

Increasing Anxiety awareness
in higher education during (post)
Covid-19 pandemic



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Piloting Report

Awareness Raising Handbook



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Piloting Report

Awareness Raising Handbook

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Introduction

The "Awareness Raising Handbook" was piloted across five European countries namely Poland, Cyprus, Greece, Spain, and Ireland (Chart 1) with a diverse group of respondents (Chart 5). The participants had different demographic characteristics such as sex (Chart 2), age (Chart 3), years of working experience (Chart 4) and educational level (Chart 6).

Country
27 responses

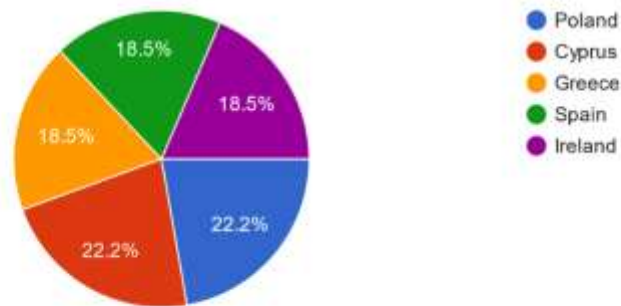


Chart1: The chart indicates the countries that the "Awareness Raising Handbook" was piloted.

Sex
27 responses

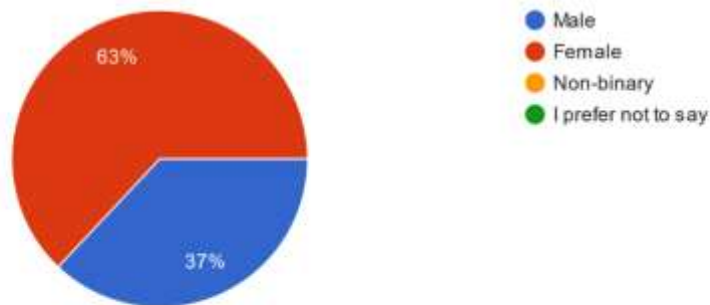


Chart 2: The chart indicates the sex of the participants

Age
27 responses

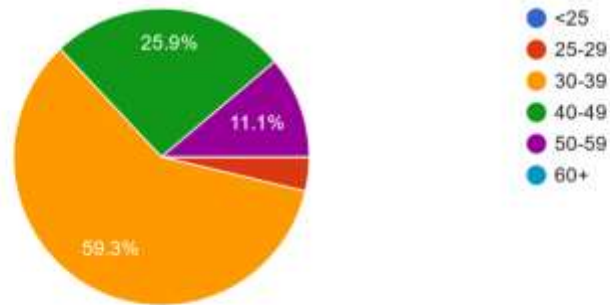


Chart 3: The chart indicates the age of the participants.

Working experience (in years)
27 responses

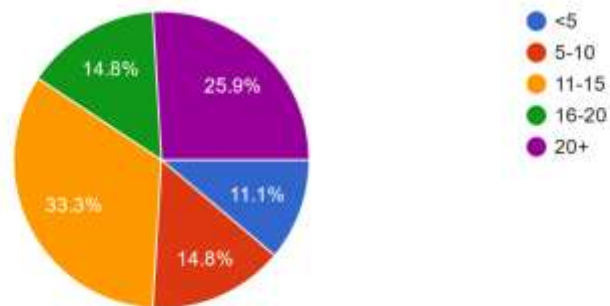


Chart4: The chart indicates the years of working experience of the participants.

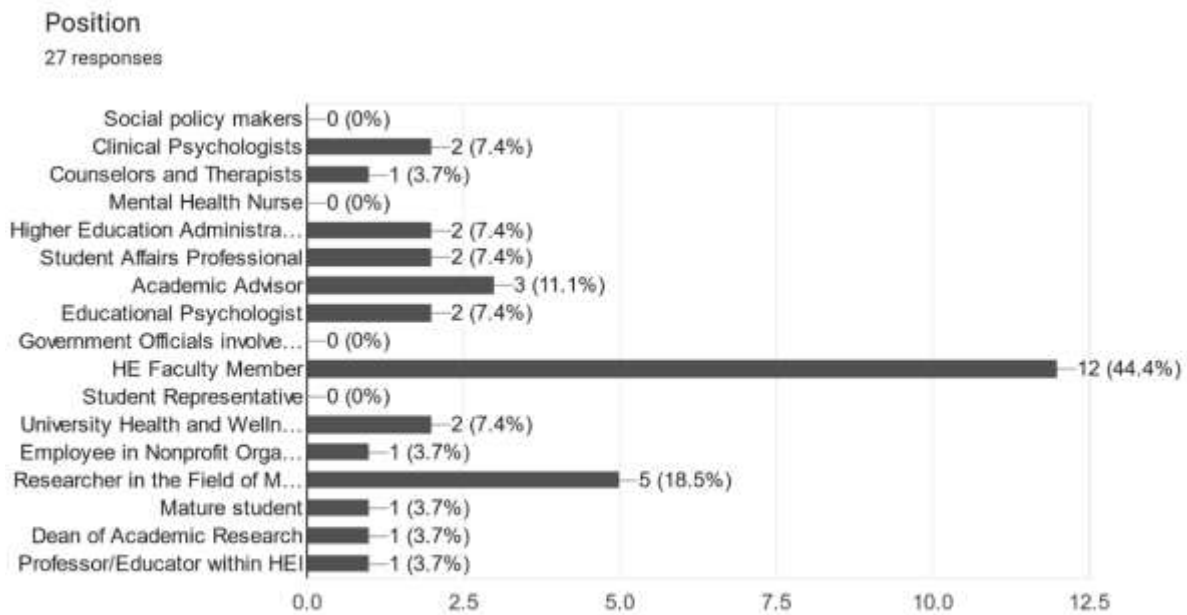


Chart 5: The chart indicates the position that participants hold in their organization.

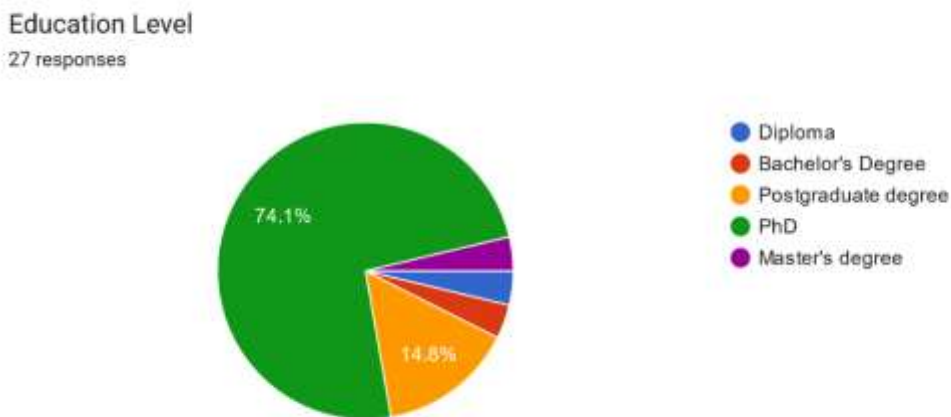


Chart 6: The chart indicates the educational level of the participants.

Methodology

Respondents were asked to rate a series of statements on a scale of 1 to 5, where 1 indicates "Strongly Disagree" and 5 indicates "Strongly Agree." The statements covered various aspects of the "Awareness Raising Handbook," focusing on its effectiveness in promoting mental health awareness, and the content in general. Additionally, participants had the opportunity to answer open ended questions and give more thorough feedback aiming at improving its content.

Key findings

1. **Introduction:**
 - The introduction of the handbook was positively received, with respondents indicating a high level of agreement
2. **Understanding Mental Health:**
 - Respondents found the content effective in understanding mental health as a complex and multifaceted aspect of well-being
3. **EU Policy Frameworks:**
 - The information on EU policy frameworks and needs assessments was considered relevant and insightful
4. **Stakeholders and Collaborators:**
 - The handbook effectively emphasized the role of stakeholders and collaborators in developing a holistic mental health awareness approach per the participants
5. **Explaining Anxiety in Higher Education:**
 - The guide was successful in explaining the concept of anxiety in the context of higher education per the participants
6. **Recognizing Signs of Anxiety:**
 - Practical methods for recognizing signs of anxiety in diverse student populations were well-received
7. **Mental Health Self-Assessment Checklist:**
 - The inclusion of a mental health self-assessment checklist was considered a valuable tool
8. **Culturally Sensitive Approaches:**
 - Respondents found the culturally and socially sensitive approaches suggested to be practical and relevant
9. **Promoting Self-Awareness and Self-Care:**
 - The handbook was effective in promoting self-awareness and self-care among students
10. **Listed Self-Care Methodologies:**
 - The listed self-care methodologies, such as mindfulness and time-management, were perceived as practical and applicable
11. **Coping Strategies:**
 - The coping strategies provided were considered helpful in addressing various aspects of mental health
12. **Embedding Mental Health Support Services:**
 - Information on embedding mental health support services in HEIs was deemed valuable
13. **Safe and Inclusive Learning Environments:**
 - Strategies for creating safe and inclusive learning environments were practical and applicable
14. **Emphasis on Collaboration and Partnerships:**
 - The handbook effectively emphasized collaboration and partnerships for mental health awareness



Chart 7: The chart indicates the level of agreement of the respondents on statements regarding the content of the Handbook.

Recommendation Likelihood:

- Respondents indicated a likelihood or very likelihood of recommending the handbook to their colleagues in their institutions.

Open-Ended Feedback Analysis:

Additional Content Suggestions:

- Respondents expressed satisfaction with the handbook's completeness.
- Suggested a section focused on the well-being needs of lecturers/teachers in higher education.
- Proposed checking if artificial intelligence has been used in the development of any section.

Additional Comments:

- Positive feedback on the well-organized and informative content.
- Suggestion for translation, especially to Spanish and possibly Basque.
- Request for clarity on the development and validation of the Mental Health Self-Assessment Checklist.
- Concerns about the generic and outdated nature of coping strategies, suggesting more up-to-date approaches.

Constructive Feedback and Concerns:

- Minor formatting issues and a need for visuals to enhance engagement.
- Request for more variety in visuals to prevent boredom.
- A suggestion to reconsider the use of bold text for improved readability.
- A call for changes in text structure, including more bullet points and graphics.

Recommendations for Addressing Feedback:

1. Additional Content:

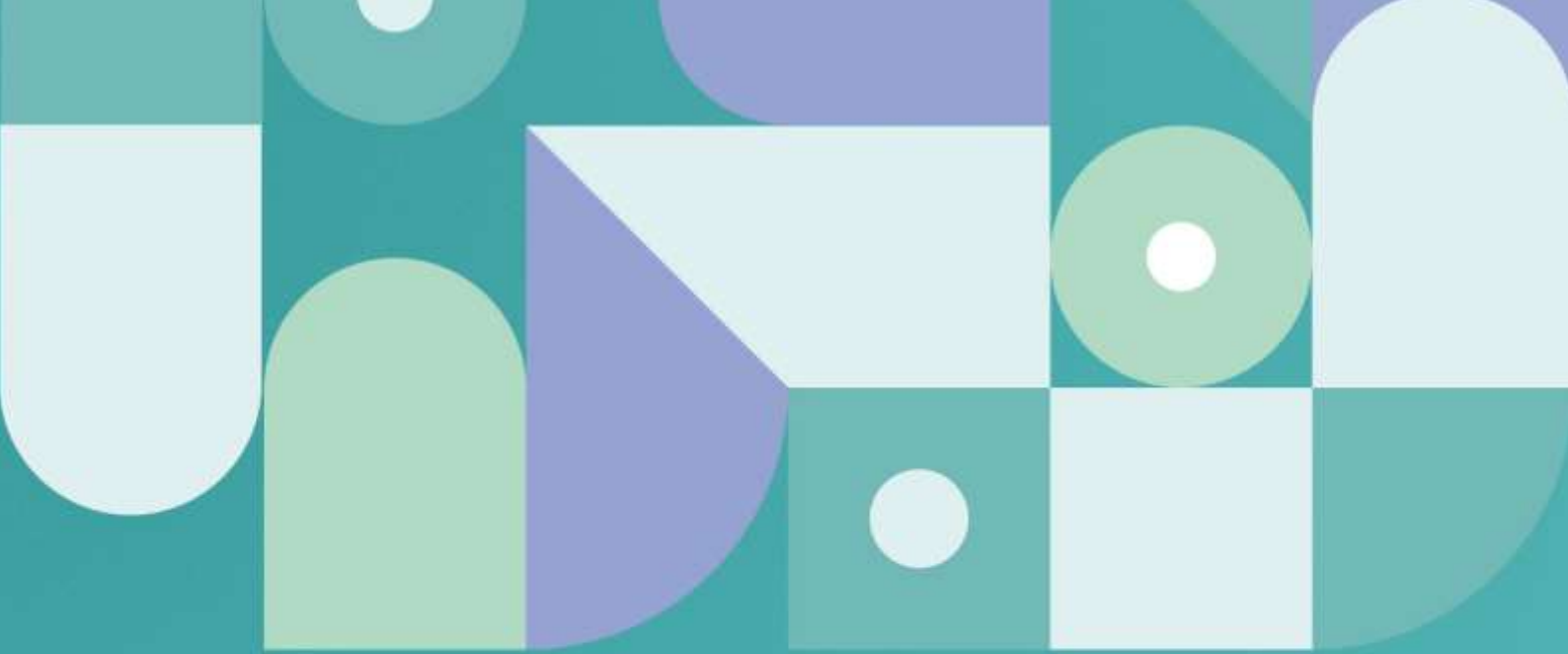
- Incorporate a section addressing the well-being needs of lecturers/teachers in higher education.
- Investigate the use of artificial intelligence in relevant sections and include information if applicable.

2. Translation:

- The handbook will be translated in the languages of the consortium, namely, Polish, Greek, Spanish.
- 3. **Clarity and Validation:**
 - Provide more detailed information on the development, validation, and testing of the Mental Health Self-Assessment Checklist for transparency and user confidence.
- 4. **Coping Strategies Update:**
 - Review and update coping strategies to ensure relevance and alignment with current needs, avoiding outdated sources.
- 5. **Visual Enhancements:**
 - Address formatting issues and introduce more visuals, illustrations, and graphic representations to improve engagement and readability.
- 6. **Text Structure and Bold Text Usage:**
 - Reconsider the use of bold text, potentially bolding entire phrases instead of individual words to enhance readability.
 - Restructure text where possible, incorporating more bullet points, tables, and graphic representations.

Conclusion:

The "Awareness Raising Handbook" has received positive feedback, indicating its effectiveness in promoting mental health awareness in higher education. The open-ended feedback offers valuable insights for improvement, and addressing the suggested recommendations will enhance the handbook's overall impact and user experience. Continuous engagement with stakeholders and incorporating relevant updates will contribute to the handbook's relevance and applicability in diverse educational settings.



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