



Influence of PHAR 793E On Student Competency Within the Eight Domains of Wellness

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BACKGROUND

- According to the American Psychological Association, about 60% of college students meet criteria for a mental health disorder¹
- Many institutions offer counseling and student aid but the idea of asking for help is stigmatized²
- Giving individuals proper exercises and education may help mitigate the overall prevalence of mental illnesses and individuals learn to cope in times of mental instability³
- To help categorize one's mental health and well-being, eight dimensions of interest have been identified. Those areas being Physical, Intellectual, Environmental, Spiritual, Social, Emotional, Financial, and Occupational Wellness⁴

OBJECTIVE

- Assess the influence of a wellness elective on student self-perception within the eight dimensions of wellness. This study aims to provide evidence that a mental health elective will enhance pharmacy students' self-perception through quantifiable improvement in survey results.

METHODS

- Twelve students were enrolled in the Exploring Wellness and Mindfulness in Healthcare elective offered in the spring of the 2022-2023 academic year
- Prior to the beginning of the course, enrolled students were asked to voluntarily take an anonymous survey electronically through the school's learning management system.
- The survey administered was acknowledged by the WVU IRB. Students were asked to rate their response to statements on a 3-point Likert scale

1: I very seldom do this

2: Sometimes/occasionally

3: I almost always do this

- The course consisted weekly practice logs, at home readings/videos and in class sessions following a one session introduction

Weeks 2-9: Mindfulness based stress reduction course (emotional wellness)

Weeks 10-15: Remaining domains of wellness as weekly focus

- Participants reevaluated themselves through a post survey at course end

RESULTS

	PRE (n=9)	POST (n=8)
PHYSICAL	2.29 ±0.24	2.47 ±0.15
INTELLECTUAL	2.35 ±0.30	2.39 ±0.22
ENVIORNMENTAL	2.19 ±0.27	2.38 ±0.29
SPIRITUAL	2.20 ±0.32	2.66 ±0.26
SOCIAL	2.56 ±0.23	2.79 ±0.16
EMOTIONAL	2.21 ±0.24	2.65 ±0.29
FINANCIAL	2.59 ±0.36	2.58 ±0.30
OCCUPATIONAL	2.6 ±0.31	2.78 ±0.27

Average response between student's pre-instruction and post-instruction survey. Each domain was associated with ~10 questions that were averaged for an overall domain score.

Survey Example Questions	
Physical	I use stress management techniques that help me to stay calm and relaxed.
Intellectual	I do creative and stimulating mental activities/games.
Environmental	I purchase recycled items when possible.
Spiritual	I try to learn about others' beliefs and values, especially those that different from my own.
Emotional	I am able to recognize my personal shortcomings and learn from my mistakes.

DISCUSSION AND CONCLUSIONS

- The course and survey allowed students the opportunity to assess their wellbeing.
- All dimensions saw an increase in self evaluation except for Financial wellness.
- The largest differences were identified in Spiritual, Social and Emotional wellness.
- Occupational and Social wellness were the highest rated in the pre-survey which was expected in this subset of college students as most professional and pharmacy students are career oriented and socially minded people.
- Although ratings on financial wellness may have decreased, this may account for participants now being more aware of their financial circumstances and how they align with their life goals.
- More research is needed in this area to decide whether a wellbeing elective introduced into professional schools can aid in students' mental health and/or make them more aware of their circumstances

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DISCLOSURES

Authors have no relevant conflicts of interest to disclose