# 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)



# Findings from DAYS Project

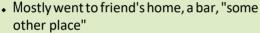


# Social Experiences

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%)





 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%)
- 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
  accasion
- 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 experienceswerethemostcommon 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.