

# DAYS Project: FINDINGS

Thank you again for your participation in DAYS! We learned a lot from you over the years! This includes some things about changing personality, behaviors, and interactions with other people. We describe some of what we learned here.



## Personality Development

We were interested in how social aspects of personality develop over time. In particular, we were interested in **social goals**, which are defined below.

- Social goals = interpersonal style for approaching social interactions
- Communal social goal (communion): valuing being part of and gaining acceptance from social relationships, expressed through intimacy and connection with people.
- Agentic social goal (agency): valuing individuality, striving for power and mastery

Agency &  
Communion  
in Adolescence

Agency &  
Communion  
in Young Adult  
Women



- What did we find?
  - Both **agency** and **communion** increase during adolescence
  - In adulthood, social relationships are still very important, and young adults appear highly motivated toward social connectedness (**communion**)



## Self-Compassion

Health professionals have become increasingly interested in the concept of "**self-compassion**". Self-compassion, is defined as a healthy way of relating to ourselves during times of stress or suffering.

Self-compassion has many components. These include:

- Self-kindness: showing kindness and understanding toward oneself even in failure
- Shared experience with others: not seeing ourselves as isolated or separated from others
- Mindfulness: acknowledging and labeling our thoughts instead of reacting to them

Self compassion has been associated with many positive mental and physical health outcomes.

What did we find?

- Women in the DAYS study reported **moderate levels of all components of self-compassion** (self-kindness, shared experience, mindfulness)



DAYS Project

# Findings from DAYS Project



## Social Experiences

We asked what you did when you went out. What did we find?



- Most went out regularly, **mostly on weekends** -increasing on Thursday (21%), Friday (34%), Saturday (44%)
- Mostly went to friend's home, a bar, "some other place"
- Usually with **one other person** (usually a romantic partner) or a **small group**
- 90% drank **alcohol** at least once when out.
- Many used **cannabis** (34%) or cannabis and alcohol (30%)



## Activities

We asked what you did when you weren't out with friends. What did we find?

Top activities when **not** going out:

1. Watching a movie/TV (62%)
2. Eating a good meal (51%)
3. Watching a sporting event (46%)
4. Running errands or doing chores around the house (39%)



## Alcohol & Drug Use

- Most drank in the past year (91%)
- Drank one time per week or more (46%)
- Typical quantity of drink was 1-2 drinks per occasion
- Cannabis (52%) was less used and less frequent (25% of women used once a week or more)
- Most Women did not smoke cigarettes (86%) or use other drugs (87%)



## Role Transitions

- 50% of women in the study obtained a Bachelor's degree
- 19% went on to get a Master's degree and 3% went on to get a professional/doctorate degree
- 20% were still pursuing a degree
- Being in a long-term romantic relationship was common (37%)
- 26% of participants were either engaged or married
- 13% of participants became parents

# Findings from DAYS Project



## Negative Life Events

- Experiencing at least one negative life event was common (38%)
- Major illness and unwanted sexual experiences were the most common negative life events



## COVID-19

- Soon after DAYS began, there was a global pandemic (COVID-19). We were interested in how COVID affected women's daily lives.

What did we find?

- During the lockdown, women in the DAYS study were only **slightly less likely to go out** (36%) but they did shift **away from going to bars**
- Women also reported **less alcohol use** and **fewer unwanted sexual experiences** during the lock down
- When women did go out and **drank alcohol**, they were at **higher risk for unwanted sexual experiences** than when they do not go out or drink alcohol



## Unwanted Sexual Experiences

We were interested in unwanted sexual experiences and what women do to help protect themselves.

What did we find?

- Unwanted sexual experiences were **relatively rare**. On the annual survey, 16.8% reported an unwanted sexual experience in the past 12 months.
- We also found that **many women (42%) used a safety plan** to protect themselves from unwanted sexual experiences.

**Common strategies women reported using:**

1. Letting a friend or family member know where you were and who you were with.
2. Arranging for your own transportation so you do not have to depend on someone else for a ride home.
3. Staying close to a friend/group of friends so you could keep an eye on each other.