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MODEration strategies of SCREEN abuse for Generation Y(outh)

Project activity: IO2/A3 Pilots

Leader of IO: Emphasys Centre

The consortium

	CIVIC COMPUTING LIMITED (UK – P1) **Coordinator**
	Stowarzyszenie Instytut Nowych Technologii (Poland – P2)
	The Nottingham Trent University (UK – P3)
	Crystal Clear Soft (Greece - P4)
	VsI Pasaulio pilieciu akademija (Lithuania - P5)
	Emphasys Centre (Cyprus – P6)
	Asociatia Direct (Romania - P7)

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INTRODUCTION

The in SCREEN MODE project aims raise awareness by empowering young people (16-25 years old) to effectively deal with excessive use of the Internet or screen abuse and educating them by proposing appropriate actions for reducing their screen time and advancing and promoting instead of passive, interactive and interpersonal offline and online entertainment and e-communication.

A large number of research evidence indicates that Internet Addiction (IA) is a serious condition. For young people, excessive Internet use is often linked with several negative aspects, such as withdrawal from offline activities, social isolation, escape from reality, higher exposure to online risks (i.e. sexually explicit material, cyber-bullying, sexual solicitation, etc.), higher incidence of substance use, poor emotional well-being, and decreased academic performance in adolescents, problems in their social development, physical health, ambition and goal setting, which, finally, affect their employability and citizenship.

Between M18 and M23 of the lifespan of the project, each partner did their pilot testing – Validation workshops, in their countries to assess whether the project outcomes were able to answer young people's needs with regards to Internet withdrawal and youth educators' competences on the issue.

The piloting tests were done to validate the following:
- Personalised Withdrawal Plans
- Supporting Content
- Content delivery environment
- Facilitating tools (Internet Addiction Genie, Learning Motivation Environment)

The results were evaluated at the level of:
- Project partners
- Young learners
- Youth educators

Partner	Country	No of Participants
CIVIC	United Kingdom	19
NTU	Poland	19
CCS	Greece	10
GCA	Lithuania	20
Emphasys	Cyprus	20
AD	Romania	20

Summary Evaluation of P1 – CIVIC Computing Ltd

In the case of UK, P1 CIVIC Computing Ltd arranged a training in July 2019 with 19 participants and 1 trainer. Regarding the training the feedback was mainly positive, specifically the clarity of the content, the length of the session and the relevance of the genie to raise awareness. A small number however (6%) said it was average, but mentioned that the training could have been shorter with more emphasis to the end product, the genie. On how to improve the training, among the suggestions were to offer face-to-face sessions and make the length of the session a bit shorter. The partner, on a personal note, added that the session was one hour long and would be difficult to shorten it even more.

Regarding the platform, all participants feedback was positive when asked about the design and structure of it. All mentioned it being simple and easy to navigate, and the colours were vibrant and well suited for the subject. Concerning the content, almost all participants were positive about it as they found it well-structured and easy to follow. One participant, however, mentioned that the course is quite long and others might find it overwhelming. The feedback from the partner in this case was that the user can use the genie in stages and can take as long as they need until they achieve their desired result. The aim of the genie is not for users to complete the course, it is for them to reduce their time online.

The last point was important feedback towards the project as there might be a need to restructure the platform, so only a certain number of actions appear at a time. Amongst the suggestions for improvement, was the fact that the confirmation email took very long to be sent. This issue has now been resolved.

As far as the content of the actions, the overall feedback was positive and a small percentage said it was too long.

To conclude, the evaluation for the UK was positive overall. There were no real issues identified, but there is some room for improvement and in particular around the amount of content. The most positive feedback was the look and feel of the users experience on the platform and the purpose of the Genie and the feedback that stood out was the Interesting facts section.

Summary Evaluation of P2 – Stowarzyszenie Instytut Nowych Technologii

In the case of Poland, P2 INT arranged their pilot testing in June 2019 with 19 participants and 8 trainers. The training overall was interesting for both young people and trainers/educators. They found the tool very useful for their activities and mentioned that an improvement was needed, but they thought that the test survey and advice should have been given at the beginning of the workshop.

Regarding the Genie platform, the participants had some suggestions for the overall content. Some suggestions were that 1 question should focus on 1 topic and not 2. Another comment was that questions should be more concrete and also adding examples of bad behaviour to better understand the problem so as to better resolve it in the individuals' situation. Also, there wasn't an option to begin the survey, leave it and go back to the point that the survey was at.

The default language of the Genie is English, but when Polish is chosen and the participant goes back to the page after a break or to resume the survey, English reappears. Another point of improvement was that the telephones to the medical advice should be more visible.

In regard to the personalised actions, the participants remarked that there was too much content and not enough graphics. They recommended making the actions more user-friendly and adding more graphics (photos, videos) to enhance the experience. Another comment was that there wasn't enough advise and content regarding the pornography section.

To sum up, no real issues were identified, but there is definitely room for improvement for the overall of the training, platform and actions.

SUMMARY EVALUATION OF P4 – CRYSTAL CLEAR SOFT (CCS)

In the Case of Greece, P4 CCS Education arranged their pilot testing in June 2019 with 10 participants and 2 trainers. Regarding the training sessions, the participants feedback was very positive overall. The impact of the training was very positive as all participants mentioned that after the sessions, they were aware of the actions they have to follow to achieve a healthy relationship with the internet, which is the projects' ultimate aim.

All in all, the training in Greece went very well as the trainees were very happy with their trainers, the facilities of the partner and also some mentioned their excitement to further participate in future training. Amongst the participants suggestions, one participant mentioned he would prefer face-to-face trainings, while another mentioned they wished for a longer training with more discussion about internet addiction.

In regards to the platform, the overall feedback was positive. Its structure and design are easy to navigate and visually pleasant. 2 participants however, found the Genie platforms' clarity and friendliness adequate and 2 participants (possibly the same) found it confusing and overwhelming to use. Towards the end of the training, the participants expressed their interest and enthusiasm about the platform. Some even felt confident to discuss about their own problems and how the platform could help.

Regarding the actions, 3 participants mentioned that they liked the diversity of the actions and categories, as it gives complete suggestions. One participant mentioned they would prefer more content on social media and another on online gaming. Other than that, all other feedback was positive.

To sum up, the sessions received very positive feedback. No particular issues were detected with regards to the training, platform or actions. Certain areas were identified for improvement and suggestions were made by the trainees.

Summary Evaluation of P5 – VsI Pasaulio pilieciu akademija

In the case of Lithuania, P5 GCA arranged their pilot testing in June 2019 with 20 participants and 2 trainers. In regards to feedback, it was difficult to obtain as the participants were very young and their attention span short, so the reflection of the activity was not filling in forms but a conversation at the end of the session.

Regarding the training, it lasted 1 hour and all participants had their own computer, so we can assume that the venue was fully equipped and suitable for the testing.

With regards to the platform, the participants were happy with the Genie – the structure and the design of the tool. The audience particularly enjoyed the colours and images on the platform. The only comment received for improvement was regarding the language. While using the platform the language switches from English to Lithuanian.

As far as the content of the actions, the general feedback was that it was overall positive as the participants mentioned they found the actions useful and interesting. They all agreed that they would recommend it to a friend and that it was a useful way to measure their personal level of addiction to the internet and screen. However, some participants mentioned that they would not use it again as they saw it as a one-time activity.

To sum up, the training went very well, no issues were identified besides the small language matter which was resolved as soon as the responsible partner was notified. The Genie was evaluated as an easy to use and useful platform, but some participants saw it as a one-time activity.

Summary Evaluation of P6 – Emphasys Centre

In the case of Cyprus, P6 Emphasys Centre arranged their pilot testing in June 2019 with 20 participants and 1 trainer. In regards to the training session almost all participants replied that they were very happy with the communication between them and the trainer and that they were very happy with the new people they had met on the day. Regarding the facilities, all participants were very happy as each one had their own laptop to complete the test and lastly about the impact, most of them agreed that it helped them realise that they were spending a lot of time on online activities.

Concerning the platform, the participants found the platform clear and easy to navigate. There was one suggestion that recommended having less questions so as to not lose interest quickly. The visual presentation of the platform, the composition of colours and design elements received all around positive feedback. As for its content, almost all participants agreed that it was a very useful tool to measure how much screen time is used.

Regarding the actions, the overall feedback was that the actions were clear and all sub-groups were clearly presented and the structure was helpful and appropriate. The theory behind (the phycological aspect) behind the excessive use of the internet was interesting amongst the older participants. The most commented section was the further reading part which the participants found very interesting.

To sum up, the training in Cyprus went very well. All participants showed an interest to participate in further trainings at Emphasys Centre and the group that had formed got along very well. The Genie was proven as a useful tool to use and easy to be used by anyone. The only comment received from some participants was the length of some texts in the actions.

SUMMARY EVALUATION OF P7 – ASOCIATIA DIRECT

In the case of Romania, P5 Asociatia Direct arranged their pilot testing in July 2019 with 20 participants and 1 trainer. Regarding the training session, in terms of the organisation of the session, the logistics and the interaction between the instructor and the participants, the feedback received was very positive.

When testing the platform, the general feel was that the participants were very happy with the Genie, mentioning how easy it was to use. They also mentioned that the design and structure of the Genie were clear. In addition, the genie was proven a very useful tool to make people realise how much time they spend online. The feedback received on how to cope with negative urges was positive.

As for the personalised actions the participants found the actions useful and interesting and that some actions would help them reduce their time spent online and that they would recommend the tool to their friends.

To conclude, the testing in Romania went very well with no suggestions for improvement and positive feedback from all the participants.

CONCLUSION

The overall feedback from all countries was very positive. The training sessions ran smoothly amongst the partnership, all venues were well equipped and the trainers were well prepared.

The Validation Workshops have proven that the Genie is a useful tool, even if the end result is allowing people to understand that they spend an unhealthy amount of time online. The feedback on the GENIE as a tool is that it is easy to use, and the platform in general is visually pleasant and the colours and design are appropriate and work well for the target audience.

The only comments received, by a small number of participants, regarding the content was that some people might find the amount of the content a bit overwhelming. The last point was important feedback towards the project as there might be a need to restructure the platform, so only a certain number of actions appear at a time or we may decide as a consortium to reduce the amount of actions or text per action. The other technical issue faced by some partners was the switch between English and other languages, which was resolved as soon as it was reported.

Overall, with regards to the specific actions, the general positive feedback, validates that the actions the consortium have created, are relevant to all types of users, thus being possible to expand to other target groups.

All in all, the training was an effective way to ensure that the Genie is in a very good phase and it is useful and appropriate for our target audience. The most positive feedback was the look and feel of the users experience on the platform and the purpose of the Genie. The Genie received very positive feedback and its potential to help young people to obtain a healthy relationship with the internet and screen abuse.

ANNEXES

1. CIVIC-Pilot-In-Screen-Mode_IO2.A3Final.docx -
   https://ap.adminproject.eu/files/index/getFile/1457/134600
2. PL In Screen Mode_IO2.A3_SummaryReportForComparative.docx -
   https://ap.adminproject.eu/files/index/getFile/1457/136663
3. CCS-Pilot-InScreenMode_IO2.A3_Final.pdf -
   https://ap.adminproject.eu/files/index/getFile/1457/139946
4. In Screen Mode_IO2.A3_SummaryReportForComparative_LT.docx -
   https://ap.adminproject.eu/files/index/getFile/1457/133680
5. In Screen Mode_IO2.A3_EvaluationReport_Emphasys_PART_A.doc -
   https://ap.adminproject.eu/files/index/getFile/1457/137269
   In Screen Mode_IO2.A3_EvaluationReport_Emphasys_PART_B.docx -
   https://ap.adminproject.eu/files/index/getFile/1457/138145
6. AD RO-Pilot-In-Screen-Mode_IO2.A3.pdf -
   https://ap.adminproject.eu/files/index/getFile/1457/135026