

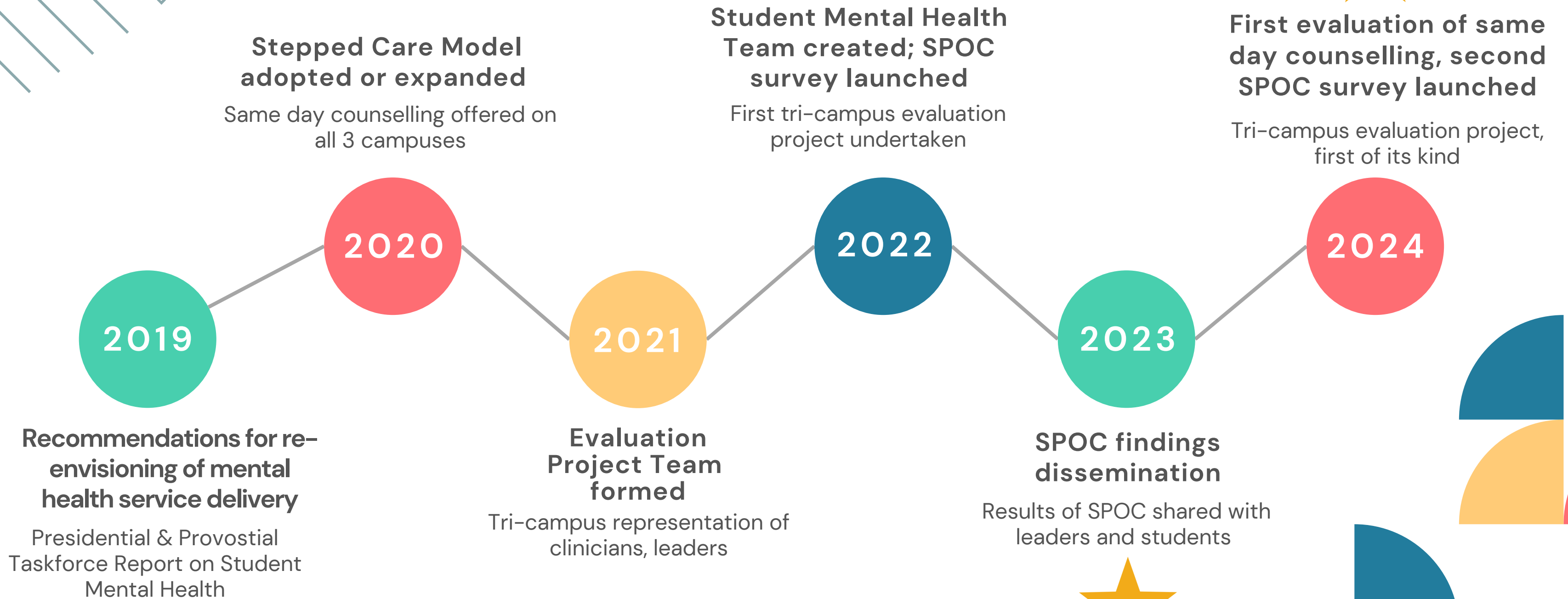


Student Mental Health
Mississauga, Scarborough, St. George

STUDENT MENTAL HEALTH EVALUATION: CURRENT PROJECT AND FUTURE DIRECTIONS

Sarah Brennenstuhl, PhD
Senior Research Associate
Data Strategy & Evaluation Lead,
Student Mental Health & Inlight

STUDENT MENTAL HEALTH EVALUATIONS TIMELINE



STUDENT PERCEPTION OF MENTAL HEALTH CARE SURVEY (SPOC)

DESIGN

Repeated, cross-sectional survey open for a 3 week period every other year using the validated **Youth Service Satisfaction Scale** adapted by UofT students for students

POPULATION & SETTING

Currently enrolled students who have accessed mental health services at campus health centres

SAMPLING

Sampling frame developed using **EMR** at each health centre to create an **email list stratified by mental health appointment type**

ADMINISTRATION

Links sent via email to **Redcap** survey

Next survey:
Oct–Nov 2024

SPOC REACH & PRIMARY FINDINGS 2022

500+ students provided survey data in the first survey

Median age =
22 years

1 in 2
2SLGBTQAI+

1 in 3
first time users

1 in 3
grad students

1 in 4
international
students

1 in 2
saw a
counsellor in
last visit

2 in 3
women; similar
amounts of
men & gender
non-
conforming
folks

2 in 3 visits
were virtual

>40% Asian
>40% white

Campus
samples:
UTSG = 377
UTM = 66
UTSC = 70

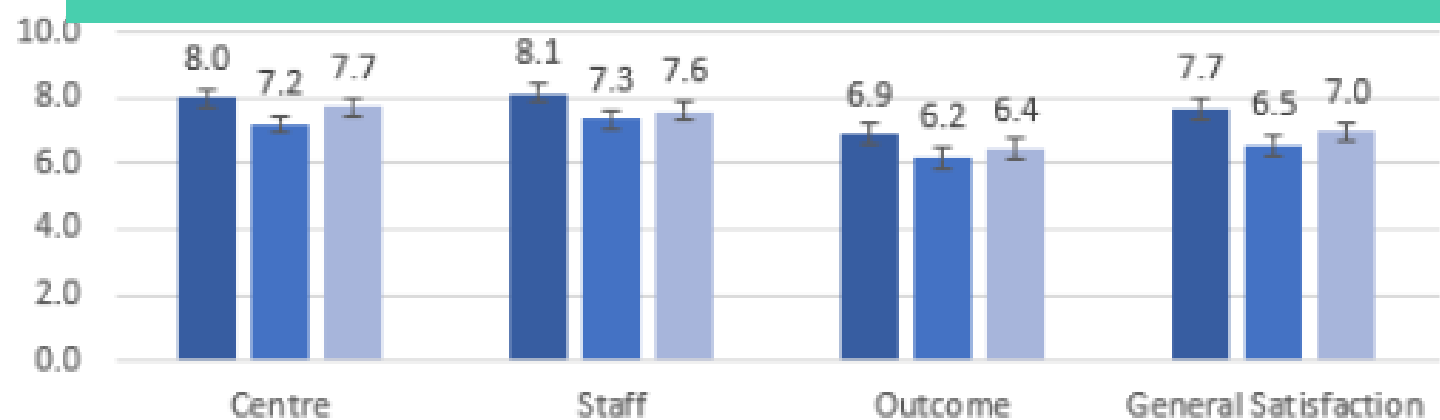
**MEDIAN OF MOST ITEMS
= 4(/5)**

**HIGHEST SCORES ON STAFF
SCALE**

**LOWEST SCORES ON
PERCEIVED BENEFIT SCALE**

SPOC: 4 KEY FINDINGS 2022

Higher scores for in person care



■ In person ■ Phone ■ Video

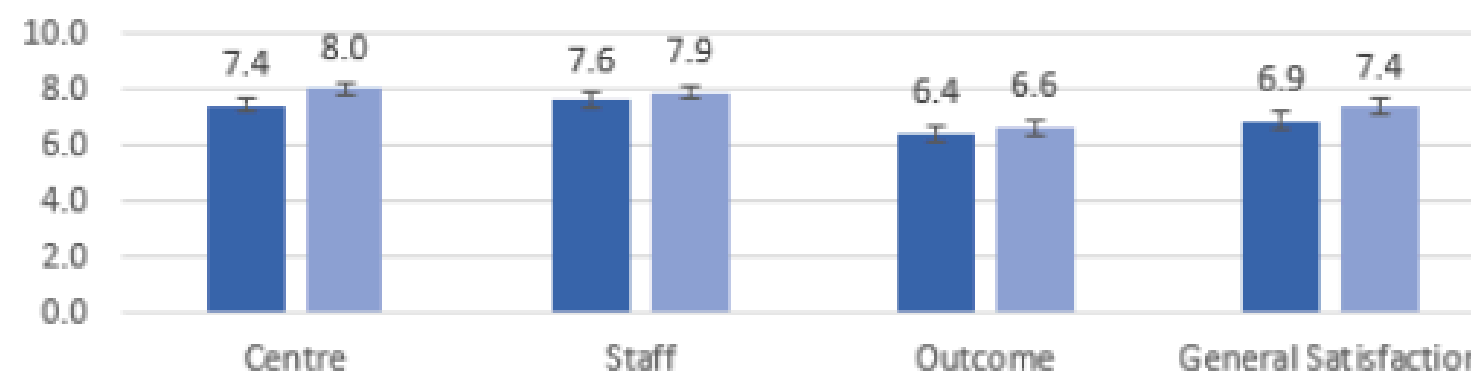


■ Undergrad - lower years ■ Undergrad - upper years ■ Graduate

Higher scores for repeat users on benefit



■ Repeat user ■ First time user



■ 2SLGBTQIA+ ■ Heterosexual

Higher scores for grad students/older students

Lower scores for 2SLGBTQIA+ on some scales



BACKGROUND

SAME DAY COUNSELLING EVALUATION 2024



WHAT:

- Pilot-feasibility evaluation on all 3 campuses

WHY:

- Provide evidence on what is working and not working at UofT
- Applications for the post-secondary sphere more broadly

HOW:

- Pre-post, single group evaluation design

WHO:

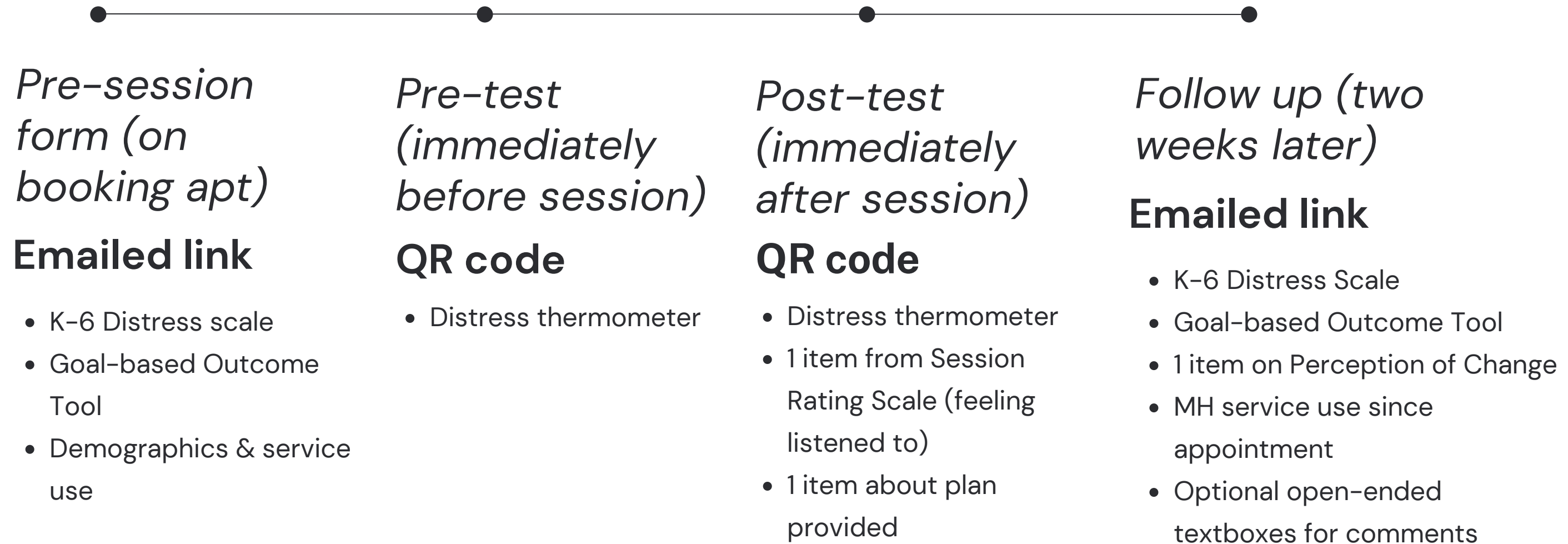
- Students as participants & expert consultants
- Counsellors as intervention providers & expert consultants
- Student Mental Health Team with Evaluation Project Team will conduct evaluation

WHEN:

- July–August 2024

**Student consultations
completed (n=15)**

SAME DAY COUNSELLING EVALUATION DESIGN



- Use of short measures only; easy to respond to questions (e.g. check boxes)
- Pre/post tests built into session time; paper copies available
- Counsellors & front desk staff express importance of filling out questionnaires



THANK YOU

sarah.brennenstuhl@utoronto.ca
SMH.evaluations@utoronto.ca



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