

04/05/2020

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 student well-being ¹⁷ affected by the Covid-19 pandemic.

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>

⁷ Stress and well-being in urban college students in the U.S. during the COVID-19 pandemic: Can grit and gratitude help?

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 ³ psychological, academic, and financial well-being of ³ their resilience to 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 ³ more perceived stress and subjective well-being than

the higher group prior to the pandemic. During the pandemic, the low group reported significantly more financial and academic impact than the high group but not more resilience or life stress. The article is credible because it contains relevant information related to the topic of mental health issues and the COVID-19 pandemic. 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>

Undergraduate and Graduate Students' Mental Health during the COVID-19 Pandemic

This article focuses on the impact of COVID-19 on undergraduate and graduate students at research universities. A total of 30,725 undergraduate students and 15,346 graduate and professional 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 based on PHQ-2 and GAD-2 screening tools. Based on the results from the PHQ-2 and GAD-2 screening, 35 percent of the undergraduates and 32 percent of the graduate as well as professional 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 effects of Covid-19 on undergraduate and graduate students. The data provided in this article is also from a survey identifying mental health in students based on using PHQ-2 and GAD-2 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>

Peer Mentoring for Medical Students during the COVID-19 Pandemic via a Social Media Platform

This source is adapted by ASME, and it demonstrates a collaboration made by the ¹ students at Shiraz University. They created a social media platform that employed the near-peer ¹⁶ mentoring method to help the students cope with the pandemic and help with the mental health problems they were facing during COVID-19. This platform ¹ involved senior medical students in instructing medical students in coping with anxiety and stress brought by the pandemic. These senior students had received about 40 hours of training in teaching and learning methods, communication skills, and effective consulting techniques. ¹ A reliable questionnaire was used to measure the effects of this activity. The results showed that ¹ 71% of junior medical students believed the social media platform had a significant impact in helping them adjust faster to the present emergency conditions. 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>

⁴ Priorities for addressing the impact of COVID- 19 pandemic on college student mental health

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 ensure easy access to mental health services and intentional outreach to students with special circumstances. The second priority is for campus administrators, mental health professionals, researchers, and policymakers to come up with innovative models of care to support the student's return to campus and to respond more effectively to future interruptions. 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)

Online Mental Health Surveys in a Medical College in China during the COVID-19 Outbreak

This article talks about a survey that was conducted to investigate the mental health status of students from a medical college in China. There was a total of 217 students who participated 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.

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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://mhccnetwork.org/centers/mountain-plains-mhcc/news/impact-covid-19-college-student-well-being>

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The Impact of COVID-19 on College Student Well-being

This source is from collaboration by Healthy Network and the American College Health Association, who conducted a study using a new set of survey items related to student experience with the COVID-19 pandemic. This survey was conducted using random college students on campuses across the United States. The survey was done on 18,764 students from 14 campuses from late March through May 2020. The results show that sixty percent of the students indicate that the pandemic has made it more difficult to access mental health care. Also, the students reported that their campuses have generally been supportive, especially professors. 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

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