

PROMPT

UM Precision Health is Working to Address Student Mental Health

60%



Student Mental Health is a Critical Problem. National studies shows that 60% of college students meet the criteria for a mental health condition. Further, anxiety is the most common diagnosis for patients getting services at the University of Michigan University Health Service (UHS).



The PROMPT project reduces mental health symptoms through mobile interventions provided to members of the UM community who are on the waitlist for, or initiating, psychiatric treatment. PROMPT participants are followed for one year with surveys, FitBit data, and access to mental health smartphone apps. **The project, if expanded, can help us understand student mental health challenges, find ways to reduce their symptoms, and expand access to care.**

635 students

have been recruited for PROMPT from May 2020 to the present.



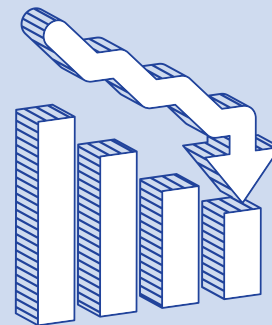
24%

Underrepresented Minority Students



44% of students

identified as LGBTQ+



Depression down 22.7%
Anxiety down 17.1%

Already, preliminary findings from PROMPT indicate that depressive and anxiety symptoms decrease for enrolled students.

Next Steps to:

- Expand recruitment in partnership with student mental health programs (e.g, UHS, CAPS, and CARE Center)
- Expand recruitment to Dearborn and Flint campuses