**OBJECTIVE**

- Describe the effect of a hybrid resilience and wellness programs on stress and mental health parameters among pharmacy students
- Evaluate which aspects of the program are most effective for use in improving stress and mental health parameters

**METHODS**

- Survey-based prospective study. Survey based off of the validated Perceived Stress Scale (PSS)\(^4\)
- PSS scores are categorized as:
  - High stress (score >26)\(^4\)
  - Moderate stress (score 14-26)\(^4\)
  - Low stress (score <14)\(^4\)
- Post-survey included additional questions regarding student perceptions of the impact of the various interventions, based on a 5-point Likert type scale, from strongly disagree to strongly agree
- Wellness programs:
  - Well-being and resilience programming (in-person and virtual) offered throughout Spring 2021 semester
  - Art therapy intervention initiated March 2021
- Pre- and post-surveys were sent at the beginning and end of the Spring 2021 semester to all didactic students (professional years 1-3)
- The post-survey was also distributed after the art therapy event for students in attendance

**RESULTS AND TIMELINE**

**Baseline demographic characteristics**

<table>
<thead>
<tr>
<th>Subgroups</th>
<th>Pre Survey</th>
<th>Post-Survey 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pharmacy students</td>
<td>n = 65</td>
<td>N = 14</td>
</tr>
<tr>
<td>P1's</td>
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<td>4</td>
</tr>
<tr>
<td>P2's</td>
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<tr>
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<td>Female</td>
<td>43</td>
<td>7</td>
</tr>
<tr>
<td>Male</td>
<td>22</td>
<td>7</td>
</tr>
</tbody>
</table>

**Beginning of Spring 2021 Semester**

Pre-survey sent out to all students assessing stress using the PSS-10 scale. Initial Wellness and Resilience Programming started.

**Early Spring 2021 Semester**

Hybrid and in-person wellness/resilience programming begins for students in both in-person and online learning modalities.

**Mid-Late Spring 2021 Semester**

Art therapy intervention and Wellness/Resilience Spring Break Week initiated on campus for students. Post-survey sent to students who participated in the Art Therapy Intervention.

**End of Spring 2021 Semester**

Final post-survey to be submitted to assess pre- and post-PSS data after full implementation of wellness/resilience programming.

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- Angela Wilson, Rhonda Anderson, and Amanda Wilson for their efforts for Spring Break week programming
- Professor Cat Mailloux, for conducting the art therapy event
- Cedarville University SCCP Chapter

**REFERENCES**