

aa

by Aa Aa

Submission date: 16-Apr-2021 03:13PM (UTC-0400)

Submission ID: 1561239208

File name: Annotation-_Mental_Health_Issues_and_COVID-19.docx (19.82K)

Word count: 1332

Character count: 7945

Working Title: Mental health surveys to aid mental health issues in the Northeastern University community

Broad Subject: COVID-19 and mental health issues

Thesis: By implementing a biweekly online mental health survey for its students and staff, Northeastern can identify at-risk individuals, provide direct counseling services, and show it is taking responsibility for the well-being of students impacted by the pandemic.

Bono, G., Reil, K., & Hescocx, J. (2020). Stress and well-being in urban college students in the U.S. during the COVID-19 pandemic: Can grit and gratitude help?. *International Journal of Wellbeing*, 10(3). Retrieved from

<https://www.internationaljournalofwellbeing.org/index.php/ijow/article/view/1331>

This article focuses on a study conducted on students investigating the stress and the well-being of impacts of the pandemic. It also examined the well-being of students in terms of psychological, as well as academic basis and their strength to cope with the pandemic. The study was split into two groups based on their parent's education levels which were high and low groups. The groups were examined as far as stress and subjective well-being before and during the pandemic. Overall results suggested that low groups reported apparent stress and well-being compared to the higher group before the pandemic. The results also showed that participants from the low group had greater financial, as well as academic consequences, compared to the participants from the high group. The article is credible because it contains relevant information related to the topic under study. I will be using this source for my paper because it shows different types of students based on their incomes and financial situation and the way that they are being affected by the pandemic.

Chirikov, I., Soria, K., Horgos, B., & Jones-White, D. (2020, August 17). Undergraduate and graduate students' mental health during the COVID-19 pandemic. *Center for Studies in Higher Education*. Retrieved from <https://escholarship.org/uc/item/80k5d5hw>

This source focuses on the impact of COVID-19 on students at higher learning institutions of research. A total of 46,071 students participated in a consortium survey which was conducted from May to July 2020. The purpose of this survey was to identify the levels of anxiety and depression using screening tools like PHQ-2 and GAD-2. Based on the results from these screening tools, 67 percent of the students had a major depressive disorder. The Center for Studies in Higher Education is a well-recognized publisher hence the information in this article is credible. The reason why I chose this source is that it provides accurate data from nine different research universities on the ³ effects of the pandemic on students from higher learning institutions. The data provided in this article is also from a survey identifying mental health in students using the aforementioned screening tools.

Kazerooni, A., Amini, M., Tabari, P., & Moosavi, M. (2020, June 29). Peer mentoring for medical students during the COVID-19 pandemic via a social media platform. Retrieved from <https://onlinelibrary.wiley.com/doi/full/10.1111/medu.14206>

This source is adapted by ASME, and it demonstrates a collaboration made by Shiraz University learners. They created a platform on social media that used the near-peer mentoring strategy to assist the learners manage the pandemic and help with the mental health problems they were facing during COVID-19. Senior learners assumed the responsibility of enlightening other learners in managing stress as well as depression caused by the pandemic. The senior learners had been trained for around 40 hours on areas like interventions for teaching and learning, consulting strategies, as well as communication skills. A reliable questionnaire was

used in measuring the activity's effectiveness. The results showed that 71% of junior learners believed the developed platform impacted them significantly in assisting them to manage the effects of the pandemic. The article is current, meaning that it contains current information; hence it is credible. I will be using this source to demonstrate the ways that colleges are using to help their students to cope with depression, anxiety, and stress.

Liu, C. H., Pinder-Amaker, S., Hahm, H. C., & Chen, J. A. (2020). Priorities for addressing the impact of the COVID-19 pandemic on college student mental health. *Journal of American College Health*, 1-3. Retrieved from <https://www.tandfonline.com/doi/full/10.1080/07448481.2020.1803882>

This article addresses two urgent priorities set to assist college students with mental health issues. The authors state that the first priority is for colleges to make sure learners can easily access mental care services and reach out to learners with exceptional conditions. The second priority is for administrators of universities, professionals specialized in mental health, as well as policymakers to come up with effective care models to support the return process of students to universities and to address future interruptions effectively. This article is credible because it demonstrates some interventions that colleges need to undertake in order to help students with mental health issues in all circumstances that they might be facing.

Liu, J., Zhu, Q., Fan, W., Makamure, J., Zheng, C., & Wang, J. (2020). Online mental health survey in a medical college in China during the COVID-19 outbreak. *Frontiers in Psychiatry*, 11, 459. doi: [10.3389/fpsy.2020.00459](https://doi.org/10.3389/fpsy.2020.00459)

This article talks about a survey that was conducted to assess ²the mental health of learners from a Chinese medical college. Learners totaling to 217 were involved in a survey done

through WeChat, which contained questions from GAD-7 and PHQ-9. The results showed that 35.5% of the students showed signs of depression, 22.1% showed a state of anxiety, and the other percentage showed both signs of anxiety and depression. The article is credible because it is current, implying that it contains current information. The article is also credible because it contains information from the National Health Commission of China, which is a well-recognized institution. This article will be used to show how a medical survey designed properly by health professionals can help identify students facing mental health-related issues.

¹ The Healthy Minds Network & the American College of Health Association. (n.d.). The impact of COVID-19 on college student well-being. *Mental Health Technology Transfer Center Network*. Retrieved from <https://mhhtcnetwork.org/centers/mountain-plains-mhhtc/news/impact-covid-19-college-student-well-being>

⁴ This source is from collaboration by Healthy Network and the American College Health Association, who conducted a study using new survey items, related the experience of learners with the pandemic. This survey was conducted using random college learners selected from various universities in the United States. The survey was done on 18,764 students from 14 campuses from late March through May 2020. The results showed that 60 percent of the learners confirmed that accessing mental care had become challenging due to the pandemic. Also, the students reported that their institutions, particularly professors had supported them significantly. This article is credible because it provides some statistics to prove its findings. The reason why I chose this article is that Northeastern was one amongst all the campuses that participated in the survey, so from this article, I can gather important data and techniques that were used to identify the direct consoling services that were used to cope with this situation.

References

- Bono, G., Reil, K., & Hescocox, J. (2020). Stress and well-being in urban college students in the U.S. during the COVID-19 pandemic: Can grit and gratitude help?. *International Journal of Wellbeing*, 10(3). Retrieved from <https://www.internationaljournalofwellbeing.org/index.php/ijow/article/view/1331>
- Chirikov, I., Soria, K., Horgos, B., & Jones-White, D. (2020, August 17). Undergraduate and graduate students' mental health during the COVID-19 pandemic. *Center for Studies in Higher Education*. Retrieved from <https://escholarship.org/uc/item/80k5d5hw>

Kazerooni, A., Amini, M., Tabari, P., & Moosavi, M. (2020, June 29). Peer mentoring for medical students during the COVID-19 pandemic via a social media platform. Retrieved from <https://onlinelibrary.wiley.com/doi/full/10.1111/medu.14206>

Liu, C. H., Pinder-Amaker, S., Hahm, H. C., & Chen, J. A. (2020). Priorities for addressing the impact of the COVID-19 pandemic on college student mental health. *Journal of American College Health*, 1-3. Retrieved from <https://www.tandfonline.com/doi/full/10.1080/07448481.2020.1803882>

Liu, J., Zhu, Q., Fan, W., Makamure, J., Zheng, C., & Wang, J. (2020). Online mental health survey in a medical college in China during the COVID-19 outbreak. *Frontiers in Psychiatry*, 11, 459. doi: [10.3389/fpsyt.2020.00459](https://doi.org/10.3389/fpsyt.2020.00459)

The Healthy Minds Network and the American College of Health Association. (n.d.). The impact of COVID-19 on college student well-being. *Mental Health Technology Transfer Center Network*. Retrieved from <https://mhhtcnetwork.org/centers/mountain-plains-mhhtc/news/impact-covid-19-college-student-well-being>

ORIGINALITY REPORT

3%

SIMILARITY INDEX

2%

INTERNET SOURCES

2%

PUBLICATIONS

1%

STUDENT PAPERS

PRIMARY SOURCES

1

Submitted to Eastern Gateway Community College

Student Paper

1%

2

www.frontiersin.org

Internet Source

1%

3

Nahal Salimi, Bryan Gere, William Talley, Bridget Iriogbe. "College Students Mental Health Challenges: Concerns and Considerations in the COVID-19 Pandemic", Journal of College Student Psychotherapy, 2021

Publication

1%

4

mhttcnetwork.org

Internet Source

<1%

Exclude quotes On

Exclude matches Off

Exclude bibliography On