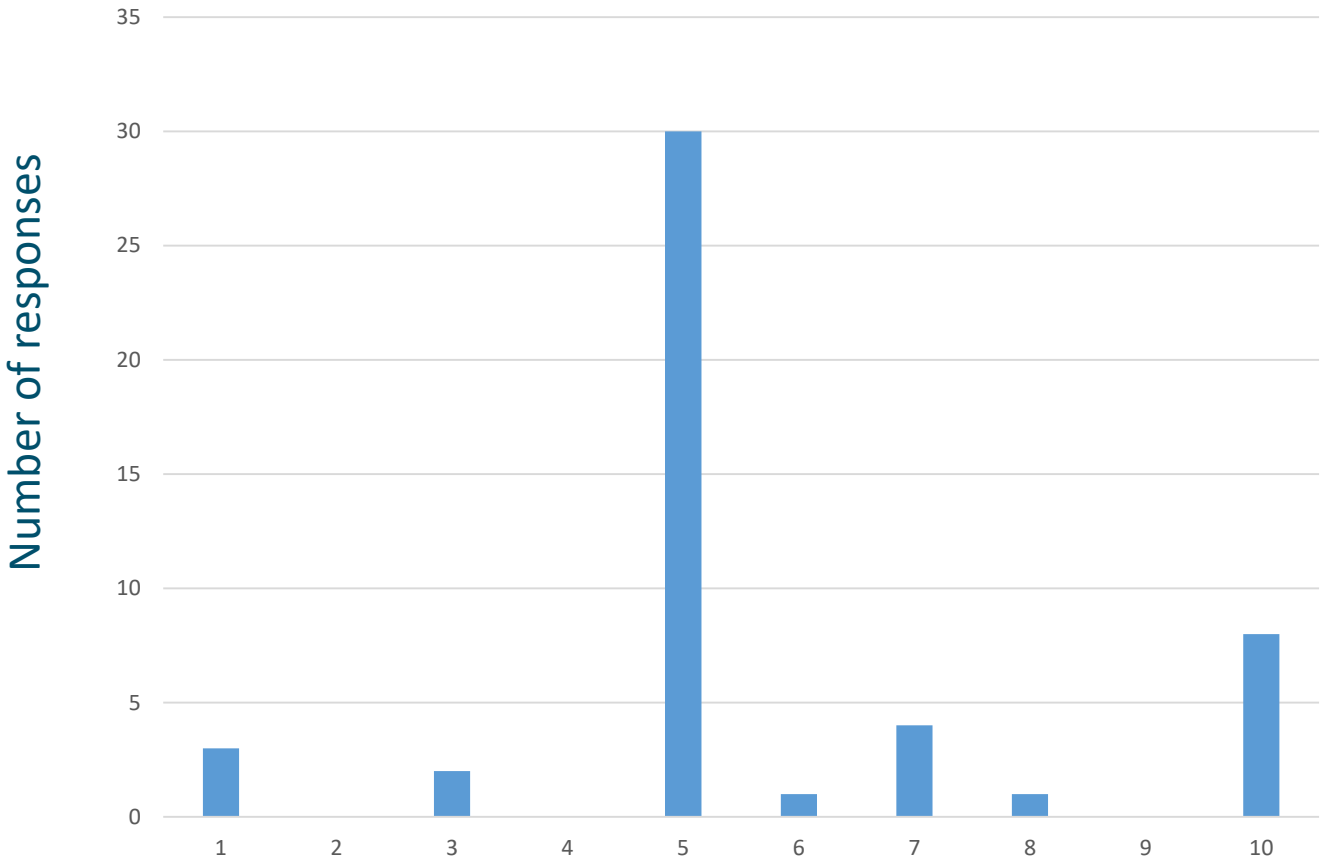
Do you share your whole life on social media?



If no, what do you use it for?



How are you affected by the number of likes/followers you have and their interactions with your posts?



1 = negatively, 5 = neutral, 10 = positively

How does this make you feel?

19 responses

- Doesn’t affect me / don't care

3 responses

- Happy when friends comment and like

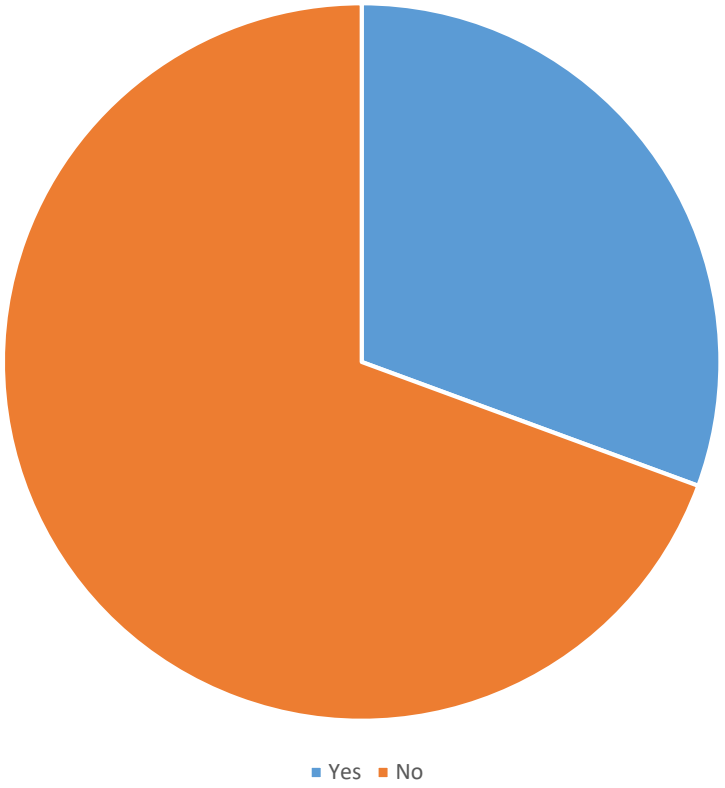
2 responses

- Need lots of likes / makes me feel better about myself

4 responses

- Others get more likes than me which affects me / makes me sad

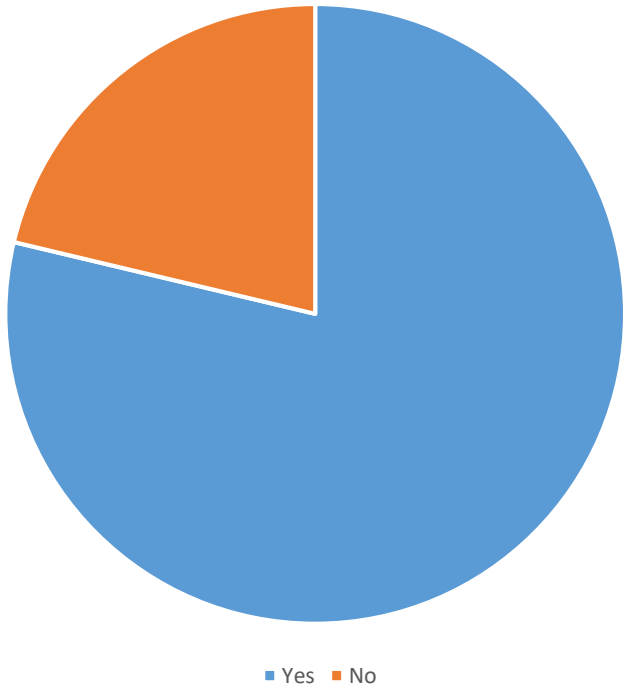
Do you talk to strangers on social media?



If yes, have you considered any possible risks to your safety?

- Make sure I'm safe
- No
- Always keep private info private
- No because there is no one I have crossed lines with so no need to be afraid
- No since I can normally look after myself online
- Yes but I’m not stupid
- Have checks in place
- Yes
- Stranger danger
- I’m not going to meet them, not stupid to give personal details
- I’m cautious
- I lie to them

Do you follow celebrities or influencers on social media?



If yes, generally does what they say affect you positively or negatively. Can you give an example? (Comments are grouped)

22 responses – positively

- I look up to them
- Gives motivation
- Body positivity
- Health and wellbeing
- Many try to impact others
- Follow you tubers (gaming)
- Motivational speech
- Love their style

6 responses – neutral

- No its doesn't affect me
- Just a bit of fun

4 responses - negatively

- Both depending on the content
- When they are negative it make me feel bad about myself
- Can give me support in what I think but make me feel bad about myself

Summary of survey findings

Physical Appearance

- Weight and how someone perceives themselves to look affects the respondents in both negative and positive ways and to varying degrees.

- Being overweight and not liking their own appearance was mentioned as a negative influence on how someone felt. Weight and appearance was also mentioned positively by people who like their weight and appearance. (43% of these comments were men, 57% female).

- Men were more concerned about their size and height and females were more concerned about their thighs and their waist. Both genders were concerned about their skin.

Money

- Majority of respondents reported that their mental health is not affected by how much money they have. 24% reported between 1 and 3 (negative impact). When asked if they had to have the latest and best of things 39% said yes.

Family / Home Environment

- 8% reported between 1 and 3 (negative impact). The comments were; ‘is okay’, ‘not much freedom’, ‘tense constantly’ and ‘constantly cleaning up after family’. Whilst the majority reported a neutral or positive impact on how they felt about their home environment, negative comments focused on arguing, family relationships, noisy, crowded. “If I get in a fight I’m sad all day”.

Summary of survey findings

Physical Health

- 8% reported (between 1 and 3) that their physical health had a negative impact on their mental health. 27% reported a neutral impact and the remainder reported that their physical health had a positive impact on their mental health.

- Working out and exercise (running / walking) were the main ways that respondents help their physical health. 34% reported that eating and drinking bad/junk food or over eating negatively affected their physical health, which links to the results in physical appearance.

Social Media

- 24% of respondents reported that they spend between 20-29 hours a week on social media. 47% felt the time they spend on social media was about right. 33% felt it was to long and 20% felt they didn't spend long enough on social media.

- Instagram and snapchat are the most used (62%) of social media platforms. 92% of people said they did not share their whole life on social media. Socialising, chatting and talking to friends was the main reason social media is used. Majority are not affected by the number of likes/followers or interactions they have from others on social media. 69% don't talk to strangers on social media. Those that do report they have checks in place to look after themselves. 79% follow celebrities or influencers on social media, majority have a neutral or positive experience of this.

- During lockdown there was a greater use of video services, so we would expect Tiktok to increase and services such as Zoom to be listed if we were to run this survey again.

Acknowledgements

Thank you to Bracknell and Wokingham College for enabling us to visit and talk to their students.

Thank you to all the students that took the time to complete our survey.

A big thank you to Saskia and Lauren for preparing the questionnaire, encouraging students to complete the survey and for drafting this final report.

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