

**Western University**

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

Amresh Srivastava, *University of Western Ontario*

Rahel Eynan

Ravi Shah, *Western University*

Laxaman Dutt, *Western University*

Shubhangi Parkar, et al.





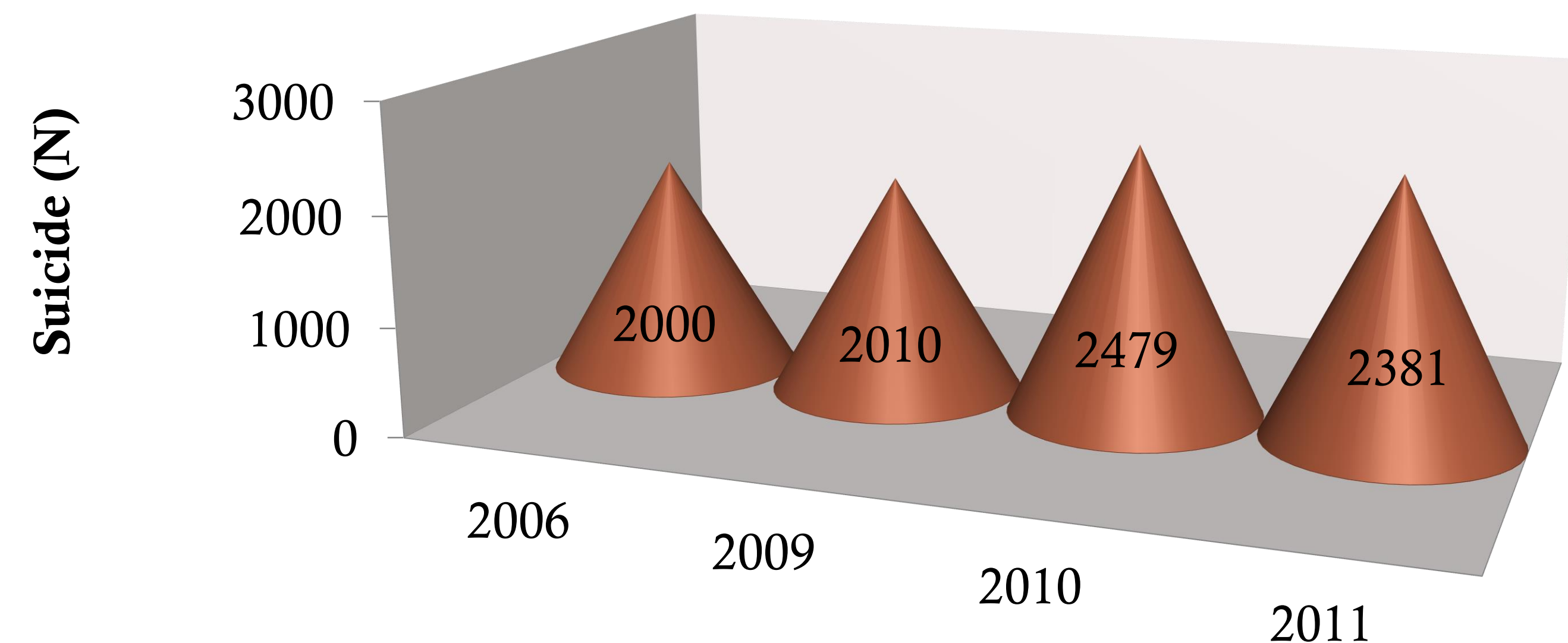
## Students' Mental Health



- 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



**Suicide due to failure in examination in India**



### 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  
Conclusion

### 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.

Public health implications

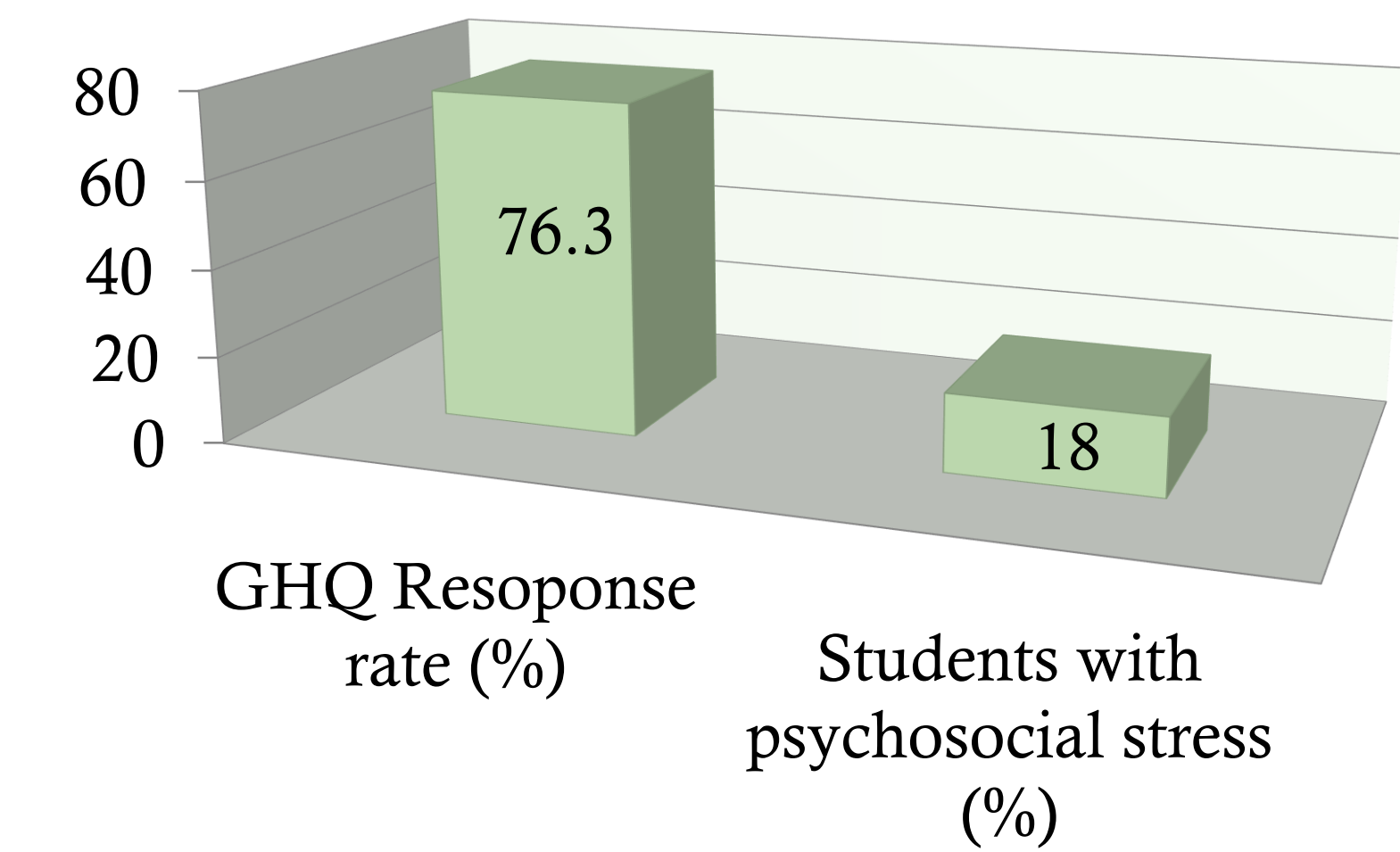
Educational institutions can offer opportunities for early intervention and prevention of mental disorders

Students under stress are accessible for program implementation & positive psychiatry.

Introduce awareness ,early identification and intervention in the university curriculum can be game-changer for preventive psychiatry.

### Results

**Response rate & psychological stress**



**Level of psychological stress.**

