

THE NETWORK: TOWARDS UNITY  
FOR HEALTH & FACULTAD DE MEDICINA,  
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THE NETWORK  
TOWARDS UNITY FOR HEALTH



Facultad de Medicina



# TUFH2020 MEXICO

VIRTUAL CONFERENCE

"PRIMARY HEALTH CARE: A PATH  
TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED  
RESPONSES TO COVID-19

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## TUFH 2020 Abstracts

Title	<b>Online Mental Health service for University Students in Mexico during COVID-19 epidemic</b>
Type	Oral Presentation <i>Systems and Community Based Responses for COVID 19</i>
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Country	Mexico
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Content	<p>The COVID-19 epidemic represented a challenge to continue attending university students in the mental health services. Face to face interventions were disrupted due to the quarantine at the same time. We implemented an online program to attend this population. Our aim was to evaluate the efficacy of the online program. Additionally we evaluated the more common causes to look for help. Methods. Four programs were developed: one that allowed the student to make appointments selecting date and hour, a link to the electronic clinical record, a virtual receptionist, developed in Doxy system, administered private rooms for the session and directed students to therapist, a link was provided to both, the fourth program was a reporting system. Students accessed to online platform to make an appointment. A screening interview was displayed on this platform, which was completed voluntary for the participants. Questions about depression, anxiety, posttraumatic stress disorder, sleep disturbance, substance use and violence were assed; information about COVID-19 disease was also collected. Results. A total of 1324 students from a public university in Mexico, were evaluated, an average of 63% of those with an appointment, entered the system on time, 958 (72%) were woman. The more frequent reported conditions were depression, anxiety and sleep disturbance. Alcohol use among women was more frequent than among men. It is important to highlight that suicidal thoughts were highly frequent. Conclusion. Students have mental health conditions that need to be attended; online interventions are an adequate option during confinement.</p>