PROBLEM SUSTAINING INTERACTION PATTERNS IN ADOLESCENCE
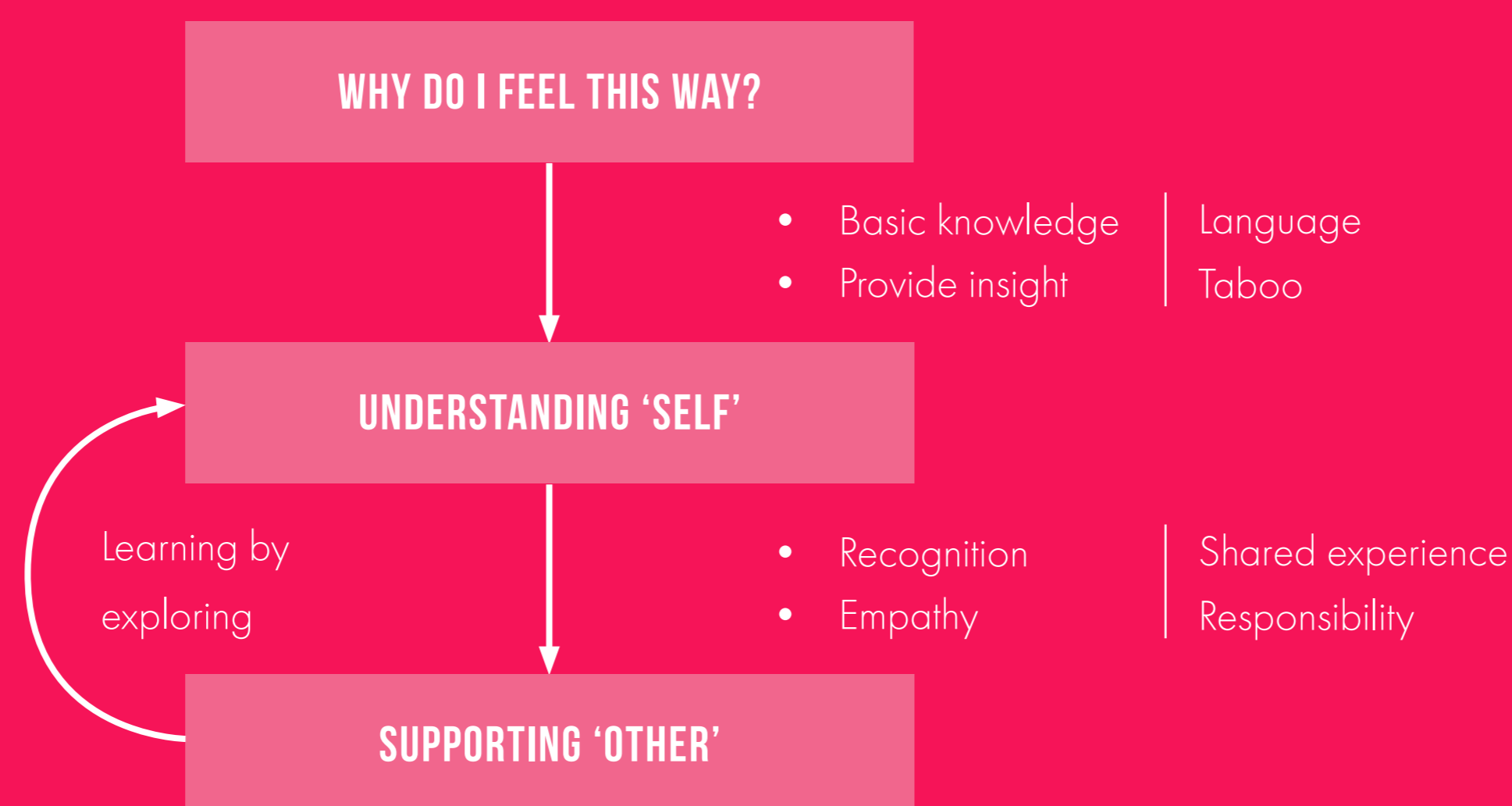
Design to support healthy mental development of adolescents from a holistic perspective

PSI-pattern approach

In contrast to the DSM-V, which describes psychiatric disorders from only a psychological perspective, the concept of PSI-patterns takes into account the system as a whole. It incorporates interactions within the individual, but also those between people and their environment. All relevant factors (biological, neurological, cognitive, social, cultural etc.) that influence the development and continuation of problems caused by mental health are considered. Instead of looking at psychiatric disorders as entities that people suffer from, the concept of PSI-patterns emphasizes understanding the mechanisms behind it.

"I want to teach adolescents when they are struggling with themselves to understand their feelings by recognising them in others."

WHY DO I FEEL THIS WAY?

- Basic knowledge · Language
- Provide insight · Taboo

UNDERSTANDING 'SELF'

Learning by exploring

- Recognition · Shared experience
- Empathy · Responsibility

SUPPORTING 'OTHER'

The Bumpy Road podcast

The Bumpy Road is a podcast in which adolescents share personal stories about difficult times in their lives. It helps adolescents to understand and normalise their feelings by recognizing the problematic patterns of the story tellers and teaches them how to support their struggling peers. Adolescents develop quickly and experience big changes physically, socially and psychologically. In addition to this, their lives are high in stimuli, there is a taboo around talking about mental health and society turns a blind eye. Adolescents lack basic knowledge and the language to talk about these struggles and feel weird or alone in their experience. In 20-minute podcasts, the stories are unravelled in one-to-one interview settings with a pattern expert. The expert asks clarifying questions and operationalises the story, giving advice so listeners can use it in their own lives.

The Bumpy Road platform

The podcast is hosted on a digital platform. Users can listen to episodes and share them with their friends. They can make a wish list for episodes to listen to in the future, see which podcasts their friends listened to and give recommendations. Every podcast comes with tags. These tags comprise patterns that are discussed in the podcast and link users to other stories with comparable patterns. Links to extra inspiration, information and help that corresponds with the content of the podcast can be found in the episode details.