



Texas Tech University Health Sciences Center

Senate Resolution 21.07

(Stating the sentiments of the Student Senate with regards to implementing a pilot test of Headspace in ~500 students.)

WHEREAS, signs of depression have doubled in graduate students due to COVID-19<sup>2,11,12</sup>, and

WHEREAS, the mental health of students is a top priority of Texas Tech University Health Sciences Center, and

WHEREAS, interventions have been called for to address the mental health crisis in graduate education, both at TTUHSC and across the country<sup>5</sup>, and

WHEREAS, the prevalence of depression is three times higher in medical students compared to the general population<sup>7</sup>, and

WHEREAS, approximately one third of PhD students are at risk of having or developing a psychiatric disorder (especially major depressive disorder)<sup>9</sup>, and

WHEREAS, many students prefer to use apps that can be downloaded on mobile phones, and

WHEREAS, it is important to cast a wide net when providing support for mental health (meaning multiple platforms and modalities should always be immediately available), and

WHEREAS, student senators evaluated 12 mental health apps based on cost, effectiveness, availability across platforms, psychological modalities used, name recognition, and student interest (Table 1), and

WHEREAS Headspace is an established and widespread company with millions of users in over 190 countries<sup>6</sup>, and

WHEREAS, Headspace has been shown to reduce stress<sup>4</sup>, increase compassion for both others and self<sup>10</sup>, reduce aggression and irritability<sup>4</sup>, improves focus<sup>1</sup>, and increase overall positivity and well-being<sup>8</sup>, and

WHEREAS, TTUHSC School of Medicine has already committed to make Headspace available to all medical school students via the purchase of American Medical Association memberships, and it is important to make mental healthcare resources equally available for all students, and

WHEREAS, it is essential to increase mental health resources in light of the added stresses induced by the COVID-19 pandemic, and

WHEREAS, of the 415 surveyed TTUHSC students, 56% of students were familiar with Headspace, and 78.4% of students were likely or very likely to use Headspace as a mental health tool (Figure 1), and

WHEREAS, TTUHSC students were far more likely to say that they would use Headspace compared to TAO, if they felt the need for a mental health tool (Figure 1),

WHEREAS, a pilot partnership with Headspace that covers 500 students would cost approximately \$4500 for one year subscriptions, less than the cost for students to individually purchase subscriptions (Figure 2), and

WHEREAS, a partnership with Headspace provides numerous benefits beyond basic subscriptions (Figure 2), including:

- Headspace Plus
- Team meditation, multiple language options
- 24/7 technical support, a Dedicated Customer Success Manager
- Training for Headspace Champions
- Administrative portal to manage enrollment and team challenges
- Weekly analytics
- Customized digital launch kit
- Pre-launch consulting and strategy development
- Live launch webinar, Train the Trainer webinar
- Wellbeing surveys: pre and post launch
- Monthly check-in calls, bi-annual Health and Happiness checks

WHEREAS, publishing the results of a pilot study on the effectiveness of Headspace in higher education is in line with TTUHSC's commitment to excellence in research, and

WHEREAS, making Headspace available to students would help TTUHSC recruit top quality students, and

WHEREAS, the Assistant Dean for Student Wellness and Advancement, the Director for Student Affairs/School of Medicine, and Staff Senate have given support for access to Headspace as a

strategy to improve healthcare for students (in addition to preliminary support from the Diversity, Equity, & Inclusion Committee pending a final vote) (see letters of support),

THEREFORE BE IT RESOLVED, that the Student Senate of the Texas Tech University Health Sciences Center calls for a pilot partnership with Headspace in which approximately 500 students would be given access to Headspace for free, and

BE IT FURTHER RESOLVED, that TTUHSC use the analytics provided by Headspace as well as internal resources to evaluate the effectiveness of Headspace over one year, and

BE IT FURTHER RESOLVED, that TTUHSC re-evaluate the cost-effectiveness of Headspace as a mental health tool for students after a 1 year pilot, and use that information to consider further partnership with Headspace, and

BE IT FURTHER RESOLVED, that TTUHSC publish the results of the one-year pilot on Headspace in an academic journal, and

BE IT FURTHER RESOLVED, that this resolution be spread upon the Journal and that copies be sent to **Dr. Lori Rice-Spearman**, President of Texas Tech University Health Sciences Center; **Micheal West**, Assistant VP for Presidential Finance and Administration; **Dr. Erin Justyna**, Assistant Provost for Student Affairs; **Dr. Alan Korinek**, Director of the Program of Assistance for Students; **Dr. Ron Cook**, Chief Health Officer; and to the students of Texas Tech University Health Sciences Center.

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TEXAS TECH UNIVERSITY HEALTH SCIENCES  
CENTER

Passed the Senate, 23 March 2021



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Marcus Gonzalez  
President, Student Senate

Read First Time: 23 March 2021

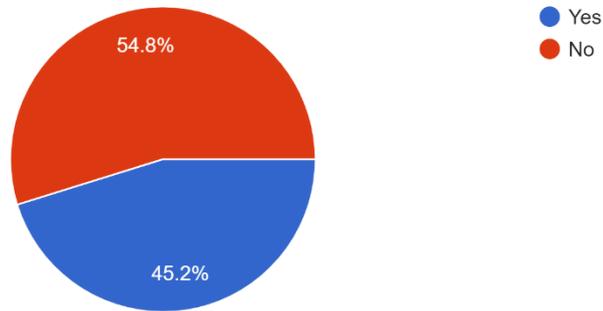
Reported from Committee: 23 March 2021

Read Second Time: 23 March 2021

Figure 1: Online Mental Health Tools Survey, TTUHSC

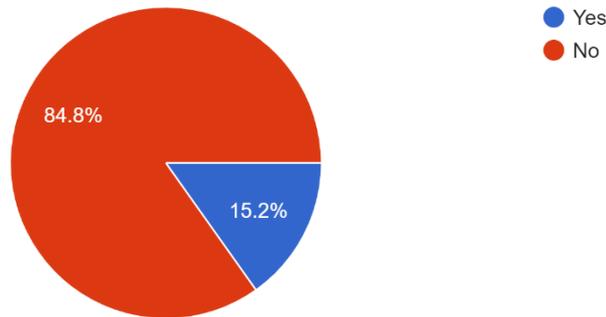
Are you aware that TTUHSC provides Therapy Assistance Online (TAO)?

416 responses



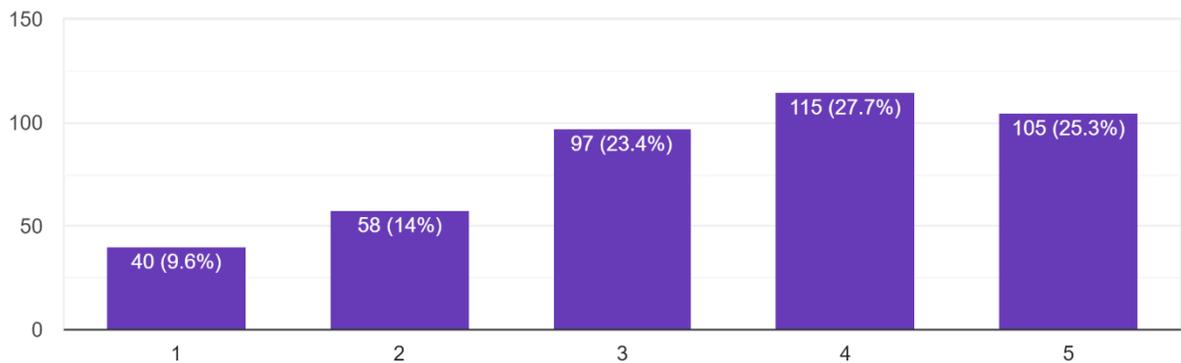
If so, are you aware that TAO includes over 150 brief, effective, educational sessions covering over 50 common topics and skills related to ment...tuhs.edu/centers-institutes/counseling/tao.aspx

389 responses



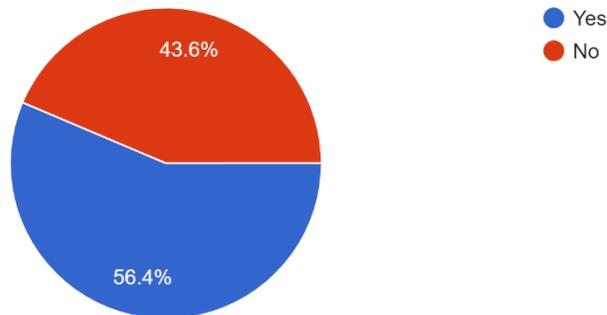
How likely would you be to use TAO as a mental health tool (if you felt the need)?

415 responses



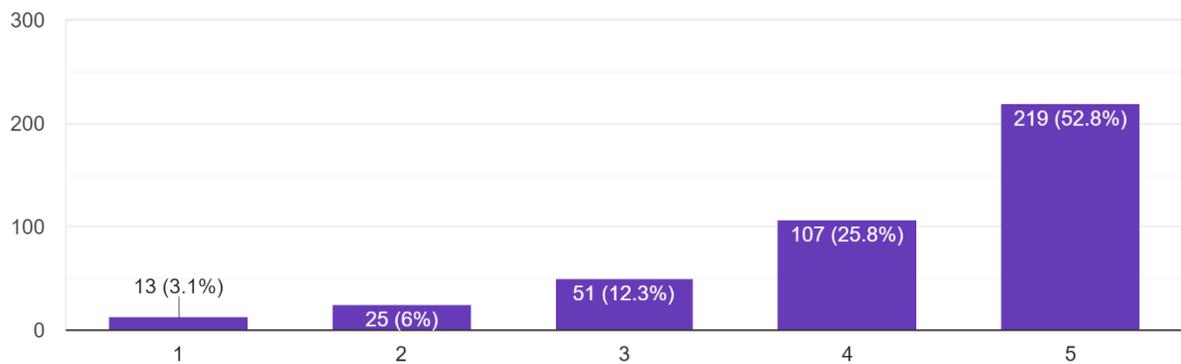
Have you heard of Headspace, an app designed to help people with their mental health?

415 responses



On a scale of 1 as very unlikely and 5 as very likely, how likely would you be to use Headspace if it were made available to you for free (and if you felt the need)?

415 responses



What school are you part of at TTUHSC?

416 responses

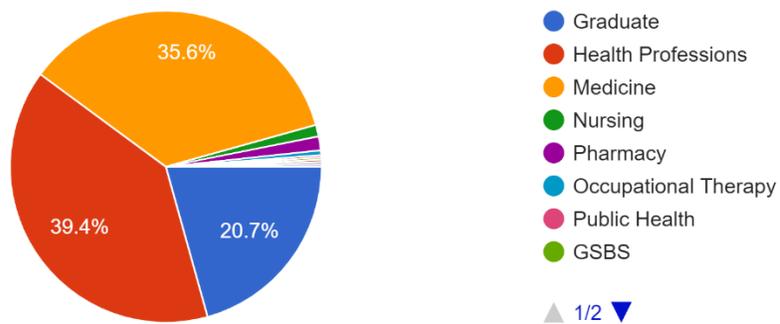


Table 1: Preliminary Comparison of 12 Mental Health Apps

NAME	MAIN USE	MODALITIES	PROS	CONS	COST
WHAT'S UP	anxiety, depression, stress	CBT, ACT			free
MOOD KIT	mild depression		developed by clinical psychologists	only for iPhone	\$4.99
MINDSHIFT	anxiety	CBT	developed by clinicians; several features		free
SELF-HELP FOR ANXIETY MANAGEMENT (SAM)	anxiety		developed by a university		free
CBT THOUGHT RECORD DIARY	anxiety	CBT	includes gratitude journal, mood tracker		free or \$3/month for pro
TALKSPACE ONLINE THERAPY	depression		talk to actual professionals	very expensive	\$65-\$99/week
HAPPIFY	depression		customizes to you; interactive games and activities; can earn points towards skills; tracks with tips on combatting negative thoughts		~\$12/month for pro
MoodTOOLS	depression	CBT			free
BREATHE2RELAX	stress	diaphragmatic breathing		complaints about ease of use	free
***HEADSPACE		meditation	well known; established partnership with AMA; group meditation; includes workouts for stress/anxiety; focus music		\$9.99-12.99/month; \$9/year for students; \$69.99/year normally
CALM		meditation	meditations and relaxing soundtracks; current feeling check, gratitude journal		\$12.99/month (limited free version); \$69.99/year; \$399.99 forever
TEN PERCENT HAPPIER		meditation	based on bestselling book;		\$12.99/month (limited free version); \$99.99/year

## Resources

- <sup>1</sup>Bennike, Ida H., Anders Wieghorst, and Ulrich Kirk. "Online-based mindfulness training reduces behavioral markers of mind wandering." *Journal of Cognitive Enhancement* 1.2 (2017): 172-181.
- <sup>2</sup>Chirikov, I., Soria, K. M., Horgos, B., & Jones-White, D. (2020). Undergraduate and graduate students' mental health during the COVID-19 pandemic.
- <sup>3</sup>Cullen, W., G. Gulati, and B. D. Kelly. "Mental health in the Covid-19 pandemic." *QJM: An International Journal of Medicine* 113.5 (2020): 311-312.
- <sup>4</sup>Economides, Marcos, et al. "Improvements in stress, affect, and irritability following brief use of a mindfulness-based smartphone app: a randomized controlled trial." *Mindfulness* 9.5 (2018): 1584-1593.
- <sup>5</sup>Evans, Teresa M., et al. "Evidence for a mental health crisis in graduate education." *Nature biotechnology* 36.3 (2018): 282.
- <sup>6</sup>Guided Meditation for Everybody - About Headspace." Headspace, HEADSPACE INC., [www.headspace.com/about-us](http://www.headspace.com/about-us).
- <sup>7</sup>Heiman, Noa, Rachel Davis, and Brian Rothberg. "A deeper understanding of depression and suicidality among medical students." *Medical teacher* 41.6 (2019): 711-713.
- <sup>8</sup>Howells, Annika, Itai Ivztan, and Francisco Jose Eiroa-Orosa. "Putting the 'app' in happiness: a randomised controlled trial of a smartphone-based mindfulness intervention to enhance wellbeing." *Journal of Happiness Studies* 17.1 (2016): 163-185.
- <sup>9</sup>Levecque, Katia, et al. "Work organization and mental health problems in PhD students." *Research Policy* 46.4 (2017): 868-879.
- <sup>10</sup>Lim, Daniel, et al. "Mindfulness and Compassion: An Examination of Mechanism and Scalability." *PLOS ONE, Public Library of Science*, 17 Feb. 2015, [journals.plos.org/plosone/article?id=10.1371%2Fjournal.pone.0118221](http://journals.plos.org/plosone/article?id=10.1371%2Fjournal.pone.0118221).
- <sup>11</sup>Woolston, C. "Signs of depression and anxiety soar among US graduate students during pandemic." *Nature* 585 (2020): 147-148
- <sup>12</sup>Xiong, Jiaqi, et al. "Impact of COVID-19 pandemic on mental health in the general population: A systematic review." *Journal of affective disorders* (2020).

Figure 2: Headspace Partnership Benefits and Pricing Approximations

## What's included?

### For employees

- Annual access to Headspace Plus, with hundreds of meditation and sleep exercises
- Spanish, German, French, and English language options
- Team meditation challenges
- 24/7 member technical support
- Training for Headspace Champions

### For Admins

- Admin portal to manage program
- Admin portal to manage enrollment
- Weekly or monthly analytics report
- Customized digital launch kit
- Eligibility file management (optional)
- Option to run meditation challenges

### Services

- Pre-launch consulting and strategy development
- Dedicated Customer Success Manager
- Live launch webinar (30 mins)
- 'Train the Trainer' pre-recorded webinar (30 mins)
- Wellbeing surveys: pre and post launch
- Monthly themed member newsletters
- Monthly themed admin newsletters with communications and assets
- Monthly check-in calls
- Bi-annual Health and Happiness checks
- Dedicated technical support
- Tools and framework for measuring impact on your goals

## Package Options

### Student Pricing

# of students	Investment Model	Total
1,000	Annual Rate	\$7.99 per student per year
5,000		\$5.99 per student per year

26 published studies, 46 on the way

<b>32%</b> less stress in 30 days	<b>14%</b> less burnout after 4 sessions	<b>16%</b> more happiness after 10 days	<b>11%</b> more resilience after 4 weeks	<b>31%</b> reduction in symptoms of anxiety	<b>46%</b> reduction in symptoms of depression
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## Letters of Support



February 2, 2021

To Whom it May Concern:

As Assistant Dean for Student Wellness and Advancement for Texas Tech University School of Medicine, I have seen first-hand the tremendous pressures that our pre-professional health care students are facing during their training in both their professional and personal lives. Students are beginning their journey into medicine during one of the most historically challenging times in health care. The COVID-19 pandemic has had a substantial and far-reaching impact on the mental health of our student body, and it will continue to do so for the foreseeable future. Furthermore, national events surrounding racial justice, diversity, equity, and cultural/social change, have deepened the emotional burden facing our students today. Our students are beginning their *training*, not even their careers, with high rates of burnout and compassion fatigue. This burnout can lead to poor mental health, increased rates of depression, future absenteeism, lost productivity, poor patient outcomes, and high turnover, among many other negative consequences.

At Texas Tech University Health Sciences Center, we want to create a positive organizational culture that supports student wellbeing and provides prevention, treatment, and recovery supports. One way that we can strongly provide that support is through offering relevant, effective resources that we know our students will engage in and utilize. Headspace, the mental health application, is an outstanding resource for our students. It is easily accessible, readily available, convenient, and it meets the needs of our students' schedules and way of life. Headspace provides mindfulness and meditation techniques to decrease stress and increase resilience for users. While the School of Medicine has indirectly procured Headspace for two years for all medical students as part of a partnership with the American Medical Association, I believe it is incredibly important at this time that ALL pre-professional students enrolled at Texas Tech University Health Sciences Center have access to this resource. I full support the initiatives of the TTUHSC SGA Senate to obtain Headspace as an equally available application for all TTUHSC students. We want to equip our students with all of the tools they need for successfully navigating their training and future professional careers, supporting positive mental health measures at the beginning of each of their journeys.

Please do not hesitate to reach out if I can be of further assistance.

Best,



Elisabeth Conser, M.D.  
Assistant Dean for Student Wellness and Advancement  
Associate Professor and Clerkship Director for Pediatrics  
Gold Humanism Honor Society Faculty Advisor  
Texas Tech University Health Sciences Center  
Lubbock, Texas

To Whom it May Concern,

The TTUHSC Staff Senate would like to express support for two pieces of SGA Legislation:

1. Legislation in Support of Making Headspace Available to all Students on an Opt-in Basis
2. Legislation Requesting a Social Media and Marketing Push to Increase Student Awareness of Therapy Assistance Online

The pandemic has taken a drastic toll on the mental health of our student body, and it is the duty of TTUHSC to do everything in its power to uplift students during these difficult times. Our students come from many different backgrounds and entered the pandemic with different resources at their disposal to maintain their mental health. The School of Medicine has already indirectly procured Headspace, a well-known mental health app, for two years for all medical students as part of a partnership with the American Medical Association. However, all students at TTUHSC have suffered the effects of the pandemic. We support the efforts of the SGA Senate to A) provide new resources that will be equally available to all students (Headspace), and B) increase student awareness about resources that are already available (Therapy Assistance Online).

Sincerely,



Staff Senate President 2020-2021