



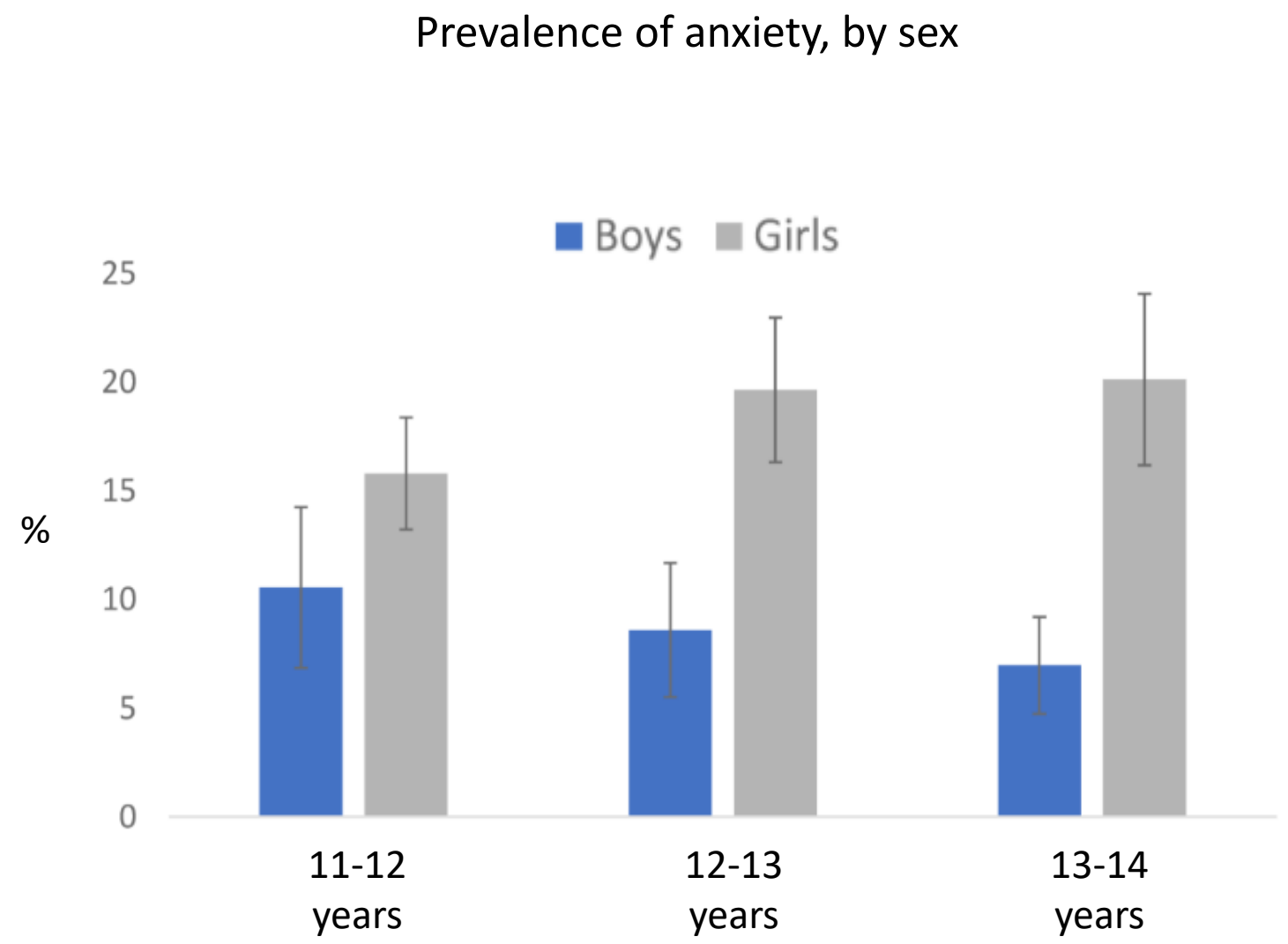
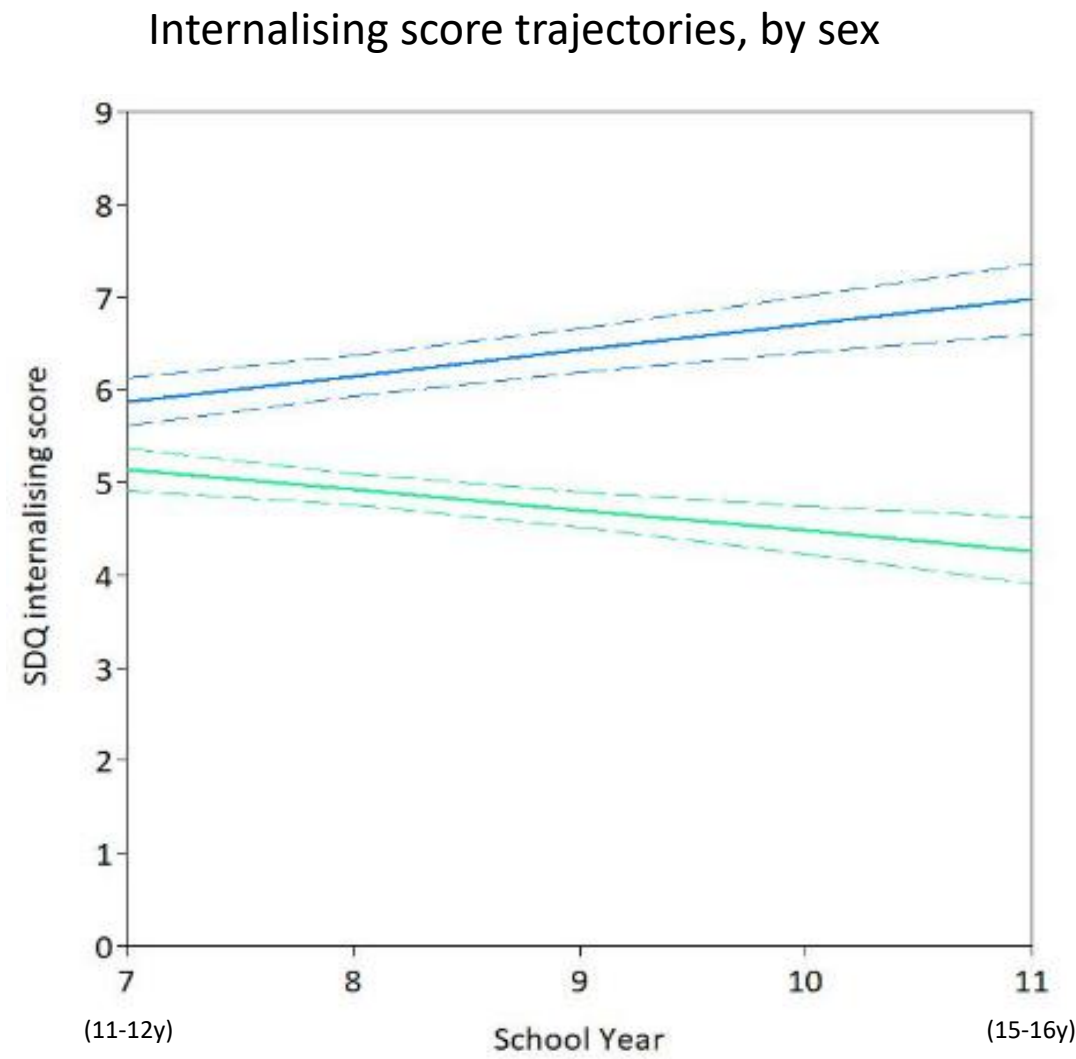
Sexism & anxiety in teenage girls

Working with young people to understand the causal mechanisms

Dr Gemma Knowles & Team
ESRC Centre for Society and Mental Health
King's College London



The Problem



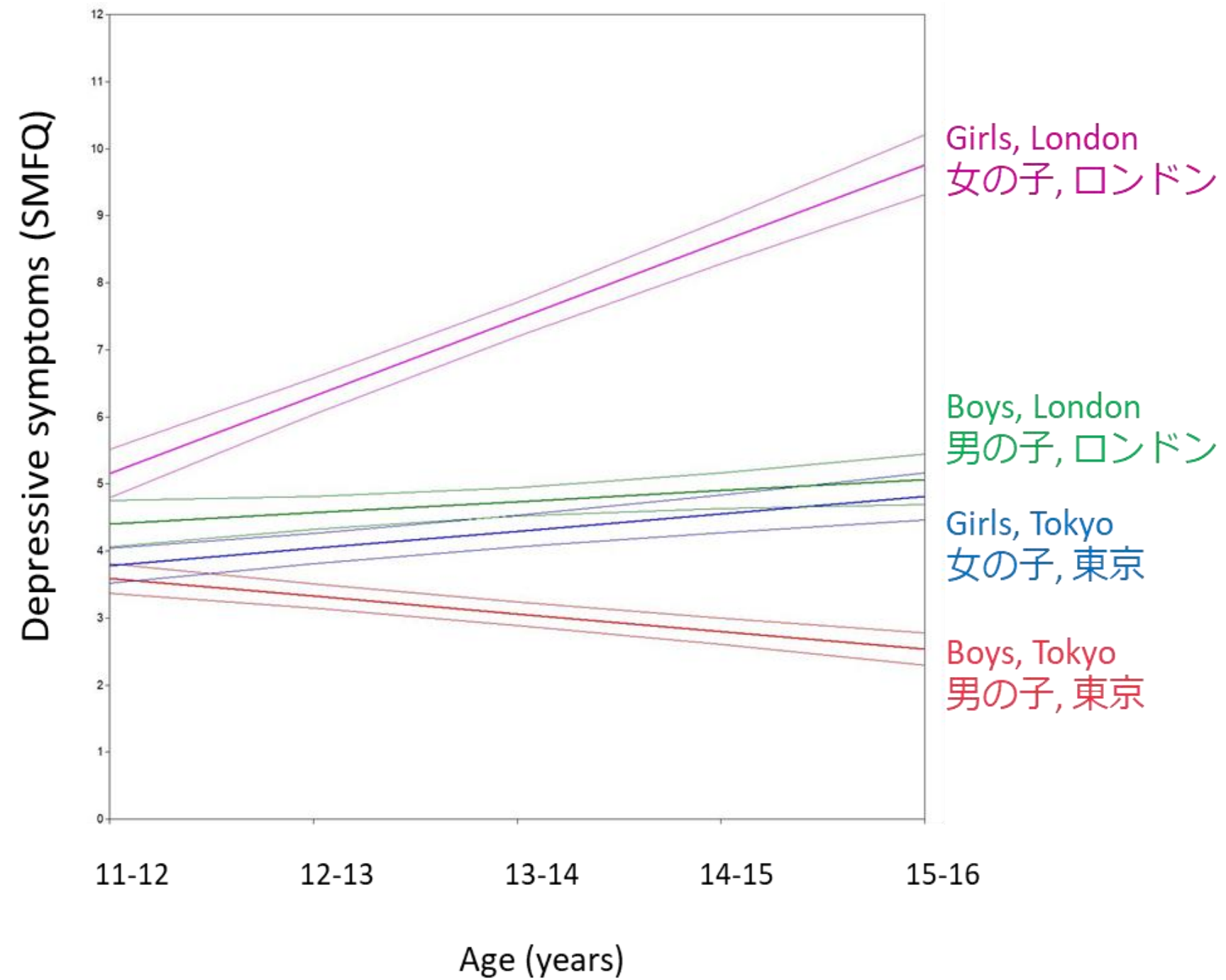
The Nation.
SOCIETY / JULY 10, 2023
Gender Inequality Is Driving a Mental Health Crisis in Japan

BBC NEWS
April 2024
Rise in school sexism down to phones, says union

INDEPENDENT
Girls' mental health 'on a precipice' as thousands in 'deep distress'
Joanna Whitehead • Monday 28 February 2022 10:54 GMT •



The Problem

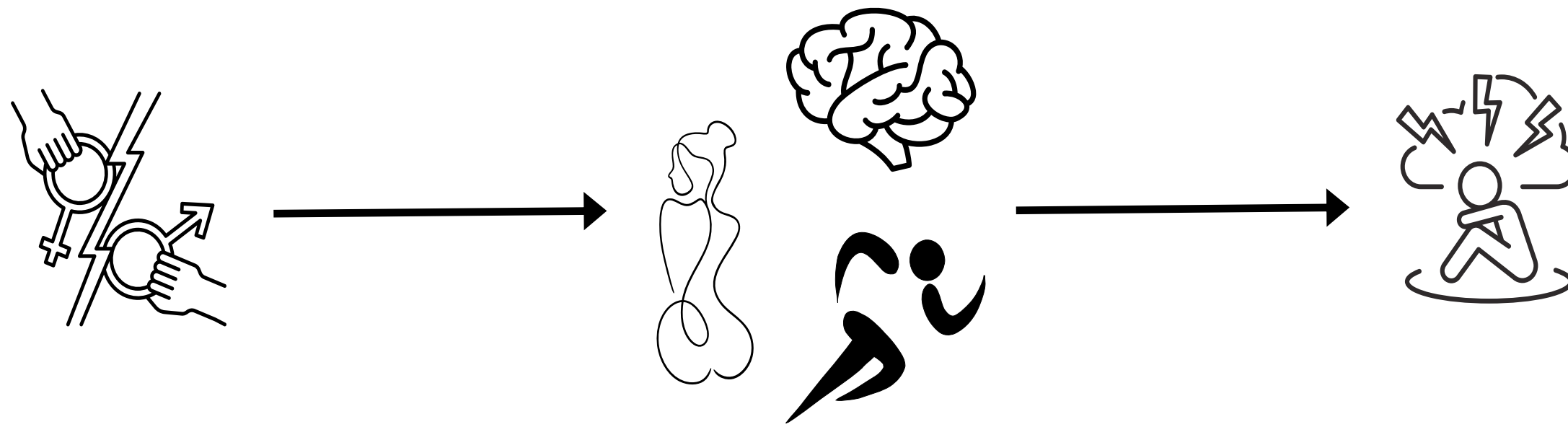
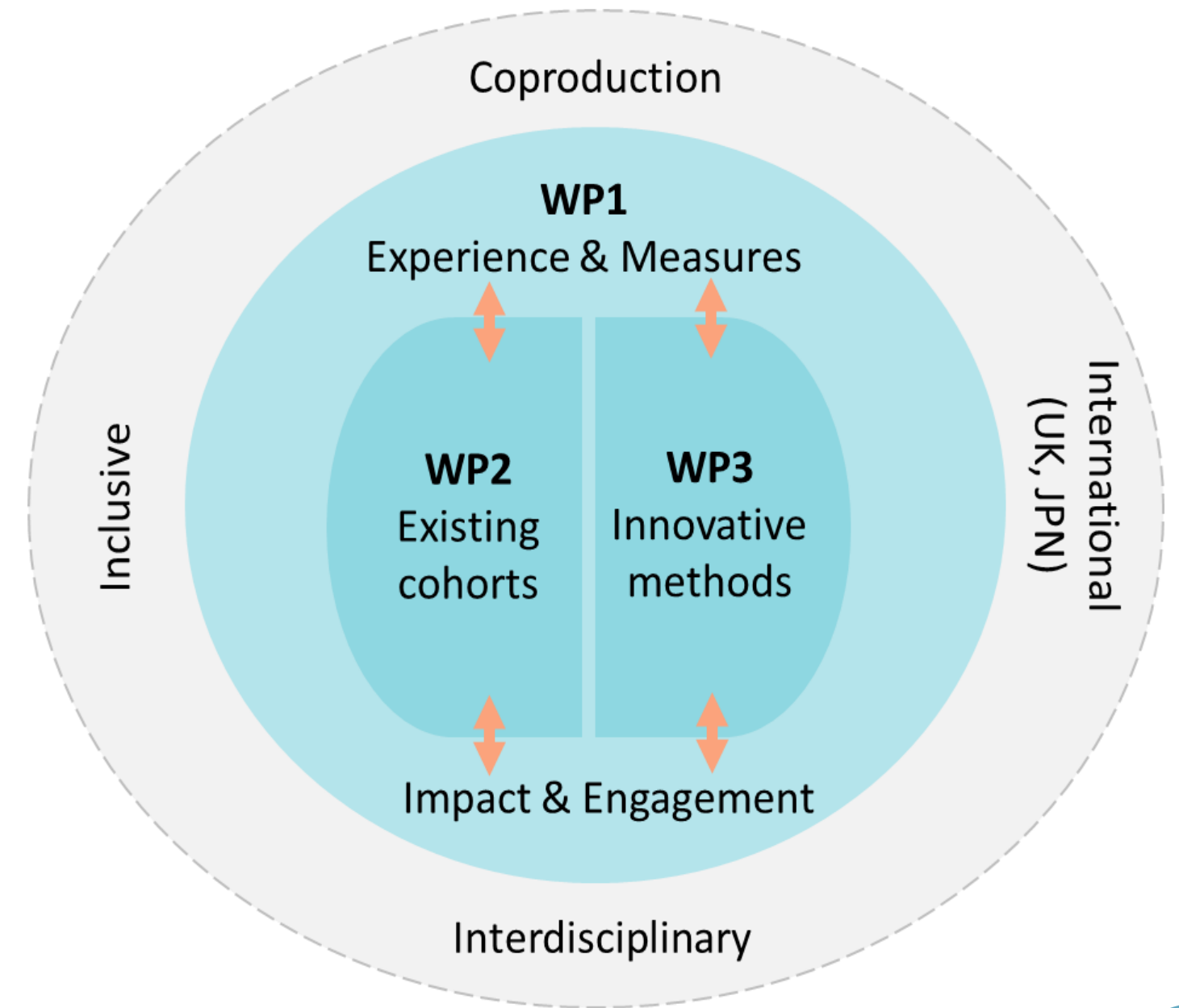


The Solution



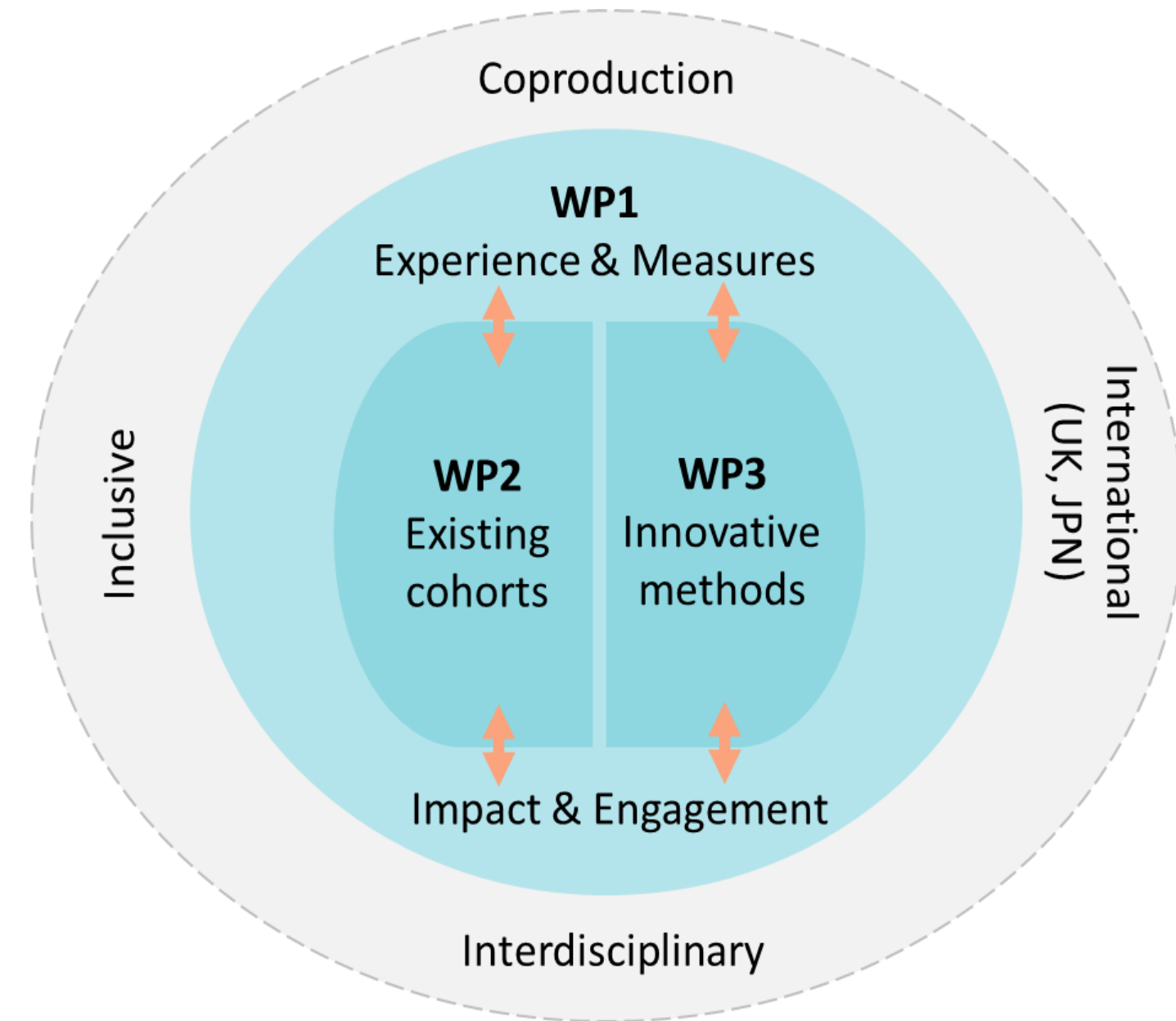
Goals

- Understand lived experience (Y1)
- Establish causal link (Y2-3)
- Study the multilevel mechanisms (Y3-5)
- Why UK-JPN variation (Y4-5)



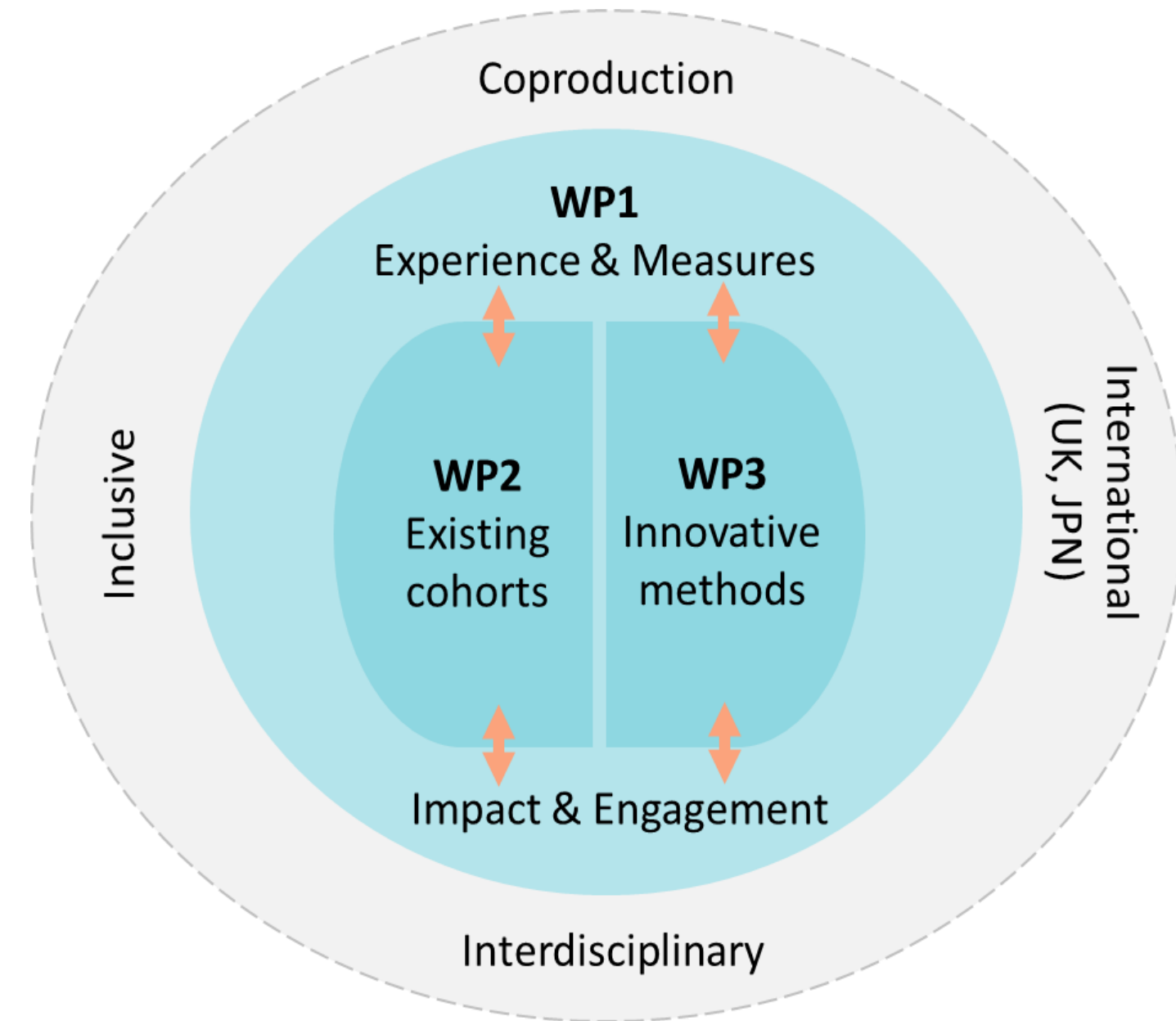
Work Packages

- WP1 - Understanding lived experience
- WP2 - In a world free of sexism ...
- WP3 - Real-time unfolding, biosocial interplay



Work Package 1

- Interviews, focus groups, survey
- Coproduce WP2 & WP3
- Youth-led impact



Work Package 2



- Existing youth cohorts
- Sexism indices & biopsychosocial mechanisms
- Methods allowing for causal inference



Work Package 3

- Biosocial interplay: sexism and menstrual cycle
- Multi-timeframe measurement bursts
- Experience sampling, hormone profiling, wearables



Team

Project Leads



Gemma
WP3



Atsushi
WP3

Youth Leadership Team



Adna



Nakaegawa-san

Work Package Leads



Vanessa
WP1



Mitsuhiro
WP1



Darío
WP2



Syudo
WP2



Paola
WP2



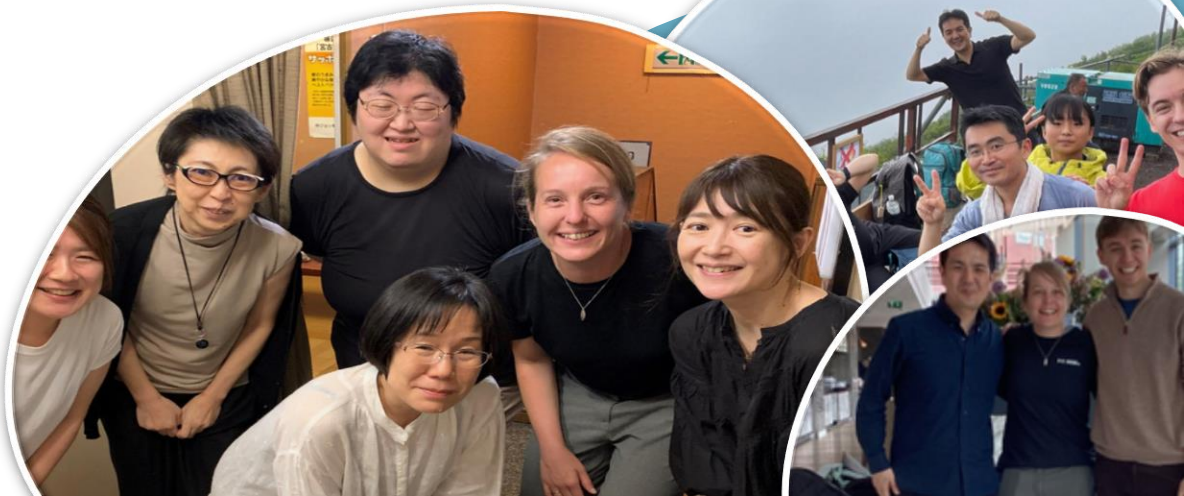
Kiyoto
WP2



Uli
WP3



Dan
YLT



Coproduction & Culture

- Youth Leadership Team
- Community Coproduction Teams
- Young Co-researchers
- Youth Advisory Teams



Capacity Building & Development

Teamwork &
Good Vibes :)

Open Science
& Integrity

Reciprocity
& Interdisc.

Mentoring
& Support

Diversity
& Inclusion



Impact potential

- Youth-led ideas for change (WP1) based on findings (WP2-3)
- Change public understanding & attitudes
- Tackle sexism, create conditions for thriving
- Intervene on modifiable mechanisms



ありがとうございます。

Daiwa Foundation

Wellcome Trust

Atsushi, TTC team & TMIMS

ESRC Centre for Society and Mental Health

Dan Stanyon and Haruka Goto

All the young people, teachers, parents, youth charities and researchers involved

