

Online Mental Health Screenings

Joanna Karbel

CollegeResponse Program Manager



Objectives

- * Discuss the problem of student mental health.
- * Provide a description of the mental screenings and discuss the value of implementing across campus.
- * Present the College Response online screening program
- * Questions

According to the American College Health Association National College Health Assessment (ACHA-NCHA, Spring 2014) the following percentage of students reported

In the past 12 months...

- * 87% - Felt overwhelmed by everything they had to do
- * 54% – Felt overwhelming anxiety
- * 47% - Felt things were hopeless at some point
- * 33% - Confessed that they had felt so depressed it was difficult to function
- * 8.6% - seriously considered suicide
- * 1.4% - attempted suicide

According to the ACHA-NCHA the following percentage of students reported

Within the last 12 months, any of the following has been traumatic or very difficult to handle

- * 49% - Academics
- * 34% – Finances
- * 32% - Intimate Relationships
- * 29% - Family problems
- * 28% - Sleep difficulties
- * 27% - Other social relationships
- * 26% - Personal Appearance
- * 24% - Career related issues
- * 20% - Health problem of family member or partner
- * 20% - Personal health issue
- * 17% - Death of family member or friend
- * 10% - Other

How mental health disorders can affect academics

- * Lead to poor GPA and higher dropout rate
 - * Depression
 - * Reduced interest or pleasure in usual activities
 - * Sleep disturbances
 - * Reduced energy
 - * Difficulty concentrating or making decisions
 - * Decreased interest in the future
 - * Anxiety
 - * Impairs concentration and the ability to remain on task
- (Eisenberg, 2009)

How mental health disorders can affect academics (cont.)

- * Eating Disorders

- * Fatigue

- * Cardiac problems

- * Hospitalizations

- * Obsession with weight and food can interfere with time and/or concentration

- * Frequent bingeing and purging consumes time and energy

- * Can cause cognitive deficits, such as poor attention and working memory

(Eisenberg, 2009)

Meet students where they are - online

- * Students are more likely to post information and pictures online that they would not share with others in person (Junco, 2005)
- * Students are constantly online
 - * Social media, coursework, information seeking etc
- * Balance face-to-face efforts with online programming

Online Screening

- * Anonymity of online screening can reduce pressure and stigma
- * Creates a further reach
- * Allows college to provide specific referral information
- * Provides reports that reflect screening data and demographic information



How are you feeling?

Mental health is a key part of your overall health. Brief screenings are the quickest way to determine if you or someone you care about should connect with a mental health professional - they are a checkup from your neck up. This program is completely anonymous and confidential, and immediately following the brief questionnaire you will see your results, recommendations, and key resources.

SCREENING FOR MENTAL HEALTH

[TAKE A SCREENING](#)

Why should I take a screening?

Why should I take a screening?

Mental health screenings are a quick way to determine if you or someone you care about may need to reach out to a doctor or mental health professional for an evaluation. They are educational, not diagnostic. Key factors to keep in mind:



CHECKUP

Completing these screenings will help you determine if your recent thoughts or behaviors may be associated with a common, treatable mental health issue.



ANONYMOUS

We cannot link these screenings to any one individual, so you remain anonymous. Take these screenings anywhere you feel comfortable.



FAST

It takes only a few minutes per screening, and at the end you will be presented with information and next steps.

[^ BACK TO TOP](#)

How does the screening work?

1 **Select**

Select the statement that fits how you have been thinking or behaving.

2 **Answer**

Answer the brief set of questions about yourself and how you are feeling.

3 **Understand**

Get comprehensive explanations about your moods and behaviors.

4 **Explore**

Access informational materials about what you can do to help yourself.

[^ BACK TO TOP](#)



How have you been feeling lately?

Feeling empty, hopeless

Depression

Worried about my drinking habits

Alcohol Use Disorder

Constantly worried, anxious

Generalized Anxiety Disorder

Troubled by traumatic events

Posttraumatic Stress Disorder

Afraid of gaining weight or concerned about my eating habits

Eating Disorder

Experiencing mood swings from very high to very low

Bipolar Disorder

Feeling like I can handle stressors in my life

Resiliency

What is your age?

18-24

25-34

35-44

45-54

55-64

65-74

75-84

85+

What is y

18-24

25-34

35-44

45-54

55-64

65-74

75-84

85+

HANDS® Depression

✕

(Harvard Department of Psychiatry/National Depression Screening Day Scale)

The 10-item HANDS may be used with all adult populations and was developed specifically to be used in a range of community-based settings and has a shorter administration time compared to other screening scales. This is used to assess the likelihood of someone suffering from symptoms of depression.

*Baer, L., Jacobs, D.G., Meszleer-Reizes, J., Blais, M., Fava, M., Kessler, R., Magruder, K., Murphy, J., Kopans, B., Cukor, P., Leahy, L., & O'Laughlen, J. (2000). Development of a brief screening instrument: The HANDS. *Psychother Psychosom*, 69, 35-41.*

Over the past two weeks, how often have you: **Been feeling low in energy, slowed down?**

For none or little of the time

For some of the time

For most of the time

For all of the time

Over the past two weeks, how often have you: **Thought about or wanted to commit suicide?**

For none or little of the time

For some of the time

For most of the time

For all of the time



Over the past two weeks, how often have you: **Had difficulty concentrating or making decisions?**

For no

For so

For m

For al

If you have thoughts of harming yourself or others, either call the National Suicide Prevention Lifeline 1-800-273-TALK (8255), dial 911 or go immediately to the nearest hospital emergency room for an evaluation.

[RETURN TO SCREENING](#)

Your responses are highly consistent with depression.

Your answers also indicated that you might be at risk for suicide.

Your screening results are highly consistent with symptoms of depression. However, this screening is not a substitute for a clinical evaluation and cannot provide an actual diagnosis. You should contact a health professional for more information and a complete evaluation.

You are not alone. No matter who you are, or what problems you are struggling with, hurting yourself isn't the answer. Seek help as soon as possible by calling the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**. If this is an emergency, **dial 911** or go to your nearest emergency department.

PRINT RESULTS

EMAIL RESULTS

DEPRESSION RESOURCES →

Will you seek help?

Yes No

SUBMIT

you will not leave this page

REFERRAL INFORMATION ▼

Screening for Mental Health

Everyone experiences stress, sadness and anxiety from time to time. For additional information on mental

health s

Locator:



[TAKE A SCREENING](#)

[ARTICLES](#)

[PRIVACY POLICY](#)

[ESPAÑOL](#)

Find Mental Health Articles

Choose a disorder or topic below.

Alcohol

Anxiety

Bipolar

Depression

Eating Disorders

PTSD

info on your emotional health and well-being.





General Information on Depression

Depression is a serious medical illness that negatively affects how you feel, the way you think and how you act. Depression has a variety of symptoms, but the most common are a deep feeling of sadness or a marked loss of interest or pleasure in activities.

TREATMENT DEPRESSION



Psychotherapy: Friends Helping Friends - Episode 3

Know someone showing symptoms of anxiety or depression? Need help reducing stress? If a friend or family member is having trouble coping with life's toughest situations, a psychologist can help. So can you, by gently suggesting that they see a psychologist.

TREATMENT STRESS FRIENDS DEPRESSION ANXIETY



How to help in an emotional crisis

Mental health disorders are common in the United States, affecting tens of millions of Americans each year, according to the National Institute of Mental Health. Yet only a

CATEGORIES

[Workplace](#)

[Community](#)

[College](#)

[Alcohol Misuse](#)

[Anxiety](#)

[Bipolar](#)

[Depression](#)

[Eating Disorders](#)

[Posttraumatic Stress](#)

[Resiliency](#)

[General](#)

[Managing Stress](#)

[Parent Resources](#)

[Suicide](#)

[Wellness](#)

TRANSLATE

Select Language ▼

Powered by [Google Translate](#)

Anonymous online screenings showed the following percentages of students having symptoms consistent with...

- * Depression – 82%
- * Generalized Anxiety Disorder – 88%
- * Bipolar Disorder – 30%
- * Eating Disorder – 70%
- * PTSD – 89%
- * Alcohol misuse – 70%

Follow up treatment

Of those who scored positive, percentage who answered the question “do you think you are going to seek further evaluation”

- * Depression – 83%
- * Generalized Anxiety Disorder – 80%
- * Bipolar Disorder – 80%
- * Eating Disorder – 54%
- * PTSD – 82%
- * Alcohol misuse – 53%

Kappa Alpha Theta Report September 1 2014 – April 1, 2015

Screening Numbers

Total Screenings	Depression	Alcohol	Generalized Anxiety Disorder	PTSD	Eating Disorders	Bipolar Disorder
1651	471	84	541	85	295	172

Will You Seek Help?

Total Responses	Yes	No
166	81	85

Benefits to online screening

- * Raise campus awareness about mental health disorders that college students experience each year
- * Educate students and administrators about symptoms and effective treatments/resources
- * Offer all students the opportunity to be screened
- * Connect those in need of treatment to the resources that can help them

Questions?

THANK YOU

For more information please call
WellConnect by Student Resources

