Supported Education: Interim Results from a RCT

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This study was supported by a grant from the National Institute on Disability and Rehabilitation Research (Salzer, PI: H133B100037). The contents of this presentation do not necessarily represent the policy of the Department of Education, nor endorsement by the federal government.

Description of the Study

- First study to evaluate community-based, Supported Education for college students
- Random assignment
- Multi-site (NJ and CT)
- Two conditions
- Up to two year follow up

Intervention

- Two levels of SEd services provided
  - Enhanced
  - Basic
- Referral to a local SEd program; 5 programs are currently participating who serve over 40 colleges and universities
- Intervention is provided for up to two years

Data Collected

Participants complete assessments at baseline and twice a year for two years (n=5)

- Information includes basic demographics and:
  - CSEQ (baseline & final assessment)
  - Educational Barriers & Educational Supports
  - Hopkins Symptom Checklist
  - Recovery Assessment Scale & QOL
  - Transcripts
  - SEd program service reports

Cohorts at baseline

- Cohort 1: 22
  - Completed the study in Summer 2011
- Cohort 2: 27
  - Completed the study in January 2012
- Cohort 3: 24
- Cohort 4: 6
- Cohort 5: 14
- Cohort 6: 6 and still recruiting

Characteristics at Baseline

Gender	
Male 29.3%	Female 67.7%
Age	33.02 (SD= 11.16)
18-22	24.1%
23-30	18.8%
31 & over	57.1%
Marital Status	
Single 65.7%	Divorced 14.1%
Married 14.1%	Separated 2%

Characteristics

Race/ Ethnicity	
White 63.3%	Asian 10%
African American 14.1%	Other 6%
Hispanic 9%	
Financial Entitlements	**Living Situation**
SSDI 20.8%	Alone 17.1%
SSI 14.6%	Other students 9.1%
VA 2%	Partner/Significant Other 20.3%
	Parents 31.4%
	Children 12.3%

Baseline Mental Health Demographics

Diagnosis		
Bipolar	36.5%	
Depression	30.2%	
Schizophrenia/ Schizoaffective	16.6%	
Other	6.3%	
Not yet verified	9.4%	
With 2 or more MH diagnoses	49.8%	
Age at Diagnosis	21.5 (SD=8.68)	
Hosp for Psych Condition	**Yes** 64.6%	**No** 33.3%
Age at 1st Hosp	25.34 (SD=9.33)/ 23.04 (7.024)	
Number of Psych Hosp	4.45(SD=5.24)	
Use Psych Meds	**Yes** 84.4%	**No** 13.5%

Academic Profile at Baseline

Year in School	
Freshman 29.3%	Sophomore 26.3%
Junior 16.2%	Senior 9.1%
Graduate 13%	Unclassified 4%
Self-Report Grades	
A 24.2%	B-, C+ 17.2%
A-, B+ 32.3%	C, C-, lower 9%
B 13.1%	
Campus/ Mental Health Supports	
Psychiatrist Yes 87.6%	Disability Services No 70.8%
Therapist Yes 69.9%	Accommodations No 74%

Top Barriers to Academic Success

- Concentrating 81.3%
- Time Management 71.9%
- Maintaining Stamina 67.7%
- Memorizing Information 65.6%
- Prioritizing Tasks 65.6%
- Studying for Exams 65.6%
- Maintaining Organization 64.6%
- Managing Symptoms 61.5%

Educational Barriers Questionnaire Factor Analysis

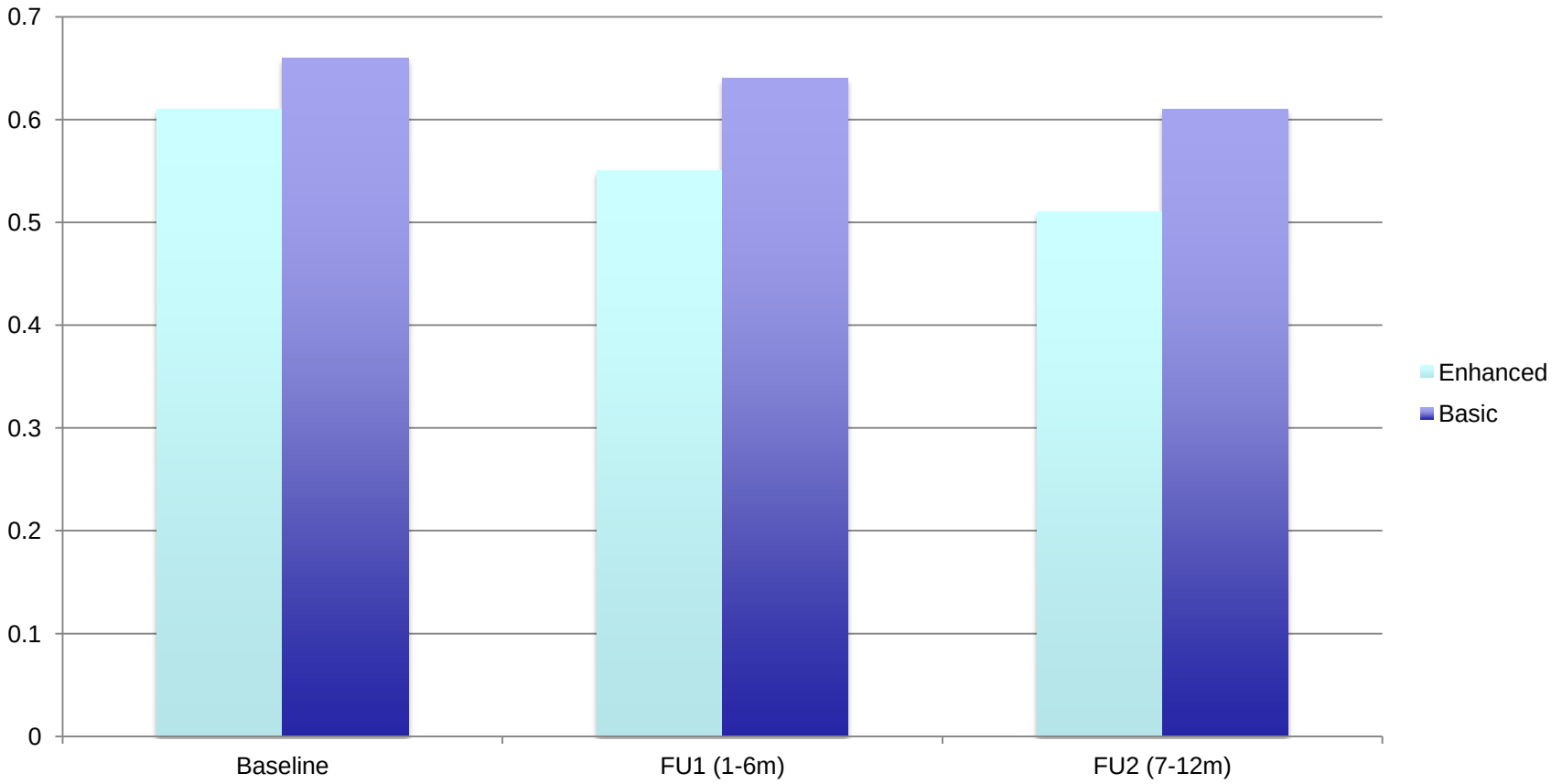
Factor 1: Executive Functioning Skills

Factor 2: Essential Academic Skills

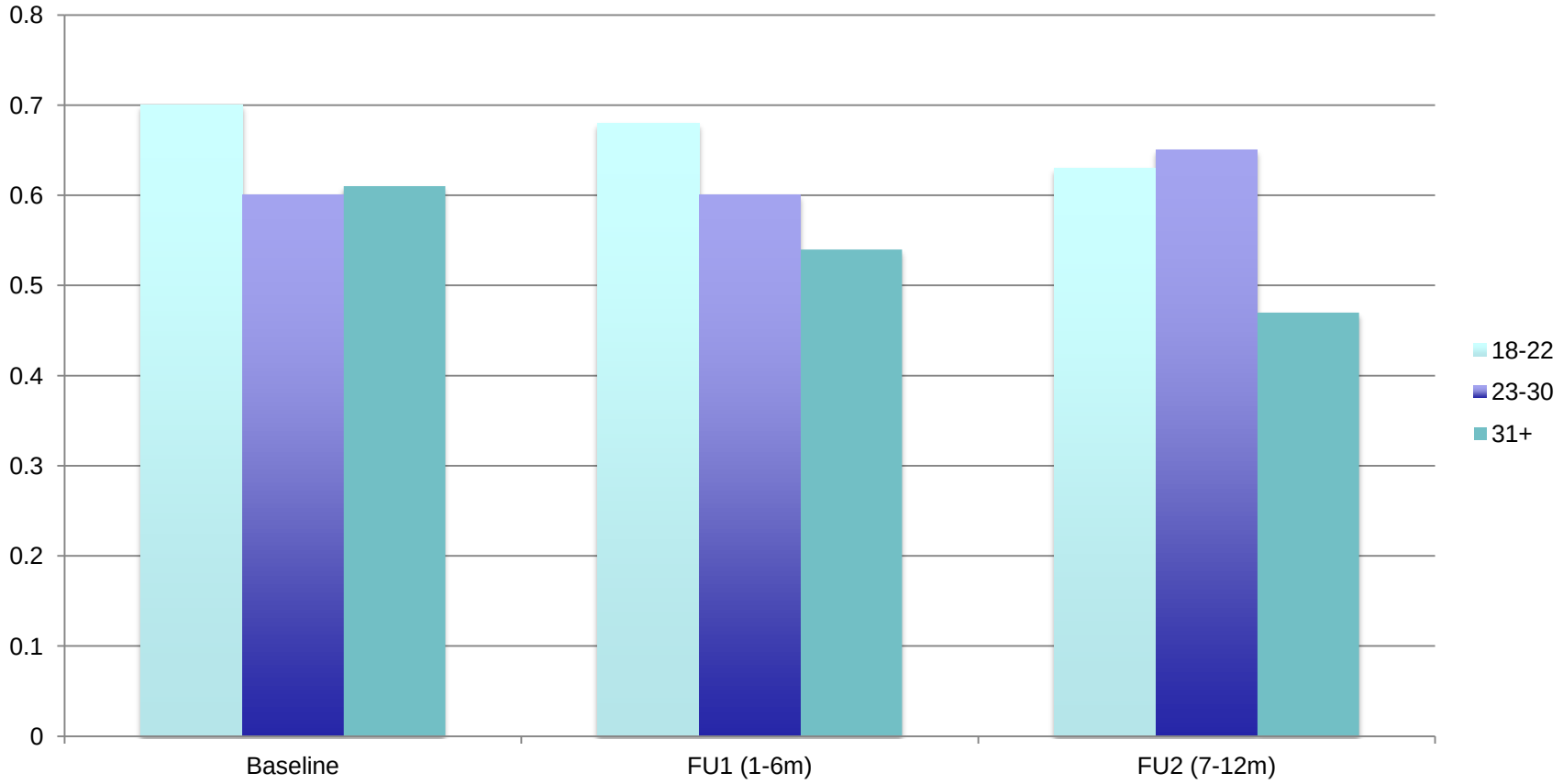
Factor 3: Logistics/Mechanics of Postsecondary Education

Factor 4: Social Skills

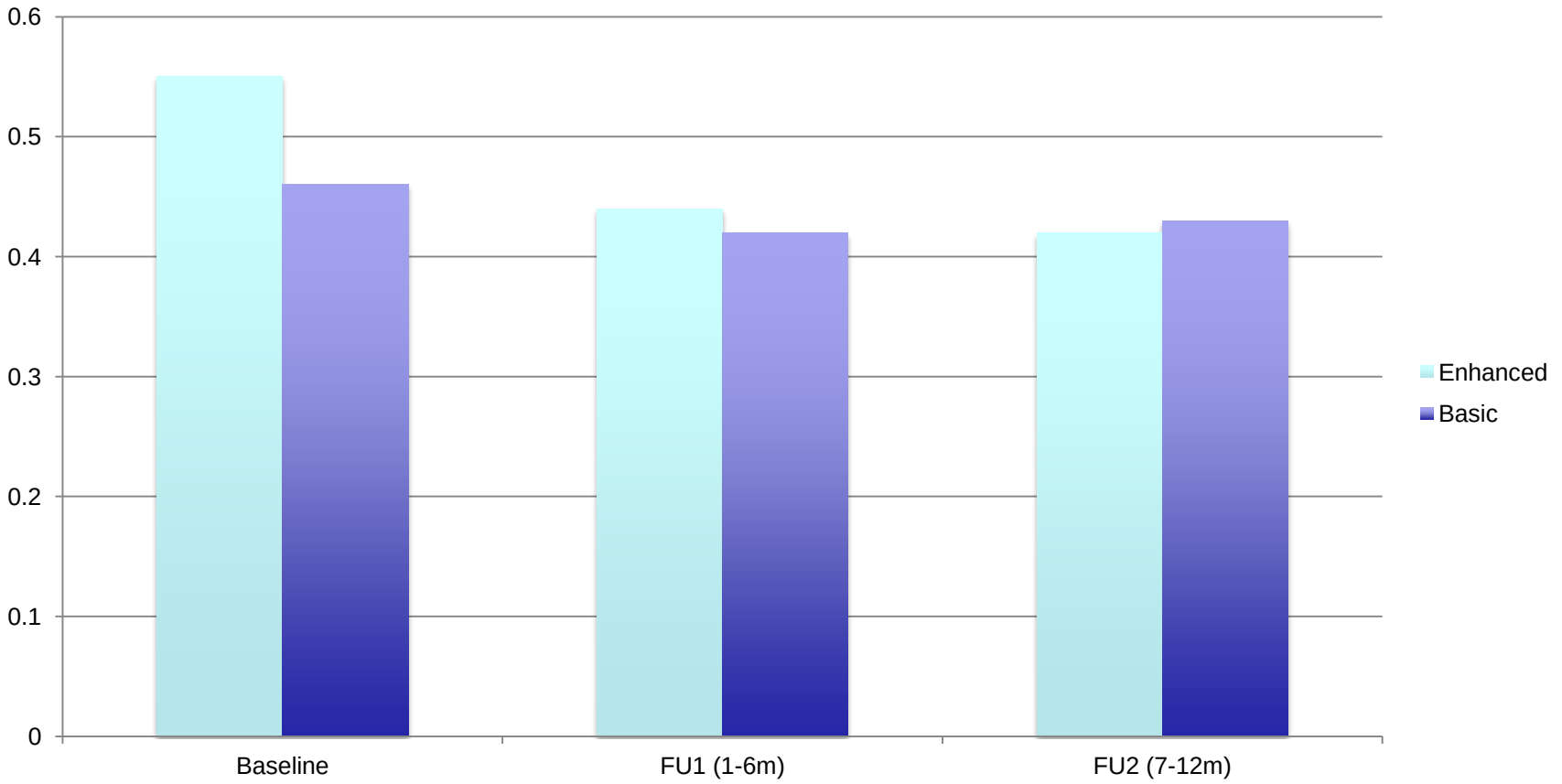
Executive Functioning Subscale



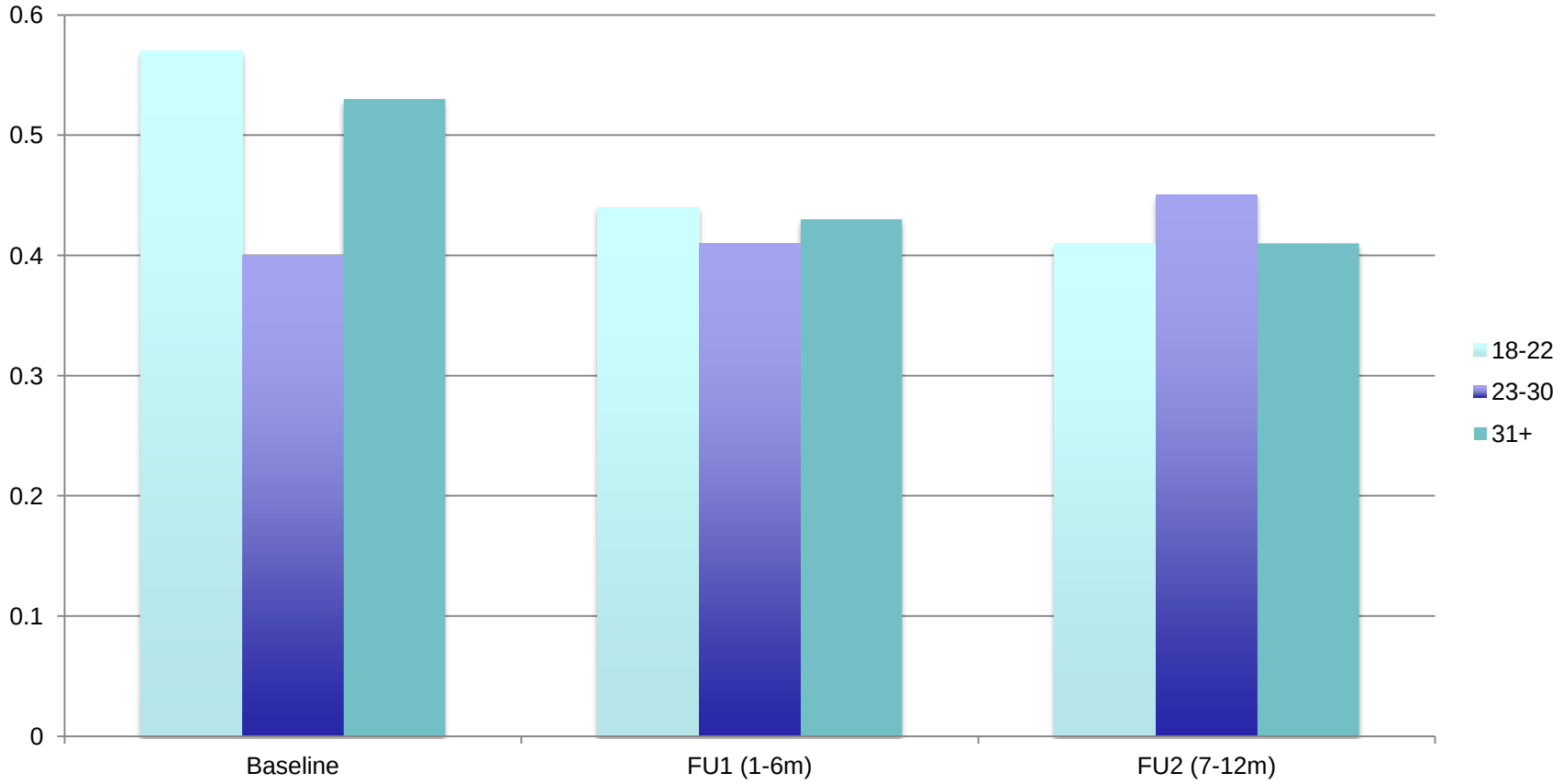
Executive Functioning Subscale by Age Group



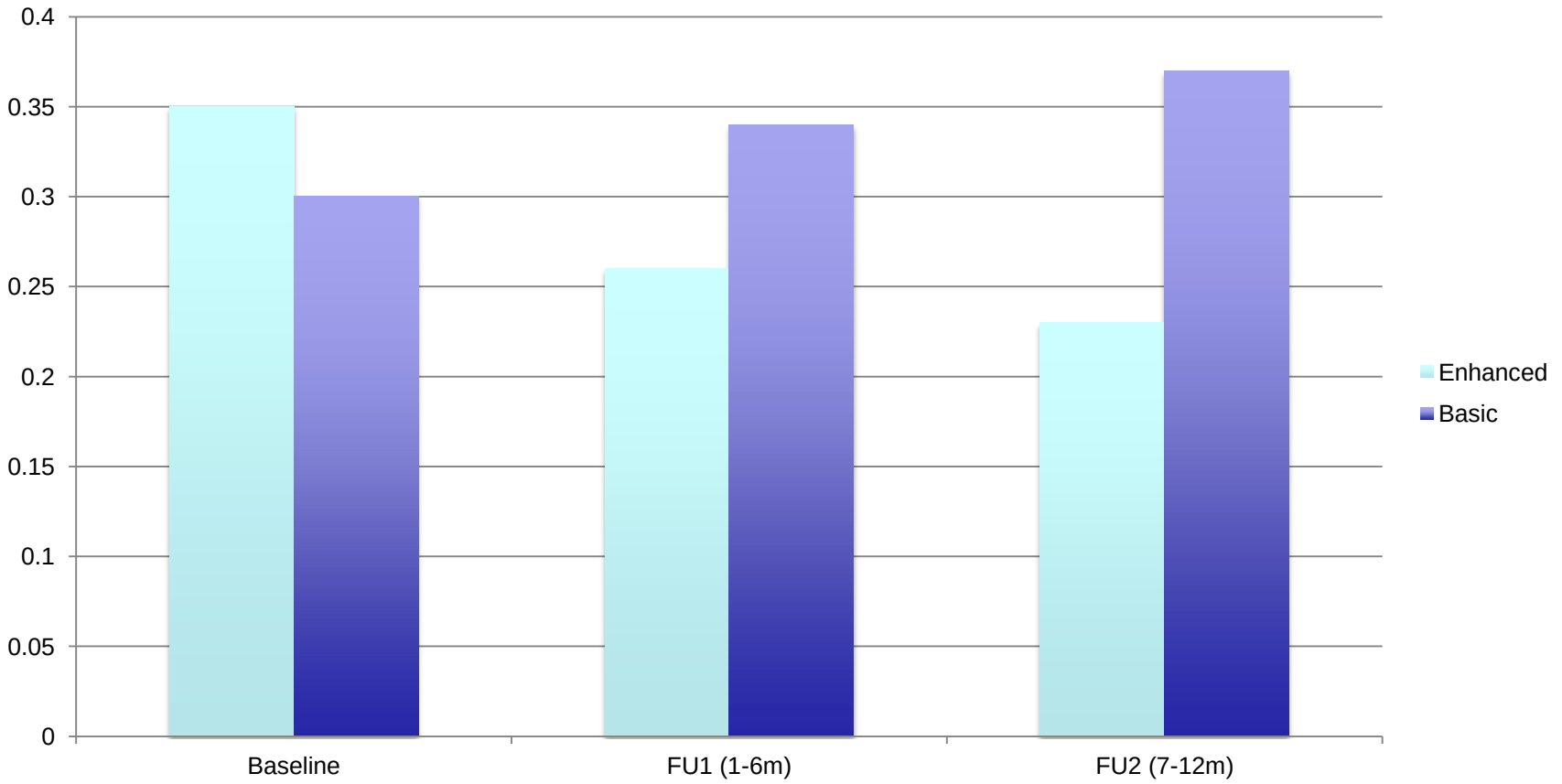
Essential Academic Skills Subscale



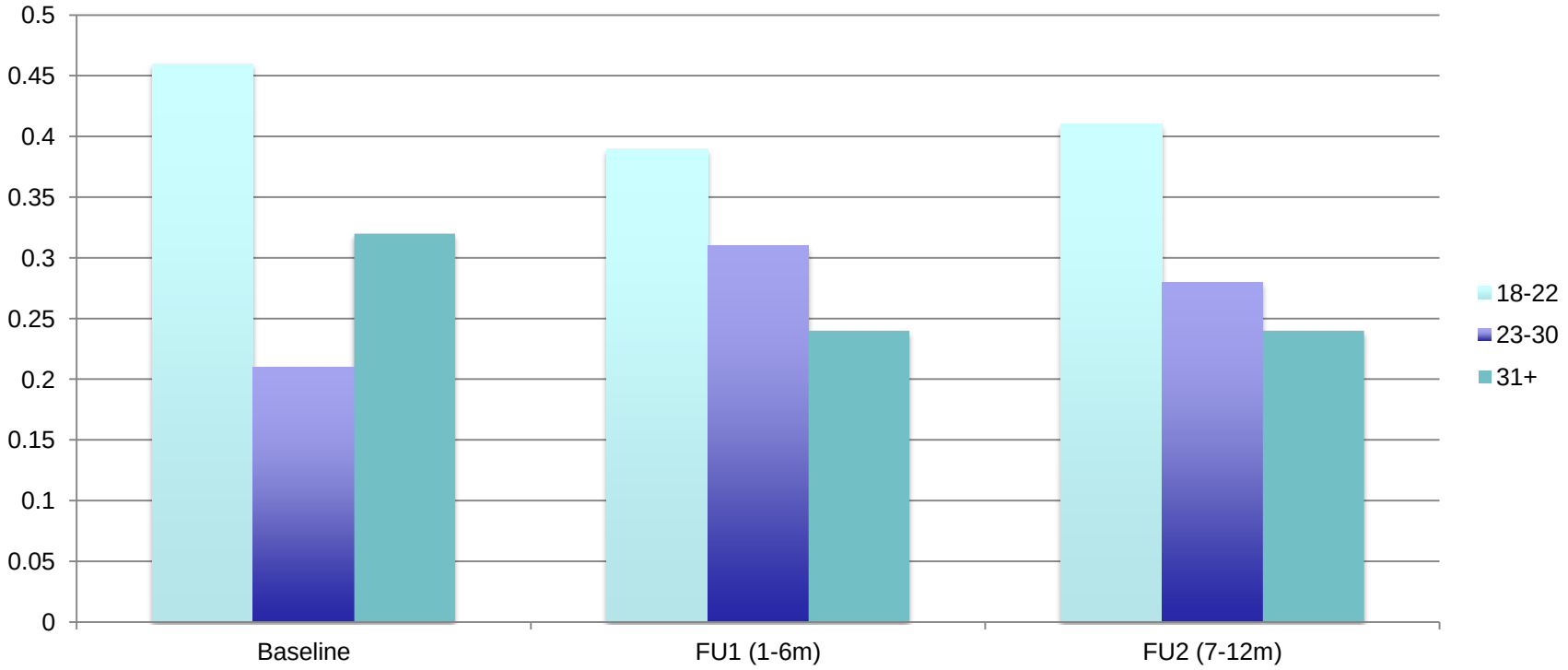
Essential Academic Skills Subscale by Age Group



Logistics/ Mechanics Subscale

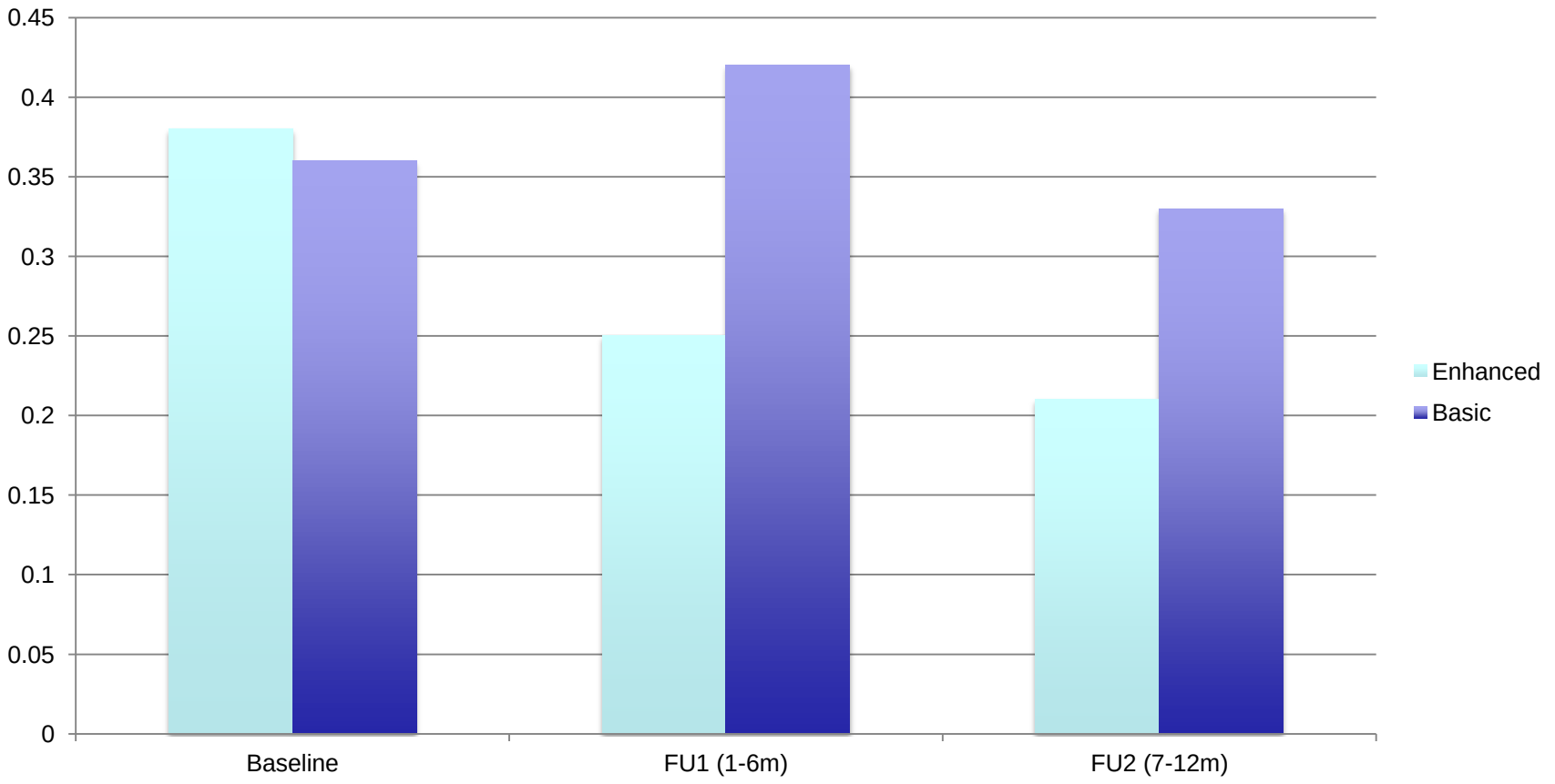


Logistics/ Mechanics Subscale by Age Group

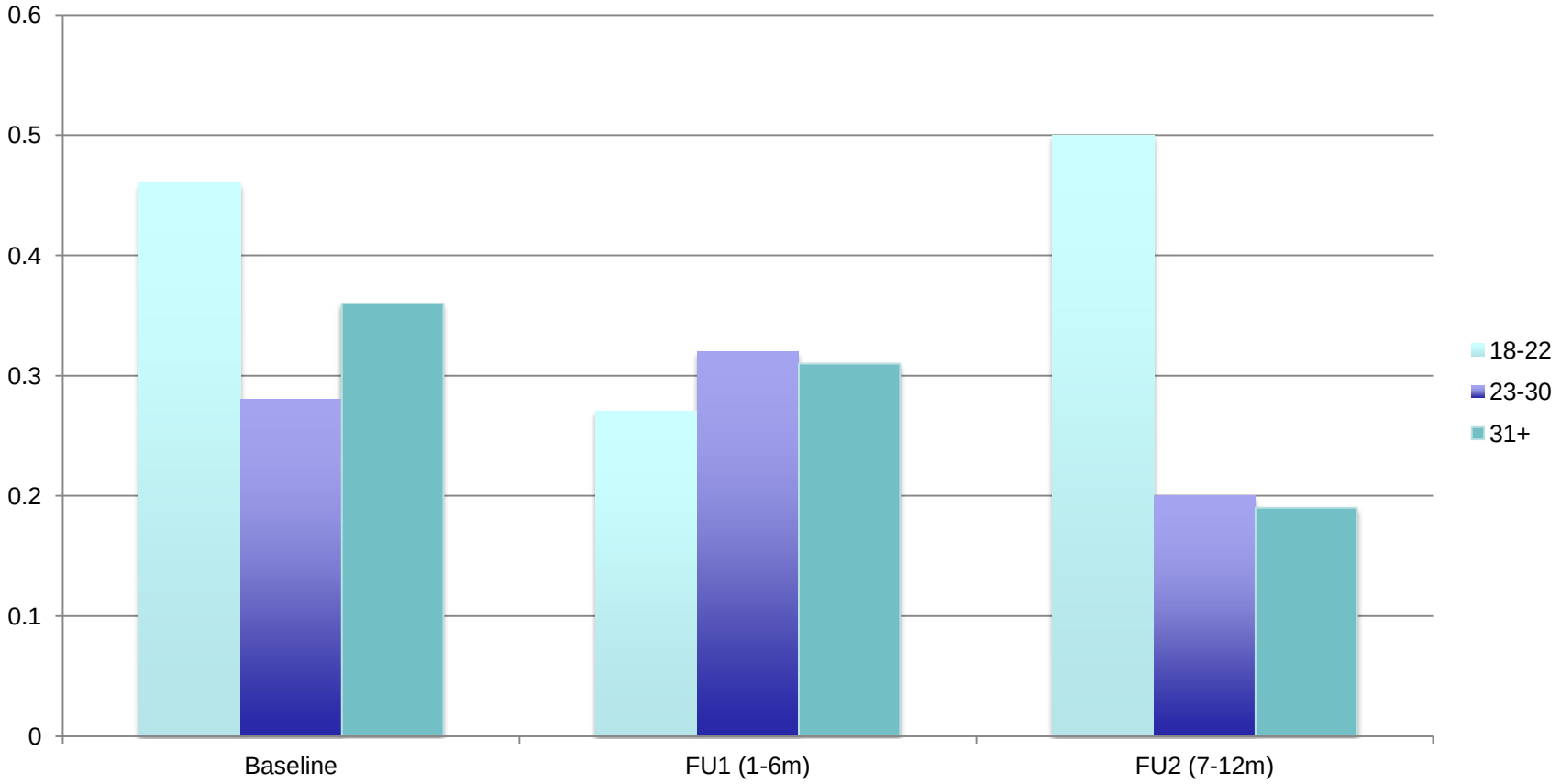


Significant difference between 18-22 and 23-30 at baseline.
$F(2, 88) = 3.78$, $p < .05$

Social Skills Subscale



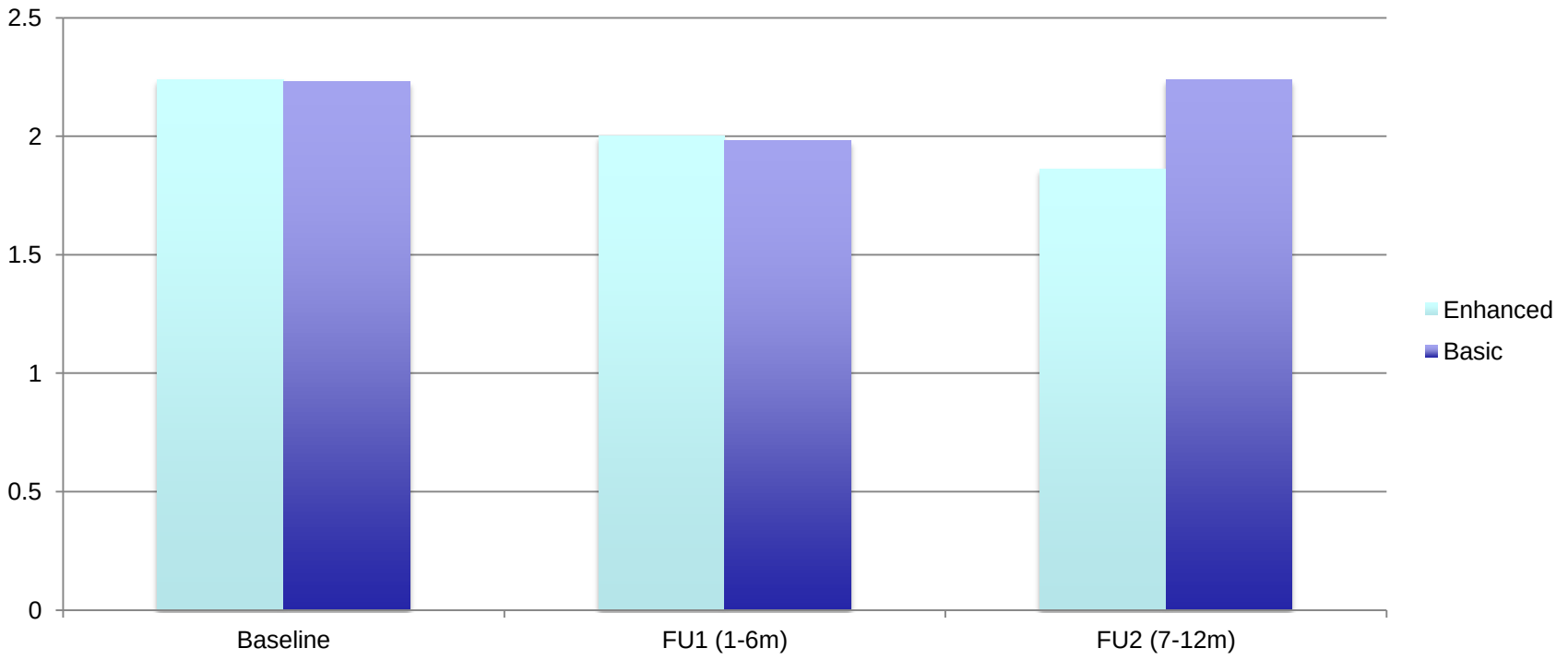
Social Skills Subscale by Age Group



Symptoms & SEd

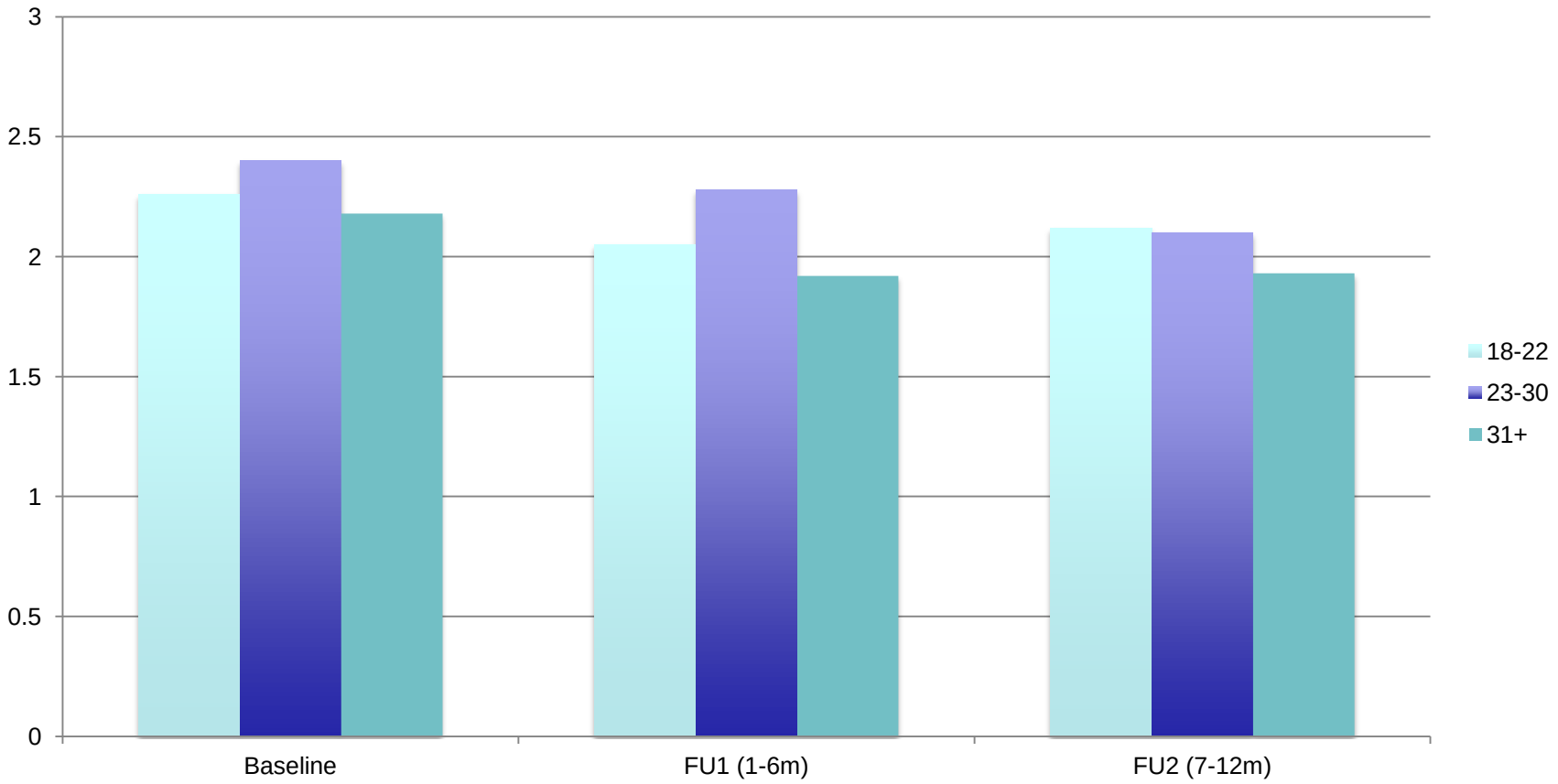
- Most people are interested in the classic psychiatric symptoms when discussing SEd or people with psychiatric conditions
- SEd may be as helpful with symptoms as they are with developing EF or academic skills

Hopkins Symptom Checklist

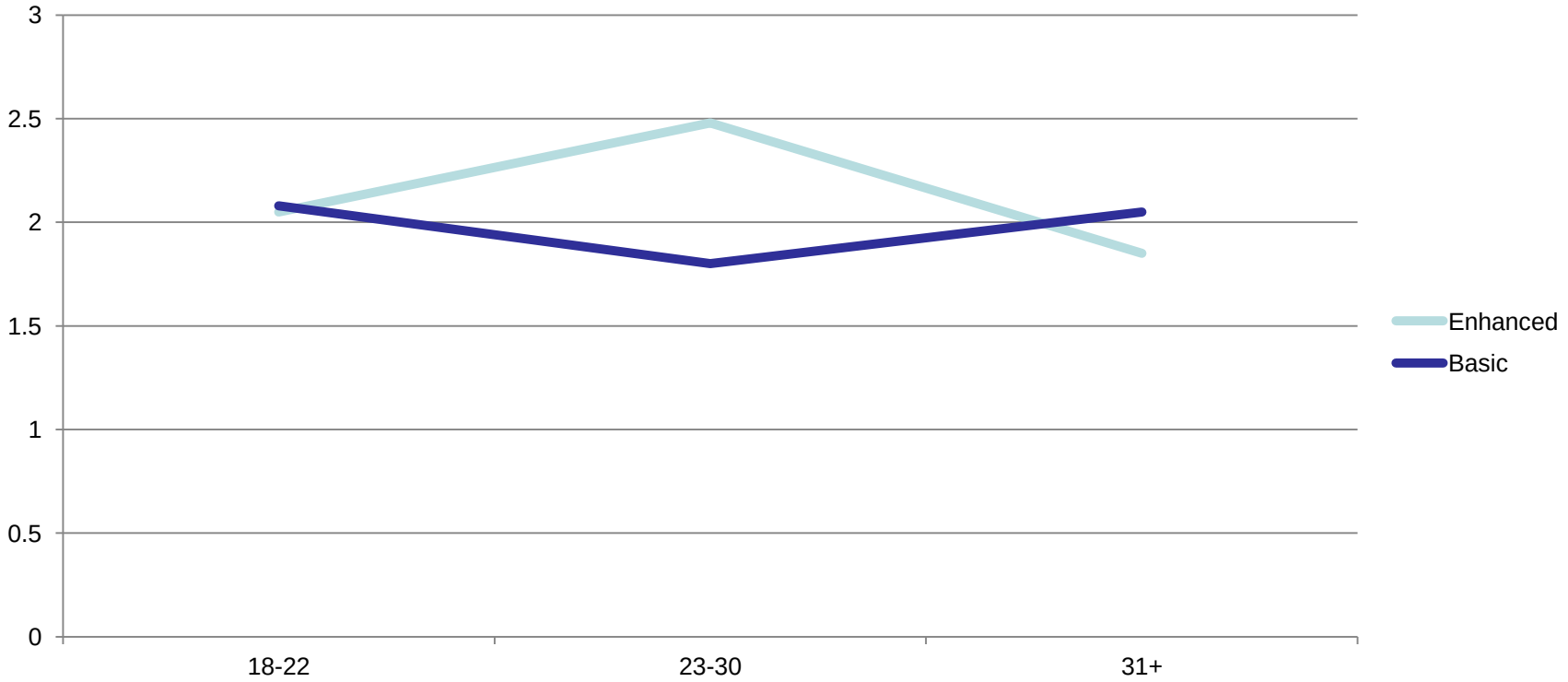


Significant difference at FU2 between enhanced and basic conditions.
$t(37) = -2.28$, $p < .05$

Hopkins Symptom Checklist by Age Group



Interaction between Age and Condition



Hopkins at Follow-Up 1: ANCOVA with baseline Hopkins as covariate
$F(2,48) = 3.57$, $p = .04$

Findings Disclaimer

- This study is still recruiting participants
- Most of the findings do not yet have sufficient power to show statistical significance
- The preliminary findings show promise to providing evidence to SEd

More Information

If you would like more information about this study or other studies on SEd, please contact:

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