

Pet therapy is effective and cost efficient.

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Introduction

Mental Health plays an important part in a student's well being and success. Sadly, most college students are unable to receive the help they need in order to deal with mental health problems.

Pet therapy is a growing procedure that many colleges campuses are implementing. During pet therapy students can play with a dog for short sessions. These interactions have proven to increase mood and help wdepression, anxiety, and stress.

Methods

Data was collected by interviewing college students about their mental health needs. Students also had their cortisol levels (a hormone linked to stress) measured before and after the therapy sessions.

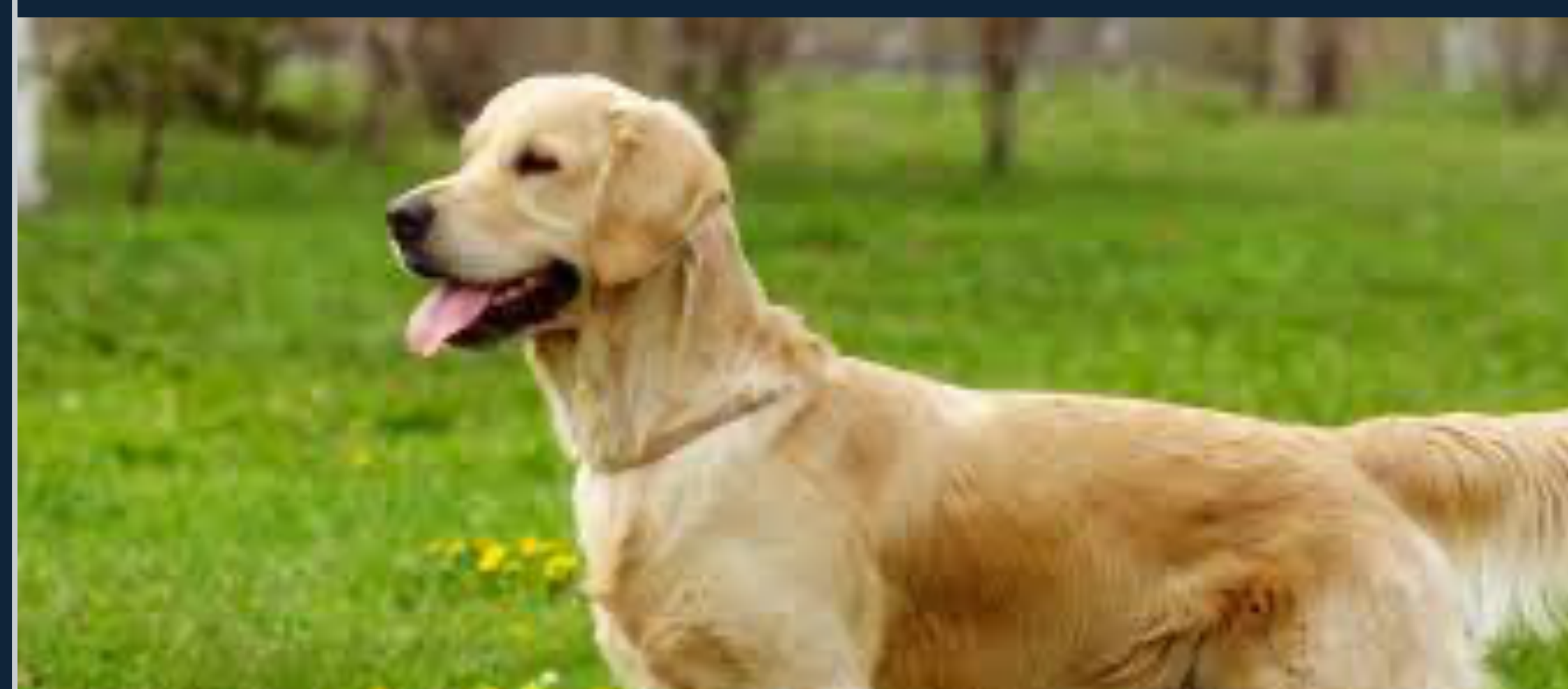
Having Dogs on Campus Creates Better Mental Health



MANS BEST FRIEND?

MENTAL HEALTH?

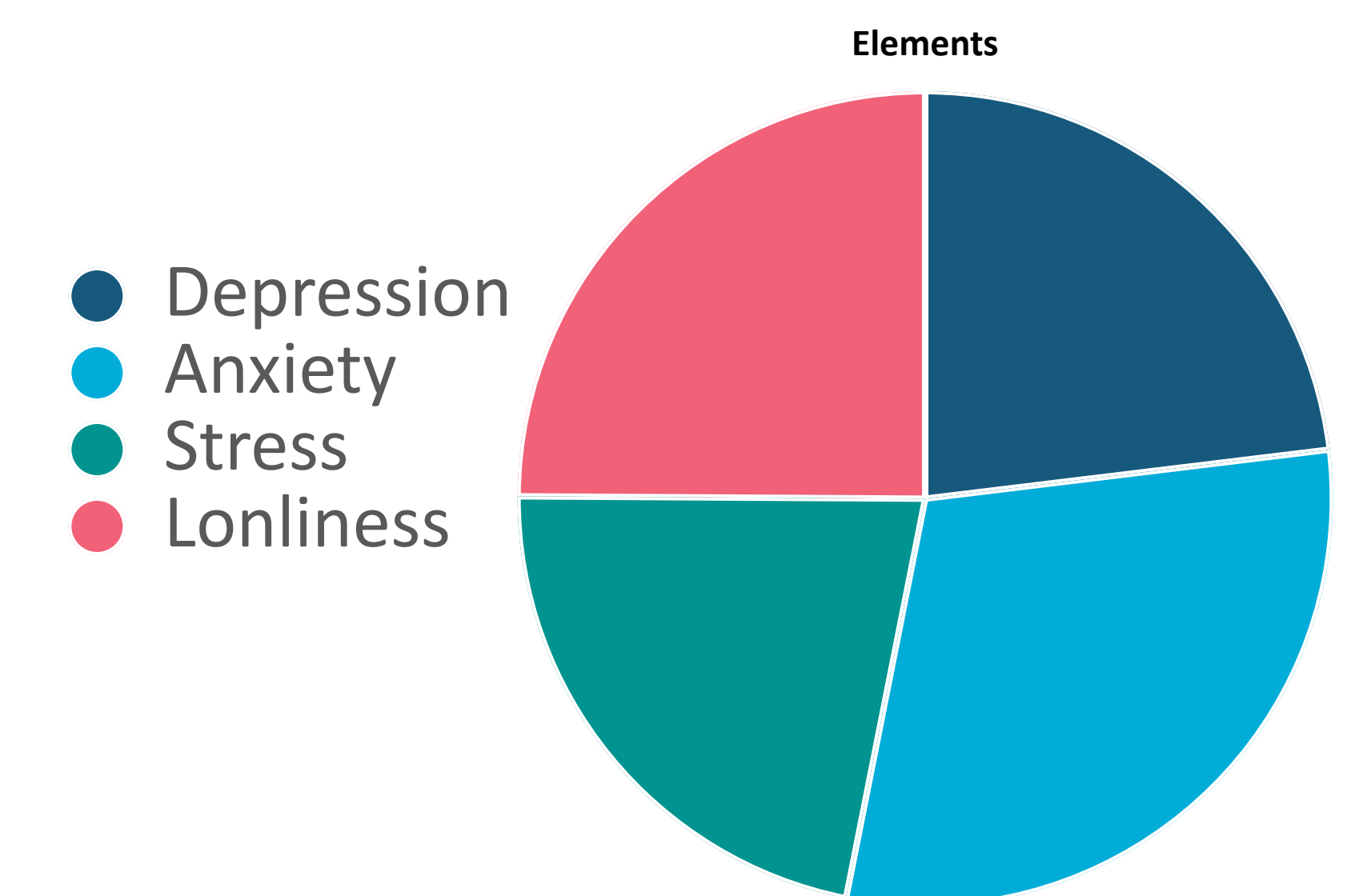
HOW ARE THEY RELATED?



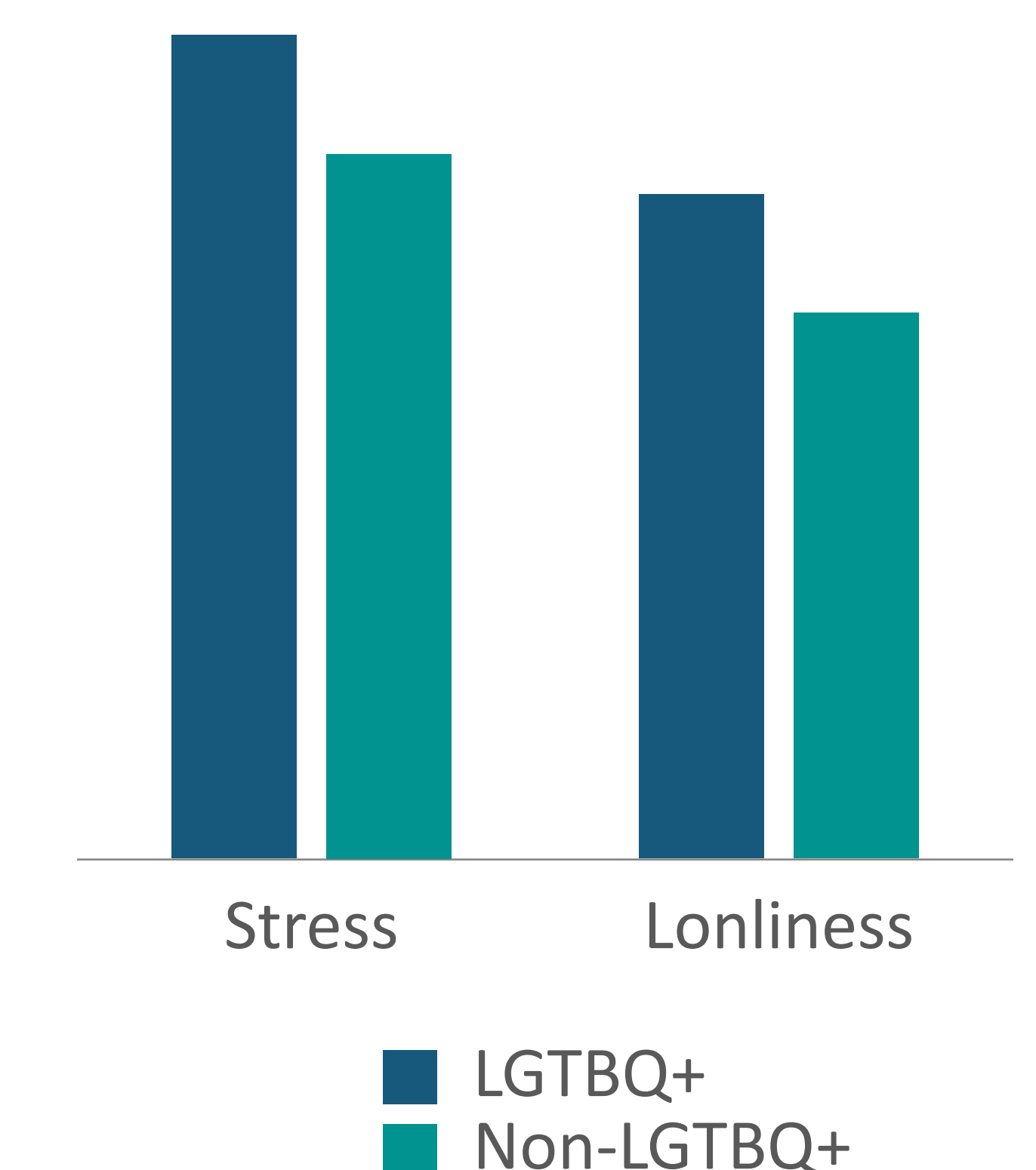
Results

Many different tests have been done to examine the levels of mental illnesses on college campuses. While not all results are exactly the same one things is for sure: mental illnesses are more common than they need to be.

Among the surveys done the results showed that minoritized students are even more susceptible. This is shown on the second graph below.

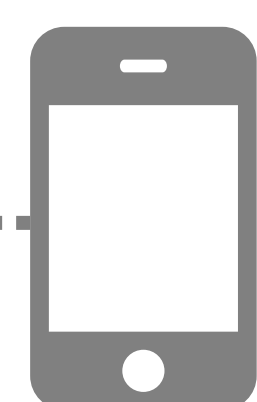


Percentage of Students Who Report Having Symptoms of Mental Illnesses



83% of LGBTQ+ students report feelings of stress compared to 71% of other students.

The same pattern is shown in loneliness with a 67% rating for LGBTQ+ students compared to 55% others



Take a picture to download the full paper



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