

PROBLEMS AND SIGNIFICANCE:

- 40% to 90% of undergrad students in past year reported symptoms of depression (Giuntella et al., 2021., Mayo Clinic, 2021).
- 50% of students with depression do not utilize treatment (English and Campbell, 2019).
- Depression screening in undergrads can help identify students with depressive symptoms and students at high risk for harm.
- Screening can identify those that are actively suicidal and help secure treatment, education, improve academic success, and safety these individuals need during a time of crisis.

LITERATURE REVIEW:

- Evidence Based Screening Tools for Depression Screening- PHQ-9, PHQ-2 and Beck Depression Inventory.
- Studies based on implementation of a campus wide depression screening program.
- Diversity and gender based studies.
- Policies and guidelines for depression screening in college students.

GUIDING FRAMEWORKS:

- **Neuman's Systems Model:** a systems-based approach to stress prevention and treatment.
- **Roger's Five Stage Change Theory:** Consists of Five distinct stages on how to create change in a workplace or setting.

SPECIFIC GOALS:

1. Contact at least 5 experts by March 1, 2022.
2. Communicate with 5 experts that returned email communication and include their expert opinion in the results of this project and implementation into the policy and procedure by August 2022.
3. Increase counseling center referrals for college students scoring high for depression or suicide risk by 100% by November 2022.
4. Increase college student education on mental health and resources in those that are screened on campus by 100% by November 2022.
5. Increase depression screening by 20% in undergraduate students through the utilization of the PHQ-9 by November 2022.

References found in "Reference" Section in paper

The creation of a Policy and Procedure for campus-wide Depression Screening Days for undergraduate students can help identify students with depression and even those at risk for suicide before it is too late.

Policy and Procedure Development for Depression Screening Days in Undergraduate College Students

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Copy of full policy and procedure



GAP ANALYSIS:

- Lack of information on policies and procedures for depression screening in undergraduate students.
- Screening tools that work best in these situations, with the least consequences.
- Referral process for suicidal students during screening.
- Education provided to staff on resources for students in a mental health crisis.

MEASURES & RESULTS:

- This project was qualitative in nature and focused on the creation of a policy and procedure.
- A policy and procedure were created and reviewed by 4 experts, 2 times before officially being submitted to the counseling center.
- A survey was utilized to gather qualitative opinions on different topics surrounding the policy and procedure.
- PHQ_9 by expert opinion most reliable in a campus wide screening event.
- Experts recommend October/November or February/March for screening to occur.

IMPACT ON PRACTICE:

- By using screening techniques on campus, students in need of mental health care can be identified and targeted early thus decreasing the number of crisis situations often evolving into Emergency Department and Hospital admissions.
- Early identification of Depressive symptoms.

PROJECT SUSTAINABILITY:

- Creation of an evidence based policy and procedure.
- Outline of a plan on how to implement screening days in the procedure.
- Inclusion on how to avoid liability and what resources will be needed.
- Adequate pass off of policy and procedure to counseling

Logic Model

Purpose/Mission: The Development of a policy and procedure for depression screening in undergraduate students at a small private college

