

Effective interventions to maximise well-being in the University setting

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University settings

- Wellbeing when moving to higher education facilities
 - Social adaptation, physical fitness and emotional stability contribute to successfully completing higher education
 - Stress and academic performance

UDST

- UDST
 - 6 Colleges
 - 50+ programmes
 - 160 faculty
 - 5000+ students
 - Vocational and technical training
- Challenges
 - New university (previously a college)
 - Multicultural / languages
 - Variability in school curriculums



The problem

- Need to identify effective interventions to support the overall wellbeing of students in the university setting
- What interventions are practical to implement at our institution?

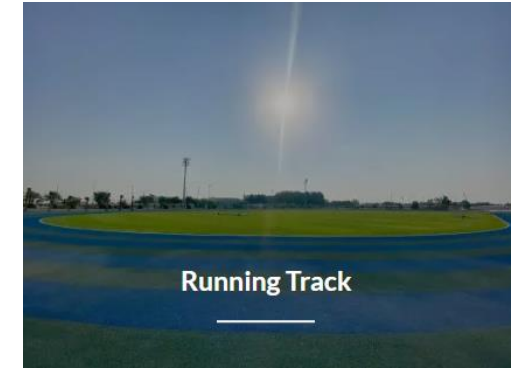


Wellbeing and Wellness

- **Wellbeing:** “the state of being comfortable, healthy, or happy”
- **Wellness:** “the state of being in good health, especially as an actively pursued goal”



Physical health



Virtual wellness assessment

- Aims:
 - To identify whether virtual training was accepted by staff and students at UDST
 - To determine which group was most effective, and if they were as effective as the standard personal training

Virtual training research results

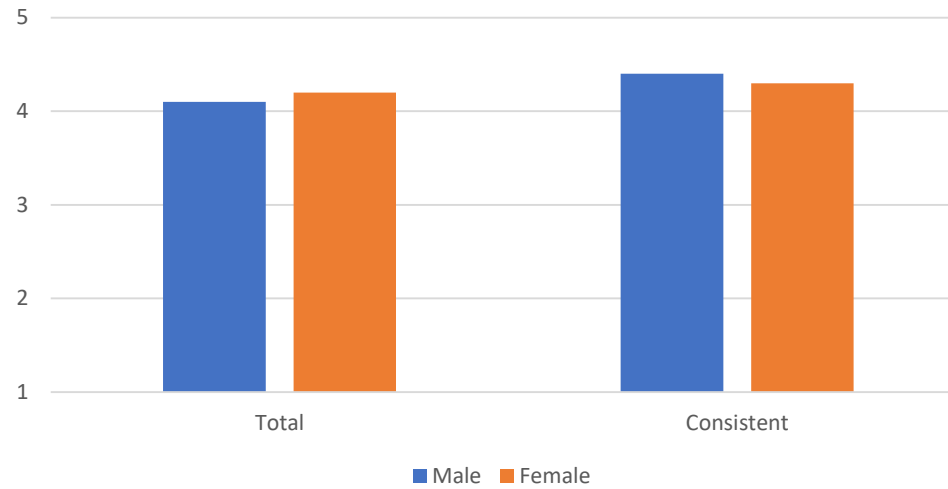
- GROUP TRAINING
- Participants were randomly assigned to one of five groups
 - Personal training (1:1)
 - Small group training (1:2)
 - Small group training (1:3)
 - Small group training (1:4)
 - Control (0:1)

Virtual training study: main outcomes

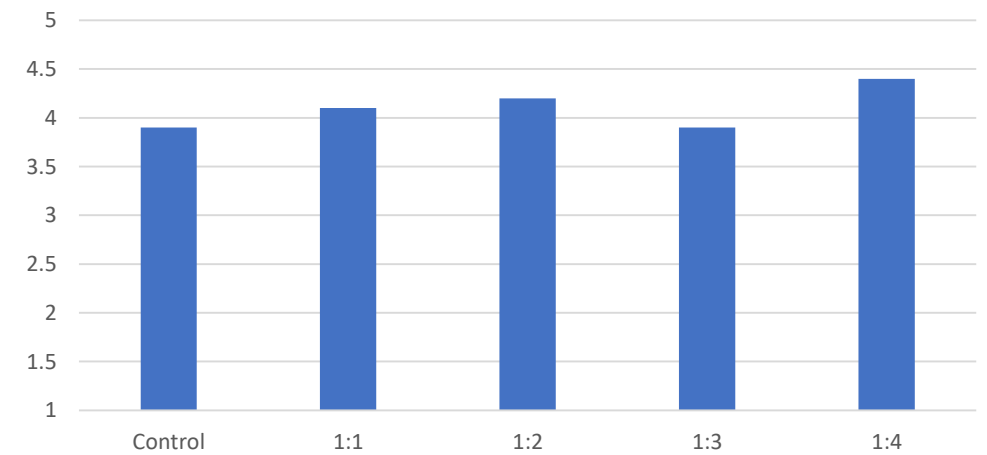
- Session satisfaction
- Rating of perceived exertion
- Fitness assessment

Session satisfaction

A graph to show training session satisfaction scores

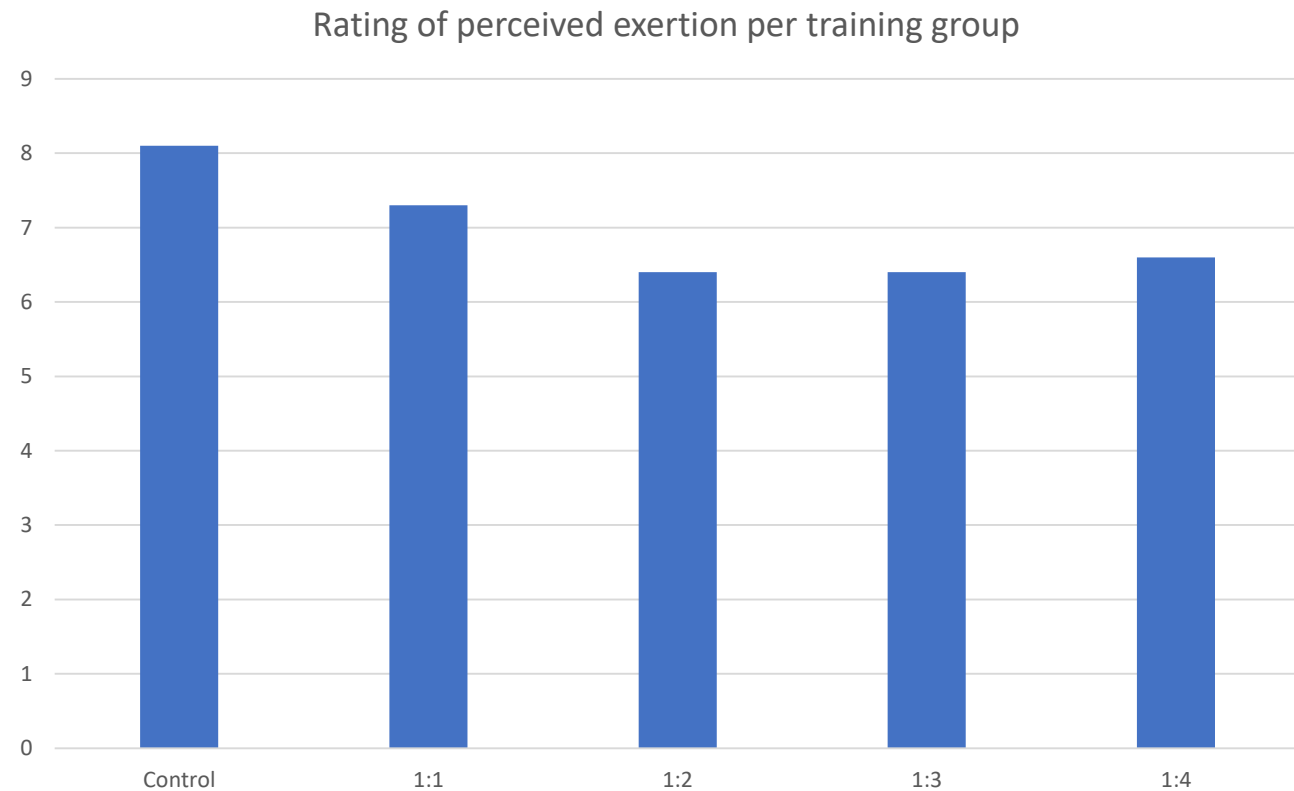


A graph to show satisfaction scores per training group



Rating of perceived exertion

- Same pattern of response to survey as seen in session satisfaction
- Mean score for RPE (scale 1-10)
 - Males 7.16, 7.11
 - Females 6.65, 6.25



Fitness testing

- Maximal distance covered
- Push up test
- Bench press
- Sit up test
- Wall sit
- Handgrip strength
- Sit and reach
- Back scratch

First year assessment

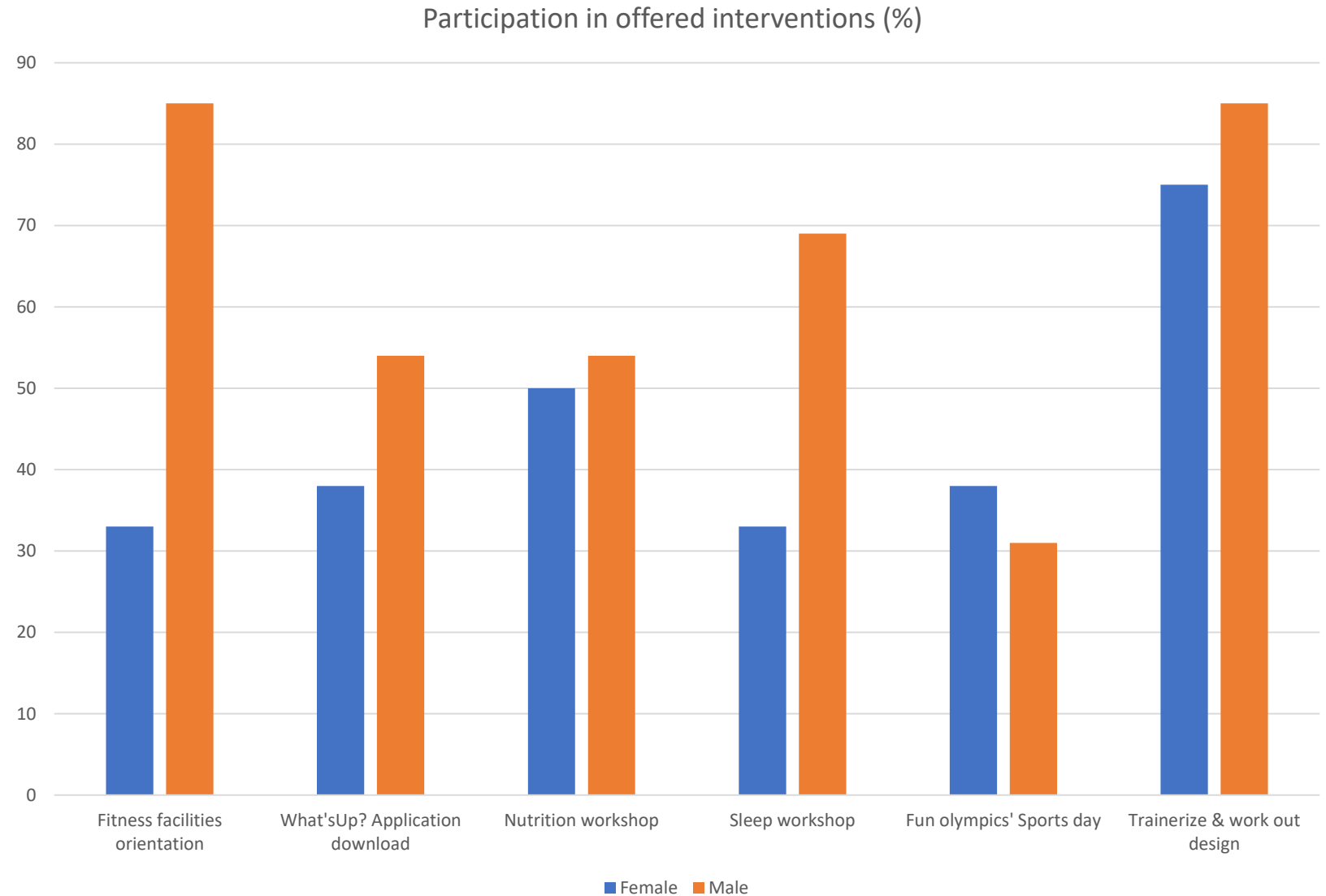
- Project ongoing looking at physical and mental wellbeing
- Interventions:
 - Personal wellness discussion session
 - Orientation of sports and wellness services and facilities
 - 'What'sUp?' application
 - Virtual training programme
 - Monthly physical activity sessions / personal workout session
 - Workshops
 - Food habits
 - Sleep
 - Mental health

App features include:

- Rating your mood
- Personal journal
- Inspirational notifications
- Raising concerns for someone
- Asking a question
- Supportive and confidential text chat



Intervention participation



Plans moving forward

- Institution wide wellness assessment
- Address limitations:
 - Recruitment
 - Engagement
 - Broader population

FISU



- International University Sports Federation (FISU) healthy campus – platinum award
- 7 domains assessed:
 - physical activity and sport
 - nutrition
 - disease prevention
 - mental and social health
 - risk behaviours
 - environment
 - sustainability and social responsibility
 - healthy campus management

Conclusions

- Virtual training was well received
- Small group training was as effective as 1-to-1 training
- Engaging students in the planning of interventions is essential for their successful uptake
- Interventions such as applications and workshops have the potential to improve overall student wellbeing, but the true impact is yet to be determined

Thank you