Bear Carebook: Development of a Student Mental Health and Wellbeing Assessment

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INTRODUCTION

❖ College students experience high stress/distress & contributes to early withdrawal (e.g., Pascarella et al., 2004)

❖ Design a measure of student health & wellbeing
1. Flag issues demanding <u>acute</u> attention
2. Identify areas of strength & difficulty to use in therapy/interventions

❖ Study to validate the carebook , 2 ways:
  ❖ Flagged students would be currently at risk for mental illness
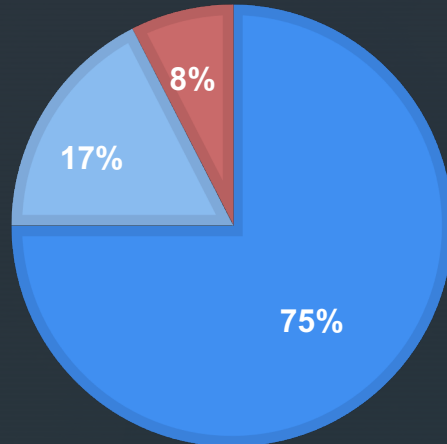 ❖ Against other validated measures

DEMOGRAPHICS

Age

Age	
N = 80	
Mean = 20.86	
SD = 3.92	

Year

- Freshman
- Sophomore
- Junior
- Senior
- Other

1% 7% 19% 49% 24%
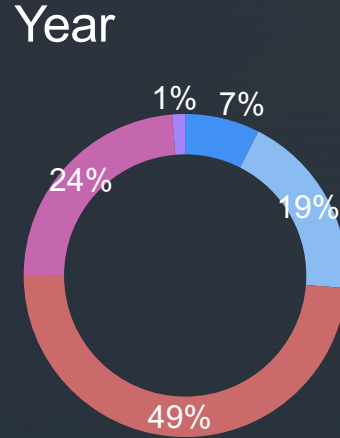
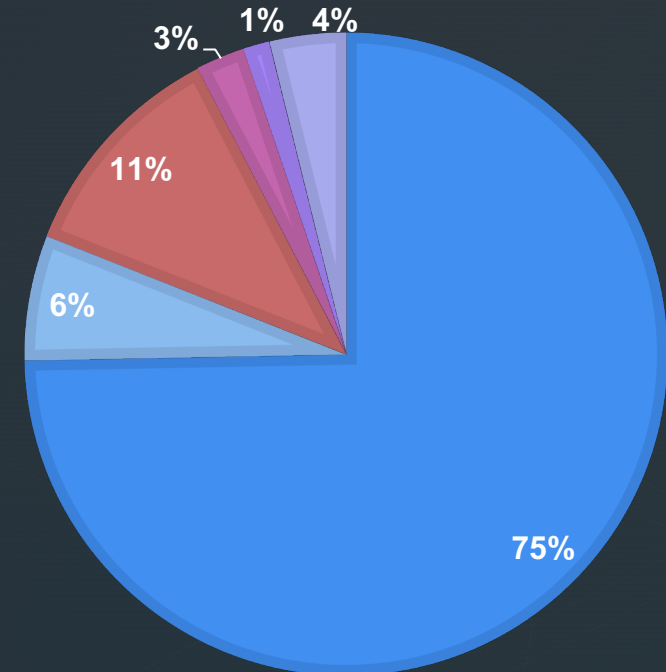|	Yes	No
Chronic Illness	10%	90%
Disability	5%	95%
Cognitive Difference	7.5%	92.5%
Mental Disorder	28.7%	71.3%

LGBTQ+

- No
- Yes
- Undecided

75% 17% 8%

Ethnicity

- White
- Black
- Latino/Hispanic
- Indigenous
- Asian
- Mixed

3% 1% 4% 11% 6% 75%

CLINICAL DEMOGRAPHICS

Current Suicidaility

- Yes
- No

22%

78%

8 are at a clinically significant threshold
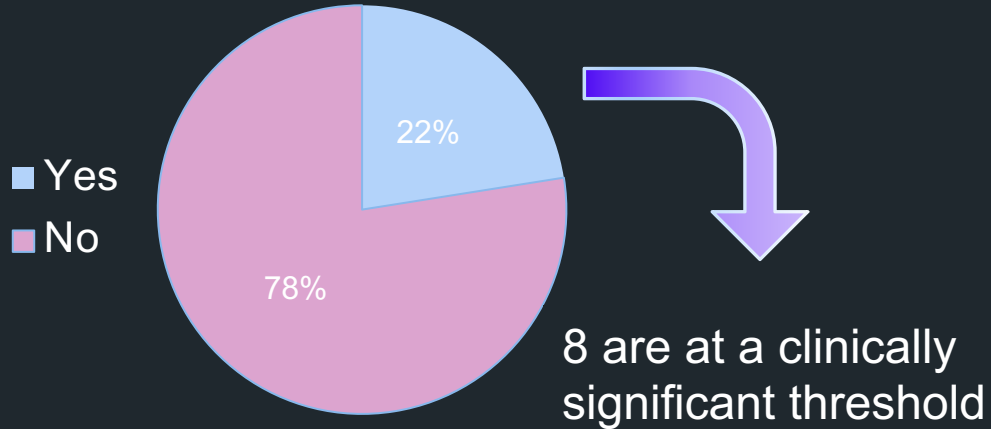
Substance Use in the Past 12 Months

- Yes
- No

44%

56%

If yes, how frequently:

20%

38%

22%

9%

11%

- Less than 6 times
- 6-12 times
- 12-24 times
- More than twice per month
- Once per week or more
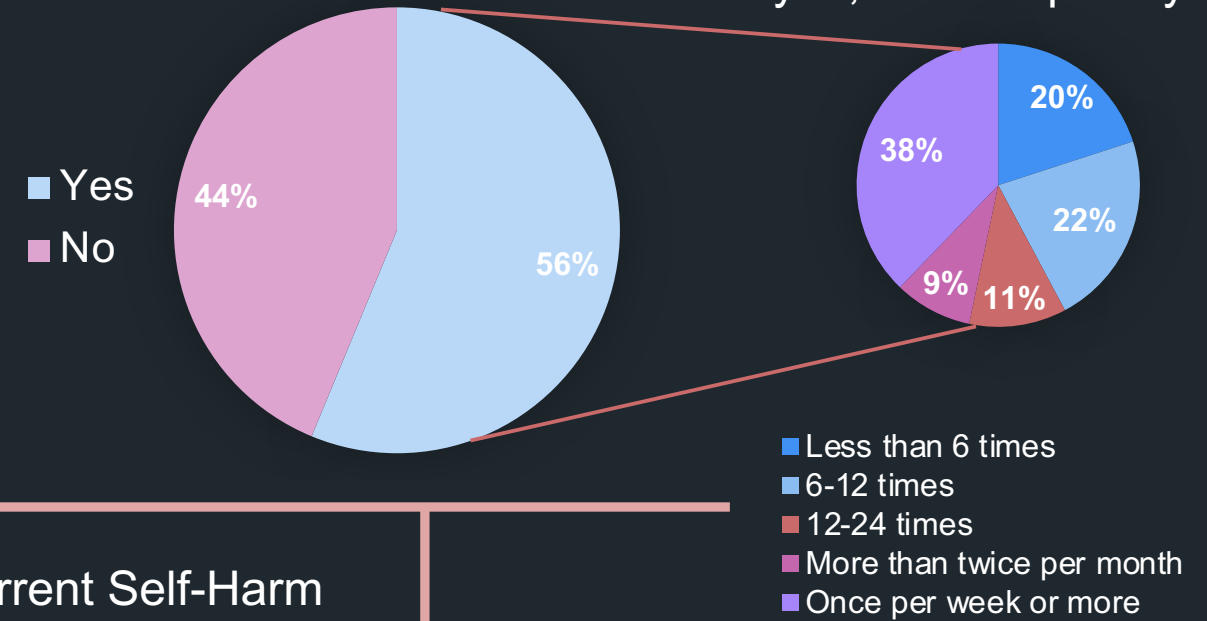
Possible Risk of Sex Victimization

- Yes
- No

22.50%

77.50%

Yes = uncomfortable PLUS unwanted current sexual experiences

Current Self-Harm

- Yes
- No

4%

96%
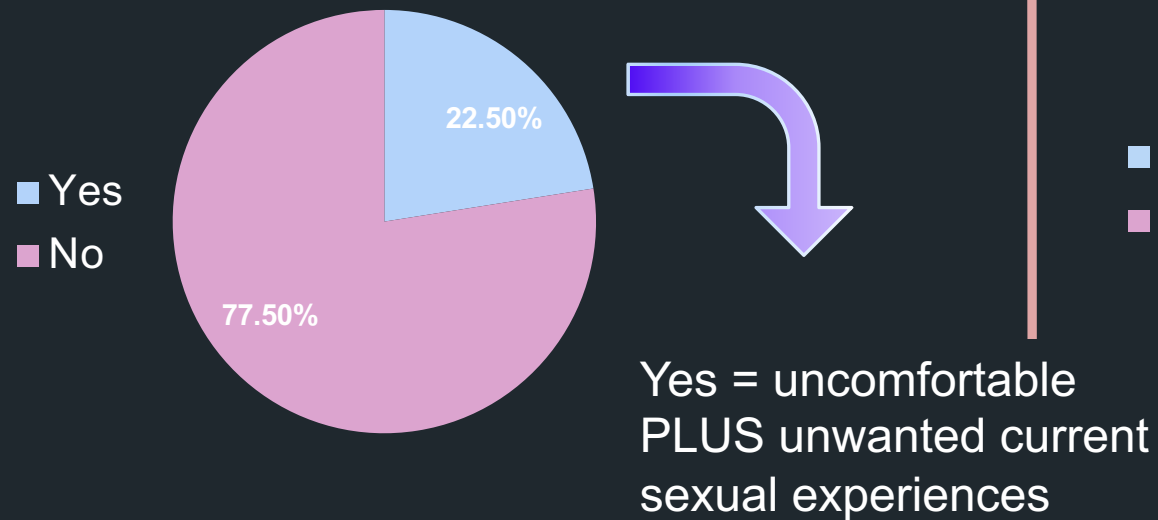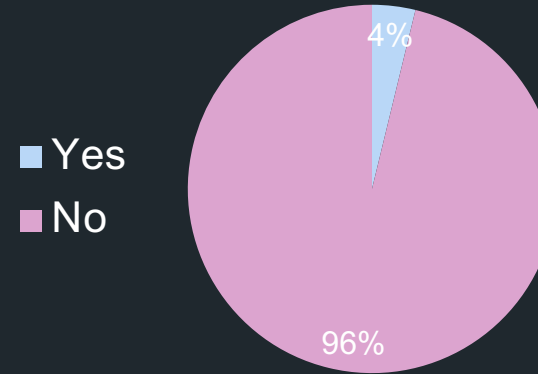
Appearance Discrimination

- Yes
- No

36%

64%
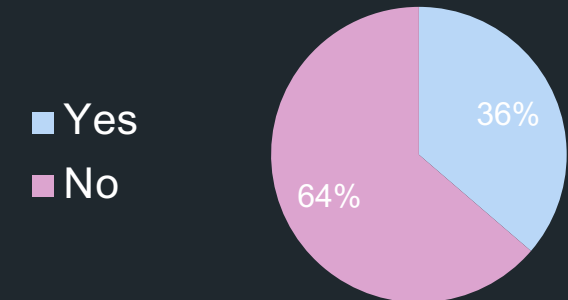
RESULTS: CORRELATION COEFFICIENTS

CB Risk & Negative Outcomes
Distress: r(78) = .70, p = .000, large
Anxiety: r(78) = .61, p = .000, mod
Dep: r(78) = .66, p = .000, mod
High Stress: r(78) = .54, p = .492, mod
Low Support: r(78) = .30, p = .007, small
High Conflict: r(78) = .25, p = .023, small

CB Risk & Positive Outcomes:
SWL: r(78) = -.35, p =.001, mod
Thriving: r(78) = -.404, p = .000, mod
Meaning: r(78) = -.557, p = .000, mod
Delay. Gratif.: r(78) = -.33, p = .003, mod
Optimism: r(78) = -.22, p = .048, small

CB Resiliency & Negative Outcomes
Distress: r(78) = -.65, p = .000, mod
Anxiety: r(78) = -.49, p = .000, mod
Dep: r(78) = -.67, p = .000, mod
High Stress: r(78) = -.433, p = .000, mod
Low Support: r(78) = -.36, p = .001, mod
High Loneliness: r(78) = -.554, p =.000, mod

CB Resiliency & Positive Outcomes
SWL: r(78) = .47, p =.000, mod
Thriving: r(78) = .50, p = .000, mod
Meaning: r(78) = .61, p = .000, mod
Delay. Gratif.: r(78) = .392, p = .000, mod
Optimism: r(78) = .45, p = .000, mod

Risk & Coping
Pos Coping: r(78) = -.18, ns
Neg Coping: r(78) = .60, p = .000, mod

Resiliency & Coping
Pos Coping: r(78) = .33, p = .003, mod
Neg Coping: r(78) = -.47, p = .000, mod

Stress & Coping
Pos Coping: r(78) = .096, ns
Neg Coping: r(78) = .57, p = .000, mod

Risk & Resiliency
r(78) = -.73, p = .000, large

Validity Measures

PHQ Dep & CB Dep: r(78) = .74, p = .000, large

PHQ Anx & CB Anx: r(77) = .67, p = .000, moderate

PHQ Substances & CB Substances: r(40) = .45, p = .003, moderate

UCLA Loneliness & CB Loneliness: r(78) = .78, p = .000, large

PHQ AN & CB Eating Disorders: r(70) = .27, p = .019, small

PHQ BN & CB Easting Disorders: r(70) = .26, p = .024, small

Risks & Resiliency Validity Measures:

Self-Criticism: r(78) = .47, p = .000, moderate

Dependency: r(78) = .23, p = .038, moderate

Reassurance Seeking: r(78) = .85, p = .000, large

Neuroticism: r(78) = .55, p = .000, moderate

Self-Esteem: r(78) = .68, p = .000, moderate

Rumination: r(78) = .68, p = .000, moderate

Self-Compassion: r(78) = .71, p = .000, large

CD-Resiliency: r(78) = .60, p = .000, moderate

CONCLUSIONS

- ❖ It works!

- ❖ CB scales related to each other as would be expected

- ❖ Flag items indeed flagged the students who were currently experiencing high distress & problematic behavior

- ❖ Validity test against the standardized clinical scales and measures all as expected

- ❖ Let's use it!

Thank you Dr. Starrs for all your assistance on this project. Thank you judges for taking time to review this presentation.