

Media and Mental health

Firstly, thank you for helping me gather information about media, mental health, and how these topics interact.

Most of these questions are about your personal experience, so there's no right or wrong answer - I encourage you to try and answer wherever possible, but if you cannot relate to any of the questions, feel free to move on to the next one.

The information gathered in this survey is entirely confidential, and will be used to inform my research paper and a game project for wellbeing.

If at any point you have questions about this survey, or you wish to remove your response, please reach out to me at josie.wood@students.plymouth.ac.uk.

* Required

1. *

Check all that apply.

☐ By ticking this box, you consent to take part in this study and continue on to the survey.

Skip to question 2

About you

This section contains some broad questions to get a rough idea of your background and demographic for the purposes of identifying trends and patterns. No information given will be used to identify you as a respondent.

2. How old are you?

Mark only one oval.

☐ 18-24

☐ 25-34

☐ 35-44

☐ 45-54

☐ 55-64

☐ 64+

3. How would you describe your gender?

Check all that apply.

☐ Male

☐ Female

☐ Non-binary

☐ Other: _____

4. How would you describe your employment status?

Mark only one oval.

☐ Student

☐ Employed

☐ Unemployed

☐ Retired

☐ Other: _____

Media

This section asks questions about how you interact with media, especially focusing on how you have been affected by media or how it has influenced your lifestyle.

5. What types of entertainment media do you frequently consume/interact with?

Check all that apply.

- ☐ Print media (books, magazines, newspapers)
- ☐ Television and Movies
- ☐ Video Games
- ☐ Internet (Youtube, Vimeo, Social media)
- ☐ Other: _____

6. How many hours a week would you estimate you spend consuming the entertainment media indicated above?

Mark only one oval.

- ☐ Less than 5 hours a week
- ☐ 5 to 10 hours a week
- ☐ 10 to 20 hours a week
- ☐ 20 to 30 hours a week
- ☐ More than 30 hours a week

7. Have you ever been inspired to change something in your life by media?

This could be anything from picking up a new hobby or starting a new routine to picking a career or changing how you prioritise your life.

If so, please explain what media inspired you and how.

For example, after the success of The Queens Gambit on Netflix, lots of viewers started playing more chess.

8. Can you think of a time you've inadvertently learnt something from a piece of fictional media?

This could be anything from remembering a particular fact or learning about a new country to understanding a scientific theory.

If so, please describe an example of the media consumed and what it taught you.

For example, lots of children who grew up with the Percy Jackson book series learnt about key characters and stories from Greek mythology.

Mental Health

This section asks questions about mental health, especially focusing on the common issues you face and any ways you try and look after your mental wellbeing.

9. Would you describe yourself as having any mental health conditions?

Check all that apply.

- ☐ Depression
- ☐ Anxiety
- ☐ Bipolar Disorder
- ☐ Post Traumatic Stress Disorder
- ☐ Eating Disorder
- ☐ Other: _____

10. Regardless of whether or not you have any mental health conditions, do you feel like your mental health and emotional wellbeing could be improved?

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Maybe

11. Have you ever attended any sort of therapy, support, or training related to improving your own mental health or wellbeing?

Check all that apply.

- ☐ Counselling
- ☐ Cognitive behavioural therapy (CBT)
- ☐ Guided self help
- ☐ Group talking therapy
- ☐ Wellness retreat
- ☐ Talks/lectures about wellbeing
- ☐ Other: _____

12. If you said you have attended any sort of therapy, support, or training related to improving your own mental health or wellbeing, how did you receive it?

Check all that apply.

- ☐ For free through the NHS
- ☐ For free through a charity
- ☐ Provided by your place or work or school
- ☐ Paid for by yourself
- ☐ Other: _____

13. If you were feeling particularly stressed or upset, what would you do about it?

For example, you might reach out to a friend for support, or engage in a favourite hobby as a distraction.

Thank you for participating!

I really appreciate you taking the time to complete this survey to help me with my project.

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