Mental Health of University Students: Perspectives for Intervention and Prevention: An Indo-Canadian Collaborative Project

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3000 students kill themselves every year in India.
Suicidal thoughts: 1 in 7 adolescents,
Increased depression & addiction
Rapid Socio-economic transition, & Increasing psychosocial stress.
Optimizing mental health contributes to 'capacity-building' for 'real-life' challenges.

Students’ Mental Health

Purpose
- The study objective was to determine the levels of psychological distress among university students and to examine the teaching faculty’s awareness and attitudes toward mental illness and suicide prevention.
- We converge quantitative and qualitative methodologies.
- The 12-Item General Health Questionnaire (GHQ-12) was used to measure psychological wellbeing in 200 students at INDUS University Ahmedabad, India.
- The qualitative study consisted of a focus group with faculty members.

Method

The findings
1. Over 75% of students completed the study indicating their awareness and concern about mental health.
2. Nearly 18% of the respondents showed an increased risk for mental health problems such as depression. Which may require intervention.
3. Teachers indicated they are able to identify mental health issues; however, they are unable to offer any intervention.

Conclusion
- Level of psychological stress.
- We introduce awareness, early identification and intervention in the university curriculum can be game-changer for preventive psychiatry.

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