

The Effectiveness of Soothe Vision Well-being Tool on University Students' Mood

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Introduction: Mental health problems are serious and common amongst university/college students in recent years. And there is a lack of available well-being tools/intervention especially for students to use. "Soothe Vision" wellbeing tool designed based on Project Soothe images and Compassion Focused Therapy (CFT) is one of the possible alternatives to the traditional psychological resources, which was hoped to help enhance college students' emotional wellbeing.

Aims and Research Questions: We aim to examine the effectiveness of 'Soothe Vision' in improving university students' mood. We also aim to explore whether individual characteristics influence the effectiveness of the tool. Therefore, we aim to ask: (i) Will Soothe Vision wellbeing tool be more effective than merely viewing soothing images from Project Soothe in producing changes in participants' mood state? (ii) Will there be any relationship between participants' baseline levels of depression, anxiety, and personality traits and mood changes?

Methods: A battery of self-report measures was completed online by samples of Chinese students from university inside and outside China (N = 151).

Results: Results of ANOVAs showed that regardless of group, all participants were reduced in negative mood states (i.e. negative affect, depressive and anxious mood). Results of correlation and regression showed that Neuroticism seems to be strongly correlated and predictive with mood changes in negative affect.

Conclusion: It is beneficial and promising to use imagery-based tool/intervention to reduce negative emotion for young people.

Keywords: Project Soothe, soothing images/videos, neuroticism, mood change, web-based intervention, wellbeing tool.