

Presentation of the results of the Study of the Sentinel Students Program in the Faculty of Medicine

Tuesday, 17 June 2025

The results of the Study of the Alumnes Sentinella program, carried out at the Faculty of Medicine of the University of Girona, under the direction of Jesús Marí Garreto, graduated in medicine from this faculty, have been presented.

The study stands out for its originality and its main contribution: the participation of medical students themselves in the mentoring, support and referral of identified cases of emotional disorders among their peers. This program does not aim to replace mental health professionals, but to take advantage of peer proximity to facilitate psychological support in situations of anxiety, depression or burnout.



The programme counts with the participation of 41 students, trained in emotional risk detection skills and knowledge of the local care network, who support groups of students from lower courses. The Galatea Foundation has been responsible for the training and tutoring of sentinel students.

According to several studies, the levels of depression, anxiety and burnout among medical students in Spanish universities are high. This program has proven to be a useful tool for accessing mental health services, with 63.5% of students evaluating the experience as positive. In addition, knowledge of mental health resources has increased significantly after the implementation of the program.

The study also analyzed the impact of the program on the sentinel students themselves, without detecting indicators of emotional wear. All participants have acted voluntarily and altruistically, receiving teaching credits and a certificate of participation.

The main conclusions of the study include an increase in the knowledge of mental health resources, a greater awareness of the importance of mental health among future doctors, and a decrease in the stigma associated with mental illness.

For the future, it is considered desirable that the experience be replicated in other faculties and university degrees, given its null economic cost and the benefits demonstrated.



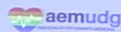
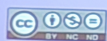
Creació i avaluació d'un programa estudiantil sobre el coneixement dels serveis de salut mental i la prevenció de la depressió, l'ansietat i la síndrome de burnout en estudiants de medicina:

Estudi del Programa d'Alumnes Sentinella



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