Wellness Checks Program

Kay-Anne Haykal [1]

1: Assistant Dean Student Affairs, family physician uOttawa DFM

PRIME

uOttawa — Faculté de médecine / Faculty of Medicine — Département de médecine familiale / Department of Family Medicine

INTRODUCTION

Background: At the Faculty of Medicine at the University of Ottawa, the Student Affairs Office (SAO) has a mandate to ensure the wellbeing of students. The Wellness Check Program was created and is run by the SAO to help students assess their personal wellbeing. The evaluation includes completion of a questionnaire followed by a 30 minutes individual meeting with a counsellor.

Objectives: Using the data from the wellness check questionnaires, the main objective was to determine:

1. the risk factors for mental health in medical students.
2. the variation of mental health and its risk factors depending on demographic variables as well as the difference in mental health between year 1 & year 3 students.
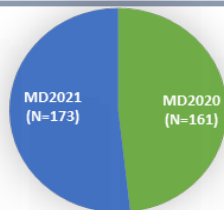
METHODS

This is a cross-sectional study, with a total of 905 study participants after removing the students whom did not consent to having their information collected. Students whom completed the questionnaire twice were removed from the comparison between year 1 and year 3 but included in other analyses.
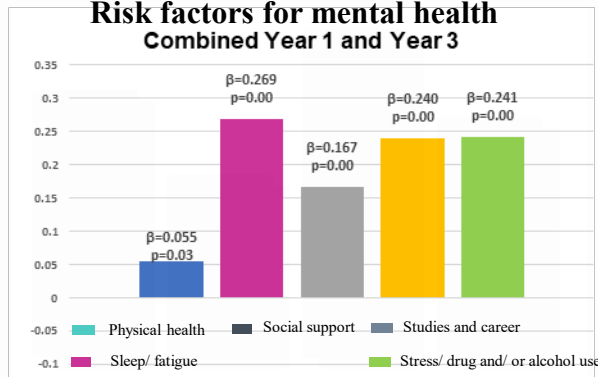
PARTICIPANTS
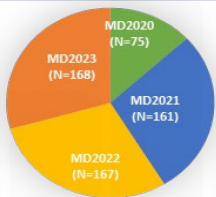
Year 1 students

Year 3 students

RESULTS

Risk factors for mental health — Combined Year 1 and Year 3

Year 1 / Year 3

Variation of risk factors and mental health by city of origin

Categories	Average for students from Ottawa (N=486)	Average for students from outside of Ottawa (N=419)
Social support (p=0.000)	0.968	0.807
Stress, alcohol and/or drug consumption (p=0.009)	0.946	0.855

Variation of risk factors and mental health by stream

Categories	Average for French stream (N=296)	Average for English stream (N=609)
Physical health (p=0.039)	0.988	0.893
Psychological/emotional health (p=0.004)	0.717	0.846

Variation of risk factors and mental health by gender

Categories	Average for women (N=519)	Average for men (N=386)
Physical health (p=0.007)	0.874	0.992
Sleep/fatigue (p=0.000)	0.110	0.382
Finances (p=0.009)	0.465	0.619
Studies and career (p=0.000)	0.519	0.657
Stress, drugs and/or alcohol consumption (p=0.000)	0.841	0.989
Psychological/emotional health (p=0.000)	0.717	0.921

RESULTS

- When co-variables were not considered, there was a statistically significant difference in psychological/emotional health between year 1 (M=0.7895) & year 3 (M=0.8923) students
- When co-variables were considered, there was no statistical significance between year 1 and year 3 mental health (p=0.499)
- Possible conclusion is that students in year 1 have a lower mental health than students in year 3.
- Further validation of this assessment tools is required.

LIMITATIONS

- Data collection was limited to questionnaire
- Wellness check questionnaire was not validated and there was an absence of psychometric properties of the instrument itself
- Size of the sample for year 3 students is small