

“SSPH+ Students’ Mental Health” - Results of the inter-university collaboration project

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We thank SSPH+ for the funding of this project.

Why did we propose this project?

National Swiss students survey 2016 and 2020

Swiss Students (20 – 35 yrs.) rate their health as less good than the same age general population.
They have higher depression scores compared to peers.

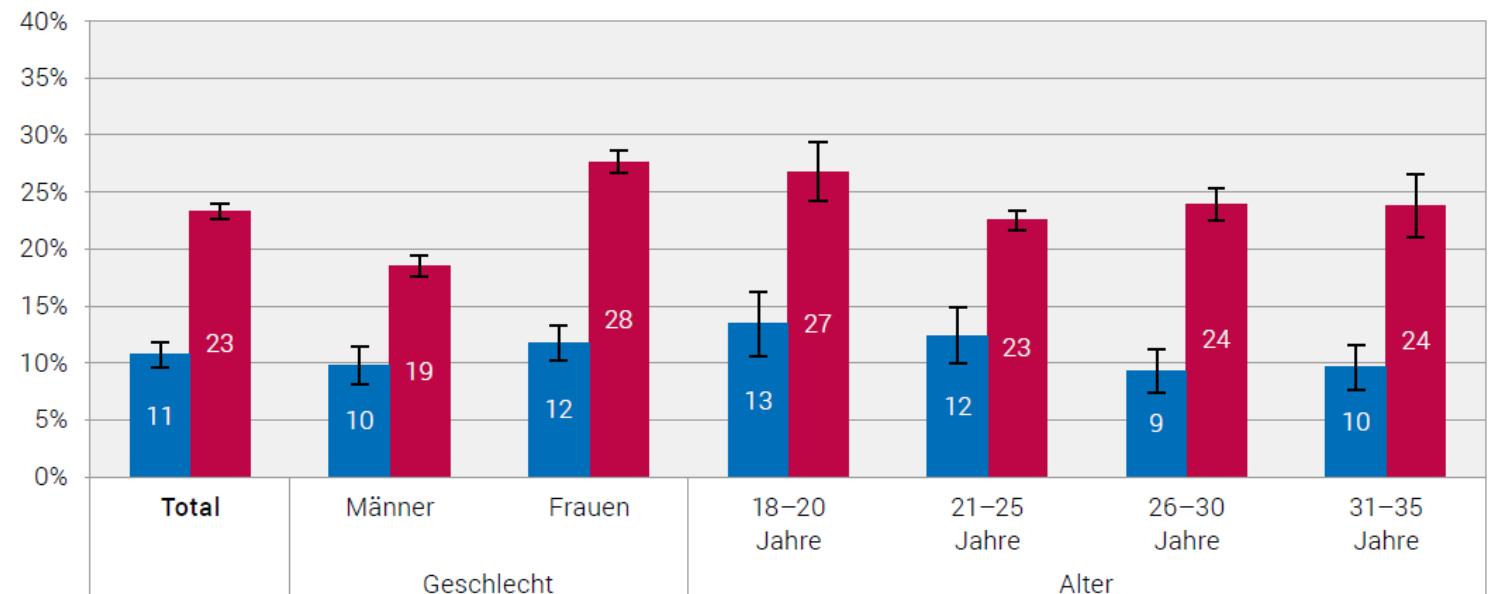
Swiss Health Survey 2022

Young people show the lowest well-being and mental health across all age groups

U.S. Healthy Minds Study

in 2020–2021, >60% of students ≥1 mental health problem

~ 50% increase from 2013



Prevalence moderate/severe depression score 20 -35 yr olds

blue – general population / red- university students / BFS – SGB 2017, SSEE 2020



What were our questions and aims ?

1. Define the overall scope of the SSPH+ mental health initiative:

We decided to focus on mental health, psychological distress and mental health conditions incl. relevant outcomes, in the student population (BSc. MSc. students, PhDs)

2. What are the data needs?

We collected outcomes, exposures and respective instruments with the aim of a joint core questionnaire

3. What is the scope of existing mental health interventions in Switzerland and beyond for the above target groups?

We collected data and information about existing interventions and offers for students at all universities



Successfull involvement of SSPH+ community and different academic levels

- **Core group** – 4 unis
- **Sounding group** – another 3 universities
- **Workshop** – sounding board, colleagues and students (in person)

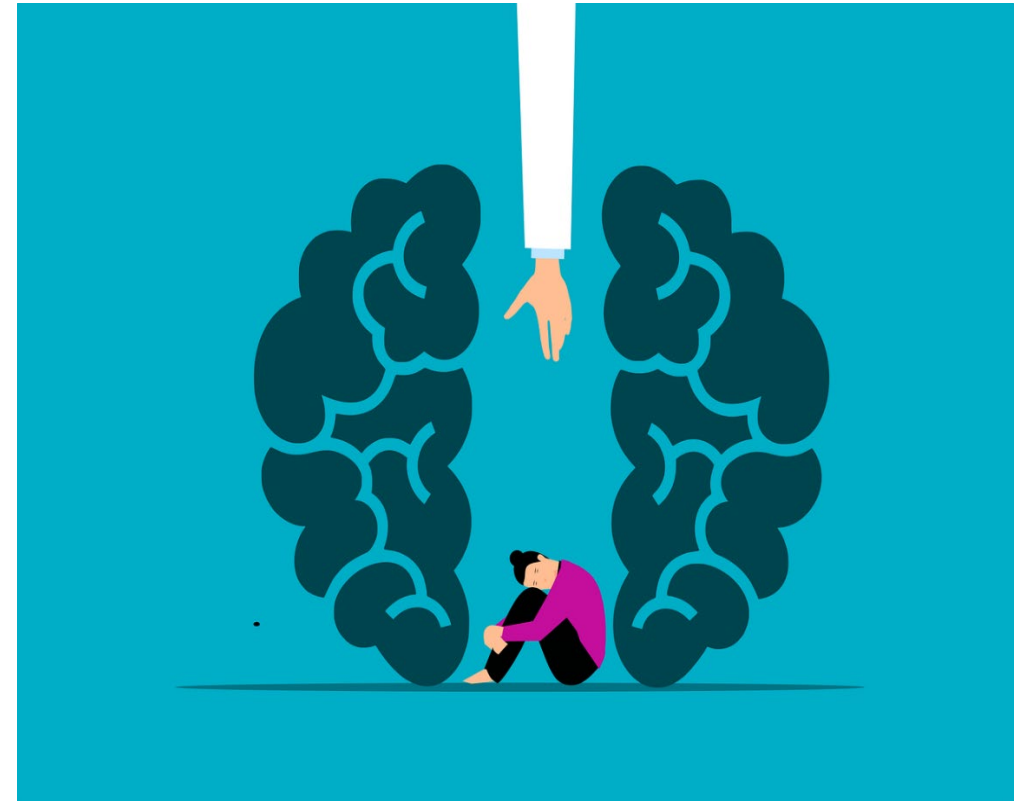
Padlet: mapping offers/interventions CH-unis

<https://padlet.com/fphgesundheit/mh-interventions-offers-at-swiss-universities-mwy3yfsdh40l4b7h>

Collection of offers and activities for students' mental health / psychological wellbeing

- at SSPH+ universities
- different target groups
- large variety of offers

=> Resources for SSPH+ universities



Instructions



Angeheftet

fohaesundheit
vor 6 Monaten

Instruction

This Padlet board is designated for mapping MH Interventions. Please follow these guidelines:

- Adding MH Intervention:** Use the provided template structure to add a new post. Place each entry under the appropriate heading. The 'template to copy' can be copied by clicking on the dots in the right upper corner, chose 'duplicate post', then drag the copy to the desired column/heading, fill in the information by clicking edit and delete the heading 'template to copy'.
- Color Coding:** You can change the color of a post in the bottom-left corner of the post before you publish it. Or, if it's already published, you can click on the dots in the upper-right corner and select there from the list.

3. Addina Information to

Students



Kommentar hinzufügen

Karin Graf (qran)
vor 5 Monaten

online Mindfulness-Sessions



Mindfulness@ZHAW
Vor Kurzem, Studierende und Mitarbeiter der ZHAW und weitere interessierte Personen mit kostenlosen Einführungsgesprächen und Übungseinheiten zu Achtsamkeit und mentaler Gesundheit in Deutsch und Englisch. Wie kann ich teilnehmen?

mycampus.sml.zhaw.ch

Mindfulness Session

Aim/Topic: Mindfulness Training/ Practice

Format: online

Duration: 15-20 Min.

Provider: <https://mycampus.sml.zhaw.ch/de/angebot/mindfulness-session/>



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Kommentar hinzufügen

zh fphgesundheit
vor 4 Monaten

Pro

PhDs



Chantal Martin Soelch
vor 5 Monaten

Campus dogs

Intervention: interaction with campus dogs

Aim: reduce stress and promote well-being

Format: in presence

Duration: free

Target groups: students, PhD's and collaborators

Provider: Unifr

Link: <https://www.unifr.ch/ref/fr/prestations/campus-dog.html>



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Kommentar hinzufügen

Ania
vor 5 Monaten

Nightline Zurich



nightline.ch

Lecturers / Professors / PhD Supervisors



Supporting Student Mental Health and Well-being. A useful toolbox.



Supporting Student Mental Health and Well-being. A useful toolbox - Workshop open to USI professorial body

Aim/Topic: Supporting Student Mental Health and Well-being. A useful toolbox - Workshop open to USI professorial body.

Format: Online LIVE sessions via Zoom

Duration: 2h

Providers: clinical psychologist with research experience.

Uni: USI

Link: <https://www.usi.ch/en/feeds/29036>



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Kommentar hinzufügen

Servizio pari opportunità USI

Others



Kommentar hinzufügen

Unifr
vor 5 Monaten

Psychological conseling for students and PhDs



Psychological counseling for students

Aim/topic: We offer support for university students and PhDs who find themselves in stressful situations that may occur in their private lives, in their studies or at their workplace.

They also organize workshops on different topic as "motivation" - "procrastination" - "attention and concentration", etc..

Format: consultation and workshops

Duration: consultation 1hr max. 10 times - workshops 2hrs

Providers: psychologist

Uni: Unifr



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Kommentar hinzufügen

Padlet: mapping offers/interventions CH-unis

- **Target group:** Most offers for students (n=28), PhDs (n=16), lecturers (n=9), others (n=7).
- **Variety of formats:** Courses/workshops, counseling offers, awareness events /podcast, infrastructure initiatives and activities
- **Topic:** general mental health, stress management / mindfulness, UZH: special offers for early career on resilience/stress, little specific for lecturers/supervisors



Result 2: «Core questionnaire» - based on modified study demands-resources model

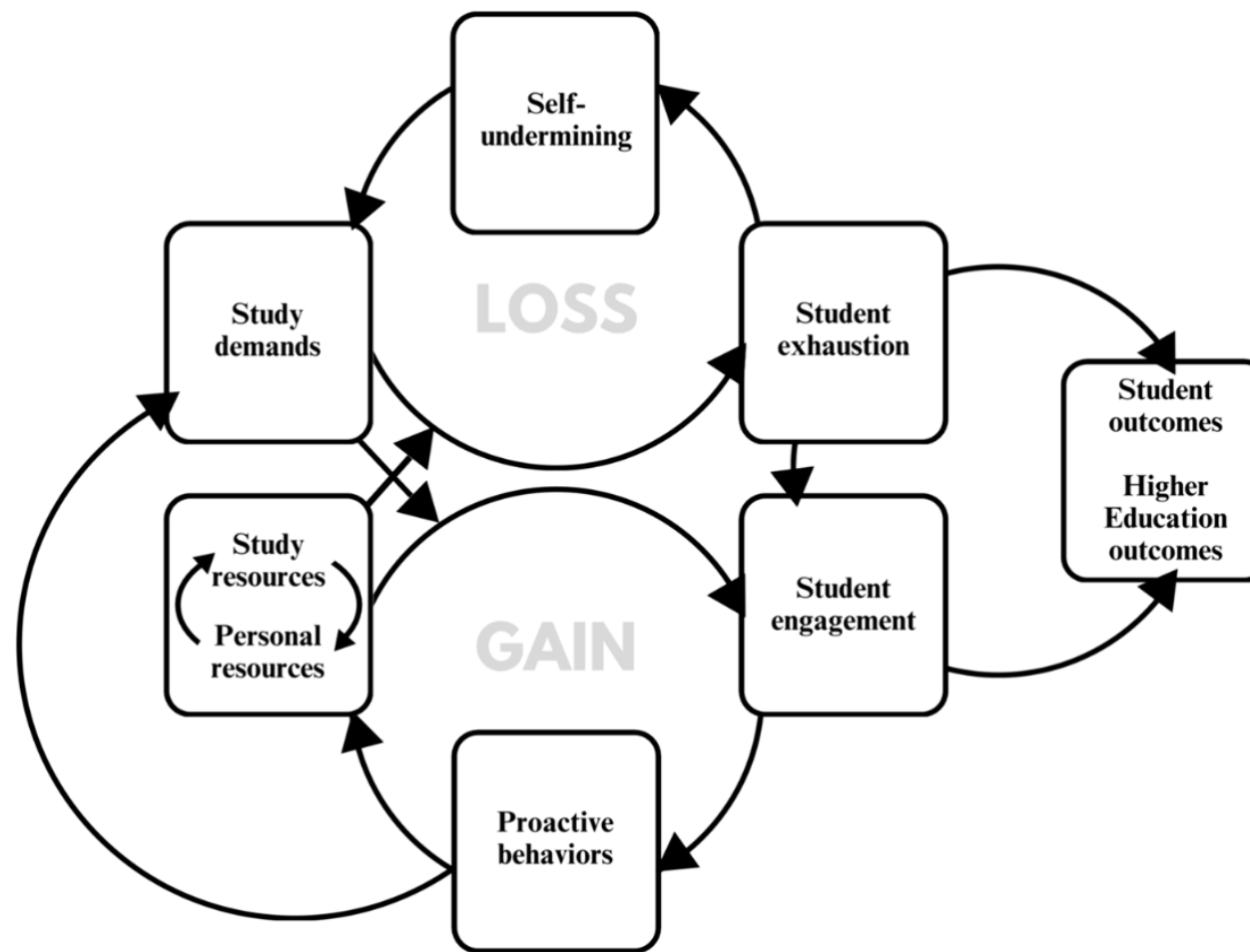


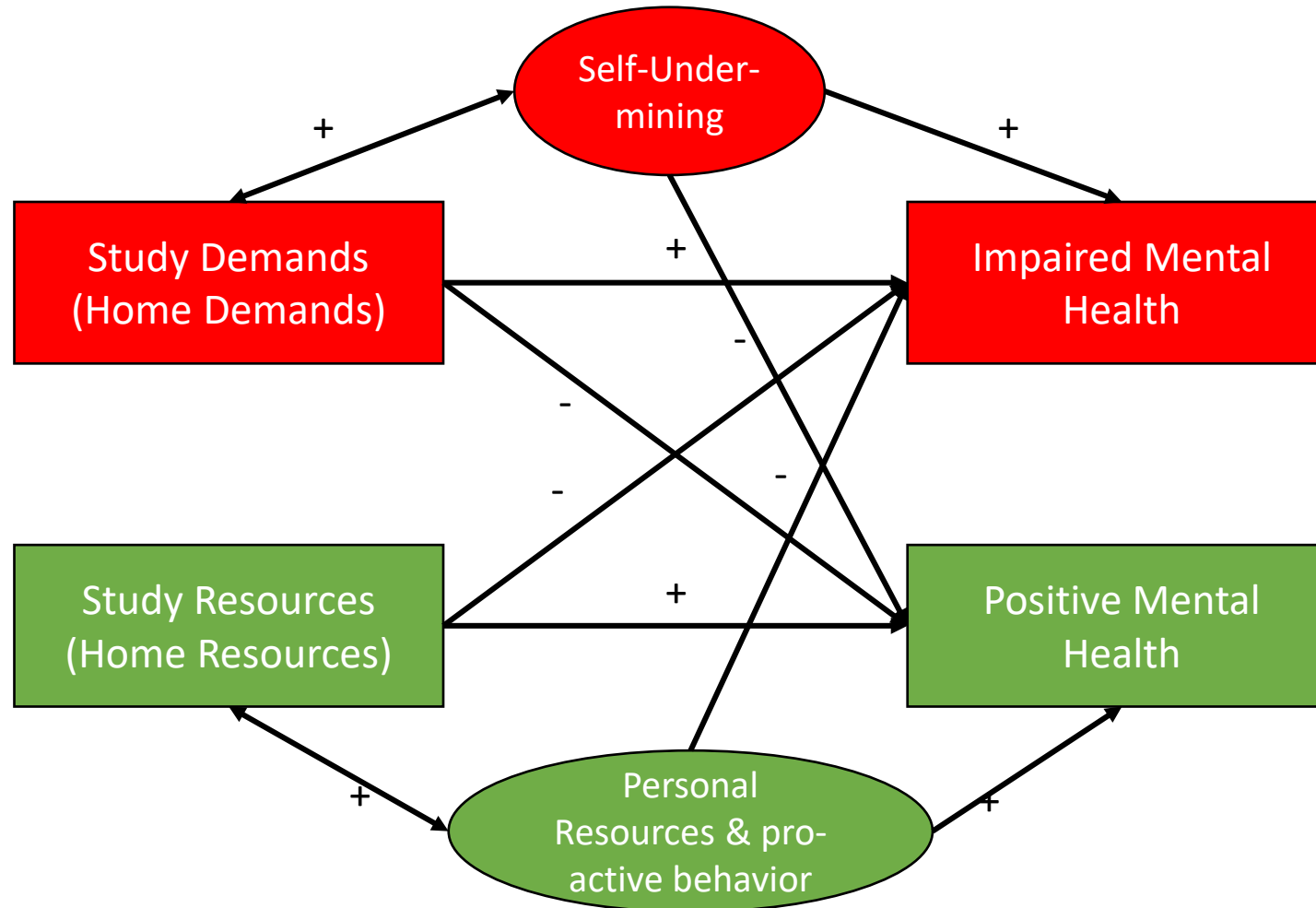
Fig. 1 The Study Demands-Resources model

Bakker, A. B., & Demerouti, E. (2007). The job demands-resources model: State of the art. *Journal of managerial psychology*, 22(3), 309-328.

Bakker, A. B., & Mostert, K. (2024). Study demands-resources theory: Understanding student well-being in higher education. *Educational Psychology Review*, 36(3), 92



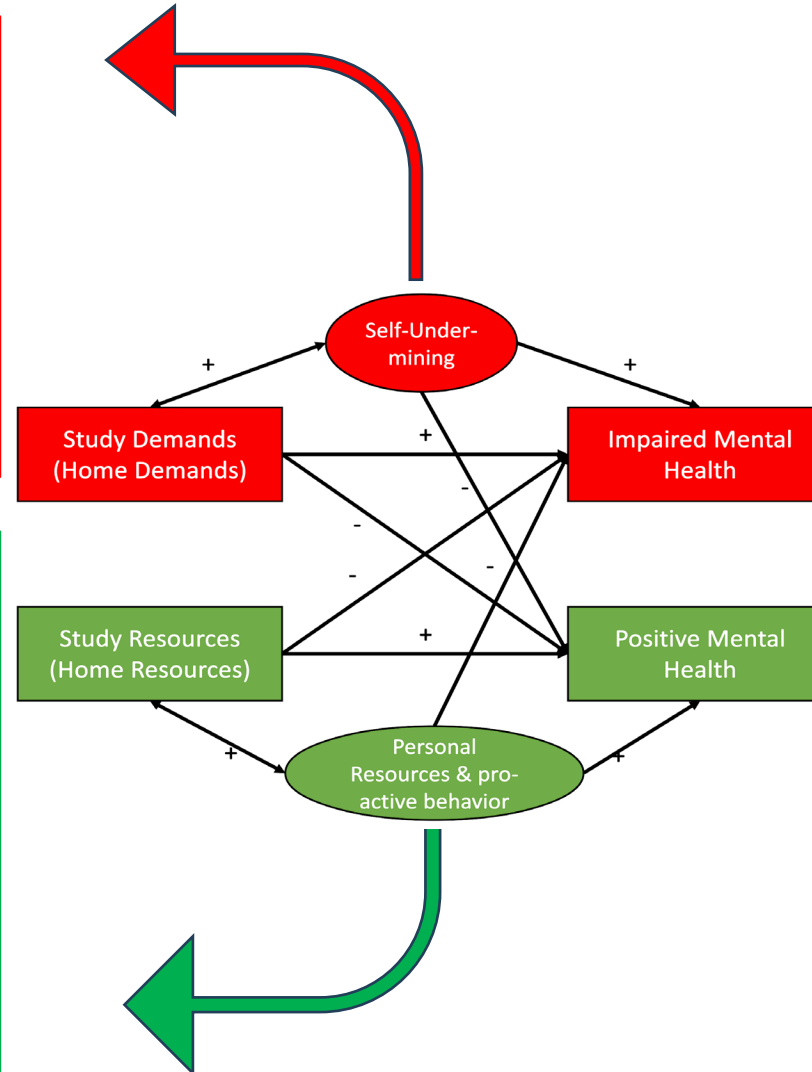
Result 2: «Core questionnaire» - based on modified study demands-resources model



Result 2: Core questionnaire: concepts & *(reasons for inclusion)*

- **Procrastination** (*highly rated*)
- **Risky health behaviour**
 - alcohol, social-media (addiction, excessive consumption)
 - neuroenhancer
- **Global insecurities** (*Related to anxiety, leading to less study engagement*)
 - concerns about personal and global future

- **Resilience**
- **Mental health literacy**
- **Sleep**
- **Physical Activity**
- **Sense of coherence** (Manageability, Meaningfulness, Comprehensibility)
- **Self-efficacy**
- **Insight orientation/Mentalization** (self-reflection of thoughts and feelings)
- **Coping**



- **Anxiety** (*high prevalence*)
- **Depression** (*high prevalence*)
- **Stress** (*highly rated in workshop*)
- **Burnout** (*highly rated in workshop*)
- **Loneliness** (*high prevalence & highly rated in workshop*)

- **Wellbeing** (positive mental health)
 - Life satisfaction
 - Happiness
 - Flourishing
- **Study engagement**
- **Study performance**



Result 2 - Core questionnaire: concepts & *(reasons for inclusion)*; «Sample items»

- **Perception of Campus climate** (*highly rated*)

- «I feel that the campus climate encourages free and open discussion about mental health.»

- **Social Support** (*highly rated*)

- Peer Support
- Lecturer Support
- Supervisor support (PhD)
- Support by Colleagues (PhD)
- Family Support

- **Meaningfulness of the study** (*highly rated*)

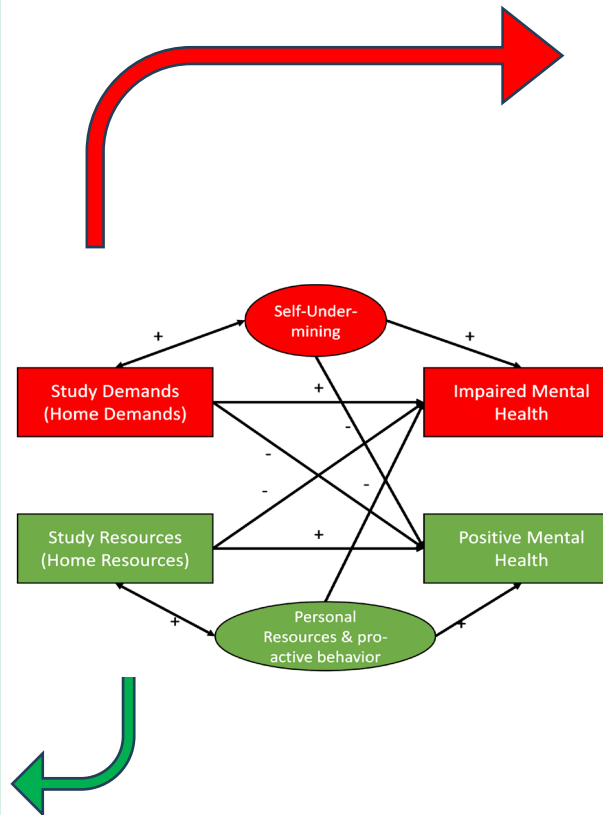
- «Studying lends meaning to my life»

- **Decision latitude**

- «I co-determine the content of my studies»

- **Qualification potential** (*highly rated*)

- «I am convinced that my academic education provides me with great future prospects»



- **Perception of Campus climate**

- Discrimination, stigma of mental health

- **Abuse of power (due to hierarchical structures) (PhD)**

- E.g. unreasonable work demands, threats, exploitation of dependencies, discrimination, humiliation

- **Financial demands**

- % of work, reasons for work, "financial stress"

- **Caring duties (children, elderly)**

- **Time requirements/study effort**

- How much time do you spend on your studies each week?
- Time pressure

- **Spatial conditions**

- Place to rest, enough room for study

Next steps

We aim for a SSPH+ Mandate.

- **Aim 1: RedCap questionnaire**
 - ready to use for all SSPH+ universities – building a joint data set
- **Aim 2: Pilot study among the PhDs of the Swiss Public Health IGC.**
 - Pilot survey tools and questionnaire
 - Gain first data on SSPH+ PhDs.
- **Aim 3: Advocacy and concept for monitoring and research on mental health of students**
 - Longitudinal monitoring
 - Support from ICG board and Swissuniversities

Question and suggestions from the plenum

A short intervention



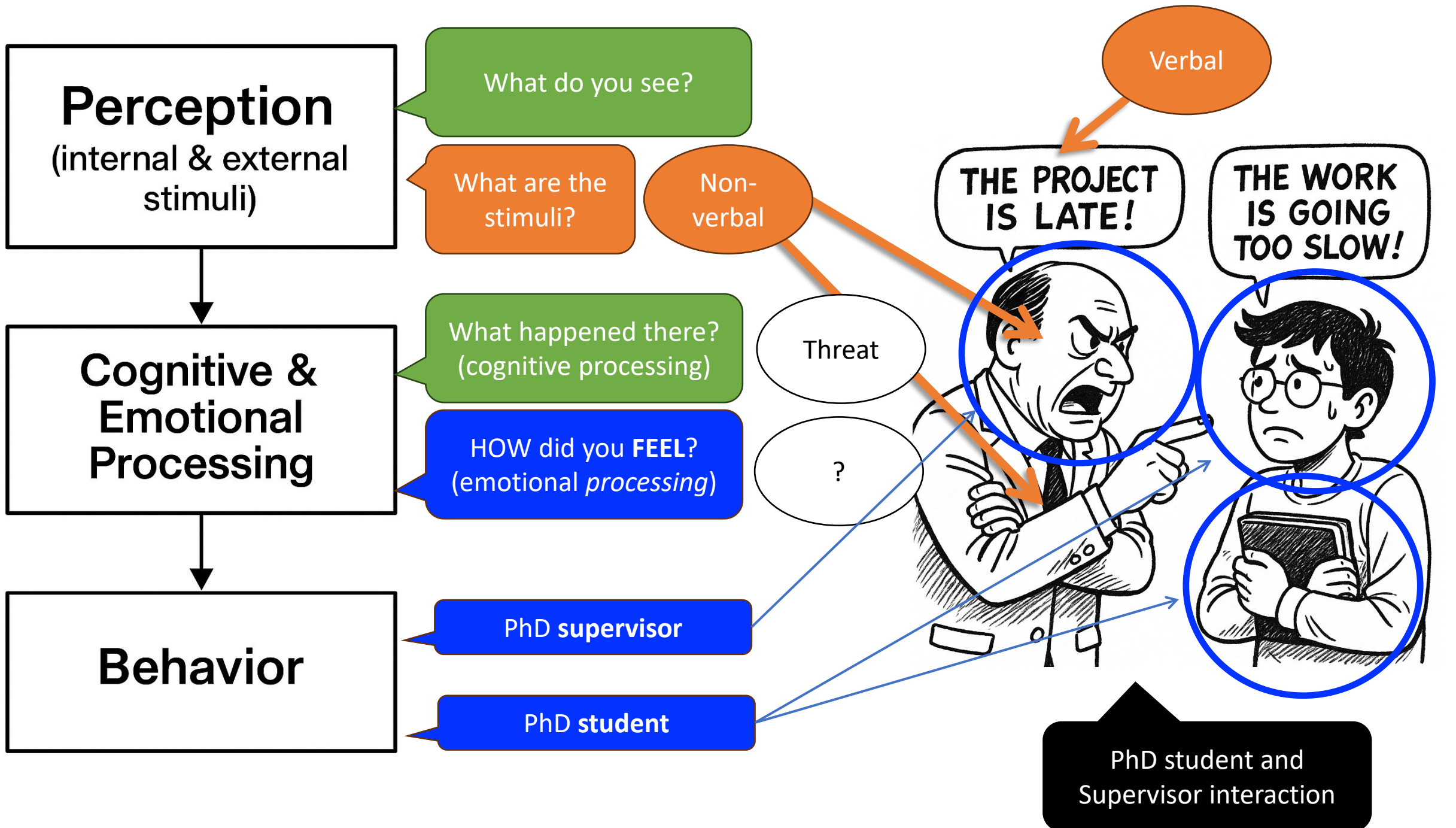
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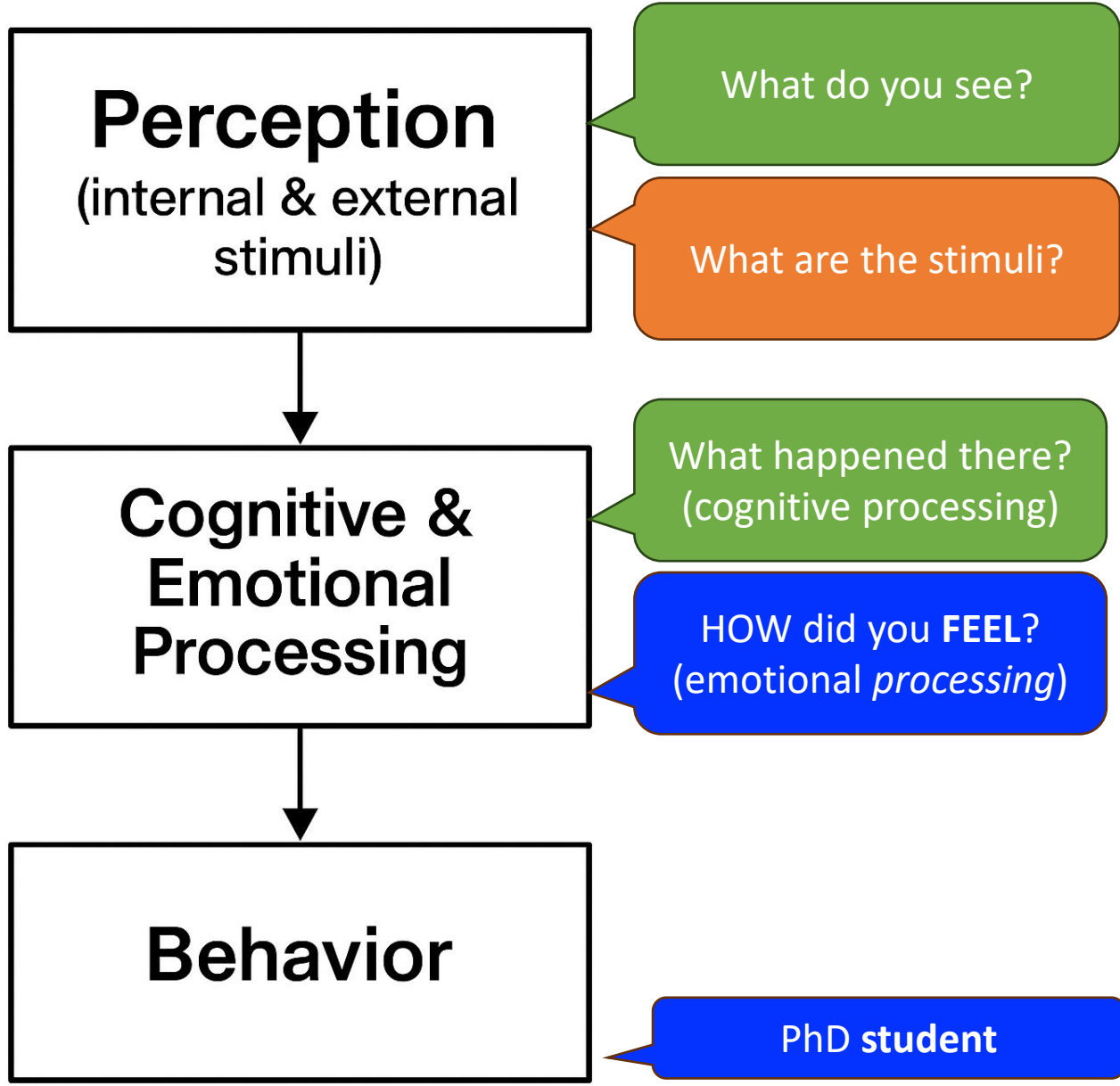
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Vignette of PhD student contextual exposure

