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Online Stress Management Resources in Higher Education: A Pilot Study

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Background

- Stress and mental health concerns have become common among the college population. Not having the skills to manage acute stress can lead to chronic stress (Shields, et al., 2016; AIS, 2019; Pozos-Radillo et al., 2014). Chronic stress that is unmanaged can then become burnout (World Health Organization (WHO), 2019).
- Student sources of stress can be related to:
 - limited life skills
 - limited executive function skills
 - lack of positive coping mechanisms
 - financial circumstances
 - academic pursuits (AIS, 2019).
- Studies show that college students experiencing chronic stress and burnout participate less in social activities, hobbies, exercising, and self-care (Baghurst et al., 2014).
- Studies are finding that more students are experiencing burnout. A study found a 31% increase in the number of students experiencing burnout within one academic year (Sanchez, 2021).

Brief bio

My name is Diana Leonardo, and I am in the Doctoral Occupational Therapy program at CSU. Scan the QR code to access my e-dossier site to learn more about me and learn more about my capstone experience!

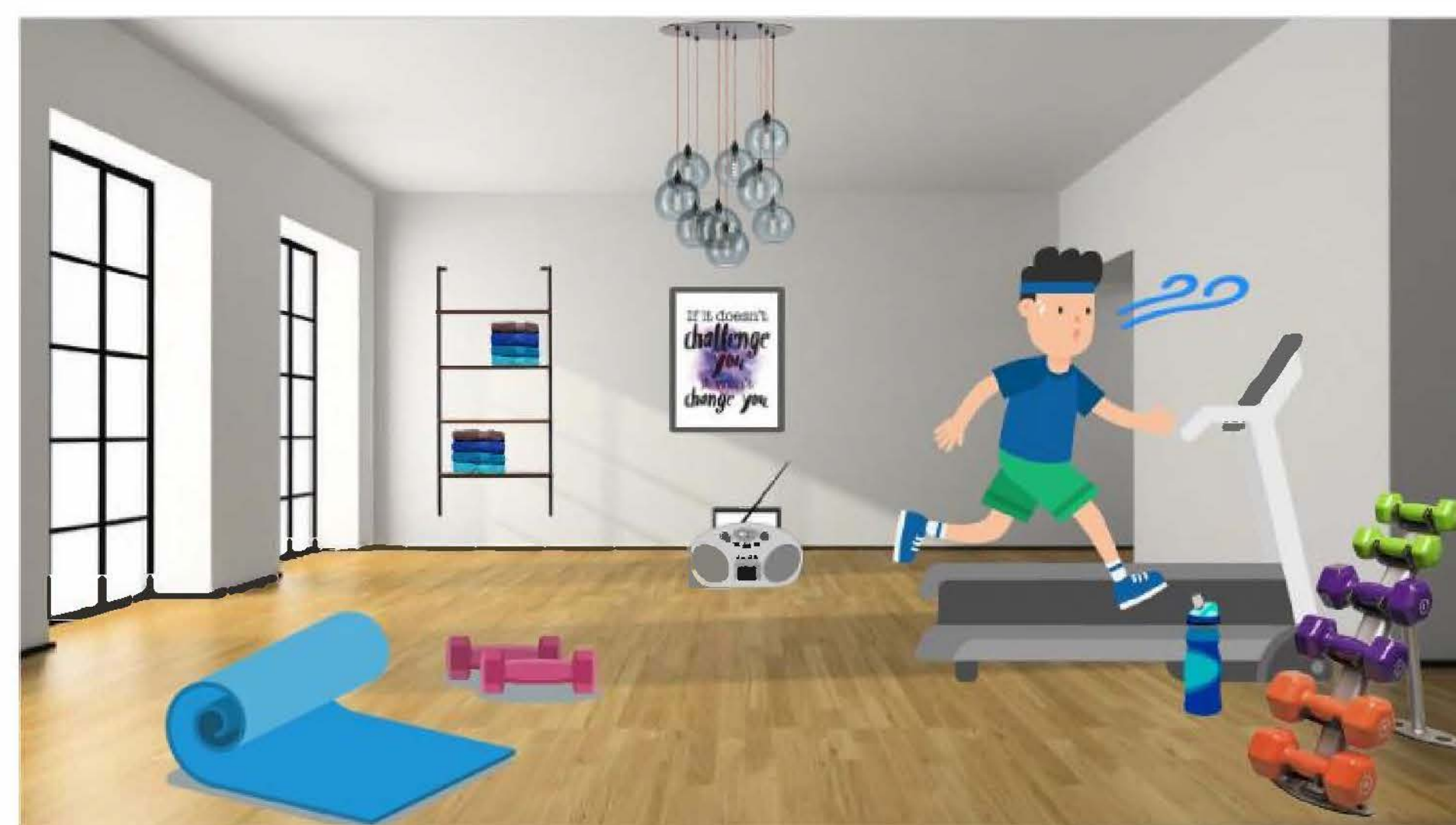
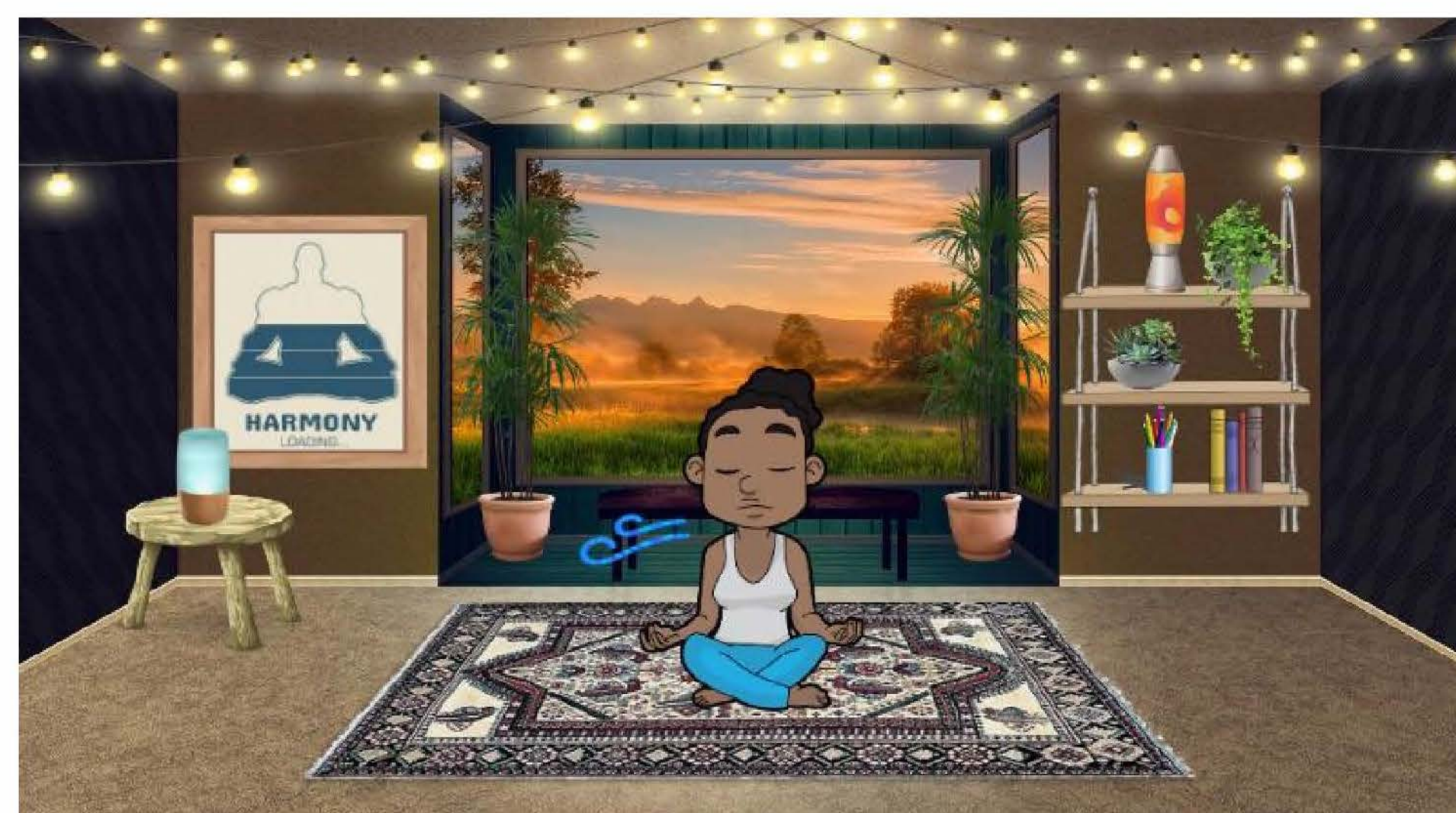


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Capstone activities

- Focus on mental health promotion by developing an online self-management method of stress prevention for college students,
- Major Accomplishments:
 - Developed stress management resources that are evidence based
 - Breathing
 - Progressive Muscle Relaxation
 - Meditation
 - Online Self-Care Rooms (Pictures below)
 - And more!
 - Designed BB shell and embedded resources within the system
 - Received IRB approval for pilot study of the stress management BB shell
 - Wrote a professional paper in collaboration with site mentor for submission to International Journal of Stress Management
 - Presented findings at OCHA Annual Conference 2023



Results

- Most popular resources were related to meditation
- After using BB shell, increase in student perception of their ability to manage their stress
- Accessible and easy to use in a variety of settings (clinicals, midterms, etc.)
- 100% of participants stated the resources included were helpful in managing their stress

OT Filling the Gap

- We are qualified to help students develop coping skills, healthy habits, and how to incorporate the stress management techniques within their roles and routines
- Through the implementation and distribution of the BB stress management shell OT'S can collaborate with other mental health services on campus.
- OTs receive the education throughout their program to be qualified as mental health providers on campus.

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