

Evaluating Australian adolescent mental health websites using the Site Evaluation and Assessment Tool

What mental health material is available for adolescents online?



Adolescence



The internet

S.E.A.T.	
Site name	<input type="text"/>
Web address	<input type="text"/>
Date accessed	<input type="text"/>
Affiliation	<input type="text"/>
Location - Town	<input type="text"/>
Size	<input type="radio"/> 01-05 pgs <input type="radio"/> 11- <input type="radio"/> 06-10 pgs <input type="radio"/> 16-
Content Resource	
Resource	<input type="radio"/> No <input type="radio"/> Intervention

The research



What is
Beauty?

CONFIDENCE
WHO WANTS

TRISORY

esteem

CONTENT

FALSE?

Exaggeration

Pathetic

EGG

Self-worth

look
no one

LET

HIDDEN

WHO AM I?

REAL? I?

Many adolescents need help...



(Kessler, Avenevoli, & Merikangas, 2001)

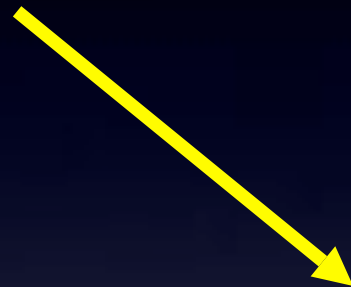
...few receive it.



(Sawyer et al., 2000; Sheffield, Fiorenza & Sofronoff, 2004)



Adolescence



The internet

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The research

Adolescents use the internet at higher rates than any other age



(Australian Bureau of Statistics, 2006)

Key aspects of the psychology of the internet



(Joinson, 2001; Sassenburg, Boos & Rabung, 2005)



(Amichai-Hamburger & Furnham, 2007)

Adolescents seek health information online

A young woman with dark hair, wearing a patterned scarf and a brown jacket, is looking intently at a computer monitor. She is sitting at a yellow desk. In the background, another person is visible, also working at a desk, but they are out of focus. The setting appears to be a classroom or a computer lab.

(Borzekowski & Rickert, 2001; Gould et al., 2002; Gray et al., 2005; Lewis, 2006)



Adolescence



The internet



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Content Resource	
Resource	<input type="radio"/> No <input type="radio"/> Intervention

The research

Assessing consumer health information

The DISCERN Handbook

Quality criteria for
consumer health information
on treatment choices

Section 1

IS THE PUBLICATION RELIABLE?

1 Are the aims

No

1

HINT Look for a clear

- what it is about
- what it is meant to do
- who might find it useful

If the answer to Question 1 is 'No', then the publication is not reliable and you should not use it.

Section 2

HOW GOOD IS THE QUALITY OF INFORMATION ON TREATMENT CHOICES?

N.B. The questions apply to the *publication*. Self-criticism is not the aim of this section.

9 Does it describe

No

1

HINT Look for a description of the effect.

Section 3

OVERALL RATING OF THE PUBLICATION

16 Based on the answers to all of the above questions, rate the overall quality of the publication as a source of information about treatment choices

Low
*Serious or
extensive
shortcomings*

1

2

Moderate
*Potentially
important
but not serious
shortcomings*

3

4

High
*Minimal
shortcomings*

5

Development of the Site Evaluation & Assessment Tool (SEAT)

S.E.A.T.	
Site name	
Web address	
Date accessed	
Affiliation	
Location - Town	
Size	<input type="radio"/> 01-05 pgs <input type="radio"/> 11- <input type="radio"/> 06-10 pgs <input type="radio"/> 16-
Content Resource	
Resource	<input type="radio"/> No <input type="radio"/> Yes
Intervention	

S.E.A.T.

Site details

Site name:
 Web address: (Leave blank if not specified)
 Date accessed: Age (years): ☐ 05-10 ☐ 11-15 ☐ 16-20 ☐ 21-25 ☐ 26+
 Affiliation:
 Location - Town: Location - State:
 Approx. size: ☐ 01-05 pop ☐ 11-20 pop ☐ 21-40 pop ☐ 50+ pop
☐ 06-10 pop ☐ 21-30 pop ☐ 41-50 pop

1. Content Resources

Resource: ☐ No ☐ Yes ☐ Intervention ☐ No ☐ Yes ☐ Other ☐ No ☐ Yes ☐ Unknown/ unspecified ☐ No ☐ Yes
 Notes:

Site Content

2. Forum
 Treatment: ☐ No ☐ Yes ☐ Prevention ☐ No ☐ Yes ☐ Support ☐ No ☐ Yes ☐ Information only ☐ No ☐ Yes ☐ Other/ unspecified ☐ No ☐ Yes
 Notes:

3. Disorders
 Mood: ☐ No ☐ Yes ☐ Anxiety ☐ No ☐ Yes ☐ Other ☐ No ☐ Yes
 Disorders:

4. Media
 Text: ☐ No ☐ Yes ☐ Still images ☐ No ☐ Yes ☐ Video ☐ No ☐ Yes
 Audio: ☐ No ☐ Yes ☐ Animation ☐ No ☐ Yes ☐ Other ☐ No ☐ Yes
 Media:

5. Interactivity: ☐ (1) Passive, (2) Interactive, (3) Combination
 Notes:

6. Automaticity (only if forum "Information" is 0, 1 above)
 Automated: ☐ No ☐ Yes ☐ Manual (disrupted) ☐ No ☐ Yes ☐ Manual (other) ☐ No ☐ Yes ☐ Other ☐ No ☐ Yes
 Automaticity:

7. Community
 Chatroom: ☐ No ☐ Yes ☐ Forum ☐ No ☐ Yes ☐ Physical F2F ☐ No ☐ Yes ☐ Email list ☐ No ☐ Yes ☐ Other ☐ No ☐ Yes
 Community:

S.E.A.T.

Quality Assessment

8. DISCERN (only if Yes or "Resource" in Q1 above)

Clear source? 1: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 Date authored? 2: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 Relevant? 3: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 Clear source? 4: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 Clear publication date? 5: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 Balanced? 6: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 Additional sources? 7: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 Refers to uncertainty? 8: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
Section 8: Reliability
 New work? 9: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 Treatment benefit? 10: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 Treatment risk? 11: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 No treatment? 12: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
 Involves summary: 13: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
Section 8: Overall Rating
 DISCERN Notes:

9. HealthDisite Accredited? ☐ No ☐ Yes

10. HONcode Accredited? ☐ No ☐ Yes

Accreditation Notes:

11. Subjective Rating (end of 8)

Summary comments: ☐ 0 ☐ 0.5 ☐ 1 ☐ 1.5 ☐ 2 ☐ 2.5 ☐ 3 ☐ 3.5 ☐ 4 ☐ 4.5 ☐ 5

Overall

Overall:

Site name			<u>Site details</u>	
Web address	http://		↓ Leave blank if not specified	
Date accessed	7/10/2007		Age (years)	<input type="checkbox"/> 06-10 <input type="checkbox"/> 11-15 <input type="checkbox"/> 16-20 <input type="checkbox"/> 21-25 <input type="checkbox"/> 26+
Affiliation				
Location - Town			Location - State	
Approx. Size	<input type="radio"/> 01-05 pgs <input type="radio"/> 11-20 pgs <input type="radio"/> 31-40 pgs <input type="radio"/> 50+ pgs <input type="radio"/> 06-10 pgs <input type="radio"/> 21-30 pgs <input type="radio"/> 41-50 pgs			

1. Content ResourceSite Content

Resource If No, ignore Q8	<input type="radio"/> No <input type="radio"/> Yes	Intervention If No, ignore Q6	<input type="radio"/> No <input type="radio"/> Yes	Other	<input type="radio"/> No <input type="radio"/> Yes	Unknown/ Unspecified	<input type="radio"/> No <input type="radio"/> Yes
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Notes: "Resource" = information and psycho-education; "Intervention" = tailored for assessed need OR only available after screening OR custom delivered by a therapist.

2. Focus

Treatment	<input type="radio"/> No <input type="radio"/> Yes	Prevention	<input type="radio"/> No <input type="radio"/> Yes	Support	<input type="radio"/> No <input type="radio"/> Yes	Information only	<input type="radio"/> No <input type="radio"/> Yes	Other/ Unspecified	<input type="radio"/> No <input type="radio"/> Yes
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Notes: Treatment = symptom reduction; Prevention = reduction in prevalence; Support = coping w/ symptoms

3. Disorders

Mood	<input type="radio"/> No <input type="radio"/> Yes	Anxiety	<input type="radio"/> No <input type="radio"/> Yes	Other	<input type="radio"/> No <input type="radio"/> Yes
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Disorders
Notes:

4. Media

Text ☐ No ☐ Yes

Still images ☐ No ☐ Yes

Video ☐ No ☐ Yes

Audio ☐ No ☐ Yes

Animation ☐ No ☐ Yes

Other ☐ No ☐ Yes

Media
Notes:

5. Interactivity

(1) Passive, (2) Interactive, (3) Combination

Notes:

6. Automaticity (only if Yes to “Intervention” in Q.1 above)

Automated ☐ No ☐ Yes

Manual
(therapist) ☐ No ☐ Yes

Manual
(other) ☐ No ☐ Yes

Other ☐ No ☐ Yes

Automaticity
Notes:

7. Community

Chatroom ☐ No ☐ Yes

Forum ☐ No ☐ Yes

Physical F2F ☐ No ☐ Yes

Email list ☐ No ☐ Yes

Other ☐ No ☐ Yes

Community
Notes:

8. DISCERN

(only if Yes to "Resource" in Q.1 above)

Clear aims? 1 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5Aims achieved? 2 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5Relevant? 3 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5Clear sources? 4 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5How works? 9 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5Treatment benefits? 10 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5Treatment risks? 11 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5No treatment? 12 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Intuitive summary. 16 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
☐ 1.5 ☐ 2.5 ☐ 3.5 ☐ 4.5

DISCERN Notes:

Quality AssessmentClear publication date? 5 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5Balanced? 6 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5Additional sources? 7 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5Refers to uncertainty? 8 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5**Section 1 - Reliability**Treatment & quality of life? 13 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5Multiple treatments? 14 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5Support shared decisions? 15 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5**Section 2 - Information Quality****Section 3 - Overall Rating**

9. HealthInsite Accredited?

☐ No ☐ Yes

- Only tick "Yes" if site is accredited or parent site (sharing same domain name) is accredited.

10. HONcode Accredited?

☐ No ☐ Yes

- Make comment in notes field if doesn't mention accreditation but is listed at HealthInsite.

Accreditation Notes:

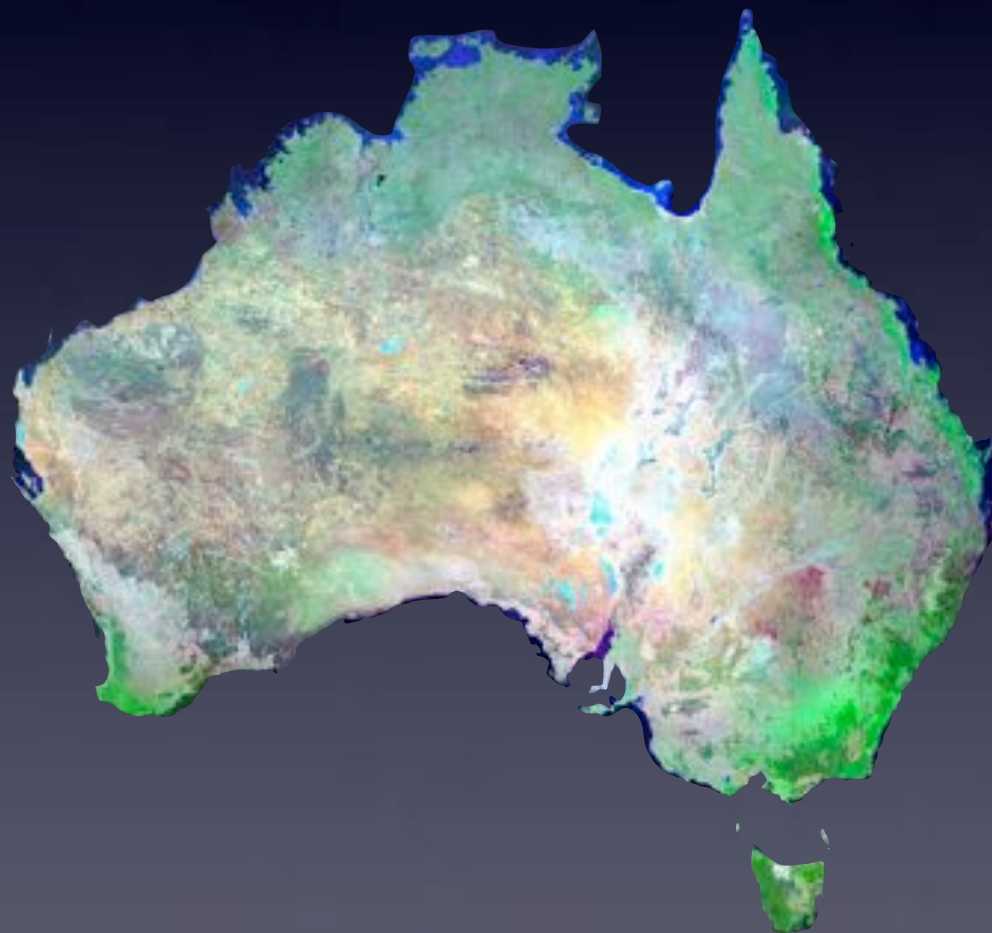
11. Subjective Rating (out of 5)

Overall

Summary comments:

☐ 0 ☐ 0.5 ☐ 1 ☐ 1.5 ☐ 2 ☐ 2.5 ☐ 3 ☐ 3.5 ☐ 4 ☐ 4.5 ☐ 5

Website criteria for inclusion in study



Reach Out! - Depression - types, causes and symptoms

http://www.reachout.com.au/d - Q- psychiatrist computer

What causes depression or a depressed mood?

Sometimes depression or a depressed mood may have no apparent cause and sometimes it may be caused by a number of factors. One theory is that...

Let it all out! Get it off your chest. Scream it from the rooftops.

More Stuff

- Fact Sheets
- Stories

Related links

- Beyond Blue
- Ybbblue
- Black Dog Institute
- MoodGym

Home | About depression & anxiety | How can I help? | Resources | Our Stories

About Ybbblue | Ybbblue crew | Supporters | Get involved | In the news | Events | Contact us

Resources

Related links

Home / Resources / Related links

Depression

[beyondblue](#)

This is the official site of beyondblue: the national depression initiative, the original Ybbblue. It includes information about depression, anxiety and related substance well as more information about the activities of beyondblue. There are also online a quick self-test to see if you have depression, more personal stories, a bulletin b...

itsallright.org

Jenna Brett

Links

If you need to speak to someone you can call the **SANE Helpline** 1800 709 627. It's free and confidential. Otherwise call **Lifeline** 13 11 14 available 24 hours a day 7 days a week.

A.I.C.A.F.M.A.
Mostly for workers this website promotes the mental health and families/carers.

Australian Drug Foundation
Stacks of information on alcohol and other drugs.

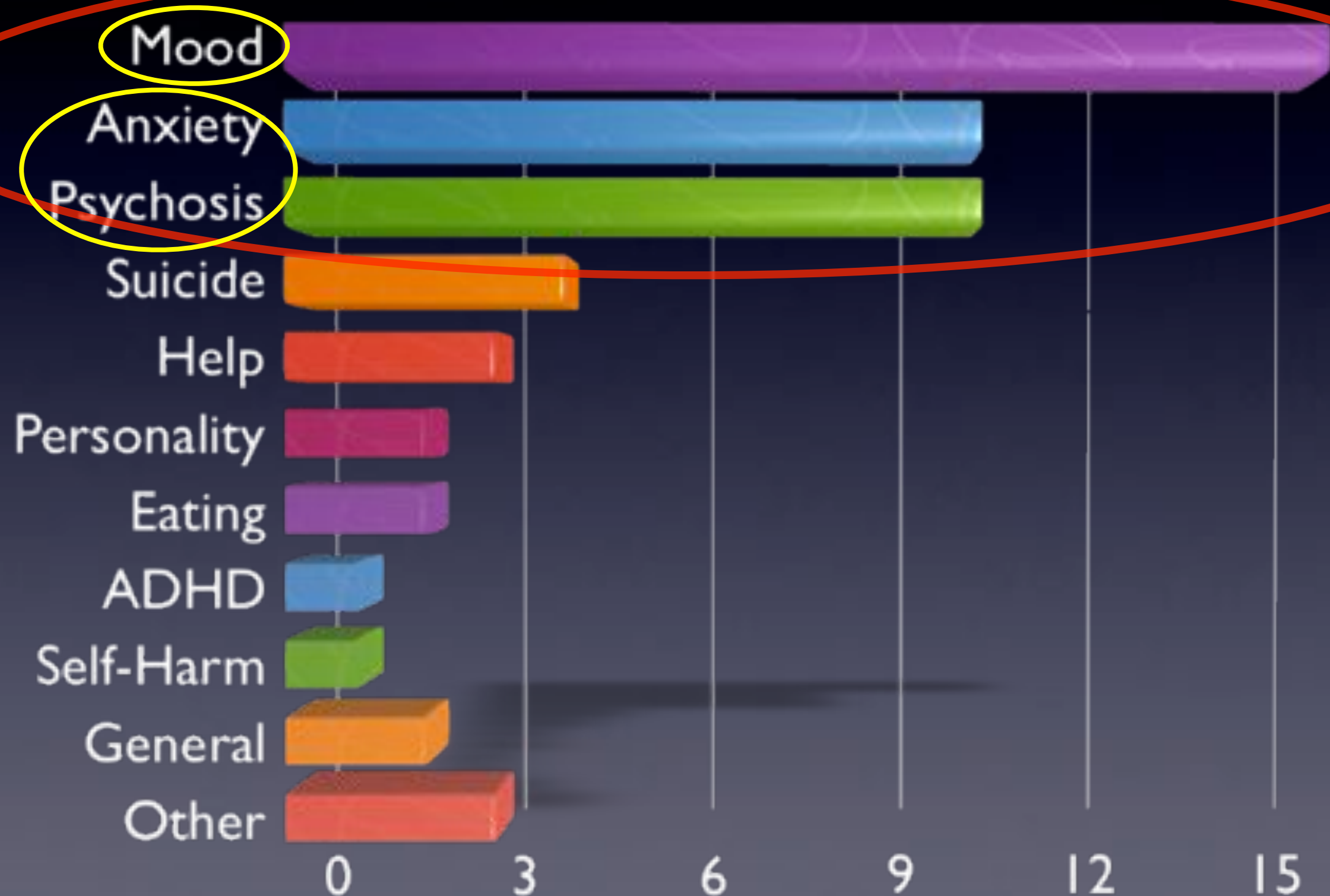
Australian Drug Information Network



What was found?



The disorders addressed by the sites



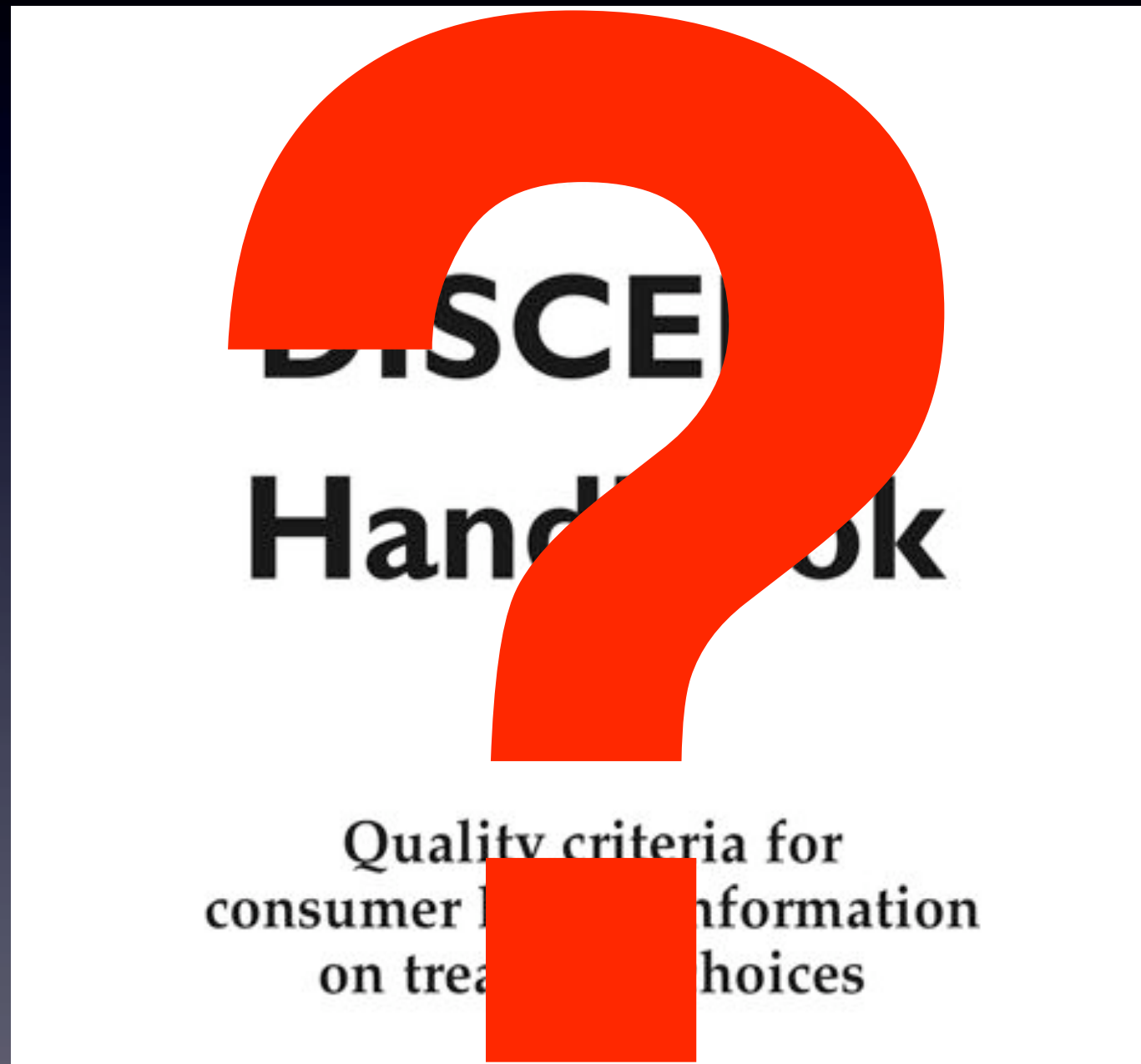
DISCERN Scores

Site	Section 1: Reliability	Section 2: Treatment Information	Section 3: Overall
CYH - Young Adult Health	3.88	-	4.0
CYH -Teen Health	3.38	-	3.0
DrLink	2.75	-	3.0
Embrace the Future - Youth	2.38	1.43	2.0
Headroom - “The Lounge”	3.50	-	3.0
itsallright	2.50	3.00	3.0
Kids Help Line	4.75	-	2.5
Make A Noise	1.75	-	1.5
Office of Youth Affairs	1.63	-	1.5
ORYGEN Youth Health	2.13	1.57	2.5
Pressurepoint Cyber Youth Clinic	1.43	1.57	1.5
ReachOut!	4.25	4.00	4.0
Reality Check	3.25	-	3.5
Suicide Prevention: Youth & Teen	1.88	1.71	1.5
Ybblue	4.38	3.57	4.0
Yes to life	2.38	-	3.5
YPPI Centre	1.75	-	2.0
Average	2.82	2.41	2.71

Few sites declared external accreditation

 **x 5 (+ 2)**
x 4

Limitations - was DISCERN appropriate?



What are the implications?



Reliability will need to be assessed



Image sources:

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John Morris

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