



## Intervention-Focused Research in the Sociology of Mental Health

Friday Jun 02 1:30 pm to 3:00 pm (Eastern Daylight Time)

Session Code: SMH3

Session Format: Regular Session

Session Language: English

Research Cluster Affiliation: Sociology of Mental Health

Session Categories: In-person

A growing area of the Sociology of Mental Health involves the assessment of intervention-based programs and policies in Canadian context, as well as internationally. This session invites emerging scholars working on research related to intervention approaches from randomized control trials to community engaged research. The targeted populations of intervention can be wide ranging, but an emphasis will be placed on equity deserving groups.

Organizers: Jinette Comeau, King's University College at Western University; Marisa Young, McMaster University

Chair: Jinette Comeau, King's University College at Western University

### Presentations

1. *Rui Hou, Toronto Metropolitan University; Isabella Huang, Toronto Metropolitan University*

*Non-presenting author: Josephine Wong, Toronto Metropolitan University*

**Who are helping students? A qualitative analysis of the mental health service providers in China's university setting**

The mental health problem of university students has become a major concern around the world. Evidence shows that mental disorders have become highly prevalent among over 40 million Chinese university students in recent years. Although the current literature has highlighted the workforce shortage is a global issue in the delivery of mental health intervention, there remains a knowledge gap on how mental health promotion is conducted in the university setting where the workforce shortage is the main challenge. It is also unclear how universities remedy the situation and whether their solution works. Our paper addresses this gap by exploring the following three questions: (1) Who are the main actors in the delivery of mental health in the Chinese university and college context? (2) What role do they play in the mental health service provided by China's college system? (3) What are the main facilitators and barriers in their mental health supporting practices? Through the focus group interview of 141 mental health service providers in the university context of Shandong province, our research identifies four types of service providers whose practices constitute the foundation of China's university mental health support network. Inspired by the health-setting approach, this article further examines the association between service providers' institutional positions, knowledge background, and the advantages and disadvantages in their practices of mental health intervention. Our work proposes that the health-setting approach can help us understand how facilitators and challenges in the frontline delivery of mental health support are embedded within a university context oriented to non-health goals. We also expect this research can help map out the unique features of the workforce situation in the mental health support system of Chinese universities and help researchers and practitioners better localize their intervention and assessment.

