

# Oral Defense Announcement

## University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree  
Doctor of Nursing Practice with an emphasis in Psychiatric Mental Health Nurse Practitioner

Viktoriya Ivantsova

B. S. Nursing, University of Missouri-St. Louis, 2018

### Depression Screening and Education for Immigrants to Increase Access to Care

Date: July 10, 2024

Time: 10:30 a.m. to 11:00 a.m.

Place: Nursing Administration Building 106

#### **Abstract**

**Problem:** Immigrants are at risk for developing mental health disorders due to multiple factors including social, cultural, or economic factors. This can result in a lower quality of life and an increased chance of further disabilities. Although immigrants are at increased risk for the development of mental health disorders, studies show that utilization of available services and resources are low. Additionally, organizations that provide services to immigrants may not be implementing screening and psychoeducation.

**Methods:** This quality improvement (QI) project followed a descriptive, observational design along with an educational intervention. Using convenience sampling for recruitment, Russian and/or Ukrainian adults ages 18-65 years old who had received services through the partnering organization completed a Patient Health Questionnaire-8 (PHQ-8) prior to an educational seminar. Four weeks after the educational seminar, participants completed a follow-up PHQ-8 and survey via email. Data collected included demographics, pre- and post-PHQ-8 results, and whether respondents sought out resources following the education.

**Results:** Five participants initially screened positive for depression via the PHQ-8. After implementation of the educational intervention, three out of five individuals scoring positive for depression sought out resources (42.9%) and showed a decrease in their PHQ-8 scores.

**Implications for Practice:** Implementation of screening and psychoeducation is recommended for organizations providing services for immigrant populations to potentially increase access and utilization of existing services.

#### **Defense of Dissertation Committee**

Brittania Phillips, DNP, APRN, PMHNP-BC

Committee Chairperson

Debra D'Arcy, DNP, RN

Committee Member

Jason Baker, PhD

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