

Movies for Mental Health

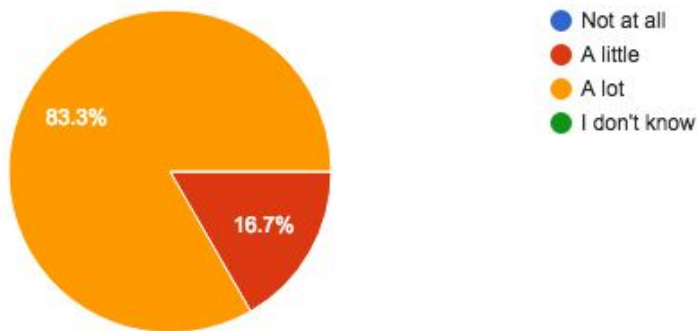
UC Irvine

April 11, 2018

n=18 (~30 total attendees)

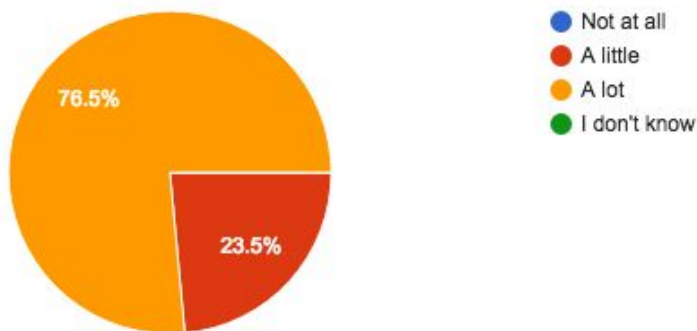
In your opinion, did this event create awareness of mental health issues?

18 responses



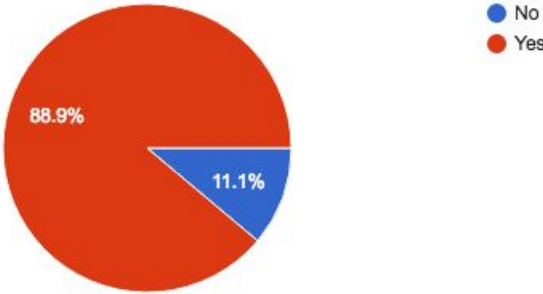
In your opinion, did this event reduce stigma related to mental illness?

17 responses



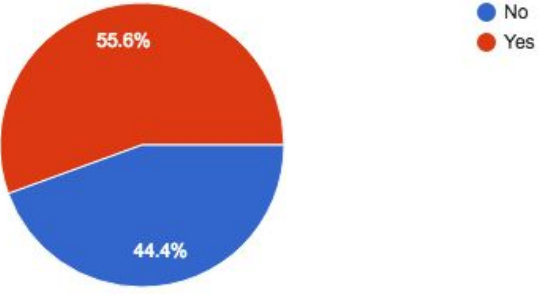
Did you know about your school's counseling services before this event?

18 responses



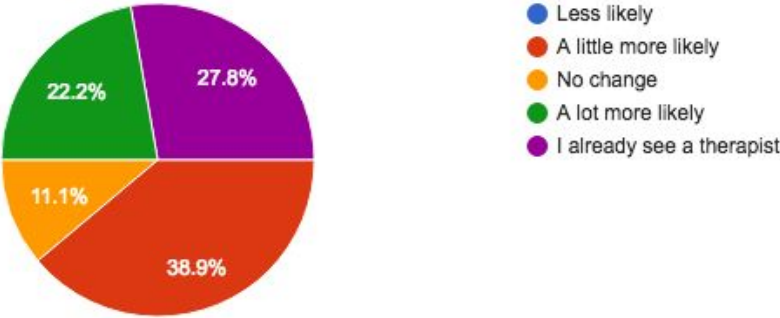
Did you know about Prop 63 / the community-based mental health resources before this event?

18 responses



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

18 responses

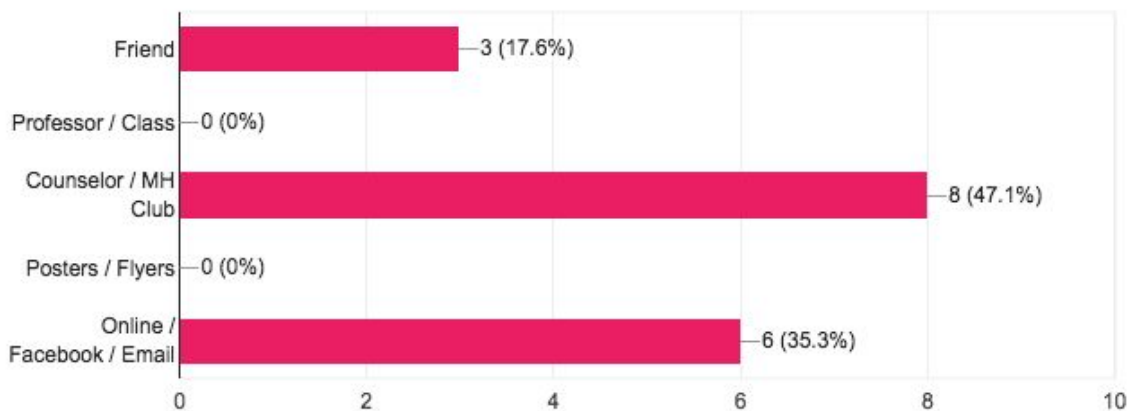


What type of mental health support do you think would be most useful to you?

On-campus MH support	15
Off-campus MH support	5
Traditional / spiritual	4
Family	6
Friends	10
Professors / mentors	7
The arts / creativity	11
Fitness / physical activity	10
Online resources	3
Support groups	1
Stress debriefing	1

How did you hear about this event?

17 responses



What was your main takeaway?

- People can relate even if struggles are different.
- There are resources!
- I got to know more real-life examples of what people go through w/ mental health.

- Great way to educate people about mental health + how to define certain terms.
- Other people struggle!
- You're not alone.
- It is okay to reach out and talk about your struggles.
- Empowerment.
- Mental health is important and we have a long ways to go.
- That it is very apparent that mental illness cross over all boundaries, religion, race.
- Mental health can be expressed via arts and creativity.
- Film is a really great way to display the mental health stigma and individual experiences.
- Mental health is important and at times can be hard to identify.
- Mental illness is more common than I'd believe.
- Stigma is very harmful.

How would you describe this event to a friend?

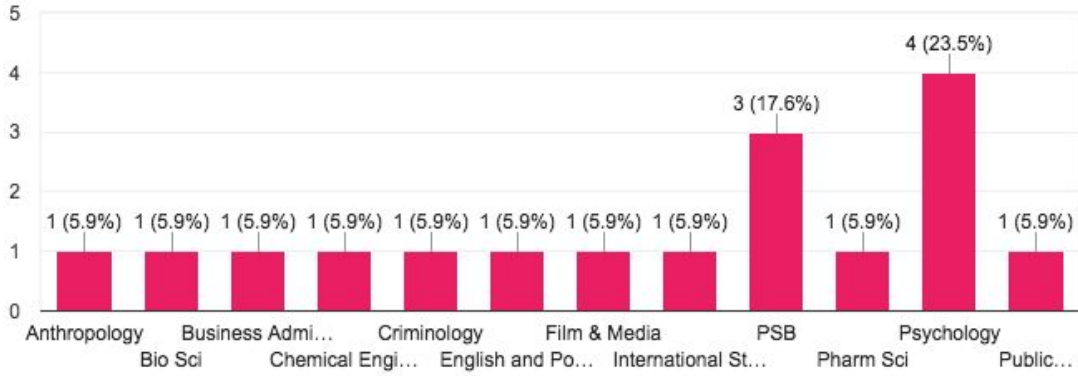
- Engaging
- Eye-opening, relatable, safe space
- Interactive and Informational
- Non-judgmental and reassuring
- Enlightening
- Inspiring and Inspirational
- Yes
- Short films and discussion and sharing knowledge/experiences.
- A realistic understanding of how to navigate through mental illness.
- It's an event that helps you understand mental health via art ad what you can do to help someone who's going through mental illness.
- An event where you are shown videos about mental health and discussion questions about it to talk through with other people in the room. There is also a panel discussion of students and community and campus members.
- A showing of art - films to bring awareness.
- Thought-provoking

How can we improve this event in the future?

- Tell more people about it
- Going deeper into analysis of films rather than having audience discuss to each other. I personally would have liked it to be less interactive.
- More films!
- Perfect
- More time for discussion
- Maybe more discussion.
- Better planning to improve or advertising to improve attendance & reach more people across majors!
- Making sure there are no technical issues.
- Different films

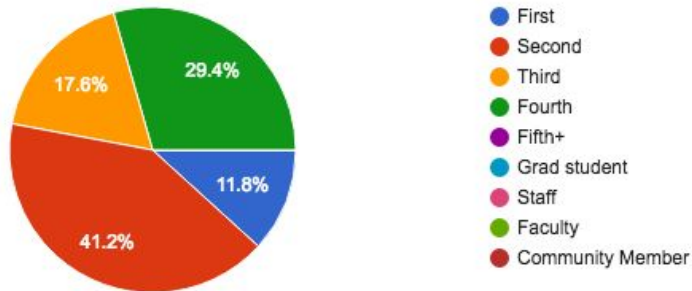
Major?

17 responses



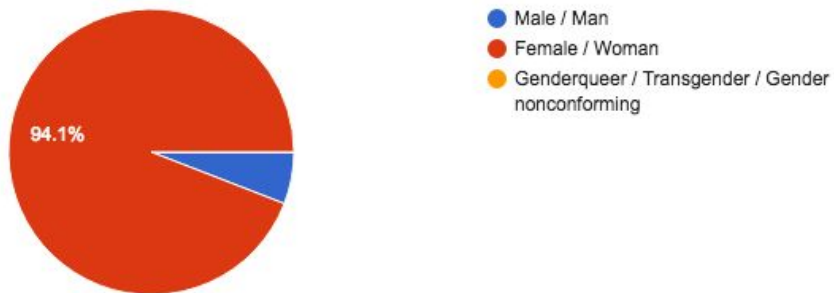
Year

17 responses



Sex/Gender

17 responses



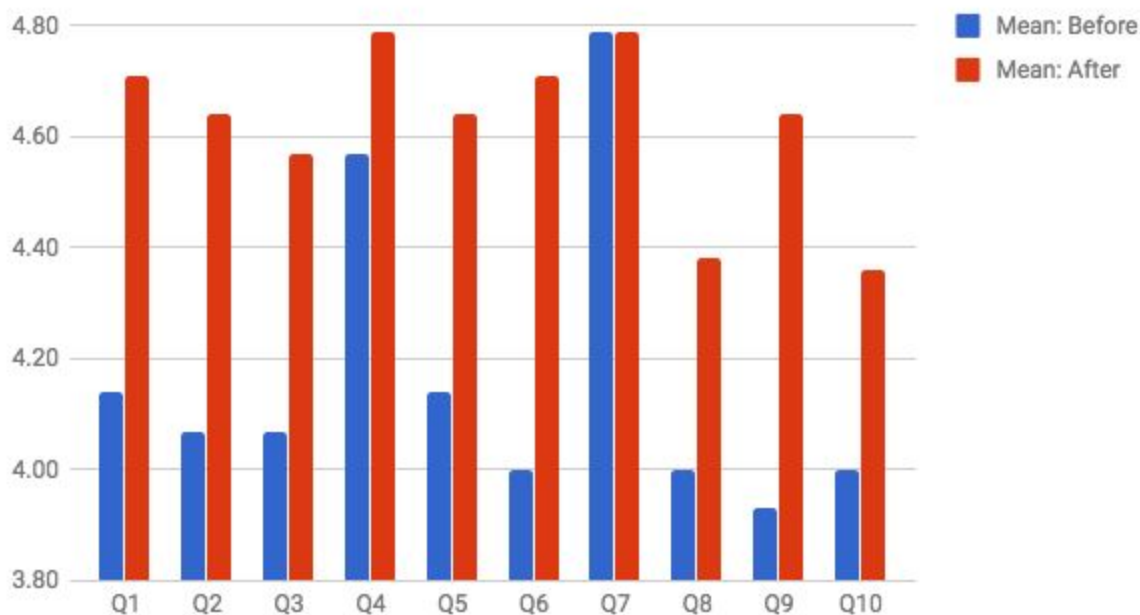
Ethnicity

Asian / Asian American	White / Caucasian	Middle Eastern	Hispanic / Latinx	Multi-Racial
11	1	1	2	2
65%	6%	6%	12%	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.