

A SURVEY OF ONLINE HELP-SEEKING IN YOUNG PEOPLE

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METHODS

This study made use of an anonymous online survey. Young people aged 18-25 (N= 1308) living in Ireland participated in the online survey and were recruited through the use of social media ads on Twitter and Facebook.

RESULTS / DISCUSSION

The largely undergraduate sample (60.5%) identified a number of concerns for which they had sought help and information for online. Areas that caused great personal or emotional concern include school or college, exams and body image. Young people were also using the internet to help to find help for these concerns. Young people indicated that they were most likely to use their mobile phones to look for help and information online for personal and emotional concerns. Many had looked online for more information about their own concerns, however many of them had also used the internet to look for help for a family member or friend. Young people deemed online resources to be credible if they were endorsed by the health service and/or their college.

CONCLUSION

The present research suggests that there is a need for online resources to cater for mobile users; providing information that is age-appropriate and relevant to the challenges young people face in their current life stage. Online resources need to consider how they can better facilitate the help-seeking of young people on behalf of their loved ones.

