



# Real-time Health and Wellness Check-In System for Medical Student Wellness at Wayne State University School of Medicine (WSUSOM)

WAYNE STATE UNIVERSITY

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## Background

Studies have shown medical students have a **higher prevalence of anxiety and depression** than age-matched peers and up to **11% admitted to suicidal thoughts in the past year (1)**.



**Help-seeking behavior is often avoided** due to perceived norms which dictate that having a mental health problem can be viewed as a weakness or can lead to decreased success in their career (2).



A **virtual wellness check-in system** was implemented in 2020 to minimize the stigma around help-seeking and to better understand and improve student mental health and wellbeing. Communication about this new resource has been shared with all medical school classes.



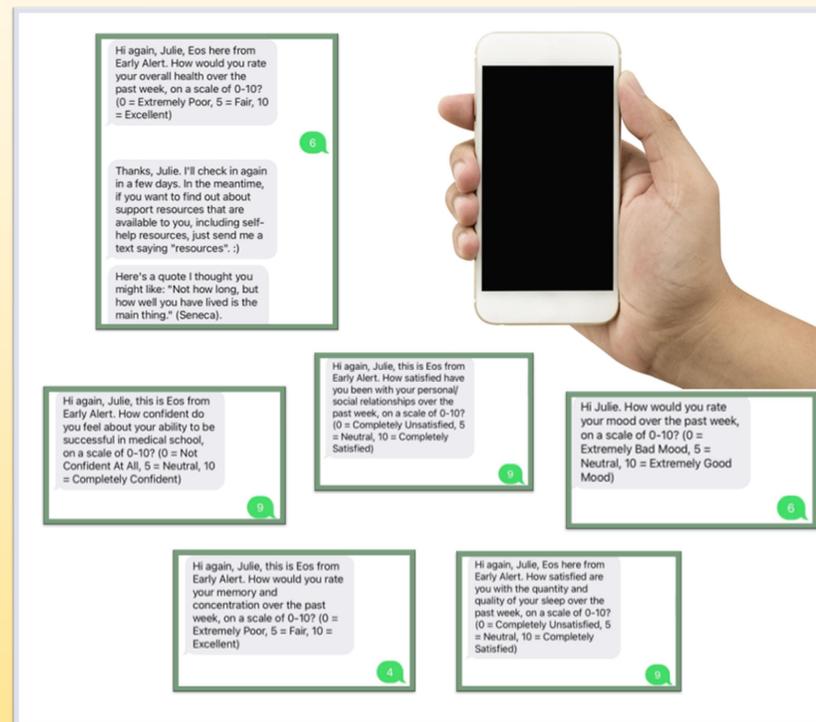
WSUSOM medical students can sign up at: <http://EarlyAlert.me/start/wsusom>



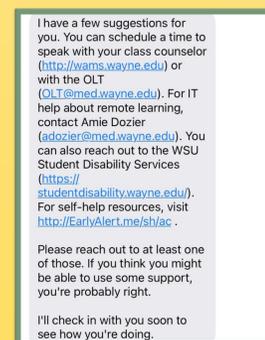
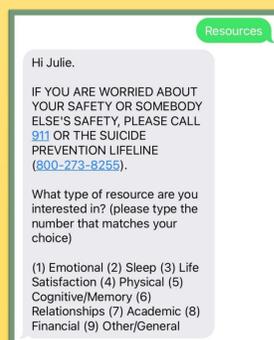
## Methods

WSUSOM collaborated with Circles of Support -- Early Alert, which sends a **one-question text message to students**, asking them to rate 1 of 8 facets of wellness.

- These include mood, sleep, cognition, academic, physical, relational, financial, and life satisfaction.
- Students can elect to respond with a 1-10 number.



- Early Alert then asks students who responded if they are interested in **resources**.
- Support resources are both local and national, and reviewed by students, counselors, faculty, and administration at WSUSOM.



## Results

- A text message from early alert has been sent once a week to all medical students enrolled in this program.
- Individual student answers remain confidential and aggregate results are shared.
- During the past 5 months, between **364-491 students received a text message every week and between 215-426 students replied**.
- Next steps are to analyze data specific to students' aggregate responses, observing for trends based on class year.
- These results will be used to inform areas of wellness at WSUSOM in need of further development and appropriate timing of changes.

## Conclusion

Frequent check-ins on student wellness are crucial for identifying facets of wellness for which we can further **support students**.



By **understanding our students' specific needs**, medical schools can better **tailor** health and wellness **programming**, provide **just-in-time resources**, and create a more positive learning **environment**.

## References

- 1) Dyrbye LN, Thomas MR, Shanafelt TD. Systematic review of depression, anxiety, and other indicators of psychological distress among U.S. and Canadian medical students. Acad Med. 2006;81(4):354-373.
- 2) Chew-Graham CA, Rogers A, Yassin N. 'I wouldn't want it on my CV or their records': medical students' experiences of help-seeking for mental health problems. Medical Education. 2003;37(10):873-880