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Through the Lense of Youth

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Through the Lens of Youth

What is the meaning of spirituality in today's world and how can we understand how youth experience it? Spirituality has been associated with lower rates of depression and lower rates of suicide. It can be thought of as the meaning in life that a person gains in relation to something bigger than themselves, or the "transcendent". Photovoice research is a novel approach that elevates the voices of youth by having them capture in images abstract concepts that may be difficult to express in words. Using cameras, youth between the ages of 18 to 29 living with bipolar disorder will show us how they understand and experience spirituality. These images will be co-analyzed with the youth and an art exhibit created. This important information will help clinicians and policymakers gain a better understanding of this mystical concept and its role in supporting youth mental health.