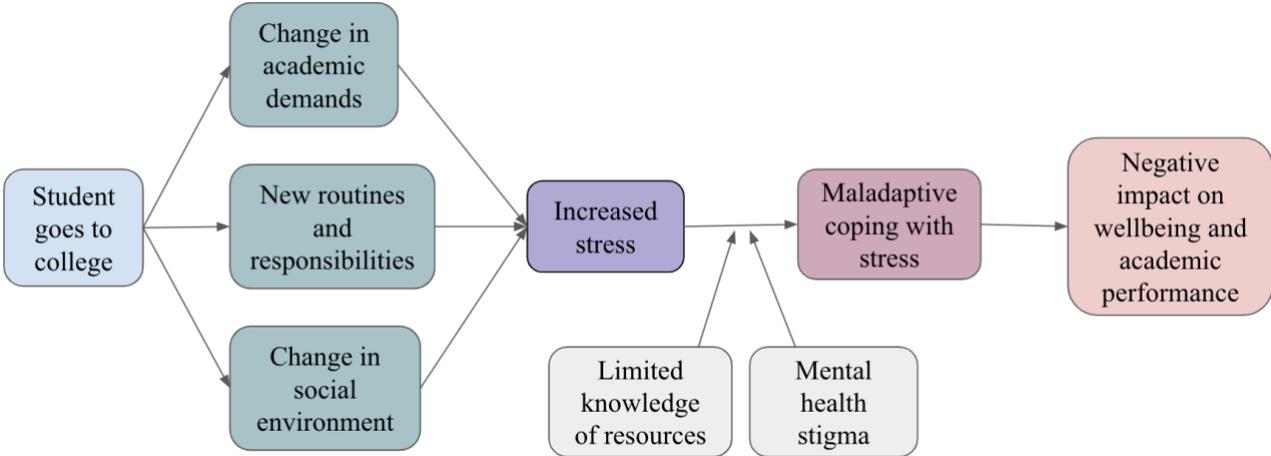*tülbox*: The Stress Management App
for College and University Students

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Introduction to the Problem

- It is widely accepted that as students transition to college, they are faced with a myriad of new challenges which leads to increased perceived stress levels
- Factors, such as limited knowledge of stress management resources and mental health stigma, prevent students from seeking or obtaining adequate support to help them cope with stress (American College Health Association, 2019; Conley, Travers & Bryant, 2013; Goodman, 2017; Holland, 2016)
- Instead, students are engaging in maladaptive coping behaviors, exhibiting unhealthy eating routines, increased smoking and drinking, decreased physical activity, and insufficient sleep patterns (Pedersen, 2012)
- These combined behaviors are resulting in an overall negative impact on wellbeing and academic performance (Coccia, & Darling, 2014)

The Proposed Solution: *tülbox*

tülbox is universal stress management intervention for college and university students, designed by an occupational therapist and delivered through a smart phone. Through the format of a mobile application, *tülbox* integrates evidence-based practices for both stress management interventions and health interventions specifically delivered through a mobile application.

Key Features

- *Education* on stress management
- *Activity Analysis and Self-Analysis* of daily routines
- *Strategies and Skills Training* on effective stress coping
- *Campus Resource Hub* of available services
- *Action Planning and Goal Setting* to establish stress management practices into routines
- *Feedback* to support development and consistency of skill
- *Social Network* to connect with peers
- *Push Notifications* to cue users to engage in set goals

WELCOME
to
tülbox

Design your personalized toolbox of stress management strategies and resources to help you thrive in college and beyond.

New User?
Sign Up

Returning User?
Login

Intended Outcomes

As a result of utilizing the *tülbox* stress management mobile application during their transition to college, students will demonstrate:

- Increased self-awareness of personal stressors and unique coping mechanisms
- Increased access to and knowledgebase of stress management tools and resources
- Decreased levels of perceived stress
- Increased levels of perceived self-efficacy as related to stress management
- Decreased engagement in problem behaviors (i.e., maladaptive coping mechanisms) associated with stress
- Increased academic performance as a result of increased stress management

Implications for Occupational Therapy

VISION 2025

"As an inclusive profession, occupational therapy maximizes health, well-being, and quality of life for all people, populations, and communities through effective solutions that facilitate participation in everyday living."

(AOTA, 2017, p.1)

Image from: aota.org/AboutAOTA/vision-2025.aspx

The innovative stress management program, designed by an occupational therapist, demonstrates an effective solution to improve the health, wellbeing, and quality of life for college students, which aligns with the American Occupational Therapy Association's (AOTA) 2025 Vision.

Indirectly, the program will inform occupational therapy (OT) practitioners and students of the role OT can play in enhancing college student wellbeing and participation in meaningful occupation throughout their college experience. While OT services are not prevalent on college campuses yet, *tülbox* will serve to promote the role of occupational therapists on campuses, creating a shift towards an emerging area of practice.

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