

Opportunities for Improvement of UD Resources Regarding Anxiety and Depression

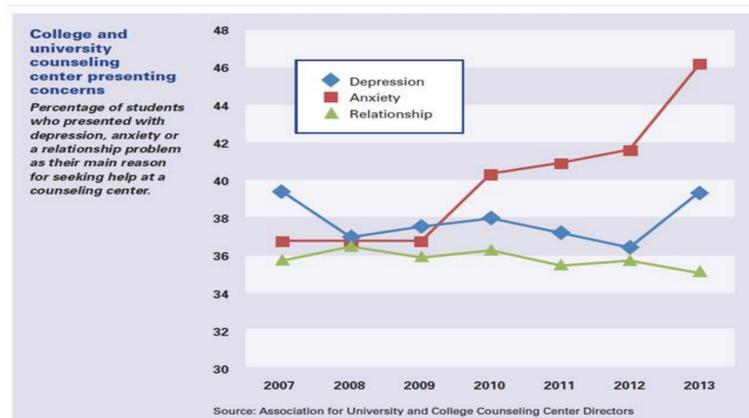
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Abstract

Anxiety is the most prevalent mental health issue on college campuses today. Because it is usually accompanied by depression, resources should be given to students in order to combat these disorders. UD offers online resources, as well as in-person counseling and informational brochures. Upon evaluation, some of these resources are beneficial, yet there is always room for improvement. We recommend implementing a smartphone application and extending counseling center hours to benefit UD students who suffer from these disorders.



Prevalence of Mental Health Issues Across Universities

Problem

Anxiety becomes a disorder when the stress felt is disproportionate to the stressor, or the anxiety lasts long after the stressor has been removed. Depression is characterized by overwhelming and persistent despair. Transitioning into a new environment, as well as the stressors that accompany it, can trigger the onset of anxiety or depression. This is why college students are frequently affected.

Resources at Other Universities

The University of Florida launched the Therapy Assisted Online Program. This program is seven weeks of modules teaching students to observe their anxiety and connects students with a therapist through weekly video conferences, as well as a secure messaging feature that is available 24/7. These online clients had significantly higher improvements in well being, as well as higher reductions in anxiety symptoms.

Results

UD offers information regarding anxiety and depression by listing and describing the possible symptoms and causes of each. It describes treatment options, helpful hints, and references the counseling center for help, as well as the National Institute of Mental Health and others. A health module and a wellness screening can also be used by students to become more informed with one's mental health.

Recommendations

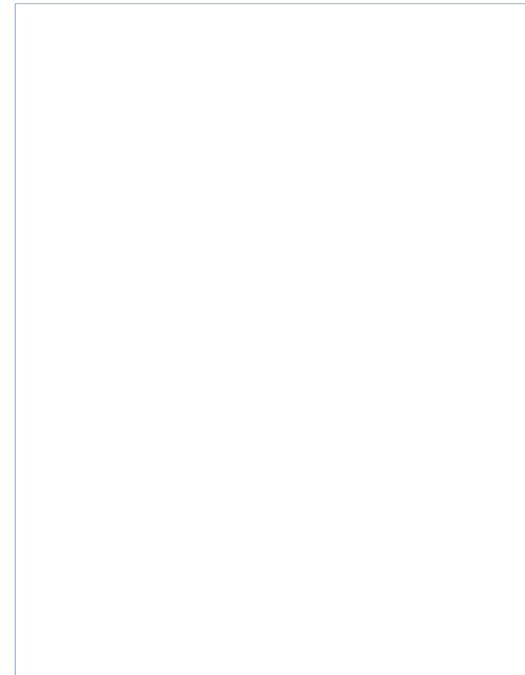
We recommend a free smartphone application designed based on the TAO application that would allow 24/7 access to a counselor. It could include the wellness screening and provide anonymous groups of other UD students to discuss coping mechanisms and provide support. Finally, the application would also explain the symptoms of anxiety and depression, including podcasts and self guided meditations to help with all types of anxiety, specifically test anxiety.

We also recommend implementing longer hours for the Counseling Center. By hiring psychology majors and graduate students, more patients would have access to face to face counseling and wait times would decrease.

References

"Facts & Statistics." Anxiety and Depression Association of America, ADAA, adaa.org/about-adaa/press-room/facts-statistics#.

"Overview." TAO, www.taconnect.org/.



Our Fact Sheet

Method

We first examined the various resources available to UD students. We evaluated the resources available at the UD counseling center, as well as extensively examining the health and wellness section of the UD website. We also conducted peer interviews to get feedback on this issue.