

STEM Mental Wellness Research

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Overview

- Study Background
- NCSSS Mental Health Inventory
- NCSSS Mental Health Survey
- NCSSS Residential School Survey
- Outcomes/Initiatives
- Questions



Study Background

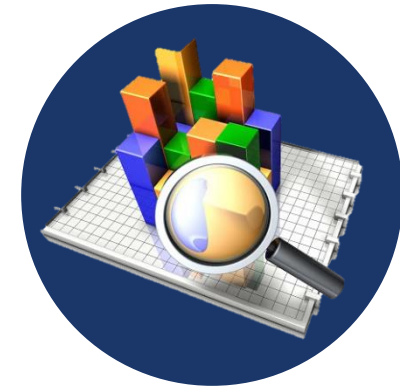
- IMSA Year of Inquiry → Student Mental Health and Wellness
 - What are the primary factors that influence students' stress and anxiety levels at IMSA?
- NCSSS Board → Increase in Student Mental Health Issues
 - NCSSS Mental Health Inventory – Fall 2018
 - NCSSS Mental Health Survey – Spring 2020
 - NCSSS Residential School Survey – March 2020

Fall 2018 – March 2020

STEM
Mental
Wellness
Research



Purpose



Results

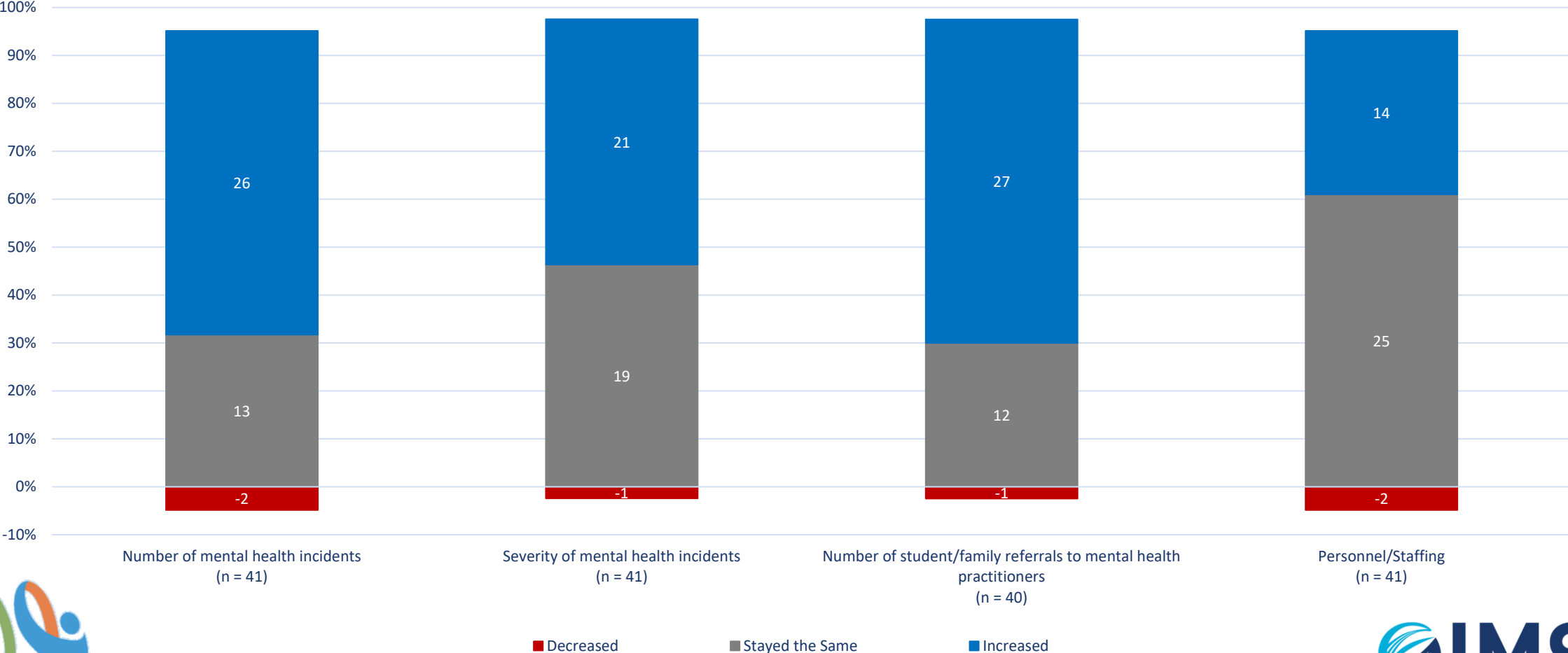


Participants



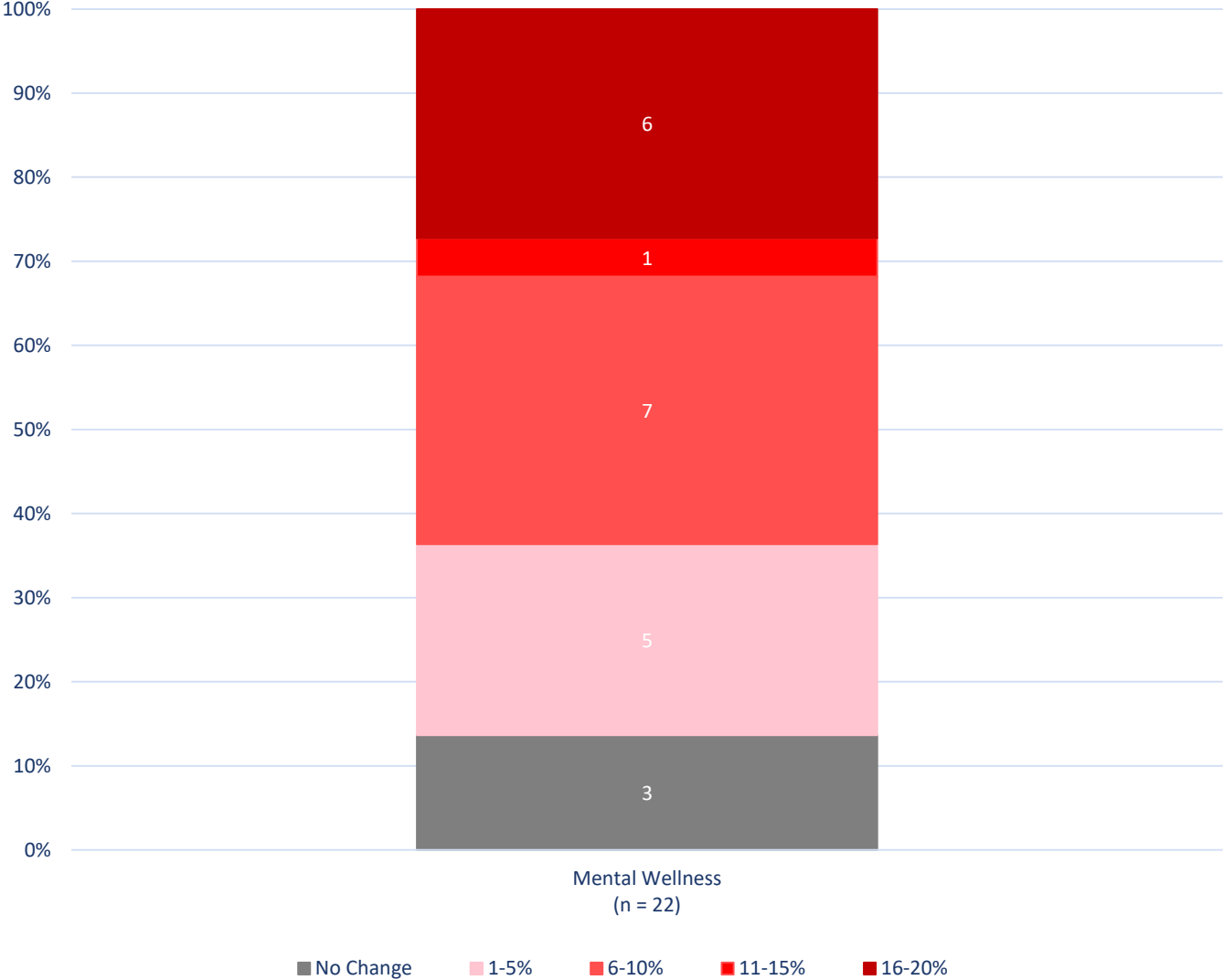
Mental Health Inventory - Results

Reported Changes in the Past 5 Years



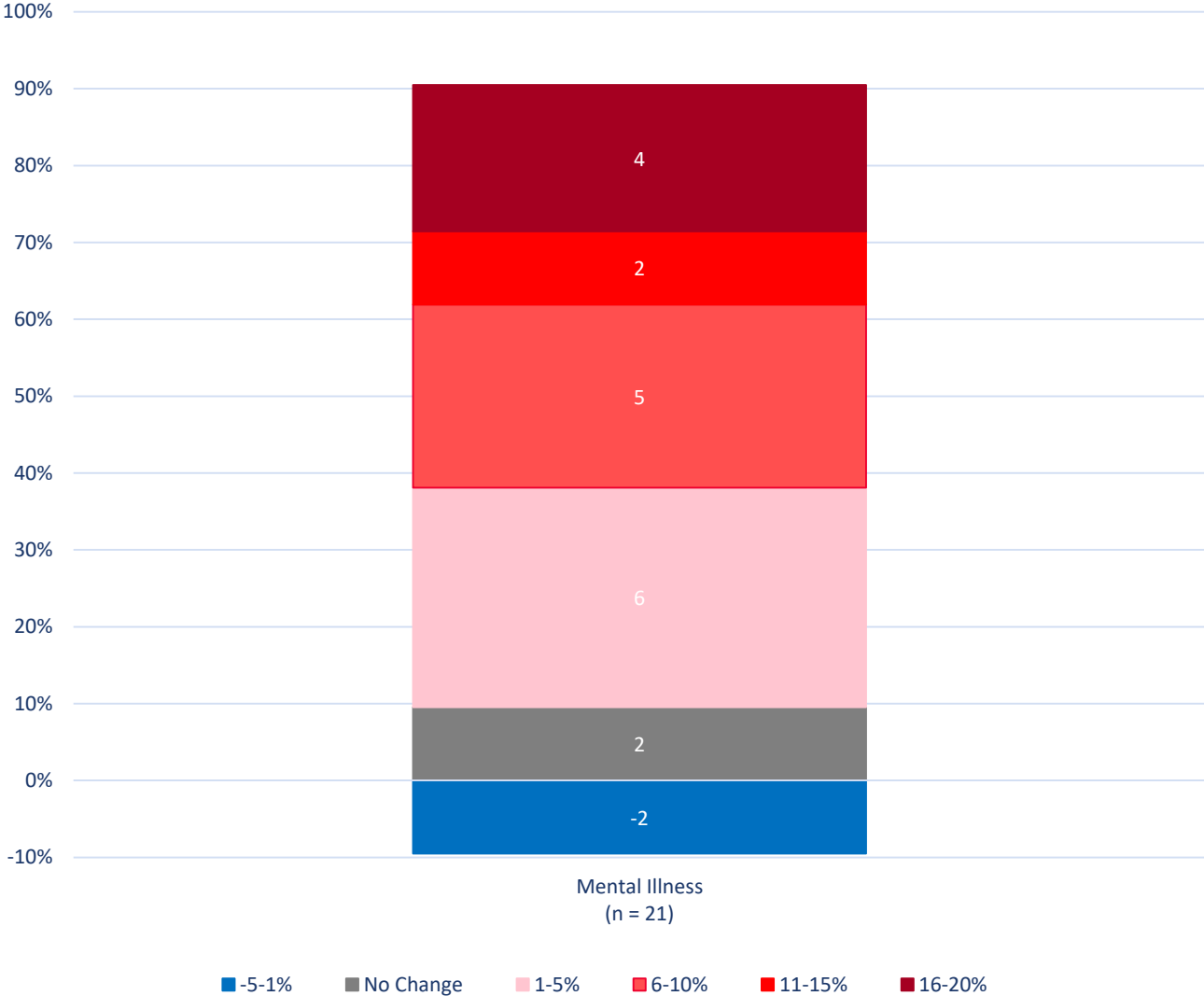
Mental Health Survey - Results

Rate of Change in Mental Wellness Concerns



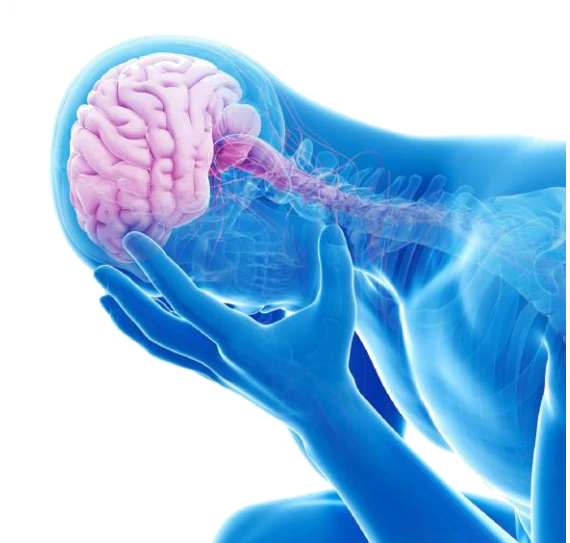
Mental Health Survey - Results

Rate of Change in Mental Illness Diagnoses



Residential School Survey - Results

- Most prevalent mental health diagnosis - Anxiety
- Accommodations
- Total number of counseling visits
- Percentage of student population served



Impact on our Member Schools



Outcomes/Initiatives

- NCSST Member Schools
 - New institutional practices regarding homework and assessments
 - Scheduling changes
- IMSA → Year 2: Pilot Phase (2019-2020)
 - Major assessments calendar
 - No homework over extended breaks
 - Sleep education and incentives pilots

Contact Information

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Thank you!