

CENTRE FOR MENTAL HEALTH

Seminar

The University of Melbourne



MELBOURNE SCHOOL OF
**POPULATION
& GLOBAL
HEALTH**

Digital interventions as part of community services to promote belonging and mental health – a realist evaluation

Presenter: Laerke Andersen

**Thursday 31st October 12.30pm-1.30pm
Room 410, Level 4, 207 Bouverie Street**



Growing attention has turned toward the detrimental effects of loneliness and social isolation in regard to mental and physical health. New technological developments allowing people digital ways to connect and maintain social relationships represent novel methods of growing interest within community services and mental health targeted interventions. However, not all social relationships boost mental health, and some can be harmful. Online social networks can foster a sense of belonging but introduce a risk of cyberostracism (being excluded or ignored online). This seminar presents preliminary findings from a realist evaluation of an online intervention used as part of community service in a Danish municipality to support social connections within the general population. The evaluation sought to answer the questions of how, to whom and under which circumstances this type of intervention worked to promote belonging and mental health.

Laerke Mai Bonde Andersen is a PhD-student from Department of Health Science and Technology at Aalborg University in Denmark. She has a Master in Sociology from Aalborg University specialising in health and illness. Laerke's PhD focuses on strengthening the theoretical basis to inform interventions designed to promote belonging and mental health. Laerke is currently visiting Centre for Mental Health as part of her PhD study.

These seminars are free. Visitors are welcome to attend.
For more information contact the Centre for Mental Health +61 3 8344 0908