

Awareness of Mental Health Resources among Undergraduate

Women at Texas Tech University

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Background

Utilization of mental health services on college campuses is increasing nationwide.¹ Mental health literacy, including knowledge about mental health, is correlated with college students' attitudes toward seeking mental health resources for themselves.² While women are more likely to be diagnosed with anxiety disorders and major depressive disorders, mental health research largely represents data from male subjects.³ These trends highlight the importance of studying both college women's knowledge and use of mental health resources.

Study Question

What is the level of awareness and comfort in utilization of various mental health resources and services among undergraduate women at Texas Tech University?

Study Population

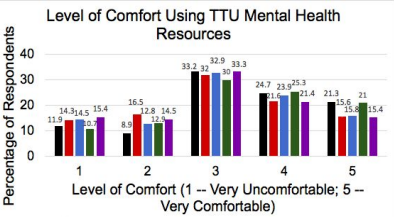
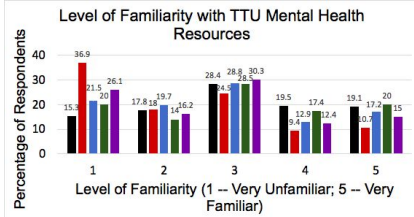
The study population surveyed included undergraduate women currently attending Texas Tech University.

Data Collection Methods

This project used the TTUHSC School of Medicine P3-1 Women's Night at the Rec Survey, an online survey instrument available to women who participated in the Texas Tech Recreation Center's Women's Night at the Rec event on February 28, 2020. The event was open to all female members of the Texas Tech community, including undergraduate and graduate students as well as faculty and staff. The survey, which included 6 question sets, received a total of 305 responses. The questions that our group submitted received 236 responses from undergraduate women. This project was approved for exempt review by the TTUHSC Institutional Review Board.

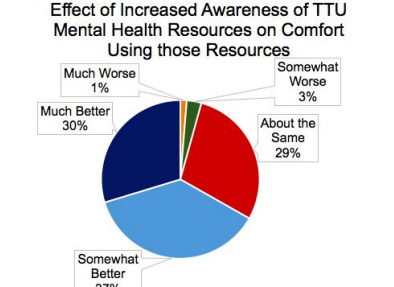
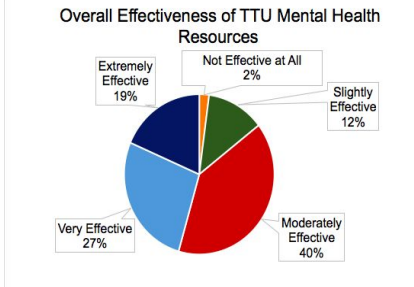
Findings

Resource	Percentage of Respondents with Familiarity Level ≤ 3	Percentage of Respondents with Comfort Level ≤ 3
Overall Mental Health Resources	62%	54%
Walk-In Services	63%	54%
TTU Crisis Helpline	70%	60%
Resources to Address Drug/Alcohol Abuse	73%	63%
Therapy Assistance Online	79%	63%



- Overall Mental Health Resources
- Therapy Assistance Online
- TTU Crisis Helpline
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Discussion

The results of our study suggest that among undergraduate women at TTU, mental health awareness seems to be reduced in comparison with comfort in usage of the various mental health services offered by TTU. The TTU Crisis Helpline, Therapy Assistance Online (TAO), and the resources to address substance abuse had the lowest familiarity scores with over >70% of respondents indicating levels ≤ 3. TAO is indicated to be the least known resource, with 36.9% of respondents classifying it at a 1 in terms of familiarity. In terms of overall comfort with utilizing the various resources offered, there were no major discrepancies observed between the various resources. The data suggest that over 60% of the respondents believe that if their awareness of the resources increased, their comfort level in using them would also increase. 86% of respondents indicated that they felt that the resources TTU offered were at least moderately effective or higher. A possible limitation in our data collection was that the number of total responses was reduced due to the inclusion of non-target population responses in the overall survey.

Next Steps

- Initiate mental health awareness campaign collaboration with TTU's Risk Intervention & Safety Education (RISE) office
- Host mental health awareness workshops for TTU's women-centered student organizations
- Review ease of navigation of TTU's web mental health resources
- Promote TTU's mental health resources at next year's Women's Night at the Rec

References

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