Research Diary

CoAct for Mental Health

OpenSystems

UNIVERSITAT DE BARCELONA

SMC salutmental Catalunya
Federació

C❋Act

This booklet wants to accompany you as a co-researcher in the research of citizen science of <u>CoActuem per la Salut Mental</u>. It will help you to reflect on support networks in mental health through your own experience, which is what drives this project.

We hope you enjoy this search and thank you so much for your trust!

This notebook belongs to:

Name of the people in your group:

Group:

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3.

The whole team will work together to turn your experiences and knowledge into illustrated anonymous micro-stories that will be used to interact in an open digital conversation, in the form of a chatbot.

An "ordinary" chatbot is a computer program designed to simulate conversations with humans over the Internet. Chatbots establish conversations with many participants and offer the opportunity to collect a large volume of data.
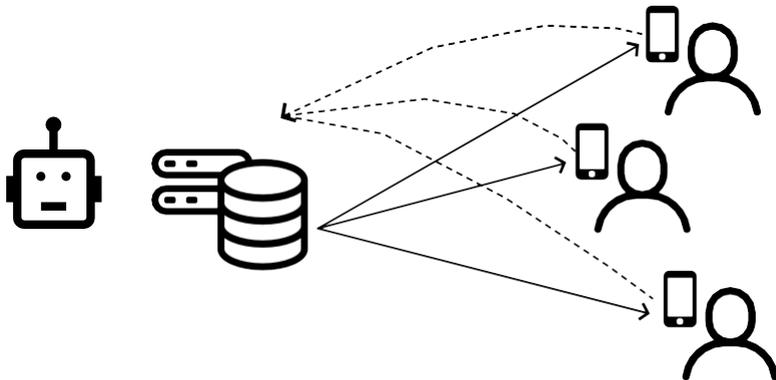
Instead, the CoActuem for Mental Health chatbot will be a person-to-person chatbot! In this chatbot, messages will not be written by a robot. We want the content to be created by you and the rest of the co-researchers. You will be the one to feed the conversation.

This content will highlight experiences, resources and strategies related to mental health social support networks. The chatbot will be opened in Telegram, to anyone who feels challenged in the promotion of social support networks in mental health. The stories will therefore be heard by many people, in a secure way. Your anonymous responses will help you better understand various aspects of mental health social support networks.

Notes
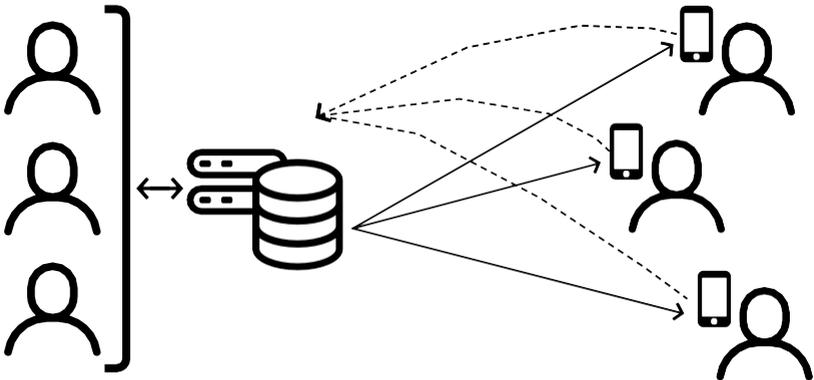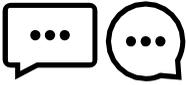
Share experiences

Precisely because we are all different people, your personal experience will also resonate differently with the people who will read from you in the chatbot.

Your stories will serve to weave an extensive network of shared experiences. For this reason, you should value experiences related to social support networks. What experiences have been lived by the same people? How close are they to these experiences? Has the one who read it in the chatbot lived it? Has anyone in your closest circle experienced it?

Here is an example to guide you with the format that will appear in the chatbot (maximum length of 300 characters):

> *"During confinement, I have often been overwhelmed by having to deal with not only my own fears and anxieties, but also those of my children. I shared it with moms and parents around me and many were in the same situation. They didn't know what to do either."*

Now it's your turn! In the following, we ask you to write your own stories in the worksheets we have prepared. We will work on them together in the sessions and, at some point, we will ask you to send it to us at coactuem@ub.edu.

Share experiences

Which is your group (M1, T1, M2 or T2)**?**

To which social environment does your story refer? (environment 1 to 8, see pages 11-13):

What is the identifying word of your story? (it won't be visible in the chatbot)

Did you send it to coactuem@ub.edu**?**

☐ YES   ☐ NO

Name the protagonist of your story. It doesn't have to be real, you can invent it.

Write your experience in the first person. Write short sentences. They are best read on mobile phones. We will help you edit your story. Think that the final version of the experience should have a maximum length of 300 characters, i.e., about 60 words.

Version 1:

_____

_____

_____

_____

_____

_____

_____

Version 2 (300 characters mas, i.e. about 60 words):

_____

_____

_____

_____

_____

_____

_____

→

On the back page, you have space to make a sketch.

Share experiences

Would you like to accompany the story with a drawing? Tell us how you imagine it or make a sketch.

What is the identifying of your story? (will not be visible in the chatbot)

Find solutions together

You may have doubted how to act facing a situation you have experienced. Or you may have experienced a situation where someone else would have behaved differently.

In all situations other outcomes would have been possible. Pose the situation in the form of a story including two possible solutions or outcomes. Remember to refer to experiences related to social support networks. Adding the responses of the participants in the chatbot will awaken a diverse intelligence to resolve the situation you pose and help other people. We will find different answers depending on the perspective of each participant but each and every one will be equally interesting.

Here is an example to guide you with the format that will appear in the chatbot (maximum length of 300 characters):

"Durant el confinament pel Covid, la meva filla preadolescent va tenir molts alt i baixos emocionals. Algunes nits plorava cridant que no aguantava més la situació d'aïllament.
Però quan va acabar el confinament no volia sortir de casa.
Tu què faries?"

A: "Trucar a les seves amigues perquè l'animin a sortir".

B: "Demanar-li que surti amb mi a caminar cada dia".

Now it's your turn! In the following, we suggest you write yours own stories in the worksheets we have prepared. We will work on them together in the sessions and, at some point, we will ask you to send it to us at coactuem@ub.edu.

Find solutions together

Which is your group?
(M1, T1, M2 or T2)**?**

To which social environment does your story refer?
(environment 1 to 8, see pages 11-13):

What is the identifying word of your story? (it won't be visible in the chatbot)

Did you send it to coactuem@ub.edu**?**
☐ YES   ☐ NO

Name the protagonist of your story. It doesn't have to be real, you can invent it.

On the back page, you have space to make a sketch.

Describe the situation in first person and, if possible, in short sentences as they are best read on mobile phones. End the text with a clear question. Then imagine two possible outcomes of the situation described, based on your experience, the experience of other people close to you, or based on what you would have liked to have happened. We will help you finalize your story. Think that the final version of the experience should have a maximum length of 300 characters, i.e. 60 words.

Version 1:

Version 2 (300 characters max, i.e. about 60 words):

Find solutions together

Write short sentences. They are best read on mobile phones. We will help you edit your story.

Answer A (50 characters)

_____

_____

=================================

_____

Answer B (50 characters)

_____

_____

_____

Maybe you want to match the answer. You can close the story according to the answer received. (120 characters)

Text after answer A

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_____

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_____

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_____

_____

Text after answer B

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_____

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_____

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_____

Would you like to accompany the story with a drawing? Tell us how you imagine it or make a sketch.

What is the identifying word in your story? (will not be visible in chatbot)

_____