

Movies for Mental Health

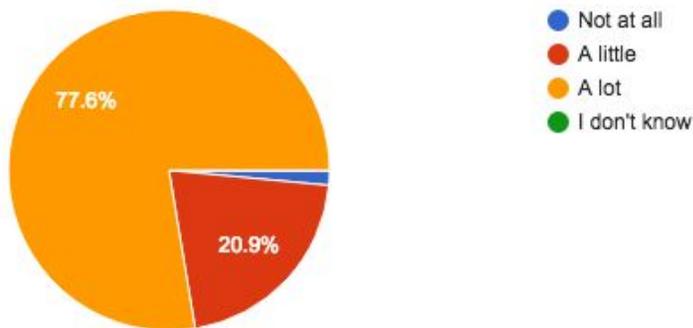
De Anza College

May 9, 2018

n=68 (~140 total attendees)

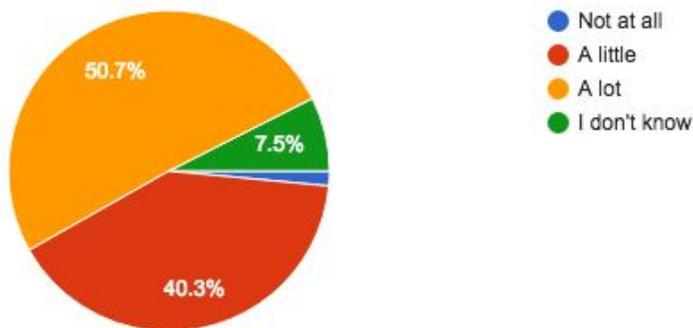
In your opinion, did this event create awareness of mental health issues?

67 responses



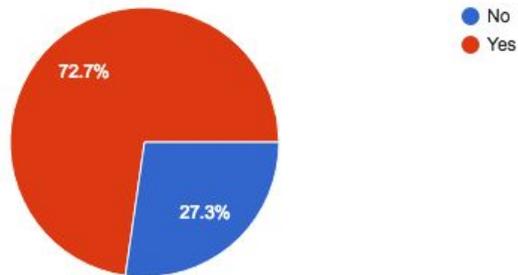
In your opinion, did this event reduce stigma related to mental illness?

67 responses



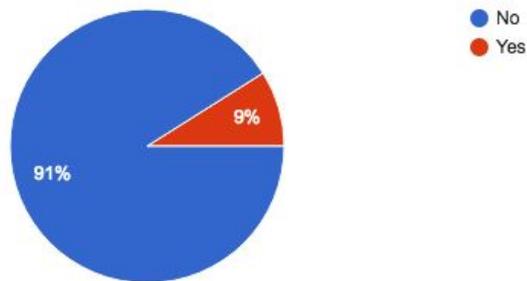
Did you know about your school's counseling services before this event?

66 responses



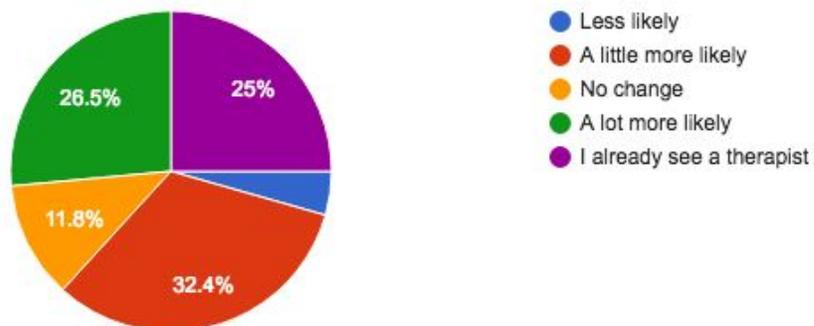
Did you know about Prop 63 / the community-based mental health resources before this event?

67 responses



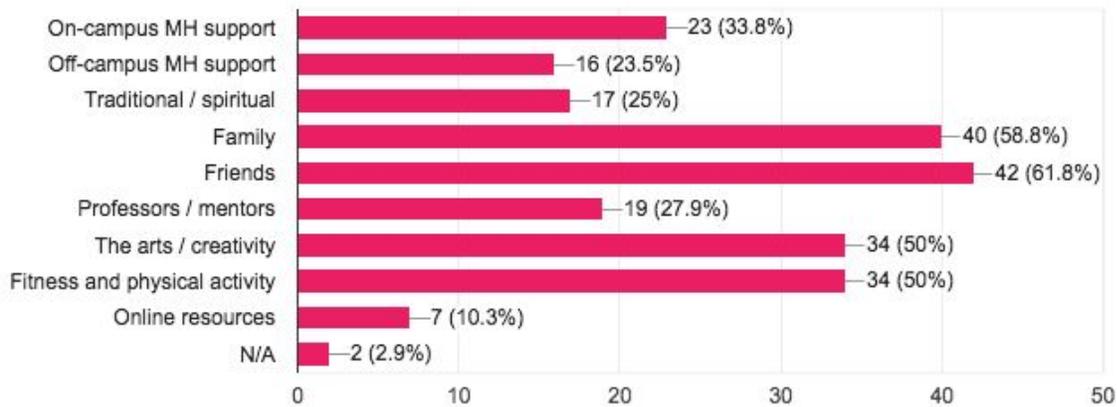
After this event, are you more or less likely to seek support for your mental health?

68 responses



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

68 responses



How did you hear about this event?

Friend	1
Professor / class	61
Counselor / MH club	0
Online / Facebook / email	0
Posters / flyers	4
Other	2

What was your main takeaway? (Highlights - see Raw Data for full list)

- Depression's stigma can really affect the help people; receive they may be persuaded not to due to negativity
- It inspires me to think of how to follow the steps for mental health. Learn to be more confident enough in person to ask for help in a way to get all done fast.
- There's no shame in having a mental illness.
- My main takeaway was that people need to become more aware and be more sensitive rather than being insensitive to people with MH issues.
- That inner voice inside our head, we should accept.
- The point of view some people with mental illness face
- Lots of talent, interesting films, will learn more about Art With Impact
- There is way for people with mental health issues to express their feeling through art.
- Mental health is transformative. Little things create big change. Everybody is going through their own things so never assume anything.

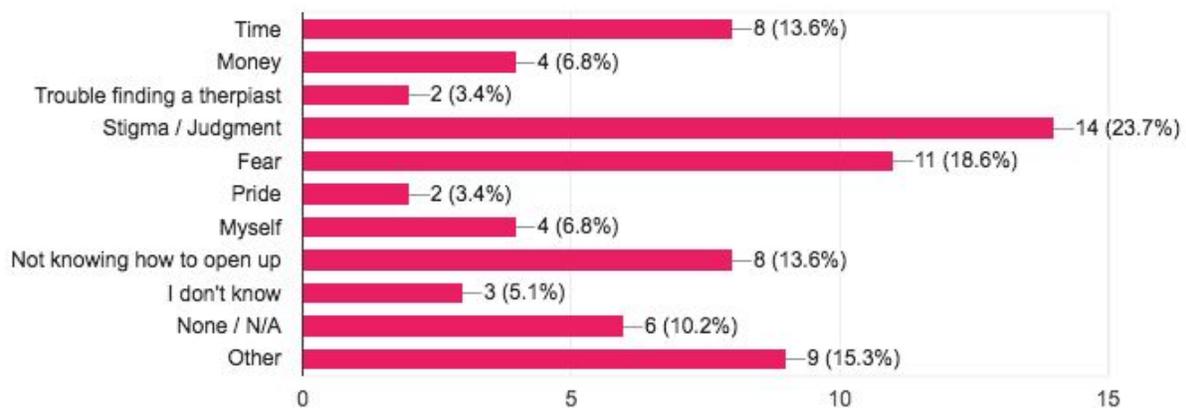
- Get support from community is necessary
- How much mental health could be expressed through art
- That mental health is real and can be scary to handle alone, but there are people who are here to help.

How would you describe this event to a friend? (Highlights - see Raw Data for full list)

- A learning experience that is ABSOLUTELY relevant to our daily lives, our mental health
- Meaningful, important, and eye-opening
- A helpful source that make anyone feel about trying to solve a stress problem positively.
- A very powerful seminar that's trying to bring awareness to mental health.
- It showed me, through visuals of people's experiences, that we aren't alone and help is accessible.
- An awareness event that used film as a medium to describe mental health.
- A presentation/discussing about not only mental health but also mental wellness.
- This event is a spiritual awakening to people who know or who have a mental illness.
- This event is an attentive and creative way to call upon others that there is more to mental health.
- Powerful and influential
- A way to understand mental illness without judging it first.
- Informative and helpful panel about mental health
- Informative, enlightening, and inspiring
- Hopeful
- Mental health movies and discussion. In efforts to reduce stigma around mental illness and provide opportunities for support
- Awareness through film and the arts

What are the biggest barriers to your mental wellness and/or receiving mental health support?

59 responses



How can we improve this event in the future?

- Possibly making this event more open to the public, allowing local communities to participate
- Try to be real problem solvers like that understanding mental health
- I thought it was pretty wonderful!

- If you can give a chance for the student talk about their illness.
- No comment
- trigger warnings
- Divide audiences into smaller groups with an instructor
- It was very good
- N/A
- Organize more this type of events so far to let more people know about it and its negative effects on people
- Control buzzing of sound system please! Otherwise, awesome! I love that it was both films and discussion, and them alternating.
- I thought it was fine how it was.
- You guys did great!!
- Have more cheese pizza
- I think it's fine that way it is...maybe promote more person to person discussion
- N/A
- Invite diverse groups of students
- Longer
- Less time between films
- Maybe different times that more students can attend to
- More advertising
- More microphones (hard to hear the speaker while other people were giving their answers)
- Make it more interactive
- I love the movies, add more to the list
- Be more involved with the audience.
- maybe a lot more engaging and more ads so people would know more about this workshop
- I'm not sure, the event was good
- N/A
- Longer movies, less focus on audience feedback
- Add more inspiring short movies
- More time for panel
- Go
- More notice and advertising of event, flyers, classroom presentations
- Provide more info on solutions to mental illnesses and how to achieve mental wellness

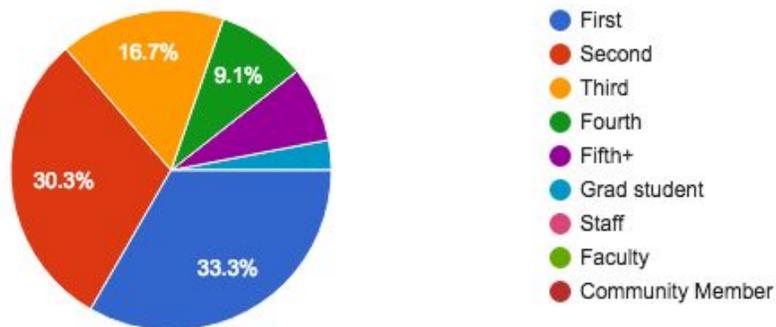
Major?

- Accounting
- Admin. of Justice
- Automotive
- Behavioral Health
- Biochemistry (x2)
- Biology (x2)
- Biomed
- Business (x3)
- Business Management
- Chicano Students
- Child Development (x2)

- Communication
- Computer Science (x5)
- Economics (x2)
- English
- International Business and Computing
- Kinesiology (x2)
- Liberal Arts
- Liberal Arts; Social Behavioral Sciences--social worker.
- Math
- Music
- N/A
- Nursing (x4)
- Nutrition
- Psychology (x18)
- Psychology/Computer Science/UD
- Psychology/Criminology
- Sociology (x5)
- Undecided

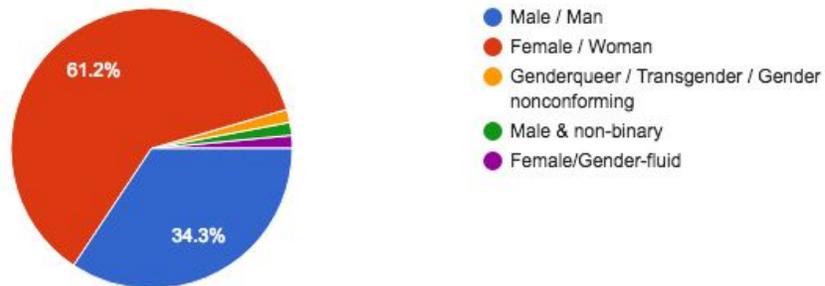
Year

66 responses



Sex/Gender

67 responses



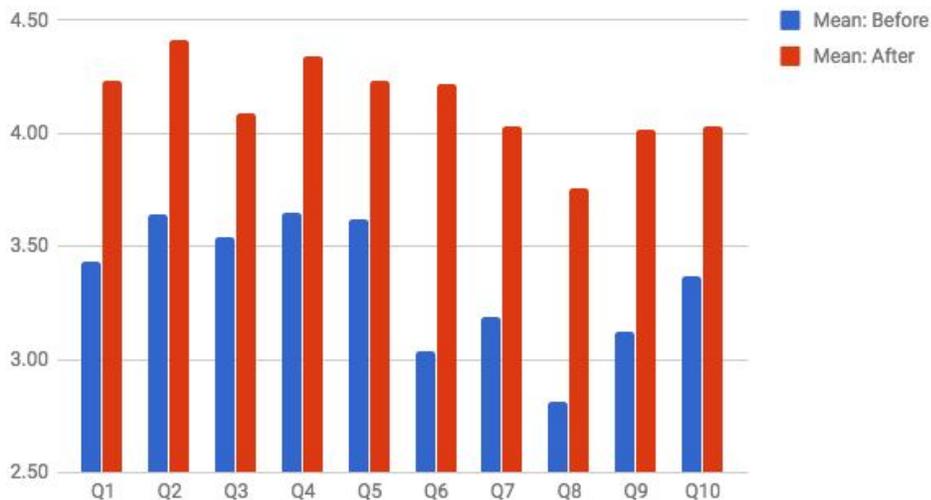
Ethnicity

Black / African American	White / Caucasian	Hispanic / Latinx	Asian / Asian American	Indian / South Asian	Middle Eastern	Multi-Racial
2	8	20	27	1	1	8
3%	12%	30%	40%	1.5%	1.5%	12%

Before / After Surveys

Students were asked to agree or disagree with the following statements on a scale of 1 (not at all) to 5 (absolutely). They did so before the workshop, and immediately after. The chart below demonstrates the average ratings students gave for each question, comparing their ratings before the workshop to their ratings after the workshop.

Mean: Before and Mean: After



- Q1: I would feel confident describing what "mental health" is to another person.
- Q2: I have an understanding of what it might be like to live with a mental illness.
- Q3: I know how to look for and identify signs that I or someone else might need mental health support.
- Q4: I can name specific reasons why someone would choose to not get mental health support when they need it.
- Q5: I can give examples of how mass media and popular culture influence the way people think about mental health.
- Q6: I can explain what stigma is, and how it relates to mental health.
- Q7: I know of at least one specific on-campus mental health resource available to me.
- Q8: I know of at least one specific community / off-campus mental health resource available to me.
- Q9: I know of specific ways that the arts and creativity can raise awareness about mental health issues.
- Q10: I am likely to reach out for support for my mental health if / when I need it.