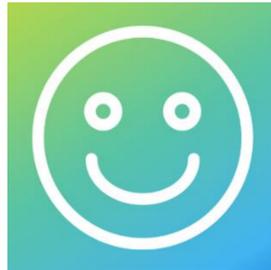


JOYPOP: Promoting resilience in social work students through a smartphone App

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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.

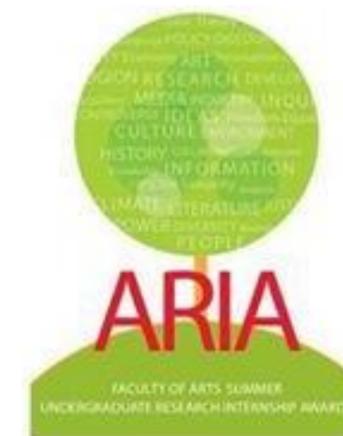
Research Protocol

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			



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