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 country^{5}, and

WHEREAS, the prevalence of depression is three times higher in medical students compared to the general population^{7}, 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 physicians^{4}, and

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

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

416 responses

- Yes: 54.8%
- No: 45.2%
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)

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

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.
Resources


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


Additional Survey Results

What school are you part of at TTUHSC?

416 responses

- Graduate: 35.6%
- Health Professions: 39.4%
- Medicine: 20.7%
- Nursing: 0%
- Pharmacy: 0%
- Occupational Therapy: 0%
- Public Health: 0%
- GSBS: 0%