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Occupational Therapy’s Role in Addressing College Campus Well-Being
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The purpose of this study is to:

• explore occupational therapy’s (OT) role in this emerging field of mental health

• investigate the effects of Cranial Electrotherapy Stimulation (CES) and mindfulness in reducing symptoms of anxiety, stress, or insomnia among college students

Background

• 25% of college students are annually diagnosed or treated by a mental health professional (Grutadaro & Crudo, 2012)

• 94% of Counseling Center Directors reported trends toward greater numbers of students with severe psychological problems (APA, 2020)

• 86% of college students feel overwhelmed; 81% have felt exhausted indicating sleep challenges; and 30% of students have felt too depressed to function (Hunter, 2016)

• 86% of students with a psychiatric disability left school without completing their degree (APA, 2020)

• As OTs, we have the ability to use complementary and integrative therapies to address these issues.

• OT has the unique role of promoting health and wellness, while facilitating occupational performance in these students.

Results

**Time is the biggest factor in reducing symptoms of anxiety, and increasing mindfulness, sleep quality, and daily function, despite differences in groups.**

![Graphs showing significant effects of time](image)

**Significant Effects of Time**

- HAM-A: F(1,22) = 19.42, p < 0.05
- FMI: F(2,21) = 10.41, p < 0.05
- PSQI: F(2,22) = 19.01, p < 0.05
- FSQ Social Role: F(2,21) = 5.00, p < 0.05

• No significant differences in the Physical (ADL) and Psychological Function categories of FSQ
• No significant differences between groups in all four assessments

Clinical Relevance

**Cranial Electrotherapy Stimulation**

- CES can be used as an adjunct to the pharmacological approach and psychotherapy or as an alternative therapy (Barclay & Barclay, 2014)

- Can use CES as often as needed and has minimal risk of side effects (<1%)

- Patients can be prescribed a CES device to use at home, giving them increased control over the management of their symptoms (Kirsch & Nichols, 2013)

- There are no known contraindications (Kirsch & Nichols, 2013)

**Mindfulness**

- Available to clients in most daily settings

- Four major themes: using attentional processes to regulate emotions and cognitions, stress reduction, improved coping and social skills, and calming and/or relaxation (Sapthiang et al., 2019)

- Benefits have been reported in participants’ stress, mood and mindfulness levels, as well as anxiety, well-being, self-compassion and coping abilities (O’Driscoll et al., 2017)

Recommendations

- More quantitative research necessary
- Longitudinal studies to investigate long lasting effects
- Increased demographic diversity

References

For a full reference list, please scan the QR code.