

Triton Wellbeing Tidbits: Evaluation of non-traditional wellness and accessibility to sustainable wellbeing

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Background

- Growing evidence that mental health and anxiety disorders have been increasing in college students in the U.S.¹
- Students underutilize mental health facilities for multiple reasons, including stigma and lack of available appointments²
- Disseminating sustainable well-being habits and information is one potential way to reach more students experiencing mental health concerns
- Professor Karen Dobkins teaches a course on sustainable well-being titled PSYC 88, but its capacity is limited to 100 students per quarter

Objective

- To disperse sustainable well-being information from PSYC 88 to the UCSD student population through social media platforms Instagram, Tiktok and Facebook



Podcast

Methods

- Enrolled in PSYC 88: Sustainable Wellbeing with Professor Dobkins
 - Weekly lecture material was used
- Tested potential methods of disseminating sustainable well-being information to UCSD population through social media platforms
- Media platforms: Instagram, Facebook, TikTok and one podcast
- Small survey given to organization leaders and FMPH students
 - Participating clubs: Community service org, business consulting org, and Public Health club
 - Participants were asked to review the content for potential strengths and weaknesses



TikTok

Outcomes

- Podcast was the easiest to produce
 - Collaborative chemistry made the medium very accessible
- The Tiktok mediums required most editing and were very succinct
 - Sometimes message was lost
- Infographics were the most informational
 - Clarity and visualization
- Student organizations mentioned infographics as most likely to engage with
- Mentioned need for stronger campus presence, wellness is not an easy topic to approach in these organizations

5 Days of Journaling



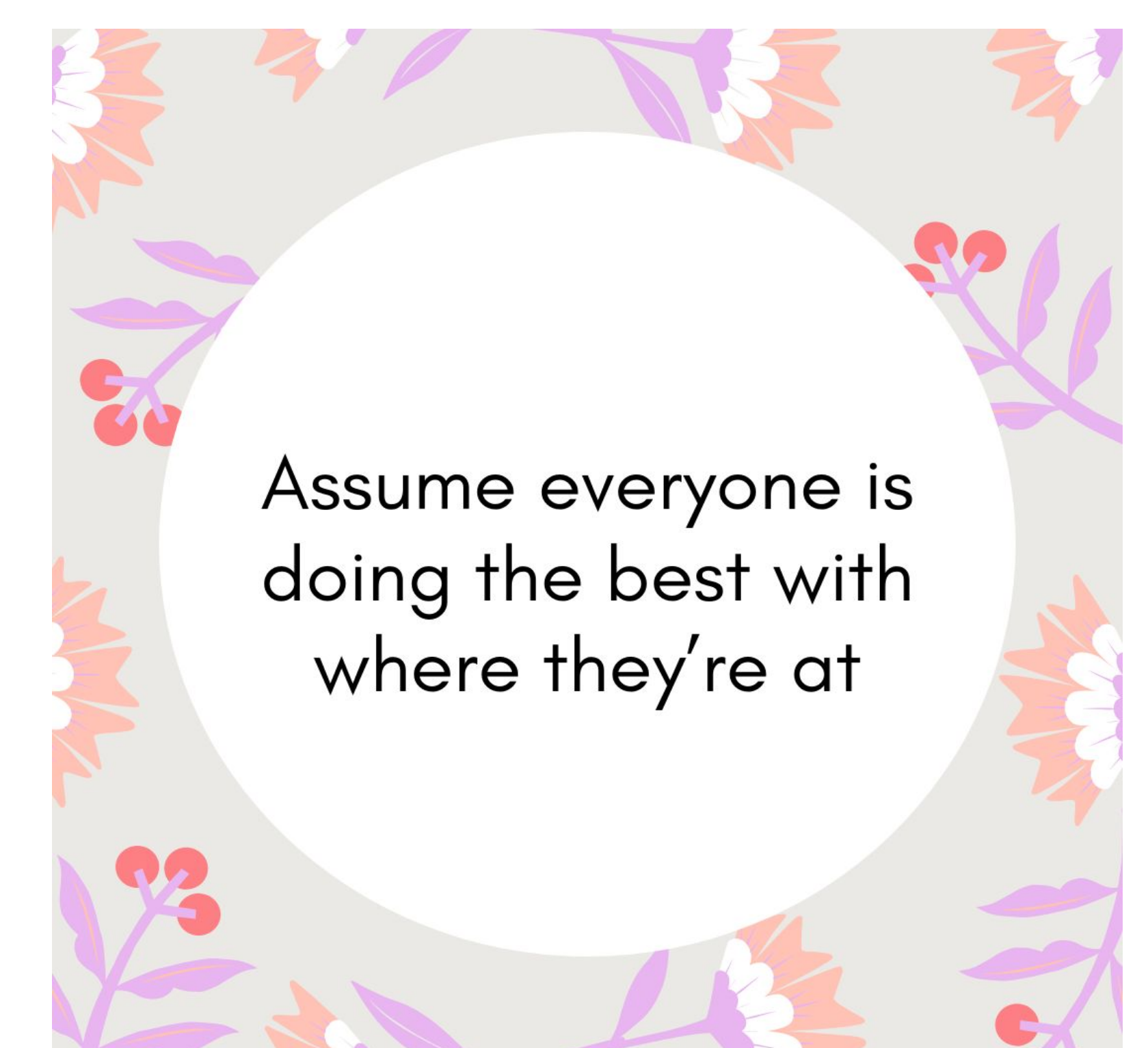
Instagram: Journaling Challenge

Policy Implication

- In order to have a stronger presence on campus, we could hold a dedicated sustainable wellbeing week on library walk
 - Clubs mentioned stronger campus presence increases likelihood of participation
- Collaborate with clubs during mental health awareness month to disseminate our informational posts.
- Work with the Zone
- Future capstone students would decide how they would want to design these event

Conclusion

- Our project is a potentially effective way to disseminate information to the wider UCSD population
- Future undertakers of this project will consider the critiques in order to improve upon the project when it comes time to launch
- Prospective capstone students would take over this project



Instagram Story

Works Cited

1. Eisenberg, D., Hunt, J., Speer, N., & Zivin, K. (2011). Mental health service utilization among college students in the United States. *Journal of Nervous and Mental Disease*, 199(5), 301-308.
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2. Conley, C. S., Travers, L. V., & Bryant, F. B. (2013). Promoting psychosocial adjustment and stress management in first-year college students: The benefits of engagement in a psychosocial wellness seminar. *Journal of American College Health*, 61(2), 75-86. doi:<http://dx.doi.org/10.1080/07448481.2012.754757>