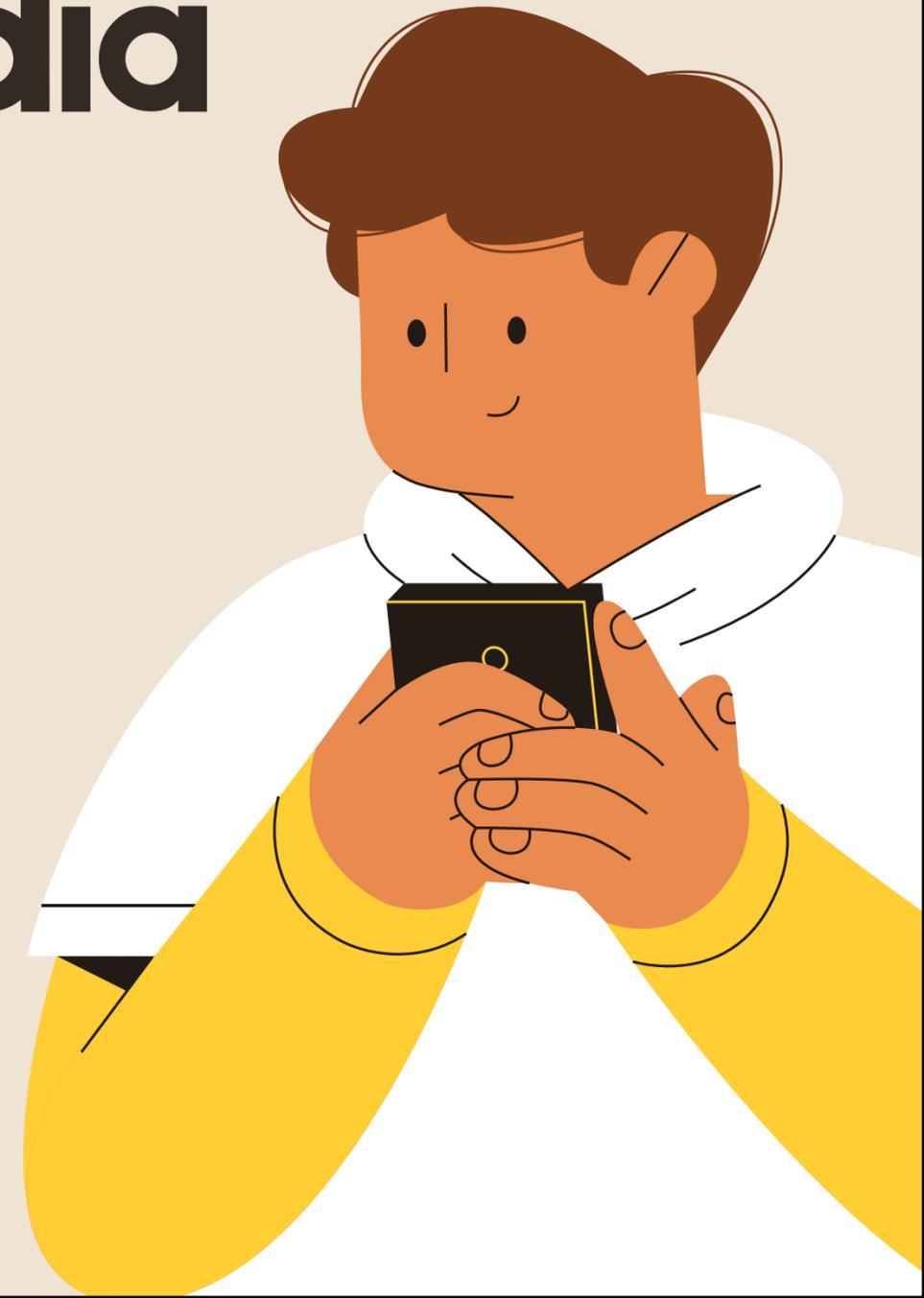


Alyson Davis
Texas A&M University
Biomedical Sciences '27
alydav1130@tamu.edu

Evaluating a Social Media and Mental Health Intervention for Adolescents



About Me!

I am a first-generation Aggie from Prosper, Texas. Currently, I am a junior Biomedical Sciences major on the Pre-Physician Assistant track at Texas A&M University. Throughout my college experience, I have served as President of a dermatology-focused student organization, worked as a Fish Camp counselor, and an active member of two women's organizations grounded in service and leadership. These experiences have strengthened my ability to guide teams and connect with diverse individuals, while shaping me into a compassionate individual committed to uplifting those around me.



Internship Details



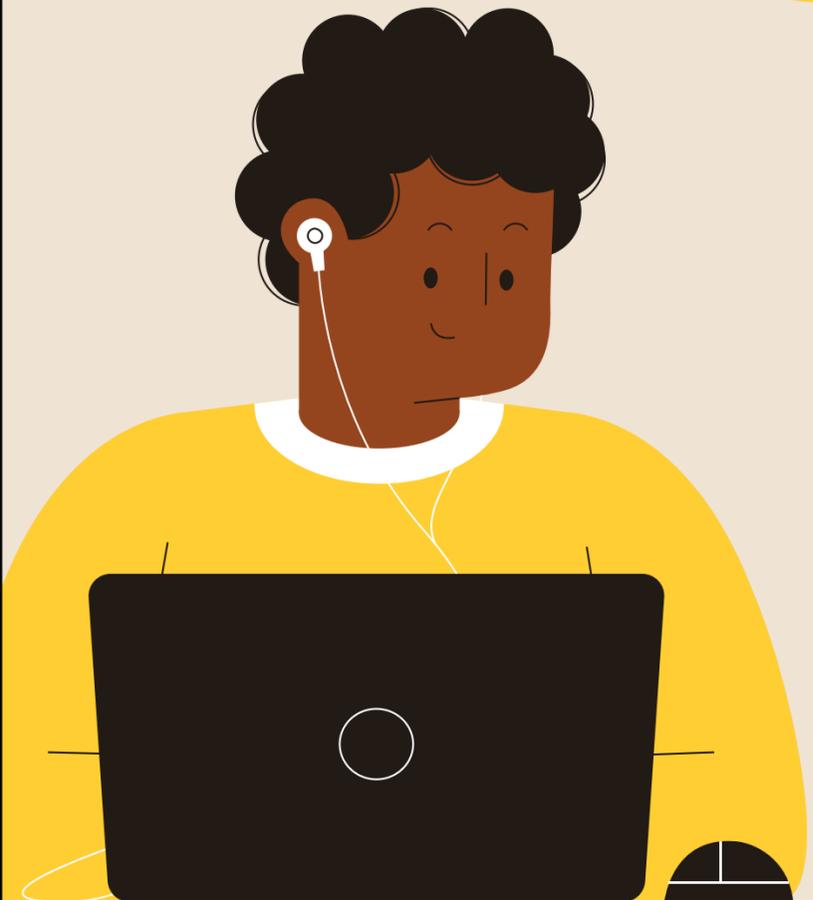
**Location: Bryan-
College Station,
Texas**



**Organization: Texas
A&M University
AgriLife Research**



**Supervisor: Louana Paddock, Ph.D.
Project SMART Research Coordinator**





SMART Club

International Leadership of Texas, College Station K-8. Students, a part of the Texas A&M applied research project funded by the National Institute of Health.

Over 6 weeks, students engaged in hands on activities, partner discussions, and powerful reflections that deepened their understanding of the digital world.

Exploration of how social media and mental health can influence each other, helping students reflect on how feelings can shape their social media use, and how their experiences online may affect their mood, self image, or stress levels.



Week 3: Understanding Social Media's Role in Our Lives

Seating:

Each student will be paired with another student. Do your best to make it random

Objective:

-

Materials Needed:

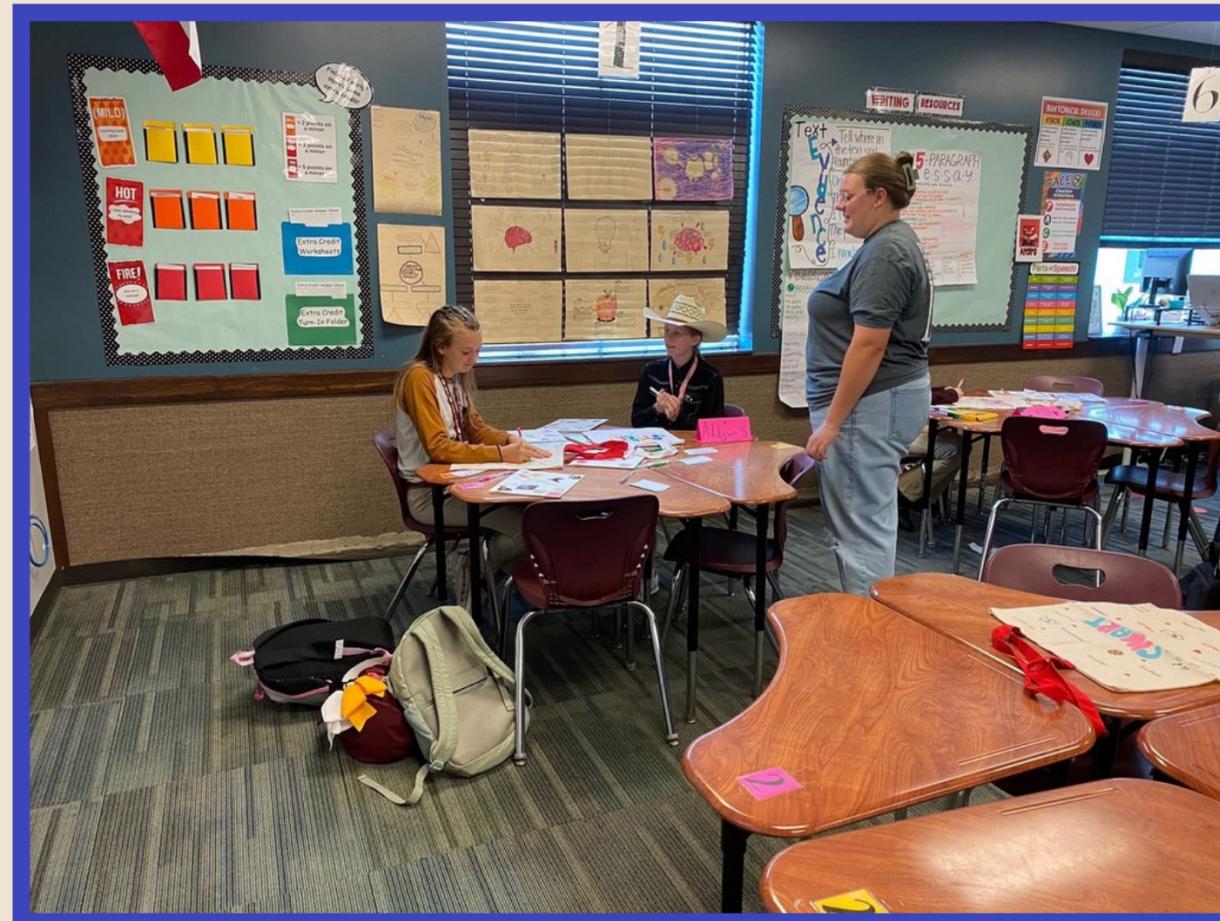
- Folder for each student
- Example SM Map for reference
- Sticky notes or index cards from previous week used
- Pens/pencils
- Printed copies of a SM Map Template
- Timer or clock

Lesson Outline:

1. Recap our Poll from Last Week: Why Do You Want Increased Time? (7 minutes)

Script:

"Welcome back! Today, we'll reflect on our technology and social media use. Let's start by pulling out last week's notecard. Last week, you discussed with your partner why you put those two numbers down. This time, I want you to flip the note card and write down two of the reasons why you said you want to spend more or less time on social media. Take 5 minutes to discuss, then write this down. We will then move on to our next activity."



Data



SMART CLUB STUDENT FEEDBACK FORM

Thank you for being part of SMART Club! Please take a moment to share your feedback so we can keep improving the program. Your answers really help us!

SECTION 1 - CLUB EXPERIENCE

1. How would you rate how much you liked SMART Club

1	2	3	4	5
Not fun at all	Kind of boring	Fine	It was fun	Super fun!

2. Was the material interesting to you?

1	2	3	4	5
No, not at all		Kind of	Yes	Yes, very!

3. After being in the club, do you think more about: (Check all that apply)

How social media makes me feel

How to treat others online

What I post and share

SECTION 2 - YOUR OPINION

4. Did SMART Club help you think differently about social media?

Circle One Yes No Not sure

Can you give an example?
I dont know is it did or didn't

5. What's one thing you learned that you think all middle schoolers should know about social media?
It can be dangerous

6. What is something surprising you learned about social media?
how bad it is

7. What I liked about club the MOST was the environment

8. One thing I would CHANGE about club to make it better is
More days

"It made me realize how many bad and mean people are out there on the interwebs."

"I usually didnt care what I watched but now if something is bad I just skip it."

Comfort Sharing Thoughts			
Numerical Rating (1-5)	Response Description	Frequency	Percentage (Frequency/Total Number of Participants)
5	Strongly Agree	4	36.40%
4	Agree	2	18.20%
3	Neutral	2	18.20%
2	Disagree	1	9.10%
1	Strongly Disagree	2	18.20%

Dealing with Cyberbullying			
Numerical Rating (1-5)	Response Description	Frequency	Percentage (Frequency/Total Number of Participants)
5	Strongly Agree	6	54.50%
4	Agree	3	27.30%
3	Neutral	2	18.20%
2	Disagree	0	0.00%
1	Strongly Disagree	0	0.00%

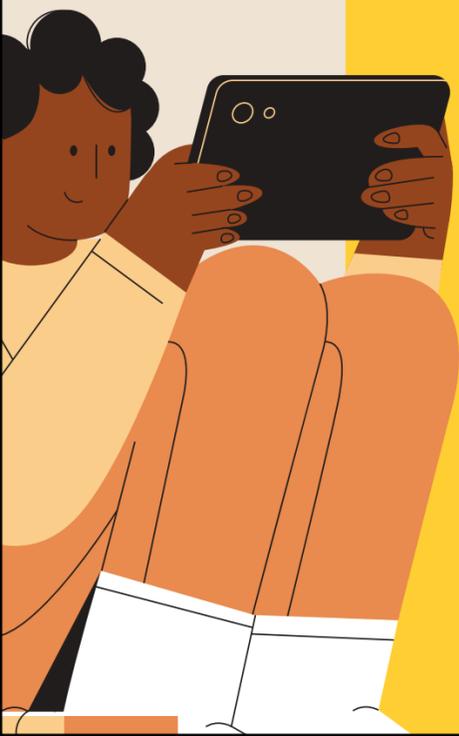
Expanding Access			
Numerical Rating (1-5)	Response Description	Frequency	Percentage (Frequency/Total Number of Participants)
5	Strongly Agree	9	81.80%
4	Agree	1	9.10%
3	Neutral	1	9.10%
2	Disagree	0	0.00%
1	Strongly Disagree	0	0.00%

Professional and Personal Changes

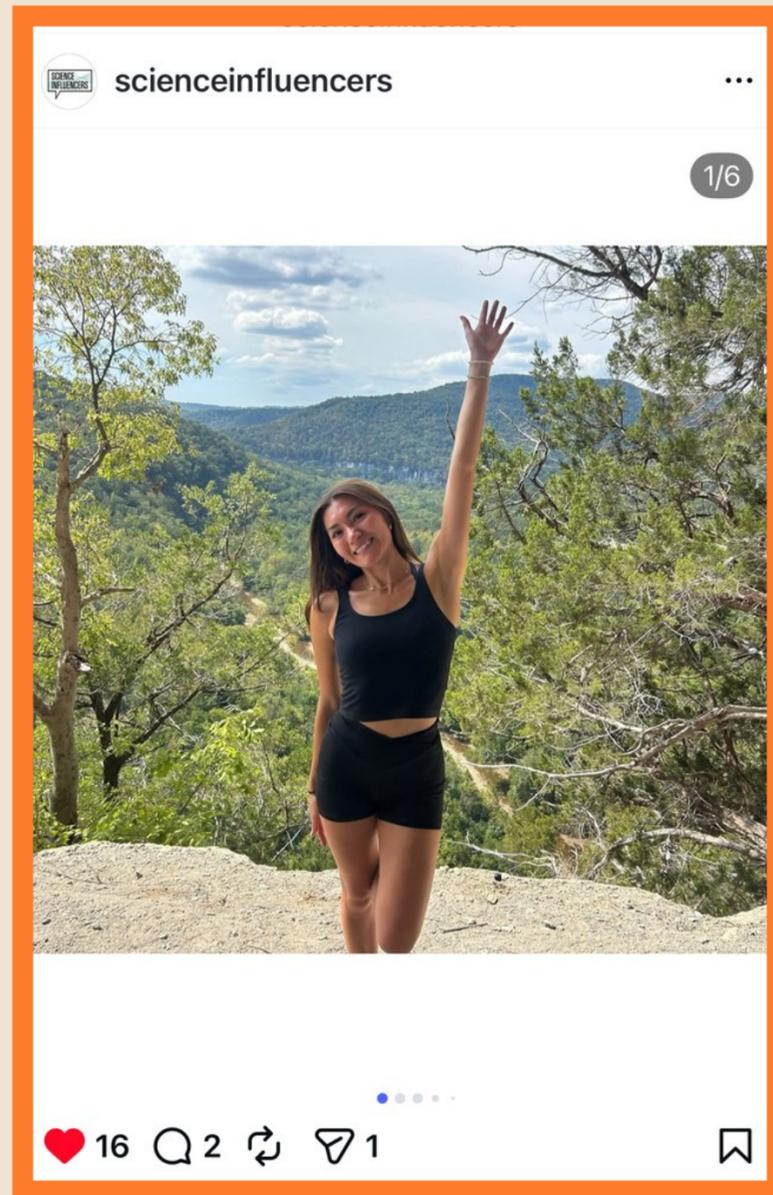


- Science Communication
- Public Speaking
- Leadership
- Education

- Awareness of personal digital use
- Confidence in discussing mental health openly and constructively
- Developed healthier coping strategies when feeling stressed or overwhelmed.
- Digital Boundaries



Science Communication



USING SOCIAL MEDIA TO BOOST NOT BREAK YOU

HERE'S SOME QUICK TIPS FOR USING SOCIAL MEDIA IN A HEALTHY WAY FOR BOTH YOU AND YOUR TEENS!

- 01 POST REAL MOMENTS, NOT PERFECT ONES.**
Share the real stuff. The good, the messy, the honest. Post what actually makes you happy, not what you think you should.
- 02 SCHEDULE "SCROLL-FREE ZONES."**
Pick one part of your day like mornings, meals, or bedtime, that's screen-free. This helps reduce overstimulation and improves focus and sleep.
- 03 GET CONNECTED OUTSIDE YOUR SCREEN.**
Get outside, call a friend, do something that fills you up. Spend time with people who make you feel good — offline.

PROJECT SMART

Tips I've Learned as a Science Influencer

-  Keep your message clear and focused
-  Make science relatable — connect it to real life
-  Use visuals and storytelling to spark interest
-  Collaborate and listen to your audience
-  Balance research with creativity
-  Promote positive digital and mental health habits



Relation to Healthcare and the Physician Assistant Career Path

- Working with all types of age groups
- Enhances communication skills through discussion, reflection, and supportive dialogue
- Consideration of the psychological and social factors that influence a patient's well-being, and not only diagnosing and treating physical conditions
- Help individuals understand the connection between emotions and behaviors
- Build trust through active listening



THANK YOU!

Acknowledgements: Thank you to the Science Influencers Program and Dr. Holli Leggette, Gary Wingenbach, and Barbara Gastel. Thank you to Louana Paddock, Dr. Jun Wang, and the Project SMART Team.

My experiences through this internship have provided me with valuable insights into the digital world. I enjoyed my contribution to something meaningful.