

## Background

- More than 75% of college students deal with high levels of stress and 85% report feeling overwhelmed<sup>1</sup>
- Mindfulness meditation has been shown to help reduce anxiety, depression, and stress<sup>2</sup>
  - Taught to 'observe' one's thoughts, emotions, or sensations without judging their contents and accepting them as they come<sup>2</sup>
- Even brief sessions increased sustained attention and cognitive performance<sup>2</sup>
- Research shows mindfulness apps can provide higher compliance and convenience for students compared to traditional in-person meditation practice<sup>1</sup>, which is a great alternative during the COVID pandemic

## Objective

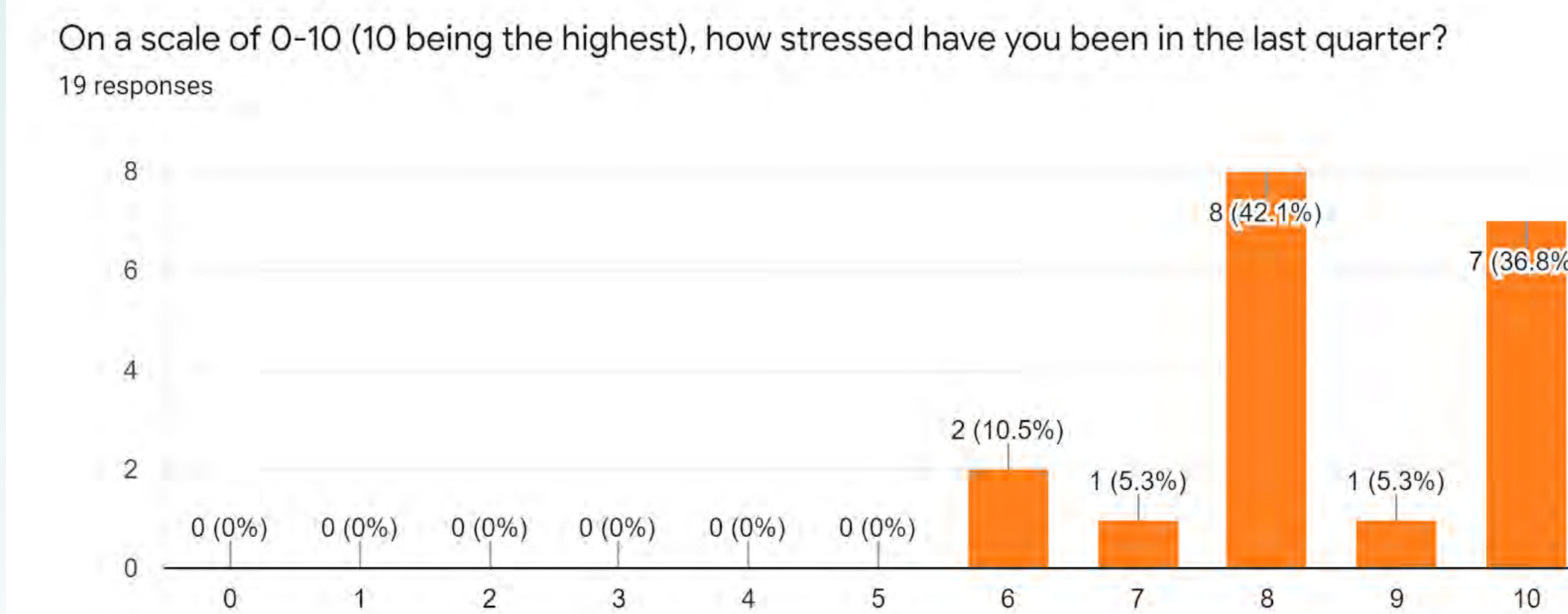
- Our objective was to:
  1. To promote CAPS newly contracted meditation app called Headspace and raise awareness about iFlourish apps available to UC San Diego students
  2. To increase enrollment in Headspace

## Methods

- We offered a total of 8 Zoom sessions, each watching one episode of the Headspace Netflix Series
- Recruitment of participants: Digital flyer which was posted on Facebook, Instagram, and on weekly College Newsletters
  - A \$30 Target gift card was provided as an incentive, which would be given through a raffle system
  - Participants could enter the raffle multiple times by attending sessions and completing the survey
- Well-Being Educator was present to provide more information about iFlourish resources and answer questions
- A survey was given to gauge student interest in downloading Headspace and other iFlourish apps

## Results

- We had a total of 19 student responses across 8 sessions from our survey
  - There was equal representation across all grade levels
- Majority stated after watching at least one episode, they found it informative and the meditation section helpful
- 66.7% of students who did not plan to download the Headspace app stated they did not have enough time to participate
- 94.4% of students did not already have other iFlourish offerings (e.g. TAO, iRelax, Welltrack, etc.) but 29% said they would download the iFlourish app called iRelax after the session

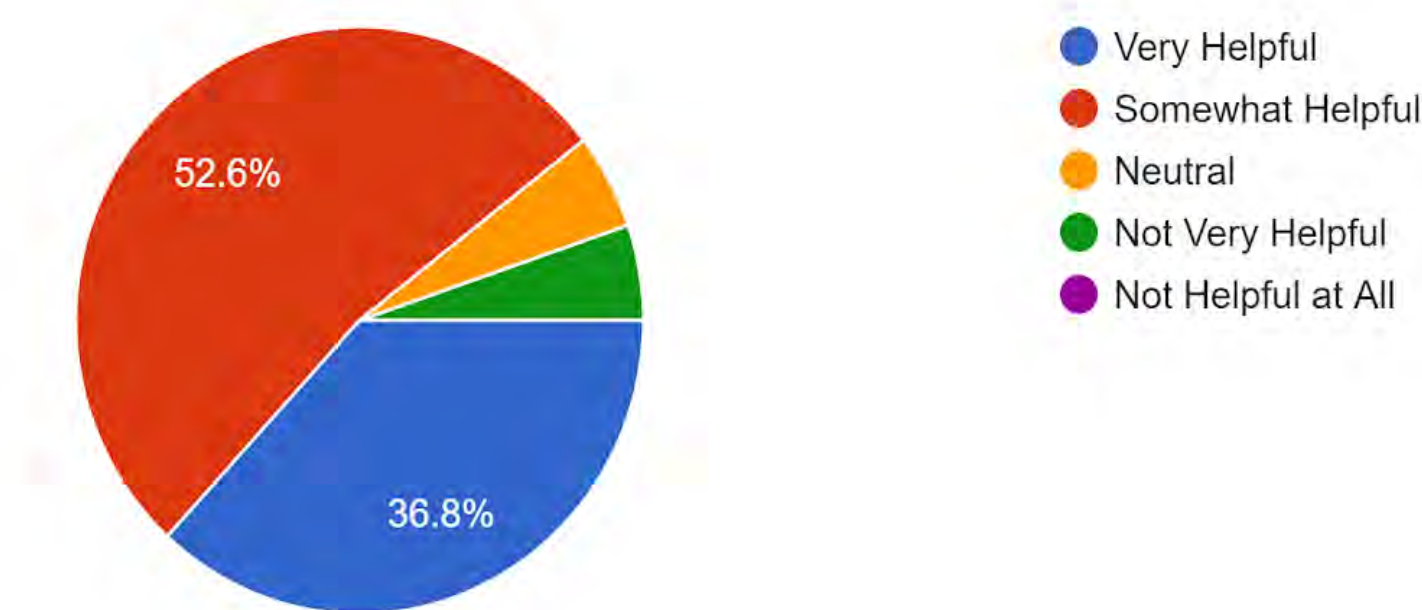


This graph shows that more than 84.2% of students were at a minimum stress level of 8/10.



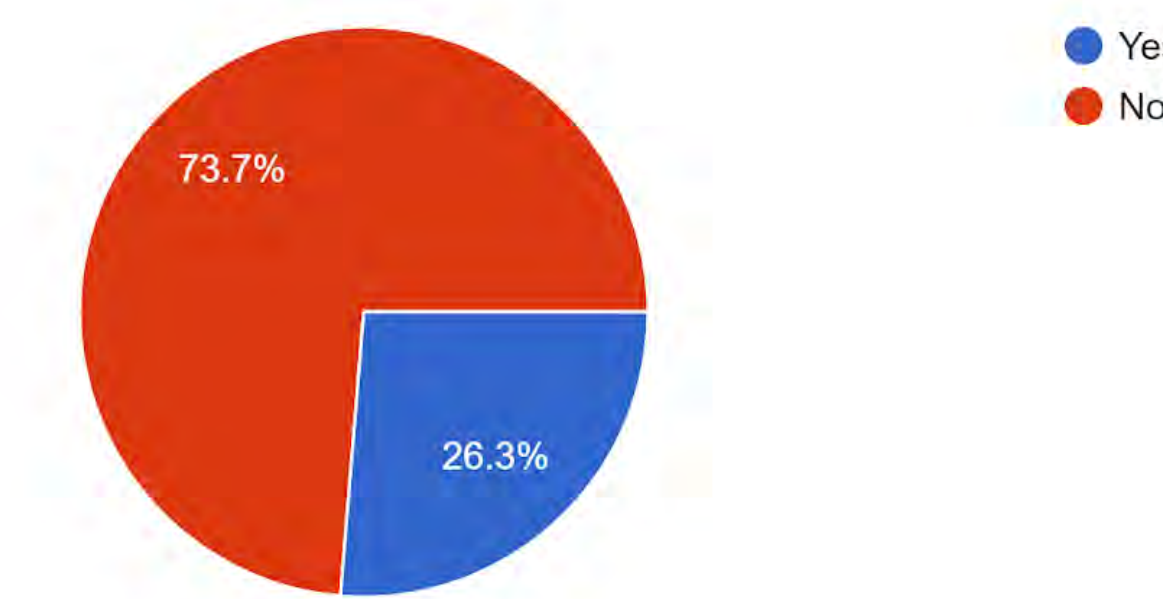
This pie chart shows that 84.2% of students who watched at least one episode of the Headspace series thought that it was informative.

How helpful was the meditation portion of Episode 8 of the Headspace series?  
19 responses



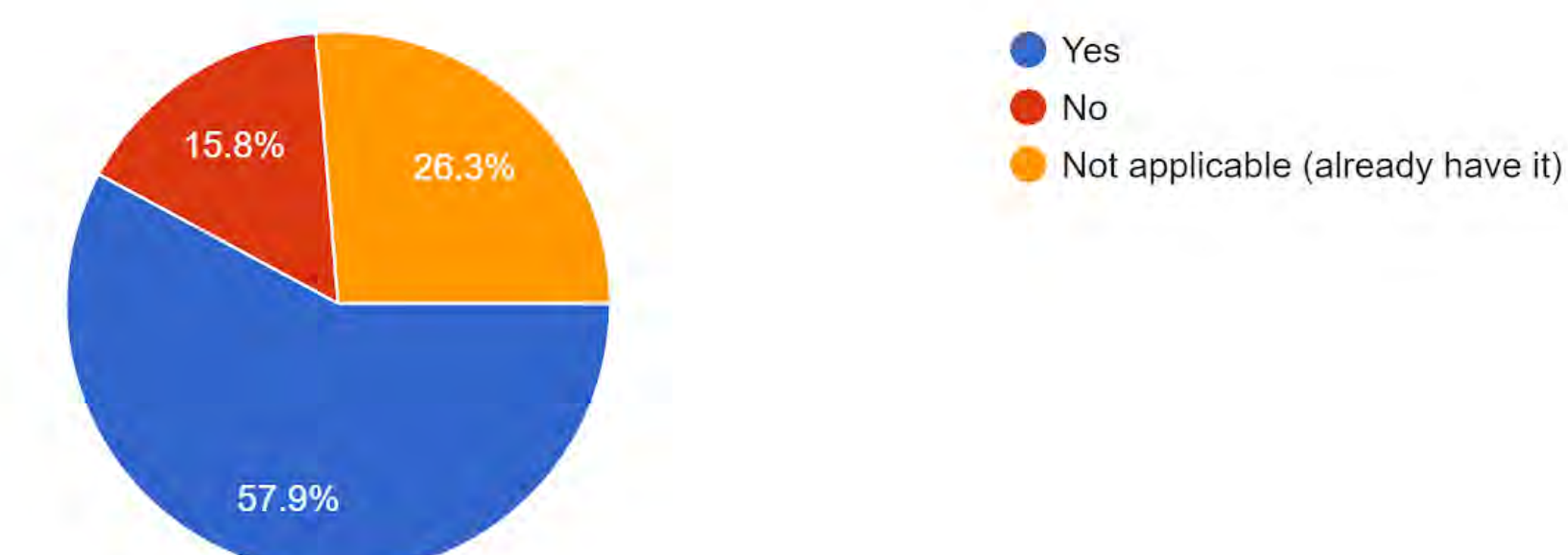
This pie chart shows that 89.4% of students who watched at least one episode of the Headspace series thought that the meditation portion was helpful.

Have you already downloaded the Headspace app?  
19 responses



This pie chart shows that 73.7% of students who attended did not previously have the app downloaded.

After watching Episode 8 of the Headspace series, do you intend to download the Headspace App?  
19 responses



This graph shows that 84.2% of students who watched at least one episode of the Headspace series have already downloaded or intended to download the app.

## Limitations

Students who attended may have already been interested in the Headspace app and intended to download it without viewing the Headspace Netflix episode.

## Conclusions

- UC San Diego students are highly stressed across all grade levels
- After watching at least one episode of the Headspace Series, the majority of students found it informative and helpful
  - Most of those who did not previously own the app, stated that they would download it after the session
- Out of the iFlourish offerings, most students said they would download iRelax
- Students who stated they were not going to download the Headspace app or other iFlourish offerings stated they did not have enough time

## Implications

Engaging in a meditation mindfulness app can reduce student' stress and how they deal with different mental health issues therefore, using Headspace can be beneficial for many highly stressed UC San Diego students.

## Acknowledgements

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## References

1. Huberty, J., Green, J., Glissmann, C., Larkey, L., Puzia, M., & Lee, C. (2019). Efficacy of the mindfulness meditation mobile app "calm" to reduce stress among college students: randomized controlled trial. *JMIR mHealth and uHealth*, 7(6), e14273.
2. Schreiner L., Malcolm P. J. (2008). The benefits of mindfulness meditation: changes in emotional states of depression, anxiety, and stress. *Behavior Change*, 12(3), 156-168.