



IMAGES STUDY NEWSLETTER

SUMMER 2023

Hello, IMAGES Study participants and friends! We are thrilled to say we have nearly finished recruitment of our goal of 150 participants for Phase 1 of the study. The aim of Phase 1 is to learn more about the highs, lows, and in-betweens of our social media environment and how this can influence our health. We will then use this research to inform future interventions supporting the mental health and wellbeing of trans and nonbinary young people. Thank you for making this research possible!



Participants weigh in: "What is one benefit of social media in your life?"

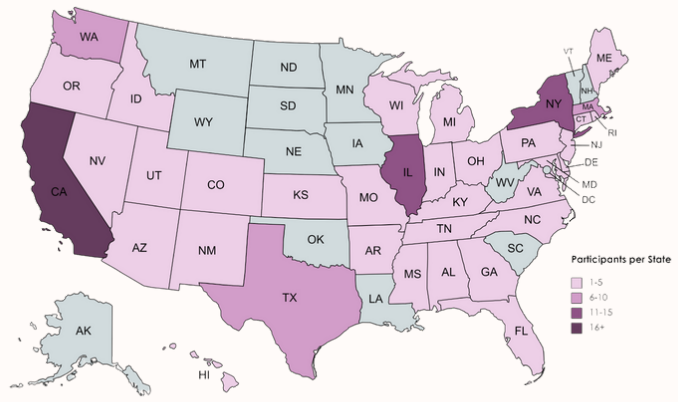
"Social media has helped me learn about other people's experiences and become a better ally to other identities."

"It not only gives me the chance to explore my interests with other people, like music and art, but it allows me to see others like me (POC, Queer, etc) and feel pride."

"Seeing other people who are like me get by in life has been immensely healing."

"Social media has allowed me to recognize that no matter how divisive the media, there are people like me."

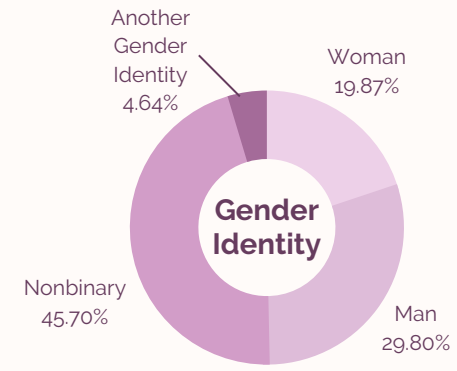
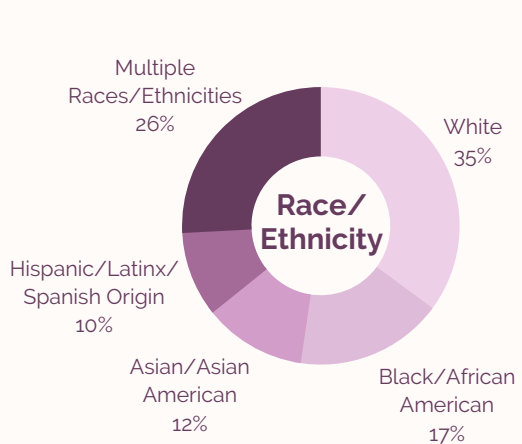
IMAGES Study Participants



...come from **36** states and counting!

Top 3:
California
New York
Illinois

Participant ages: 18-20 (38%), 21-23 (42%), and 24-25 (20%)...



MEET THE IMAGES TEAM

BOSTON
UNIVERSITY

Dr. Allegra Gordon



Principal
Investigator

Emilio Loret de Mola



Staff Research
Assistant

Schuyler Bailar



Research
Assistant

Matisse Monty, MPH



Former
Trainee

Alana Martinusen, MPH



Former
Trainee

Christian Badillo



MPH Student

Shannon Lozier



MPH Student

Alexandra Gago



MPH Student

Maya Zaslaw



MPH Student

River Armstrong



MPH Student

What's Next for the IMAGES Study?

In Phase 2 of this research, we will be convening a Community Advisory Board to help plan the next steps. These steps will include: (a) analyzing and disseminating the data collected in Phase 1; (b) working toward the development of an online toolkit to build critical social media literacy skills and reduce risk of substance use and disordered eating; and (c) developing tangible recommendations for policy-makers about how to help social media platforms better support the mental health and wellbeing of trans and nonbinary young people.

Acknowledgements

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Questions or Comments?

Feel free to reach out to us at
[socials@bu.edu!](mailto:socials@bu.edu)