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Postsecondary Students' Information Needs and Pathways for Help with Stress, Anxiety and Depression

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MOBILIZING MINDS
pathways to young adult mental health

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Outline

- Background
- Research Questions
- Methods
- Results
- Conclusions



Background

- Anxiety & depressive disorders = most common mental health problems
- Frequent onset in adolescence & early adulthood
- Help-seeking among young adults?



Background

- Treatment often inconsistent with evidence based practice & consumer preference for care
- Advantages of early interventions
- Availability and accessibility of treatment decision-making?



Educational Settings

- Young adults involvement in post-secondary education
- Advantages for prevention and early intervention services



Research Questions

- WHERE would they look for information?
- WHAT information would they use?
- WHAT types of services would be helpful to them?
- HOW would they prefer to receive information?



Methods

- Health Information Survey
 - Sociodemographic information
 - Internet use
 - Social networks
 - Emotional distress
 - Information preferences
 - Coping techniques

Methods

- Participants
 - n = 145 young adults ages 18-25
- Recruitment Settings
 - University Health Services
 - Student Counselling and Career Centre
- Participant Payment
 - \$10.00 gift card - University of Manitoba Food Services

Sociodemographic Characteristics of Respondents

Participants (n = 145)

Mean age 21.4 years

% Female 72%

% Male 28%

Recruitment location

University Health Services 28%

School Counselling and Career Centre 72%

Participants' mean # years education 15.8 years

Mothers' mean # years education 15.4 years

Fathers' mean # years education 15.1 years

Depression Anxiety Stress Scale-21

Depression mean score 7.6

Anxiety mean score 5.9

Stress mean score 8.4

Kessler-10-item distress scale mean score 14.7



Results

Familiarity With Help for Stress, Anxiety or Depression

Familiarity With Types of Help Available		
Low%	Medium%	High%
19	50	31



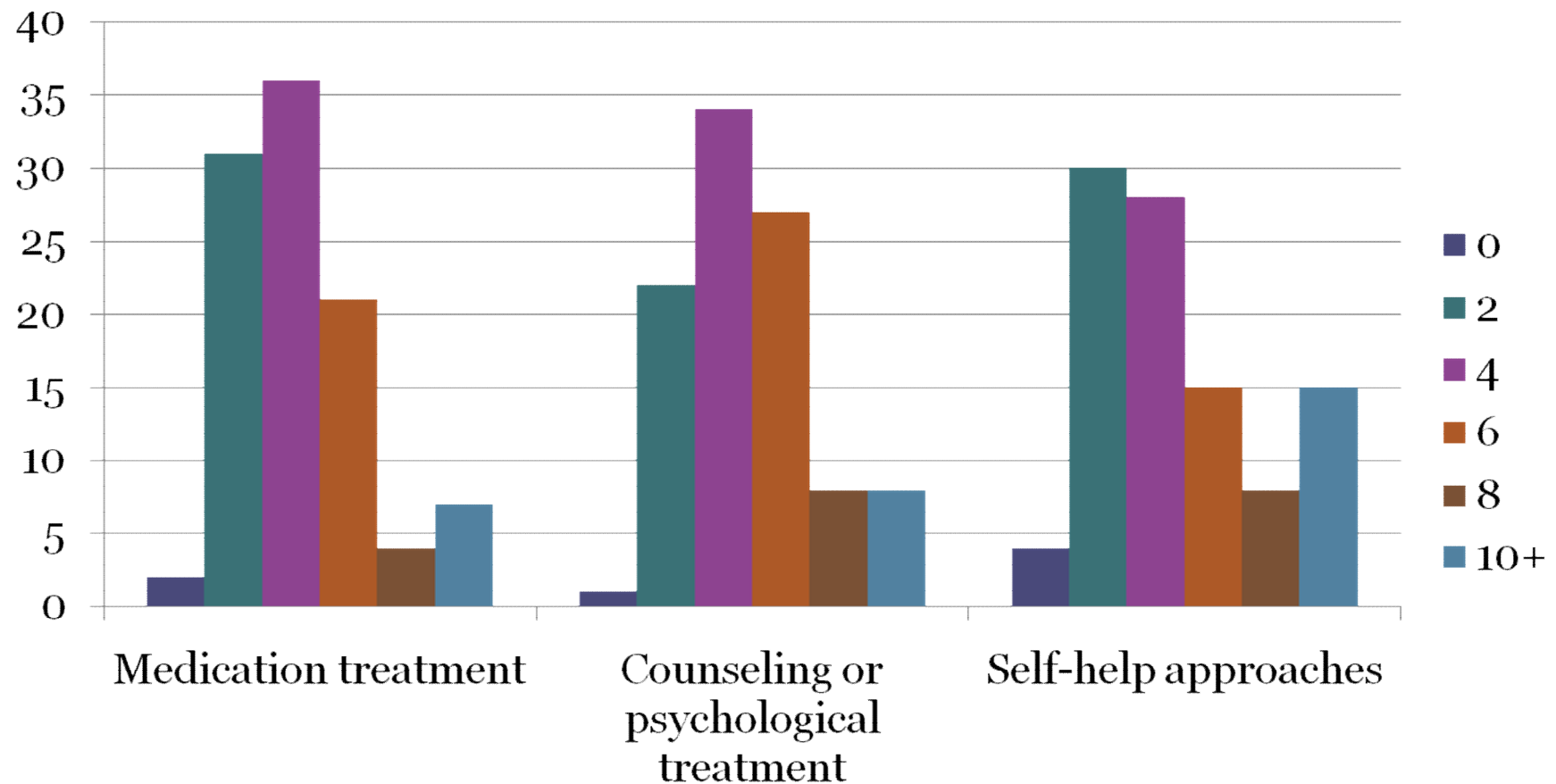
Importance of Information About Help Available for Stress, Anxiety or Depression

Information Type	Mean Rating	High Importance
Effectiveness or success of the treatment	7.1	39%
Counseling or psychological treatments	6.4	75%
What you do in the treatments	6.3	76%
Various types of treatments available	5.8	64%
Cost of treatment to you (if any)	5.3	57%
Medication treatments	4.7	40%
Cost of the treatment to the health care system	3.4	31%

Information Type	Mean Rating	High Importance
Goal of the treatment	7.1	88%
How the treatment works	6.8	80%
Common side effects of treatment	6.8	82%
What happens when treatment stops	6.5	79%
How long the treatment continues	6.4	74%
How long it takes for the treatment to produce results	6.4	76%
Uncommon but serious side effects	6.2	69%

Importance of Information	Mean Rating	High Importance
Advantages and disadvantages of each type of treatment	6.8	86%
Training and profession of treatment provider	6.6	77%
Health-care provider's experience in treating these problems	6.5	80%
Treatment option recommended for the situation and reasons why	6.3	73%
Waiting period before starting treatment	5.9	64%
Amount of time required to take treatment	5.7	58%
Where treatment will take place	5.1	48%
Time of day appointment would be scheduled	5.0	45%

Amount of Pages of Information Preferred by Young Adults





How Would Young Adults Prefer to Receive Information?

Preferred Form of Information	Mean Rating	Highly Preferred
Discussion with health care provider	6.1	67%
Recommended website accessed from home	5.7	60%
Written form	5.5	60%
Website accessed in health-care provider's office	4.9	44%
Videotape or DVD	3.9	29%

Source of Advice Preference	Mean Rating	Highly Likely
Close friend	5.7	63%
Romantic partner	5.6	65%
Parent	4.9	51%
Counselor at school	4.7	52%
Family doctor	4.5	51%
Brother or sister	4.1	42%
Teacher or instructor at school	2.4	19%
Phone-in counseling or health line	2.3	16%

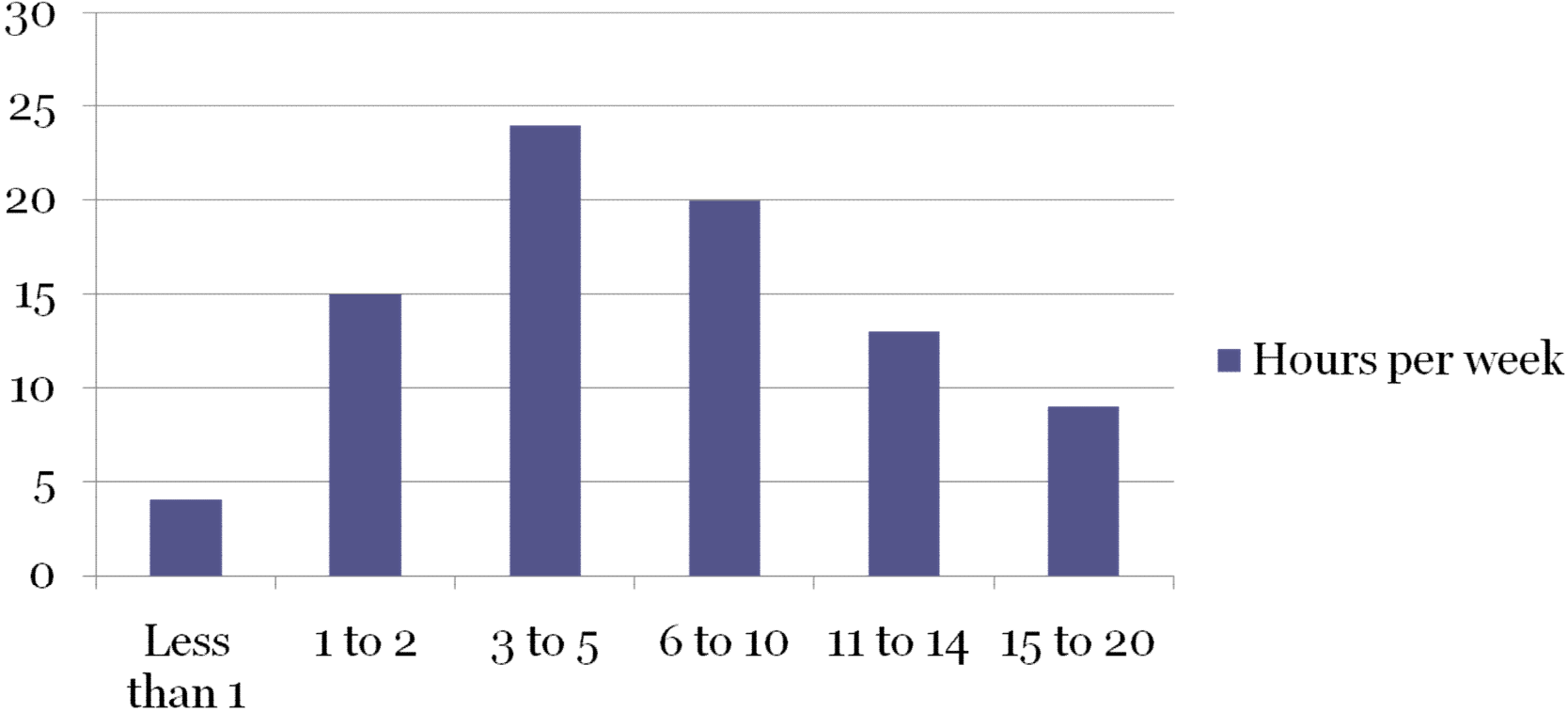


Helpfulness of Available Services

Ratings of Helpfulness of Services	Mean Rating	Highly Helpful
In person meetings with a counselor	6.0	69%
Recommended self-help website	4.8	48%
Medication recommended by a specialist in psychiatry	4.6	45%
Recommended self-help book	4.6	47%
Medication recommended by your family doctor	4.2	41%
Educational meeting (about 2 hours with 20-30 people)	3.5	22%
Telephone meetings with a counselor	3.4	23%
Internet discussion group led by a person who has coped with the problem themselves	3.4	23%
Internet discussion group led by a professional	3.3	26%
Educational workshop (about 6 hours with 20-30 people)	3.2	24%

Internet Use

Young Adult Internet Use (# Hours Per Week)

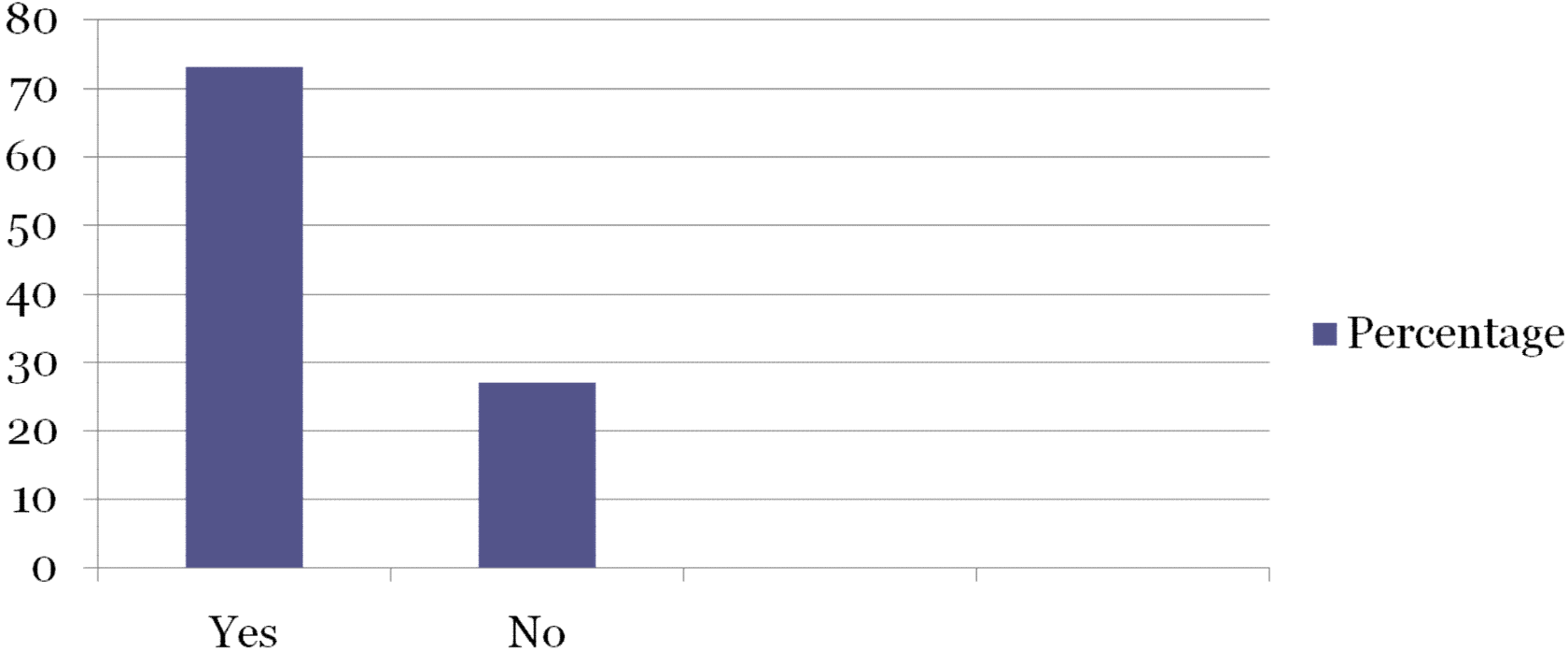


Purpose of Internet Use

Purpose	% of Use
Email	98%
For education, training or school work	96%
Instant messenger (e.g., MSN, ICQ)	90%
Electronic banking	81%
To obtain or save music (free or paid downloads)	75%
To view the news or sports	63%
To download or watch a movie on the Internet	55%
To download or watch TV on the Internet	52%
To play games	50%
To contribute to content or to participate in discussion groups (blogging, message boards, posting images)	23%

Internet Use for Health Information

Percentage of Young Adults Using the Internet for Health Information



Kinds of Health Information Searched For

Kind of Information	% of Young Adults
Lifestyle	78%
Analysis for specific symptoms	61%
Specific diseases	54%
Drugs or medication	37%
Health care system or delivery	19%
Alternative therapy	16%
Surgeries	14%
Other	19%

Search Methods for Health Information

Website	% of Young Adults
Google	96%
Wikipedia	62%
Wiki Answers	13%
Yahoo Answers	12%
Yahoo	8%
Ask.com	7%
Other	7%
MSN	5%

Websites Used to Search for Health Information

Website	% of Young Adults
Wikipedia	60%
Health Canada	40%
Mayo Clinic	22%
WebMD	19%
Winnipeg Regional Health Authority	13%
YouTube	13%
RateMyDoctor.com	12%
Medline Plus Medical Encyclopedia	10%
Others	8%

Web Activities to Search for Health Information

Activity	% of Young Adults
Reading discussion groups	25%
Blogs	9%
Posting questions to discussion groups	8%
Chats	6%
Other activities	4%

Use of Telephone Information Lines for Health Information

Method	% of Young Adults
Health Links	14%
Klinic Crisis Line	4%
Others	3%



Conclusions

- **WHO:**
 - Informal: romantic partner or close friends
 - Formal: family doctor or school counsellor
- **WHAT:**
 - Wide variety of information
- **WHERE/HOW:**
 - Internet



Challenges

- Important questions not addressed, answers not widely available
- Focus on marketing specific products



Discussion / Questions