



Texas Tech University Health Sciences Center

Senate Resolution 21.08

(Stating the sentiments of the Student Senate with regards to Increasing Awareness for Therapy Assistance Online.)

WHEREAS, signs of depression have doubled in graduate students due to COVID-19^{2,3,7}, 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 country⁵, and

WHEREAS, the prevalence of depression is three times higher in medical students compared to the general population⁷, and

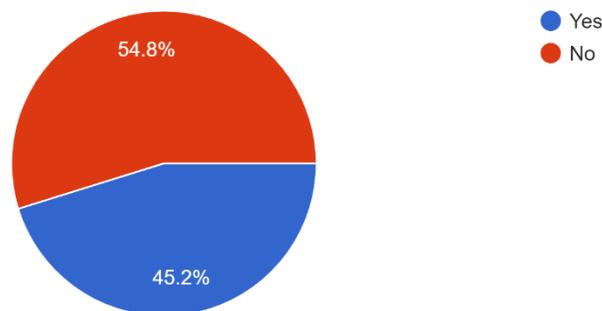
WHEREAS, approximately one third of PhD students are at risk of having or developing a psychiatric disorder (especially major depressive disorder)⁹, and

WHEREAS, training has been identified as the peak time for distress among physicians⁴, and

WHEREAS, only 45.2% of students (N = 416) are aware that TTUHSC provides Therapy Assistance Online (TAO), and

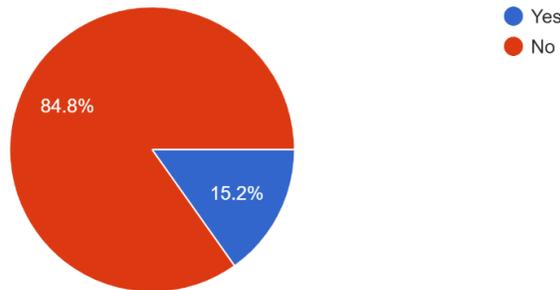
Are you aware that TTUHSC provides Therapy Assistance Online (TAO)?

416 responses



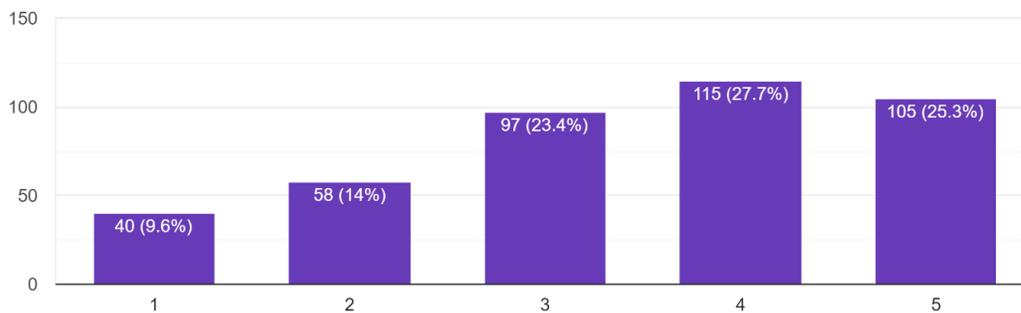
WHEREAS, only 15.2% of students (N = 389) are aware that TAO includes over 150 brief, effective, educational sessions covering over 50 common topics and skills related to mental health (including an option to use TAO as an app)

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



WHEREAS, only 53% of students (N = 415) expressed that they would be likely or very likely to use TAO if they felt the need, and TTUHSC has the potential to increase that number

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



THEREFORE BE IT RESOLVED, that the Student Senate of the Texas Tech University Health Sciences Center calls for a Marketing & Awareness campaign to promote TAO to all students, beyond what is currently done,

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; 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



Marcus Gonzalez
President, Student Senate

Read First Time: 23 March 2021

Reported from Committee: 23 March 2021

Read Second Time: 23 March 2021

Resources

¹Bennike, 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.

²Chirikov, I., Soria, K. M., Horgos, B., & Jones-White, D. (2020). *Undergraduate and graduate students' mental health during the COVID-19 pandemic.*

³Cullen, 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.

⁴Dyrbye, L. N., West, C. P., Satele, D., Boone, S., Tan, L., Sloan, J., & Shanafelt, T. D. (2014). *Burnout among US medical students, residents, and early career physicians relative to the general US population. Academic medicine, 89(3), 443-451.*

⁵Evans, Teresa M., et al. "Evidence for a mental health crisis in graduate education." *Nature biotechnology* 36.3 (2018): 282.

⁶Guided Meditation for Everybody - About Headspace." *Headspace, HEADSPACE INC.*, www.headspace.com/about-us.

⁷Heiman, Noa, Rachel Davis, and Brian Rothberg. "A deeper understanding of depression and suicidality among medical students." *Medical teacher* 41.6 (2019): 711-713.

⁸Howells, 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.

⁹Levecque, Katia, et al. "Work organization and mental health problems in PhD students." *Research Policy* 46.4 (2017): 868-879.

¹⁰Lim, 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/journal.pone.0118221.

¹¹Xiong, Jiaqi, et al. "Impact of COVID-19 pandemic on mental health in the general population: A systematic review." *Journal of affective disorders* (2020).

Additional Survey Results

What school are you part of at TTUHSC?

416 responses

