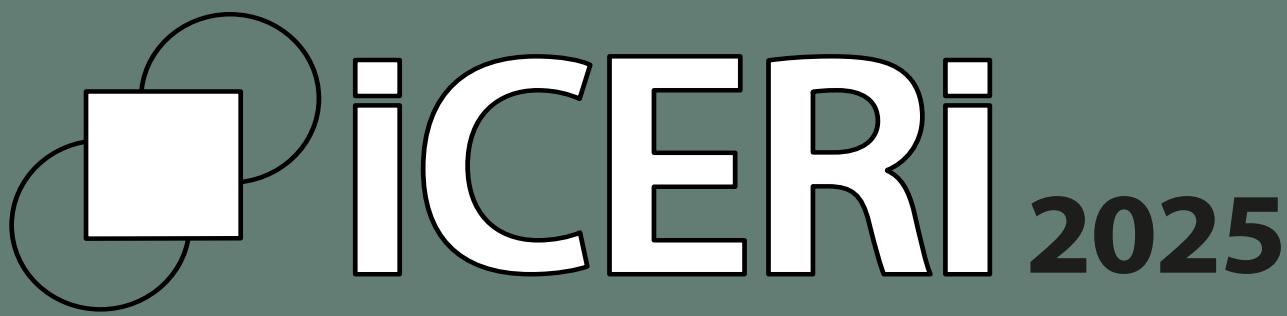


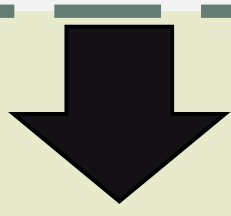
Promoting Mental Health in University Settings: A Community-Driven Living Lab Approach

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1. BACKGROUND

- Universities face **growing mental health challenges** especially since the COVID-19 pandemic^[1].
- Existing support services are often **fragmented and insufficient**^[2].
 - Even when services are available, **barriers** such as limited time, financial constraints, **lack of information**, and **stigma** persist^[3-4].
- There is a pressing need for **innovative and inclusive interventions** on campus.
- Participatory action research** is key to ensure the sustainability and effectiveness of these initiatives^[5].

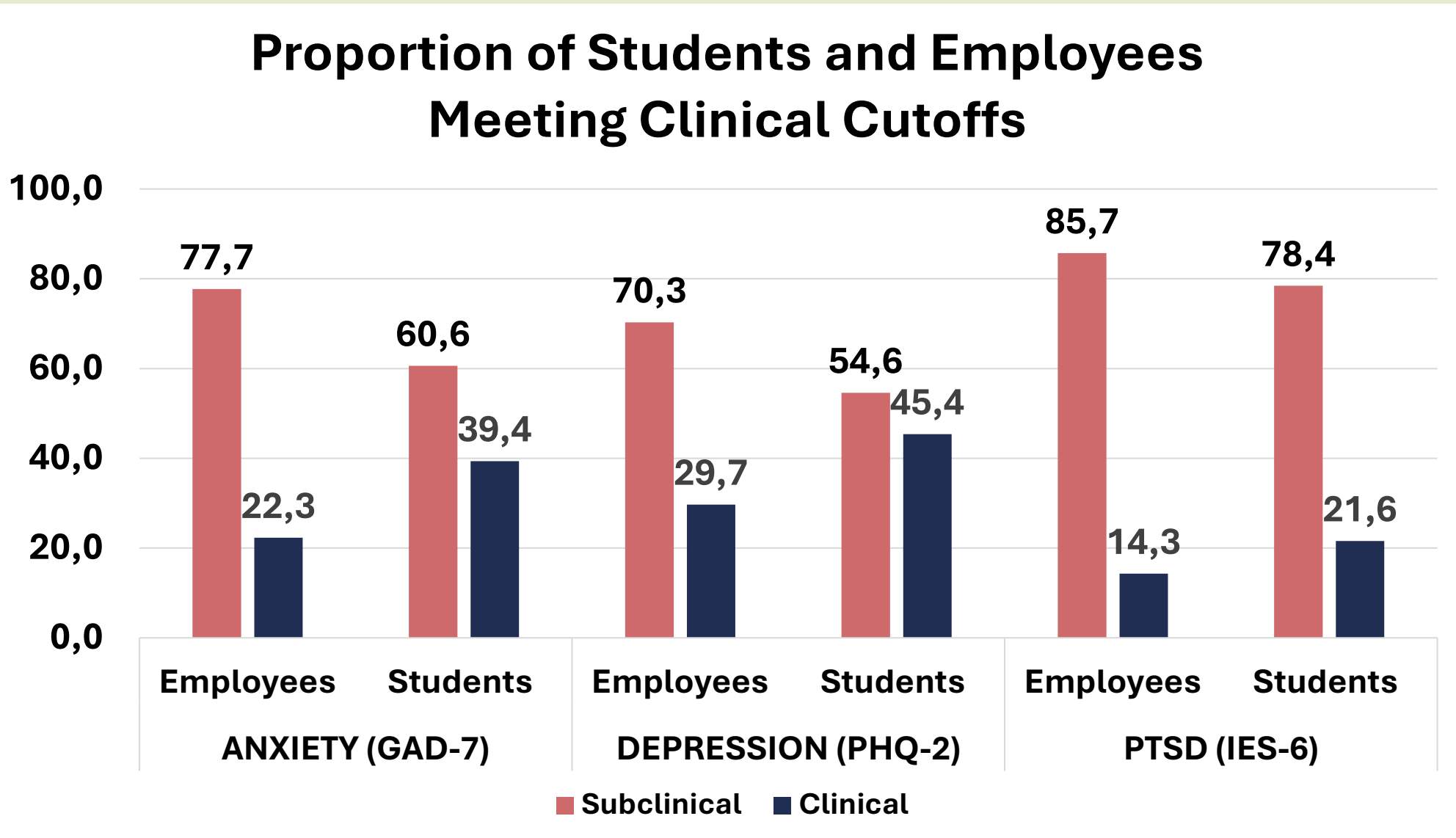


This poster provides a brief overview of three studies conducted by the *Living Lab on Mental Health in University Communities*

2. STUDY # 1

🎯 Objective	Identify key mental health challenges
📅 Period	2020–2022
👥 Samples	12 universities in Quebec (Canada) <ul style="list-style-type: none">University students (S): n = 6 525University employees (E): n = 5 826
💻 Method	Large-scale online survey
📊 Data Analysis	Quantitative

SOCIODEMOGRAPHIC CHARACTERISTICS (%)				
GENDER	WOMEN	S	E	
		72,4	70,2	
	MEN	25,8	28,5	
	OTHER	1,8	1,3	
CITIZENSHIP	CANADIAN/PERMANENT	86,4	98,1	
	TEMPORARY STATUS	13,6	1,9	
MARITAL STATUS	MARIED	34	56,8	
	SINGLE	39,4	14,8	
LIVES ALONE	YES	17,5	18,2	
	NO	82,1	81,1	
WITH CHILDREN	YES	26,5	66,4	
	NO	72,9	32,7	
INDIGENOUS	YES	1,4	1,3	
	NO	98,1	97,7	
RACIALIZED	YES	11	5,2	
	NO	87,9	93,8	



3. STUDY # 2

🎯 Objectives	1. Map all available mental health support measures 2. Assess the community's needs and preferences for mental health initiative
📅 Period	2021–2022
👥 Samples	1 university (Chicoutimi, QC, Canada) <ul style="list-style-type: none">Interviews : 33 respondentsSurvey : more than 200 answers
💻 Method	Semi-structured interviews & Anonymus survey
📊 Data Analysis	Qualitative

EXISTING INITIATIVES^[6-7]

- Mental Health Initiatives Identified (n=28)
1. Support & Counselling
 2. Academic Success Support
 3. Peer Support
 4. Social Connection & Recreation
 5. Physical Activity & Relaxation
 6. Physical Health Care
 7. Food Support
 8. Rights Awareness & Advocacy
 9. Emergency Support

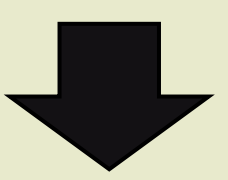


DESIRED INITIATIVES^[6]

- Create dedicated spaces for relaxation, self-expression, and recreation.
- Improve existing facilities through renovation, better ventilation, and ergonomic design.
- Promote social and physical activities
- Enhance overall health support, affordable care services, and mental health awareness initiatives.

4. STUDY # 3

🎯 Objectives	1. Co-design a wellness station based on the community's expressed needs, expectations, and preferences regarding environments, activities, and tools. 2. Evaluate the implementation and user experience of a first wellness station prototype.
📅 Period	2023-2025
👥 Samples	1 university (Chicoutimi, QC, Canada) Obj 1. n= 121 Obj 2. n= 93
💻 Method	Focus groups & Questionnaires
📊 Data Analysis	Qualitative & Qualitative



ILUMIN, the wellness station^[9], has been active since February 12, 2025.



Image 1: Zone d'Accueil (Welcome Zone)



Image 2: Pause Prestige (Prestige Break)



Image 3: Oasis Verdoyante (Green Oasis)

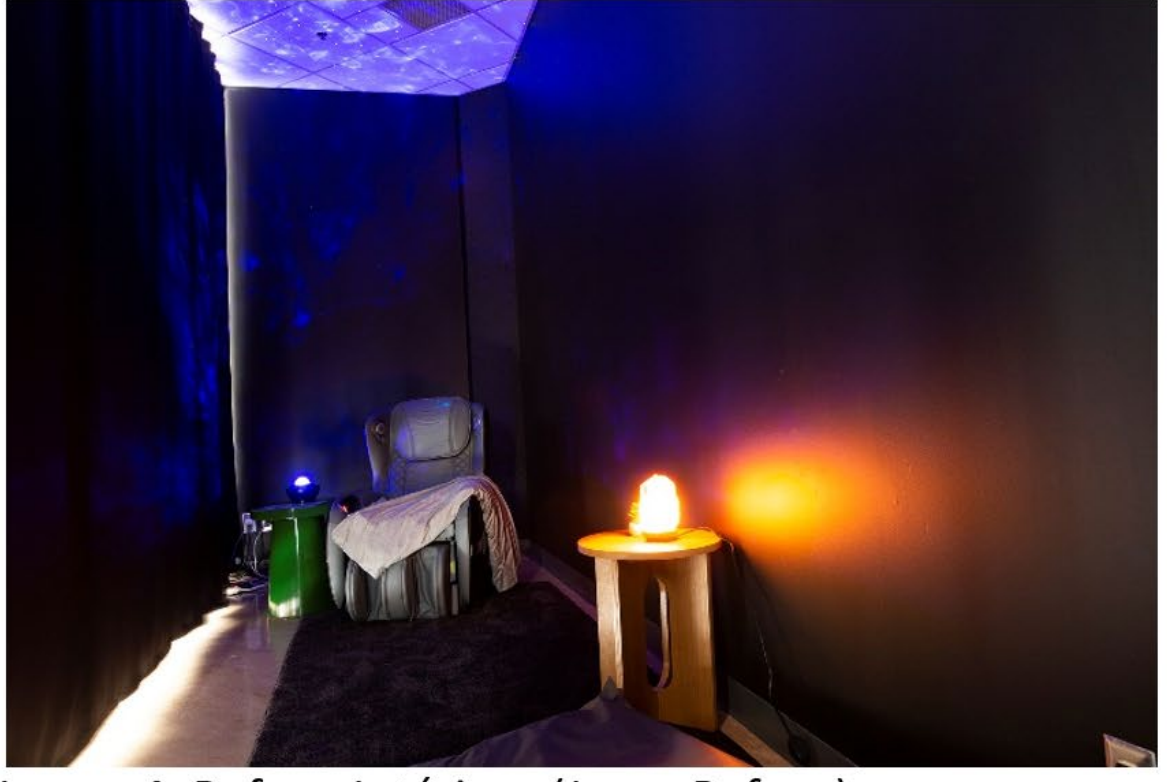


Image 4: Refuge Intérieur (Inner Refuge)

KEY FINDINGS – IMPLEMENTATION^[8]

FACILITATORS	BARRIERS
<ul style="list-style-type: none">Calming, accessible, and inclusive environmentPositive sensory elements (light, tea, massage chairs)Flexible, self-directed useSupportive on-site team and rapid adjustmentsEffective themed zonesStrong institutional and multidisciplinary supportLiving Lab approach enabling continuous improvement	<ul style="list-style-type: none">Limited privacy and ambient noiseUnclear or complex technology instructionsScheduling and space management issuesDifficulty maintaining a quiet atmosphereAdministrative delays and equipment procurementStaffing limitations and data collection challenges

5. DISCUSSION & FUTURE DIRECTIONS

- Wellness rooms represent a promising, yet underutilized, approach to promoting mental health in universities^[9].
- Upcoming research will assess the effects of the ILUMIN station on participants' mental health and overall well-being.
- Plans are underway to co-develop a second ILUMIN station in the near future.

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