



PARTICIPATE

Education Services Teoranta

# confidence to be me the Participate project

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**eMen & USI Student Mental Health Seminar | 18 June 2019**

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**Participate Education Services Teoranta**

**TU Dublin**

# Participant Challenge

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*You will be randomly assigned to one of the following challenges*

- A Explain your HEI's policy on mental health in 3 minutes to workshop
- B Tell funny stories to the group for 3 minutes
- C Sing a rock song for 3 minutes with air-guitar accompaniment



a fear of being judged

**social anxiety**

# social anxiety | types

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## **generalised:**

anxiety in most social interactions

## **performance only:**

anxiety confined to particular situations

*e.g. public speaking*

# social anxiety | prevalence estimates

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*general population:*                      7% (*Europe and US*)

HE students:                                  about 10 %

- higher if include 'subthreshold'  
(*still significantly impaired*)

# social anxiety | direct effects

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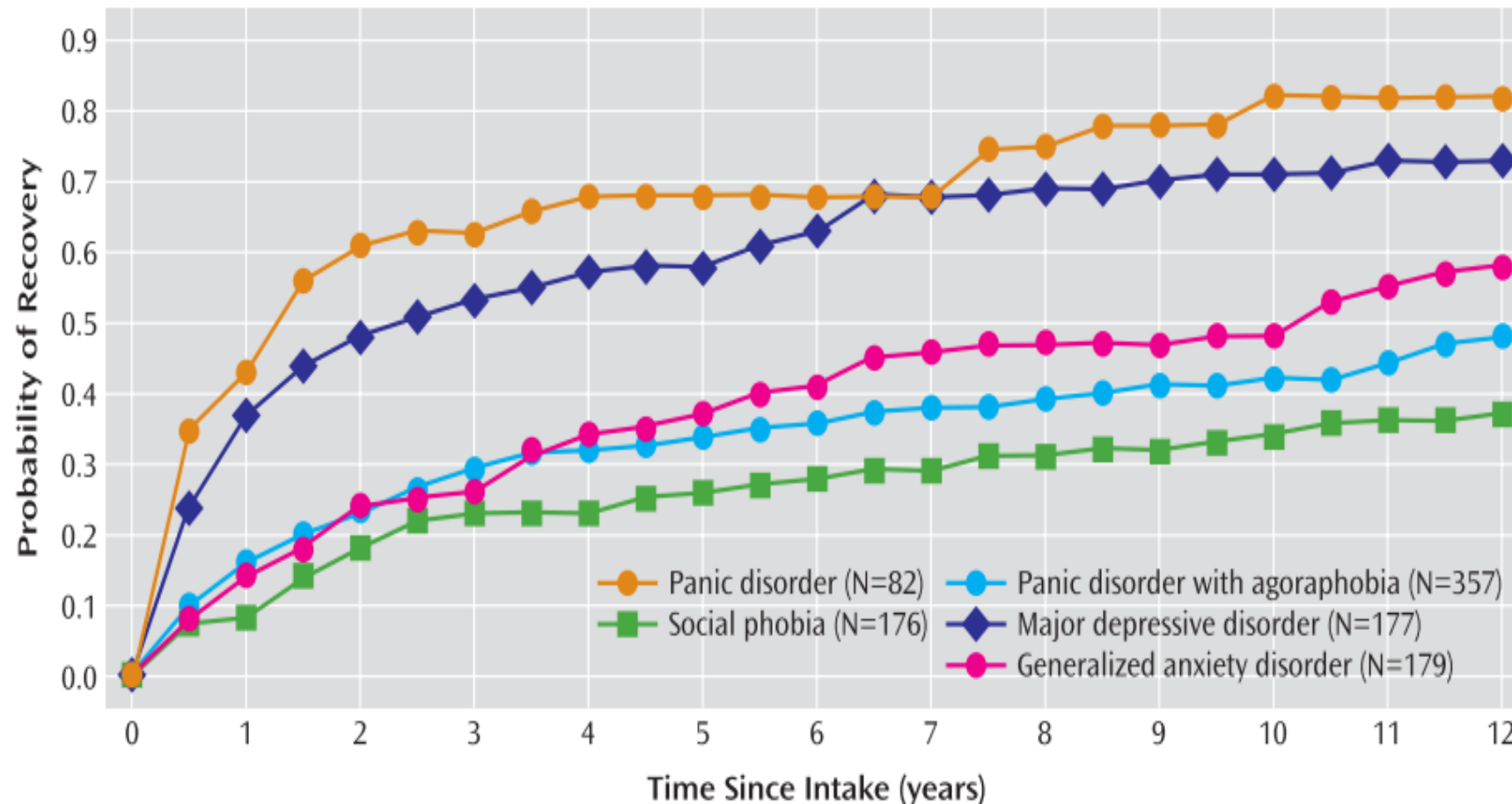
- *poorer learning outcomes*
- *lower attendance*
- *reduced participation*
- *increased likelihood of dropout*
- *difficulty with public speaking, communicating*
- *career underperformance*
- *pathway to depression, substance misuse*

# social anxiety | precursor effects

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- *median age of onset 13 years*
- *3.5 relative-odds depression within 3-4 years*
- *6.1 relative-odds suicide attempt within 3-4 years*
- *early intervention would prevent 22% drug dependence*
- *predicts teenage pregnancy & domestic violence*
- *majority never get professional help or delay (~15y)*
- *low rate of recovery (37% after 12 years after intake)*

**FIGURE 1. 12-Year Cumulative Probability of Recovery in Patients With Anxiety Disorders and Patients With Comorbid Major Depressive Disorder at Intake**



Bruce, S. E., Yonkers, K. A., Otto, M. W., Eisen, J. L., Weisberg, R. B., Pagano, M., ... Keller, M. B. (2005). Influence of Psychiatric Comorbidity on Recovery and Recurrence in Generalized Anxiety Disorder, Social Phobia, and Panic Disorder: A 12-Year Prospective Study. *American Journal of Psychiatry*, 162(6), 1179–1187





# scale | cost of inaction

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Direct cost of non-progression to HEI ... €8000 per student?

Cost to the economy of ineffective educational outcomes?

Cost to the individual and family of lost opportunities?

Cost of additional health interventions?

# social anxiety | the education context

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education is a social endeavour

social engagement central to retention and progression

graduate attributes

- ability to communicate ideas one-to-one
- work in teams
- present to an audience

# *Participate* programme | concept

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- **Brief**
- **Best practice**
- **Cost-effective**
- **Scalable**
- **Easily accessible**
- **Effective**
- **Safe**
- **Early intervention**

# *Participate* programme | development

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- **Pilot version 2013** (*Participate 1.0*)  
NUI Galway
- **Revised version 2014** (*Participate 2.0*)  
NUI Galway, DIT and University of West Scotland  
randomised controlled trial (RCT)

# *Participate* | impact

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<b>NUI Galway</b>	<b>n</b>	<b>effect size</b>
completed intro plus 3 or more modules	57	-1.35
completed all 6 modules	28	-1.44

<b>ALL 3 COLLEGES</b>	<b>n</b>	<b>effect size</b>
waiting-list control <sup>3</sup>	62	-0.42

# *Participate* | impact

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## **Brief:**

- big drop in social anxiety score after circa 90 minutes online (*intro, application & 3 modules*)

## **Effective:**

- cost-effective
- social anxiety ↓38% for just 3+ modules ( $n=57$ )  
[*effect size 1.4 for 3+ modules*]

## *Participate* | adherence

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**60%**                      3 modules plus

**23%**                      all 6 modules



# *Participate* | follow-up survey

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## **Follow-up after**

7 months (n=19)  
11 months (n=57)  
18 months (n=12)  
21 months (n=40)

## **Result**

**The drop in social anxiety scores was maintained at every time interval**

## *Participate 2.0* | wider dissemination

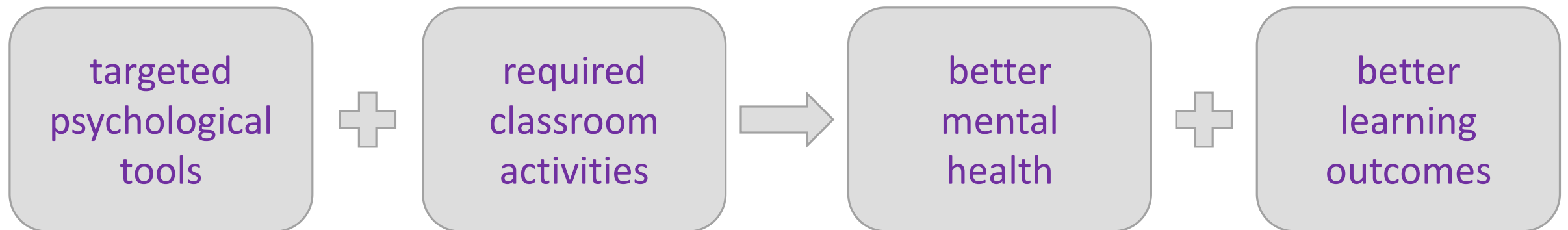
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- ❑ *Participate 2.0* currently used by 9 Irish HEIs
- ❑ not-for-profit, meeting direct costs only
- ❑ ongoing development of content and implementation
- ❑ variety of modes:
  - self-directed
  - supported (*by counsellors or specially-trained, supervised psychology graduates*)
  - as adjunct to face-to-face therapy

# *Participate 3.0* | in academic modules?

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- ☐ integrate programme with taught modules
- ☐ pilot studies have been carried out



*Participate* | partners?

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