DPT Service Learning through Peer-Mentoring: Students Helping Students

Service learning enhances communication skills, self-esteem, and aids in leadership skill development.

Peer mentoring relationships during graduate school can aid in developing strategic methods to prepare for rigorous curriculum content and can support reduction of stress related to unknown expectations.

Research suggests that the prevalence of stress is increasing among students in higher education.

Purpose: To determine if a collaborative mentoring seminar for Doctoral students will provide stress management for Cohort 1. Outcome measures recorded student perception of anxiety and stress. We believe this project will enhance student success by providing mentorship about rigorous graduate program expectations.

Results

- No significant difference for pre/post GAD-7
- No significant difference for pre/post PSS-10

Conclusion

- Although there was no statistical significance for reduction in stress or anxiety.....there was no increase
- Does “no increase” correlate to a positive intervention effect? Too early to identify
- Change time study administered
- Determine mentoring needs earlier
- Repeat measure across multiple cohorts
- Consider longer time frame for intervention
- Evaluate future outcome measures

Jennifer Roos, PT, DPT, GCS and Leslie Zarrinkhameh, PT, DPT GCS
Department of Physical Therapy

Descriptive Characteristics
n = 33
Average Age: 26.7 yrs.
Gender: M = 13 / F = 20
Grad. School Enrollment: Cohort 1 (0 yr.) semester 1

Outcome Measures

GAD-7 (0-3) PSS-10 (0-4)

1. Feeling nervous, anxious, or on edge
2. Not being able to stop or control worrying
3. Worrying too much about different things
4. Trouble relaxing
5. Being so restless that it is hard to sit still
6. Becoming easily annoyed or irritable
7. Feeling afraid as if something awful might happen
8. How often have you been upset because of something that happened unexpectedly?
9. How often have you felt that you were unable to control the important things in your life?
10. How often have you felt nervous and “stressed”?

PSS-10 Score
Cohort 1 Pre (n = 33) Post (n = 33)
Low (0-13) N = 14 N = 14
Mod (14-26) N = 17 N = 17
High (27-40) N = 2 N = 2

GAD-7 Score
Cohort 1 Pre (n = 33) Post (n = 33)
Mild (0-5) N = 15 N = 16
Mod (6-10) N = 16 N = 14
Severe (11-21) N = 2 N = 3