

## EMPOWER @ MTU' (Encouraging the Monitoring of Personal Online Wellness metrics and Enabling timely access to Resources at Munster Technological University).

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### Introduction

- Sub-optimal sleep patterns, hazardous drinking, illicit substance use and poor psychological well-being were reported in a recent study of 2,267 HEI students in Ireland (Bickerdike *et al.*, 2019).
- Currently there is a dearth of applied research examining the use of technology to monitor HEI students' well-being and deliver campus health promotion initiatives.
- The current novel research aims to design and develop an innovative technological platform to monitor and maximise the well-being of campus populations (both students and staff).
- This technological solution will be informed by a university wide phase of data collection from Year 2 students at Munster Technological University.

### Purpose

- COVID-19 has had a monumental effect on the health and well-being of Irish society, and particularly 3<sup>rd</sup> level students who have been deprived of the social and physical interactions associated with the university experience.
- The current phase of this research seeks to examine the impact of COVID-19 on the physical and mental well-being of students, which will also serve to inform the development of a relevant and evidence-based technological platform.
- Data will be stratified into four time points as outlined in Figure 1.

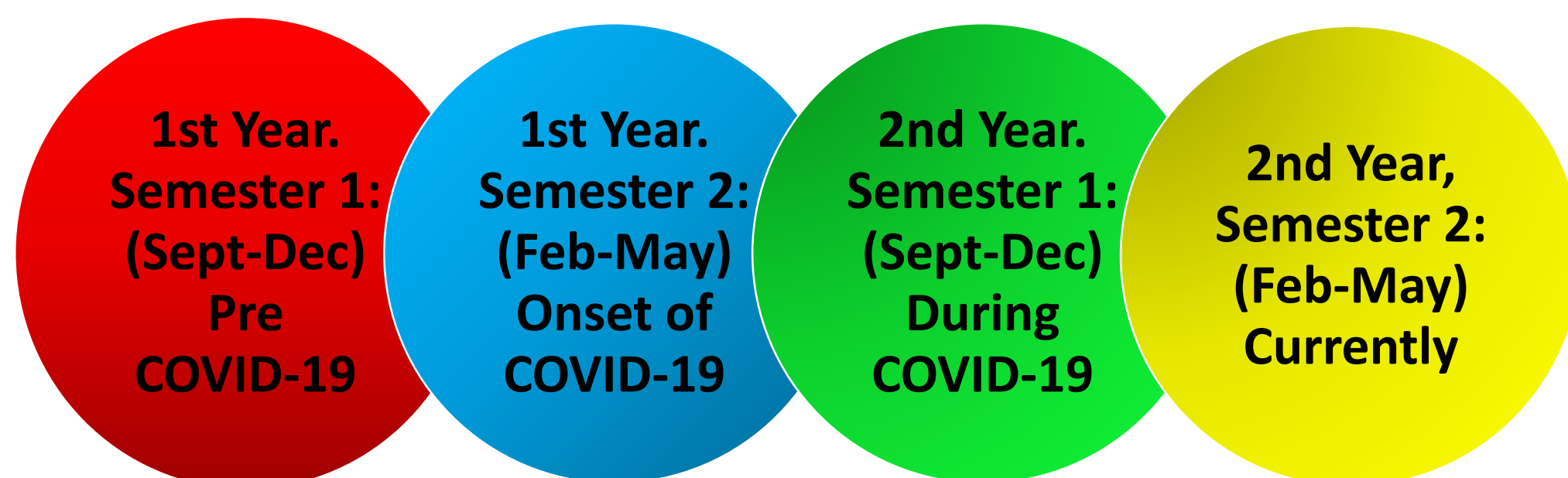


Figure 1. Time points of the COVID-19 Pandemic

### Methodological Design

- A cross-sectional observational design will be employed to implement this current phase of data collection.
- An online questionnaire instrument (63 questions across 9 thematic areas) comprising of a selection of previously validated scales combined with tailored items.
- The instrument will be distributed to all Year 2 students across MTU's campuses for the purpose of examining the impact of the pandemic on their health, well-being and engagement.



Figure 2. Questionnaire Design and Associated Thematic Areas.

### Impact

- This research has the potential to revolutionise the delivery of health and well-being initiatives within HEIs.
- The current phase of data collection will provide invaluable insights regarding the impact of COVID-19 on students.
- Data will also serve to inform the development of an innovative technological platform to enable students and staff to monitor and manage their personal well-being and ultimately improve their overall health.

### References

- Bickerdike, A., Dinneen, J. and O'Neill, C., 2019. 'A Healthy CIT': An Investigation into Student Health Metrics, Lifestyle Behaviours and the Predictors of Positive Mental Health in an Irish Higher Education Setting. *International Journal of Environmental Research and Public Health*, 16(22), p.4318.