

Texas Tech University Health Sciences Center

Senate Resolution 21.08

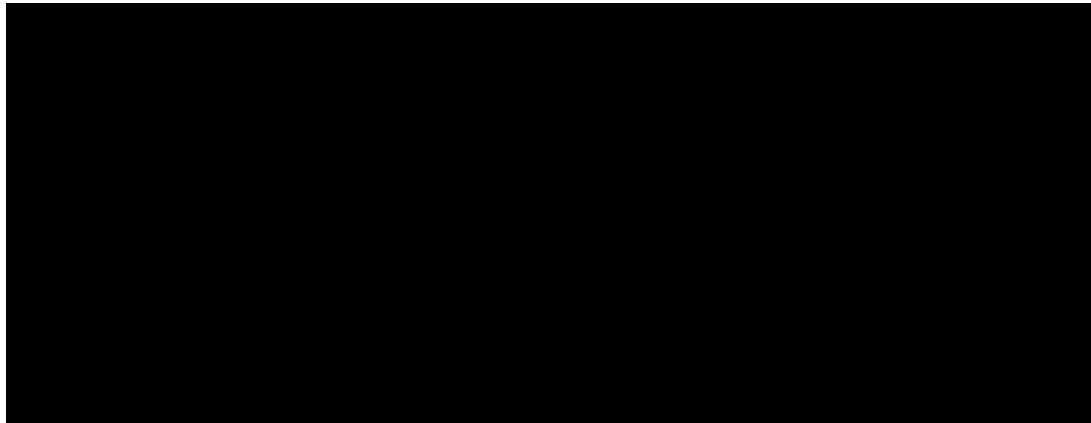
(Stating the sentiments of the Student Senate with regards to Increasing Awareness for Therapy Assistance Online.)

WHEREAS, signs of depression have doubled in graduate students due to COVID-19^{2,3,imd}

WHEREAS, only 15.2% of students (N = 389) are aware that TAO includes over 150 brief, effective, educational sessions covering over 50 common topics and skills related to mental health (including an option to use TAO as an app)



WHEREAS, only 53% of students (N = 415) expressed that they would be likely or very likely to use TAO if they felt the need, and TTUHSC has the potential to increase that number



THEREFORE BE IT RESOLVED, that the Student Senate of the Texas Tech University Health Sciences Center calls for a Marketing & Awareness campaign to promote TAO to all students, beyond what is currently done,

BE IT FURTHER RESOLVED, that this resolution be spread upon the Journal and that copies be sent to **Dr. Lori Rice-Spearman**, President of Texas Tech University Health Sciences Center; **Micheal West**, Assistant VP for Presidential Finance and Administration; **Dr. Erin Justyna**, Assistant Provost for Student Affairs; **Dr. Alan Korinek**, Director of the Program of Assistance for Students; and to the students of Texas Tech University Health Sciences Center.

Authors:
WILLMS, J.
JURECKY, J.
EVANS, A.
KURIAN, J.

TEXAS TECH UNIVERSITY HEALTH SCIENCES
CENTER
Date Sent: 23 March 2021

Read First Time: 23 March 2021

Marcus González

Reported from Committee: 23 March 2021

President, Student Senate

Pi

Read Second Time: 23 March 2021

Resources

¹Bennike, Ida H., Anders Wieghorst, and Ulrich Kirk. "Online-based mindfulness training reduces behavioral markers of mind wandering." *Journal of Cognitive Enhancement* 1.2 (2017): 172-181.

²Chirikov, I., Soria, K. M., Horgos, B., & Jones-White, D. (2020). Undergraduate and graduate students' mental health during the COVID-19 pandemic.

³Cullen, W., G. Gulati, and B. D. Kelly. "Mental health in the Covid-19 pandemic." *QJM: An International Journal of Medicine* 113.5 (2020): 311-312.

⁴Dyrbye, L. N., West, C. P., Satele, D., Boone, S., Tan, L., Sloan, J., & Shanafelt, T. D. (2014). Burnout among US medical students, residents, and early career physicians relative to the general US population. *Academic medicine*, 89(3), 443-451.

⁵Evans, Teresa M., et al. "Evidence for a mental health crisis in graduate education." *Nature biotechnology* 36.3 (2018): 282.

⁶*Guided Meditation for Everybody - About Headspace.*" Headspace, HEADSPACE INC., www.headspace.com/about-us.

⁷Heiman, Noa, Rachel Davis, and Brian Rothberg. "A deeper understanding of depression and suicidality among medical students." *Medical teacher* 41.6 (2019): 711-713.

⁸Howells, Annika, Itai Ivztan, and Francisco Jose Eiroa-Orosa. "Putting the 'app' in happiness: a randomised controlled trial of a smartphone-based