

Background: Professional programs such as pharmacy and medicine are known to be challenging and stressful for the students enrolled. Many studies have explored medical student mental health, and some have even compared pharmacy to medicine programs. Minimal literature exists regarding pharmacy student mental health.

Objective: This study aims to recognize the curriculum's potential impact on student mental health, pinpoint the stage in the curriculum with the highest rate of medication therapy initiation, and assess whether students associate the curriculum with their mental state.

Methods: A Qualtrics survey was given to second, third, and fourth-year cohorts in August of 2023. Students were asked if they were currently being treated for anxiety or depression and when they sought treatment. If treatment was initiated after exposure to the curriculum, they were asked which semester it occurred during. They were also asked if they believed the curriculum impacted their mental health.

Results: A total of 63 responses were collected. 74.6% of respondents reported depression and/or anxiety and 79.4% reported that pharmacy school had impacted their mental health. Of those being treated with medication, 65.5% began the medication after entering the program. 42.1% of students that initiated medication after starting the program began taking the medication during the fall of their second professional-year.

Conclusion: Data gathered will prove helpful for faculty and administrative understanding of student mental health. Results of this study are being shared with the Wellbeing and Resilience Committee to aid in wellness activity planning as well as resource-building.