P1. Reducing Barriers to Improve Access to STI Testing Among Students at a Major Public University
Karen Ahern, BSN, MBA, CCRC, and Annabel Downs, BSN, MSN, CPNP (University of Virginia)

The CDC reports a steep, sustained increase in STI cases from 2013 to the present with a disproportionate number of cases occurring in young adults and adolescents. Despite recommended screening guidelines, rates of STI testing remain low among college students. Concerns of confidentiality, cost, and ease of scheduling are commonly cited as barriers to screening. Our team implemented a nurse-led STI clinic as well as a low cost/self-pay pricing structure to address these barriers. Results demonstrated a high acceptability and an approximate 40% increase in rates of testing following implementation.

P2. Will an Intervention for Native Middle-Schoolers have a Resiliency Effect on the Native College Student Interventionists?
Teri Aronowitz, PhD, APRN, FNP-BC, FAAN, Tuvet Nguyen, Kristine Guo, and BoRam Kim, BSN, (University of Massachusetts Boston); Cedric Woods, PhD (New England Native American Studies Institute)

Historical trauma has been linked to substance use among Native Americans (NAs). To increase fidelity of a newly created cultural & developmental intervention, NA college-students will receive 36-hours of training on time management with step-by-step instructions of cultural activities and motivational interviewing techniques. It is hypothesized that their involvement in the project activities will decrease historical trauma associated symptoms and increased ethnic identity in these college students.

P3. Impacts of Embedded Counselling on College Student Mental Health Help Seeking
Michael Balsan, MA (University of Wisconsin-Madison)

Little has been published about the impact of embedded counseling models on college campuses. Five years of intake records at large university counseling center were analyzed and indicate that embedded counselling may serve as an early intervention for first year students’ suicidal ideation and depression. Embedded counseling may also support help-seeking in under-treated populations. A series of fixed effect linear models with clustered standard error suggest embedded counseling may reduce the barriers for help-seeking in college counseling.

P4. The Cost of College: Students’ Financial Worry, Substance Use, and Academic Adjustment in the Early College Years
Alexandra Barringer, MS, Lauren Papp, PhD, Madison Blaydes, BS, and Pamela Gu, BBA (University of Wisconsin-Madison)

The transition to college is a developmental period in which students typically take increasing responsibility for their money and spending. Some students report elevated financial strain and substance use, both of which can impact academic progress. This study examines links between financial worry and academic adjustment among a sample of 355 college freshmen and sophomores. Additionally, we examine the role of risky substance behaviors on this association. Implications for research and practice will be provided.
P5. Vaping: Understanding and Responding to the Rapid Increase of E-Cigarettes

*Stephanie Beecher, MA, and Alejandra Escoto, MPH (The University of Iowa)*

The rapid increase in e-cigarette use among college students has resulted in a greater risk for negative health outcomes. Focus groups were conducted (n=95) and four main campaign messages were developed based on the emerging themes and feedback. The overarching goal of each campaign message is to prevent continued use of e-cigarettes and empower cessation for current users.

P6. Sex Differences in the Decline of Rape Myth Acceptance among Undergraduates from 2010 to 2017

*Sarah Beshers, PhD, and Margaret DiVita, PhD (SUNY-Cortland)*

Sex differences in rape myth acceptance (RMA) were observed from 2010 to 2017 among undergraduate students in a public university using an updated version of the Illinois Rape Myth Acceptance Scale. While female RMA declined for all five myths, male RMA declined for only two myths, She asked for it and She lied, which are both related to victim blaming. These results imply that male and female students have different learning needs concerning rape myths.

P7. Relationship Between Academic Success and Health Disparities for Vulnerable Populations

*Kadi Bliss, PhD, CHES, and Melissa Gomez, EdD (Austin Peay State University)*

This poster will present preliminary findings of a southern public university’s administration of NCHA-III. A categorical random sample of students were invited to complete the survey during the fall 2019 semester. Data were analyzed to determine whether there were differences in academic success of vulnerable populations, and if differences could be partly explained by differences in health. Findings from this study can be used to inform future programming focused on student success and retention.

P8. Understanding Mental Wellbeing Among African American Students Attending HBCUs and the Impact on Academic Success, Can Curricular Intervention Increase Health Awareness?

*Almira Brand, Sylina Powell, Lisa Dalrymple, MS, PhD, and Prudence Pollard, MPH, PhD (Oakwood University)*

Mental wellness is declining on college and university campuses worldwide, especially among African Americans attending Historically Black Colleges and Universities (HBCUs). According to the American College Health Association, in 2013, more than 30% of students reported feeling depressed. This study examines and analyze multiple external factors affect on mental wellness of Oakwood University students and the impact on academic success. Data provided also shows results for curricular intervention and campus health initiative to increase health awareness.
P9. The Impact of SBIRT Screening for Depression in the College Health Primary Health Care Setting

Karen Budd (George Mason University)

Primary healthcare is a key location to identify mental health concerns as many people initially seek care from a primary healthcare facility rather than the mental health care system. SHS data demonstrates a 23% average yearly increase in mental health diagnosis since 2015. Recent research shows young adults age 18-25 years to have the highest prevalence of any mental illness. In 2018, Auerbach et al found that 33% of college students report a history of a mental health condition. Research also demonstrates that depression is a leading impediment to learning and therefore a barrier to student success, wellness, and retention. Mental health resources are an important part of a comprehensive strategy to address this problem, but mental health services alone are not enough. Primary healthcare providers care for about half of all common mental health conditions and are key to identifying mental health concerns. However, only 38% of young adults in the US report receiving treatment for their condition in the past twelve months. Many students struggling with depression never visit a mental health professional and are much more likely to access primary care because of related physical symptoms like fatigue, insomnia, and non-specific pain. The US Preventive Services Task Force (USPSTF) recommends screening for depression in the general adult population. Screening should be implemented with adequate systems in place to ensure accurate diagnosis, effective treatment, and appropriate follow-up. To determine exactly how well we screen for depression, SHS participated in the ACHA Clinical Benchmarking Program: Screening and Prevention: Allergies, Influenza, Tobacco and Depression to get baseline data and to get a comparison to our college health peers. As a result of SBIRT screening implementation our depression screening compliance increased from 28% to 94%, well above our performance goal of being within 5% of our ACHA peers.

P10. Utilization of a Screening Tool and Referral Algorithm to Expedite Identification and Referrals of College Students Presenting with Symptoms Commonly Associated with Eating Disorder

Tracy Buni, MD (University of Virginia)

Students presenting with symptoms of syncope, bradycardia, dizziness, or amenorrhea may have co-morbidity along the spectrum of Eating Disorder (ED). Currently, clinicians refer these students to ED Treatment Team resources using clinical judgement alone, likely missing at-risk students. Utilization of the validated SCOFF and a formal referral algorithm for these presenting symptoms may result in more accurate and timely identification and referral of patients with or at risk for ED.

P11. Sustaining an HIV & Hepatitis C Screening Program in a Student Health Services Clinic

Carmen Burrell, DO, Katarina Preamble, BS, Elena Wojcik, MPH, and Kimberly Quedado, PhD (West Virginia University)

Introduction: HIV and HCV screenings are routinely recommended. Methods: An HIV and HCV screening program was implemented. Positive patients were contacted with results and provided linkage to care. Results: Out of 37,881, patients, 3,294 were screened for HIV; 3,250 for HCV. 34 screened antibody positive for HCV and zero for HIV. Conclusions: Students are agreeable to HIV and HCV screening. There is a low positivity rate in the student health population.

P12. Aligning College Students and Counseling Center Clinicians on Student Mental Health Needs

Katherine Cohen, BS (Northwestern University)

As part of an ongoing study on mobile technologies for stress management, we gathered data from two large Midwestern universities to better understand how to align students and clinicians on the mental health opportunities and resources available on campus. This poster highlights the results of online questionnaires, co-design workshops, and individual interviews in which both students and clinicians recognized a need for stress management/mental health support outside of counseling sessions.
P13. Improving HPV Vaccination Rates in LGBTQI+ Identified College Students Through the Use of the Safe Zone Project and The Four Pillars Transformation Program

Timothy Counce, MS, and Ronda Gottlieb, DNP-FNP, BSN (University of the Incarnate Word)

Human papillomavirus currently infects 79 million Americans. It causes cervical, anorectal, penile, vulvar, vaginal and oropharyngeal cancer. LGBTQI+ individuals are at risk for lower HPV vaccination rates and higher HPV infection rates. Some studies have found HPV vaccination rates as low as 13% in adolescent gay men. A quality improvement process was created to improve HPV vaccination rates in LGBTQI+ individuals using Safe Zone Project and The Four Pillars Transformation Program.

P14. Sleep Deprivation Among University Students

Martha Curtin, MS, AAS, Susan Hendee, MS, and Bridgit Buono, AAS (Alfred University)

Adverse academic performance has been attributed to sleep difficulty in 1 out of 5 college students. A questionnaire will be administered to participating college students at a small university in Upstate NY to assess sleep habits and associated behaviors/implications. The hope is to determine the role sleep plays in academic performance, and factors that lead to poor sleep. Our hope is to produce recommendations for maximizing healthy and productive sleep in the campus setting.

P15. Missouri Statewide Trend of Substance Use & Mental Health Among College Students

Dong Ding, MPA, MA, Joan Masters, MEd, and Margo Leitschuh, BHS (Missouri Partners in Prevention)

In this poster, we primarily show the trend data (2011 to 2019) of substance use (binge drinking and marijuana use) and mental health from the Missouri Assessment of College Health behavior survey. There is a decreasing trend in binge drinking but an increasing trend in marijuana use and suicidal ideation. We also include a comparison of students’ perceptions and their self-reported behavior, as well as a comparison of risky behaviors (impaired driving) over 9 years.

P16. Improving Human Papilloma Virus (HPV) Vaccine Uptake in College-Age Students at a Large Public University in the United States

Erin Dorrer, DNP, APRN, FNP-C (AdventHealth Orlando); Vanessa Belcher, (Bay Pines VA Hospital)

In 2017, about 66% ages 12-17, had started the HPV vaccine series. Less than half completed it. A longitudinal project began in 2018 to achieve 80% vaccination coverage among enrolled students. For this phase, the objectives were to increase uptake from the prior vaccine drive and improve follow-up vaccinations supporting series completion, implementing an education outreach using the PDSA framework. A 22% increase in vaccination and a 310% increase in follow-up dose uptake were seen.

P17. Food Insecurity and the Clustering of Health Risk Factors Among Students of Color

Joy Evans, (University of Wisconsin Oshkosh)

The current study objective is to assess the prevalence, distribution, and clustering of health risk factors among racially minoritized college students experiencing food insecurity compared to those not reporting the experience of food insecurity. College students were recruited to participate in the National College Health Assessment via email in Spring 2018 and of these, 68 participants identified as racial or ethnic minorities. Health risk factors analyzed include inadequate physical activity, inadequate sleep, body mass index, and negative mental health experiences. Food insecurity was most prevalent among first year undergraduate students. Overall, all food insecure students experienced at least one health risk factor compared to 16% of food secure students experiencing zero risk factors. Students who lived on campus experienced food insecurity at a higher rate compared to those who were food secure.
P18. Knowledge, Attitudes, and Behaviors of Electronic Nicotine Delivery Systems (ENDS) Among the West Virginia University Student Health Population

Sara Farjo, DO, Brent McMillion, MD, Saira George, MD, Amie Ashcraft, PhD, MPH (West Virginia University)

This will be a cross-sectional electronic survey of patients' knowledge, attitudes, and behaviors regarding electronic nicotine delivery systems (ENDS). With these products becoming extremely popular among the college population, we would like to get a sense of these aspects among our own college/student population. The purpose of this survey is to assess the impact of ENDS on the general population, with a focus on young adults/college-aged students, with the research questions of 1) is this patient population using ENDS, and 2) if so, what are their smoking habits and knowledge regarding these products.

P19. Factors Related to the Onset of Major Depressive Disorder Among Female University Students in Japan

Yasuko Fuse-Nagase, MD, PhD (Ibaraki University); Keiichiro Watanabe, MD, PhD(The University of Tokyo); Yoshiyuki Marutani, MD, PhD (Tokyo Institute of Technology); Megumi Yamazaki, and Zen-ichiro Honda, MD, PhD (Ochanomizu University)

Many Japanese female university students suffer from major depressive disorder that often causes them non-graduation. Women have a much higher lifetime rate of major depressive disorder than men; this is often explained by biological factors; however, social factors should not be neglected. We investigated medical charts of 50 female students with major depressive disorder from four university health administration facilities, and demonstrated that various social factors were associated with its onset.

P20. Hand-Foot-and-Mouth Disease in the University Setting

Nancy Gentry Russell, DNP, FNP-BC, and Roanna Kessler, MD (Johns Hopkins University)

Hand-foot-and-mouth disease (HFMD) is a highly contagious viral illness typically seen in the pediatric population and is most commonly caused by enterovirus 71 and coxsackievirus A16. However, many recent HFMD outbreaks have been atypical: caused by coxsackievirus A6 and affecting adults. In the fall of 2018, several U.S. college and university campuses experienced outbreaks of HFMD. This poster reviews the etiology, presentation and management of HFMD, with particular focus on a recent U.S. university outbreak.

P21. It's Okay to Not Be Okay. An Investigation of Student Counseling Services Data at the University of Alabama at Birmingham (UAB)

Christina Glenn, MS (University of Alabama at Birmingham)

Student mental health problems are prevalent, appear to be increasing, and are often untreated at large public institutions. Concerns about student mental health are well documented, but little is known about potential variations in treatment access by demographics and student perceptions of counseling impact. Participants were 752 students at UAB who completed the Student Counseling Services User Evaluation Survey from 2014-2018. Descriptive and Inductive Thematic analyses focus on student characteristics and responses including treatment utilization.
P22. Increasing “Male Involvement” Skills in the College Years: Identifying Areas for Intervention in Sexual and Reproductive Health (RSH) Knowledge and Behavior

Erica Gollub, DrPH, MPH, Carol Roye, EdD, RN, CPNP, FAAN, and Shirley Beauvais, RN (Pace University)

We surveyed 31 (questionnaire) and 25 (phone interview) male undergraduates on contraceptive knowledge and partner communication. Top sources of SRH information were health care provider (48%), mother (45%), father (39%). 48-72% knew the implant, IUD, injection and patch, but few considered them highly effective; many did not know if they protected against STI. ~20% did not know whether the OC or male condom provided STI protection. “Dual protection” counseling at college should be emphasized.

P23. Mental Health Consequences of Digital Media Addiction: Is Technology Decreasing Our Happiness?

Tomasz Gruchala, and Alan Blum, MD (The University of Alabama)

The rising dependence on digital media, coined digital media addiction and including cellphones, television, and social media, poses concerns to digital media users’ mental health. In the past several years there has been an increase in the number of peer-reviewed articles relating technology use to increased symptoms of depression, anxiety, and poor body image. Little is being done in the fields of medicine, academia, and psychology to combat this issue, which manifests worldwide.

P24. Implementation of Environmental Practices to Promote Healthy Eating and Physical Activity on College Campuses

Daniel Hatfield, PhD, Shanti Sharma, PhD, and Erin Hennessy, PhD, MPH (Tufts University); Caitlin Bailey, MS (National Cancer Institute); Caitlin Simon, MPP (Partnership for a Healthier America)

Colleges/universities in the Healthier Campus Initiative (HCI) commit to adopt, over three years, 23+ of 41 evidence-based, environmentally-focused practices promoting healthy eating/physical activity. We surveyed leaders on 38 HCI campuses and 9 non-participating campuses. Overall, campuses averaged >20 practices in place; those with completed HCI commitments adopted slightly more than campuses in progress or non-participating campuses. For each practice, we evaluated implementation frequency and leaders’ perceptions of implementation ease and impact on student health/well-being.

P25. Comprehensive, Trauma Informed Care of the Student Following an Acute Sexual Assault.

Kerry Hendrix, MSN, FNP, SANE-A (University of Virginia)

11.2% of college student experience sexual assault. Females ages 18-24 are at highest risk for sexual violence. 24% of transgender, queer, and non-binary (TGQN) students report an experience of sexual violence. Sexual assault has the potential for negative sequelae including physical injuries, infections, unintended pregnancies, depression, anxiety, social isolation, and decline in academic potential. Our student health center developed a model of care to provide comprehensive trauma informed services that includes options for medical treatment, evidence collection on site by a sexual assault nurse examiner and referral to counseling and advocacy services. The services are confidential and provided at low to no cost.

P26. De-Implementation: Examination Table Paper

Jacquelyn Hop, RN, BSN, MSN, MBA, CPN, LHC (University of Central Florida)

De-implementation of a traditional practice (use of examination table paper for all patients) and implementation of a cost saving, environmentally conscious practice of utilizing examination table paper only for patients who request a barrier or need to undress. All exam tables are and were still cleaned between each patient appointment.
P27. Evaluating a Multidisciplinary Workshop for Developing Life Skills

Ryo Horita, MA, PhD, Akihiro Nishio, MD, PhD, Chihiro Kawakami, RN, PHN, MA, PhD, Mayumi Yamamoto, MD, PhD, MBA, and Eri Sasaki, MA (Gifu University)

To develop students' life skills, we conducted a multidisciplinary workshop titled “IKOMAI” (Let’s go in Japanese) seminar. This study aimed to evaluate the seminar based on six life skills: effective communication, interpersonal relationship, interpersonal manners, decision-making, planning, and information summarization. The workshop had six sessions with a diverse lineup. After each session, participants evaluated how many life skills were acquired. Results showed the characteristics and strengths of each session.

P28. Grief, Loss and Bereavement among LGBT Youth: Evaluation of Group Intervention

Bridget Hughes, MA (The Hetrick-Martin Institute, Inc.)

LGBTQ youth are impacted by high rates of traumatic loss, as well as by the experience of suffocated and disenfranchised grief. These youth also have unique bereavement concerns, given the ways that the developmental trajectory of LGBT adolescence can intersect with the process of mourning. Staff from the Hetrick-Martin Institute will present on the evaluation of a curriculum-driven group intervention, designed specifically for bereaved LGBT youth, to promote resilience and healthy coping skills.

P29. Comparison of Health Insurance Among Countries Where Students Go For Study Abroad From Japan

Noriko Ishikawa, BSN, and Katsumi Nakagawa, MD, PhD, JD (Ritsumeikan University)

As the number of students studying abroad from Ritsumeikan University, Japan, exceeds 2000 per year and continues to rise, we experience many cases with illnesses that require medical treatment in abroad. We conducted a survey on Health Insurance of 131 affiliated universities in 34 nations and areas. It revealed that most Health Insurance do not cover pre-existing conditions. We would compare the Health Insurance of Japan and those of other countries’.

P30. Study Strategies and ‘Study Drugs’: Investigating the Relationship Between College Students’ Study Behaviors and Prescription Stimulant Misuse

Abby Johnson Holm, BA, Hannah Hausman, MS, and Matthew Rhodes, MS, PhD (Colorado State University)

We compared study strategies between prescription stimulant misusers (N = 36) and non-prescription stimulant misusers (N = 298) at a large Midwestern university. Contrary to our hypotheses, results indicated that prescription stimulant misusers were more likely to use a greater number of effective study strategies, relative to non-misusers. It appears students do not misuse prescription stimulants as a substitute for effective studying, but rather to augment effective study habits in an increasingly competitive academic culture.

P31. Occupational Therapy on Campus: What You Need to Know

Karen Keptner, PhD, OTR/L (Cleveland State University); Jeanne Eichler, (University of Arkansas)

Occupational therapists provide individualized, student-centered services focused on decreasing or managing symptoms, increasing independence, facilitating transitions, and improving quality of life in students with or without disabilities. This poster defines occupational therapy, explores current models of practice on campuses that include occupational therapy, and helps participants envision occupational therapy services on their own campus: including populations served, necessary collaborations on campus, and how to find the right occupational therapist.
P32. Strategies to Improve HPV Vaccination Rates Among Eligible Undergraduates and Graduate Students at Johns Hopkins University - A Quality Improvement Initiative
Roanna Kessler, MD, and Alexandra Morell, CRNP (Johns Hopkins University)
This poster presents findings of a quality improvement initiative at Johns Hopkins University to address HPV vaccination rates. Recent estimates indicate that only 60% of teens aged 13-17 in the U.S. received one or more doses of the vaccine and only about 40% of teens are completing the recommended dosing series. A substantial opportunity exists to target college- and graduate school-aged persons for HPV vaccination because many will not have completed, or started, their vaccinations.

P33. HIPAA in the Age of Social Media
Joan Kiel, PhD, CHPS (Duquesne University)
Social Media can be used in health care operations but one must strictly adhere to HIPAA. Although HIPAA does not distinctively mention social media, this poster will denote the areas of HIPAA that are most related to social media use.

P34. Mental Health Social Marketing
Taylor LaSure, BS, Amy Gatto, MPH, Kaitlyn French, MPH, and Rita Debate, PhD (University of South Florida)
A social marketing campaign to increase mental health literacy (MHL) and encourage the utilization of an online self-help program was developed, implemented, and evaluated at a large public university. Materials were created with feedback from male undergraduate students and then the campaign was disseminated across campus. Usage data (e.g., students accessed the program and completed the modules) was tracked. This poster presents the results of the campaign and details the connection to improved MHL.

P35. The Multi-Method Evaluation of “Sex, Power, and Culture”: An Academic Course Intended to Decrease Sexual Violence Among College Students
Alyssa Lederer, PhD, MPH, MCHES, Katherine Johnson, PhD, Jessica Liddell, MSW, MPH, and Sydney Sheffield, (Tulane University)
Sexual violence is a prevalent and consequential problem on college campuses. This presentation summarizes results from a multi-method evaluation of a first-year academic course created to curb sexual violence among students. Methods included a survey using a comparison group pre-test/post-test quasi-experimental design, a content analysis of a course assignment, and interviews with students after course completion. The study found that an academic course has the potential to positively affect campus climate around sexual violence.

P36. Using Learning Outcomes to Measure Student Knowledge After a Visit to a Student Health Center
Victoria Lentz, MS, ANP-BC, Lindsey Parker, MSN, FNP, Sue Hagie, MSN, FNP, Kimberly Whaley, BSN, and Amanda Clarke, MSN, ANP-BC (Salisbury University)
The purpose of this poster is to demonstrate how learning outcomes are used in a Student Health Center to measure student proficiency following three visit types: STI testing, pharyngitis, and oral contraceptive severe side effects. Students completed a brief 3-question survey at the end of their visit evaluating their knowledge of content taught during the exam. Results showed evidence of student learning across all three categories supporting the use of learning outcomes in this setting.
P37. Blurred Lines: Risk of Sexual Victimization and Substance Abuse for Questioning College Students

Kaitlyn Ligman, MA, BA, and Victoria Beltran, MPH CHES (University of South Florida St. Petersburg)

College students who experience victimization and substance abuse are at risk for severe impacts, personally and academically. Not all students experience these incidents equally. Analyses reveal students who are questioning their sexuality report the highest number of incidents where they were sexually approached and pursued without their consent as well as substance abuse, when compared to the rest of the population. Questioning individuals may be an at-risk population due to a higher level of vulnerability.

P38. Mindfulness Meditation Workshop Increases Self-Compassion and Perceived Stress Scores in Helping Professions Students

Shirley Martin, Shirley D Martin, Gina Alexander, PhD, MPH, MSN, RN, Kelly Fisher, MS, RDN, CSP, LD, and Stephanie Jevas, PhD, LAT, ATC (Texas Christian University)

It is unknown if mindfulness meditation interventions increase compassionate behavior and reduce anxiety and depression in helping professions students. Our interprofessional team piloted a 2-hour mindfulness workshop and assessed self-compassion (SCS) and perceived stress (PSS) two months afterward. With a 68% response rate (27/40), participants indicated improved SCS (p=.016) and reduced PSS (p=.009) from baseline. These findings provide preliminary support for the efficacy of mindfulness meditation to improve mental health wellness among helping professions students.

P39. Perceptions of Online Dating App Use Among University Women

Lauren Maziarz, PhD, RN (Bowling Green State University); Brooklyn Proudlock

An emerging theory as to why sexually transmitted diseases (STDs) continue to rise in young adults is the “hook-up” culture associated with online dating platforms. A series of focus groups explored college women’s perceptions of using hook-up apps as a way to find sexual partners. Results suggest hook-up apps are a common way to meet partners and are perceived as leading to more open communication regarding condom negotiation and sexual history compared with in-person discussions.

P40. Thinking Creatively to Improve Flu Vaccination Access on Your Campus: Pop Up Flu Fairs at UCLA

Geno Mehalik, MPA (UCLA Arthur Ashe Student Health & Wellness Center)

As student health professionals, we’re on the front lines every October when flu season begins – yet most campuses struggle to meet ACHA’s Healthy Campus 2020 goal for flu vaccination (50%). In 2018-19, UCLA’s Arthur Ashe Student Health Center vaccinated more than 25% of our 43,000 enrolled students (N=12,000). This poster is designed to identify barriers to flu vaccination, explain how UCLA works to overcome those barriers, and inspire participants to look at flu vaccination creatively.

P41. Exploring the Relationship Among Stressful Life Events, Coping Strategies, and Depression in College Students

Julie Merten, PhD, MCHES, Kassie Terrell, PhD, LMC, Hanadi Hamadi, PhD, and Richmond Wynn, PhD, LMC (University of North Florida)

College students that experience a life stressor event and participate in more negative than positive coping strategies were 2.39 times more likely to experience depression. University mental health professionals have an opportunity to improve mental health by teaching positive coping strategies.
P42. On Campus Mobile mental Health First Aid for Suicide Prevention

Maria Millan, MD, Maria Soledad Zuzulic, RN, and Nayade Rodriguez, RN (Pontificia Universidad Catolica de Chile)

Since 2015, a mobile mental health crisis assistance has been implemented by the Student Counselling Center of the Pontificia Universidad Catolica de Chile (PUC). In cases of emergency, a nurse goes to the place where it occurs. Evaluation, psychological first aid, application of a suicide screening instrument is performed, and subsequent actions to be taken are decided according to the risk level, which include transfer to the emergency service or outpatient consultation: subsequently a follow-up is carried out.

P43. The Effects of Experiencing Inter-Parental Violence in Childhood on the Health & Well-Being of College Students: A Qualitative Study

Victoria Niederhauser, DrPH, RN, PPCNP-BC, FAAN (University of Tennessee Knoxville)

Twenty-four semi-structured interviews were conducted in early 2019 with students exposed to witnessing domestic violence during childhood. Emerging themes included, trouble focusing in class, difficulty with peer and faculty interactions, and stress related to ongoing family issues and on a positive note, increased resilience. Multiple suggestions for supports that help students exposed to inter-parental violence included marketing resources, group counseling sessions, mental health checks, educational programming, and using technology as a support for students.

P44. Electronic Cigarette Vaping and its Immediate Outcomes

Grio O’Bryan, BS, and Meikhayhu Wheeler, BS (Bowling Green State University)

Electronic Cigarettes, first manufactured as a smoking cessation device and an alternate to nicotine products has now become one of the latest worldwide trends. There are various designs, attractive flavors, generally thought to be less harmful than regular cigarettes and have gained popularity among many including youths. In this article we present a hypothesis to determine E-Cigarette’s effectiveness as an adult smoking cessation device and/or a newly formulated method for attracting new nicotine users.

P45. “Not Our Place”: An Exploration of the Barriers to Recruitment and Retention of Male Sexual Assault Prevention Peer Educators

Aubrey Ray, MHS (University of Tennessee, Knoxville)

Many college sexual assault prevention programs have trouble recruiting male peer educators. We conducted interviews with undergraduate men in three campus leadership roles to understand barriers to being peer health educators. All men supported sexual assault education on campus. Some expressed discomfort discussing sexual assault and some described experiencing resistance from women when they discussed it. The tension between the need for male allies in sexual assault prevention and barriers to this work are discussed.

P46. Improving Sexually Transmitted Infection Screening and Testing on a University Campus: A Quality Improvement Initiative

Vanessa Rendón-Cazarez, BSN, RN, and Jean Dols, PhD, RN, NEA-BC, FACHE (University of the Incarnate Word)

Chlamydia and gonorrhea are the most common sexually transmitted infections among traditional college age students 25 years and younger. STI prevalence throughout the U.S. has increased 63% since 2014. Untreated infections can lead to lifelong complications for those affected. A quality improvement initiative was created to increase STI screening among the 18-25-year old student population by implementation of a sexual health history tool, education sessions on campus, and use of social media.
P47. Nurse-Led Intervention Improves Cervical Cancer Screening Rates Among University Students who Present for HPV Vaccination

Tahshann Richards, DO, MPH, Dawn McAllister, MD, Margaret Cuffy, MD, Jennifer Rivera, RN, and David Carney, RN, MSN (Columbia University)

In a retrospective study, while 90% of students returned for subsequent HPV vaccines only 9% returned for cervical cancer screening after counseling by medical providers. A nurse-led intervention to improve cervical screening rates was implemented. The charts of 156 students were reviewed (82% were female; 81% from Asia with 76% from China). Cervical cancer screening rates increased from 9% to 21% following this nurse-led intervention. Counseling with appointment scheduling was 6.6 times more effective in improving cervical cancer screening rates than clinician counseling alone.

P48. Behavioral Health Consultants: Meeting Students Where They Are

Taylor Rushing, MD, Lisa Curtin, PhD, Torre Hinnant, MD, Chris Hogan, PhD, Sandra Milling, PhD, and Abigayle Feather, BA (Appalachian State University)

The current project describes the general model of integrated care, the preventive and social justice reasons for integrated care in a college student health center, and the process of integrating behavioral health services into a college student health center. In addition, we present data from a needs assessment as well as implementation data, including primary referral questions, interventions provided, and satisfaction data from both patients and providers.

P49. Diagnostic Stewardship of Influenza Point-of-Care Tests

Nara Shin, MD (Princeton University)

Influenza on-site point-of-care testing (POCT) was available at the Princeton University Health Services outpatient clinic for use at clinician’s discretion throughout the year. An analysis of our clinic’s POCT usage from 2015-2017 revealed that the vast majority of the tests performed outside of the influenza season were negative and likely wasteful. Using a multi-disciplinary team approach, we used evidence-based practices to design and implement a process for stewardship of influenza POCT which resulted in decreased resource wastage, significant cost savings, and streamlined patient care.

P50. Helping Chinese Students Thrive: The Role of Health Promotion in a Global University

Carly Siuta, LMSW, and Chelina Wang, MBA (New York University Shanghai)

Chinese students experience high rates of medical, emotional and relationship challenges, yet are less likely than Western and Asian peers to access campus health and wellness services. This poster shares context about the Chinese health system and student experience, and gives examples of health promotion programming that can support the physical, emotional, and developmental issues most relevant to students’ lives. These approaches can be incorporated into any university’s broader strategy to help Chinese students thrive.

P51. Breaking S.A.D. (Suicide and Depression)

Kassidy Smith, Jeremy Evans, Hailey Wimmenauer, B.S.EXSS, and Dr. Sharon Thompson, EdD, EdS, (Coastal Carolina University)

This study investigated the impact of screen time on mental health among undergraduates (N=279). Significant correlations were found between “I felt depressed this past week” and “social media comparisons” (p<.05, R=.23) and also for “having feelings of sadness/suicidal thoughts after browsing social media” (p<.05, R=.54). Significant correlations were also found for “likelihood of attempting suicide” and “having feelings of sadness/suicidal thoughts after browsing social media” (p<.05, R=.34). All results will be discussed.
P52. Effect of CDC Educational Video on Students' Knowledge Regarding the Appropriate Use of Antibiotics

Marianne Sullivan, DNP, Krista Lawrence, MSN, FNP, and Donna Hampton, MSN, ANP (University of Massachusetts Dartmouth)

This research study measured students' knowledge on a pre-test, post-test questionnaire before and after viewing an educational video produced by the Centers for Disease Control and Prevention. Paired t-tests were used to assess differences in the mean scores from pre to post test on university students' knowledge regarding the appropriate use of antibiotics in the outpatient setting.

P53. On-Call: Trends in Healthcare Needs Among University Students Accessing an After-Hours Phone Service

Melissa Surguine-Smith, RN, MSN, and Meredith Hayden, MD (University of Virginia)

Most college health centers do not operate 24/7 and must plan for student healthcare needs outside of regular business hours. While access to timely healthcare advice is critical for the health & safety of college age students, there is little published data regarding after-hours care in this population. This poster describes the one-year experience of an after-hours call service at a large, public university. Data demonstrate trends in utilization as well as types of patient complaints and urgency of patient need.

P54. Computer-Delivered Alcohol Intervention Effectiveness for First-Generation College Students: A Systematic Review Using the RE-AIM Framework

Pamela Taylor, PhD, APRN, FNP-BC, Steven Howell, PhD, and Beverly Henry, PhD (Northern Illinois University)

A systematic review of the literature was conducted to summarize and explore the effectiveness of computer-delivered alcohol interventions with first-generation college students. Results from the research examined (n=26) revealed that most studies had been completed on first-year students and heavy drinkers. Additionally, over half of the studies contained >80% white participants, and only one reporting first-generation status with no outcome measurement. Future studies should focus on long-term outcomes and examine more diverse student populations.

P55. Students' Experiences with Food Insecurity, How They Cope, and What They Want Their University To Do About It

Tracey Thomas, Jamie Williams, Livvy Call, Liliokanaio Peaslee, and Jeremy Hawkins (James Madison University)

This presentation focuses on factors contributing to food insecurity at a large public university based on 1283 surveys and three focus groups. It provides key findings related to prevalence, contributing factors, and vulnerable groups. Additionally, it shares student perspectives on experiencing and coping with food insecurity and their ideas for addressing it, including awareness raising and peer-to-peer support as well as traditional strategies such as a campus-based pantry and reducing stigma associated with food assistance.

P56. Virtual Dermatology Consults in College Health

Kimberly Tilley, MD (University of Southern California)

Dermatological concerns are a common reason for an office visit to student health centers. Studies indicate that teledermatology is an effective, accurate and cost-effective method to provide dermatological care. This poster will present the implementation and outcomes of store and forward virtual dermatology consults in a college health setting.
P57. Creating a Health Communication Campaign to Address the Intersection of Alcohol & Consent

Jessica Wagner, and Katy Redd, MSW, MPH (University of Texas at Austin)

The combination of alcohol and sex is a reality for many college students, and alcohol is implicated in the majority of sexual assaults. Campuses need effective messages to convey how alcohol impacts students’ ability to give/get consent. This poster describes an evidence-based approach to building a health communication campaign to address the intersection of alcohol and consent. Presenters describe the mixed methods research results that led to consumer insights and ultimately to messages and campaign concepts.

P58. Helping Students Get a Better Night’s Rest: A Sleep Program with App and Email Versions

Trisha Welter, MPH, MCHES (The University of Iowa)

Sleep impacts academic performance and other areas of wellness. Despite sleep’s importance, it is not always a focus for university wellness efforts. At the University of Iowa, we implement the Refresh sleep program, a sleep education program with app and email versions. Program evaluation has shown improvements in all sleep measures (reductions in difficulty falling asleep, difficulty staying asleep, waking too early, and worry about sleep; increases in satisfaction and quality of sleep).

P59. Examining the Roles of Resilience and Belonging as Mediators in the Association Between Positivity and Anxiety Among Underrepresented College Students

Jaylen Wright, MS (The University of Texas at Austin)

Using the broaden-and-build theory as a framework, this study examined the association of positivity with generalized anxiety, and the potential mediating roles of resilience and sense of belonging among underrepresented college minority students (N = 447; 18.6% White, 18.1% Black, 39.6% Hispanic, 20.4% Asian, 3.4% Other; 62.4% first-generation; Mage = 19.06; 62% female). Our findings indicate the college students with high resilience are better equipped to handle the frequently changing stressors of the college environment.

P60. Changing Approval of Unhealthy Eating and Exercise Behaviors with a Peer-led Single Session Group Intervention

Lori Zomback, Laura Barre, MD, RD (Cornell University)

Body image dissatisfaction is prevalent in college students. A randomized control trial tested the effectiveness of a one-hour peer-led group presentation, about body image dissatisfaction and social determinants of body image, to change knowledge, attitudes and beliefs related to body image. Thirteen sororities were randomized to the intervention or control and surveys were administered before and one month after the presentation. The intervention significantly decreased approval of others’ unhealthy eating and physical activity behaviors.