

3 GOOD HEALTH AND WELL-BEING



3. GOOD HEALTH & WELL-BEING



NUMBER OF PUBLICATIONS & THESES

52



NUMBER OF PROJECTS

94



NUMBER OF EVENTS

29



NUMBER OF COURSES OFFERED

53



NUMBER OF COLLABORATION

3



NUMBER OF AWARDS

4

SDG 3 GOOD HEALTH AND WELL-BEING

Ensure healthy lives and promote well-being for all at all ages

Targets and Indicators

3.1 By 2030, reduce the global maternal mortality ratio to less than 70 per 100,000 live births.

3.2 By 2030, end preventable deaths of newborns and children under 5 years of age, with all countries aiming to reduce neonatal mortality to at least as low as 12 per 1,000 live births and under-5 mortality to at least as low as 25 per 1,000 live births.

3.3 By 2030, end the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases and combat hepatitis, water-borne diseases and other communicable diseases.

3.4 By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.

3.5 Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.

3.6 By 2020, halve the number of global deaths and injuries from road traffic accidents.

3.7 By 2030, ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes.

3.8 Achieve universal health coverage, including financial risk protection, access to quality essential health-care services and access to safe, effective, quality and affordable essential medicines and vaccines for all.

3.9 By 2030, substantially reduce the number of deaths and illnesses from hazardous chemicals and air, water and soil pollution and contamination.

3.A Strengthen the implementation of the World Health Organization Framework Convention on Tobacco Control in all countries, as appropriate.



3.B Support the research and development of vaccines and medicines for the communicable and noncommunicable diseases that primarily affect developing countries, provide access to affordable essential medicines and vaccines, in accordance with the Doha Declaration on the TRIPS Agreement and Public Health, which affirms the right of developing countries to use to the full the provisions in the Agreement on Trade Related Aspects of Intellectual Property Rights regarding flexibilities to protect public health, and, in particular, provide access to medicines for all.

3.C Substantially increase health financing and the recruitment, development, training and retention of the health workforce in developing countries, especially in least developed countries and small island developing States.

3.D Strengthen the capacity of all countries, in particular developing countries, for early warning, risk reduction and management of national and global health risks.

Courses, Theses, Publications

TEDU is committed to advancing Sustainable Development Goal 3 (SDG 3), which emphasizes ensuring healthy lives and promoting well-being for all. To foster well-being of individuals and communities, TEDU offers a range of courses designed to prepare future professionals and support the physical and mental well-being of the students.

The curriculum includes **PSY 242: Stress and Coping**, which equips students with essential strategies to manage stress effectively and cultivate resilience in daily life. **PSCG 210: Premarital Counseling**, promotes healthy relationships and emotional well-being. **PSY 343: Clinical Psychology** offers in-depth insights into mental health disorders and therapeutic interventions, preparing students to become mental health advocates and professionals. **PSCG 430: Psychology of Eating**, explores the psychological aspects of eating behaviors and their impact on overall health. In addition, TEDU acknowledges the importance of sexual and reproductive health as

part of overall well-being. Through **PSCG 200: Sexual Health Education**, students gain access to crucial information and education on sexual and reproductive health, promoting informed choices and responsible practices.

TEDU actively contributes to the advancement of SDG 3 through the impactful research and publications of its faculty members.

In the recent years, several faculty members have focused on improving the healthcare services and outcomes for the vulnerable groups, including women, children, immigrants, and economically disadvantaged people. Most recent publications of our faculty members on this focus are:

- Budhwani, Henna, et al. "Patient health literacy and communication with providers among women living with HIV: a mixed methods study." *AIDS and Behavior* (2022): 1-9.
- Turan, Bulent, et al. "Resilience and optimism as moderators of the negative effects of stigma on women living with HIV." *AIDS patient care and STDs* 36.12 (2022): 474-482.
- Budhwani, Henna, et al. "Validation of HIV pre-exposure prophylaxis (PrEP) medication scales with youth on PrEP: PrEP confidence scale and PrEP difficulties scale." *AIDS Patient Care and STDs* 36.11 (2022): 443-450.
- Kose, Tekin, and Nur Orak. "Perceived neighborhood crime and health: a multilevel analysis for Turkey." *Safer Communities* 21.4 (2022): 243-259.
- Van Gerwen, Olivia T., et al. "The Relationship between HIV Pre-exposure Prophylaxis Stigma and Treatment Adherence among current HIV pre-exposure Prophylaxis users in the Southeastern US." *AIDS and Behavior* 27.5 (2023): 1478-1485.
- Budhwani, Henna, et al. "Development and validation of the youth pre-exposure prophylaxis (PrEP) stigma scale." *AIDS and Behavior* 27.3 (2023): 929-938.

The COVID-19 pandemic has underscored the vulnerabilities in healthcare management systems, emphasizing the critical need for resilient and adaptable system designs. TEDU aims to develop resilient healthcare management systems



that address the challenges posed by pandemics, considering not only the physical well-being of individuals but also their mental health. Recent publications by the faculty members are:

- Randall, Ashley K., et al. "Coping with global uncertainty: Perceptions of COVID-19 psychological distress, relationship quality, and dyadic coping for romantic partners across 27 countries." *Journal of Social and Personal Relationships* 39.1 (2022): 3-33.
- Nemli, Salih Atakan, et al. "Living with HIV during COVID-19: knowledge and worry about COVID-19, adherence to COVID-19-related precautions, and HIV health outcomes." *AIDS care* 35.5 (2023): 639-642.
- Ceylan-Batur, Suzan, et al. "The Role of Honor Concerns in Disclosing (vs. Hiding) COVID-19 Diagnosis: Insights from Türkiye." *Sex Roles* 89.7 (2023): 409-424.
- Yaşar, Burze. "The impact of COVID-19 on volatility of tourism stocks: Evidence from BIST tourism index." *Handbook of Research on the Impacts and Implications of COVID-19 on the Tourism Industry*. IGI Global, 2021. 23-44.

TEDU also places great importance on the integration of technology with healthcare management, recognizing its vital role in advancing healthcare systems. Recent publications that highlight this focus include:

- Okasha, Amr, et al. "Modeling and evaluation of human motor learning by finger Manipulandum." *International Conference on Social Robotics*. Cham: Springer Nature Switzerland, 2022.

Events – Activities

TEDU is dedicated to fostering a supportive and engaging environment for both staff and students through a range of events and activities aimed at promoting well-being, professional development, and personal growth.

For the **staff**, the 2023-2024 academic year featured several initiatives, including:

- **January 14, 2023**-A seminar titled "**Ergen Ebeveyni Olmak**" was organized, providing parents with valuable insights and strategies to navigate the challenges of parenting adolescents.
- **November 29, 2023** – A talk titled "**Dijital Çağda Aşk ve Romantik İlişkiler**" by Dr. Pınar Çağ, focusing on love and relationships in the digital age.



- **Theatre Event**, providing staff with an opportunity to unwind and enjoy cultural enrichment.
- **TEDU Psychology Club's Psychology Days**, featuring sessions on mental health and psychology that also cater to staff well-being.

For **students**, TEDU organized various events to safeguard both their physical and mental health. These events are as follows:

- **FIFA Tournament**, encouraging friendly competition and interaction among students.
- **Karaoke Event**, providing a fun and interactive space for stress relief and social engagement.
- **TEDUWEEN K-POP Random Dance**, merging Halloween festivities with a dynamic dance event, promoting both physical activity and creativity.
- **Online Chess Tournament**, offering students an intellectual and strategic challenge to stimulate mental well-being.
- **November 30, 2023** – Talk on "**Self-Psychology Approach and Case Presentation**" by Öğr. Gör. Dr. Deniz Okay, providing psychological insights to support students' mental health.



- **Dance Lessons**, offering students a chance to stay active and learn new dance styles, contributing to their physical well-being.
- **Sana TEDÜ Festivali Stand-Up Shows**, bringing humor and entertainment to help relieve stress and boost morale.

TEDU recognizes its responsibility for the well-being of not only its students and staff but also the broader community. It is committed to supporting students in organizing various events that cultivate responsible individuals who are highly motivated to contribute to the well-being of the world. By facilitating student-led initiatives, TEDU supports the well-being of both vulnerable groups and students themselves, fostering an environment where everyone can thrive. The following events exemplify this commitment:

- **Kızılay Kan Bağıışı** (Turkish Red Crescent Blood Donation), encouraging students and staff to contribute to lifesaving blood donations.
- **Sinema Yardım Gecesi** (Cinema Charity Night), combining entertainment with charitable efforts to support those in need.
- **Oyuncak Seferberliği** (Toy Mobilization), a campaign aimed at collecting toys for children in need, fostering a sense of community and compassion.
- **Minik Dilekler Ağacı** (Little Wishes Tree), an initiative that encourages the community to fulfill small wishes for those facing challenges.



- **Sesli Kütüphane** (Audio Library), providing accessible resources for individuals with visual impairments and promoting inclusivity in education.
- **Bu Nisan TEDÜ'de Şenlik Var Etkinliği** (April Festivities at TEDU), a celebration that brings the community together while raising awareness for various social causes.



Collaboration, Projects, Awards

TEDU has established several collaborations with local, national, and global health institutions aimed at improving health and well-being outcomes.

Recent collaborations include **7/24 Uzaktan Sağlık Sunumu Hizmetine İlişkin Pilot Çalışma Protokolü** (24/7 Remote Health Presentation Service Pilot Study), which aims to enhance access to healthcare services through innovative technology.

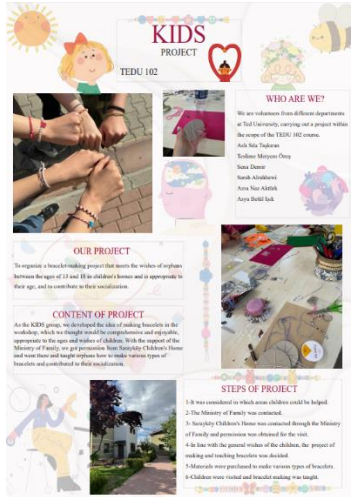
Additionally, TEDU has actively participated in various **LÖSEV** (Leukemia and Childhood Cancer Patients' Health and Education Foundation) activities. Primary goal of TEDU in such a collaboration is to raise awareness and understanding of leukemia and other types of cancers within the community.

TEDU is actively engaged in various projects aimed at improving the well-being of vulnerable populations, including refugee children, disabled individuals, and youth in rural areas.

Refugee Children's Project: This initiative provides structured entertainment and educational activities for refugee children in Turkey, creating a safe environment where they can play, learn, and heal.



Bracelet-Making Project: Aimed at orphans aged 13 to 18, this project facilitates socialization through creative activities, addressing their emotional and social needs.



Disabled Individuals Awareness Project: This project seeks to raise public awareness about the challenges faced by disabled individuals in society, advocating for their rights and needs.

Book Donation Campaign: Recognizing the disparities in resources between urban and rural schools, this initiative involves collecting books for students in village schools to enhance their educational opportunities.



Sports Initiative for Youth: In collaboration with GENÇSEN - Etlik Tennis Club, this project engages children in sports activities, promoting

physical health and teamwork among students in limited-resource environments.

Elderly Care Initiative: This project aims to enhance the quality of life for elderly individuals in nursing homes by providing companionship and support, while also promoting awareness about their needs within the community.



Sanitary Pad Support at TEDU: Taxes on pads and tampons in Turkey make it challenging to access menstrual products. In Turkey, 18 percent tax is applied to menstrual products under the Luxury Consumption Tax. However, menstrual products should be evaluated under the basic needs category. Due to the inflation-induced price increases in Turkey, women, poor people, and university students bring up the “menstrual poverty.” The price increases in many products due to the significant hikes in services within the scope of basic housing needs such as electricity and natural gas led to the “basic needs and tax” discussion. In addition to the call for zero value-added tax for food products, women also demand a zero tax for menstrual products. Research (1) conducted by the Deep Poverty Network shows that 82 percent of women participants do not have access to pads, and only 18 percent can access pads without any support. Another research (2) conducted with more than 6,500 university students in France reveals that 13 percent of participants had to sacrifice another basic need to buy tampons or pads. A third of participants say they need financial support to buy these products. It is clear that menstrual poverty is a social issue and a real problem in terms of equality. To cope with this problem, a certain amount of pads will be provided free of charge in our university to be used in cases where pad access is difficult. The pads provided are a gift from TEDU and the Center for Gender Studies to the members of our university for March 8, International Women’s Day.

Points where you can reach the pads:

- Ayşe Ilicak Library (Block B)
- Registrar’s Office (Blok A)



- English Language School - Secretarial (B 543)
- Ayşe İlicak Library (Block D)
- Faculty of Architecture and Design - Secretarial (D 016)
- Faculty of Education - Secretarial (D116)
- Faculty of Economics and Administrative Sciences - Secretarial (D 226)

Shared sports facilities: Share sports facilities with the local community, for instance with local schools or with the general public. All matches of TED Ankara College Sports Club are played free of charge and open to the public.

<https://www.kolejliler.com/takvim>



Promoting Mental Health: TEDU has been offering one master's and one Ph.D. program in clinical psychology adopting a scientist-practitioner model. Both programs aim to train clinical psychologists competent in providing psychosocial support and psychotherapy to various groups from diverse cultural backgrounds. Students are provided with scientific and practical skills to conduct psychosocial support and psychotherapy for individuals and families from diverse cultural backgrounds. The program employs several faculty members who are specialized in personal and collective traumas, family crises, grief and bereavement, ambiguous losses, depression, anxiety, personality disorders, family therapy, child psychopathology, collective memories, and psychotherapy process. So far, X students graduated from the Clinical Psychology Master Program at TEDU working at academic settings and diverse mental health sectors.



As part of the supervision process in the Clinical Psychology Master Program, free mental health services are provided to children and families from disadvantaged backgrounds in the TEDU Clinical Psychology Unit (Klinik Psikoloji Uygulama Birimi). Recruited families are provided psychotherapy and psychosocial support by graduate students who are supervised by faculty members. The unit aims to conduct research and provide mental health services for traumatic experiences (ranging from natural to human-induced traumas, abuse, violence, and chronic illnesses), family crises, parenting, adaptation problems regarding developmental transitions, losses and grief, and intergenerational transmission of parental mental health problems. Some of the recent publications and thesis of the members working at the unit are as follows:

- Nemli, S. A., Yigit, I., Agrali, B., Gokengin, D., & Turan, B. (2023). Living with HIV during COVID-19: knowledge and worry about COVID-19, adherence to COVID-19-related precautions, and HIV health outcomes. *AIDS care*, 35(5), 639–642. <https://doi.org/10.1080/09540121.2022.2148156>
- Zorlular, M., & Uzer, T. (2023) Investigating the relationship between sensory processing sensitivity and relationship satisfaction: mediating roles of negative affectivity and conflict resolution style. *Current Psychology*, 42, 26504–26513. <https://doi.org/10.1007/s12144-022-03796-3>
- Budhwani, Henna, et al. "Validation of HIV pre-exposure prophylaxis (PrEP) medication scales with youth on PrEP: PrEP confidence scale and PrEP



- difficulties scale." *AIDS Patient Care and STDs* 36.11 (2022): 443-450.
- Uzer, T., Beşiroğlu, L., Karakılıç, M., Yalçın, D. Ö., Yazar, M. S., & İlden Koçkar, A. (2023). Investigating traumatic memory integration in people with and without post-traumatic stress disorder using the event-cueing paradigm. *Memory (Hove, England)*, 31(9), 1176–1184. <https://doi.org/10.1080/09658211.2023.2232588>
 - Karabayır, A., & Ar-Karci, Y. (2023) "I have lost my second parent": developmental and cultural meanings of bereavement among Turkish college students grieving for the death of a grandparent. *Current Psychology* / 42, 28417–28430 (2023). <https://doi.org/10.1007/s12144-022-03948-5>
 - Yıldız, E. (Supervised by Assoc. Prof. İlgin Gökler Danışman) (2023). The psychological effects of the COVID-19 pandemic on children: an investigation from bioecological perspective (Master Thesis)
 - Filiz, A. (Supervised by Assoc. Prof. İlgin Gökler Danışman) (2023). Investigating the relationship between family system characteristics and differentiation of the self in late adolescence during the launching phase: the role of parental boundary ambiguity (Master Thesis)
 - Yılmaz, K. (Supervised by Assoc. Prof. İlgin Gökler Danışman) (2023). Investigating the effects of boundary ambiguity and parentification on youth's symptomatology and attitudes and expectations about future in divorced families (Master Thesis)

Following the Kahramanmaraş Earthquake in September 2023, faculty members and students in TEDU clinical psychology programs and psychology department provided psychosocial support for the families affected by the earthquake in collaboration with the Turkish Psychological Association. The psychosocial services included but were not limited to psychoeducation, referral, assessment, mitigation of the risk factors against post-traumatic stress disorder and resilience building. Also, TEDU Department of Psychology and TEDU COPeS - Psychosocial Support Unit organized a photography

exhibition entitled "My Hometown" and a public forum entitled "How Are We Coping in the Earthquake's Aftermath?" in cooperation with TED University and Ankara Metropolitan Municipality within the scope of psychosocial support activities carried out after the February Earthquakes in Kahramanmaraş. Opened on June 21, the exhibition "My Hometown" consists of photographs taken by enthusiasts living at the Araplar Family Life Center from their hometowns, reflecting various themes such as people, nature, streets and daily life. On the same day, TEDU hosted a public forum titled "How Are We Coping in the Earthquake's Aftermath?" an interactive session moderated by TEDU Psychology Department faculty members, and ways of coping with the difficulties experienced after the disaster were discussed.



<https://www.tedu.edu.tr/en/whats-happening-tedu/my-hometown-exhibition>

Student Development and Psychological Counseling Center: TEDU Student Development and Psychological Counseling Center employs 2 full-time and 1 part-time expert personnel in 2023.

During the 2023 Academic Year, individual interviews were conducted in our offices, one-on-one and face-to-face, where the subject that the student needs and wants to bring to the counseling process is discussed in depth and confidentiality is essential. With these methods, a total of 2429 interview sessions were held with 152 students and 8 staff in our center.

In addition to the regular process of our center, after the earthquake that occurred in Kahramanmaraş on February 6, 2023 and affected many of our provinces, an announcement was made to our University components,



especially our students, and then short-term psychosocial support was provided as of April 2023. Within the scope of this support, 12 of our students and one staff member were provided psychological support according to their needs after the earthquake. On February 24, 2023, TEDU COPeS Psychosocial Support Unit and our Center organized a psychosocial support seminar for English Language School Instructors in collaboration with the Trauma-Based Approach following the earthquake centered in Kahramanmaraş on February 6, 2023.

On August 28, 2023, a Turkish and English seminar titled 'How Do I Manage My Stress?' and 'How Do I Manage My Stress?' was organized for English Language School students to attend before the English Proficiency Exam.

Three clinical psychologists working at the Student Development and Psychological Counseling Center received a full-day training titled 'Sexual Violence, Concepts and Struggle Methods Workshop' organized by the Association for Combating Sexual Violence on November 30, 2023. At the Psychology Days organized by TEDU Psychology Community on 17.12.2023 with the theme of "External Connections in the Inner World: Individual and Society", Center Manager Sila Deniz Beyarslan organized a workshop titled 'Psychological Support Studies with LGBTI+'s'.

Smoke-free policy: A policy has been developed on our campus to protect the health of our staff, students, guests and all other stakeholders by creating a smoke-free air space on our campus, to support healthy living by creating "Smoke-Free Air Spaces" in designated areas on campus, to prevent non-smokers from being exposed to the harms of tobacco and to prevent environmental pollution caused by tobacco waste, and the following information message has been shared with our members.

According to "The Law no. 4207 On Prevention And Control Of Hazards Of Tobacco Products," the use of tobacco products is prohibited in places used for health services, education and cultural activities; and the law imposes sanctions on violators.

To this end, the use of tobacco products on our campus is prohibited, including all indoor areas and the outdoor areas except for those listed below. Smoking areas on our campus are marked in red in the attached visuals. In case of smoking in places other than those designated and failing to comply with the warnings/rules, a report will be filed and action will be taken against the person concerned.

- Incesu Campus, Block B, the area outside the building behind the ATM,
- Aksu Campus, the space between Block C Cafeteria and Block E ground floor terrace exit
- Aksu Campus, the designated area between the blocks E and H.
- Aksu Campus, Block D, the marked area facing Aksu Street.

