

## PSYCHOLOGY BRIDGING WORK 2024

The below work will prepare you for the topics that we will be beginning in September.

### *Task Overview*

You will explore how mental health is portrayed in media and film and analyse the impact these portrayals have on public perceptions and attitudes towards mental health.

### **Choose Media Samples:**

- Select a few examples of media that depict mental health issues. This could include movies, TV shows, and news articles.
- Read and summarise existing research and theories on the mental health issues you find within the media you use e.g. DSM5 diagnostic criteria for disorders
- Analyse the chosen media samples to identify patterns in how mental health is portrayed.
- Look for themes such as stereotypes, accuracy of representation, and the context of the portrayal.

Summarise your findings into a presentation of at least 5 minutes duration that discusses the social implications of media representation of mental health and suggest ways to improve these portrayals.

You can also read anything and everything on the Websites below:

<https://www.simplypsychology.org/>

<https://www.psytoolkit.org/>

<https://psychcentral.com/>

<https://www.apa.org/>

<https://www.bps.org.uk/>

<https://www.freud.org.uk/education/resources/what-is-psychoanalysis-part-1-is-it-weird/>

<http://www.psychlotron.org.uk/>

<https://www.youtube.com/channel/UCqqIPOTshm8EM8CCWkCy9Pg>

<https://www.youtube.com/c/TED/search>

<https://www.youtube.com/c/Tutor2uNet/playlists>