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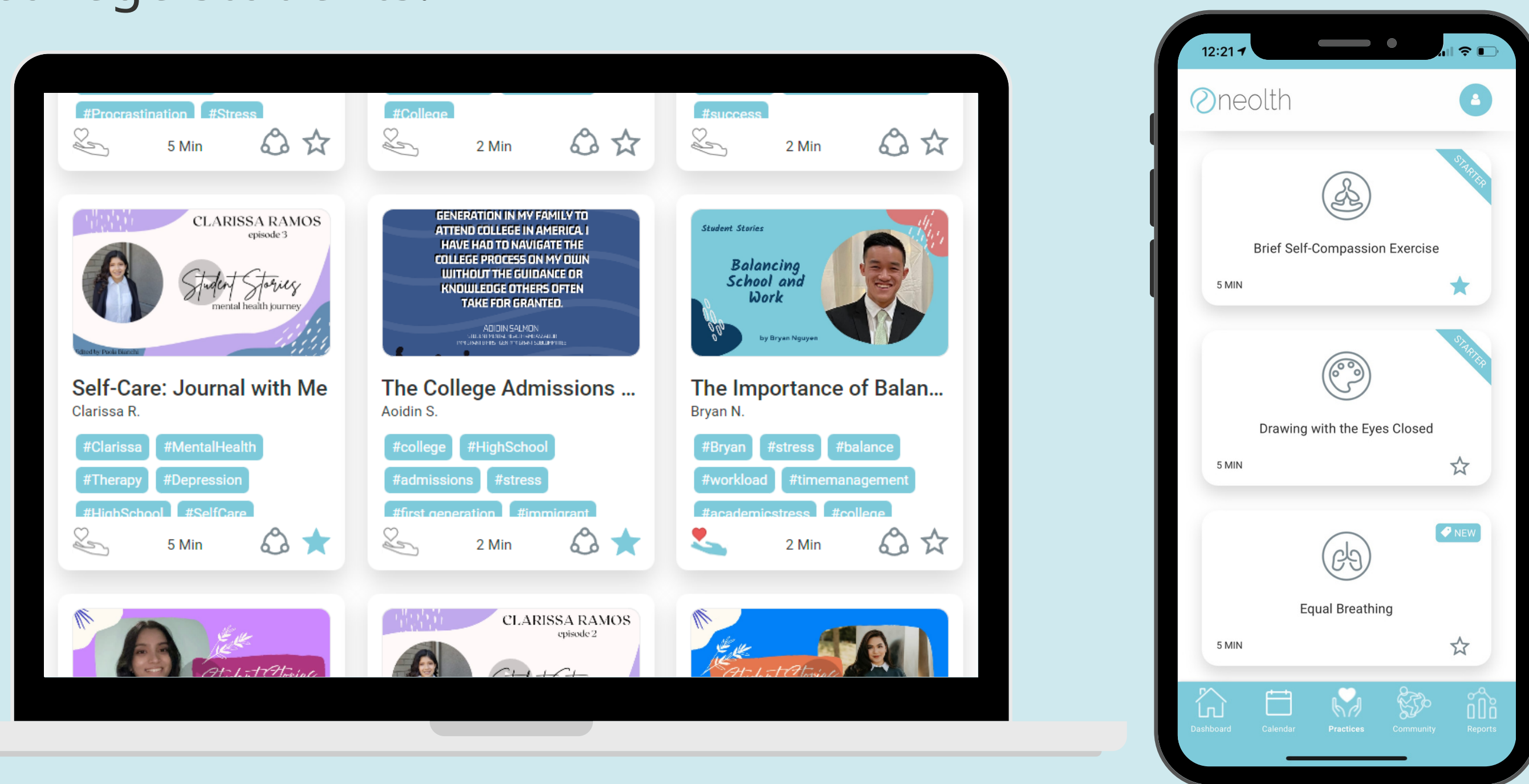
Implementation and evaluation of a mental health app for college students

AFFILIATIONS



01. Introduction & Objective

College students report elevated stress levels and unique stressors compared to adults. This study tested the feasibility and efficacy of a mental health app delivered to college students.



Arcs of Engagement

Understanding how often students use Neolth informs recommendations for usage needed for clinical impact.

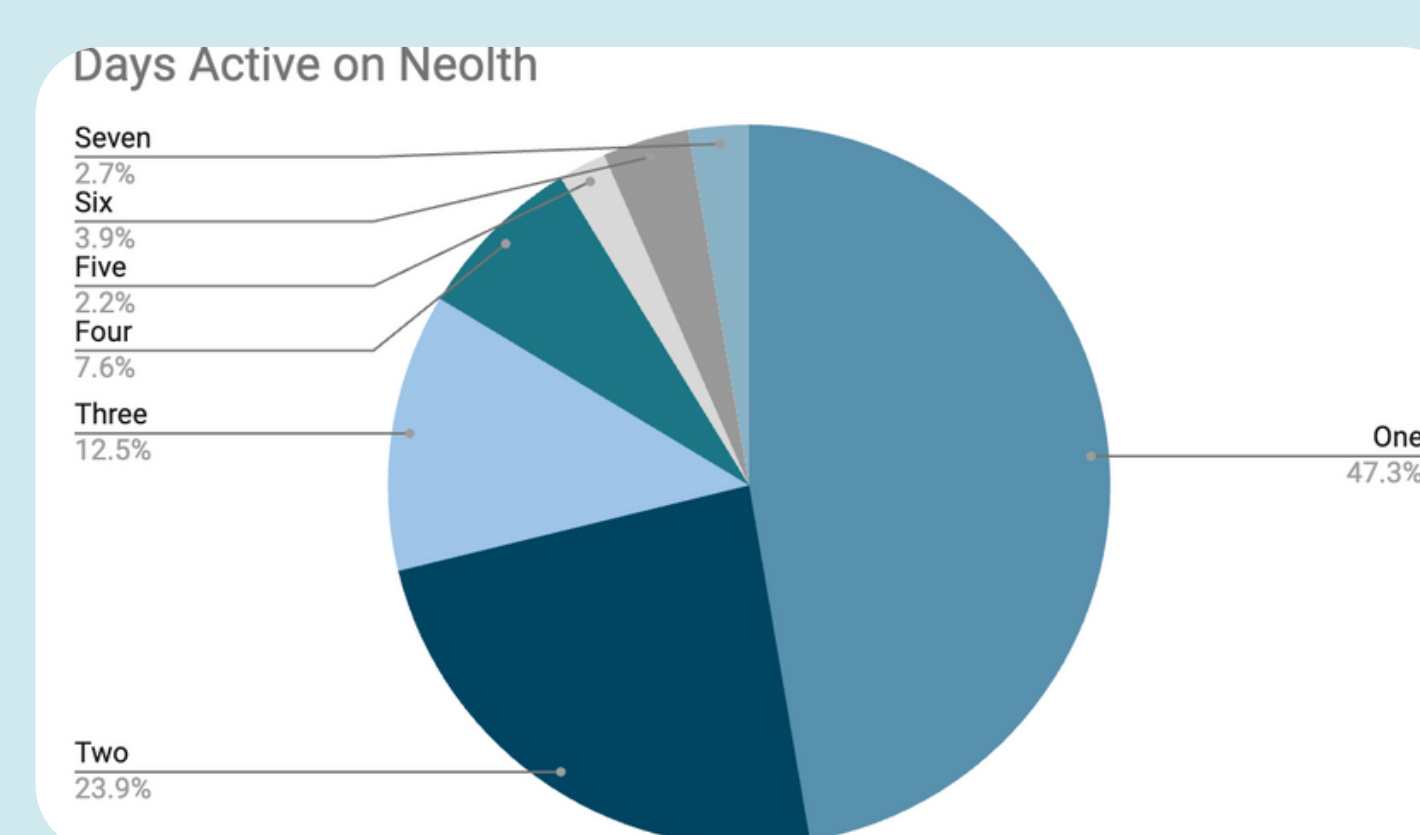


Figure 1. How many days per week, on average, students used Neolth

03. Results

249 students (M = 26.4 years) participated. 84.7% were undergraduates, 15.3% were graduates, and 41.8% identified as BIPOC. 86.7% (N=216) wanted to reduce their stress and 51.4% (N=128) wanted support with a mental health condition. Results from a dependent sample t-test indicated a significant decrease in perceived stress between weeks 1 (M=7, SD=2.7) and weeks 6 (M=6, SD=3.4), $t(46) = 2.01, p = 0.010$. Participants spent an average of 733.4 minutes per week with Neolth open and 60.4 minutes per week actively engaged. The median days per week students engaged was 2, with the 21 maximum weekly logins for a single student.

“Neolth is a great app that has helped me deal with my stress and manage anxiety. The practices and the calendar function have really helped me become more mindful and aware of my mental health.”

02. Methodology

Neolth was used as a self-guided intervention at 3 colleges in California, Iowa, and Oregon. Students ages 18+ were recruited by school staff.

- 249 Participants
- M = 26.4 years old
- 86.7% Undergraduates
- 15.3% Graduate students
- 41.8% BIPOC



After using Neolth for one semester, researchers evaluated students' engagement and stress level, as measured by the Perceived Stress Scale 4 (PSS-4).

Students' Clinical Profiles

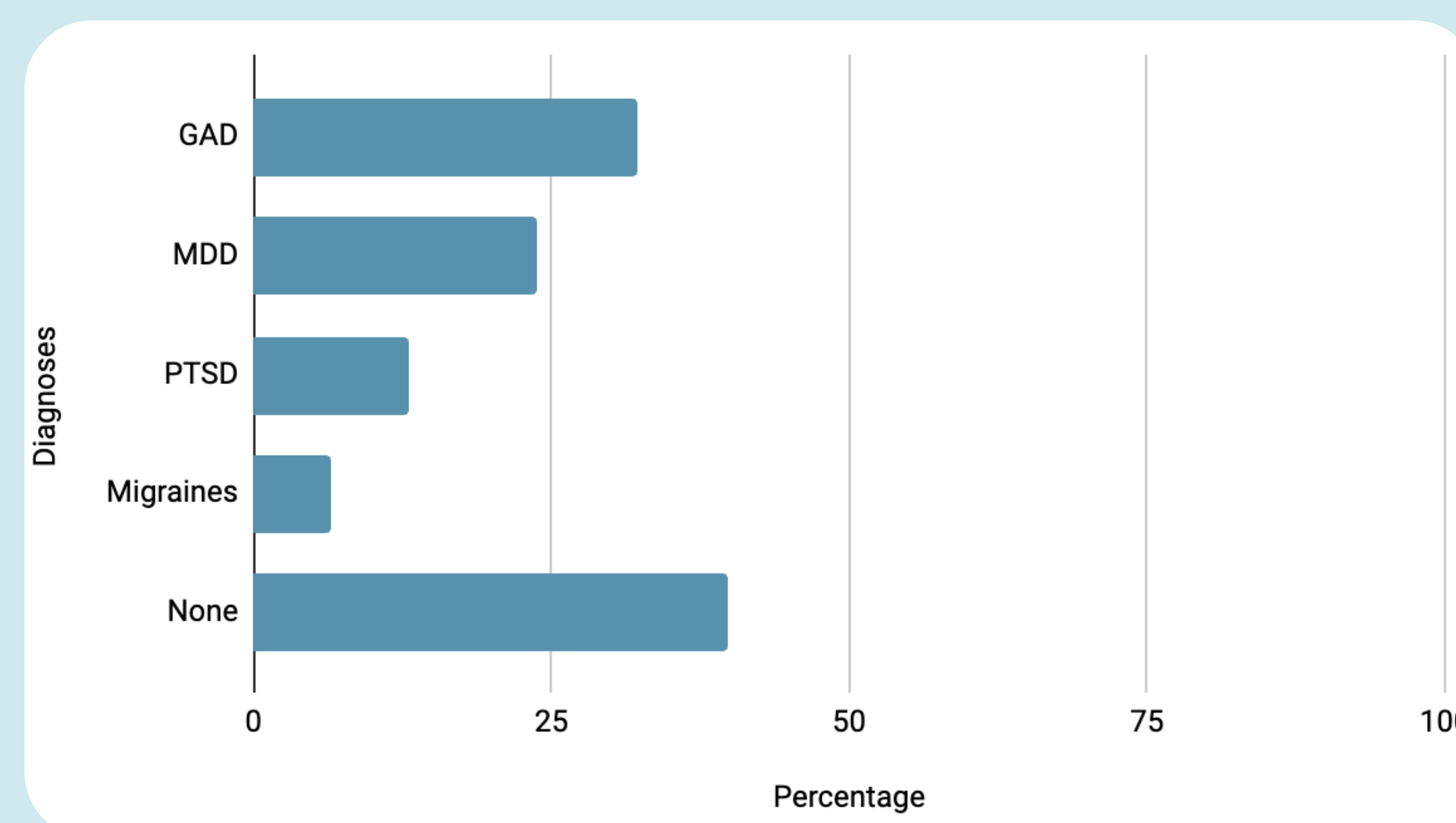


Figure 2. Have you been diagnosed by a medical professional with any conditions? Note: Out of 249 respondents, 99 (39.8%) reported they had no diagnosed condition. The most common diagnosed reported included Major Depressive Disorder, Generalized Anxiety Disorder, Post Traumatic Stress Disorder, and Migraines.

04. Conclusion

This study demonstrated the ability of a mental health app to effectively engage and reduce the stress of college students, presenting a cost-effective intervention for schools. Further examination of student satisfaction with mental health apps is needed to assess the role of technology in addressing the student mental health crisis.

Note: The Neolth app is meant for general wellness and stress management. Students with diagnosed conditions may use Neolth as an additional support complimentary to physician-recommended treatment plans.