CITIES IN A CHANGING WORLD: QUESTIONS OF CULTURE, CLIMATE AND DESIGN

• Paper / Proposal Title:
  Regenerating Mental Health: Exploring the impact of the urban environment on the mental health of young people in Glasgow, UK.

• Author(s) Name:
  Molly Brooks

• University or Company Affiliation:
  University of Edinburgh

• Abstract (300 words):
  This interactive workshop will focus on the impact of the urban environment on young people’s mental health. This session will explore the background of Glasgow as a city and a case study, taking stock of the resources these young people have by participating in a community mapping exercise, an emotion matching exercise, and discuss what we have observed through these activities.

  “Mair et al (2008) conclude that ‘Measures of the built environment appeared to be more consistently associated with depression than socioeconomic deprivation, residential stability, or race’, (Maantay and Maroko, 2015). This lends credence to the concept that ‘place’ matters as much, if not more, than individual characteristics and behavior in the prevalence of mental disorders. Deprived areas in Glasgow exhibit more mental health issues among its population. “The data suggest the characteristics of impoverished, urban neighborhoods are associated with depressive symptoms in developing countries, just as they are in developed countries” (Mullings et al., 2013).

  Existing literature demonstrates that vulnerable populations and low-income populations are at the greatest risk for health inequalities due to their location. Taking an
environmental justice framework, which Pearce (2013) sees as a link between health inequalities and socioeconomic position between neighborhoods, supports the exploration of the gap in research for mental health inequities in young people.

The conference participants will be able to hear about the lived experiences of young people in Glasgow, and how they perceive their urban environment and their mental health, as well as gain experience in participatory methods which includes the child as co-contributor. By sharing with you all the evidence, processes, and the same participatory activities as I do with young people, they can see how this exploratory research can be used in other cities, and how it amplifies the voice of the young person.

• Author(s) Biography (200 words each):

The presenter is currently working towards her PhD in International Development at the University of Edinburgh. She is originally from Saint Simons Island, GA, USA, where her family still lives. She graduated from Queens University of Charlotte in North Carolina with a BA in Human Services Studies before moving to Edinburgh to obtain her master’s in international development from her current institution. Some of her research interests include mental health, policy, urban planning, participatory action methods, childhood studies and international development. She currently lives in Edinburgh with her fiancé, Hamish and dog, Indiana Jones (Indy).