

Rowan University

## Rowan Digital Works

---

Stratford Campus Research Day

25th Annual Research Day

---

May 6th, 12:00 AM

### Mental Health Outcomes at a Student-Run Free Clinic

Jessica-Sophie Horoschak  
*Rowan University*

Riya Tandra  
*Rowan University*

Sahil Parikh  
*Rowan University*

Shayna Peterzell  
*Rowan University*

Roma Padalkar  
*Rowan University*

*See next page for additional authors*

Follow this and additional works at: [https://rdw.rowan.edu/stratford\\_research\\_day](https://rdw.rowan.edu/stratford_research_day)



Part of the [Community Health Commons](#), [Health and Medical Administration Commons](#), [Health Services Research Commons](#), [Primary Care Commons](#), [Psychiatric and Mental Health Commons](#), and the [Psychiatry Commons](#)

Let us know how access to this document benefits you - share your thoughts on our [feedback form](#).

---

Horoschak, Jessica-Sophie; Tandra, Riya; Parikh, Sahil; Peterzell, Shayna; Padalkar, Roma; and Pellegrino, Tara, "Mental Health Outcomes at a Student-Run Free Clinic" (2021). *Stratford Campus Research Day*. 51. [https://rdw.rowan.edu/stratford\\_research\\_day/2021/may6/51](https://rdw.rowan.edu/stratford_research_day/2021/may6/51)

This Poster is brought to you for free and open access by the Conferences, Events, and Symposia at Rowan Digital Works. It has been accepted for inclusion in Stratford Campus Research Day by an authorized administrator of Rowan Digital Works.

---

**Author(s)**

Jessica-Sophie Horoschak, Riya Tandra, Sahil Parikh, Shayna Peterzell, Roma Padalkar, and Tara Pellegrino



# Mental Health Outcomes at a Student-Run Free Clinic

Jessica-Sophie Horoschak OMS-I, Riya Tandra OMS-I, Sahil Parikh OMS-I, Shayna Peterzell OMS-II, Roma Padalkar OMS-III, Tara Pellegrino DO



## Background

- Major depression is a common and treatable mental health disorder<sup>1</sup>.
- The PHQ-9 is a valid and reliable measure of depression severity while the GAD-7 is a valid and reliable measure of anxiety severity<sup>1</sup>.
- One study done at a student-run free clinic at UCSD implemented a universal depression screening, diagnosis, and management program predominantly served a medically underserved population<sup>2</sup>.
- Another study conducted by the US Preventive Services task force advocates for earlier and more efficient mental health screening methods to improve clinical outcomes in adults<sup>4</sup>.
- A study conducted at a student run clinic in East Harlem found that patients treated at the clinic adhered to care protocols longer and received medications for a longer time, compared to Medicaid patients<sup>3</sup>

## Study Objectives

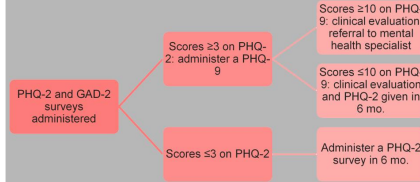
In this project we aim to:

1. Assess the outcomes of screening, management, and diagnosis for patients at the Rowan Community Health Center (RCHC).
2. Compare the outcomes of screening, management, and diagnosis between different groups (gender, race, income, insurance status) using validated surveys.
3. There is a need for accessible and affordable primary care in the South Jersey area, which the RCHC is hoping to meet.

### Hypothesis:

- The quality of mental health care available to patients at the RCHC is comparable to that at other insured practices.

## Materials and Methods



**Phase 1:** Participants will be given the PHQ-2 and GAD-2 surveys to screen for anxiety and depression.

**Phase 2:** Participants who score >3 on either survey will be given the PHQ-9 or GAD-7. Those who score <3 will be followed up with in 6 months.

**Phase 3:** Those who score >10 will be referred to a mental health specialist.

**Phase 4:** Study participants from the RCHC will be compared to patients seen at a Family Medicine practice.

## Conclusion

- In conclusion, we found that the mental health care given at student-run free clinics is comparable to that provided to insured patients
- There is a paucity of data on outcomes of mental health screening and management programs at student-run clinics<sup>2</sup>.
- This is an ongoing study that is currently collecting data.
- Data collection will add to limited studies of mental health outcomes at a student-run free clinic.

## References

1. Kroenke K, Spitzer RL, Williams JB. The PHQ-9: validity of a brief depression severity measure. *J Gen Intern Med.* 2001;16(9):606-613. doi:10.1046/j.1525-1497.2001.016009606.x
2. Soltani M, Smith S, Beck E, Johnson M. Universal depression screening, diagnosis, management, and outcomes at a student-run free clinic. *Acad Psychiatry.* 2015;39(3):259-266. doi:10.1007/s40596-014-0257-x
3. Liberman K. Quality of Mental Health Care at a Student Run Clinic: Care for the Uninsured Exceeds that of Publicly and Privately Insured Populations. *J Community Health* (2011). 36: 733-740. doi: 10.1007/s10900-011-9357-5
4. Sit A. Screening for Depression in Adults. *JAMA.* 2016; 315(4): 380-387. doi: 10.1001/jama.2015.18392.