Social media and well-being

Research question:
Does “quitting” social media increase wellbeing?

This project is appropriate for students in the following discipline(s):
Any discipline

Aims and background:
Online social networking sites (such as Facebook, Instagram, Twitter) allow users to create a profile and connect with other profiles. Users can then share their thoughts, images, videos, links to other websites to the profiles connected with theirs. Within such a network, users may experience a sense of belonging (Quinn & Oldmeadow, 2012) and increased self-esteem (Valkenberg, Peter & Schouten, 2006) through positive interactions with others. On the other hand, research has also shown that increased symptoms of depression (Lup, Trub & Rosenthal, 2015) and feelings of social isolation (Gross, 2004) are related to greater social networking site use.

Recently, Tromholt (2016) showed participants who stopped using Facebook for a week reported greater improvements in life satisfaction than participants in the control group who continued to use Facebook as normal. However, many people are active users on more than one social networking site and it is unclear whether the consequences of Facebook use are generalisable to all similar sites. It is also hypothesised that perhaps it is not the absence of online social networking that enhances well-being but, rather, the presence of other activities such as increased one-on-one communication with family and friends. These variables have yet to be measured.

Proposed method of data collection:
Participants will be invited to complete a survey measuring their well-being before and after one week of no social media use. Participants will also be asked about how they spent their time without social media. Combined, this data will be analysed to explore the effect of social networking sites on wellbeing.

Type of study:
Mixed methods

The lived experience of dementia

Research topic:
The lived experience of dementia - e.g. impact of the way the diagnosis is given. Why people with dementia don't get diagnosed. Stigma about dementia - in the general public, health professionals, and self-stigma. Restorative/rehabilitative approaches in residential aged care. Goal setting with older people.

This project is appropriate for students in the following discipline(s):
Bachelor of Health Sciences (Honours)
Improving breast cancer screening among Australian Aboriginal women

Do you have a broad research topic for students to consider?
Research in breast cancer, in particular women from Australian Aboriginal, Non-English speaking background women’s health, Diabetes

Research question:
What factors affect Australian Aboriginal women's decision in breast cancer screening practices?
What are the barriers in utilization of clinical breast examination and breast self-examination among the study population?
To what extent culture play significant role in the utilization of breast screening practices among these women?

This project is appropriate for students in the following discipline(s):
Bachelor of Health Sciences (Honours)
Any discipline

Aims and background:
"Whilst survival rates for women diagnosed with breast cancer have improved considerably since the 1980s, research shows that survival is lower in Aboriginal and Torres Strait Islander women diagnosed with breast cancer than in the general population. Aboriginal and Torres Strait Islander women are much less likely to participate in breast screening than women in the general population" (Australian Government, 2016: 1)

Improving breast cancer screening among Australian Aboriginal women:
The purpose of this study is to document the breast cancer screening both BSE (Breast self-examination) and CBE (clinical breast Examination) and Mammography practices of a community sample of Australian Aboriginal women (AAW) living in Sydney Metropolitan area.

Proposed method of data collection:
Indigenous women aged 35 years or over living in Sydney Metropolitan Area for more than one year will be recruited as eligible participants of the study. A total sample of 100 Australian Aboriginal women (AAW) will be recruited using convenience sample for the purpose of the study. The study will examine AAW’s knowledge and ever practice of breast self-exam (BSE); clinical breast examination including mammography and ultrasound. It will also examine barriers in utilisation of BSE and CBE among the participants. Mixed methods will be utilised. Data will collected on participants’ socio-demographic background, access to and utilisation of health care services and health insurance status. A total N=100 will be recruited for the quantitative study and four focus group discussion will be carried out each consisting of 6-8 participants for the qualitative study.

Type of study: Mixed methods