



Mental Health Newsletter

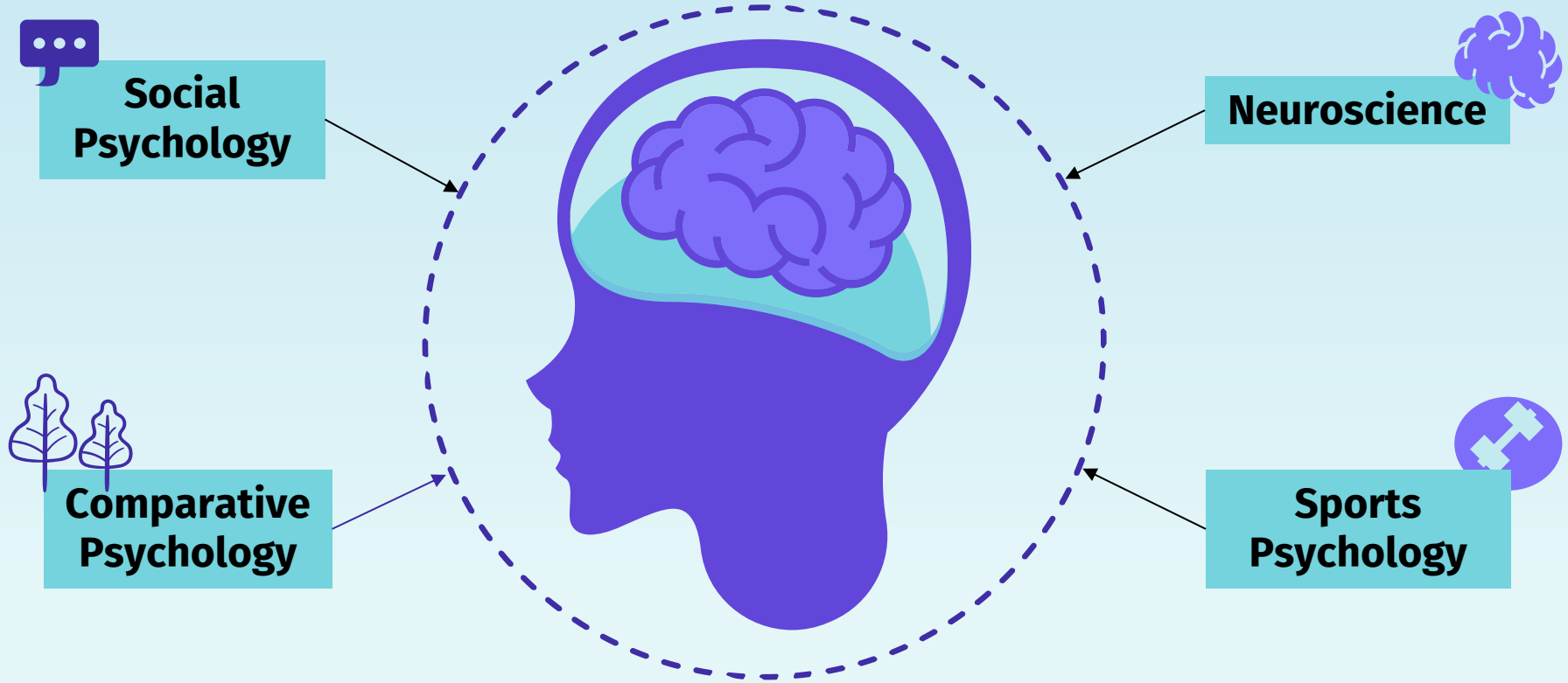


September 2022

**Mental health research represented by the faces
of psychology, Part 1**

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THE FACES OF PSYCHOLOGY, PART 1




There are many areas of psychology and they can all contribute to research dedicated to the betterment of our mental health!

RECENT MENTAL HEALTH QUESTIONS




How is social media use associated with mental health?

Lambert et al., 2022




How does interacting with nature influence the brain?

Sudimac et al., 2022



Is circadian rhythm disruption related to mental health disorders?

Alachkar et al., 2022



Does being involved in team sports impact your mental health?

Hoffmann et al., 2022

SOCIAL PSYCHOLOGY RESEARCH FINDING



Question:

How is social media use associated with mental health?

Participants:

154 individuals, ages 18-72

Method:

Control group – continue using social media as normal

Intervention group – stop using social media for 1 week

Data collected after 1 week break

Results:

Compared to the control group, participants in the intervention group reported improvements in well-being, depression, and anxiety



<http://www.differencebetween.net/technology/difference-between-social-media-and-traditional-media/>

SOCIAL PSYCHOLOGY TAKEAWAY

Sometimes, stepping away is perfectly fine! Consider taking a break from social media if you feel overwhelmed, anxious, or distressed.



<https://www.healthline.com/health/mental-health/the-benefits-of-a-social-media-break-plus-30-things-to-do-instead>



<https://www.techprevue.com/taking-a-break-from-social-media/>

NEUROSCIENCE RESEARCH FINDING



Question:

How does interacting with nature influence the brain?

Participants:

63 healthy volunteers

Method:

Group 1 – forest setting walk

Group 2 – shopping street setting walk

Underwent fMRI before and after a 1-hour walk

Researchers examined activity in stress processing regions of the brain

Results:

Amygdala activity decreased after forest walk

Nature generates beneficial impacts on brain regions related to stress



<https://www.boulderweekly.com/boulderganic/science-nature-positively-affects-brains/>

NEUROSCIENCE TAKEAWAY



Engage with nature through activities such as outside walks at the University of Manitoba, gardening, and nature photography, to reduce your stress level!



<https://humansofuniversity.com/university-of-Manitoba>



<https://www.stress.org/viewing-nature-reduces-stress-but-only-if-it-is-real>



COMPARATIVE PSYCHOLOGY RESEARCH FINDING

Question:

Is circadian rhythm disruption (CRD) related to mental health disorders?

Participants:

Secondary data gathered using mouse models
Secondary data gathered using humans

Methods:

Analysis of peer-reviewed literature on prevalent mental health disorders

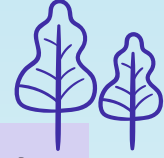
Results:

CRD is experienced by all biological systems
CRD is a factor that is associated with the entire range of mental health disorders
The most prominent feature of CRD – sleep disruptions – was seen in each disorder



<https://www.istockphoto.com/vector/isolated-modern-cute-cartoon-mouse-with-big-clock-gm1169779419-323503041>

COMPARATIVE PSYCHOLOGY TAKEAWAY



Do your best to prevent CRD, or in other words, make sure to get enough sleep! It is a vital biological function that contributes to the stability of our mental health.



<https://wellcome.org/reports/sleep-circadian-rhythms-and-mental-health-advances-gaps-challenges-and-opportunities>



https://society6.com/product/lets-talk-about-mental-health_pillow

SPORTS PSYCHOLOGY RESEARCH FINDING



Question:

Does being involved in team sports impact your mental health?

Participants:

11,235 kids and adolescents

Methods:

Parents and guardians filled out the Child Behaviour Checklist

Reported on their children's mental health

Researchers looked for associations between mental health data and children's sport habits

Results:

Kids involved in team sports were less likely to demonstrate signs of anxiety and depression

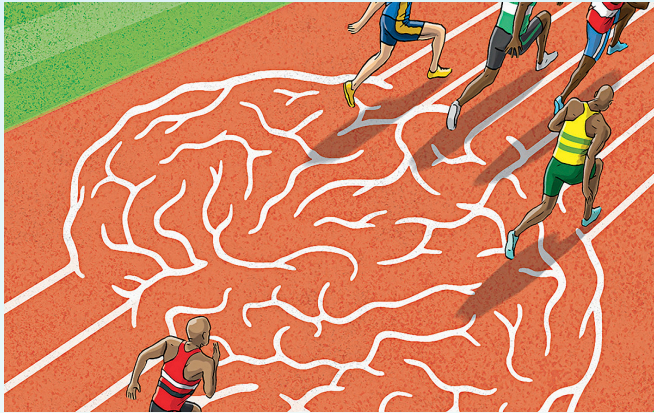


<https://colgadosporelfutbol.com/en/history-and-interesting-questions-about-the-most-famous-sports/>

SPORTS PSYCHOLOGY TAKEAWAY



If you are the sporty type or maybe you're interested in trying out sports at the university, consider joining a team sport! It will likely lead to better overall mental health, specifically decreases in anxiety and depressive symptoms.



REFERENCES

- Alachkar, A., Lee, J., Asthana, K., Vakil Monfared, R., Chen, J., Alhassen, S., Samad, M., Wood, M., Mayer, E. A., & Baldi, P. (2022). The hidden link between circadian entropy and mental health disorders. *Translational Psychiatry*, 12(1). <https://doi.org/10.1038/s41398-022-02028-3>**
- Hoffmann, M. D., Barnes, J. D., Tremblay, M. S., & Guerrero, M. D. (2022). Associations between organized sport participation and mental health difficulties: Data from over 11,000 US children and adolescents. *PLOS ONE*, 17(6). <https://doi.org/10.1371/journal.pone.0268583>**
- Lambert, J., Barnstable, G., Minter, E., Cooper, J., & McEwan, D. (2022). Taking a one-week break from social media improves well-being, depression, and anxiety: A randomized controlled trial. *Cyberpsychology, Behavior, and Social Networking*, 25(5), 287–293. <https://doi.org/10.1089/cyber.2021.0324>**
- Sudimac, S., Sale, V., & Kühn, S. (2022). How nature nurtures: Amygdala activity decreases as the result of a one-hour walk in nature. *Molecular Psychiatry*. <https://doi.org/10.1038/s41380-022-01720-6>**

CONCLUSION



Final Thoughts

As we all know, the university experience can be very difficult at times

So, I hope that you can apply 1 or more of these research findings into your own life!


Words of encouragement

You got this!


Don't give up!

Keep striving for the best!


RESOURCES




Klinik Crisis Line, 204-786-8686,
<https://klinik.mb.ca/crisis-support/>




Crisis Response Centre, 204-940-1781,
<https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/>



Sexual Assault Crisis Line, 1-888-292-7565,
<https://endingviolencecanada.org/sexual-assault-centres-crisis-lines-and-support-services/>



Mobile Crisis Service, 204-940-1781,
<https://wrha.mb.ca/mental-health/mobile-crisis-service/>




Student Counselling Centre, 204-474-8592,
<https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc>



Rainbow Resource Centre, 204-474-0212,
<https://rainbowresourcecentre.org>



Women's Health Clinic, 204-947-1517,
<https://womenshealthclinic.org>



Men's Resource Centre, 204-415-6797,
<https://search.helpseeker.org/canada/manitoba/winnipeg/mens-resource-centre-of-manitoba-mrc>