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Occupational Therapy's Role in Addressing College Campus Well-Being

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Presenter Information

Gina Stephenson; Kelsey Gorman; Paige Tademaru; Heather Haley; Amy Mattila PhD, OTR/L; and Kimberly Szucs PhD, OTR/L

Purpose

The purpose of this study is to:

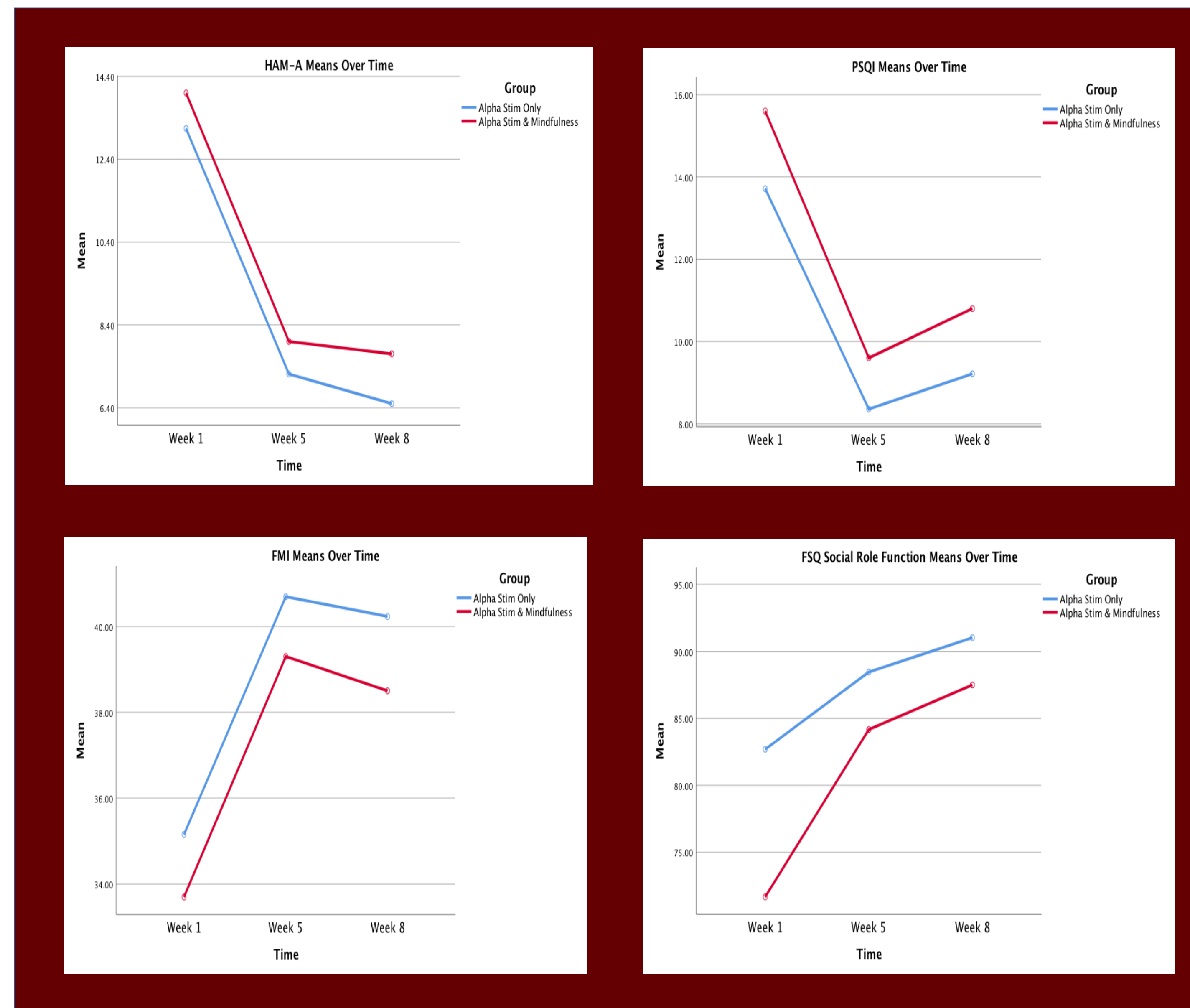
- explore occupational therapy's (OT) role in this emerging field of mental health
- investigate the effects of Cranial Electrotherapy Stimulation (CES) and mindfulness in reducing symptoms of anxiety, stress, or insomnia among college students

Background

- 25% of college students are annually diagnosed or treated by a mental health professional (Grutadaro & Crudo, 2012)
- 94% of Counseling Center Directors reported trends toward greater numbers of students with severe psychological problems (APA, 2020)
- 86% of college students feel overwhelmed; 81% have felt exhausted indicating sleep challenges; and 30% of students have felt too depressed to function (Hunter, 2016)
- 86% of students with a psychiatric disability left school without completing their degree (APA, 2020)
- As OTs, we have the ability to use complementary and integrative therapies to address these issues.
- OT has the unique role of promoting health and wellness, while facilitating occupational performance in these students.

Results

Time is the biggest factor in reducing symptoms of anxiety, and increasing mindfulness, sleep quality, and daily function, despite differences in groups.



Significant Effects of Time

- HAM- A $F(1,22) = 19.42, p < 0.05$
- FMI $F(2,21) = 10.41, p < 0.05$
- PSQI $F(2,22) = 19.01, p < 0.05$
- FSQ Social Role $F(2,21) = 5.00, p < 0.05$
- No significant differences in the Physical (ADL) and Psychological Function categories of FSQ
- No significant differences between groups in all four assessments

Clinical Relevance

Cranial Electrotherapy Stimulation

- CES can be used as an adjunct to the pharmacological approach and psychotherapy or as an alternative therapy (Barclay & Barclay, 2014)
- Can use CES as often as needed and has minimal risk of side effects (<1 %)
- Patients can be prescribed a CES device to use at home, giving them increased control over the management of their symptoms (Kirsch & Nichols, 2013)
- There are no known contraindications (Kirsch & Nichols, 2013)

Mindfulness

- Available to clients in most daily settings
- Four major themes: using attentional processes to regulate emotions and cognitions, stress reduction, improved coping and social skills, and calming and/or relaxation (Sapthiang et al., 2019)
- Benefits have been reported in participants' stress, mood and mindfulness levels, as well as anxiety, well-being, self-compassion and coping abilities (O'Driscoll et. al., 2017)

Recommendations

- More quantitative research necessary
- Longitudinal studies to investigate long lasting effects
- Increased demographic diversity

References

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