

RAISING UP OR OVERBEARING- A BIDIRECTIONAL EFFECT OF INTERNET ON STUDENTS' WELLBEING.

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FINNISH STUDENT HEALTH SERVICE

The FSHS operates in all university towns in Finland for a total of 130 000 university students



1. Rovaniemi
2. Oulu
3. Vaasa
4. Kuopio
5. Joensuu
6. Jyväskylä
7. Savonlinna
8. Tampere
9. Rauma
10. Lappeenranta
11. Turku
12. Espoo
13. Helsinki

General Health, Mental Health and Oral Health services + Wellbeing and health promotion



The Finnish Student Health Survey

every 4th year (latest 2012): A nationally representative sample of 10 000 students
(Kunttu & Pesonen 2013, Pesonen & Tossavainen 2014)



HOW DIGITALISED IS THE UNIVERSITY STUDENT'S LIFE?

AN AVERAGE USE OF INTERNET PER WEEK:



33 hours , of which 20-22 h for non-studying-related activities

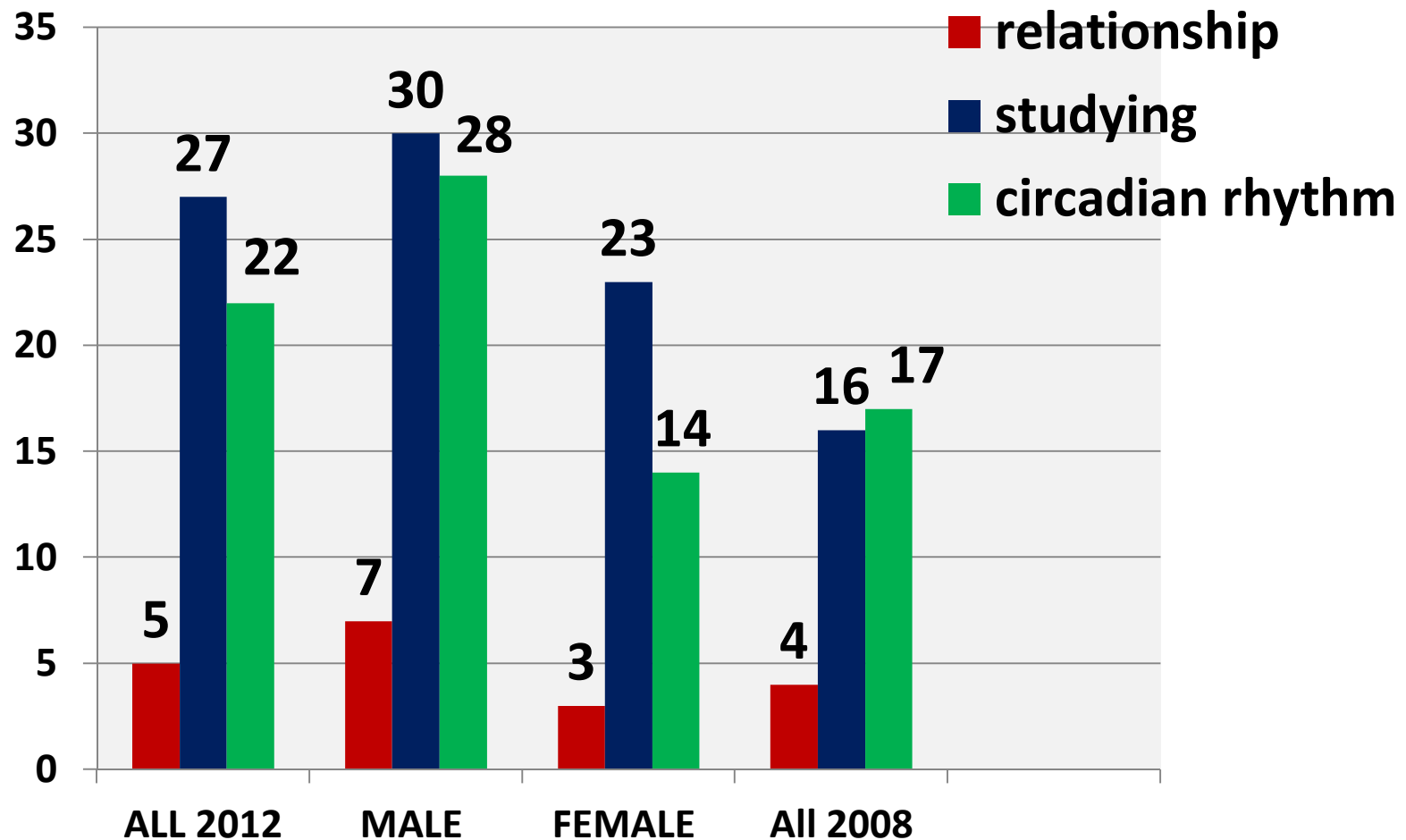


25 hours , of which 13 h for non-studying-related activities

So *"You are addicted to internet"* means nowadays: *"You are addicted to life"*

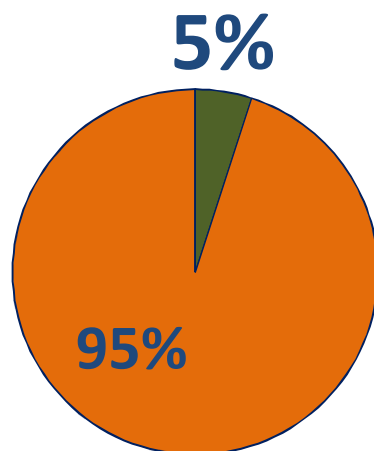
SELF-PERCEIVED HARMS CAUSED BY THE USE OF THE INTERNET (%)

(USHS 2012 and 2008)



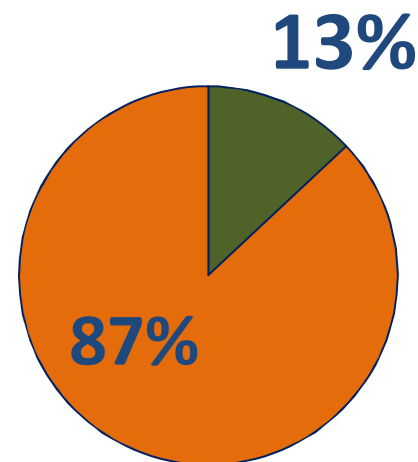
Female students

- using the internet 35+ h /week for leisure activities



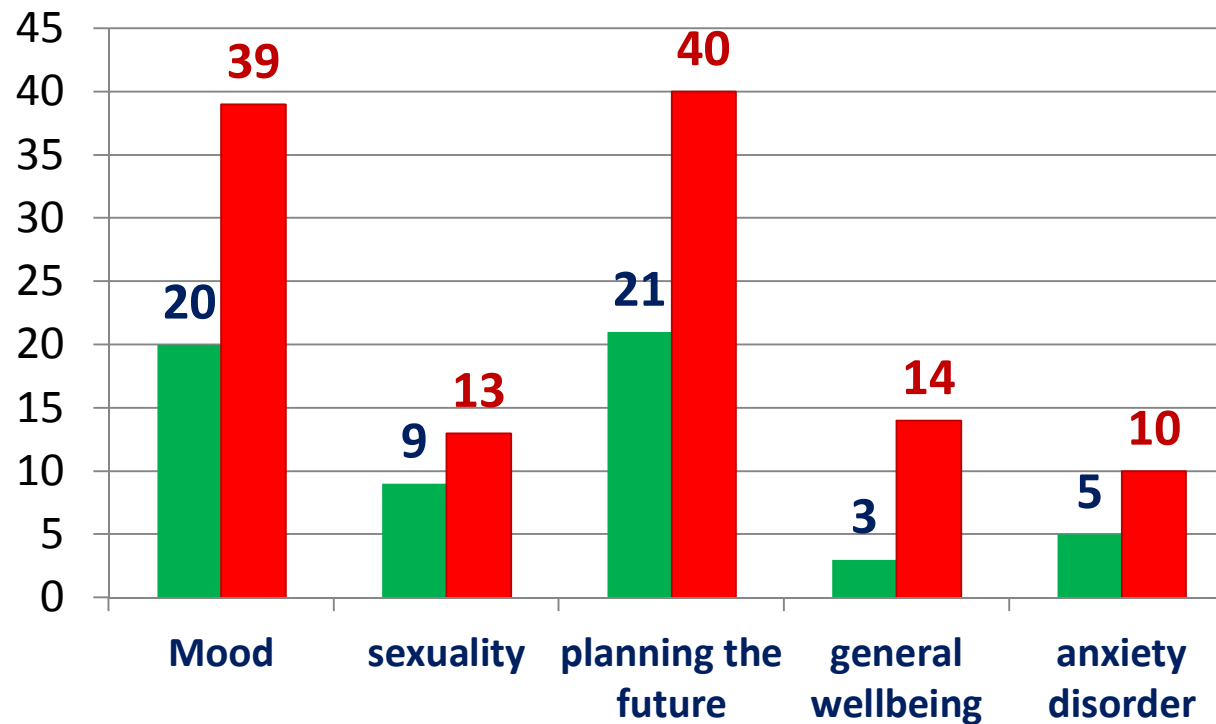
Male students

- using the internet 35+ h /week for leisure activities



PERCENTAGE OF STUDENTS WITH BIG WELLBEING PROBLEMS OR DIAGNOSED DISORDER

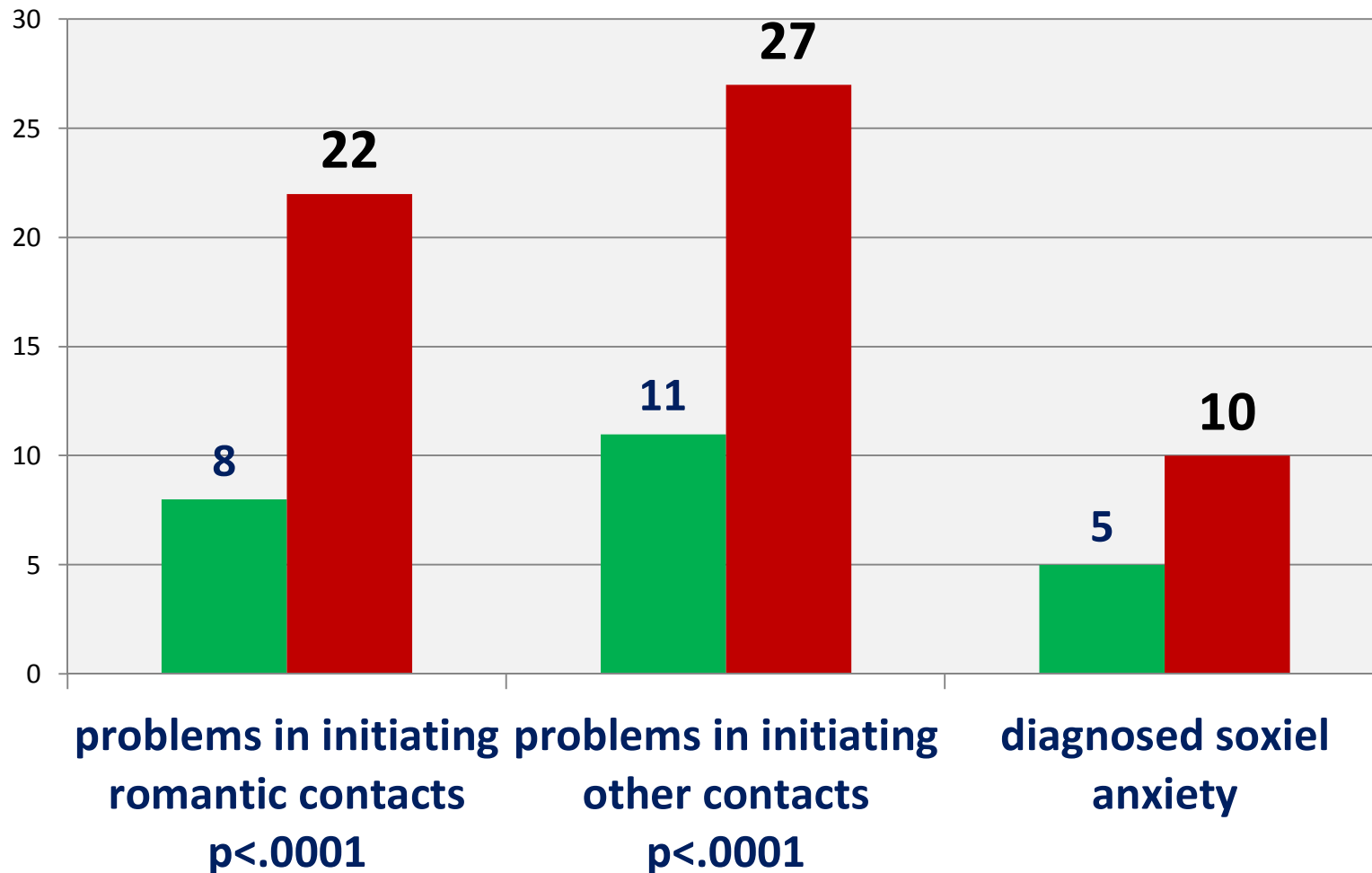
in internet use for leisure time <35 h/week or +35 h/week -groups



STUDENTS SOCIAL PROBLEMS (%)

<35h /week group

+35h /week group



SEYLE (THE SAVING AND EMPOWERING YOUNG LIVES IN EUROPE) –PROJECT and STUDY

Carli, W et al: A newly identified group of adolescents at “invisible” risk for psychopathology and suicidal behavior: findings from the SEYLE study. *World Psychiatry*. 2014 Feb; 13(1): 78–86.

12,395 adolescents (13-18 years) from 11 European countries: *Austria, Estonia, France, Germany, Hungary, Ireland, Israel, Italy, Romania, Slovenia and Spain*

A LOW RISK GROUP 58 %

Low frequency of risk behaviors

A HIGH RISK GROUP 13 %

High frequency on risk behaviors (substance abuse, self-injury, risky sexual behavior, hyperactivity, delinquency, conduct problems)

An “INVISIBLE” RISK GROUP 29 %

High leisure time use of Internet/TV/videogames (minimum 5-6 h/per day), low physical activity and reduced sleep



RISK FOR PSYCHOPATHOLOGY AND SUICIDAL BEHAVIOR

Most difficult to recognize in "invisible risk" group because of the passive risk factors



	HIGH RISK	INVISIBLE RISK
Suicidal thoughts	44%	42%
Anxiety	8%	9%
Subthreshold depression	33%	34%
Depression	13%	15 %
The prevalence of suicide attempts	10%	6%
(Prevalence of suicide attempts in low risk group 1,7%)		

SOCIAL MEDIA or...



ANTISOCIAL MEDIA

Behaving in a way one would not behave in any other circumstances

Staying in net though already depressed, anxious or lonely



ASOCIAL MEDIA

An instrument for sexual and social manipulation, harassment and other types of mental violence

Most applications of the Internet are usefull, relaxing and part of our everyday life but can also endager the mental wellbeing of those already maltreated, ignored, depressed or otherwise prone to get stuck with the net

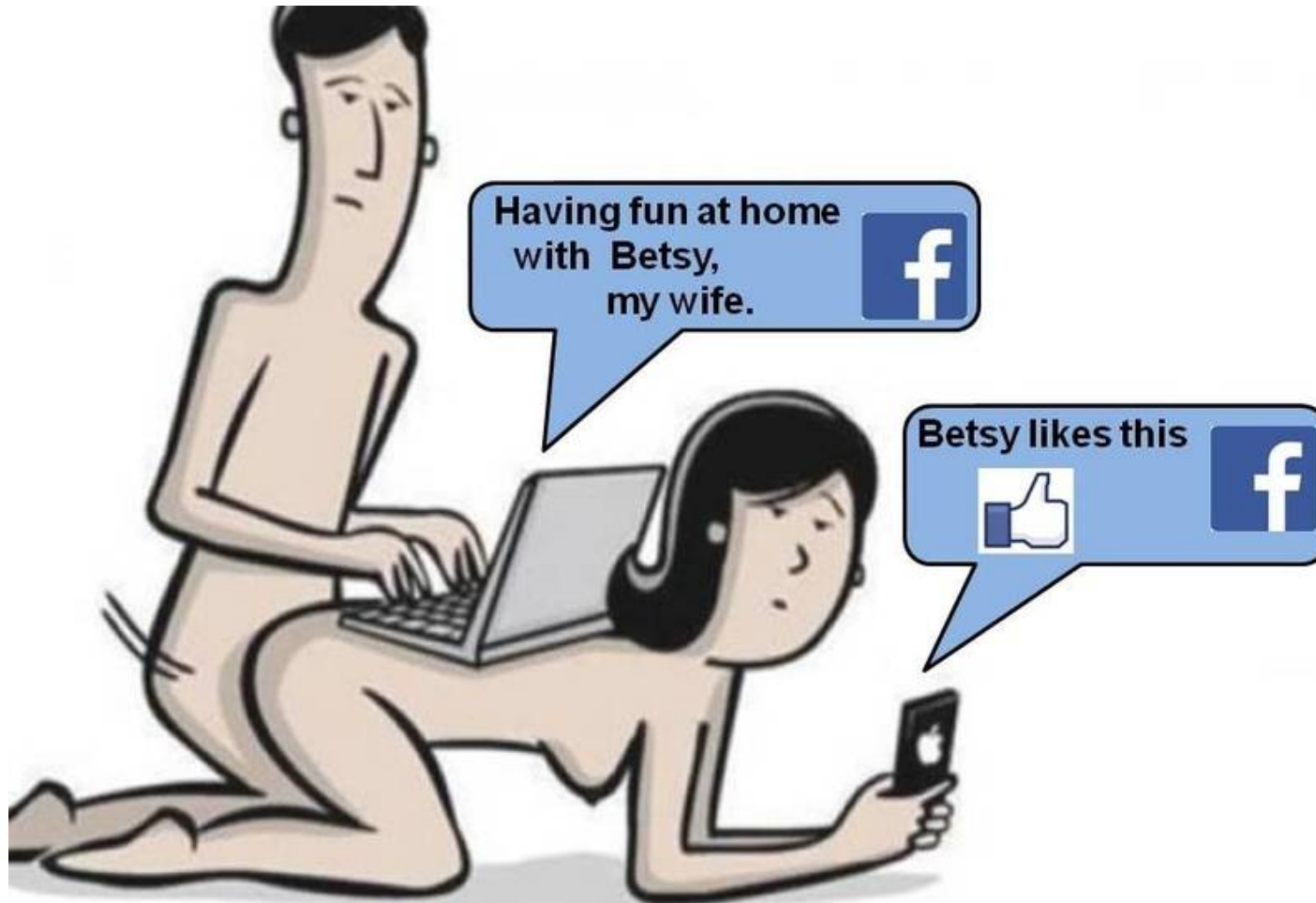


INTERNET IS AN EXCELLENT BUT ALSO A RISKY SOURCE OF INFORMATION...



So as a health worker or parent: Check, that the information the young person adopts in internet is reliable, understandable and applicable for age

**...ALSO REMIND THE YOUNG (or yourself...),
THAT THE DIGITAL FOOTPRINTS ARE
EVERLASTING**



NEW APPLICATIONS OF THE INTERNET IN FINNISH STUDENT HEALTH SERVICE



How to reach the students in need for help and not willing or able to visit our health units?

How to offer services coequally regardless of the students' residence?

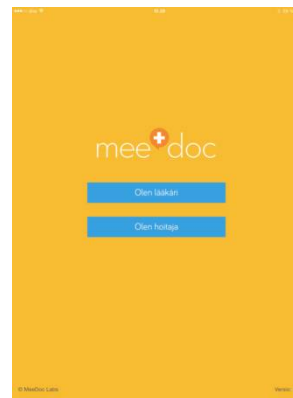
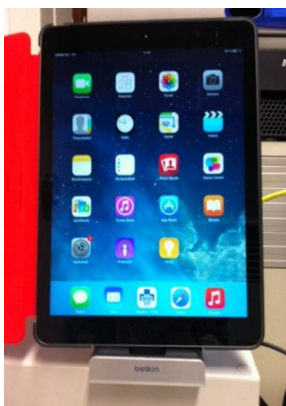
... could we use the internet to bring these discouraged students up?



SEXUAL AND PSYCHOLOGICAL COUNSELING ONLINE

Electronic remote appointments (=”e-counseling”) held securely and confidentially

1) Via video link
(a “MeeDoc -project”)

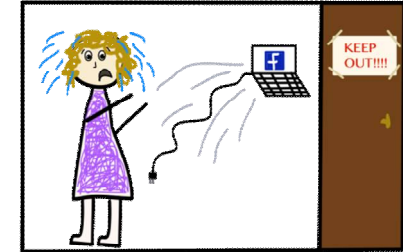


2) On-screen writing discussion – the student has a personal Citizen's account code allowing the use of a safe email communication between the student and the FSHS



A VIRTUAL PEER SUPPORT GROUP FOR STUDENTS SUFFERING FROM SOCIAL ANXIETY

An equally accessible first step treatment option for students all around Finland



Psychologist participates the group weekly encouraging the group to utilize the possibility for peer support

The group members can enter the virtual group 24/7

BENEFITS: Low cost, independent of time and place, easy to access because of the anonymity

CHALLENGES: The students lean easily on the professional
te the peer support more effectively?



VIRTUAL WEIGHT CONTROL PEER GROUP called "the Heavy-orchestra"

Tutored by the Public health nurse
Lasting 4 weeks
MealLogger-application used
(an electric meal diary with photos)



"I♥my ordinary days –keys for better life"

**free netpages for students to improve their
everyday life skills and overall wellbeing**

WHERE ARE WE GOING TO....

Society of Humans



Internet of Things

INTERNET OF HUMANS

