

# Building Student Resilience through Participant-Oriented Research



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# Session Overview

- Introduction of Presenters
- Introduction to Roots of Resiliency program
- CIHR-SPOR Research Grant
- Student Advisory Committees: Collaborating with Students in Program Development
- A Facilitator's Experience
- Preliminary Outcome Data
- A Participant's Experience
- Q & A's



# Program Overview

- 7-week holistic resiliency program
  - Introduction to Resiliency & Goal-setting. (Building Community)
  - Social Wellness
  - Physical Wellness
  - Spiritual Wellness
  - Nutrition & Wellness
  - Stress Management
  - Healthy Thinking
- Pre-post 1-on-1s with psychologist



# CIHR-SPOR Grant

- Engaging students in program development and evaluation.
  - Student Research Assistants
  - Student Advisory Committees
  - Post-evaluation and Focus Groups
- Indigenizing Roots of Resiliency program
  - Student Advisory Committee
  - Input from Traditional Knowledge Keeper

# Ashley Cornect-Benoit (PhD Student): Indigenous Student Advisory Committee





# Ashley Fox (Physical Literacy Coordinator): Session Facilitator





# Outcome Data: Quantitative

Table 1. Post-pre t-test

Measure (N)	Pre Mean (SD)	Post Mean (SD)	% Change	Direction of Change	t, p
Wellness Assessment (20)	10.81(2.93)	12.89 (2.28)	19.24%	Improved	4.37, p =.000*
CD-RISC-25 (Resiliency; 20)	56.40 (17.40)	65.10 (14.88)	15.43%	Improved	3.35, p =.003*
GAD-7 (Anxiety; 20)	12.55 (4.69)	8.00 (3.74)	36.25%	Improved	-3.68, p =.002*
PHQ-9 (Depression; 20)	12.65 (4.88)	8.65 (4.63)	31.62%	Improved	-3.51, p =.002*



## Outcome Data: Qualitative

*“...focus on well-being and just sort of how to get better and not just like academically, but just sort of like in a holistic spiritual kind of way.”*

*“...felt like New Years Resolutions that I would actually do”*

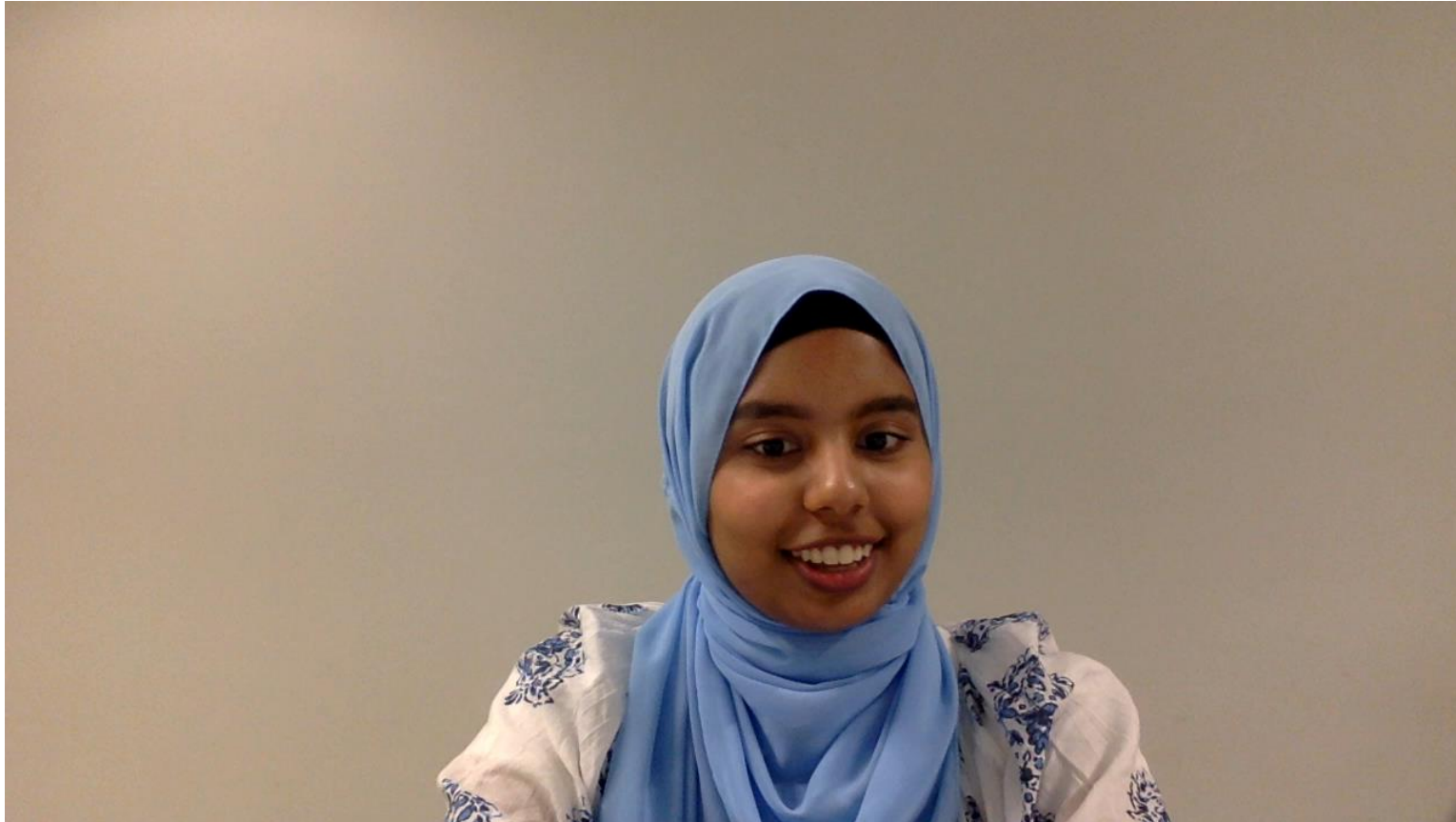
*“I feel like I have more like tools at my disposal to be better able to combat the tough aspects of life.”*

*“... helps me look at things in a different way and that's very encouraging.”*

*“I felt really comfortable with the space that was created in the program... I thought that was a really good environment. It was really catered to sharing. Fun things, difficult things, needs, wants all that stuff.”*



# Jasmin Mohamed Rafeeq (Undergraduate Student): Participant





## Q & A's

- How might you engage Indigenous ways of knowing, learning and being to support mental health programming for students?
- How might you integrate holistic resiliency programming on your campus?
- How do you engage campus partners in providing holistic resiliency programming to students?
- What strategies are effective for maintaining participant attendance in multi-week programming?

# Thank you for attending!

For more information, go to <https://live-ucalgary.ucalgary.ca/wellness-services>

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