


The mission of NHPA is to advance psychology as a science, as a profession and as a means of promoting human welfare.

How Psychology and NHPA can help students (2021)



PRESENTATION MADE FOR STUDENT ACADEMIC CONVENTION APRIL 2021
JES LEONARD, PH.D. PRESIDENT OF NHPA

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HELLO!



- ▶ Agenda for presentation
 - ▶ Current Impact on Mental Health
 - ▶ What is NHPA?
 - ▶ How can NHPA Help?
 - ▶ How can I join NHPA?

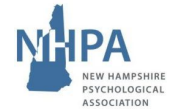



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Elephant (with a mask) in the Room



- ▶ How have you been doing the last year?
 - ▶ Really?
 - ▶ What are a few statements to sum up your experiences?
- ▶ What kind of impact has the national and world changes had on you and your mental health?
- ▶ Pandemic
- ▶ Social Justice/Racism
- ▶ Other massive changes
- ▶ How do you think psychology can assist with this?



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Effects of COVID-19 on College Students' MH in the US

Background

Student mental health in higher education has been an increasing concern. The COVID-19 pandemic situation has brought this vulnerable population into renewed focus.

Objective

Our study aims to conduct a timely assessment of the effects of the COVID-19 pandemic on the mental health of college students.

Methods

We conducted interview surveys with 195 students at a large public university in the United States to understand the effects of the pandemic on their mental health and well-being. The data were analyzed through quantitative and qualitative methods.

Results

Of the 195 students, 138 (71%) indicated increased stress and anxiety due to the COVID-19 outbreak. Multiple stressors were identified that contributed to the increased levels of stress, anxiety, and depressive thoughts among students. These included fear and worry about their own health and of their loved ones (177/195, 91% reported negative impacts of the pandemic), difficulty in concentrating (173/195, 89%), disruptions to sleeping patterns (168/195, 86%), decreased social interactions due to physical distancing (167/195, 86%), and increased concerns on academic performance (159/195, 82%). To cope with stress and anxiety, participants have sought support from others and helped themselves by adopting either negative or positive coping mechanisms.

Conclusions

Due to the long-lasting pandemic situation and onerous measures such as lockdown and stay-at-home orders, the COVID-19 pandemic brings negative impacts on higher education. The findings of our study highlight the urgent need to develop interventions and preventive strategies to address the mental health of college students.

Son, C., Hedge, S., Smith, A., Wangs, X., & Sasongohar, F (2020). Effects of COVID-19 on College Student's Mental Health in the United States: Interview Survey Study. *Journal of International Research*, 22(9):e21279 doi: 10.2196/21279



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Effects of COVID-19 on College Students' MH in the US

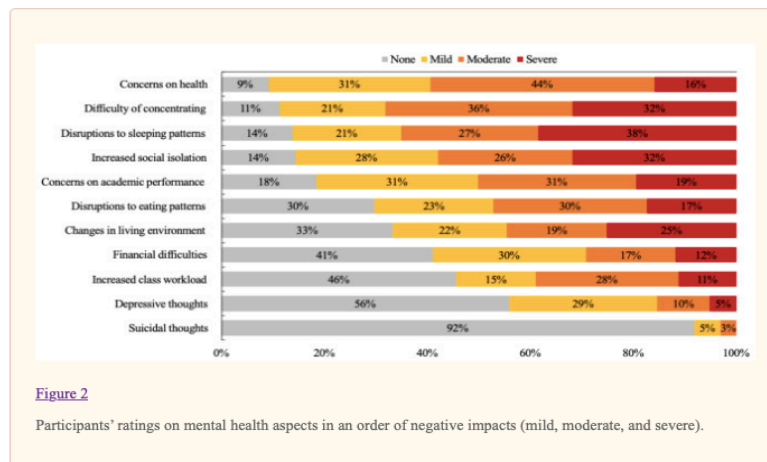
- ▶ In what areas have you noticed an impact?
- ▶ In what areas have you noticed others experiencing an impact?



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Effects of COVID-19 on College Students' MH in the US

Own health and the health of loved ones (n=177)

Worry about families and relatives with higher vulnerabilities 76 (43)

- JPP17: "I have a grandma who is affected more by [the virus] and so I'm just afraid that something could happen to her."
- SAP16: "My sister just had a baby on Friday and so I've just been worried that her baby or she wouldn't get anything."

Worry about families with more interpersonal contact 26 (15)

- JJP06: "My brother just graduated from a med school and he is doing residency. So, every single patient he sees right now is most likely related to COVID-19."
- DDP01: "My mom is actually an essential worker. She works at [a company] warehouse in [a city in Texas]. So, she's coming into contact with people every day."

Worry about themselves being infected 19 (11)

- ACP05: "I always end up having runny nose or just asthma flares up. With this pandemic, the symptoms are very similar corona so I feel like I would be one of those people who would be highly affected by it."



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Social relation/social isolation (n=167)

Reduced interactions with people 91 (54)

- MBP01: "We're in quarantine so there is significant social isolation from people and from those that I want to hang out with."

Lack of in-person interactions 52 (31)

- JJP02: "I don't see my friends that much and no face to face interaction but only through text."

Restricted outdoor activities 9 (5)

- SNK10: "I also like meeting new people so sometimes I go out climbing or hiking. [COVID-19] has impacted me a lot. I'm not able to do that anymore."



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Difficulty in concentration (n=173)

Home as a source of distraction 79 (46)

- EGP03: "I'm having difficulty concentrating since I'm home. As I'm around all of my family, it's really hard to focus on what I need to do."

Lack of accountability and motivation 21 (12)

- SAP16: "I just want to lay in my bed. Now no one is keeping me accountable. If I'm on my phone, I'm not paying attention to any of these lectures."

Distracted by social media, internet, and video games 19 (11)

- DDP01: "My desk is right next to my bed so I could just go take a nap or go watch Netflix. Or I could just be on Twitter the whole time and read all the news stories about how people are dying or how bad this is going to get."

Lack of interactive learning environment 18 (10)

- SAP17: "I cannot focus on class when it's online. Through the classes, I don't think there's a lot of interactivity to make people engaged."

Monotony of life 5 (3)

- DDP07: "Now I'm stuck only doing everything on a computer. So, I'm pretty much on the computer all day."



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Sleeping habits (n=168)

Stay up later or waking up later 84 (50)

- DDP03: "I'll be up until probably four or five in the morning, and sleep through the day usually. Now that most of my classes are online and the lecture isn't mandatory, I sleep through it and I'll watch the lectures later."

Irregular sleep patterns 28 (17)

- SAP03: "I had a really weird sleep schedule now. I stay up really late. And then I wake up very early or sometimes I go to sleep early. I wake up really late. It is just weird."

Increased hours of sleep 12 (7)

- ACP06: "I'm sleeping a lot more now. I'm living at home. I don't have to do anything. I just have more time to sleep."

Difficulty of going/staying asleep 10 (6)

- DDP07: "Now I wake up constantly. I wake up and go to sleep constantly. I have a hard time staying asleep and going asleep."

Eating patterns (n=137)

Increased eating/snacking 35 (26)

- SNK08: "I've been munching a lot on snacks recently since I'm at home."

Inconsistent eating 27 (20)

- SAP02: "I'm home all the time. Sometimes I eat twice a day. Sometimes I don't eat at all. Sometimes it's once a day. It's not something I haven't done before."

Decreased appetite 16 (12)

- SAP15: "I'm having trouble eating. I just don't eat when I'm anxious. So, I've had no appetite."

Emotional eating 7 (5)

- SAP04: "I eat so much now just out of boredom because there's nothing to do really."



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Effects of COVID-19 on College Students' MH in the US

Academic performance (n=159)

Challenges of online classes 61 (38)

- RMP10: "It's so hard to focus on the lecture because everything is online. And I have to make appointments with a professor or a TA^C. Then they help me through the Zoom which is online. I think it's hard to have some understanding compared to the face to face meeting."

Impacts on academic progress and future career 36 (23)

- ACP07: "The class I wanted to take over the summer has been canceled, which could potentially push me back a semester."
- RMP17: "I think my internship is going to be shortened or cancelled. I need to get more work experience before graduation."

Worry about grades 23 (14)

- ACP12: "Shortly after COVID-19 was declared a pandemic, everything went online. We missed a week of class. So, I had four exams back to back but I didn't transition to online very well. I failed three out of four exams pretty badly. That also got me questioning my entire life and my major."

Reduced motivation or procrastination 12 (8)

- RMP12: "I feel like I started slacking. I was trying to avoid this situation by just not doing some of the work. So, it is stressful academically."



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Class workload (n=106)

Catching up with online courses and class projects 51 (48)

- ERP04: "[Professors] still want me to go to a Zoom class. Some of them still record those Zoom meetings and then you watch it on your own time. It basically doubles the time I have to dedicate each week for that class."

Increased or more difficult assignments 33 (31)

- ERP02: "Four or five out of my six professors have given more work than I would have had if I was there in person. Some of them have to do with participation, just proving that you actually watch the lecture or take notes for the class."

Difficulty of covering the same coursework in shorter time 6 (6)

- NEP04: "A two-week break because of the pandemic made us compress that lost time into our last time we had scheduled"



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Depressive thoughts (n=86)

Loneliness	28 (33)	<ul style="list-style-type: none"> MBP02: "I actually suffer from chronic depression. [COVID-19] has definitely made it a lot worse, just being in isolation and being home 24/7. It feels like I need to get out but there's nowhere to go."
Insecurity or uncertainty	10 (12)	<ul style="list-style-type: none"> RMP18: "The first couple of days, it was very scary and I think everybody just felt like the world is ending."
Powerlessness or hopelessness	9 (10)	<ul style="list-style-type: none"> SNK01: "Maybe [COVID-19] made me really down. Sometimes I feel like I'm incompetent." SAP20: "It's very easy to fall into a routine of nothingness. And you're seeing no end to this. It's just hopelessness about going back to normal."
Concerns about academic performance	7 (8)	<ul style="list-style-type: none"> ACP07: "A lot of hackathons I wanted to go to and a lot of research conferences I wanted to go to have all been shut down. And now it feels like all the work I have been doing for the last few months has been thrown away into the garbage."
Overthinking	4 (5)	<ul style="list-style-type: none"> SAP08: "There's just a lot and also you start going crazy in your apartment."



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Suicidal thoughts (n=16)

Linking to depressive thoughts	6 (38)	<ul style="list-style-type: none"> JJP03: "[Suicidal thoughts] go hand in hand with depressive thoughts. I am just tired of existing because I am just too hard on myself." ECP02: "It just has to do with the depressive thoughts and just overthinking. You have a lot of time to think about things that happened in the past like high school. But there's no fixing it. Now, I'm stuck."
Academic issues	1 (6)	<ul style="list-style-type: none"> ACP12: "I hate to say it but it comes up on a daily basis. Sometimes as a joke, I want to die. But it's something that I know I have no intention to ever act on and never would like. It's just become incorporated in my life purposely or unconscious when I do something especially related to academics."
Problems with parents	1 (6)	<ul style="list-style-type: none"> SNK09: "I have some problems with my family. And now I'm stuck at home with them. I guess it's more often than normal."
Fear from insecurity	1 (6)	<ul style="list-style-type: none"> JPP18: "The biggest thing has been fear of what's next. I think the worst part is more fear of what is to come and what will be the outcome."



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Response to Racism in America

- ▶ In what areas have you noticed an impact?
- ▶ In what areas have you noticed others experiencing an impact?



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Response to Racism in America

[How Teens Respond to Racism in America](#)



PBS NewsHour ●
2.58M subscribers

Teens across the U.S. have responded to the recent conversation around racial injustice and police brutality with fear, hope, and resolve to make lasting change. Their perspective comes as part of PBS NewsHour Student Reporting Labs call out for student responses to recent uprisings sparked by the death of George Floyd on May 25 while in police custody. For more conversations on the protests on American streets, outrage about police brutality and our nation's deep, systemic racial disparities, watch 'Race Matters: America in Crisis,' a PBS NewsHour Special on Friday, June 5 at 9:00pm ET. #RaceMattersPBS <https://youtu.be/AKplr9dk2j0>



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How can Psychology help?

APA COVID-19 Information and Resources

Continually updated by APA for psychologists, health care workers and the public

<https://www.apa.org/topics/covid-19>

<https://www.apa.org/topics/covid-19/science-research>

<https://www.apa.org/topics/covid-19/equity-resources>

<https://www.apa.org/topics/covid-19/stress-management-tools>

<https://www.apa.org/monitor/canpsychologyhelpcrism>



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What is NHPA?

- ▶ Every State/Territory in the US, as well as Canadian Provinces, have associations to help support the psychologists that work within their borders in order to provide assistance to their citizens on national and local issues
- ▶ Mission of NHPA:
- ▶ **To advance psychology as a science, as a profession, and as a means of promoting human welfare.**
- ▶ NHPA is **certified by the American Psychological Association**



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Why would I join? How would I join?

Top 10 Reasons to Join:

- ▶ We have your back – Advocacy is an NHPA Top Priority
- ▶ Get good advice when you need it (Ethics Committee, Behavioral Healthcare Advocacy Committee, Board of Psychology Liaison, etc.)
- ▶ Build your Network with our members-only Listserv
- ▶ Stay Informed on Advocacy updates, licensing updates, and upcoming CEs/Members Only Town Halls
- ▶ Grow your business with our Find-A-Psychologist Service
- ▶ Get your CEs and save money
- ▶ Make a Friend
- ▶ Build a Better Resume
- ▶ Become a Mentor/Get a Mentor
- ▶ Take Charge of your Career



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Why would I join? How would I join?

Top 10 Reasons to Join As a Student:

- ▶ **We have your back – Advocacy is an NHPA Top Priority**
- ▶ **Get good advice when you need it** (Ethics Committee, Behavioral Healthcare Advocacy Committee, Board of Psychology Liaison, etc.)
- ▶ **Build your Network with our members-only Listserv**
- ▶ **Stay Informed on Advocacy updates, licensing updates, and upcoming CEs/Members Only Town Halls**
- ▶ Grow your business with our Find-A-Psychologist Service
- ▶ Get your CEs and save money
- ▶ **Make a Friend**
- ▶ **Build a Better Resume**
- ▶ Become a Mentor/**Get a Mentor**
- ▶ **Take Charge of your Career**



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NHPA STUDENT ORGANIZATION

BENEFITS OF NHPA STUDENT MEMBERSHIP

By joining NHPA, student members have the opportunity to take on leadership roles by representing students and their schools in various divisions within NHPA, to share ideas and concerns with students from other programs, and to network with professionals from around the state. Membership is a great way to become involved in your professional community while furthering your own professional development.

<https://nhpsychology.org/How-valuable-is-an-NHPA-membership>



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Why would I join? How would I join?

There are three convenient ways to pay dues! See the table below and choose a payment type.

*NHPA incurs a small fee for credit card purchases.

Membership Category	Check	Credit Card	Monthly Credit Card
Affiliate Member	\$130.00	\$135.00	\$11.25
Associate Member	\$130.00	\$135.00	\$11.25
Emeritus Member	\$75.00	\$77.50	\$6.50
Full Academic Member	\$220.00	\$226.75	\$19.00
Full Clinical Member	\$290.00	\$299.00	\$25.00
Full Early Career Psychologist (1-2 years from degree)	\$100.00	\$103.50	\$8.65
Full Early Career Psychologist (3-4 years from degree)	\$150.00	\$154.75	\$12.90
Full Early Career Psychologist (5-6 years from degree)	\$230.00	\$236.75	\$19.75
Institutional Member - Academic (contact office)	--	--	--
Institutional Member - Human Services Organization (contact office)	--	--	--
Out of State Member	\$60.00	\$62.50	\$5.20
Semi Retired/Retired Member	\$150.00	\$154.75	\$12.90
Student Member (includes all remote CE programming)	\$25.00	\$26.00	\$2.17
Student Member (does not include remote CE programming) Select "Pay By Check" & Use Coupon Code: FREESTUDENT	\$0.00	\$0.00	\$0.00



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Why would I join? How would I join?

- ▶ Online
 - ▶ www.nhpsychology.org
- ▶ Twitter
 - ▶ @NHPsych
- ▶ Wild Apricot App
 - ▶ Membership App



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Remember, we are all in this
TOGETHER!



*The mission of NHPSA is to advance psychology as
a science, as a profession and as a means of
promoting human welfare.*



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Don't Forget Self-Care!

