

## UWP 101 Progress Report 1

To	
From	
Date	January 21st - January 23rd
Research Topic	Consumption of Social Media and its Effects on Gen Z during the Pandemic

Fill out the following to the best of your ability. Replace the text in the right-hand column with your text. As you enter text, the cells will expand to accommodate your text. If you wish to get rid of the table and to use the information in the left hand column as headings, make sure that you bold your headings. For this week, you are required to summarize only one article.

Activity	Explanation: Details
Work done the past week	After picking my topic, I decided to look for research papers using the UC Davis Research database. I narrowed down my search to articles that were peer reviewed and published within the last five years. With this I came across multiple research articles related to my topic and chose one article to read and annotate.
What is next?	I plan to continue to look for more articles that are more specific to the topic I am researching about. I also hope to take a more in-depth look into the articles I have found so far, seeing if they are usable.
What problems have you encountered	Some challenges I have encountered was the lack of depth in the conclusions in some of the research articles I have read. A large majority of them came to the conclusions that Generation Z became increasingly more dependent on the internet during the pandemic. While this is an important find, I want to read more articles that are specific and dive deeper into the different ways the internet has negatively or positively impacted our generation during the pandemic.
What have you done to address those problems?	While this repetition might seem like a problem, I also think that this can easily be solved by narrowing down my question more. For instance, I should be looking for articles that focus on the different <i>ways</i> the internet has negatively impacted Gen Z during the pandemic. Additionally, I believe collecting multiple articles from the database that somewhat is connected to my research topic felt a little overwhelming since I didn't really have a certain focus in mind. had so many articles to choose from. So next time, I will try to be more picky when choosing my next article to annotate.
Optional	
Bibliographic entry of first article	Silveira, P., Morais, R., & Petrella, S. (2022). A Communication Study of Young Adults and Online Dependency during the COVID-19 Pandemic.

	<p><i>Societies (Basel, Switzerland)</i>, 12(4), 109-.</p> <p><a href="https://doi.org/10.3390/soc12040109">https://doi.org/10.3390/soc12040109</a></p>
Summary of first article	<p>Introduction: This qualitative-based research examines generation Z university students from Portugal and their internet consumption during the pandemic. The study explores the long-term consequences of media use—mood swings, depression, sleep disorders—as well the social context in which the media was accessed.</p> <p>Methodology: Data was collected using a series of questionnaires presented to approximately 400 university students in Portugal during 2020-2021. The questions were both open-ended and short-ended, hoping to understand the student’s internet usage habits and dependency on the internet during the pandemic.</p> <p>Results/Discussion: The data revealed that a large majority of students felt permanently connected to the internet. While they felt the internet to be indispensable in their life, there were different purposes behind their internet usage such as escapism, academic work, and social media. The research additionally showed that Generation Z is highly aware of their overconsumption and is trying to limit their consumption of the internet.</p> <p>Conclusion: The researchers concluded that students’ dependence on the Internet intensified during the pandemic. They also concluded that the overconsumption is also correlated with other unhealthy behaviors which disappear once the students use the internet again. However, students are well-aware of this intense dependency. Students also seem to describe the advantages and disadvantages of the internet to have similar, equal importance.</p>
Your response to the article	<p>I thought the article was somewhat surprising. I somewhat knew that consumption of the internet was intensified among generation Z during the pandemic. However, it was overall comforting to see the actual statistics since I was also chronically online during the pandemic. I was a little surprised to see how open the Portugal students were to answering the questions; I thought that they would be somewhat defensive when it came to the questions that related to whether they are aware of how dependent they are on the internet. But my surprise came coinciding with a certain comfort, knowing that I am not the only one who feels heavily dependent on the internet. While this research paper was an interesting read, I want my next article to focus more on the unhealthy behaviors that have arisen because of our internet usage. This article was more self-reflective, and I learned that I am more interested in the specific health-related consequences from overconsuming media.</p>

## UWP 101 Progress Report 1

<b>To</b>	Bill Sewell
<b>From</b>	
<b>Date</b>	Jan. 26, 2024
<b>Research Topic</b>	Media effects on brain physiology and behavior

Fill out the following to the best of your ability. Replace the text in the right-hand column with your text. As you enter text, the cells will expand to accommodate your text. If you wish to get rid of the table and to use the information in the left hand column as headings, make sure that you bold your headings. For this week, you are required to summarize only one article.

<b>Activity</b>	Explanation: Details
<b>Work done the past week</b>	This week I found seven research articles on my topic. I skimmed the titles and summaries for all of them. It was tedious and time-consuming trying to find articles on my topic. Afterwards, I primarily focused on reading and annotating my first article.
<b>What is next?</b>	Next, I am planning on reading and annotating two new articles for the following week. I may or may not have to do three depending if this article is acceptable...
<b>What problems have you encountered</b>	I was challenged with finding certain articles. I found some very fascinating articles but had issues accessing some. Another struggle I faced was annotating digitally. I have always been one to annotate on printed paper. Adobe and PDF expert wanted money and I am on a budget, so I ended up editing on my iPad notes, screenshotted, and then converted to PDF through PDF expert (which was free). My only concern is the article I chose for this week in particular lacks the structure that most research articles have. Although it is on research and conducted through medical professionals, science and government, I hope it is structurally permissible.
<b>What have you done to address those problems.</b>	I addressed these problems above by spending more time searching for more suitable and accessible articles. Although some articles were inaccessible even with UCD institution login, I continued my hunt and remained as patient as possible.
<b>Optional</b>	
<b>Bibliographic entry of first article</b>	Korte, M. (2020, June). <i>The impact of the digital revolution on human brain and behavior: where do we stand?</i> National Library of Medicine, Dialogues Clin Neurosci, 22(2), 101-111. <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7366944/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7366944/</a>
<b>Summary of first article</b>	The article delves into the implications of media effects on brain physiology and behavior. Although there are many positive outcomes from using digital media, the negative effects appear to be countless. The author/researcher first introduces the article discussing E.M. Foster and his publication one hundred years ago. He articulates that there will someday

	<p>be digital devices that control us. Communication is no longer face to face and humans are practically chained to their devices. Although this seems far-fetched one hundred years ago, this is evidently our reality today. The researcher asks the ultimate question: how does media usage impact our brain and especially those whose brains are developing? It is essential to address these questions and concerns because we are basically the guinea pigs with these new technological advances.</p> <p>The researcher discusses a study referring to the fact that we comprehend better when it is a physical book because of the smells emitted – something we do not get from digital media. Since books have smells, we are surprisingly capable to boost recall as opposed to digital reading. Moreover, they discovered that ADHD is more prevalent in today's generation, and it is possibly correlated to media multi-tasking (MMT). The more we media multitask, the more poorly we do those tasks and more distracted we become. This also leads to more distraction and can explain why many people are having trouble concentrating. Another study discovered that when we repetitively use our fingers when texting and scrolling, it reshapes our somatosensory receptors, which is how we experience touch and information in the brain. It was also found that more screen time leads to less face-to-face interaction, which ultimately leads to less empathy--something I have noticed through my experiences with my generation. Although the impact of digital media on adults is important, the researcher acknowledges that we should be more worried for children, whose brains are still developing. It has been proven that early digital media usage does impact the ability to learn and comprehend language. In addition, they used an MRI scan to visualize the comparison of brains. They found that our brains are overly stimulated when using social media, which causes this rush of dopamine, and we end up craving more and more. They discuss types of addictions caused by media use, the same symptoms as one addicted to drugs: compulsiveness, distraction, depression, and more negative emotions. This addiction consequently affects the structure in our brains. The author asserts that media use can be healthy in moderation. However, society is not using sparingly. In fact, the average screen time is a whopping 7.5 hours per day. This is extremely unhealthy, and we are so new in this digital world, it will take time to truly know the long-term impact.</p>
Your response to the article	<p>The article was an interesting read. I was shocked by a few research findings. Also, found this article somewhat of a challenge to read, especially since I'm not one that studies the brain. Aside from the challenge, I encountered useful facts that I can use in my research thesis. Eager to read the next few articles next week!</p>

# Summaries for Critique

## Strong Summaries (Cont)

### Summary 3

**Introduction:** The study researched how domestic cats produce purring sounds and challenges the traditional belief that purring is solely a result of active muscle contractions (AMC) controlled by the brain.

**Methodology:** Researchers examined the voice box of eight domestic cats without neural input or muscular contraction and focused on their ability to produce purring-like frequencies.

**Results:** The voice box was able to produce self-driven oscillations at typical purring frequencies using the MEAD principle. This finding contradicts the AMC hypothesis, which suggests that natural throat vibrations act as a main role to purring.

**Discussion:** The study proposes that alive living cat purring might involve both brain-controlled muscle movements and natural throat vibrations. In addition, cats have special features in their vocal cords called 'pads' that help them make the low frequency sound, which is purring.

**Conclusion:** The findings indicate that cat purring is more complicated than previously assumed and may not require active muscle contraction. The authors suggest a need for a revised theory of purring that incorporates both AMC and MEAD mechanisms.

## Needs More

### Summary 4

**Introduction:** The study is set to understand the effect of social media use, specifically when it comes to how adolescents and young adults body image by reducing SMU (social media use) within a three-week span.

**Methods:** Undergraduate students aged from 17-25 who use social media daily but also have symptoms of depression and anxiety were randomly assigned in one of two groups. Control group used their SMU as usual while the intervention group were instructed to limit their SMU to 1 hour per day. Everything was conducted virtually. The first week was the same for all participants (use SMU as usual) then the next three weeks they would remind the intervention group daily to reduce SMU to 1 hour per day. All participants would send a screen shot of their smart phones daily screen time tracker.

**Results:** The intervention group who had their SMU reduced, increased in levels of appearance esteem whereas the control group did not.

**Discussion:** The hypothesis was supported when it came to the results. Some limitations include the study only collecting data over a span of three weeks which only shows short term effects of reduced SMU. Some future directions they would like to take is not who is at risk of social media harm but what kind of use would lead to the overall harm.

### Summary 5

The article focuses on the significance on parental criticism and praise on the development of children in terms of behaviors and self-esteem. During the children's early stage of development, the relationship with their children can significantly affect the children's behaviors and self-esteem depending on how positive and negative those comments are. The study also mentions interventions of how parents can adjust their feedback and comments in a more positive and supportive path. It also indirectly suggests that criticisms may affect the development of children in many ways, such as their self-esteem, emotional wellness, coping mechanisms, and struggles in other relationships.

### Summary 6

This article gives an overall positive perspective on continuous flow chemistry. First it gives an introduction to continuous chemical processing and a list of many benefits that it has over batch process chemistry such as increased safety due to smaller reaction volumes, and more control over temperature and pressure regulation which results in overall higher selectivity and potentially reduced waste. The article then lists the three main factors that have slowed the transition of flow process chemistry in certain industries: the lack of education and academic programs in this field, the initial monetary and time investment, and lack of management support. The authors discuss ways in which flow process chemistry could be incorporated into university programs without requiring a large investment and explaining how it would greatly help students exercise their problem solving skills. Then several examples are given of reactions that were improved, or made possible at all, at large scale transitioning from batch to flow chemistry. The article is a review so it lacks a conclusion.

### Summary 7

#### Introduction

The purposes of this article explore the health factors that lead housed vs unhoused individuals in Boston, MA to frequently visit the emergency rooms as well as how substance use disorders and homelessness go hand-in-hand when exacerbating poor health conditions. Background info is provided about patients being a part of the Health Care for the Homeless Program (HCH) and therefore having access to comprehensive services, not only emergency care.

#### Methods

The data was extracted from electronic medical records dated July 2011 to July 2013 of patients 18 years or older who are in the HCH program. There is a focus on defining the terms that the research team used to categorize each patient such as housing status and types of ambulatory care visits. There is also a definition for the health conditions of interest such as diabetes, renal disease, chronic pulmonary disease, mental illness, substance use disorder, HIV, and hepatitis C. Finally, the researchers explained their method of statistical analyses to prove the correlation in their collected data.

## Results

The first table is baseline characteristics of all patient data collected separated by housing status. The second table took the info from the first table and ran a multivariable analysis to show the confidence levels and margin of error for connections to housing status. The third table is similar to the second, but it compares clustered and unclustered data. The last table focused on illicit drug use and the associated baseline characteristics.

## Discussion

Based on the results, the researchers suggested a possible link between mental health disorders and housing opportunities, but no confirmation. The study claims that hepatitis C is the biggest risk factor driving unhoused folks to seek care in the ER. The researchers give suggestions for further studies.

## Need more time spent on writing and revision

### Summary 8

This paper is an experiment going into the idea that there could be an effect of celebrity endorsements on voters and what those emotions might be. Especially, these endorsements decreasing voter's feelings of negative emotion, anger, or anxiety. This experiment was done looking at the then presidency candidate Hilary Clinton. The study done in two ways with three hypotheses. The first hypothesis was voter's feelings toward the candidate would improve when they were shown a celebrity supporting that candidate. Next, the hypothesis was a voter's feelings of anxiety will go down when seeing a celebrity endorse a candidate. Lastly, a voter's anger will substantially go down when they are shown information about a celebrity supporting the candidate. These were tested in two experiments both conducted on college students, only difference was one was done prior to election and the other done shortly after. The papers first study done before the election found exposure to celebrity endorsement gave lower scores of anxieties and anger for Clinton becoming president. The second experiment found similar results. Both resulted in voters having less levels of anger and anxiety towards Hilary when given celebrity endorsements. The study also showed relation of women and minorities supporting Clinton at higher levels. There were two main conclusions were found after the



study was complete. First being when a well-known celebrity endorses a candidate this will affect voters' emotions regarding the candidate. The second conclusion would be when a popular celebrity endorses a politician, voters decrease their negative feelings like anger and anxiety. With that it was also shown voters do not have any change on the positive enthusiasm they might have. Lastly it was found that celebrity endorsements increased emotions for a more popular but less prominent nominee. These results are very important and have a large impact on our political landscape.

### Summary 9

The report for this was excellent, but the summary needed more time spent on it.

**Introduction :** This study examines the link between media use and political polarization as well as polarization and social capital. This investigation attempts to specifically search for a distinction between polarization from traditional media and social media.

**Methodology :** The study polled 1,424 individuals from Virginia, and the poll consisted of questions to gauge nominal scores, media sources in the past week, social capital, and control variables. The answers to all questions were codified and then indexed to measure and scale polarization through regression models.

**Results :** The results showed that liberal viewers of CNN and users of social media news sources were more likely to be polarized than viewers of other media sources. Conservative viewers of FOX News and listeners of radio talk shows were more likely to be polarized. Social capital bridging also differed between liberals and conservatives, with higher levels seen in liberal participants.

**Discussion :** This study found differences in media sources between conservatives and liberals that were polarized. The study also strongly linked social media consumption and polarized liberals. The different news sources that polarized individuals can end up creating echo chambers, where an individual's beliefs are echoed back to them in their consumption of media, which can lead to a more narrow view of the political landscape.

**Conclusion :** The authors of this study found that media can add to the growing political divide between individuals but cannot blame this divide only on social media. They attribute the majority of the growing divide to the need for bridging capital, which is the outreach of communication and trust to individuals outside your normal communication sphere.

### Summary 10

*This article mainly focused on intrauterine and the first couple years of a child's life can be affected by parental mental illness. The main illnesses discussed are schizophrenia and depression, since both may affect the relationship between the mother and infant early on. The likelihood a child will inherit a mental illness increases when both parents have the mental*



*illness. Mental illnesses are often present in all situations, thus a child will be exposed to the associated behaviors frequently. Maternal mental illnesses can majorly impact children because of the exposure and possible impact on mother and child relationship.*

3

## References

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perspectives of the fashion industry.

The research method involves <sup>2</sup>an exploratory qualitative study using individual semi-structured interviews with fashion industry representatives. Purposeful sampling was employed to recruit participants from designers, retailers, and disability associations identified in a scoping review. The interview guide covered topics such as <sup>2</sup>the adapted clothing design process, barriers and facilitators to designing adapted clothing, attitudes toward adapted clothing, accessibility to adapted clothing, and the future of adapted clothing.

The findings <sup>3</sup>suggest a slow uptake of adapted clothing in the fashion industry, potentially due to a lack of understanding of the specific needs of individuals with physical disabilities. Despite a few mainstream brands launching adapted clothing lines, the study aims <sup>2</sup>to explore the perspectives of fashion industry representatives to inform future fashion design trainees and research programs. The interviews were conducted



lack of mainstream

The study aims

research on clothing

perspectives of



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Publication



mes, ultimately facilitating the future production of more adapted clothes. We also sought to gauge the receptiveness of fashion industry representatives to researchers' inquiries. 2. Methodology An exploratory qualitative study was conducted with individual semi-structured interviews using a constructivist paradigm (Patton, 2002 ), delving into the lived experiences of fashion industry representatives. 2.1. Participants A purposeful sampling technique



The research method involves an exploratory qualitative study using individual semi-structured interviews with fashion industry representatives. Purposeful sampling was employed to recruit participants from designers, retailers, and disability associations identified in a scoping review. The interview guide covered topics such as the adapted clothing design process, barriers and facilitators to designing adapted clothing, attitudes toward adapted clothing, accessibility to adapted clothing, and the future of adapted clothing.

The findings suggest a slow uptake of adapted clothing in the fashion industry, potentially due to a lack of understanding of the specific needs of individuals with physical disabilities. Despite a few mainstream brands launching adapted clothing lines, the study aims to explore the perspectives of fashion industry representatives to inform future fashion





lack of mainstream adoption of adapted clothing in the fashion industry. The study aims to bridge the knowledge gap between health-based research on clothing needs for individuals with disabilities and the perspectives of the fashion industry.

The research method used was individual semi-structured interviews.


Purposeful sampling was used to recruit participants from fashion retailers, and disability associations.

The interview guide covered topics such as the adapted clothing design process, barriers and facilitators to designing adapted clothing, attitudes toward adapted clothing, accessibility to adapted clothing, and the future of adapted clothing.

The findings suggest a slow uptake of adapted clothing in the fashion industry, potentially due to a lack of understanding of the specific needs of individuals with physical disabilities. Despite a few mainstream brands launching adapted clothing lines, the study aims to explore the perspectives of fashion industry representatives to inform future fashion

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Publication



try representatives vis à vis adapted clothing as well as gauge the receptiveness of designers to academic inquiry. Results from five semi-structured interviews were grouped under five sections: (1) **The Adapted Clothing Design Process**, (2) **Barriers and Facilitators to Designing Adapted Clothing**, (3) **Attitudes** towards **Adapted Clothing**, (4) **Accessibility to Adapted Clothing**, and (5) **Future of Adapted Clothing**. Our findings indicate an assortment of