

Project Soothe – Image Effect in an Adolescent Population.

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Objectives: Research is being trialled to establish whether the use of images could be beneficial as a wellbeing tool in an adolescent population, due to the increasing research about the effects of mental imagery and subsequent impacts on mental health conditions.

Design: A focus group design was used for this study.

Methods: The first part comprised a thematic analysis on previously collected data, in order to generate themes and codes to form the basis of questions, for the second part of the study. This was a series of four focus groups, using adolescent pupils, from two local secondary schools within the area of Edinburgh. Responses were recorded, and then analysed accordingly.

Results: The results from the study answered both research questions; young people viewed images as useful, but it was circumstantial, and there were mediating factors that affected how soothing an image was to the participants.

Conclusions: The idea of using images to be developed into a wellbeing tool/intervention was discussed, with different methods being suggested. It was deemed that they would be effective, however personal preferences needed to be considered. The mediating factors of the images depended on the analysis of the observer, and their personal preferences about things they liked/disliked.