

# The Invisible Epidemic in Our Universities: Why Mental Health Needs our Full Attention

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# 2016 - National College Health Assessment: University of Ontario Institute of Technology

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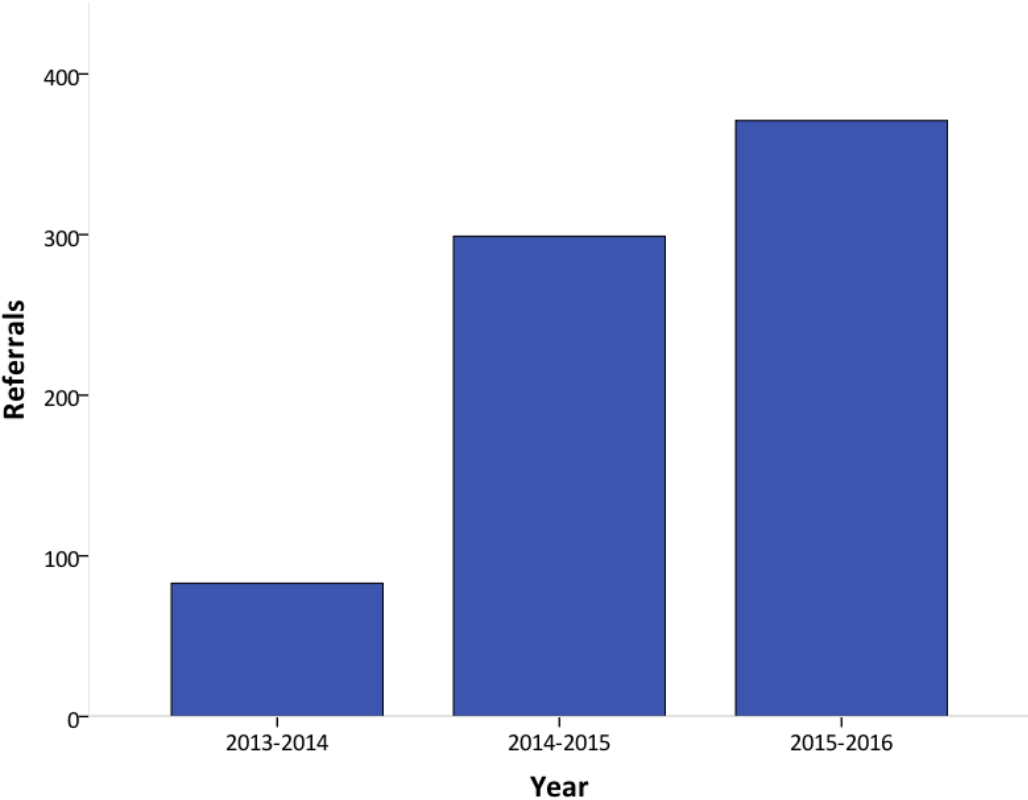
- 952 participants (20% participation)
- In the past year:
  - 42.9% felt “so depressed” that it was difficult to function
  - 61.5% felt overwhelming anxiety
  - 58.9% reported experiencing more than average stress
  - Diagnosed with mental health condition: 19.9%
  - 12.4% seriously considered suicide
  - Intentional injury: 7%
  - 2.0% attempted suicide

# 2016 - National College Health Assessment: University of Ontario Institute of Technology

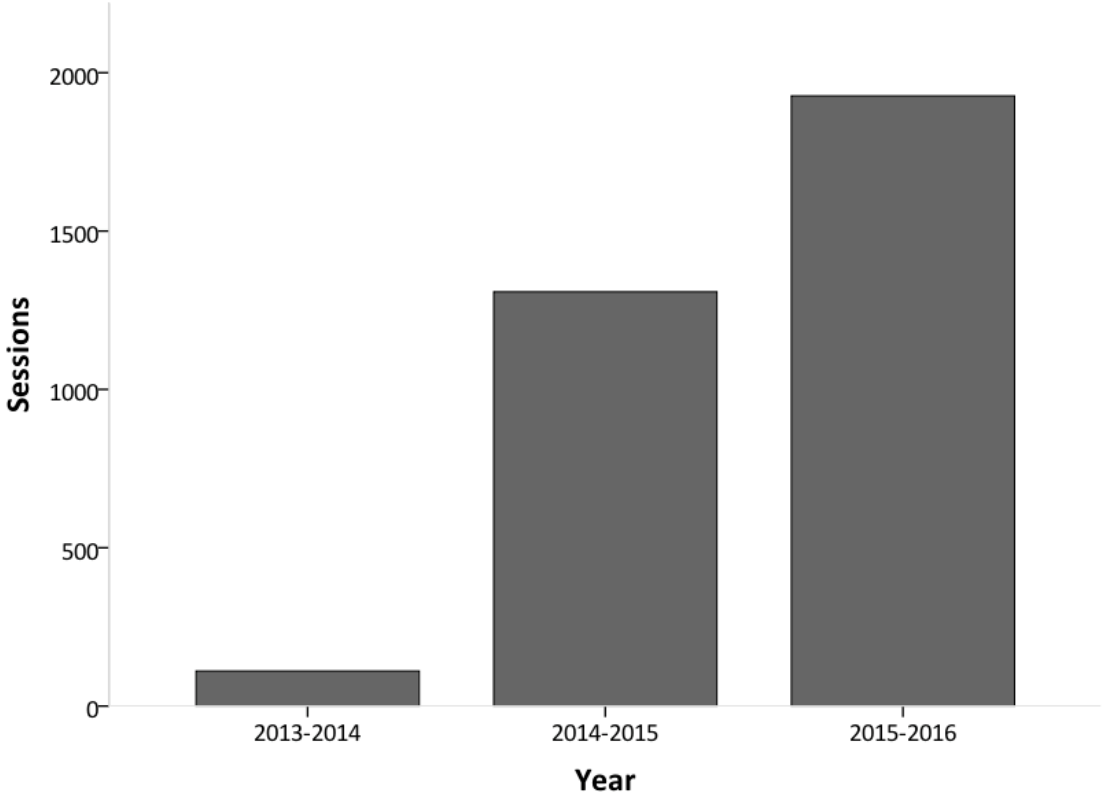
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- Impacted academic performance in the past year:
  - Depression: 19.9%
  - Anxiety Stress: 30.6%
  - Stress: 40.4%

# UOIT Student Mental Health Services



\*\* First 7 months only



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# Mental Health and Tomorrow's Workforce

# UOIT Mental Health and Wellness Study

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- Partnership with CMHA-Durham
- Seed grant from Ontario Trillium Foundation
- Describe the prevalence of depressive symptomatology, anxiety and stress in enrolled undergraduate students at UOIT-FHSC
- Determine the association between mental health, sociodemographic variables, physical health and lifestyle factors
- Feasibility study - March 2017
- In-class survey in classes
- 80% participation
- Very positive student engagement

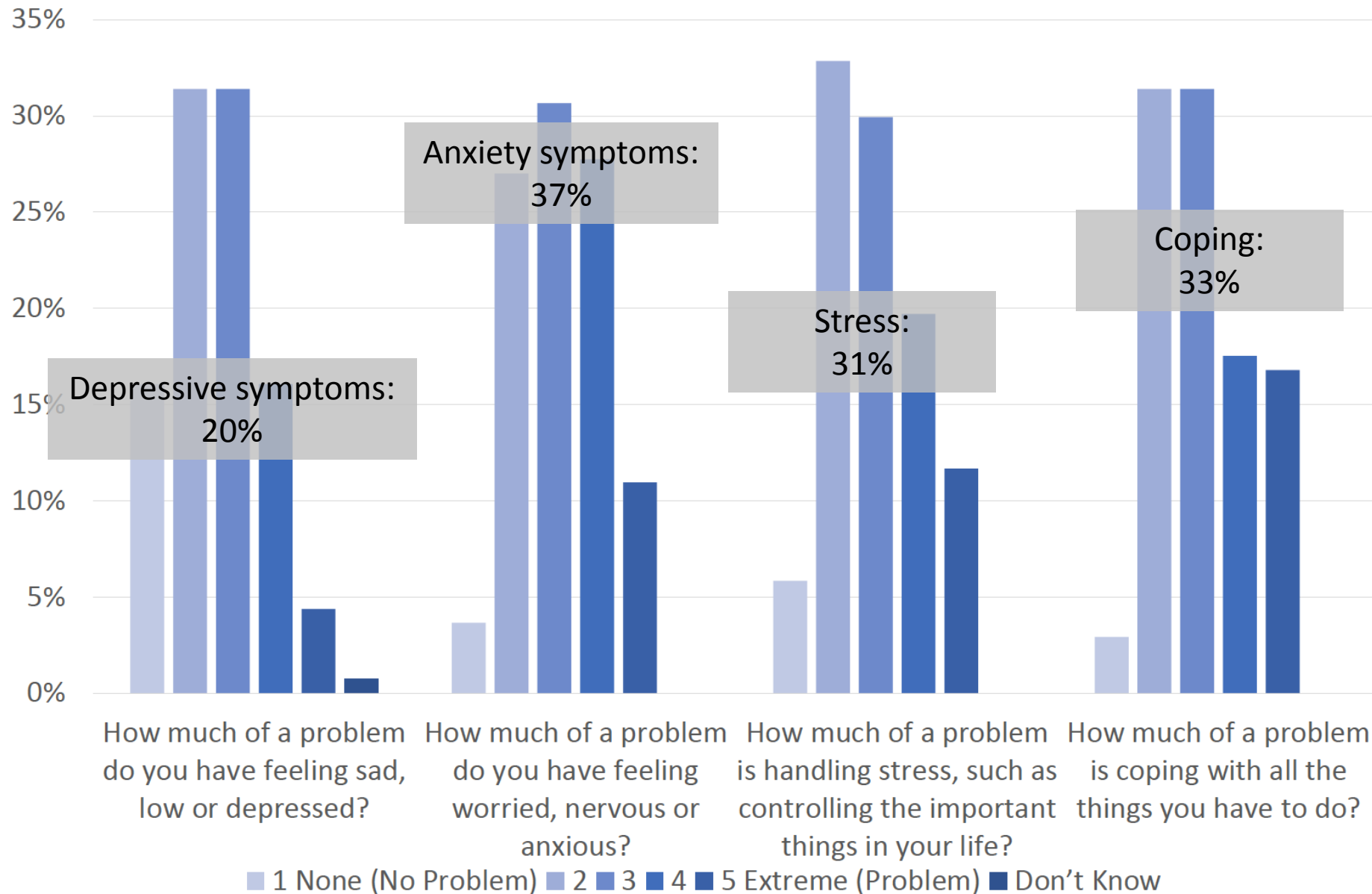


Figure 1: Percentage of the 137 responders that answered the mental health questions from the World Health Organizations' Model Disability Survey [1]. Questions asked: "Please think about the last 30 days, taking both good and bad days into account. For each question please tell me how much of a problem it is for you on a scale from 1 to 5. 1 means no problem and 5 means extreme problem".

# Opportunity for Prevention...

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# We Are Only at the Starting Line...

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## Next Steps:

- Large survey of the Faculty of Health Sciences graduate student population (Oct. 2017)
- Funding application for a cohort study
- Engage community partners
- Work with UOIT administration to identify potential prevention strategies
- Continue listening to our students!

# The Amazing Talent...

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