

Problem & PURPOSE

- First-year healthcare students experience high rates of stress, anxiety, and depression.
- Traditional counseling services are underutilized because of stigma, time constraints, and limited access.
- Embedded, preventive mental health supports are needed within the curriculum.
- Implement a brief expressive writing intervention in COR 101.
- Evaluate its effectiveness, feasibility, and acceptability in improving student well-being.

Available Knowledge & Rationale

- Healthcare students experience greater psychological distress than many college populations.
- Expressive writing is an evidence-based, low-cost intervention that supports emotional processing and coping.
- Research suggests repeated, structured writing produces stronger outcomes than one-time writing.
- Embedding interventions within required coursework increases access and reduces stigma.
- COR 101 provides an ideal setting because it emphasizes reflection, well-being, and professional identity development.

Data Analysis

- Descriptive statistics (means and standard deviations)
- Repeated-measures ANOVA
- Paired-samples t-tests
- Comparison across: Pre-intervention, Post-intervention, Four-week follow-up
- Analyses completed using Microsoft Excel

Selected References available via QR code



Methods

Context

- Implemented in required first-year COR 101 course
- Student population includes many first-generation, Pell-eligible, and non-traditional learners
- $n = 23$

Intervention

- Four-week expressive writing intervention embedded into COR 101
- Weekly 15-minute classroom writing sessions
- Progressive prompts
- Pen and paper

Study of Intervention

- Measured immediate and delayed effects of expressive writing.
- Examined changes in depression, anxiety, and perceived stress.
- Evaluated practicality of curriculum integration.
- Assessed participant perceptions of usefulness and satisfaction.

Measures

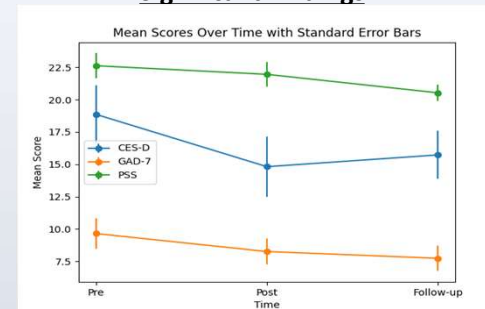
 CES-D: Depression

 GAD-7: Anxiety

 PSS-10: Perceived Stress

 Post-intervention feasibility and acceptability survey

Significant Findings



↓ **Depression ($p = .015$)**
Significant reduction immediately after intervention

↓ **Anxiety ($p = .016$)**
Significant improvement at follow-up

↓ **Perceived Stress ($p = .041$)**
Gradual improvement over time

Discussion

- Supports emotional regulation
- Benefits emerge over time
- Easy to implement
- Reduces stigma

Conclusions

- ✓ Feasible and sustainable within COR 101.
- ✓ Improves student mental health.
- ✓ Easily embedded into existing coursework.
- ✓ Future research: comparison groups and larger samples.
- ✓ Potential for broader implementation