

How do youth in BC use TikTok for mental health information?

Who was the study about?

Youth (ages 12-24) in BC who accessed TikTok during the COVID-19 pandemic



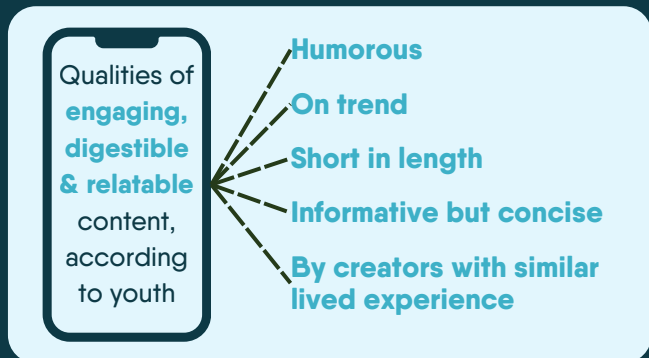
What was done?

- 1 Youth responded to research ads on Foundry's social media.
- 2 Twenty-one youth were interviewed by Youth Research Assistants about their experience using TikTok.
- 3 Researchers reviewed their responses and identified common themes among participants.

What was found?

1. TikTok can provide youth easy access to mental health information that validates their experiences.

2.



3. Mental health content destigmatizes talking about it and can encourage youth to seek services.
4. However, youth identified the need to be mindful of biases, misinformation and protecting oneself from harmful content.

What does this mean to youth and family?

When safe and reliable, social media can be a great way to share helpful information with youth and promote local services.

Engaging, youth-centred content can encourage youth to access Foundry services and use the information to have conversations with service providers.



Title: Exploring how youth use TikTok for mental health information in British Columbia:

Semistructured interview study with youth

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Co-created with youth and family/caregiver advisors on the Findings for Foundry Committee.