DukeLine: A Peer to Peer Support Program Katherine Buchholz², Jacqueline Cruz², Elizabeth Davidson², Evan Dragich^{2,2}, Faith Joo², Aspen Martin², Leslie Leal Palacios², Camden Nelson²,

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Background

CONNECTIONS

BASS

- Mental health demands on university campuses are rising, with nearly 40% of students experiencing depression
- There has been increased demand for peer-led mental health support, but whether peer-led support would fill mental health needs of graduate students is unknown
- DukeLine, an anonymous peer support textline launched Fall 2020, can test these questions

Aims & Hypotheses

We aim to fill the gap in campus mental health resources by offering authentic student peer support from students who undergo rigorous, professionally-led training.

Undergraduate textline:

H1: >50% of former texters will reach out to DukeLine at least once (repeat texter)

Graduate student survey:

- → H2: ≥70% Graduate students will report finding DukeLine a "somewhat" or "very" helpful service for their communities
- H3: ≥70% of graduate students are seeking support particularly due to loneliness and individual health/safety

Method

Undergraduate textline:

- Expanded to include 3 upperclassmen dorms
- Expanded social media and campaigns
- Data collection pre- and post-text survey

Graduate student survey:

29% of texters

are repeat texters

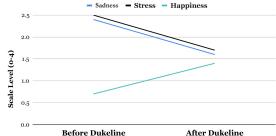
n = 55

- Oualtrics survey piloted in 1 PhD-granting department to assess:
- Awareness and utilization of campus and department resources
- What resources would best support them
- Interest in a program like DukeLine

Results: Undergraduate Textline

• Average length of conversations: 71.2 minutes (n = 55)

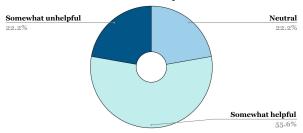
Dukeline's Effects on Sadness, Stress, and Happiness (n = 10) - Sadness - Stress - Happiness 2.5



Results: Graduate Survey

- n = 16
- 6.3% of students report feeling somewhat dissatisfied with resources, and 50% feel neutral
- One-third of students feel support is mentor-dependent

Would A Service Like Dukeline Be Helpful for Graduate Students?



Summary & Future Directions

- Expanded recruitment, continued data collection
- Began assessment of graduate student needs for additional mental health support
- Continue outreach into East and West Campus dorms
- Determine need in other Duke communities and expand support based on findings (post-doctoral students. Duke School of Medicine)

^aEisenberg, D., Ketchen Lipson, S., & Heinze, J. (2020). Fall 2020 Data Report (The Healthy Minds Study, p. 26). University of Michigan.



