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Initial Discovery Research
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Tracking App for Students Mental Health

Executive Summary

Nourish Students is a mental health track app to support the mental health of DePaul students. The app includes videos with meditation techniques, mental health assessments, and a meditation tracker to avoid drug misuse among college students. Due to a lack of mental health applications for students, we expect moderate competition. We are confident we can create a strong market position.

Description of Domain of Inquiry

Nourish Students will be available for free for DePaul students and will be included on DePaul's website for marketing purposes. Moreover, the app will be available in the Apple Store and Google Play store. It will be free for college students when they sign up with their student email. The new application includes an important expansion of scope including DePaul's Counseling Center contact information for effortless access to students. The main focus of the app is to boost mental health especially in the areas of depression and anxiety.

How the domain of inquiry fits the criteria

The mental health of higher education students has become a leading concern among universities. COVID-19 has become part of millions of students' lives as they have to deal with the effects it has caused on their mental health. An interview survey conducted with 195 college students among different universities showed that 71% of students had increased anxiety and depression due to the COVID-19 outbreak. Several factors were identified such as an increase of fear and worry about their families well being as well as their health. An app that can bring together all the elements necessary

for students to overcome stress, anxiety, and depression is greatly needed to help students succeed in their coursework as well as in their personal lives.

Brief overview of the research method

Some healthy practices to cope with mental health disorders are meditation, healthy eating habits, time to relax and avoid excessive alcohol and drug abuse suggested by the National Center for Immunization and Respiratory Diseases (NCIRD). The Nourish Students app brings all these elements together to improve health services, communicate more effectively with mental health specialists as meditation techniques to cope during the pandemic.

Research

A study made by Texas A & M reported that 177 out of 195 students (95%) had a negative effect on the pandemic. The research also found that 89% of students had trouble concentrating, 86% experienced disruptions to resting patterns, 86% decreased social interactions due to physical distancing, and 82% increased concerns on academic performance. To overcome stress and anxiety, students solicited support from family and friends and helped themselves by acquiring positive and negative coping mechanisms.

My interviewee Andrew Alto Ph.D. shared some great elements that the Nourish Student app will incorporate to maintain its effectiveness among the DePaul student community. Accessibility, efficiency, and portability as students can start a mental health session at the touch of their fingertips.

Kimberly Parada Pharm D, added that the Nourish Students can walk students through an initial assessment that will enable users to track their anxiety and depression symptoms incorporating relaxation techniques. Including a medication tracker to prevent drug overdose or abuse, and all the information provided will be strictly confidential for

the student. More importantly, the app will incorporate contact information for the DePauls Health Center as well as additional mental health services.

Appendix

Root concept evaluation

The Nourish Students is a mental health tracking app to support the mental health of DePaul students. The app will include initial assessment, meditation techniques, medication tracker and informational resources important for the student mental health. As Covid-19 is still part of our daily lives nowadays we experience

Selection Criteria

Health care professionals who were students and or work with students.

Andrew Alto College Professor in Sports Psychology, 31, believes that students need to nourish their mental health on a daily basis to increase their chances for academic success.

Kimberly Parada Pharm D, 27, recently graduated student, mentioned the need to track medication taken by students as many overdose or misuse prescribed medication.

Method

Questionnaire, discussion group, observation and published online resources.

Result

A Mental Health app can greatly benefit DePaul students to improve their mental health and succeed academically.

Bibliography

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