

## **Effectiveness of an Internet-based Wellbeing Tool (Soothe Vision Videos) among Chinese University Students: A Pilot Study**

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**Introduction:** Studies have reported that university students, especially those in developing countries such as China, are in high demand of mental health services but the source is not accessible for them. Internet-based interventions, as an alternative for university students, are generally designed and used based on therapeutic principles. The Project Soothe, which collected soothing images around the world, aims to apply the theoretical principles of Compassion-focus Therapy (CFT) to help people soothe themselves with externally presented images. The Soothe Vision Videos (SVV) is an online wellbeing tool based on the soothing images with music, quotes and slideshow effect.

**Aims and Research Questions:** This study was a pilot study conducted online among Chinese university students to explore the effectiveness of the wellbeing tool named Soothe Vision Videos. Changes of mood state were measured before and after the intervention to see if there was an increase of positive moods and a reduction of negative moods. Control group in which who only passively viewing soothing images (PSI) was set to contrast. We predicted that participants in both two groups would experience an increase of positive moods and a decrease of negative moods, and the mood changes in SVV group would be greater than the PSI group. To be exploratory, the baseline depression, anxiety and loneliness level would be predictors for the mood changes.

**Method:** The study was conducted online through Qualtrics. Participants consented to join the study were randomized into the SVV group (n= 76) and the PSI group (n= 75). They were assessed with baseline measurements and pre-intervention measurements before taking the interventions. The SVV group were shown 6 videos while the PSI group were shown only the images. Then they completed the post-intervention measurements and feedback survey.

**Results:** Results of ANOVA indicated that both two groups experience an increase of serenity affect and a reduction of negative affect, anxious and depressive mood, which is consistent with the hypotheses. Only the positive affect of two groups reduced which was contradictory to the hypotheses. The secondary result suggested that there was no group effect for the mood changes, which means the mood changes of SVV group were not different from the PSI group. The exploratory findings revealed that the baseline depression was correlated with changes of serenity mood and depressive mood, while the baseline anxiety was correlated with changes of serenity mood and anxious mood. The multiple linear regression model showed that baseline depression level was the only predictor for changes of depressive mood, while the baseline anxiety was the predictor for changes of anxious mood and serenity mood.