

# At-Risk Simulation: Resident Advisors Study

A Longitudinal Study with 8,971 Students at 97 Institutions

## SUMMARY OF STUDY RESULTS

The study was conducted between January 2013 and October 2018 with 8,971 Resident Advisors (“RAs”) at 97 institutions of higher education across 47 states.

Key findings include:

### 1. Mental Health Skills

The study found a statistically significant increase ( $p < 0.05$ ) among RAs in Total Mental Health skills from pre-simulation to 3-month follow-up. Total Mental Health Skills included ability to: (1) identify when a fellow student’s behavior or appearance is a sign of psychological distress, (2) discuss concern with a fellow student, (3) motivate a fellow student to seek help, and (4) make a referral to mental health support services.

### 2. Behavior Change

Three months after completing the simulation, RAs reported an increase of 56% in the number of students they approached to discuss concerns with, and 65% increase in the number of students they discussed a referral to support services with ( $p < 0.001$ ).

### 3. Self-Referral

Three months after completing the simulation, RAs reported a statistically significant increase ( $p < 0.05$ ) in terms of the likelihood that they would seek help when feeling psychological distressed.

### 4. Satisfaction with Learning Experience

Ninety-nine percent of RAs rated the simulation as good, very good, or excellent. Ninety-two percent said they would recommend it to their fellow students.

*“I liked how it gave real-world scenarios that relate to the various concerns that college students face.”*

- Resident Advisor

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Notes:

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## PRODUCT DESCRIPTION

*At-Risk for University & College Students* is an online, interactive simulation where students and RAs learn about psychological distress, how it impacts students, and what they can do when they’re concerned about a fellow student. Users first engage in a mini-game activity where they practice identifying the virtual friend who is at risk and needs help. Then the user engages in a role-play conversation with a virtual, fully-animated student who is showing signs of distress. Users practice bringing up their concerns and what they’ve noticed, and make a referral to support services.

This evidence-based simulation has been adopted by more than 350 schools and is listed in SAMHSA’s National Registry of Evidence-Based Programs and Practices (NREPP) and in SPRC/AFSP Best Practices Registry. A demo can be viewed at [www.kognito.com](http://www.kognito.com).



Snapshot of Kognito’s *At-Risk for Students*

**Table 1: CHANGES IN APPROACH AND REFERRAL RATES\***

Average number of students that participants...	Percent change**
Were concerned about	35.3%
Approached to discuss concerns	56.7%
Discussed a referral to support services	65.6%

\*Only answers by participants who completed the pre- and follow-up surveys at least two months into the academic year were included.

\*\* $p < 0.001$