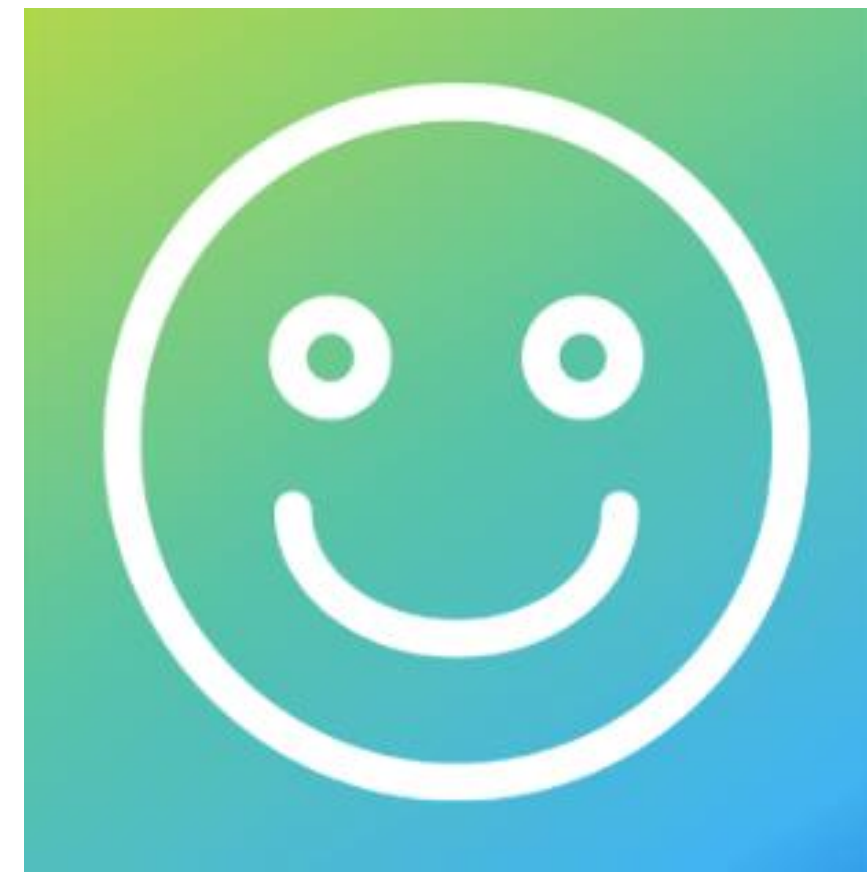


# JOYPOP: Promoting resilience in social work students through a smartphone App

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## Introduction

Taking into consideration the realities of social work students, and how they are exposed to various stressors throughout their training as well as in their field placements, it is pertinent to question how well aspiring social workers can cope with the complex dimensions of their profession, and what tools can help support them in the process.

As a response, the JOYPOP App research project was designed to help promote resilience in social work students through active participation in a smartphone app. By taking part in the monitoring of daily affect regulation and stress responsivity, as well as engaging in activities that promote wellbeing, the JOYPOP app provides a modern and unique approach to help students increase their resilience during their training and future practice.

## Background

Promoting resilience and brain health in students is defined by the capacity for affect regulation and coping with stress, as well as the wellbeing and social support of the student. The four variables are measured with the help of 25 scales, which were also used in directly and indirectly related studies.

To support the JOYPOP smartphone app being used for the benefit of social work students, existing literature needed to be reviewed to provide evidence on how related study findings were pertinent to the present study, and how the scales contributed to the rationale of the current study.

## Research Questions

1. How has resilience amongst students in helping professions, including social work, been measured in similar studies?
2. What scales are used in resilience studies with a college or university population?
3. What scales used by the JOYPOP app study are featured in other research on resilience amongst students?
4. How can the findings of related studies support, expand or help guide the current JOYPOP study ?

## Measurement

A wide array of scales covering four dimensions of resilience (affect regulation capacity, stress, wellbeing, and social support) were used to determine the measurements included in the JOYPOP app study. These scales represent the core of the literature review conducted to support the study.

## Scales

Multidimensional Perfectionism Scale SF  
Adverse Childhood Experiences questionnaire  
Childhood Trauma Questionnaire SF  
Life Events Checklist  
Heavy episodic drinking  
Eating Disorder Diagnostic Scale - Binge eating subscale  
Dysregulation Inventory  
Difficulties in Emotion Regulation Scale-Short Form  
Positive and Negative Affect Schedule-Short Form  
Executive Functioning Index  
Connor-Davidson Resilience Scale 10  
Brief-COPE  
Perceived Stress Reactivity Scale  
Professional Quality of Life-5  
PTSD Checklist for DSM-5  
Ryff Psychological Wellbeing Scale  
Perceived Discrimination Scale  
Post-Traumatic Growth Inventory  
General Mattering Scale  
Self-Compassion Scale SF  
Inventory of College Student' Recent Life Experiences  
Patient Health Questionnaire  
Multidimensional Scale of Perceived Social Support  
Perceived Community Support Questionnaire  
Sexual Harassment Survey

## Limitations

The measures chosen for the JOYPOP study are not all typically used to study topics that both investigate a student population, especially social work, and resilience or stress. As the results show, while some scales had already been used to research a similar topic, some scales had not been previously used by other researches to investigate the present subject.

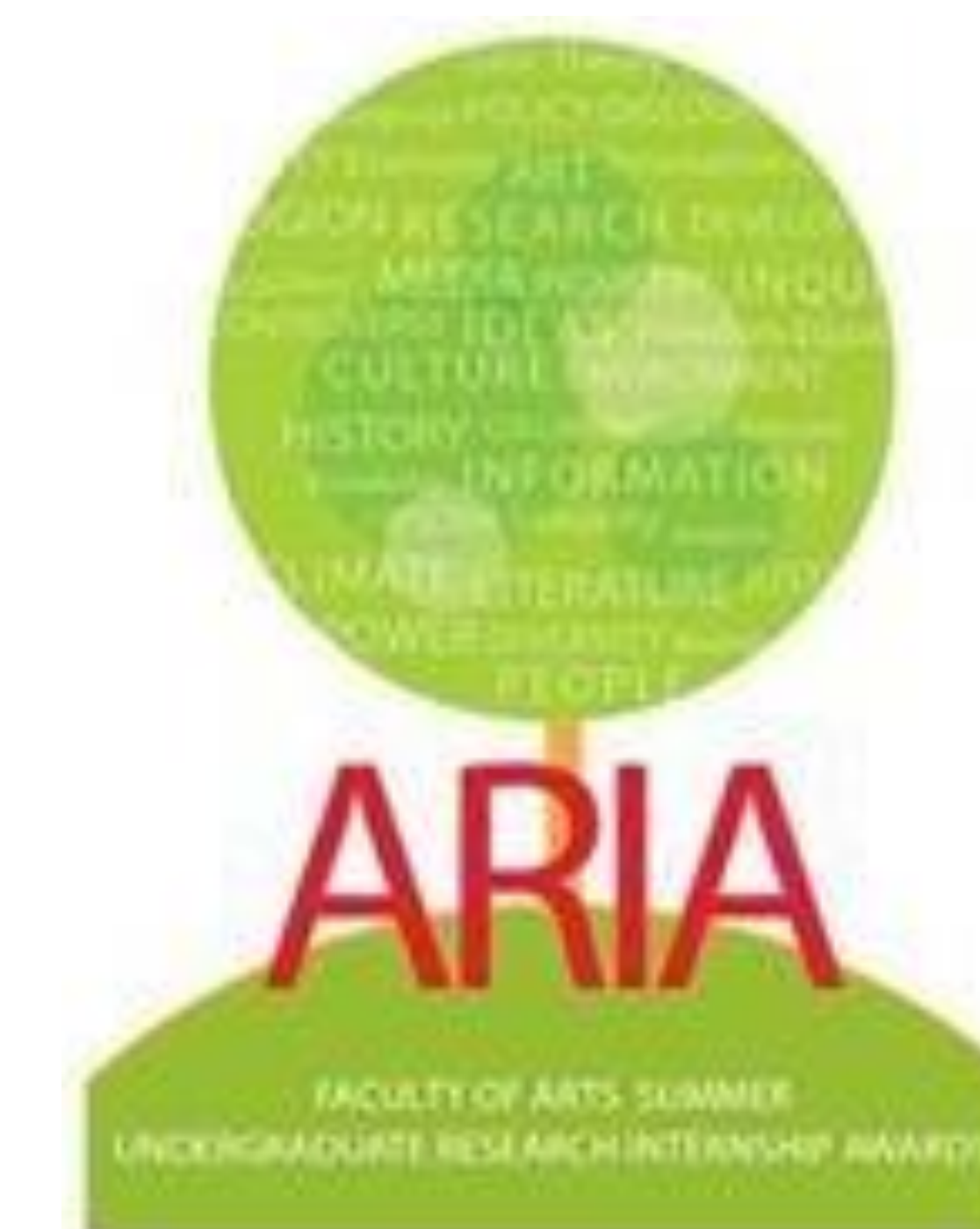
## Research Protocol

To ensure uniformity and reproducibility in the findings for the literature review, specific databases (e.g., Ovid, PubMed) and search terminology were used with each scale search.

Keywords: Resilience, regulation, stress, affect, college or university, social work\*, student\* added to each scale name or acronym.

## Results

Scale	Relevant articles	Related articles	Scale	Relevant articles	Related articles	Scale	Relevant articles	Related articles
MPS SF	5	0	EFI	3	0	GMS	5	0
ACE	6	0	CD-RISC-10	8	1	SCS SF	15	7
CTQ-SF	0	5	B-Cope	6	3	ICSRLE	5	1
LEC-5	4	5	PSRS	3	2	PHQ-9	5	2
HED	5	4	ProQol5	5	1	MSPSS	8	2
EDDS	10	7	PCL-5	6	3	PCSQ	0	3
Dys Inv	1	3	PWB	4	1	SHS	1	0
DERS	10	2	PDS	7	1			
PANAS - SF	11	0	PTGI	5	1			



## Acknowledgments

ARIA is a unique experience made possible by different key actors who all strongly believe in the benefits of making research accessible to students. For this, I would like to thank the initiators and coordinators of the ARIA program, my colleagues from the RAaD Lab under the direction of Professor Katherine Maurer, as well as the Kostman family who all contributed to supporting my participation in the 2019 edition.

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