Project Timeline

Year 1 (Estimated Dates)

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| Key | Kooth Related Projects – data exploration | Landscape Mapping Projects – understanding the potential impacts of the research –could help to define scope and validate future research outputs | Literature Review Type Projects/Tasks | Application of Data Driven Techniques |

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| Year 1 | |
| Timeframe | Description |
| 30 May 2022 – 05 September 2022 | Kooth Placement/Internship. Understanding the Session Wants and Needs Outcome Measure for service users on Kooth Adult service (Qwell), using Natural Language Processing. This measure is used to understand the wants and needs of a user using the chat service on the Kooth adult service, the chat service is live between the service user and the practitioner. The expected outcomes for this project are an understanding of the techniques of generating topics/themes from mental health platform text data and a research paper relating to item generation using NLP. |
| May 2022 – May 2023 | Landscape Mapping Project to understand digital mental health platform stakeholders. This project aims to gain an understanding of the various stakeholders involved the design, provision, or use of digital mental health platforms. This will be achieved through semi-structured interviews with the various stakeholders. This will start with focusing on the platform Kooth, the industry partner for this PhD, to gain an in-depth understanding of their practices and concerns. Through this investigation, I will be able to frame future PhD research projects to deliver the maximum value to the range of stakeholders and further interviews with those involved in other mental health platforms. |
| Tentative - September 2022 - December 2022 | Exploratory Data Analysis on Kooth Forum Data (10-15 Hours Per Week) This project is an extension of the Safe Space NLP research project in which I will explore if a system could identify and flag up words as potential signs of risk behaviours. Understanding how a system such as this could support Kooth moderators/councillors whilst performing their job, if so, how this could contribute to a priority list of warning signs of harmful behaviours. |
| October 2022 - April 2023 | Conduct a literature review to further understand the current academic literature and incorporate the research into the PhD as an extension to the preliminary literature review conducted in the stage 3 PhD proposal. This will ensure the research addresses an appropriate gap within the multi-disciplinary fields. |
| January 2023 - June 2023 | Continuation of Landscape Mapping. Understanding digital mental health platform stakeholders through user surveys and focus groups, specifically for users of digital mental health platforms. This is to understand attitudes and behaviours toward digital mental health platforms and stigma related to the open discussion or lack thereof of mental health/well-being. |
| Year 2 and Year 3: The proposed research projects should enable the exploration of the following | |
| A review of the different well-being philosophies, certainly an extension of the literature review, enabling the understanding of different use cases for well-being measures; how well-being instruments use language to define well-being - This could play a role in developing a foundational chapter in the PhD thesis based on how measures use language to understand well-being. | |
| Exploring and analysing social media and digital mental health data, with scope for additional data sources, as proxy lenses to understand well-being. Exploring questions such as:  What can the different data sources offer?  What are the biases, limitations and challenges of using these data sources? | |
| Applying data driven techniques to the above proxy lenses to understand what data-driven techniques are most appropriate when attempting to understanding well-being through proxy lenses. This will enable the exploration of potential impacts of understanding and predicting well-being through different data sources. | |