

# Managing Creative Projects and Teams

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## Primary Research Strategy

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This is a running document, It would be updated with time

## Research Goals

1. To study causes and early symptoms of depression and anxiety disorders in children (10-14 years)
2. To identify problems faced by these children within the american public education system
3. To explore touchpoints in the existing system and systemic solutions existent in the market to solve for and constraint the design intent

## Stakeholders in the system

Basis motivation to change, primary and secondary stakeholders relate differently with the system. These stakeholders however have certain goals, problems and needs that are critical to analyse.

### Primary

1. Students
2. Parents
3. Teachers

### Secondary

1. Schools
2. Psychologists
3. Organisations

## **Sampling Strategy and Schedule of Research**

With an intent to dig deeper into the context of the education system and mental health aspects associated with it, the primary research will be planned in 2 phases for now. If needed, we would introduce a third phase to refine the data collected.

### **Approaching people for interviews**

#### **Scheduled interviews:**

1. Sushmeena Parihar- NYU Psychology- weekend
2. Akanksha Samant- Psychology Student at PACE- weekend

#### **Plan for participant recruitment**

We intend to adapt to and implement the following:

1. Reach out to schools in NY to partner with us for research
2. Reach out to child psychologists and experts using online databases
3. Send a survey link within whatsapp groups and linkedin posts
4. Reach out to experts using linkedin
5. Reach out to authors of relevant research papers

# Phase 1

We will gather qualitative and quantitative data in the form of interviews and surveys from people in the system with an intent to reach our goal with minimum bias and redundancy in data.

## Interviews

We plan to conduct interviews with school clinical psychologists, clinical psychologists, teachers, psychology students and PHD researchers in the relevant field. We also intend to connect with Parsons faculty and alumni working in the field of education to gain further insights around the subject and guidance around the research methods.

## Interview 1 - Psychology students and PHD researchers

### Interview objectives:

1. Competence of participants
2. Background and connect with our goal
3. Their perception and experiences with the public educational system
  - a. Structure
  - b. Problems
4. Working of the system and gaps
5. Adaptation and implementation of research methods for children
  - a. Methods
  - b. Standards
  - c. Metrics
6. Relevant data or resource to base further steps
7. Networking and connections with experts
8. Affect of bullying, racism, etc on learning and a child's growth
9. Socio-economic factors in the country, affect on education
10. Solutions that they might know
  - a. Commercial viability
  - b. Impact
  - c. effectiveness
11. Insights on our process

## **Interview Guide**

### Step 1 Opening Up

1. *How have you been?*
2. *What have you been upto these days? What do you do?*

### Step 2 Setting up the context

Firstly, I/ we want to let you know that this is intended to be more of a conversation with you. All of your responses would be used only for educational purposes for one of our classroom projects around 'mental health and the education system'.

*Do you have any problem if we record this session?*

### Building Credibility

1. *Can I ask you, What are your most recent qualifications?*
2. *Which country did you go to middle and high school in?*
  - a. *If they went to a school in the US, Which area/ district did you go to school in?*
  - b. *Was it a public or private school?*

### Understanding the Educational System

1. *What does the structure of help/ assistance for mental health look like in the public schools?*
2. *What factors according to you affect the mental wellbeing of the student? (Racism, socio-economic background, etc)*
  - a. *How does \_\_\_\_\_ (the factors listed by them) affect the child?*
  - b. *Why would the child feel this way?*
  - c. *How would this child find the help that he/she needs in the current system?*
3. *What are the fundamental problems in the American educational system?*
  - a. *How do these problems pan across location, economic background and age?*
4. *Do you think 10-14 year olds are more prone to these issues that you just mentioned?*
  - a. *How are these children tackled differently?*

## Research Methods

1. *How do you think one should conduct research around mental health issues in this age group?*
2. *Are you aware of some credible data source for us to connect better with the problem?*
3. *Could you connect us with someone working in this space if you have someone on your mind?*

## Parallel Solutions

1. *Are you aware of a product in the industry that caters to the mental health of children this age?*
2. *Have you worked with or know of someone who has worked on such a solution for children?*
3. *How do you think would this/ they impact the overall mental health of children*

I/we think we have understood a lot about the problem from you today. We are extremely thankful for your time and would contact you if we need to know anything else as we discover more in the next few weeks.

## Interview 2 - Internal psychologists in schools and teachers

### Interview objectives:

1. Mental health infrastructure in public schools
2. Ways to identify symptoms
3. Coping mechanisms of children
4. Observations in behavior
5. Effective solutions for children

### Interview Guide

#### Opening Up and Setting Context

1. *Express our gratitude for their time and explain the purpose of our interview, our background and our goals*

#### For School Psychologists

1. *Could you tell us about your background and how you came to work in this position and how long you have been in this position?*
2. *How often do you see or meet with students - do they seek you out or are they recommended to you?*
3. *How do you approach or interact with students in a way that makes them feel comfortable for the first time, knowing there may be difficult conversations to follow?*
4. *What are some of the most common behaviours you seek to improve?*
5. *What are some of the warning signs you think are good indicators of these behaviours?*
6. *What are some of the most common internal, education and school related factors that in your experience impact students' mental health?*
7. *What are some of the most common external factors that impact them?*
8. *Can you give us some examples of how you begin to counsel students and the kinds of activities or devices you often recommend or rely on?*
9. *In your opinion, which are the biggest factors that impact how the behaviour of a student can change after they begin working with you?*
10. *What are some changes in the school environment that you feel would be beneficial in supporting students' mental health and wellbeing?*

## For School Teachers

1. *Could you tell us about your general interactions with students - what do you teach and how frequently do you conduct classes?*
2. *What is the level of personal involvement you have observed with respect to teachers and their students? Does a relationship exist beyond the classroom?*
3. *Do you perceive mental health and wellbeing to be a serious concern in this age group of students?*
4. *Do you understand this to be a personal issue with respect to each individual student, or is it on a systemic level?*
5. *What are some of the patterns you have observed with respect to which students are more vulnerable to struggling with mental health?*
6. *What are some indicators for you to be concerned about a student's mental health?*
7. *How do you respond in cases where you feel concerned? What are the questions you might ask, or the people you might talk to about it?*
8. *In your opinion, which factors affect students' mental health the most within the school environment and system?*
9. *From your experience, which factors affect their mental health the most outside of the school environment?*
10. *What are some changes in the school environment that you feel would be beneficial in supporting students' mental health and wellbeing?*

## Interview 3 - External psychologists

### Interview objectives:

1. Psychology and children
2. Early identification of symptoms
3. Support groups
4. Coping mechanisms
5. Motivation of students
6. Mental health access
7. Tools and guidelines

### Interview Guide

#### Opening Up and Setting Context

1. Express our gratitude for their time and explain the purpose of our interview, our background and our goals

#### For Clinical Psychologists

2. How are mental health disorders identified in children? What are some identifying signs?
3. How do mental health disorders affect children differently than adults?
4. How do children communicate mental health issues?
5. How would you recommend approaching children that may be experiencing a tough time with their mental health?
6. When conducting our surveys and observations with children between the age of 10-14 to observe patterns of mental illness what should we avoid doing?
7. What are tools you would recommend using to treat mental health disorders that can be easily implemented into the education system?
8. What solutions are currently being implemented to help children navigate their mental health challenges?

# Survey

**Target Users: Parents**

## Survey Objectives

1. Factors of how parents choose school
2. Parents' perception of their children's emotions
3. Parents' reactions on children's mental health issues
4. Methods for children to relax
5. Platforms of the solution
6. Race and location

## Survey Framework

\*multiple choices

1. How many 10-14 years-old children do you have?

- A. Prefer not to answer (->Thank you for doing the survey)
- B. None (->Thank you for doing the survey)
- C. 1
- D. 2
- E. More than 2

2. How old are your children? \*

- A. 10
- B. 11
- C. 12
- D. 13
- E. 14

3. Are any of your children currently enrolling in a public school in the United States?

- A. Yes
- B. No

4. What are the most important factors that you consider when you select a school for your child?

(Please rank the following factors in order of importance, 1 being the most important factor)

- A. Ranking
- B. Overall environment
- C. Tuition
- D. Location
- E. Curriculum
- F. Mental health service
- G. Physical health service
- H. Others\_\_\_\_\_

5. How often do your children tell you or you can feel that they have any problems with school or daily life due to any emotional problems, such as feeling depressed, sad or anxious?

- A. Not at all (-> question 8)
- B. Rarely
- C. Sometimes
- D. Often
- E. Always

6. In the past month, have you noticed your children had any problems with school or daily life due to any emotional problems, such as feeling depressed, sad or anxious?

- A. 0 time (-> question 8)
- B. 1 time
- C. 2 times
- D. 3 or more times

7. How did you react? \*

- A. Watch how the kid act afterwards
- B. Have a conversation with the kid
- C. Cheer the kid up (playing, buying, etc.)
- D. Ask for advice (the kid's friends, teachers, etc.)
- E. Ask or take the kid to see a doctor
- F. Others\_\_\_\_\_

8. What is the most influential factor affecting children's mental health?

(Please rank the following factors in order of effectiveness, 1 being the most effective factor)

- A. Performance in school
- B. Pre-education on mental health
- C. Family relationship
- D. Relationship with people in school (classmates, teachers, etc.)
- E. Relationship with people outside of school (neighbors, friends outside of school, etc.)

Others\_\_\_\_\_

9. If your children feel depressed, sad, or anxious, how likely will these activities make them feel better?

(Please rate each of the following objects on a rating scale of 1-5, where 1 is 'unlikely' and 10 is 'very likely')

- A. Play games
- B. Buy what the kid wants
- C. Watch videos
- D. Talk to people
- E. Others\_\_\_\_\_

10. If your children will be educated on mental health, which platform will be the most effective to engage them?

(Please rank the following factors in order of effectiveness, 1 being the most effective factor)

- A. A game
- B. A class
- C. A book
- D. A video
- E. A workshop
- F. Others\_\_\_\_\_

11. What is your ethnicity?

- A. Caucasian
- B. African-American
- C. Latino or Hispanic
- D. Asian
- E. Native American
- F. Native Hawaiian or Pacific Islander
- G. Two or More
- H. Other/Unknown
- I. Prefer not to say

12. Which state is your family located in? (drop list)

Thank you for doing the survey!