

Identifying a Need for Coping Skills Classes in Colleges to Improve Quality of Life Outcomes

Introductory Statement

Over the years there has been a growing awareness of the deleterious effects of adverse childhood experiences on development, adult health, and quality of life. Adverse childhood experiences (ACEs) can also negatively impact an individual's cognitive functioning, which may impede future academic success. Many studies have examined the correlation between high ACE scores and a decreased quality of life, however, there is a need to bridge the gap between the scores and outcomes by targeting prevention or intervention strategies that may improve the quality of life in adulthood.

Purpose

The purpose of this study is to determine if college students would be interested in taking a coping skills class to improve QoL in adulthood, in return, defining a need for designing coping skills classes in colleges.

Methodological Approach

This study utilizes a mixed-methods design. Data will be collected using the Qualtrics online survey platform. Participants of this study will include Tennessee State University students enrolled in either undergraduate or graduate-level studies from the age of 18 years and above. Participants will be recruited online through a survey link sent to professors to share with their students. Likewise, the survey link will be posted to social media accounts associated with Tennessee State University. This study contains a 28-item questionnaire with one opened ended question. The questionnaire was designed to collect demographics, ACE scores, current coping skills habits, and interests in coping skills classes.

Findings

Data collection is in progress and findings will be reported in the poster presentation.

Contribution to Occupational Therapy

Given the broad scope of occupational therapy, we believe that occupational therapists can provide a pivotal role by designing universal or targeted service classes in post-secondary education while promoting necessary skills to improve QoL outcomes.

Professional Writing

We plan to submit for publication following the completion of data collection and analysis.

