

Poster Abstract Book

P1. A Thematic Analysis of Diverse University Student Feelings and Communication about ADHD Diagnosis with Campus Community

Presenter(s): Mikaela Marie Alderite, Kevin Akakpo, Naftali Zeilinger, AA, Henry Bauman, BS, Minha Asif, Tyre Johnson, BS, and Erin Girio-Herrera, PhD (Towson University)

College students' attitudes about their ADHD diagnosis can influence their communication and self-advocacy. Little research exists on their feelings about diagnosis within the campus context and communication with members of the university community. Students with ADHD (N=41) participated in an interview to examine their feelings, perceptions of differences, and decisions and experiences sharing their diagnosis with faculty, staff, and students on campus. Identified themes offer insight for increased inclusion, support, and advocacy for these students.

P2. Long COVID in Higher Education: Initial Student Cases and Requests for Accommodations

Presenter(s): Katherine Aquino, PhD (St. John's University)

Long COVID describes a wide range of new or ongoing health problems people can experience four or more weeks after first being infected with the virus that causes COVID-19. The symptoms of Long COVID may affect major life activities that would require the support and the development accommodations through students' disability resource offices to support their postsecondary education activities. This presentation highlights recent findings investigating the documented student accommodation requests related to Long COVID diagnoses.

P3. Systemic Allergic Reaction From Subcutaneous Immunotherapy (SCIT) and Timely Epinephrine Administration

Presenter(s): Amy Aycock, BSN (University of Georgia)

Subcutaneous immunotherapy (allergy shots) are the most commonly used and most effective treatment for allergic conditions that affect the nose, eyes, ears, lungs, and skin. There is always risk of a systemic allergic reaction occurring after administration of subcutaneous immunotherapy. Timely recognition of symptoms of systemic allergic reaction and prompt treatment with epinephrine are critical to good patient outcomes. Delayed epinephrine treatment has been associated with fatalities.

P4. The Impact of Mental and Physical Health on Productivity and Performance: An Analysis for UCCS Faculty and Staff

Presenter(s): Chrissie Bailey, MPA (University of Colorado Colorado Springs)

This poster presents an original, student research study that used ACHA-NSFHA data to answer the question, "How does the perceived health of faculty and staff impact perceptions of work productivity and performance?" This project was an initial step toward assessing University of Colorado Colorado Springs employee needs and making evidence-based recommendations to leadership to strengthen a culture of well-being on campus.

P5. The Transition to Post-Secondary Education: A Qualitative Examination of First-Person Narratives from University Students with ADHD

Presenter(s): Henry Bauman, BS, Naftali Zeilinger, AA, Brooke Weilminster, Minha Asif, and Tyre Johnson, BS, Erin Girio-Herrera, PhD, and Mikaela Marie Alderite, BS (Towson University)

Compared to neurotypical peers, students with ADHD experience additional challenges transitioning to college. Research has identified subsequent poor performance outcomes and higher dropout rates; yet little qualitative research exists on phenomenological first-person narratives regarding transition. During a campus-wide Needs Assessment, 41 students with ADHD were interviewed. Their experiences, awareness of and interest in services, sources of support, and ADHD

education during transition was thematically analyzed and offers implications for service improvement and intervention development

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P6. Impact of Information Sources on Adherence to COVID-19 Related Safety Measures Among US College Students

Presenter(s): Md Khadimul Islam, MA (Wayne State University); Jahidul Islam Sarker, MSS (Kocaeli University)

This study explores the persuasiveness of information sources during the COVID-19 pandemic in predicting health-related behaviors such as adherence to safety measures and hygiene practices among college students. By analyzing data from the Healthy Minds Study 2020-2021 COVID Module, significant differences were found in adherence to safety practices when information was received from various sources including public officials, social media, and college/University officials. Analysis reveals the necessity for targeted health-related messaging among college students.

P7. A Qualitative Assessment of Mental Health Literacy and Help-Seeking Behaviors Among Male College Students

Presenter(s): Jennifer Bleck, PhD, MPH, NBC-HWC and Rita DeBate, PhD, MPH, NBC-HWC (University of South Florida)

This study explored mental health literacy and help-seeking behaviors among college men through semi-structured interviews (n=26) based on three vignettes (anxiety, depression, stress). Analysis revealed three themes: a) knowledge of signs and symptoms (physiological, behavioral, and emotional); b) recommended help-seeking behaviors (do nothing, self-care, seek help); and c) barriers to help-seeking (social stigma, self-stigma, masculinity). Findings present an interplay between the person, help-seeking behavior, and environment which may inform interventions for male help-seeking behavior.

P8. A Comparison of Remote and In-Person Modalities at a University-Based Wellness Coaching Program

Presenter(s): Jennifer Bleck, PhD, MPH, NBC-HWC; Rita DeBate, PhD, MPH, NBC-HWC and Sarah Scharf (University of South Florida)

This study compared the effectiveness of wellness coaching modalities among college students. A chart review (2019-2021) found among 638 students, 42.5% and 57.5% received in-person and remote coaching respectively. While students who received in-person coaching reported more positive experiences within their coach/client relationship, there was no difference in attendance or changes in confidence, motivation, or readiness for behavior change by modality. Remote coaching was as effective as in-person and can expand program reach and success.

P9. Matching NCHA & Student Success Data: Findings and Recommendations from San Francisco State

Presenter(s): Karen Boyce, LCSW (San Francisco State University)

Data regarding student wellbeing and its relationship to successful academic outcomes is not properly integrated into our understanding of graduation and student-retention data. Those metrics are the seen in silo and not properly informed by all the available data. This poster presents findings and recommendations from San Francisco State using a fuller picture of health data, combining that collected in the NCHA with other academic and graduation indicators. It also demonstrates how campus-wide education equity can be implemented in meaningful ways.

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P10. A Benchmark of Campus Interpersonal Violence Advocacy Services

Presenter(s): Nathan Q. Brewer, PhD, LICSW, QCSW (Boston University Student Health Services)

This poster provides the results of a benchmarking study of interpersonal violence advocacy programs on university campuses across the US. Done in collaboration with the Campus Advocacy and Prevention Professional Association, we used a community participatory action approach to survey 155 institutions. Participants shared insights regarding their advocacy practices, including (a) staffing, (b) caseload, (c) organizational structure, (d) services offered, and (e) populations served. Application to practice, including challenges of program implementation, is discussed.

P11. Assessing Sexual/Reproductive Health Literacy in Undergraduate Students

Presenter(s): Simran Athwal, BS, Joanne Sarsam, and Claudia Brewer, BS (University of California, Los Angeles)

College-aged students account for ~50% of new sexually transmitted infections (STI) in the United States annually, and they have increased risk for other adverse sexual health outcomes (e.g. unwanted pregnancy). Students with low sexual health literacy are particularly vulnerable. Cultural taboos surrounding sex limit literacy. We conducted surveys with 210 undergraduate students at UCLA to assess sexual health knowledge, attitudes, and behaviors; and estimate their associations with cultural sexual taboos.

P12. The Role of Leadership in Establishing a Successful Okanagan Charter Adoption and Implementation Process: A Comparative Case Study Analysis of Health Promoting Universities.

Presenter(s): Sarah Brockway, EdD, OTR/L, Russell Sage College

This poster will describe the original research design, findings and conclusions of a comparative case study of three early adopting US Health Promoting Universities. Data included committee observations, relevant document review and open-ended interviews with fifteen higher education leaders. Analyzed data within each case was compared across cases to provide relevant patterns, similarities and differences. Discussion will include relevant ways to apply research findings to practice for establishing a successful Okanagan Charter adoption process.

P13. Antibiotic Stewardship for Urinary Complaints: Retrospective Review of Urinary Complaints in Healthy, College Aged Students

Presenter(s): Ashley Brown, MSN, CRNP, Kathy McGovern, MSN, CRNP, and Kristen Ruina, MSN, CRNP (Haverford College)

Cystitis is a common complaint among students who are assigned female at birth. Recommendations state that cystitis can be made based on symptoms alone (urinary frequency, dysuria, pyuria) without further testing. Our providers pondered the question of whether symptomatic management is effective in reducing symptoms while further testing of urine culture is performed to confirm the presence of microbes. Our study discovered that supportive care may be appropriate for certain students with cystitis for antibiotic stewardship.

P14. Utilization of a Screening Tool and Referral Algorithm to Expedite Identification and Referrals of College Students Presenting with Symptoms Commonly Associated with Eating Disorder

Presenter(s): Tracy Buni, MD (University of Virginia)

Students presenting with symptoms of syncope, bradycardia, dizziness, or amenorrhea may have co-morbidity along the spectrum of Eating Disorder (ED). Currently, clinicians refer these students to ED Treatment Team resources using clinical judgement alone, likely missing at-risk students. Utilization of the validated SCOFF and a formal referral algorithm

for these presenting symptoms may result in more accurate and timely identification and referral of patients with or at risk for ED.

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P15. Health Insurance Education for College Students

Presenter(s): Anya Chatterjee and Daniel Ghaly (The University of Texas at Austin)

Health insurance is a complex subject that is especially important for college students to be knowledgeable about. Lack of knowledge about health insurance is a barrier to equitable healthcare access, so understanding the fundamentals of both federal and private insurance plans is imperative for improving student health. Online modules were created to increase college students' awareness of health services and insurance resources offered by their university and ultimately improve health insurance literacy.

P16. Condom Fairy: Redesigning a More Inclusive Safer Sex Supply Program

Presenter(s): Chen-Hong Tony Chen, MS and Nilagia McCoy, MPH Candidate (Boston University)

Boston University's Condom Fairy has increased student access to safer sex supplies for ten years. This session will detail the relaunch of the program with more inclusive branding, the process of gathering student input and new tactics to broaden reach. At the start of the fall 2022, the relaunch resulted in 1870 orders, a 556% increase in total orders with a 1,083% increase in first-time orders from 124 in 2021 to 1468 in 2022.

P17. Interdepartmental Collaborative Approach to Provide Equitable Access to COVID-19 Vaccines on Campus.

Presenter(s): Nicole Clark, DNP, RN, FNP-BC and Ann Rayford, MSN, RN, ANP-BC, CHES (Oakland University)

Creating partnerships with key stakeholders is essential when implementing a public health initiative throughout a campus community, especially during a pandemic. Oakland University's (OU) Graham Health Center (GHC) partnered with the School of Nursing to provide an alternative hands-on clinical experience by implementing COVID-19 vaccine clinics across campus. This partnership helped students achieve clinical requirements while offering opportunities to meet the University Wide vaccine mandate to support a safe and healthy return to in person learning.

P18. Improving Patient's Outcome by Utilizing a Breast Mass Tracking Process

Presenter(s): Kristen Fabiszewski, MA, NP, Jessica Simpson, MD, Rose Darne, PA-C, Rosemary Tilmon-Kellum, PA-C, and Kimberly Fodran, MD (California State University, Long Beach)

Student health centers provide vital services to students, including routine breast exams and education on self-breast exams. Subsequently, identification of a breast mass and referral for breast imaging can lead to early detection of a cancerous lesion. This increases the opportunity for early intervention and treatment, thus increasing survival rates. Implementing a clinical tracking process improved patient referral compliance and thus expedited referrals for immediate and early intervention.

P19. Examining Mental Health Among Multiply Minoritized College Students: The Need for Intersectional Approaches

Presenter(s): Rita DeBate, PhD, MPH, NBC-HWC and Jennifer Bleck, PhD, MPH, NBC-HWC (University of South Florida); Erika Thompson, PhD, MPH and Nolan Kline, PhD (University of North Texas Health Science Center)

Secondary analysis of the National College Health Assessment was conducted (n=1,465) to investigate mental health issues by intersectionality of race/ethnicity (RE) and sexual/gender identity (SG). Double minority and single minority-SG students had higher rates of poor overall health and mental health compared to double majority and single minority-RE students. Double minority students reported more experiences of harassment and discrimination. Implications include a multi-level approach centered on intersectionality as a lens for research and programming.

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P20. Belonging: Student Voices Through PhotoVoice

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P21. Evaluation of a 4-week Multicomponent Educational Sleep Hygiene E-program for Undergraduate Students.

Presenter(s): Yulia Drung, MA, Victoria Beltran, MPH, CHES, CSE, and Jennifer DiPrete, MCHES (University of South Florida)

Sleep problems are a common occurrence in college students. We aimed to evaluate the efficacy of 4-week multicomponent sleep promotion program in 14 (86% female) undergraduates. Students received a sleep-aid kit, weekly sleep hygiene e-instructions, and were asked to complete printable sleep journals. Repeated measures analyses comparing pre- and post-intervention self-rated sleep quality, morning, and daytime fatigue revealed significant improvements across all outcomes. The program holds a promise for improving sleep quality in undergraduate students.

P22. What Happens to College Students Who Seek Emergency Medical Services?

Presenter(s): Elizabeth Edwards, MPH (University of Michigan, University Health Service); Aleksandra Stamper, MAS (University of Michigan)

There is limited knowledge regarding how college students access emergency services, including their arrival mode, length of stay, and disposition at the end of the encounter. This project analyzes more than 3,000 emergency services encounters for students at a large Midwestern university and provides an original and detailed look at what happens when this population seeks emergency medical care. Additionally, this analysis provides insight into severity, timing, and burden of health concerns in college students.

P23. Student Acceptability and Satisfaction with HIV Testing in a Non-clinical, University Health Promotion Setting

Presenter(s): Samantha Evans, MS, CHES, CWHC and Janelle Garcia, PhD, MCHES (University of Florida); Katherine Morgan, MS, CWHC (University of South Florida)

The HIV Testing Program at GatorWell Health Promotion Services is offered to University of Florida students in collaboration with Alachua County Health Department. The program offers students confidential, oral swab HIV testing and related education in a non-clinical setting. The presented evaluation data was collected to understand why participants chose GatorWell as a testing site, student behavioral intention and knowledge related to HIV prevention, and overall program satisfaction.

P24. College-aged Women's Body Image and Social Media Usage throughout the COVID-19 Pandemic

Presenter(s): Jessie Gentilella (University of Connecticut)

College-aged women were particularly vulnerable to social media messages promoting weight stigma during the COVID-19 pandemic. The present study examined how college-aged women's body image and social media habits were impacted. Original data was collected assessing retrospective perceptions of body dissatisfaction, social media usage, physical appearance comparisons on social media, eating behaviors, and exercise behaviors. High levels of body dissatisfaction emphasize the need for more inclusive, positive messages about bodies targeting women in the U.S.

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P25. Assessing Nutritional Knowledge, Eating Habits, and Food Accessibility Among UT Austin Students in Light of the COVID-19 Pandemic

Presenter(s): Daniel Ghaly and Anya Chatterjee (The University of Texas at Austin)

College students are especially vulnerable to food insecurity and disordered eating, issues further exacerbated by the recent pandemic. Additionally, demand for UT Austin University Health Services (UHS) dietician services has rapidly grown. The Student Health Advisory Committee collaborated with the UHS dietician and DEI Committee to implement a pilot survey assessing healthy eating barriers. Identified trends are informing a campus-wide survey to develop evidence-based recommendations that will help UHS more effectively address student needs.

P26. Increasing Access to Specialty Care Through eConsults

Presenter(s): Stephanie Hartman, MD, Kim Dowdell, MD and Meredith Hayden, MD (University of Virginia Student Health and Wellness)

eConsults allow primary care providers to consult with specialists electronically for concise clinical questions that do not require an office visit. This poster describes the first-year experience of a large, public university in implementing eConsults in collaboration with specialists located in the adjacent university academic medical center. The poster outlines logistical challenges with implementation, including the use of 2 different electronic medical record systems. In addition, the poster discusses future directions for expanded use of eConsults.

P27. Psychiatric Consultation in Primary Care at Student Health: A Collaborative Care Program

Presenter(s): Stephanie Hartman, MD and Lillian Mezey, MD, DFAPA (University of Virginia, Student Health and Wellness) and Caroline Kim (University of Virginia School of Medicine)

More students are seeking mental health care, both with mental health providers as well as with primary care providers. Many of these students are presenting with complex needs in the setting of an overall shortage of psychiatric providers. To improve access to care, we developed a pilot program for Student Health primary care providers to consult with psychiatry staff in the center's Counseling clinic. This is either done with an eConsult or a one-time consult visit.

P28. The Appropriateness of and Need for Weight Management Interventions on College Campuses: A Qualitative Inquiry

Presenter(s): Jacqueline Hayes, PhD (The Miriam Hospital/Brown University)

The college environment can make it difficult for students to engage in healthy dietary behaviors and physical activity and approximately 40% of college students meet criteria for obesity; however, few weight management interventions are available to students. The current study is original qualitative research that examines perspectives of students as well as campus health providers and administrators on the appropriateness of and desire for weight management interventions on campus.

P29. Leaping from Clinician-Centric Scheduling to Student-Centric Scheduling

Presenter(s): Cathryn Heath, MD (Rutgers University)

Rutgers Student Health has used online portal appointment scheduling since September 2016 using fixed clinician specific schedules. In September 2021, we switched from fixed schedules to student driven scheduling allowing students to schedule based on their needs. This led to better access for acute care and less phone calls from students needing appointments. Preventive care (physicals, STI screening and gyn care) did not suffer. Another outcome was better distribution of appointments among clinicians

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P30. A Review of Published Research on Peer Health Education Programs Delivered in the University Setting: What Works, What Doesn't, and What Research is Still Needed?

Presenter(s): Elizabeth Holt, PhD, Paige Dhyne, MSLIS, PhD Candidate '27 and Anna Cass, PhD (Furman University)

Peer health education has become a popular approach for delivering health and wellness interventions amongst university students, likely because students perceive their peers to hold important similarities in perspective and personal experience. We reviewed the published literature examining the effectiveness of peer health education programs delivered to university students across the areas of emotional, social, mental, and physical wellbeing. Best practices and areas for future research were identified.

P31. Relationship and Sexual Violence Among International College Students: Barriers to Reporting, and Strategies for Trauma-Informed Prevention and Response

Presenter(s): Sarah Hong, MPH, MIA and Asna Tabassum, BS (University of Southern California)

College students experience disproportionate rates of sexual violence, as existing research has explored. As the number of international students in the US continues to increase, there exists a need to understand and respond to sexual and relationship violence this student population experiences. This poster will explore international students' disincentives to reporting via the socioecological model of health, as well as provide examples of appropriate trauma-informed prevention strategies and responses for individuals working with international students.

P32. Students Who Have Serious Suicidal Ideation, Academic Distress, or Social Anxiety May Require Long-term Counseling

Presenter(s): Ryo Horita (Health Administration Center, Gifu University); Nanako Imamura; Mayumi Yamamoto

The purpose of this study was to clarify the relationship between the main problem or chief complaint at intake and counseling duration. The mean values for Depression and Generalized Anxiety subscale in CCAPS-Japanese were above the cut scores among clients. The results of an unpaired t-test showed that the long-term (over three times) continuation group scored significantly higher than the short-term termination group on the Academic Distress, Social Anxiety, and Suicidal Ideation in CCAPS-Japanese.

P33. Health Collaboration for All: Diversity and Inclusion of Health Education and Promotions on Campus and in the Community

Presenter(s): Phronie Jackson, PhD (The University of the District of Columbia)

Since the COVID-19 Pandemic the need for accurate health and safety information has become more important, especially in under-served and under resourced communities. Students at The University of the District of Columbia from diverse backgrounds, created and implements Health Education and Promotion campaigns on relevant topic distributed HBCU in Washington, DC

P34. Exploring the Parent-Student Relationship in College Students with ADHD: A Mixed Methodological Study

Presenter(s): Tyre Johnson, BS, Naftali Zeilinger, AA, Mikaela Alderite, Minha Asif, and Erin Girio-Herrera, PhD (Towson University)

Research shows closeness and involved parenting in college students with ADHD has led to increased accuracy in diagnosis, reduced impairment, and greater levels of collegiate success. Students with ADHD (N = 41) completed the Network of Relationships – Relationship Quality Version and interview questions examining the support and involvement of their parents/guardians. NRI-RQV results and themes identified using thematic analysis offer implications for parental involvement in services and interventions for students with ADHD.

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P35. Mindfulness Matters: What Students Want in Mindfulness Programming

Presenter(s): Jennifer Kennymore, MPH, CWHC, MCHES (University of Florida)

Mindfulness programming can have a significant positive impact on student health outcomes, yet many students do not participate in existing mindfulness programming. This poster will review research discussing what college students are looking for in mindfulness programming based on virtual and in person focus groups conducted at a large southeastern institution in the Spring of 2022. The poster will also consider changes to mindfulness programming that can be implemented to increase student interest and participation.

P36. Supporting Campus Mental Health with the National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students

Presenter(s): Sandra Koppert, B.Comm (Mental Health Commission of Canada)

The National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students – the first of its kind in the world – is an evidence-informed resource outlining flexible, voluntary guidelines to help post-secondary institutions support the mental health and well-being of their students.

Since its release two years ago, the Standard has been used to evaluate and implement policies, programs, and services at many institutions across Canada and beyond to reinforce their commitment to student well-being.

P37. Access to Mental Health: A Model for College Counseling Centers

Presenter(s): Tony Lim, MD, Araceli Isenia, LICSW and Erik Marks, LICSW (MIT Medical)

The volume of students seen at college mental health counseling centers increases steadily year by year. This rise in demand presents a challenge to screening, triaging, and scheduling initial appointments which are accomplished in a variety of ways. We present a model that leverages a team-based approach and 3rd party software to process and track student referrals for mental health treatment. This model incorporates elements to facilitate collaboration, hybrid work schedules, and data analysis.

P38. Emergency Contraceptive Vending Machine: Student Organizing in a Post-Roe World

Presenter(s): Nicholas Lyons, Luis Rosales, Dillon Tedesco, and Mackenzie Pike (Boston University: Students for Reproductive Freedom)

Students for Reproductive Freedom (SRF) at Boston University was awarded the 2022 Ellen Paradise Fisher Activism Award by Reproductive Equity Now in May, 2022 for the initial implementation of an affordable emergency contraceptive machine on BU's campus in March, 2022. Since then, SRF has expanded the vending machine's resources by partnering with TBD Health to connect students with at home STI testing kits and prescriptions for Ella (emergency contraceptive effective for folks weighing 165-195 lbs).

P39. How Do We Evaluate "Vaginitis" Symptoms? How Should We?

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P40. Utilizing Healthcare Equality Index (HEI) Certification to Address LGBTQ+ Health Disparities at Your Student Health Center

Presenter(s): Eugene J. Mehalik III, MPA (UCLA Arthur Ashe Student Health & Wellness Center)

For 15 years, HRC's Healthcare Equality Index has served as the national LGBTQ+ benchmarking tool for promoting equitable, inclusive care in the healthcare setting. However, of the more than 900 facilities that participated in 2022, <5% were student-serving, university health centers. Learn how UCLA's Arthur Ashe Student Health & Wellness Center – an active HEI participant since 2015 – utilizes the survey to improve its commitment to the LGBTQ+ community on our campus.

P41. Measuring Acuity and Complexity at Presentation for Care in a College Counseling Center

Presenter(s): Lillian Mezey, MD., DFAPA and Kawai Tanabe, MPH (University of Virginia, Student Health and Wellness)

The increasing volume of students seeking treatment at college counseling centers is well documented. High acuity students and those presenting with intensive needs also strain our systems, often requiring more time and resources. Time spent caring for these students is not fully captured by measures of “productivity”. Potential negative impacts include worse clinical outcomes and staff burn-out. We measured some indicators of illness severity and complexity at presentation to care to help inform service planning.

P42. Obesity on a College Campus: Understanding the Environmental Factors

Presenter(s): Wendi Middleton, PhD, CHES (Northeastern State University)

Within the past 50 years, the percentage of individuals who were considered overweight or obese has doubled. Although health-promoting practices prevent premature death, many individuals do not engage in such activities. As a result, obesity has become common, especially among college students. The aim of this original research is to better understand the trends that are currently occurring in overweight/obesity on college campuses and identify the environmental factors associated with obesity among the college population.

P43. Weighing In on the Relationship between Eating Disorders, Anxiety, and Sport Specific Factors Among Collegiate Student Athletes in Missouri

Presenter(s): Megan Mottola and Kayleigh Greenwood (University of Missouri - Columbia)

Student athletes are a unique subpopulation given both academic and athletic demands. This poster examines trends of eating disorders and its relationship to anxiety and sport specific factors (e.g., body image, injury) among student athletes using data from the Missouri Assessment of College Health Behaviors (MACHB) and Missouri Assessment of College Health Behaviors for Athletes (MACHB-A).

P44. Don't “Weigh” Me Down: Use of Blind Weights in College Health

Presenter(s): Donna Roberson, PhD, FNP-BC and Jeanne Finney, MS, RDN, LDN, LCMHCA, NCC (East Carolina University)

Scant literature on use of blind weights (not showing the patient their weight) and focused on inpatients with eating disorders (ED). We proposed a trial of blind weights at our college health center for all patients, not just those diagnosed with ED. Patients were surveyed, and we asked if behaviors changed due to being weighed and if they were aware they may refuse to be weighed. We report the evaluation of this trial program.

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P45. Well-Being Advocate Pilot Program

Presenter(s): Elizabeth A Rohr, MSW (University of Michigan/Rackham Graduate School)

The Well-being Advocate Pilot Program (Advocate Program) of the University of Michigan Rackham Graduate School supports positive graduate PhD student mental health and well-being. Serving as a resource for graduate programs and departments, program participants work together to identify opportunities to implement programmatic and/or structural changes within graduate PhD programs that will better support the holistic well-being of graduate students, faculty, and staff, and positively impact academic outcomes.

P46. The Effect of Mental Health Challenges on Human Capital Accumulation Decisions Following Return to Campus Life Across Massachusetts Public Higher Education Institutions During Covid-19

Presenter(s): Yelenna Rondon, PhD (Framingham State University (FSU) and North Shore Community College (NSCC))

This original research presents novel findings about the effect of mental health challenges on retention and persistence of college students during the Covid-19 pandemic. In this original research, I surveyed undergraduate students enrolled during Fall 2021 at three public higher education institutions in Massachusetts. Findings suggest that having a higher probability of an underlying anxiety or depressive disorder lowers the probability of reenrollment. Results show how this effect varies by demographic, academic, and socioeconomic characteristics.

P47. Sleep Difficulties and Psychological Distress Among College Students During a COVID-19 Campus Red Alert

Presenter(s): Jessica Samuolis, PhD (Sacred Heart University)

The current study examined college students' pandemic-specific psychological distress symptoms and sleep difficulties during a campus COVID-19 red alert. Survey results indicated that students experiencing moderate to severe difficulty falling asleep, difficulty staying asleep, and waking too early had higher average scores on the subscales of hyperarousal, intrusion, and avoidance than students categorized as none/mild for these sleep difficulties. During public health emergencies health promotion strategies to promote sleep health among college students are needed.

P48. Facilitators and Obstacles to Sexual Health Promotion at Public Colleges and Universities in the American South

Presenter(s): Emma Schreier, BSPH and Alyssa Lederer, PhD, (Indiana University)

College students face numerous sexual health challenges. This study therefore investigated sexual health promotion provision at public universities in the U.S. South. Interviews were conducted with 16 college health professionals across 9 states. Through thematic analysis, five overarching results categories were identified: approach, content, delivery, and facilitators and obstacles. Most notably, college health professionals often had to "fly under the radar" and adopt novel methods of navigating intense institutional and political opposition.

P49. Then and Now: Health and Wellness Survey results from 2020--2023

Presenter(s): Karen Shapiro, MBA, MPH and Joyce Porter, MBA (Rutgers University)

This poster provides comparative health and wellness data based on the Healthy Minds Surveys administered in 2020 and 2023. It also includes a pulse survey with a subset of questions administered in 2022. The three touch points, 2020, 2022, and 2023 provide a comprehensive review of the COVID-19 impact on Rutgers Health Professions students, including data on underrepresented groups such as ethnic minorities and sexual and gender minorities.

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P50. The Evolution of an Eating Disorder Treatment Team at a Public University

Presenter(s): Kathryn Shepley, RN, MSN, CPNP and Andy Hawkins, MD (University of Virginia)

An eating disorder treatment team has been in existence at our Virginia public university for almost a decade. Routine challenges such as staff turnover, changing community resources, and increased demand for services have necessitated an adaptive process. We outline that process to demonstrate our successes and to clarify areas of need since program inception. Data is utilized to highlight basic demographics of students with a focus on vulnerable populations seen by our eating disorder team.

P51. Efficacy of Strategic Interventions Aimed to Increase Student Enrollment in Text Message Notifications from Health Services

Presenter(s): Nara Shin, MD and Gayathri Ganesan (Princeton University)

The text message notification tool of electronic health records software can add workflow efficiency and improve communications with patients who enroll in this feature. Our study aimed to increase the low enrollment rate through strategic interventions such as verbal prompts by staff during appointments, colorful signage in exam rooms, email broadcast, and text broadcast to unenrolled students. At the end of the 6-week study period, we achieved a 36% relative increase in enrollment with the largest increase occurring after the email broadcast.

P52. Improving Patient's Outcome by Utilizing a Breast Mass Tracking Process

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P53. Consent: Why it Matters and Why You Should Care

Presenter(s): Annette Smiach, MSN, FNP-BC and Corrine Ausec, JD (Seton Hall University)

Consent is a powerful tool that empowers individuals to make informed decisions about their healthcare; it involves honest communication, trust, and shared decision-making. Obtaining effective consent involves analyzing how intersecting systemic barriers impede marginalized populations to ensure equitable and inclusive care. Failure to obtain effective consent via collaborative decision making can result in serious professional and personal legal risks and ramifications. Clinicians have a professional, moral and legal obligation to understand how licensure requirements and federal and state laws impact them.

P54. RN-Led STI Screening

Presenter(s): Tamara Smith, BSN, RN, Angela Mazzei, MSN, RN, APRN, FNP-BC, Gary Kot, BA, and Allie Schwartz, MD (Florida Atlantic University)

The RN led STI screening program at FAU is designed to provide access to all students wishing to have no cost STI screening. A comprehensive questionnaire is completed by the RN upon interviewing the patient. They must be asymptomatic to qualify. There is no charge to the student's account for the visit or the laboratory tests.

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P55. Why do College Students Seek Emergency Services?

Presenter(s): Aleksandra Stamper, MAS and Elizabeth Edwards, MPH (University of Michigan, University Health Service) (University of Michigan, University Health Service)

The leading causes of morbidity/mortality in the college-aged population are unintentional injuries, homicides, and suicides. While causes of morbidity/mortality for this population are well documented, there is limited data regarding why college students seek emergency health services. This project describes the utilization of emergency services by college students at a large Midwestern university, and provides insight into the relationship between causes of morbidity/mortality and reasons why college students seek emergency care.

P56. Another Season FLU By! The Evolution of RU Vaccine Clinic

Presenter(s): Betty Stolarski, BSN, Suzanne Rynkiewicz, BSN, RN, Selbourne Witter, RN, Christina Ferdinand, RN-BSN, and Maris Manguiat, BSN, RN (Rutgers University)

Crowded student dormitories, lecture halls, and social gatherings are fertile ground for influenza at any college. The expansion and availability of the flu clinics through our outreach events within the college community affords greater opportunity for vaccine compliance. The Rutgers University Flu Clinics are led by the Registered Nurses (RNs) of Rutgers Student Health (RSH).

P57. Perceptions of Physical, Mental, and Overall Wellbeing Among College Students

Presenter(s): Colin H. Storm, PhD (Pepperdine University)

Student wellness is strongly linked to student outcomes. Using a nation-wide survey of 436 current college students, this study examines the self-reported wellbeing based on gender and living situation. Further, this study investigated the interaction between gender and living situation to better understand physical, mental, and overall wellbeing of college students. Results show women are more likely to report good mental health than men, but less likely to report good physical or overall health than men. However, women who live off campus are less likely to report good mental health than other women or than men living off campus ($p < .01$).

P58. Are Some Left Out? A Study into Who is Benefitting From University Wellness Resources

Presenter(s): Colin H. Storm, PhD (Pepperdine University)

Universities strive to provide wellness resources for students to improve their emotional and physical wellbeing. This study surveyed 436 students nation-wide to investigate how students perceive sufficiency and availability of six types institutional resources: emotional, occupational, physical, social, intellectual, and spiritual. Results suggest women are less likely to say the university provides physical resources, while living off campus students are more likely to say the university does not provide adequate physical, social, intellectual, and spiritual resources.

P59. Using a Multi-Faceted Approach to Increase Vaccine Confidence on a University Campus

Presenter(s): Sarah Swartz, MPH, Mary Larson, PhD, MPH, RD, CDE, CHES, Elizabeth Crawford, PhD, Ellen Rubinstein, PhD, Shannon David, PhD, AT, Hannah Rayel, BA, and Alexandria Hicks, BA (North Dakota State University)

Vaccine confidence is related to an individual's attitudes, beliefs, knowledge, and social norms about vaccines and their importance in reducing the burden of infectious diseases. This poster session highlights key interventions used (e.g. educational modules delivered through Blackboard, interactive sessions for student organizations, and social media presence) on a university campus to increase vaccine confidence of students, faculty, and staff. Pre- and post-survey evaluation data will be presented.

Poster Abstract Book

P60. Examining Coping with the Stress of an ADHD Diagnosis in College Students: A Mixed Methodological Approach

Presenter(s): Naftali Zeilinger, AA, Henry Bauman, BS, Minha Asif, Tyre Johnson, BS, and Erin Girio-Herrera, PhD (Towson University)

College students with ADHD experience increased stress, as they are more likely to have lower GPAs, drop out, and experience mental health comorbidities. However, it is unclear which coping strategies and skills students with ADHD utilize to cope with their ADHD. Forty-one college students with ADHD completed a measure of coping and were interviewed about their coping strategies, supports, and performance. Mixed-methods analyses, including Thematic Analysis, offer insights into the improvement of university-based support systems.