

Movies for Mental Health

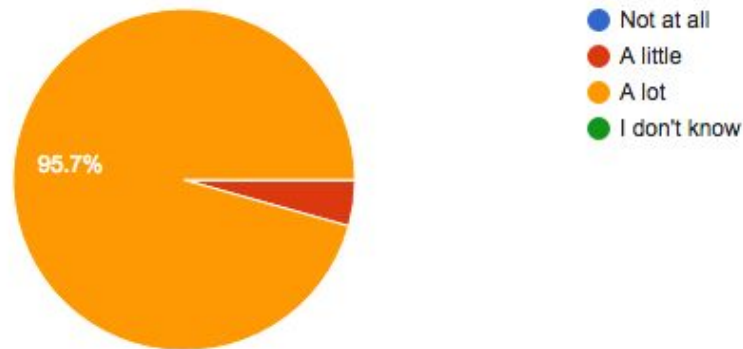
City of Hope Postdoctoral Training Office

May 11, 2017

n=23 (~41 total attendees)

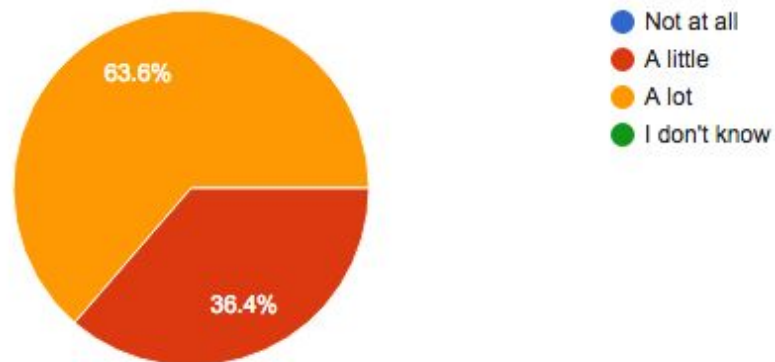
In your opinion, did this event create awareness of mental health issues?

23 responses



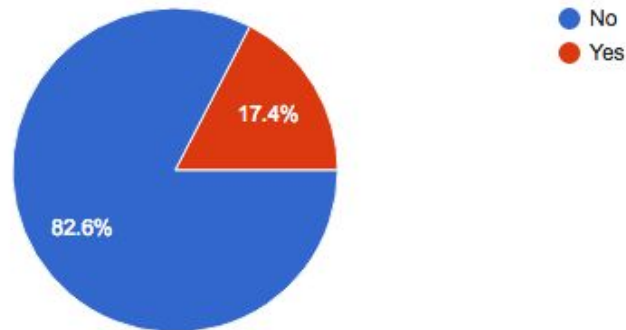
In your opinion, did this event reduce stigma related to mental illness?

22 responses



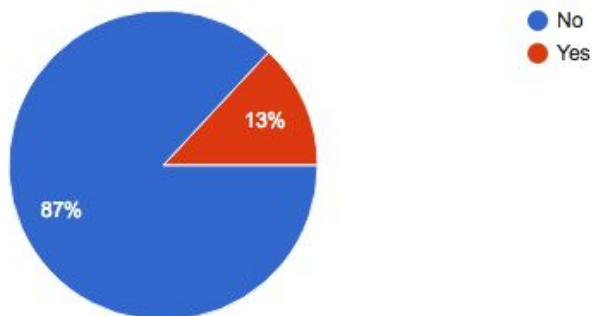
Did you know about your school's counseling services before this event?

23 responses



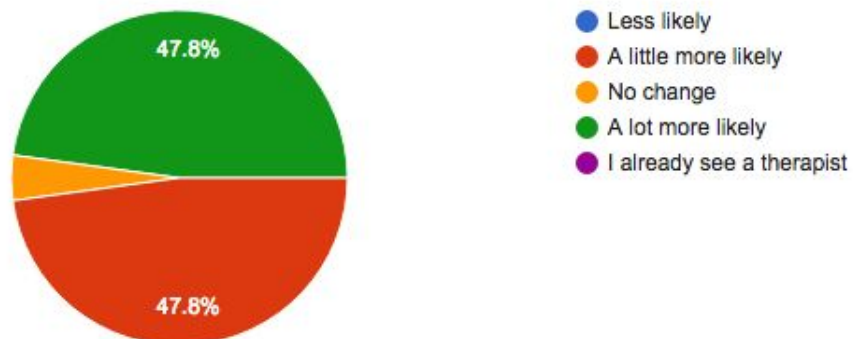
Did you know about Prop 63/ the community-based mental health resources before this event?

23 responses



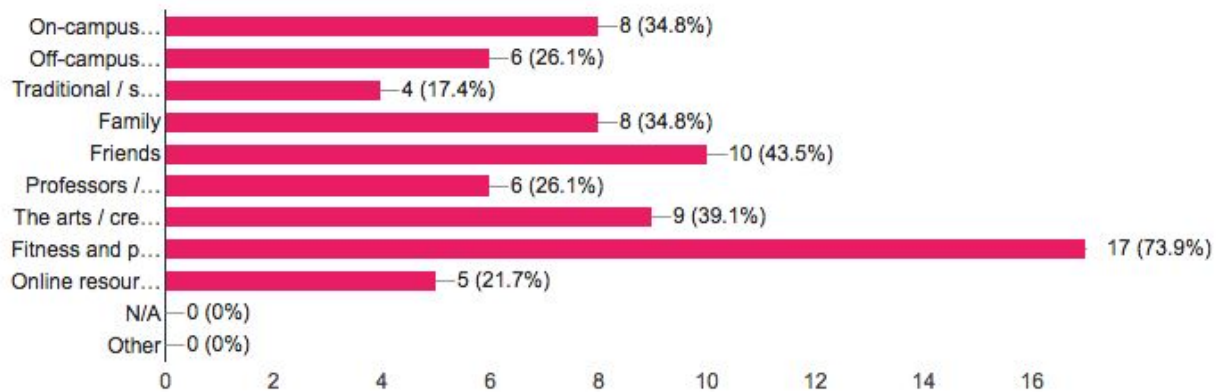
After this event, are you more or less likely to seek support for your mental health?

23 responses



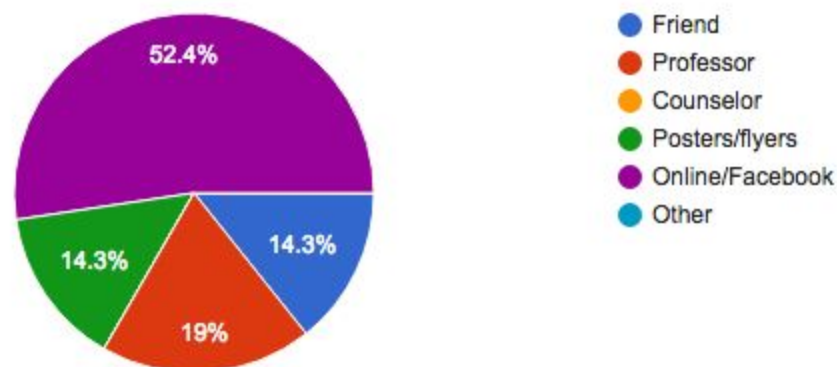
What type of mental health support do you think would be most useful to you?

23 responses



How did you hear about this event?

21 responses



What was your main takeaway? (highlights - see raw data for full list)

- Realize the existence of stigma and ways to deal with it
- I have a better understanding about mental health and different types of MH
- To examine yourself more about your mental health and to seek out help if you feel you need it
- You're not alone
- Learning about the spectrum/vast differences in the way people express (or not) their mental illness symptoms
- Many people are affected by mental illness and seeking help is normal/helpful
- Small positive interactions with strangers can go a long way; student lack of awareness about how to identify and treat MI
- We can alleviate the stigma and even some of the illnesses by simply having an open and honest conversation

- We have resources available at COH
- MH is important to be aware of and to maintain

How would you describe this event to a friend? (highlights - see raw data for full list)

- A helpful discussion
- Great event; should not miss
- An event to go to
- An event where you get to know about your mental health and other's also
- Essential to open your mind
- Short films with intimate discussions
- Informative/gives a new perspective
- A surprisingly informative and interactive educational event w/o being awkward
- An experience everyone must go through once here
- A comfortable way to engage in a conversation about what MH and MI is all about
- Wonderful

How can we improve this event in the future?

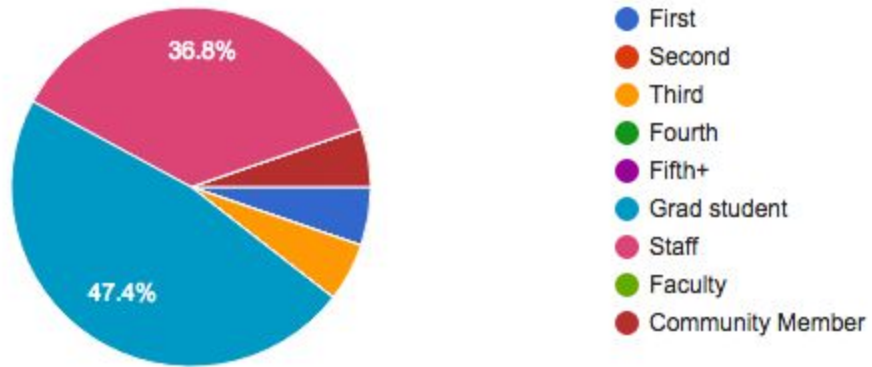
- N/A (16)
- Have a conclusion after the shared words
- More community events like this
- More focus on dialogue around the questions brought up during discussions vs. moving with the workshop agenda
- Show movies that depict students specifically
- Better advertise its goals and organization
- Timing
- Find a counselor

Major?

- Bioinformatics
- Biotechnology
- N/A (11)
- Clinical Researcher
- Psychology
- Cell & Molecular Biology (2)
- Biology
- Bio Sciences
- PHD
- Computational Biology
- MicroBiology
- Oncology

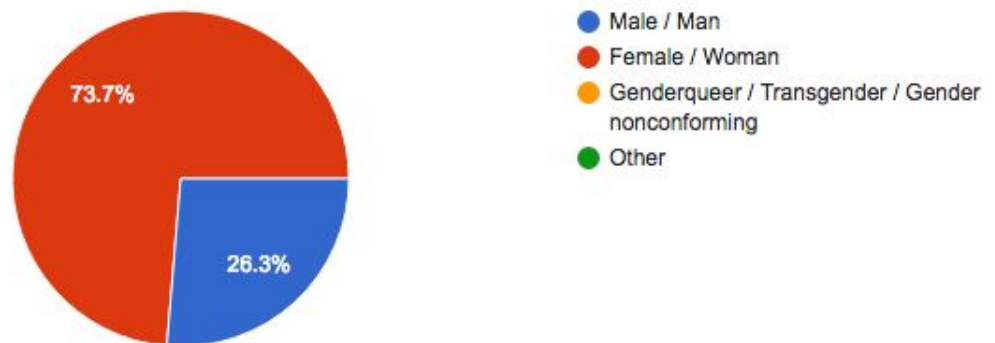
Year

19 responses



Sex/Gender

19 responses



Identifiers

Asian / Asian American	Hispanic / Latinx	White / Caucasian	Indian / South Asian	Middle Eastern	Multi-Racial
9	2	4	1	2	1
47%	11%	21%	5%	11%	5%