

Student Mind Project

Survey Report

11.04.2023

Overview

- Background
- Preliminary Notes
- Respondent Overview
- Mental Health Status – Overall
- Mental Health Status – By socio-economic factors
- Discrimination Experience
- Assault Experience
- Psychological Support
- University Psychological Support

Background

- The COVID pandemic raised awareness for mental health struggles in all areas of life.
- In October and November 2021, a Swiss-wide survey was conducted to get an estimate for the mental health status of students. An emphasis was also put on assessing correlations with different socio-economic factors.
- This report summarizes some of the most relevant findings.

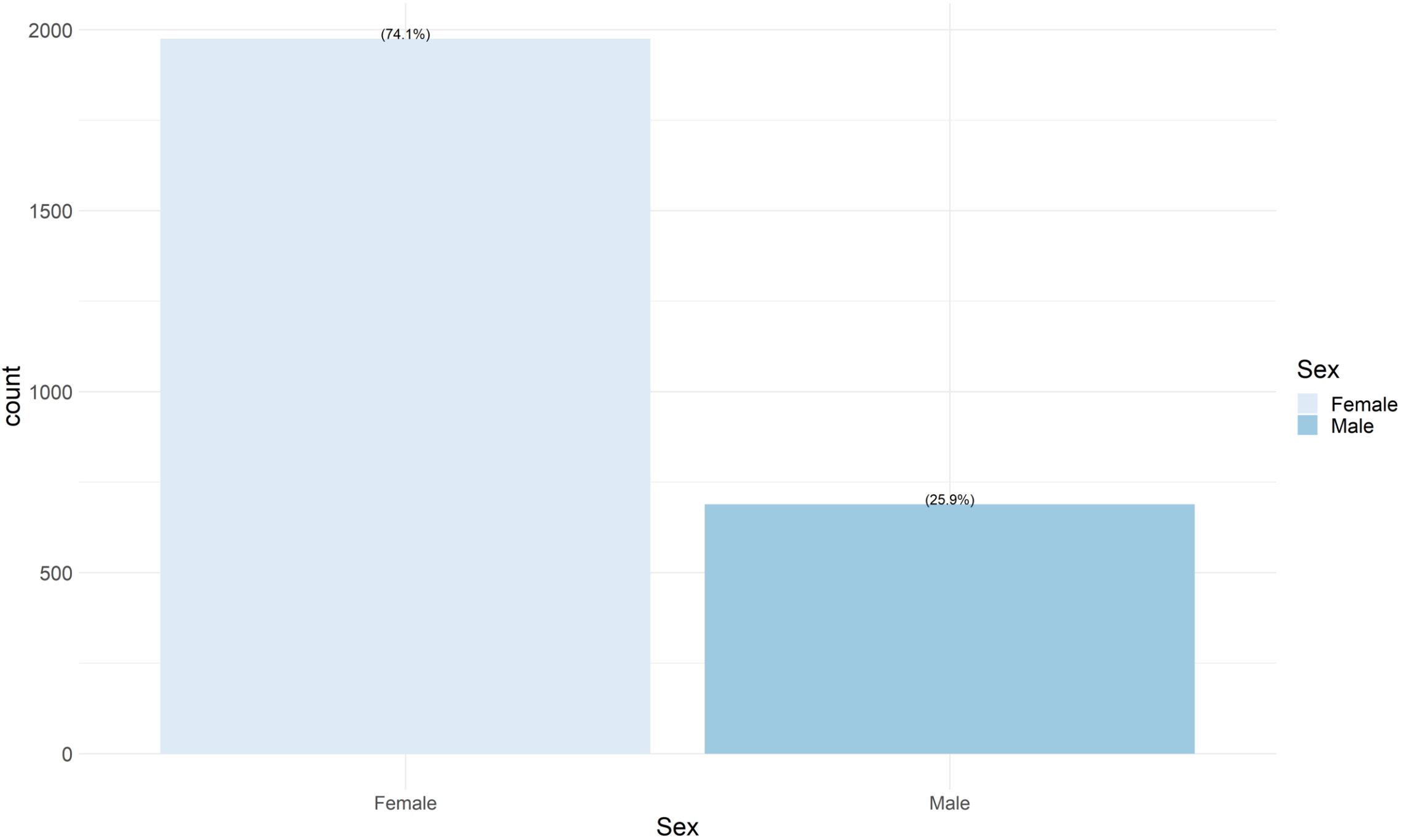
Preliminary Notes

- The survey was conducted during COVID times (higher education institutions were open). Therefore, variables such as loneliness or depression might have been elevated.
- Nevertheless, other aspects such as the correlation between socio-economics factors and mental wellbeing are likely to be stable over time.
- The survey respondents are not fully representative of all Swiss students (e.g., 74% of respondents are female). It is also reasonable to assume that people with a connection to mental health issues were more likely to complete the survey.

Respondent Overview

- 2932 responses were recorded in total
- 2664 responses remained after filtering (failed to complete control question or submitted survey in less than 5 minutes)
- The following graphs display a summary of respondents according to different socio-economic factors

Respondent Sex



Respondent Gender

count

1500

1000

500

0

Female

Gender-fluid/Gender-queer

I don't categorise myself

Male

Non-binary

NA

(70.3%)

(0.6%)

(1.9%)

(25.4%)

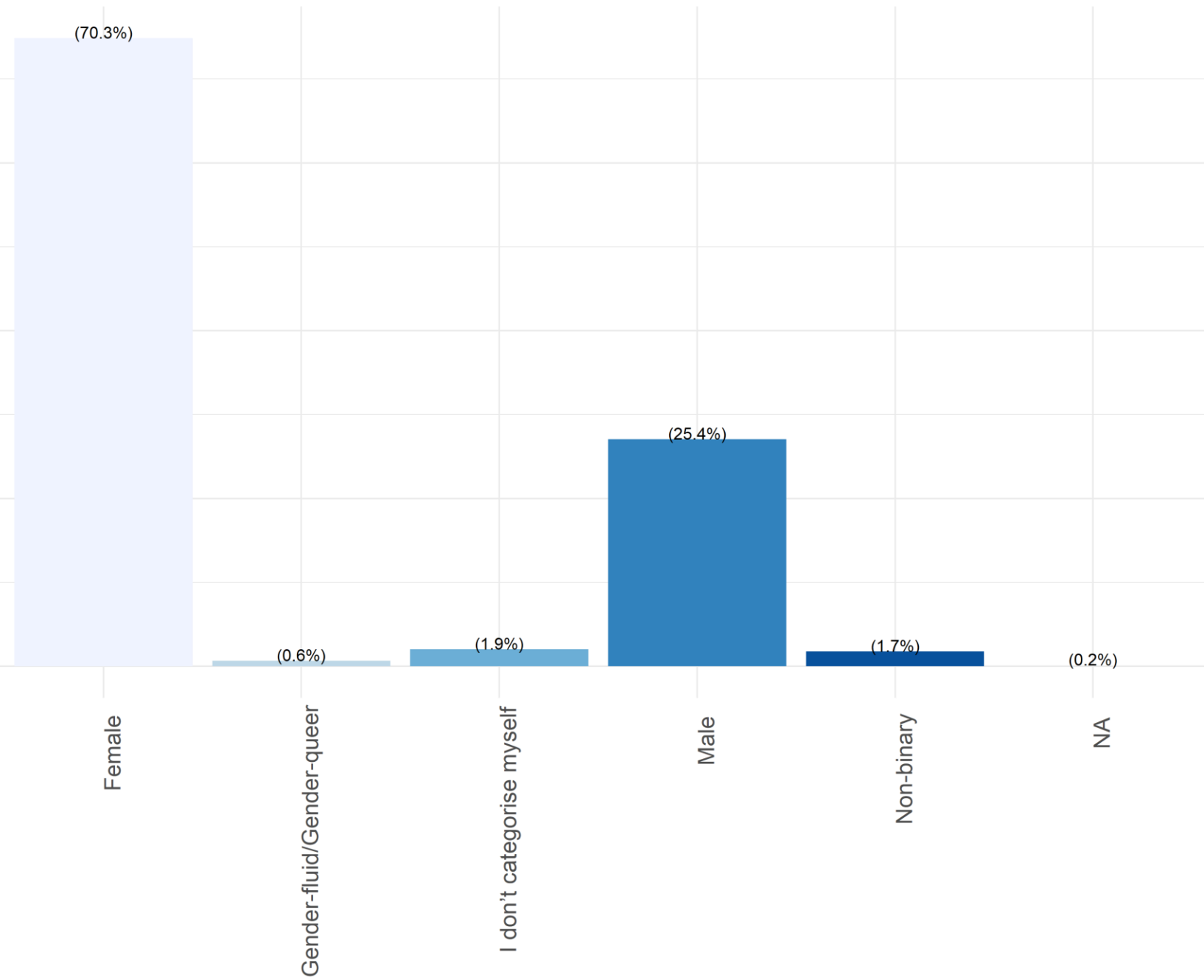
(1.7%)

(0.2%)

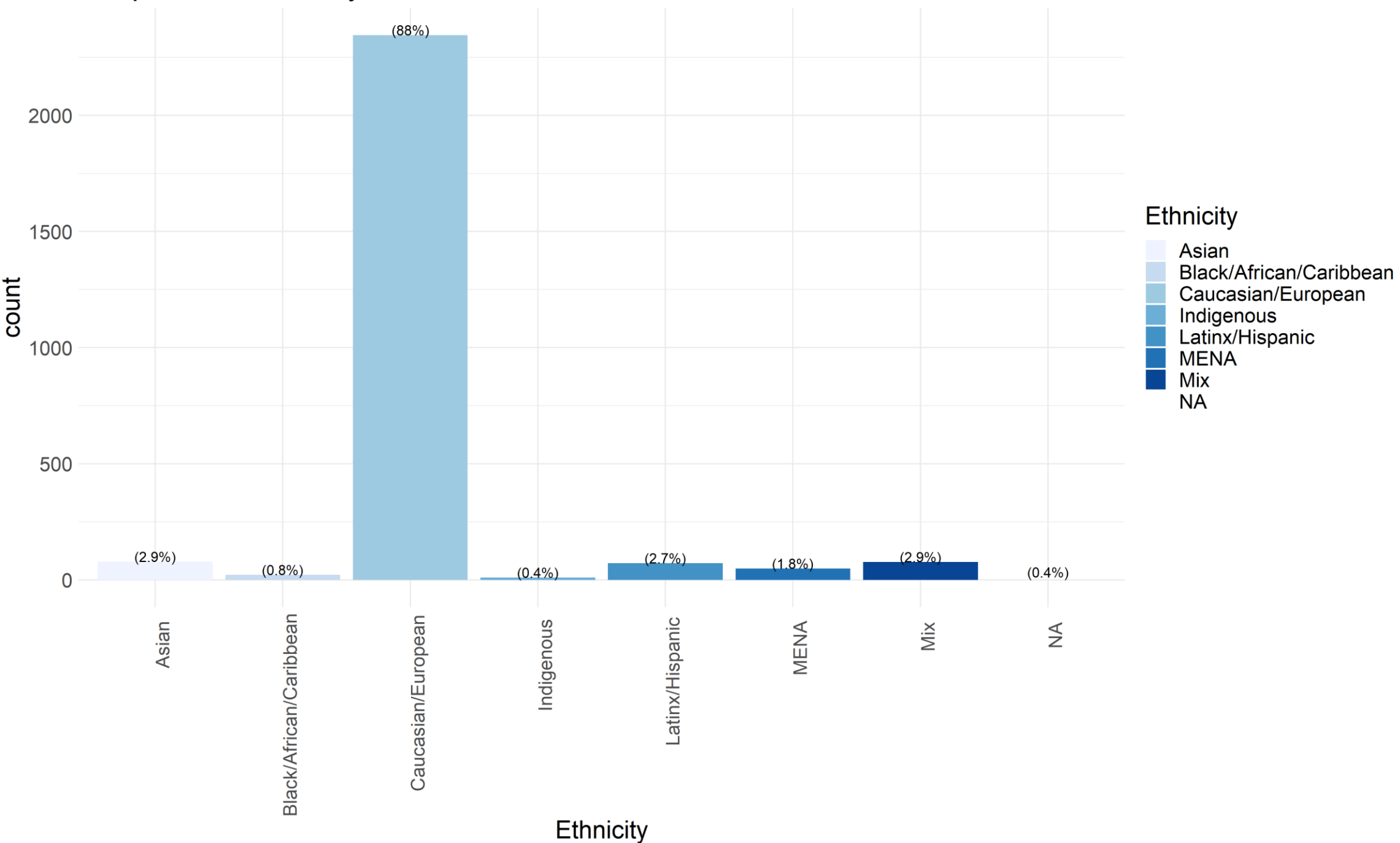
Gender

- Female
- Gender-fluid/Gender-queer
- I don't categorise myself
- Male
- Non-binary
- NA

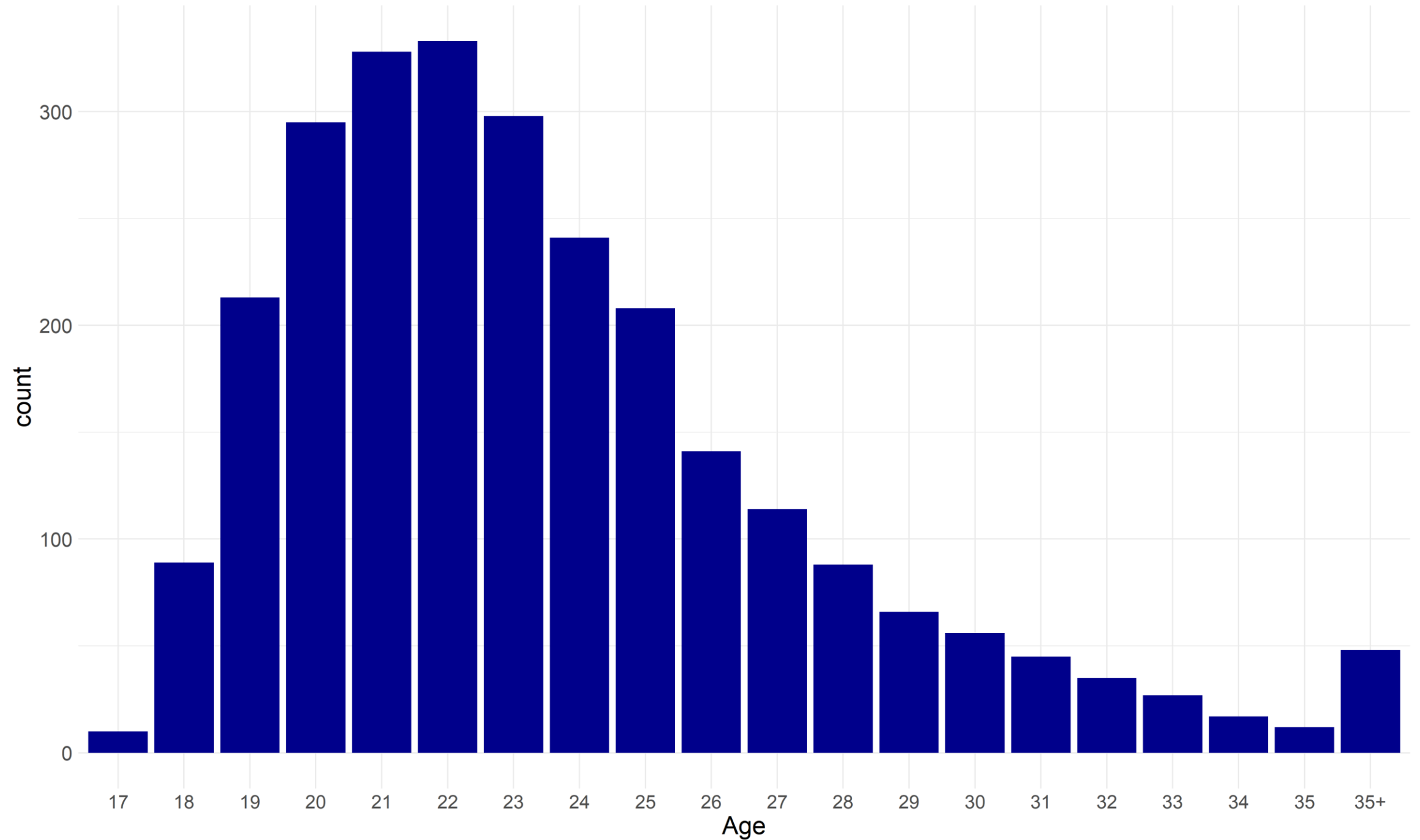
Gender



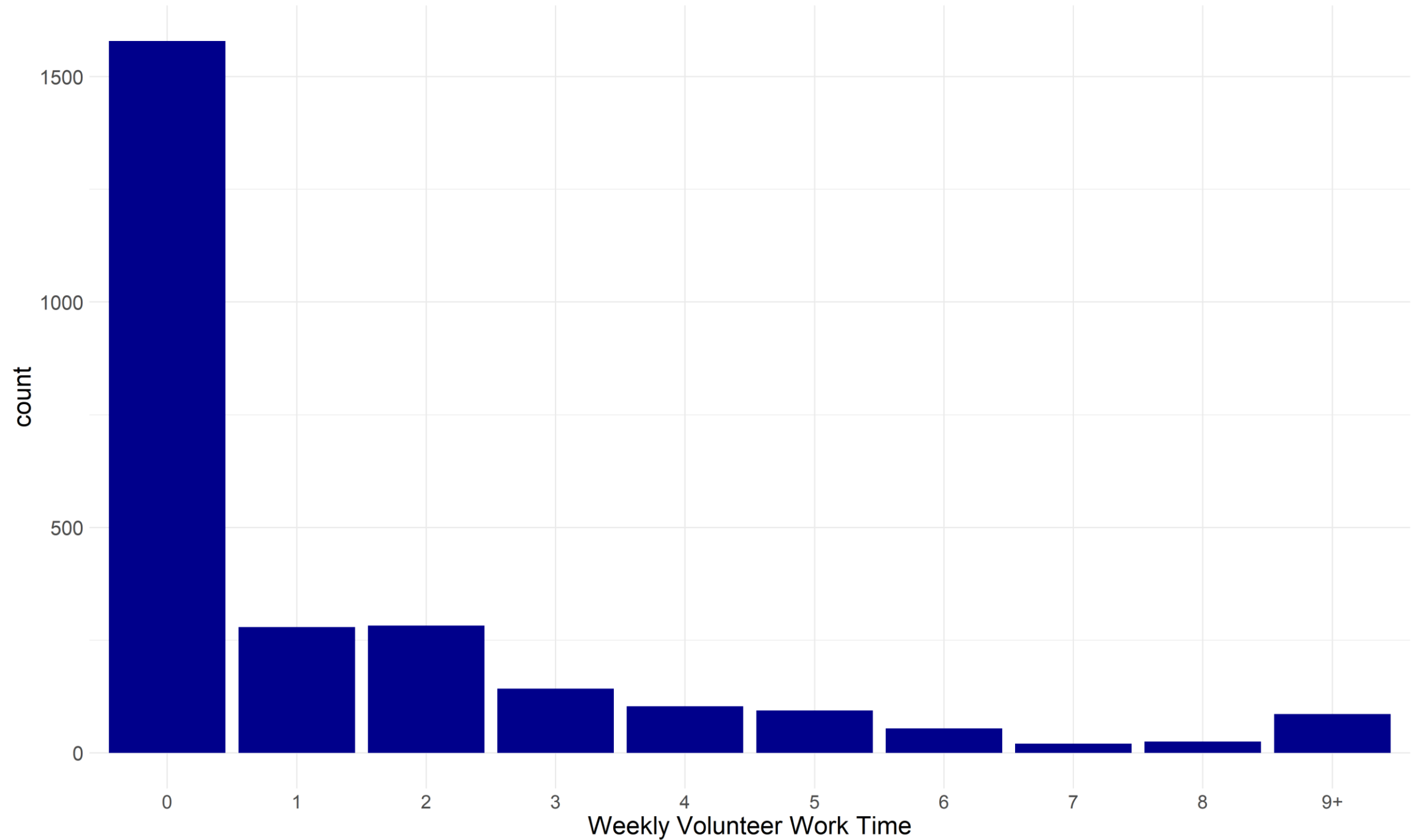
Respondent Ethnicity



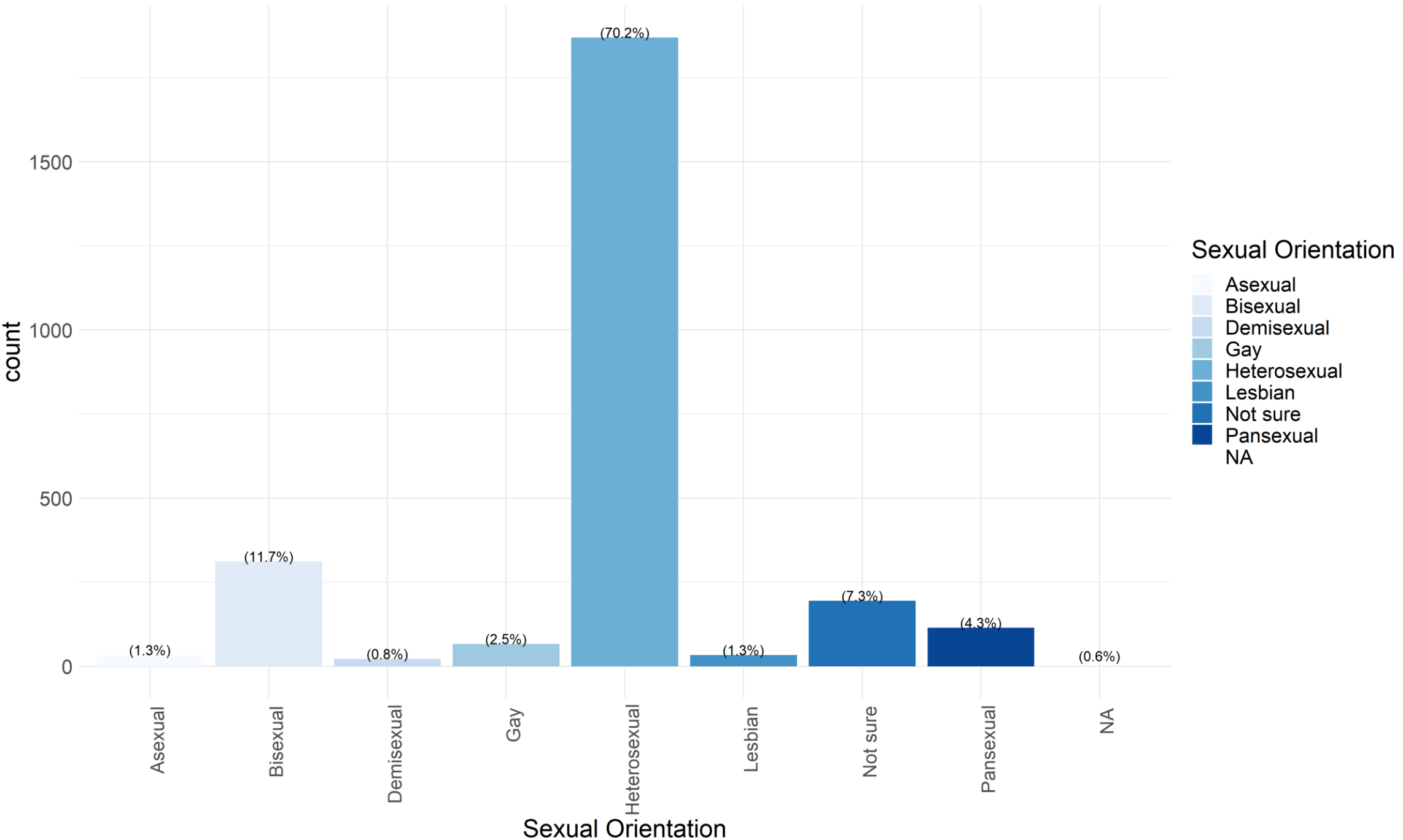
Respondent Age



Respondent Weekly Volunteer Work Time

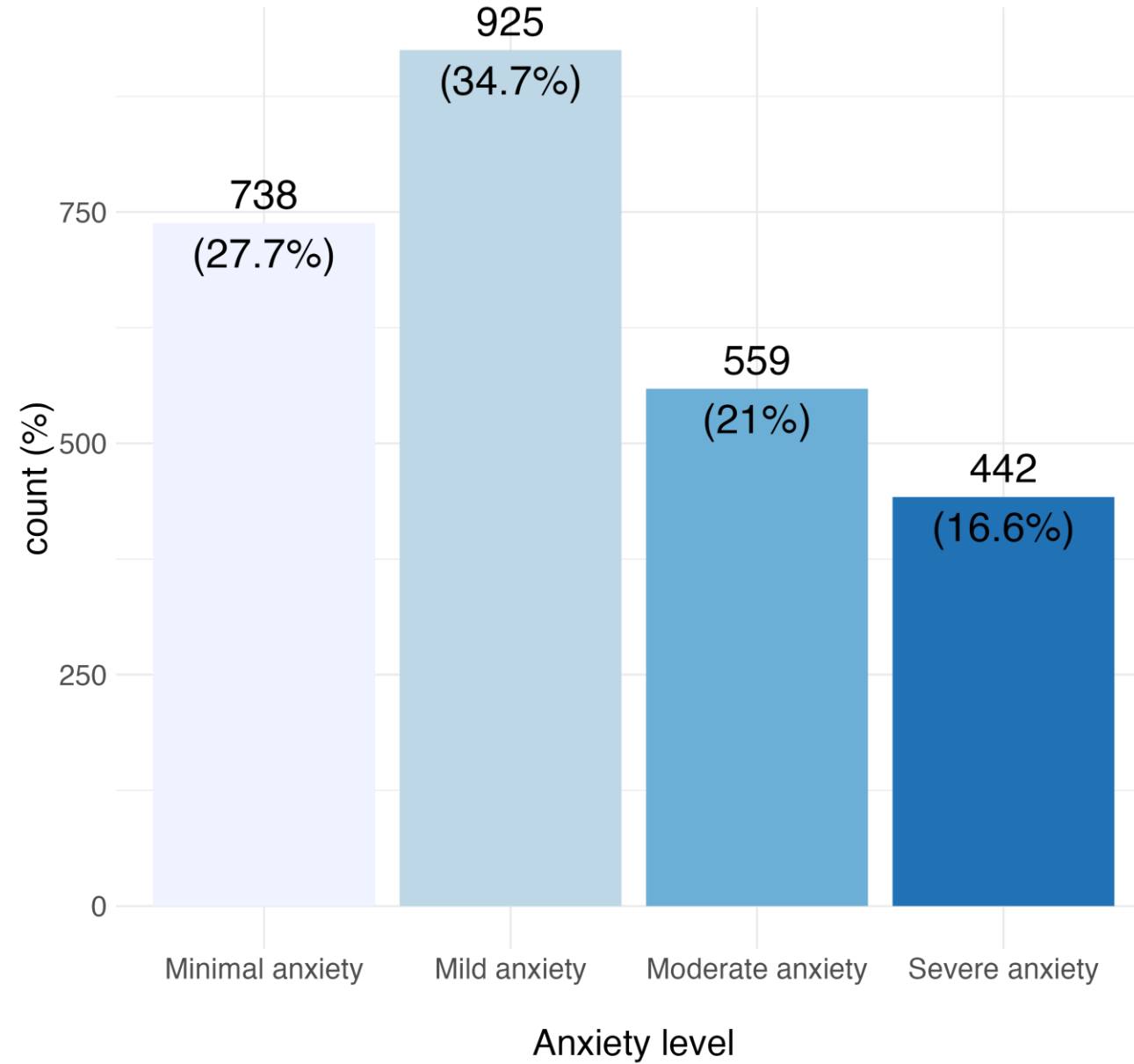


Respondent Sexual Orientation

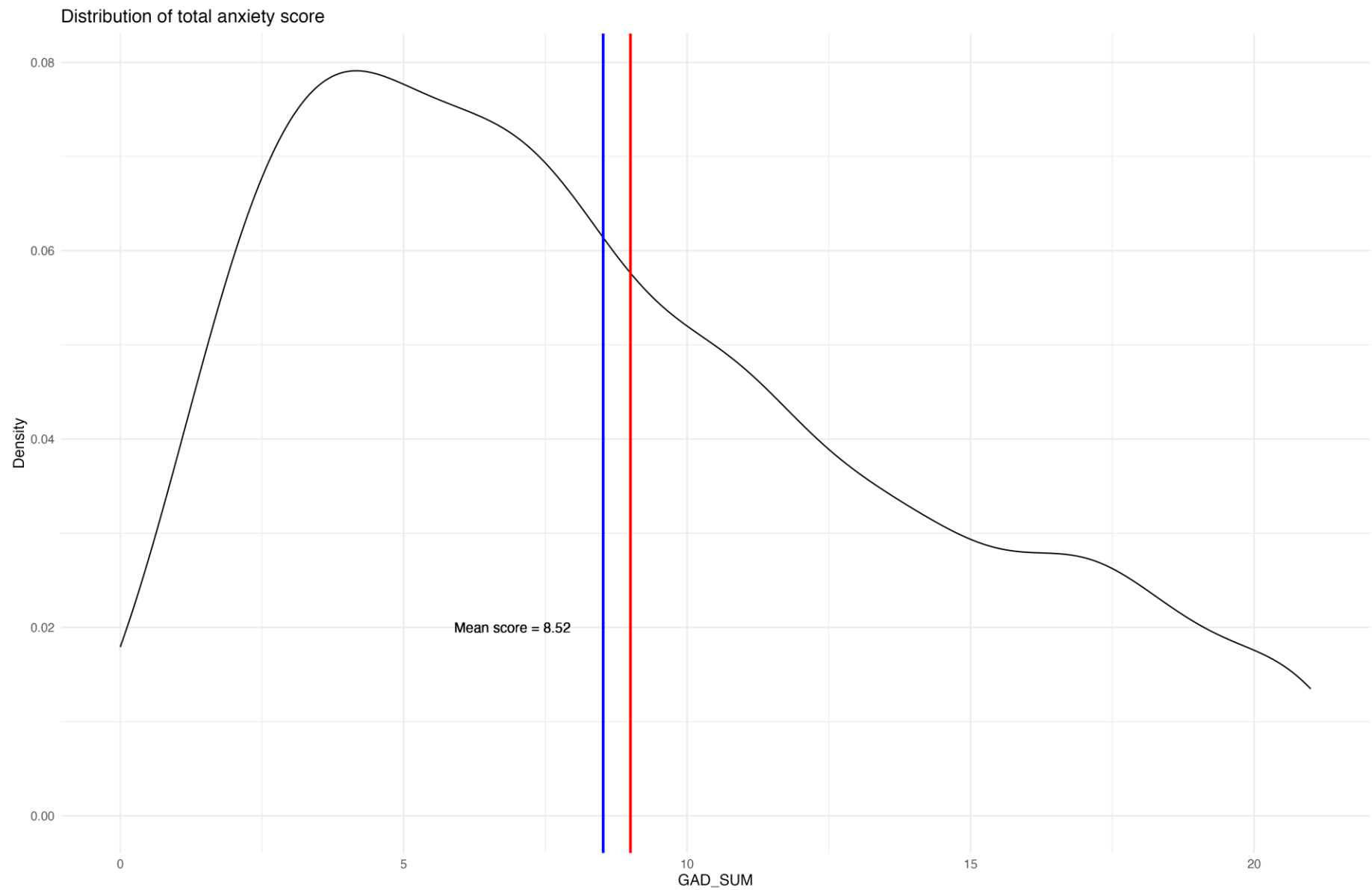


Mental Health – Overall

Anxiety

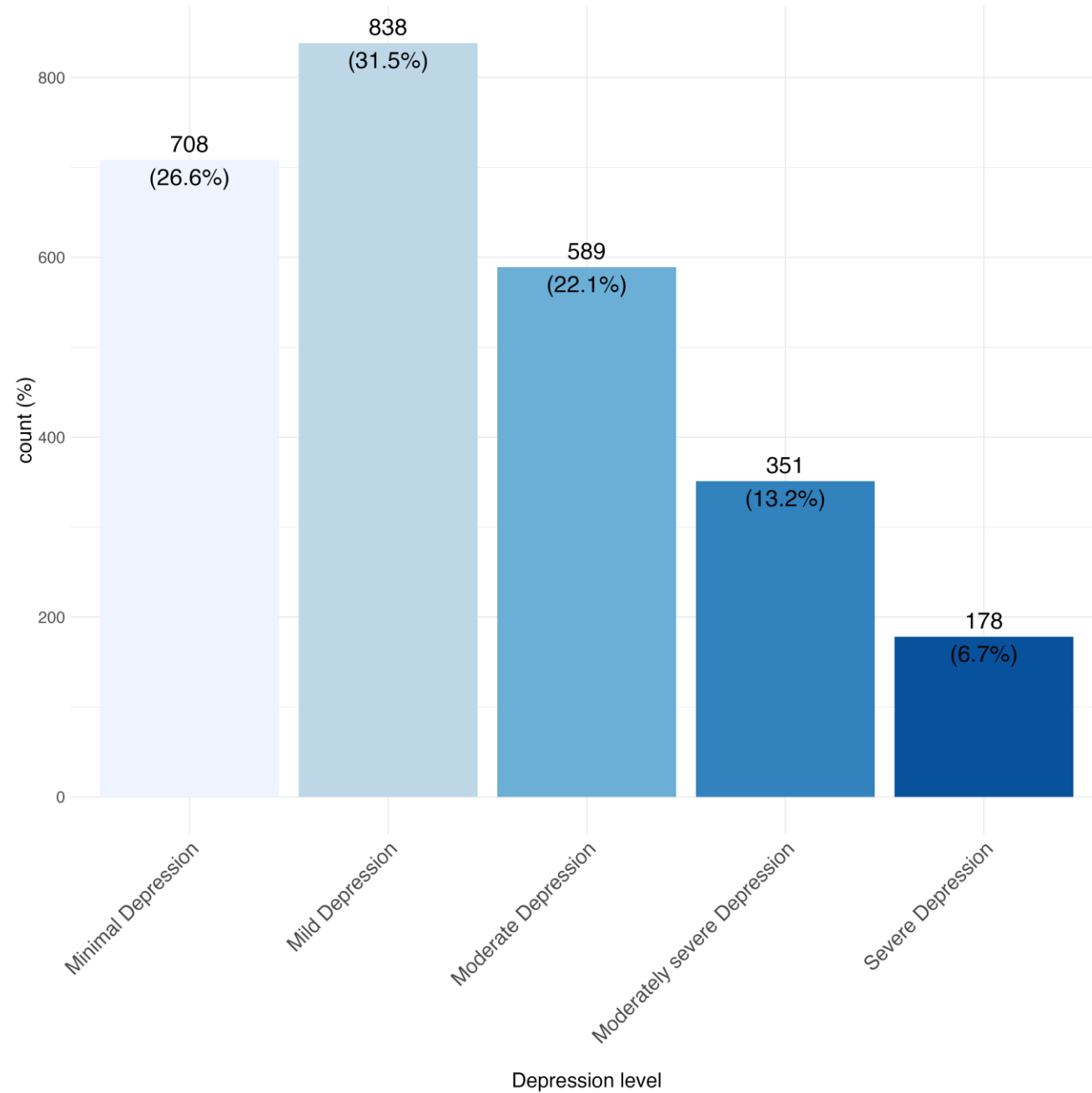


Mean anxiety score of participants is 8.52
Values greater than 9 indicates clinical anxiety

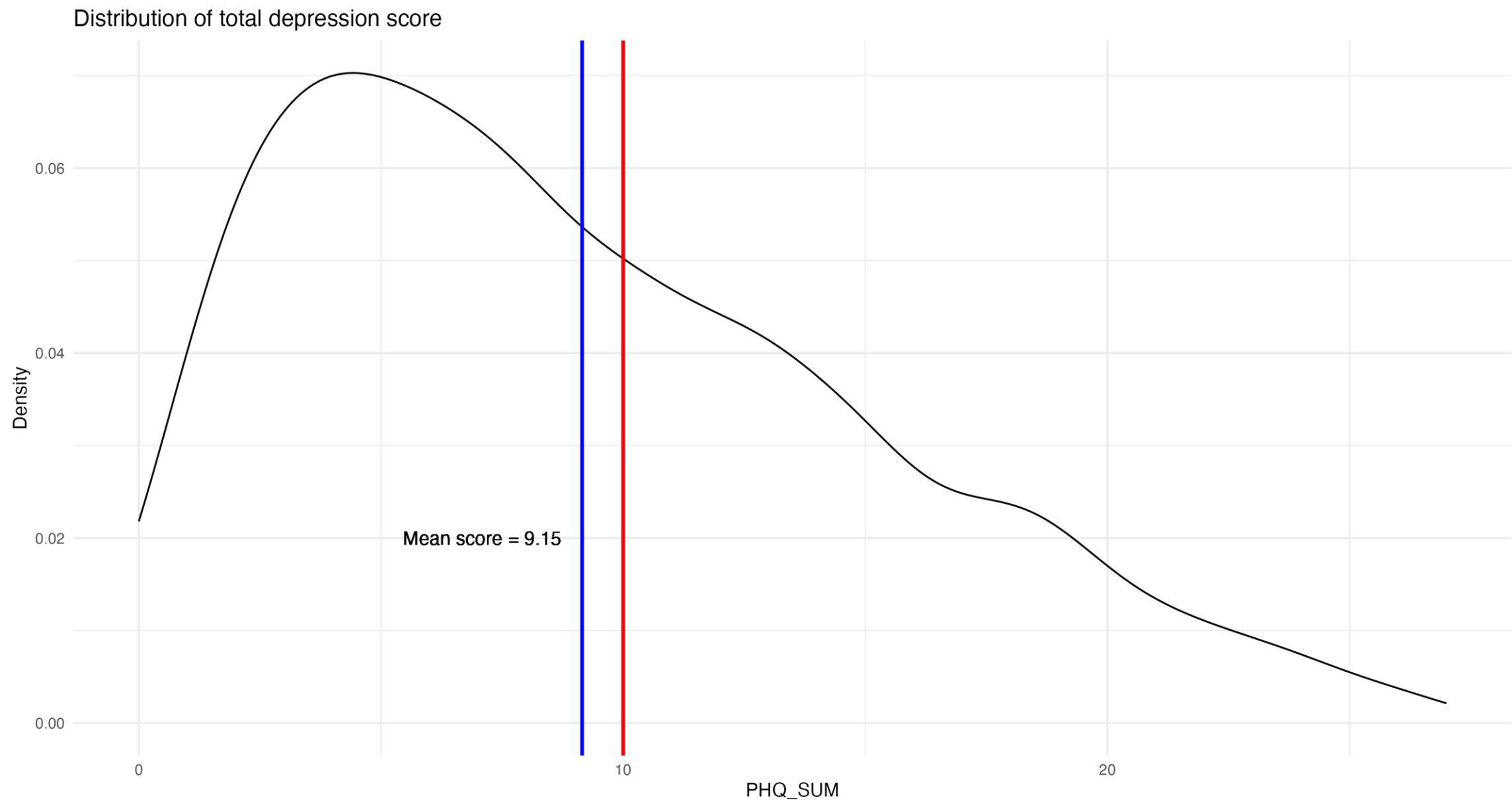


GAD_SUM scores greater than 9 (red line) are indicative of clinical anxiety

Depression

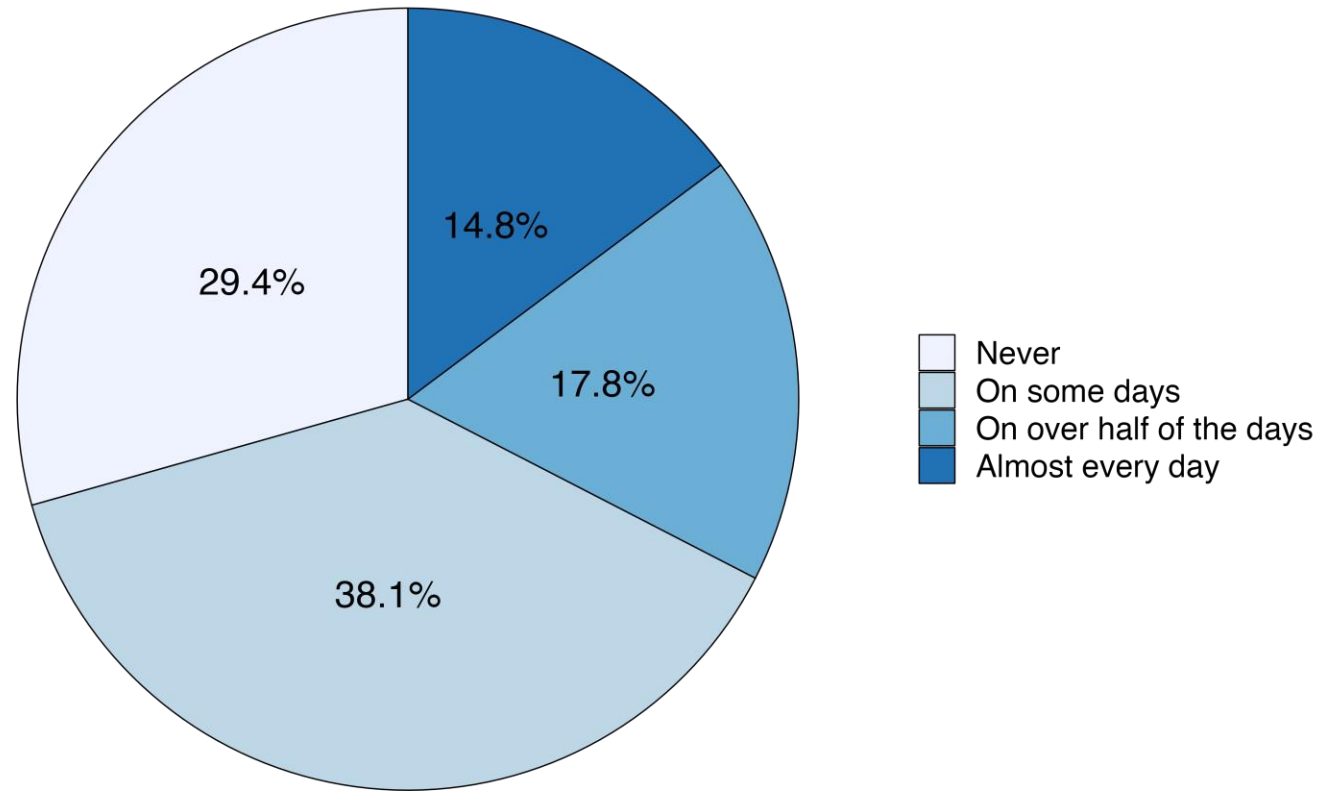


Mean anxiety score of participants is 9.15
Values greater than 10 indicates clinical depression



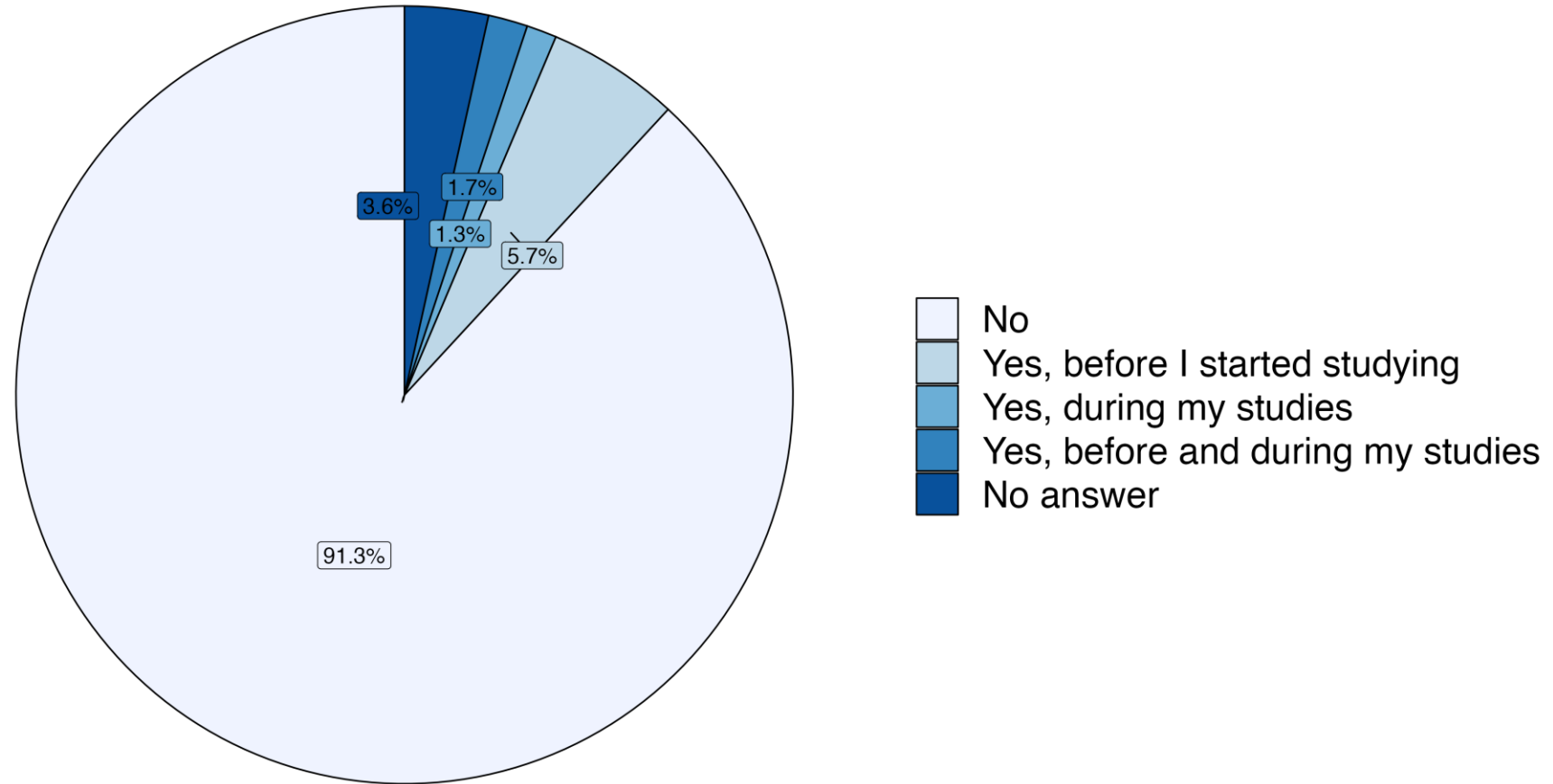
PHQ_SUM scores greater than 10 are indicative of clinical depressiveion

How often have you felt lonely over the past 2 weeks?



N = 2458

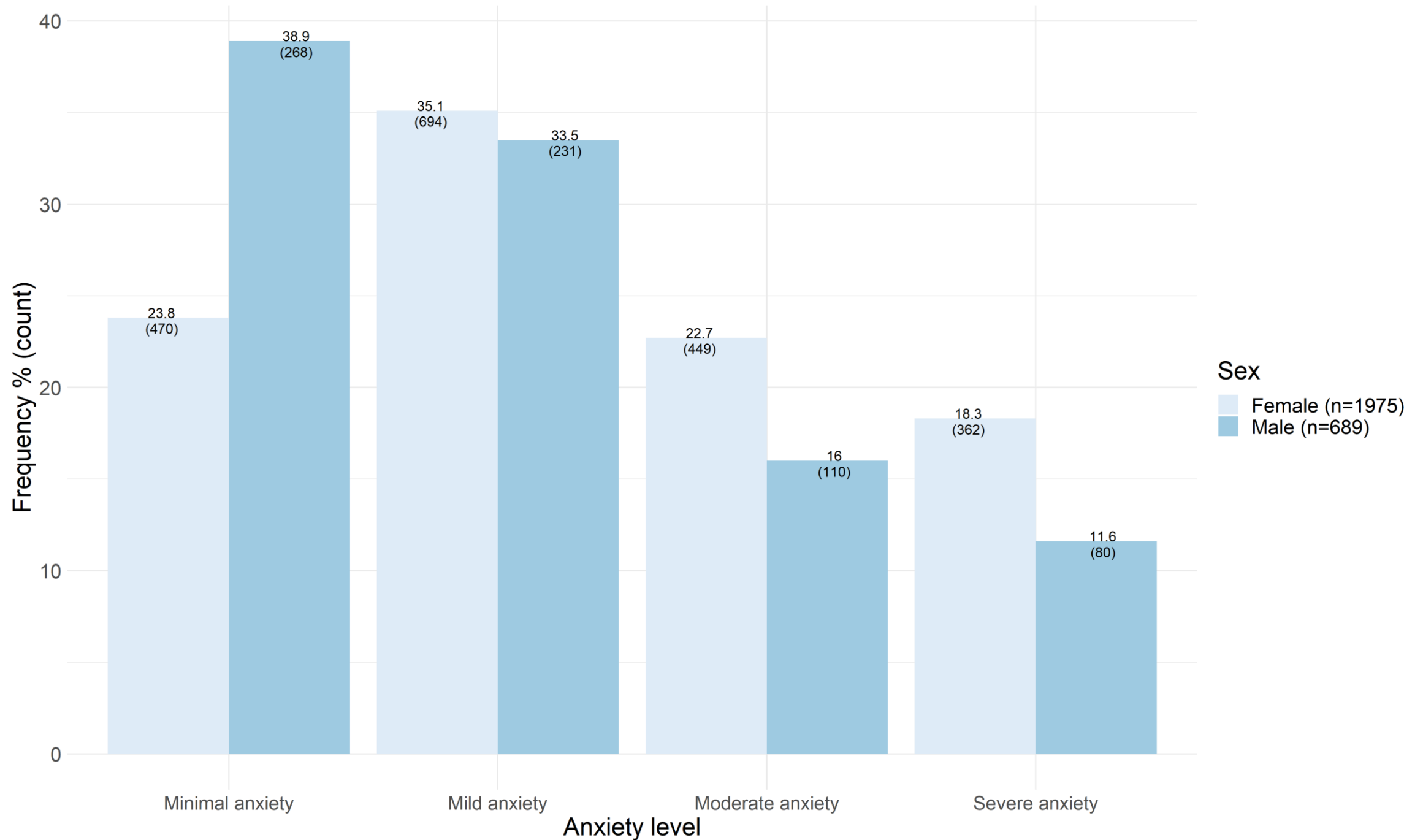
Have you ever tried to take your own life?



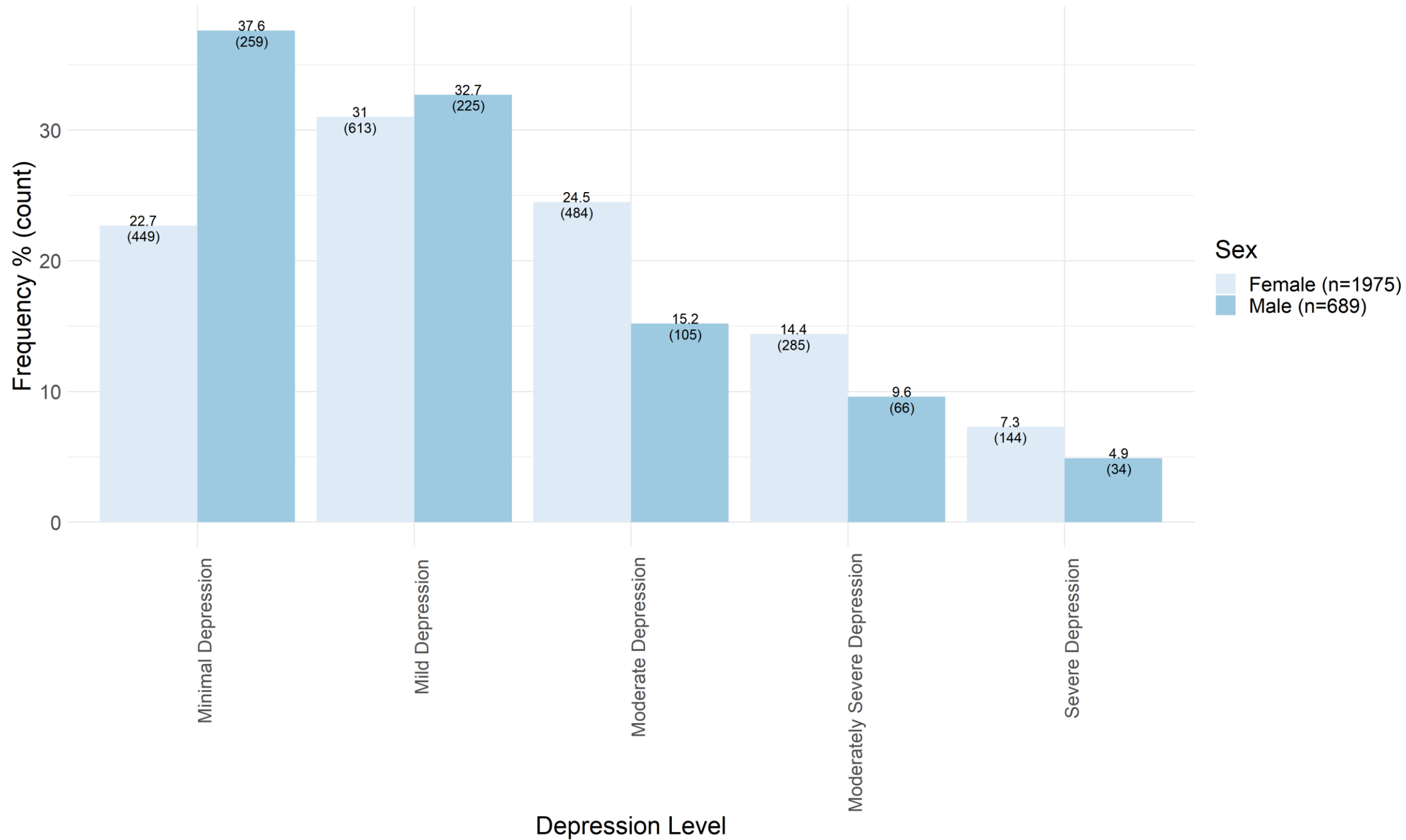
N = 2458

Mental Health – By Socio-Economic Factors

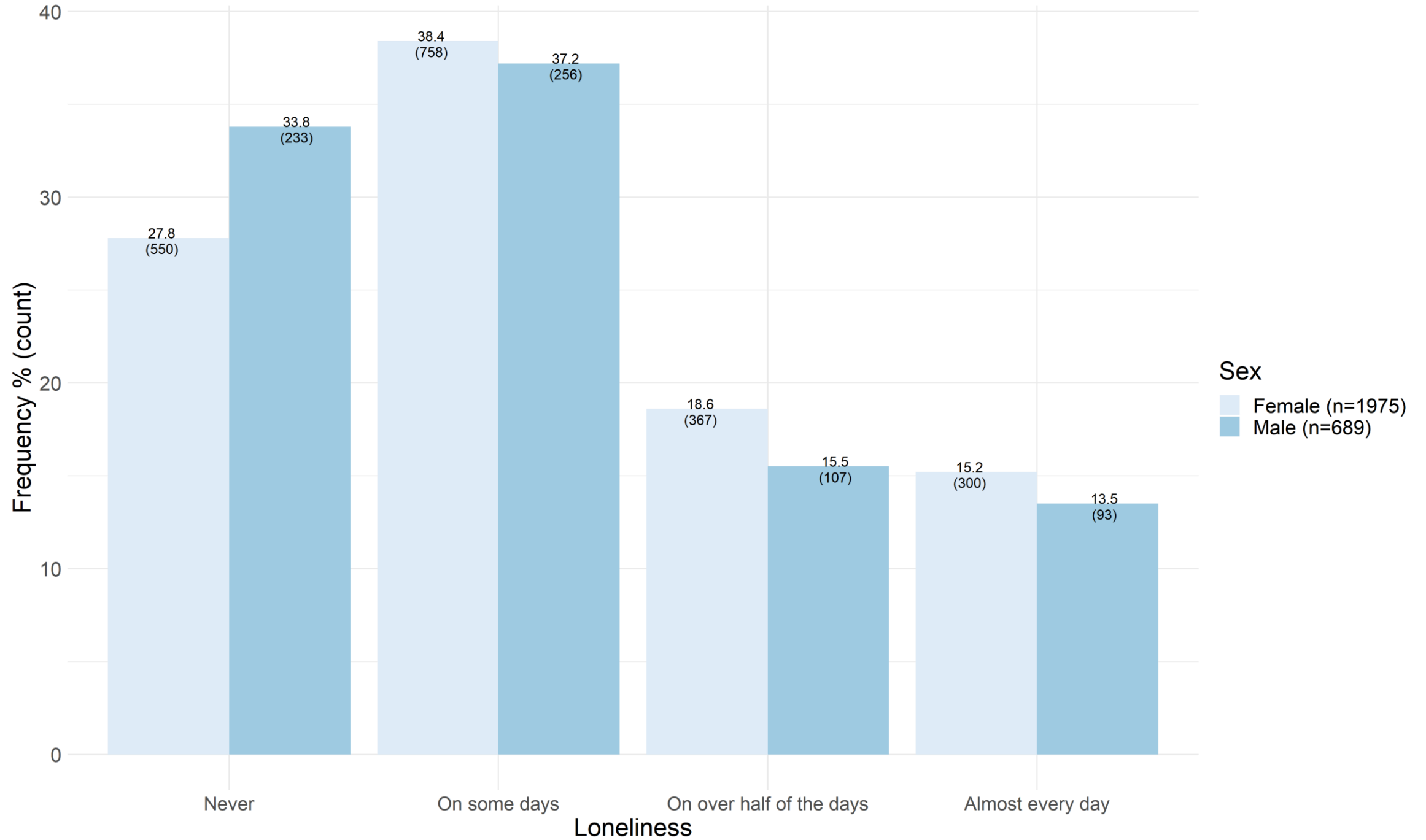
Anxiety by Sex



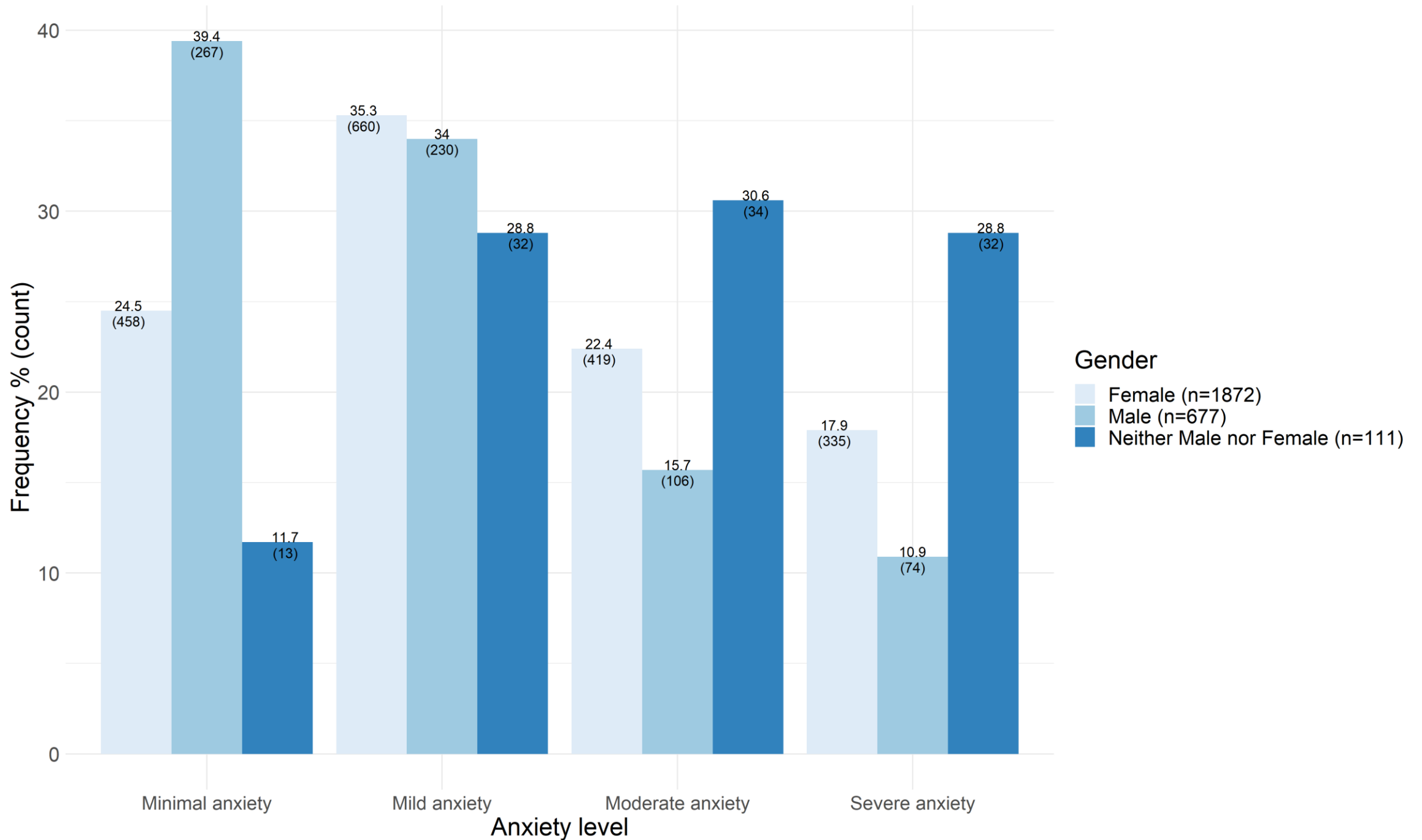
Depression Levels by Sex



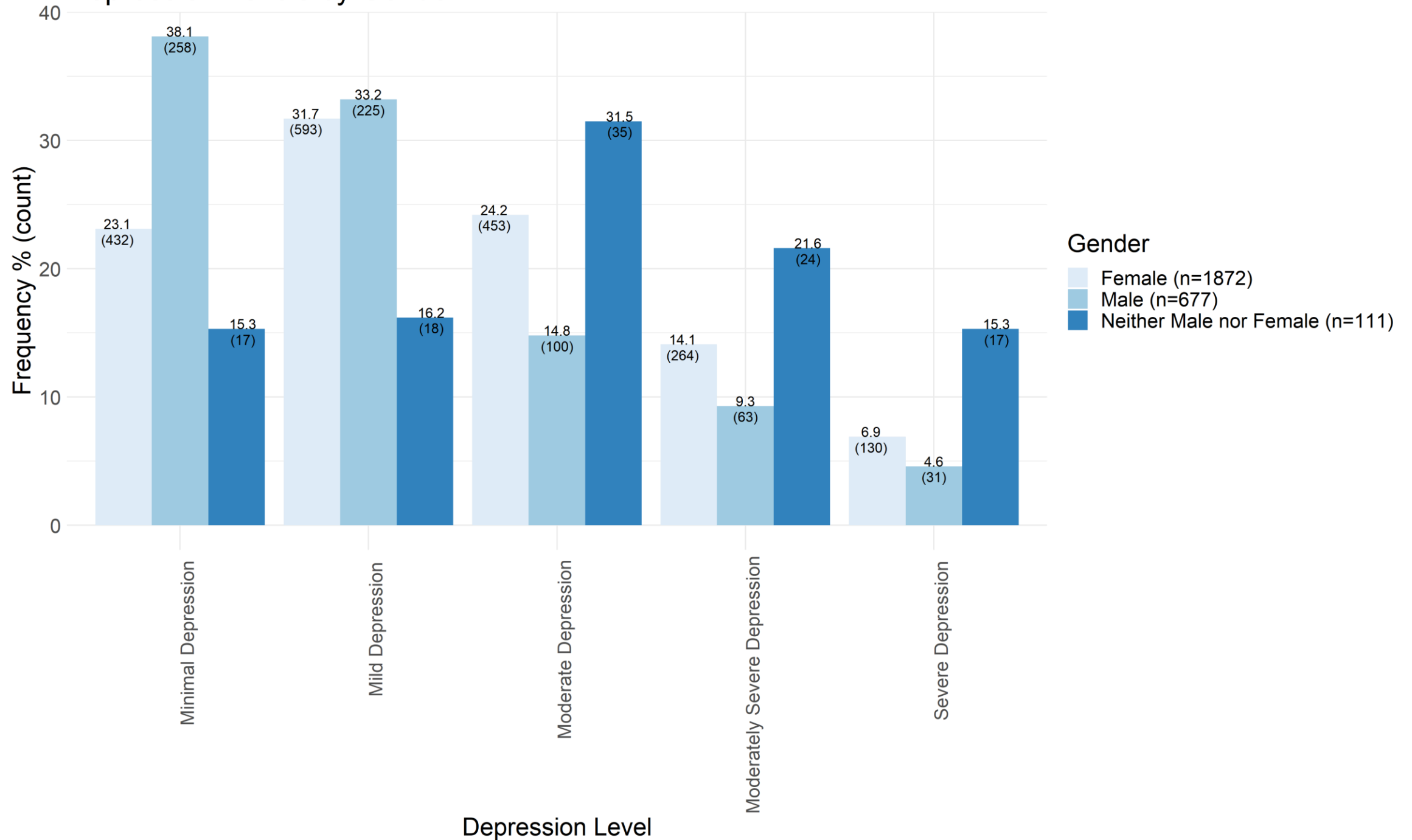
Loneliness by Sex



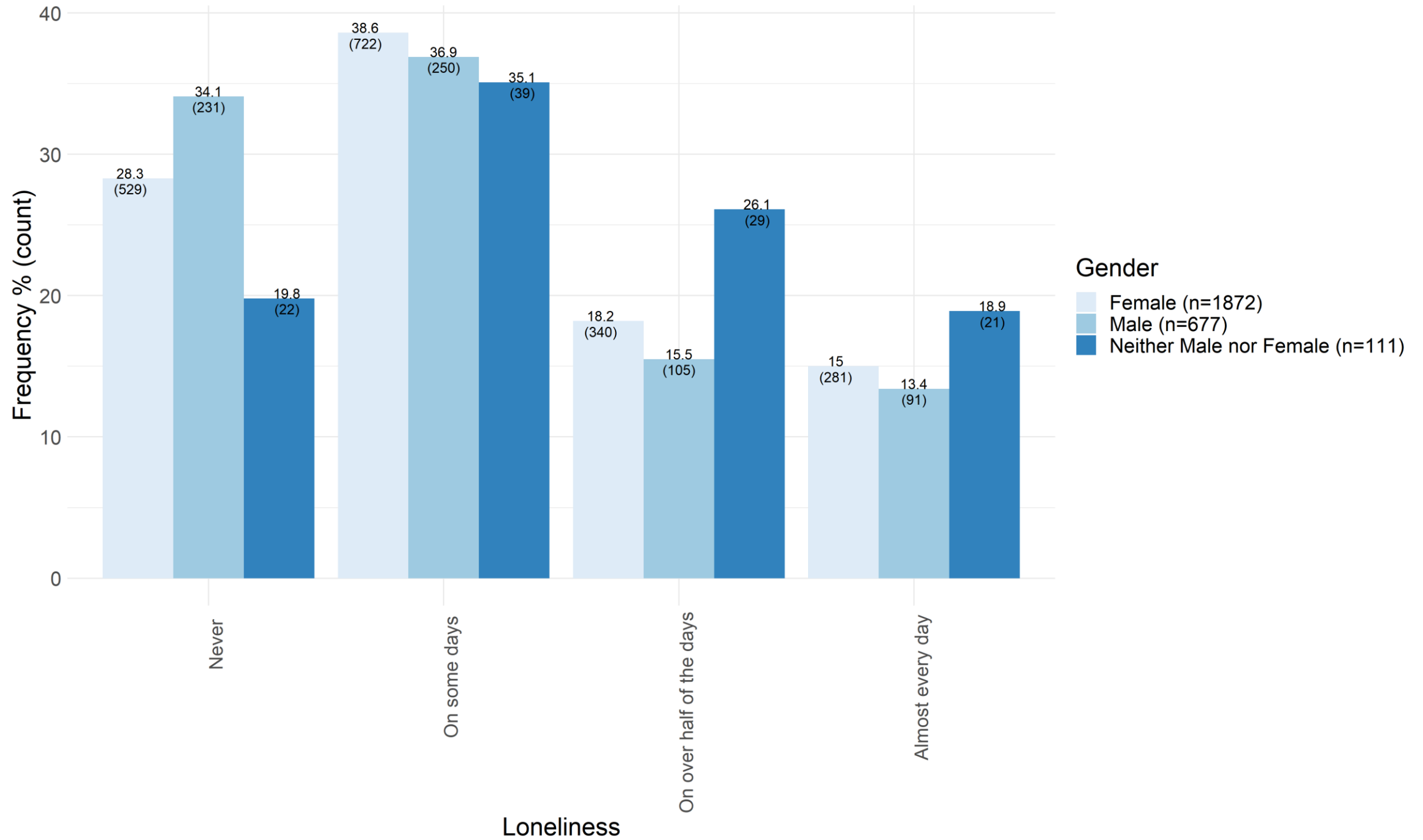
Anxiety by Gender



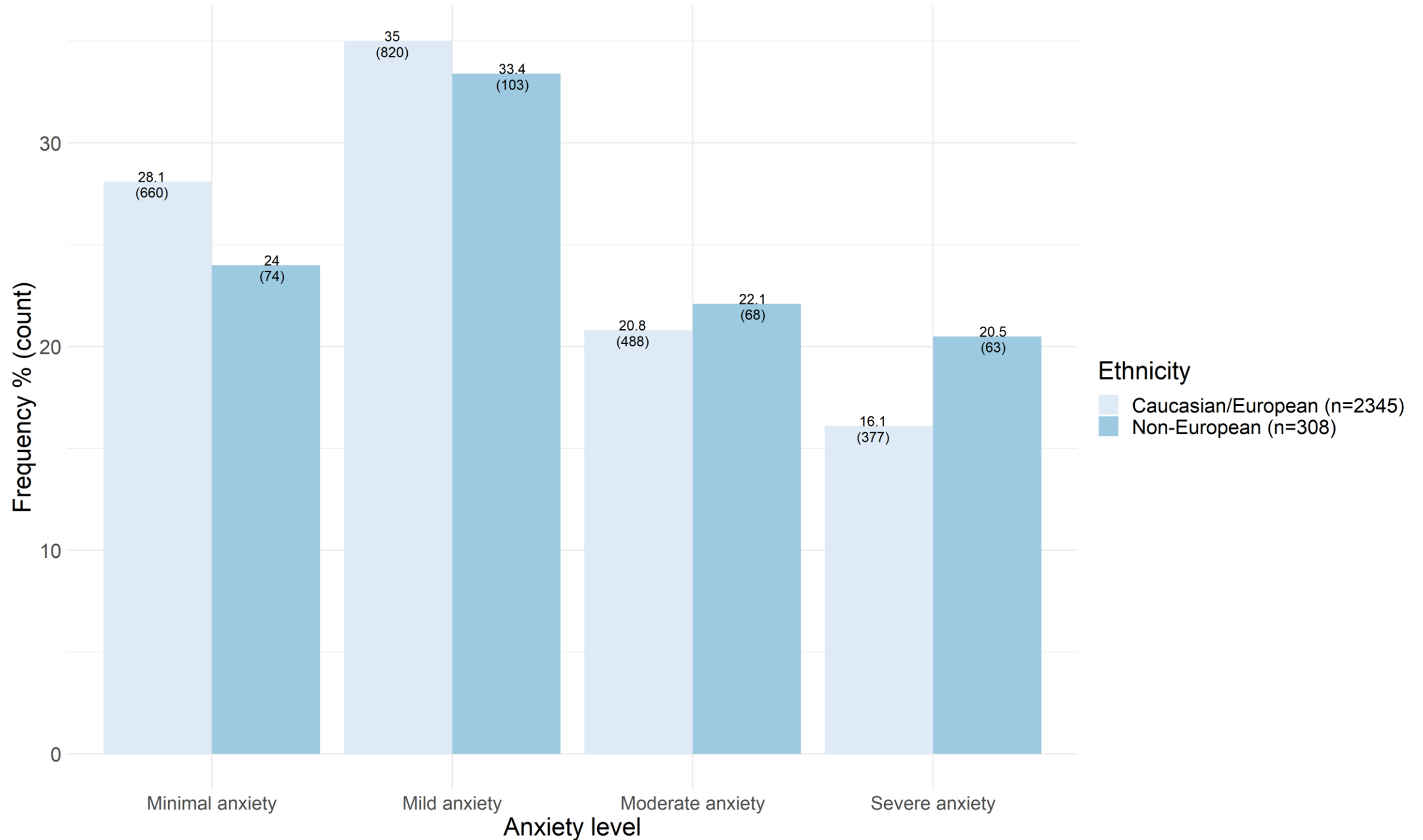
Depression Levels by Gender



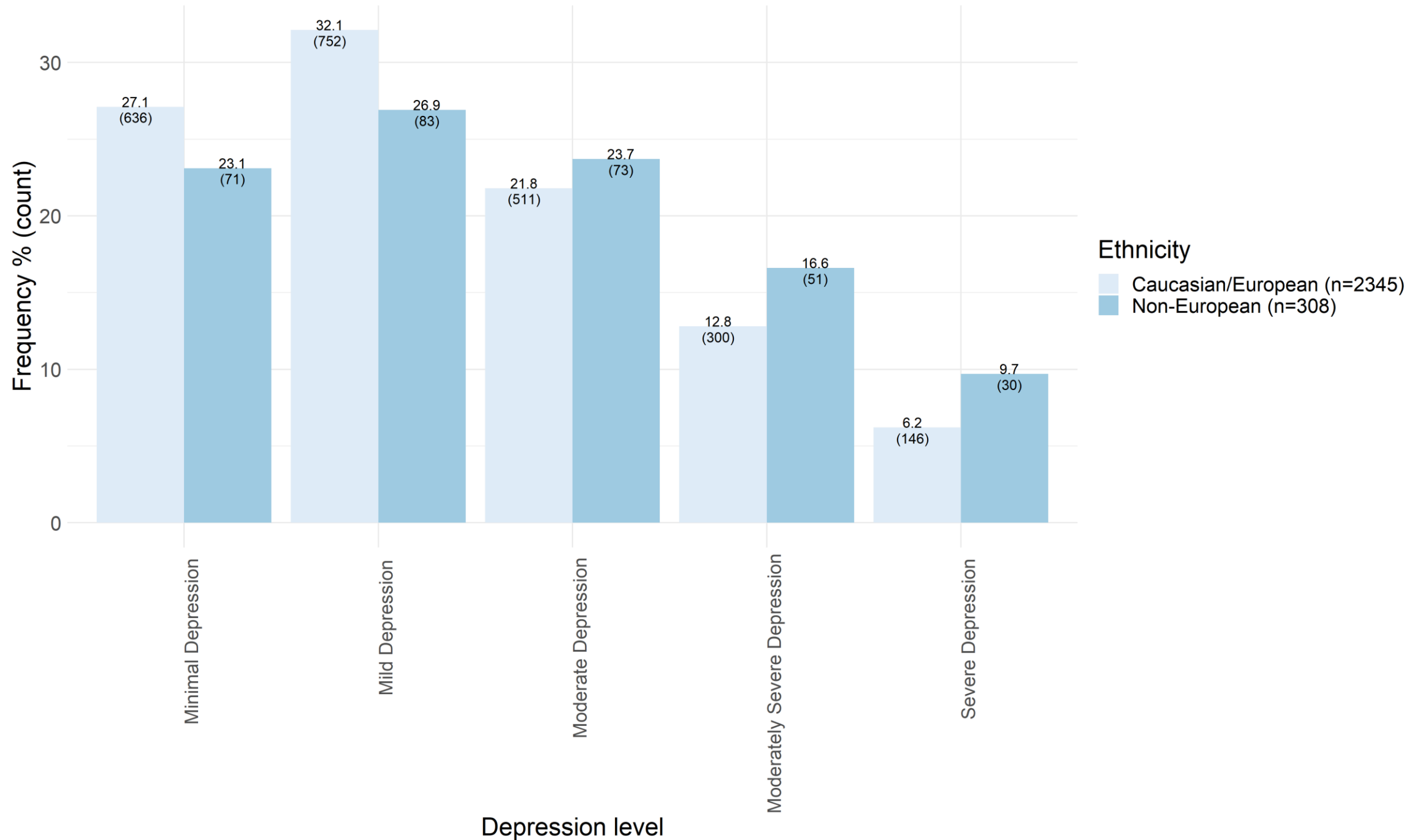
Loneliness by Gender



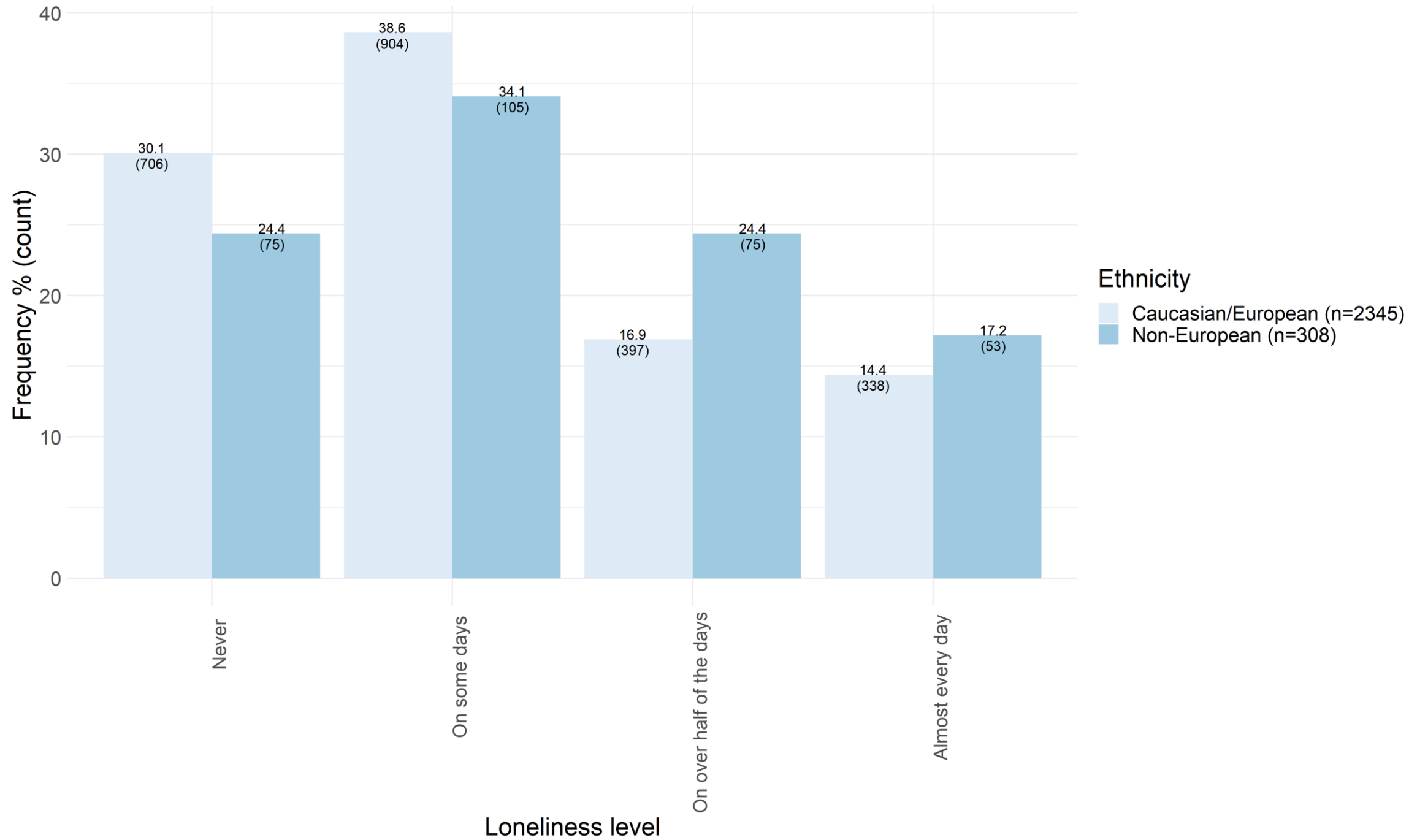
Anxiety by Ethnicity



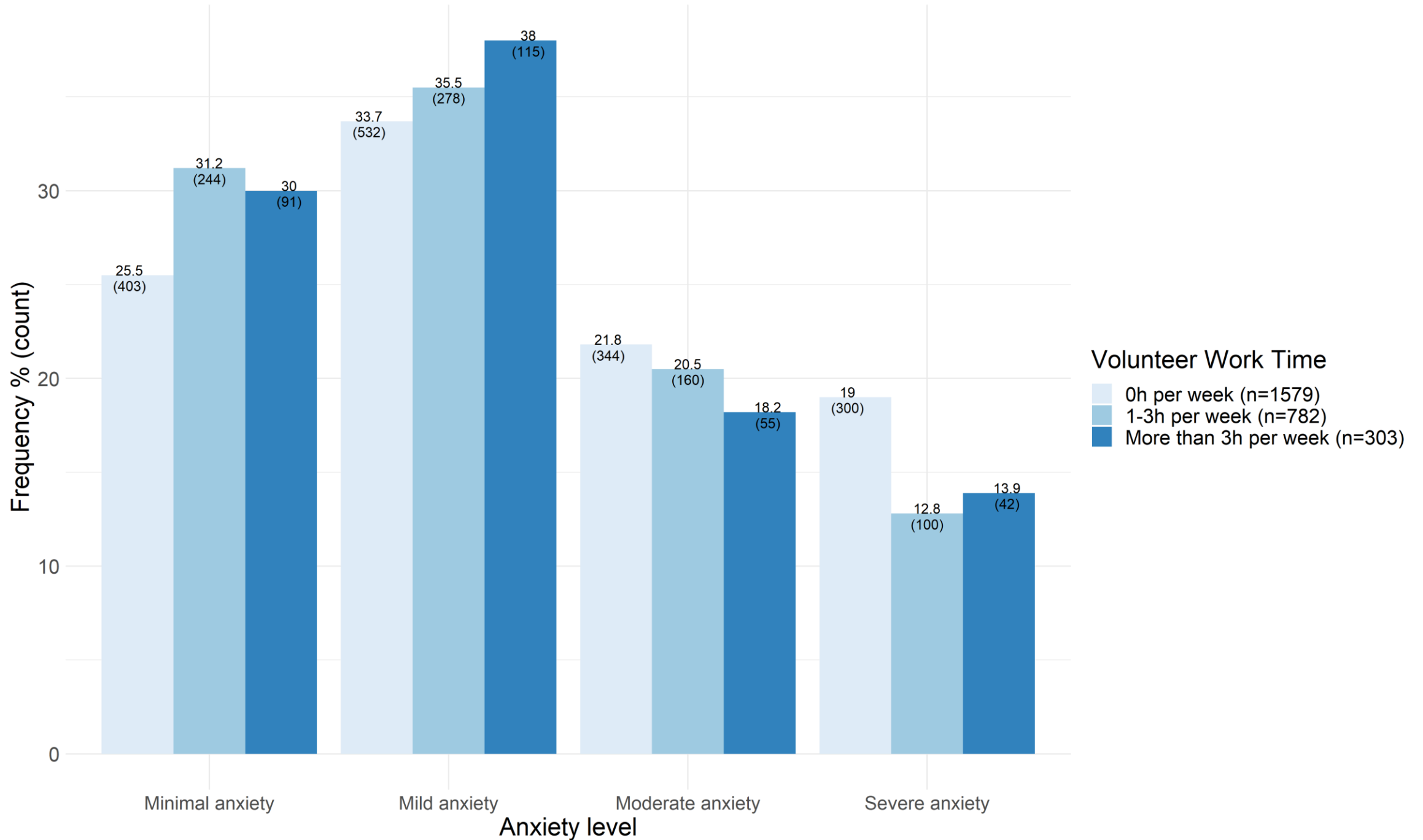
Depression by Ethnicity



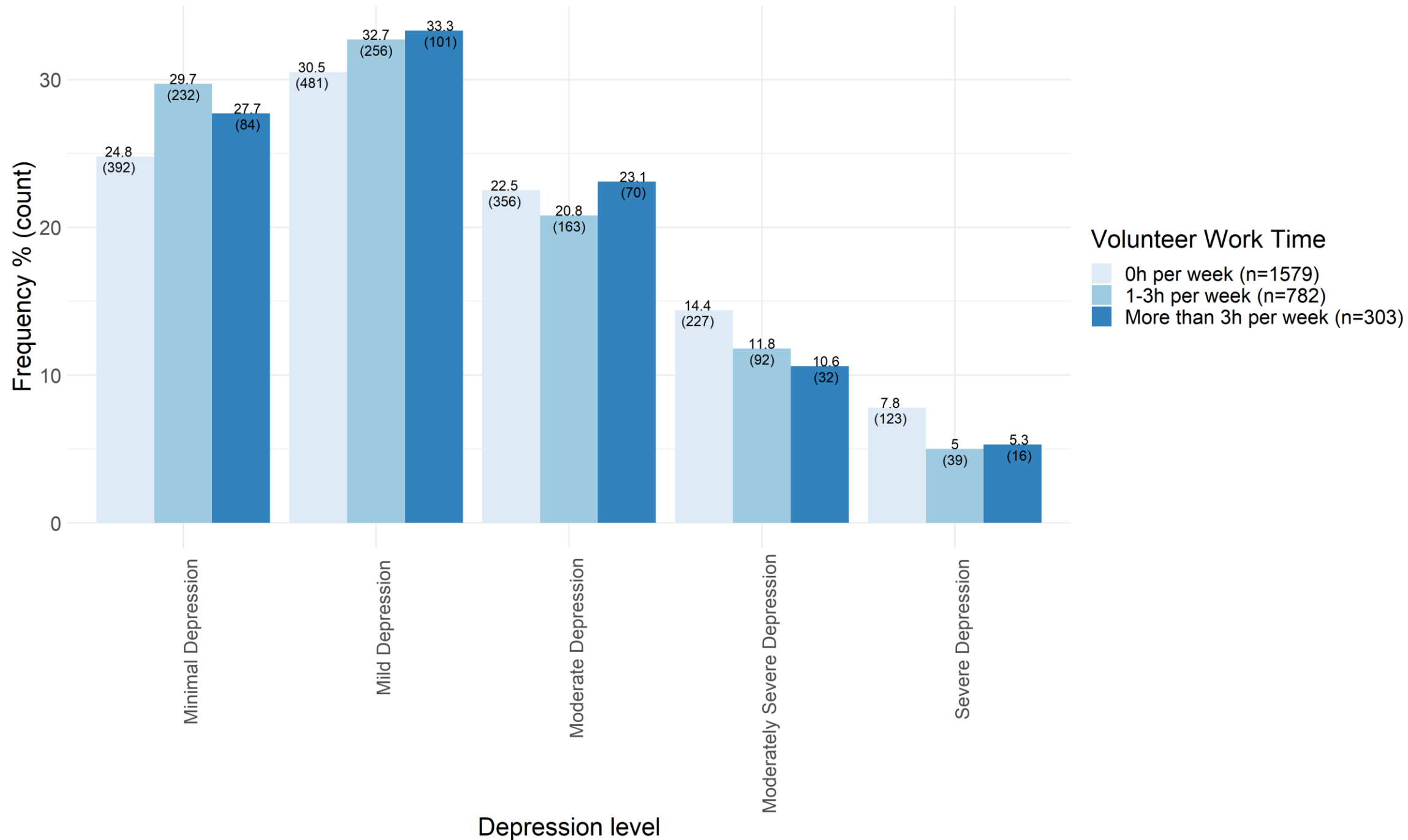
Loneliness by Ethnicity



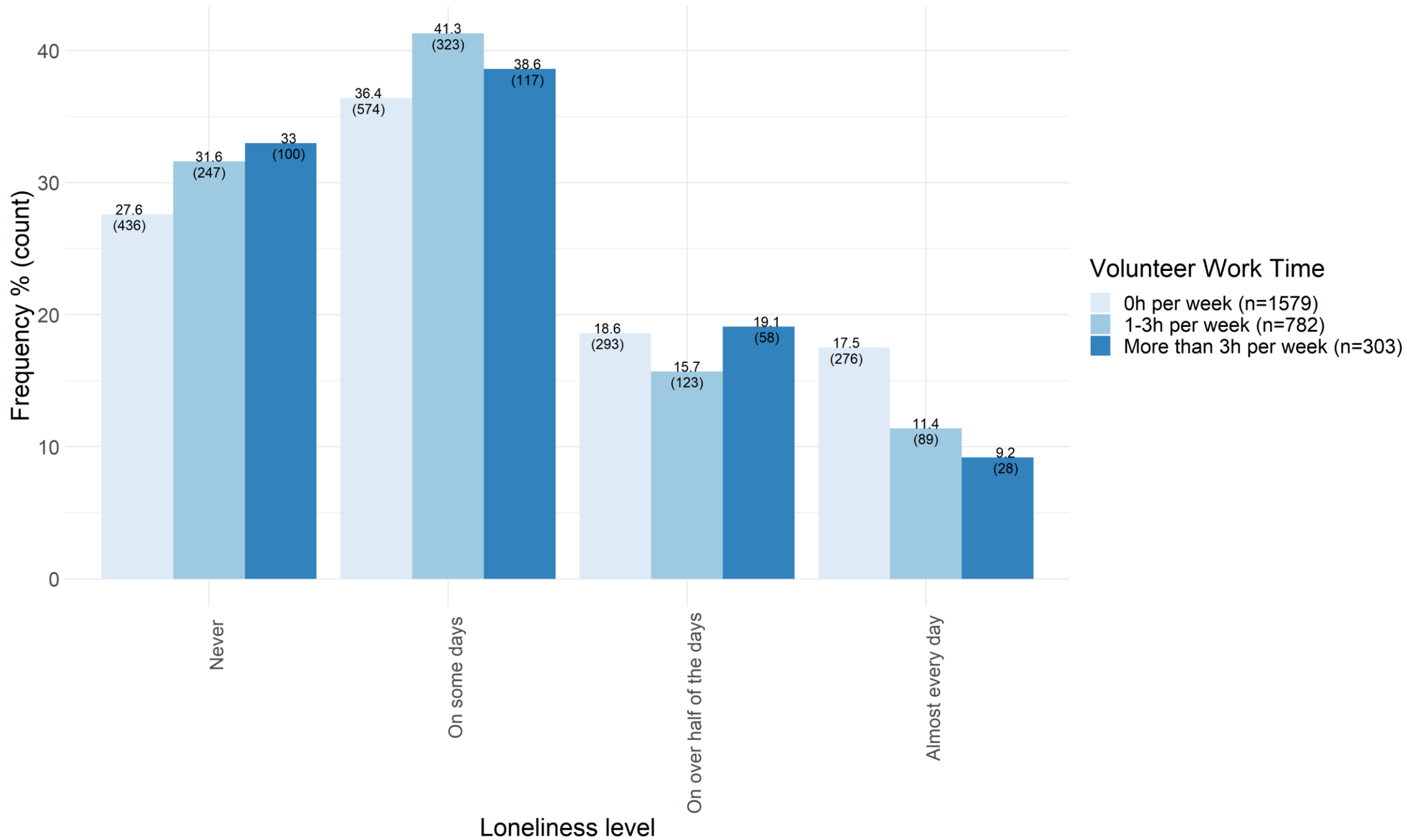
Anxiety by Volunteer Work Time



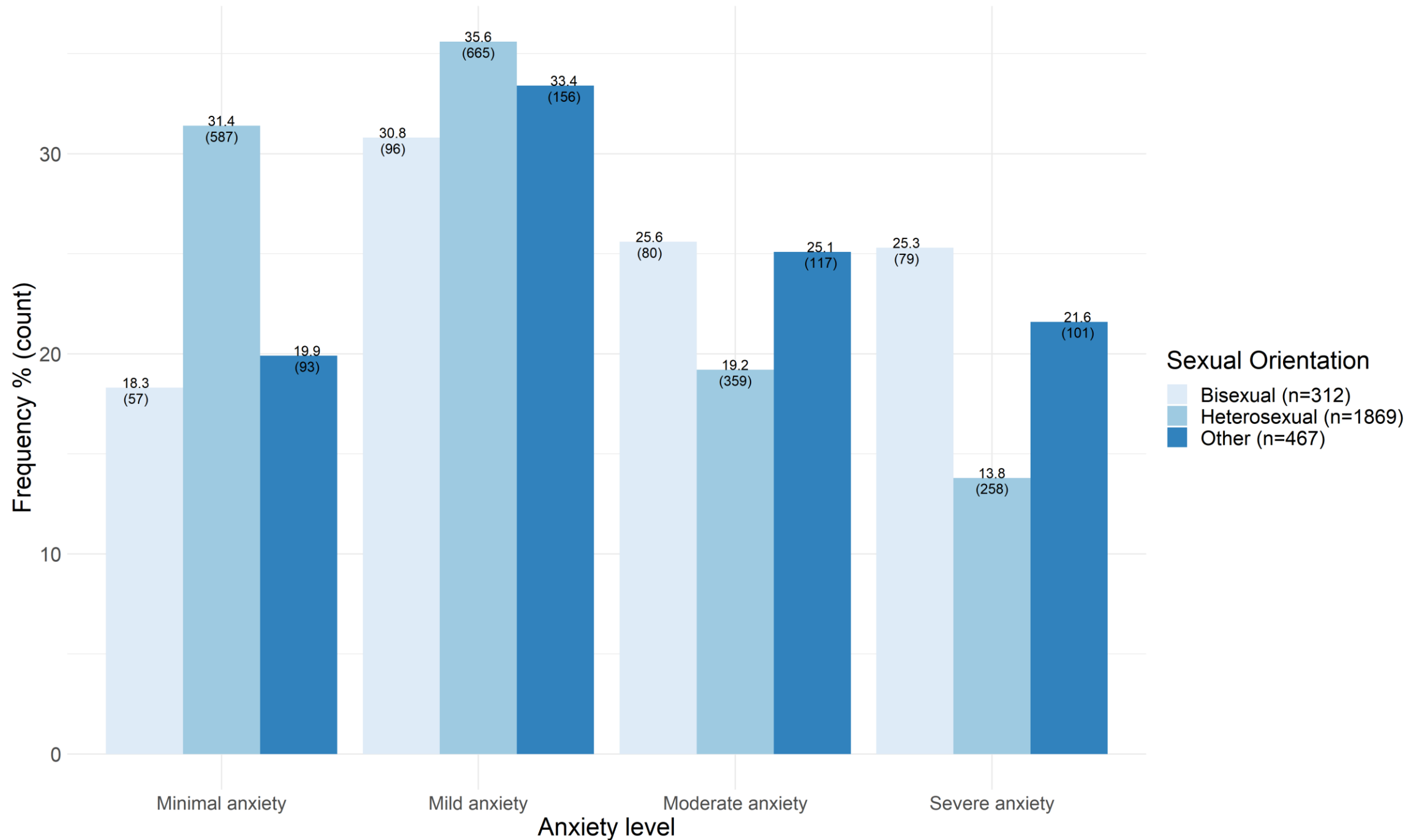
Depression by Volunteer Work Time



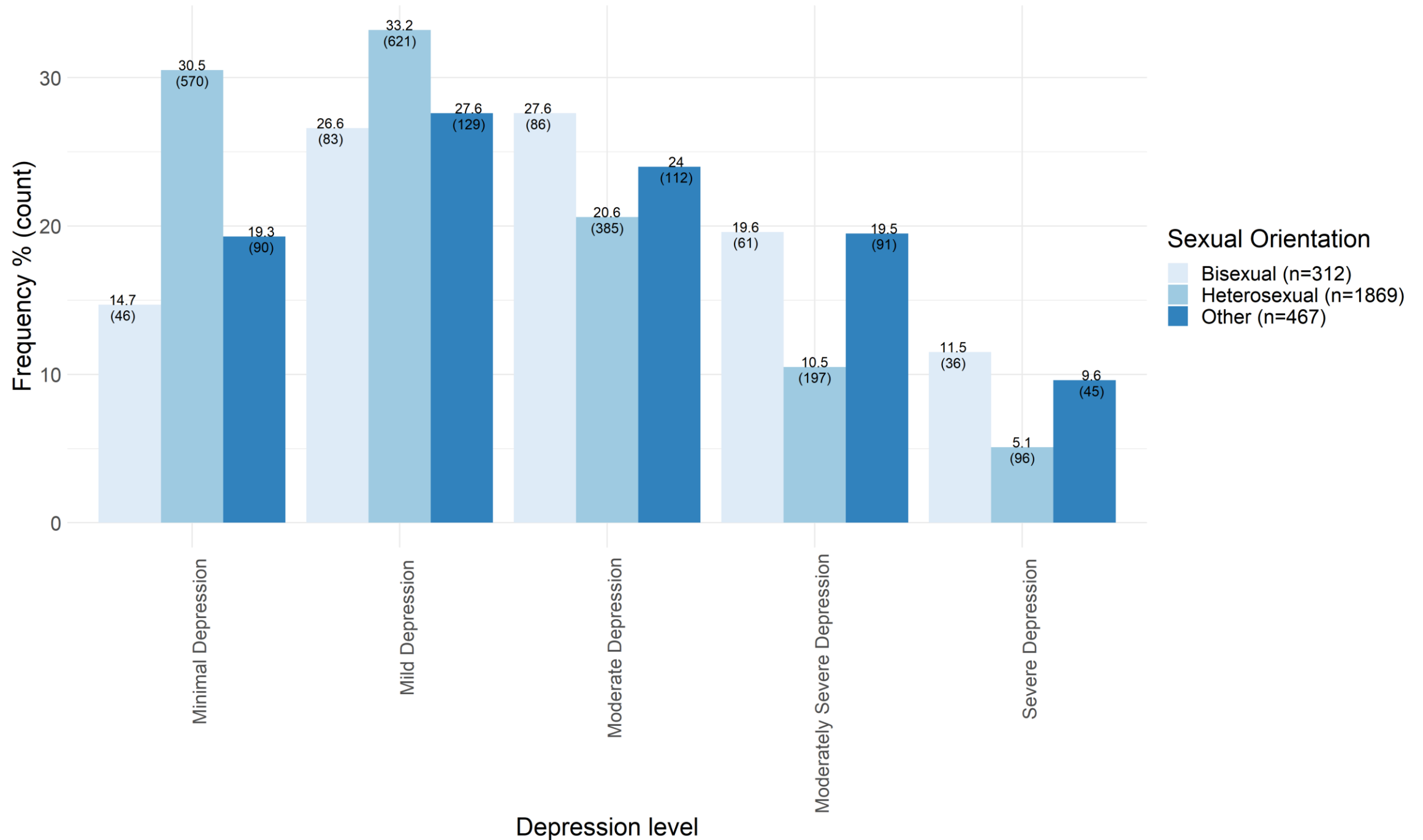
Loneliness by Volunteer Work Time



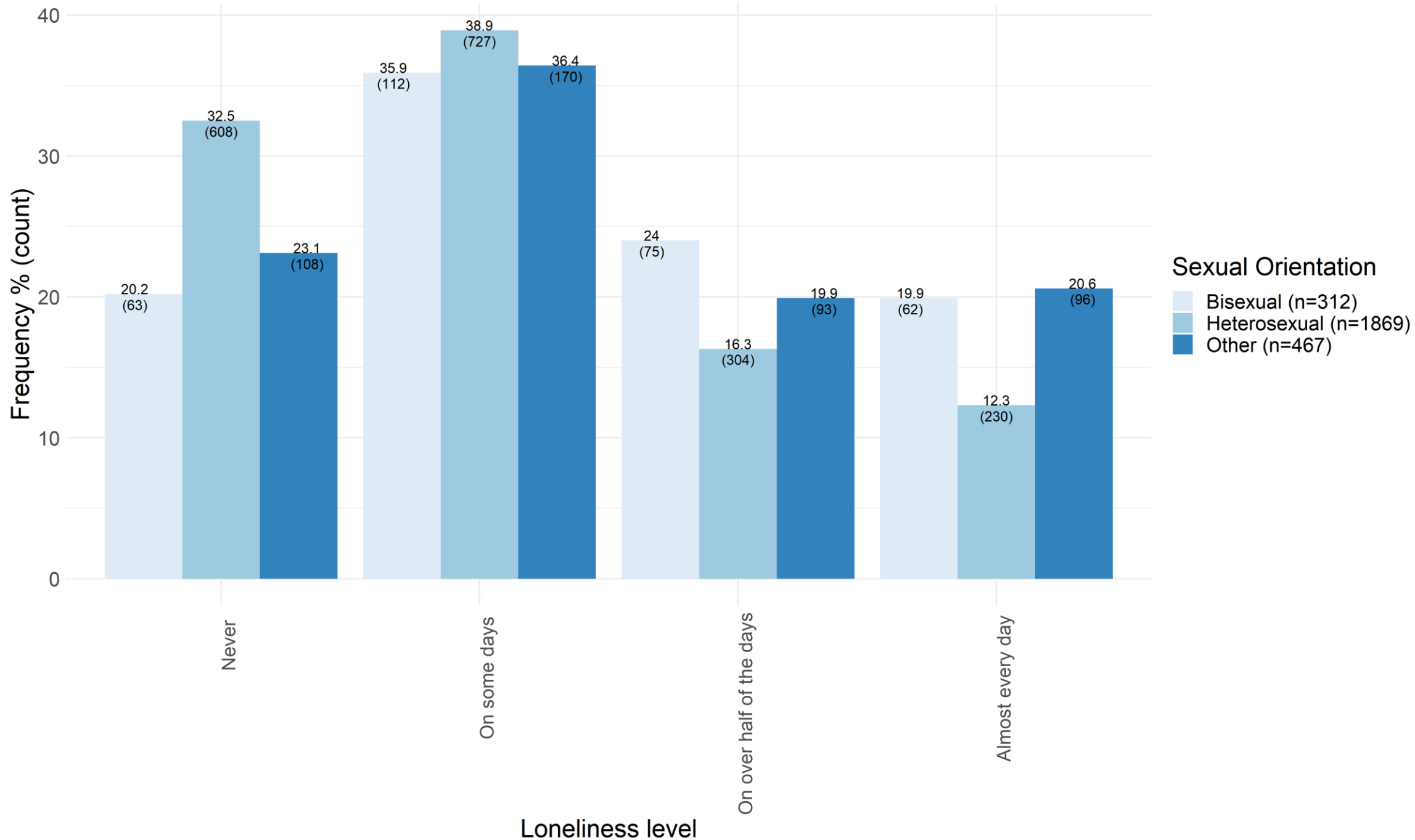
Anxiety by Sexual Orientation



Depression by Sexual Orientation

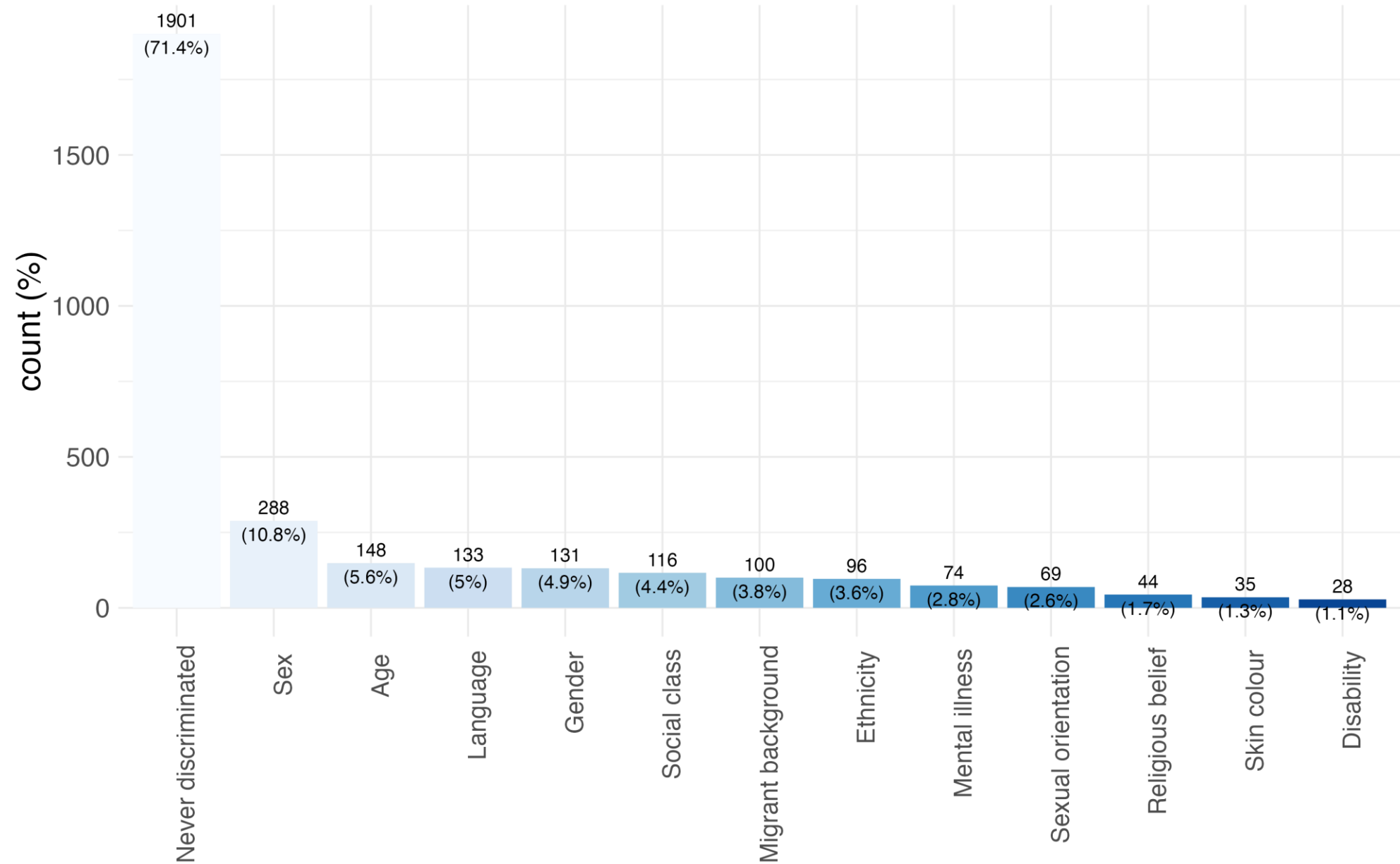


Loneliness by Sexual Orientation

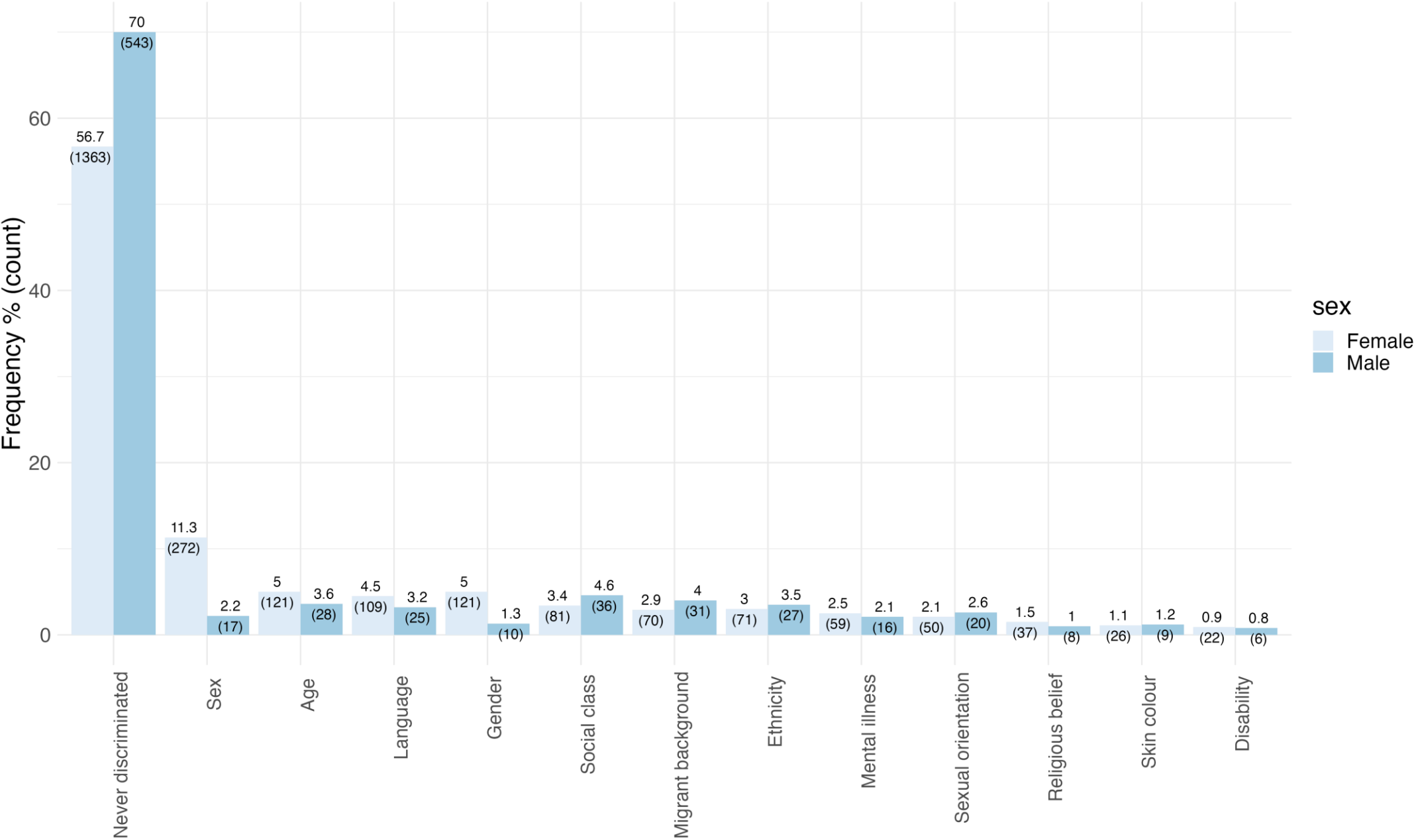


Discrimination Experience

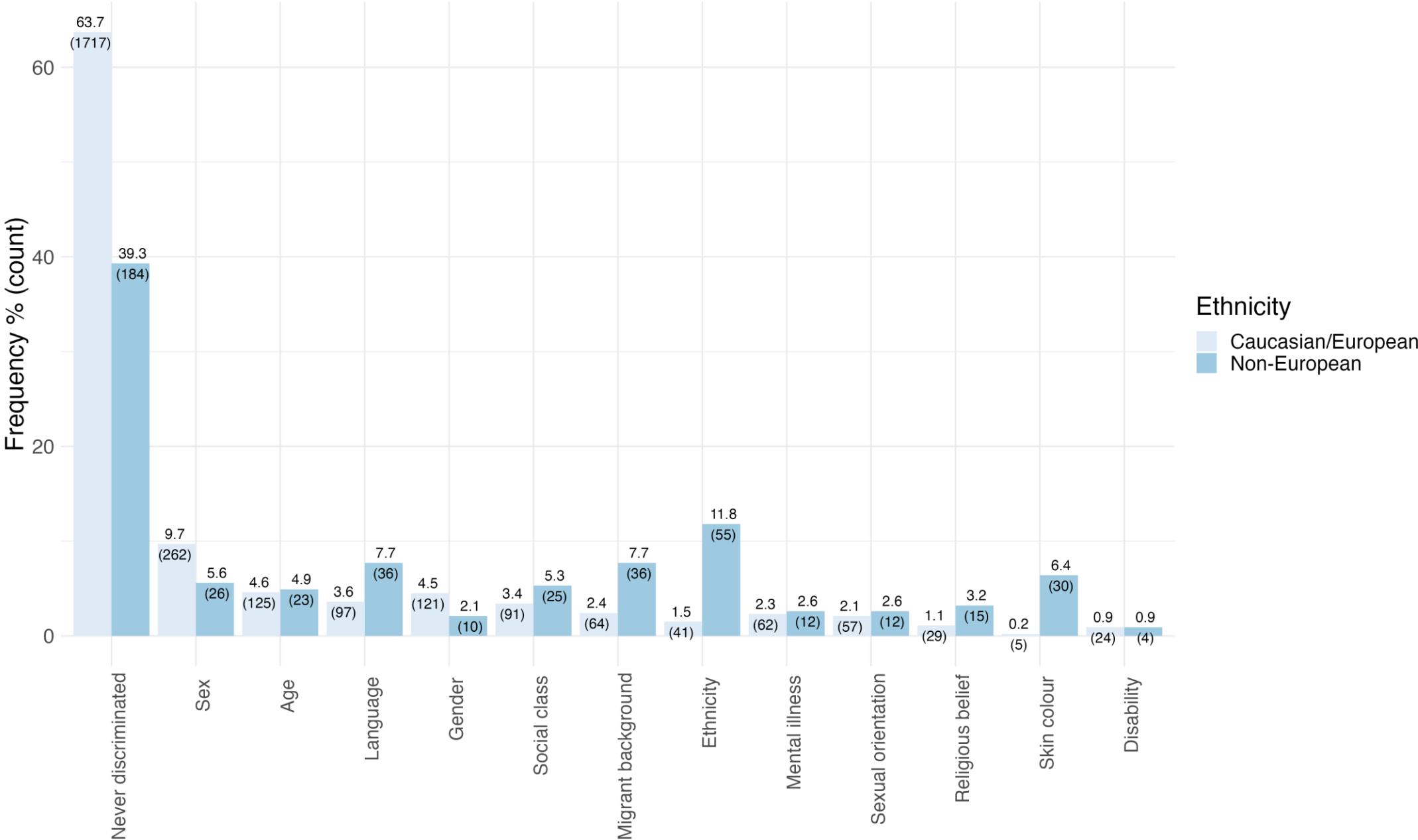
Discrimination Source



Discrimination divided by sex group

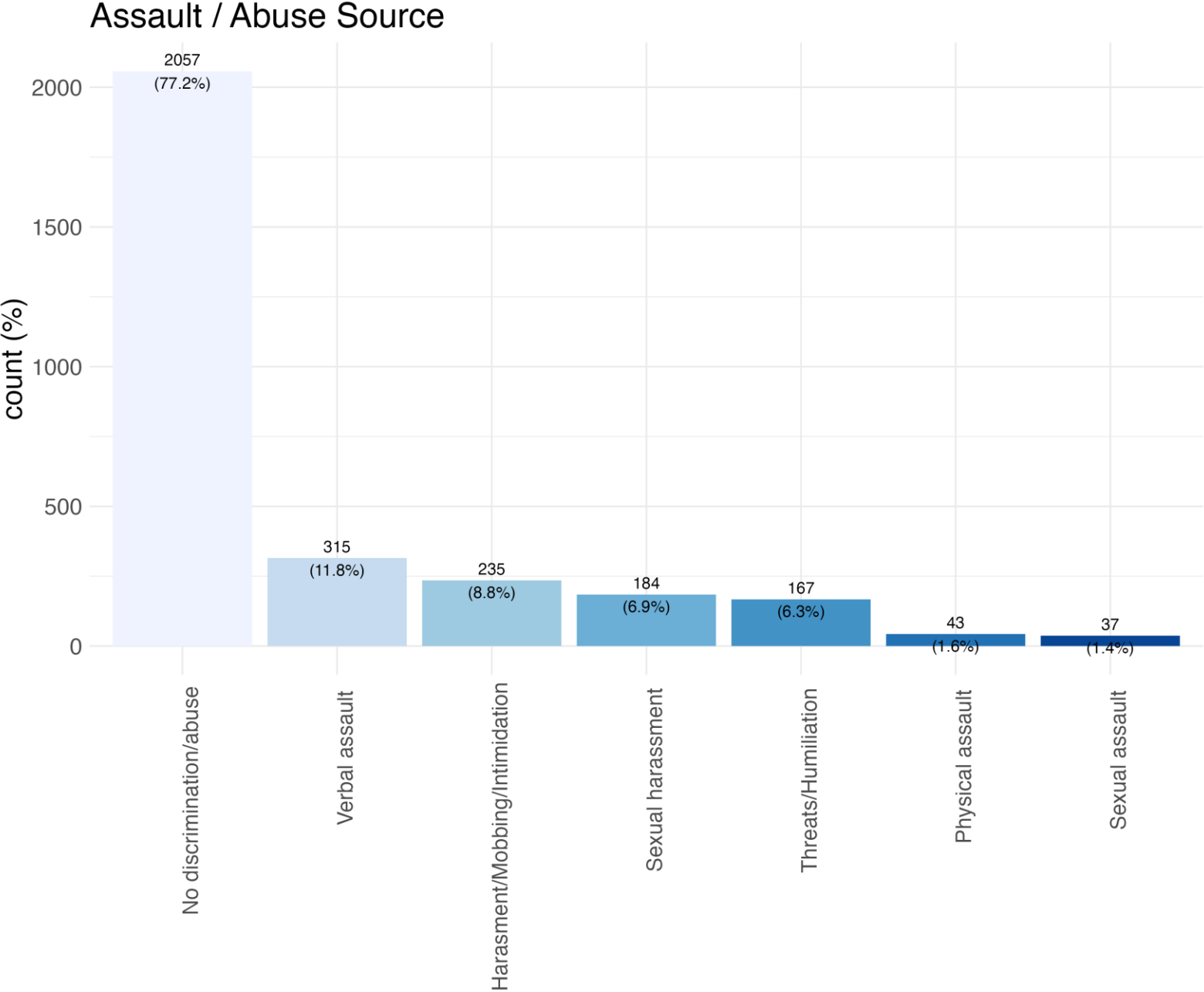


Discrimination divided by ethnicity group

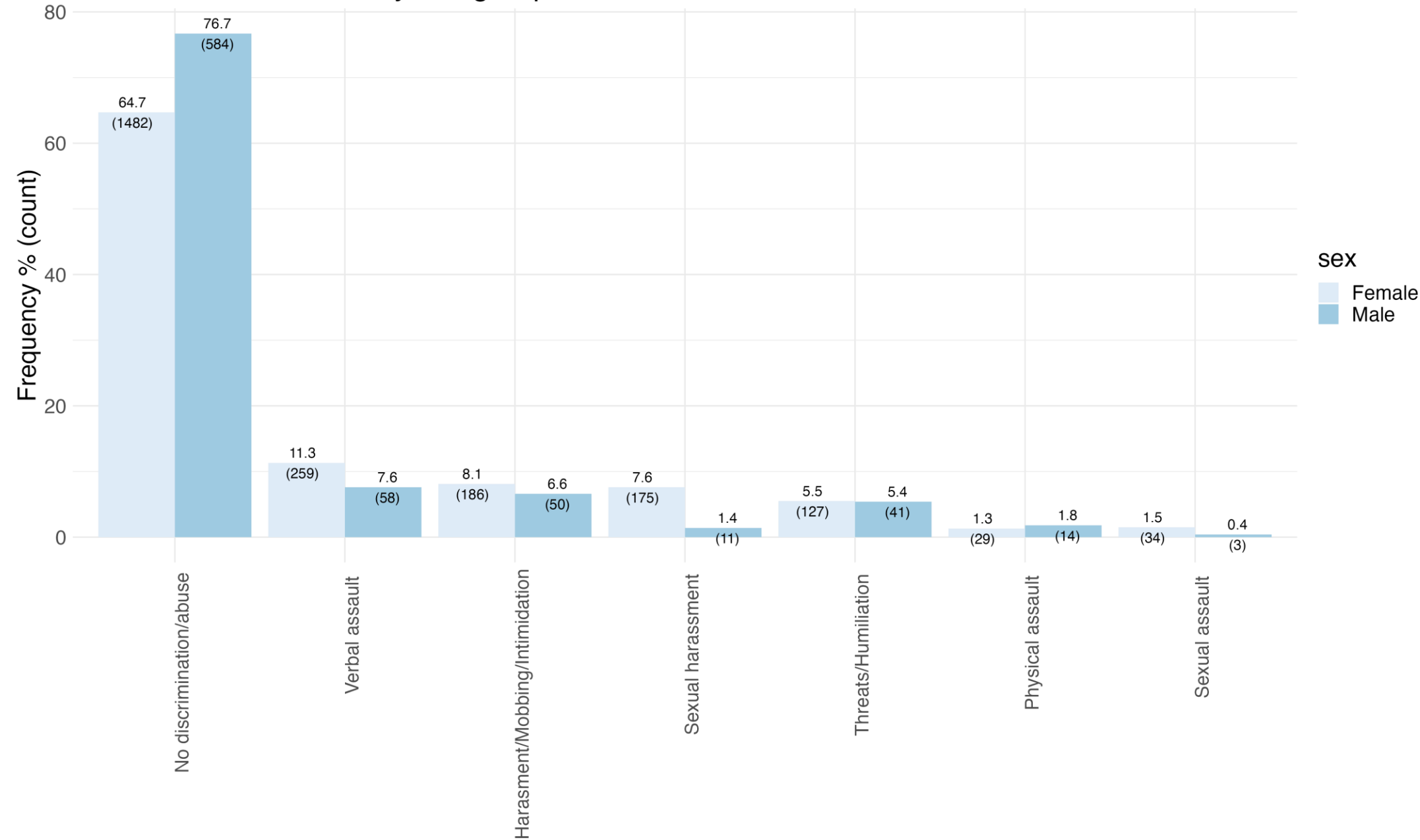


Assault Experience

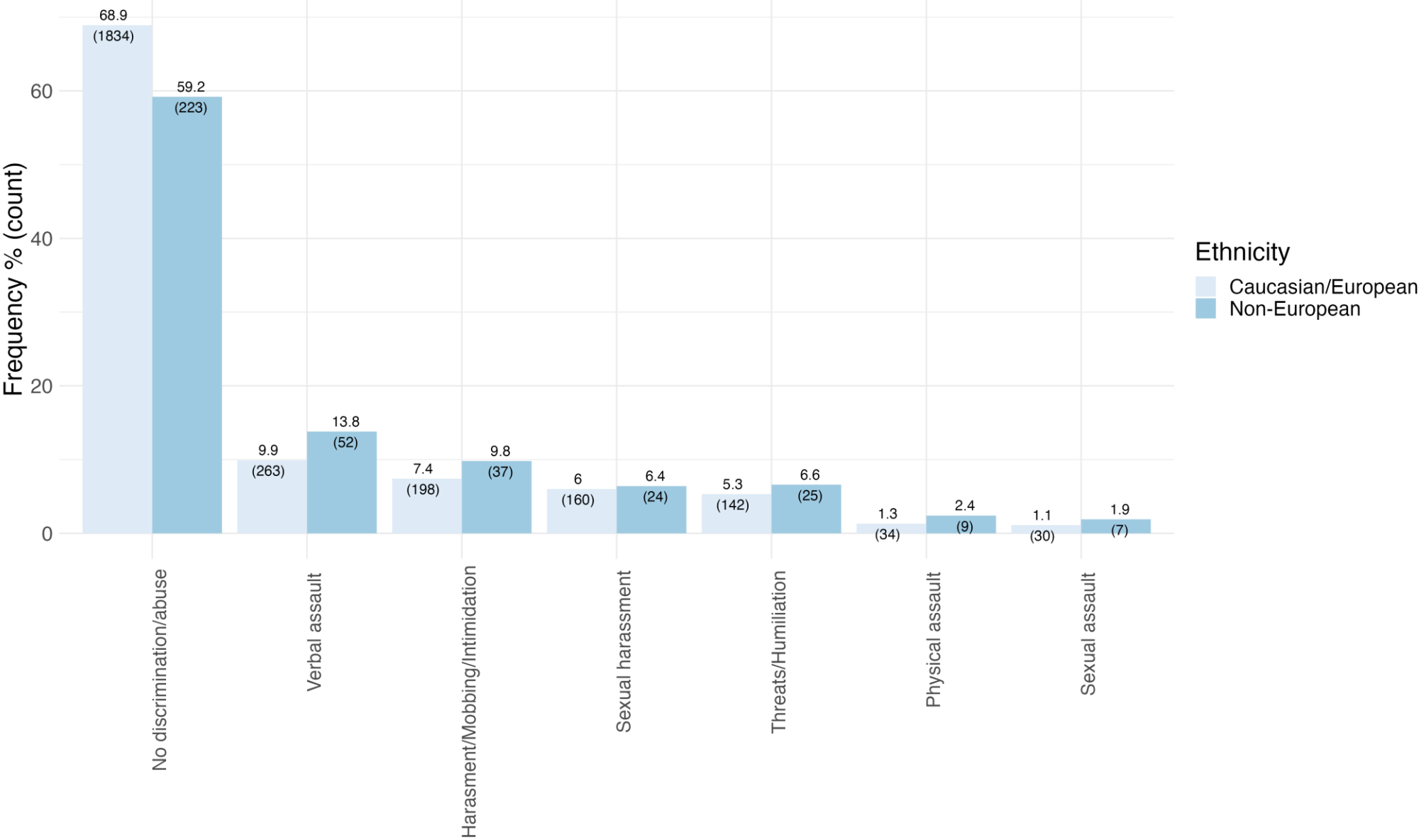
All the participants



Assault/Abuse divided by sex group

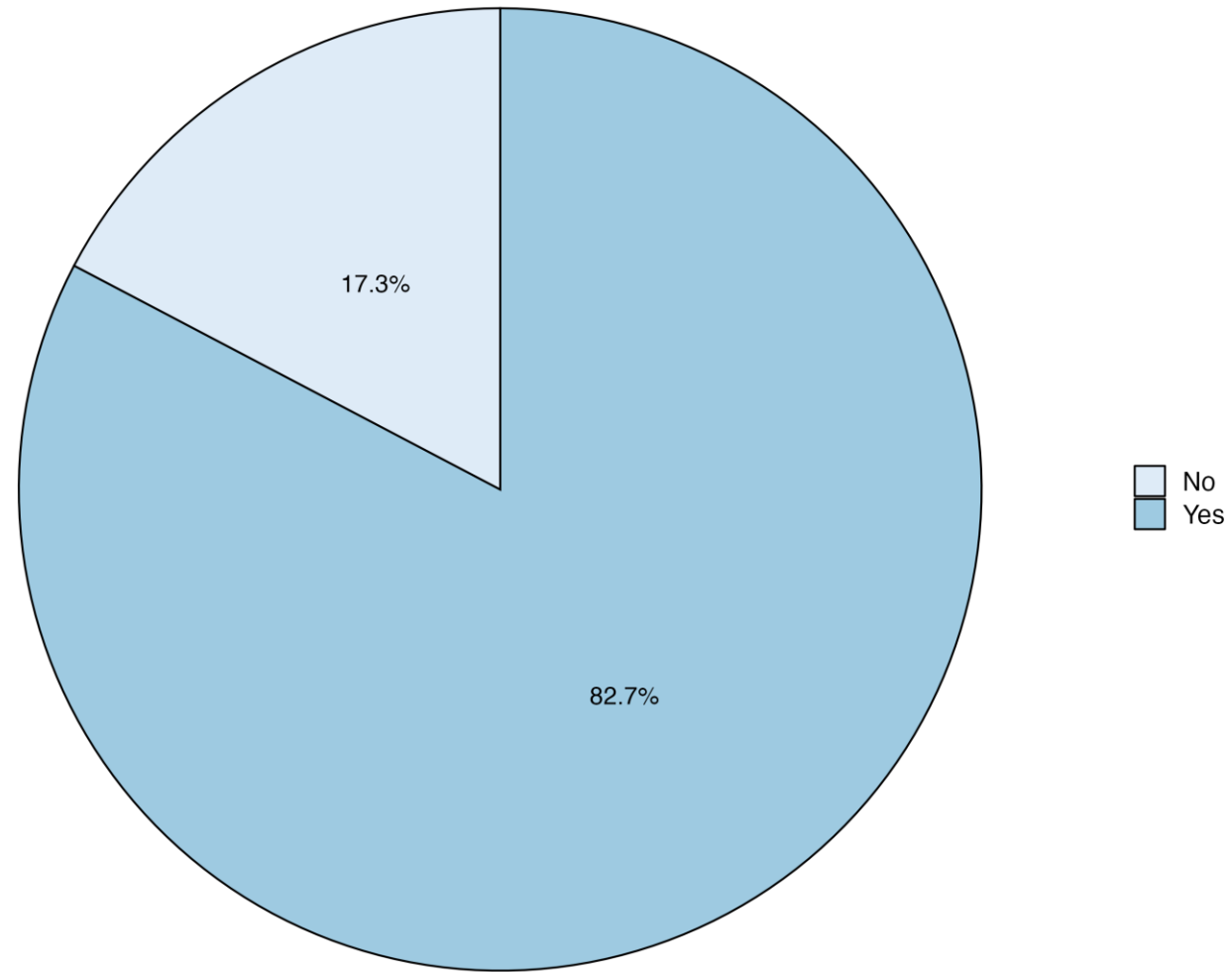


Assault/Abuse divided by ethnicity group



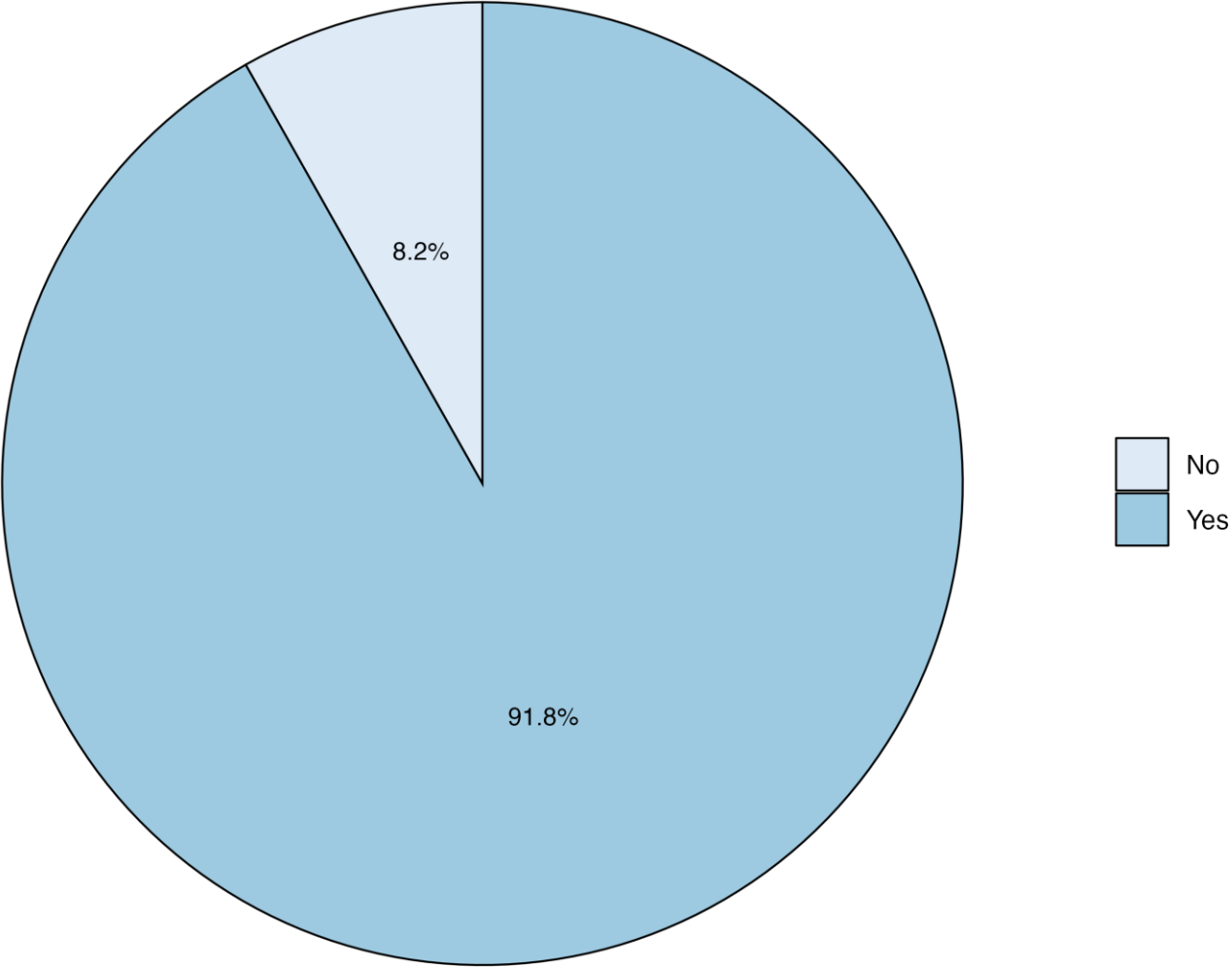
Psychological Support

Have you ever experienced mental health problems during your studies?



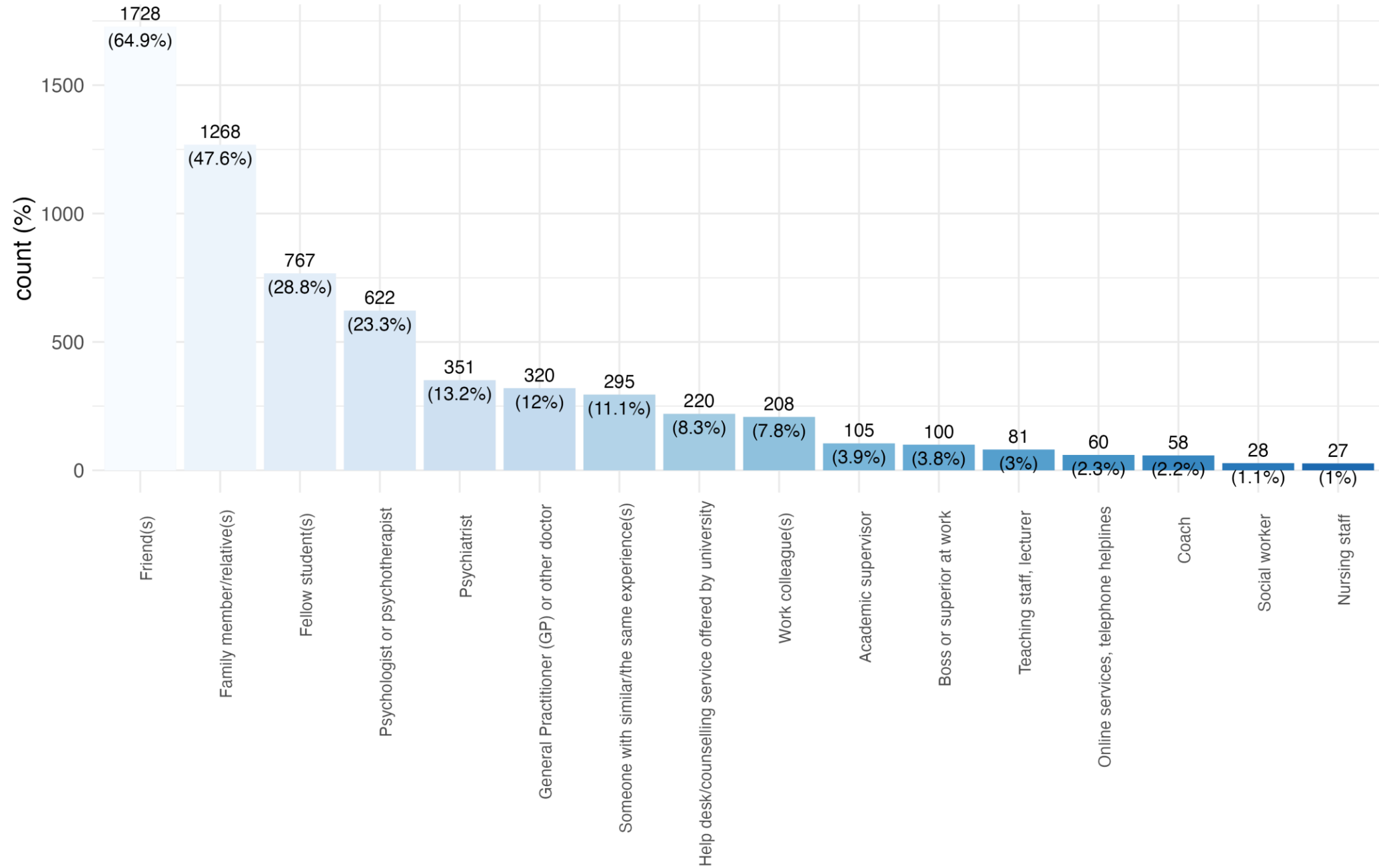
N = 2664

Have you ever talked about your problem with anyone?

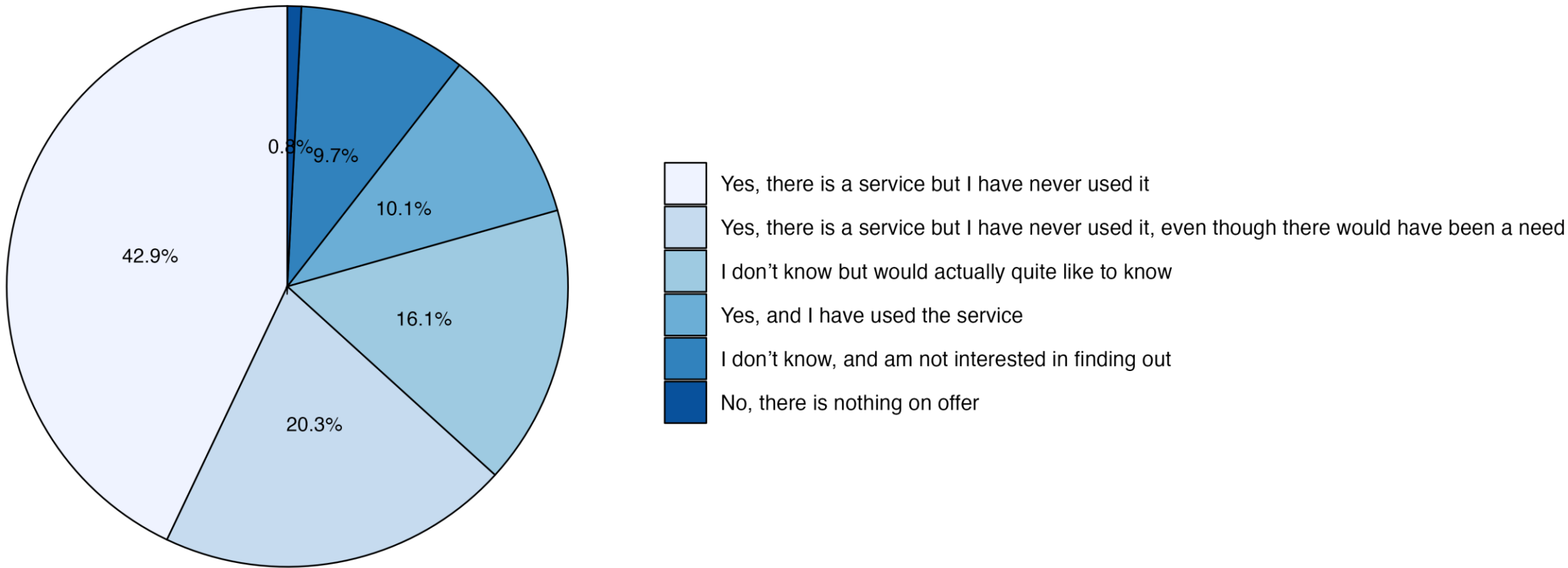


N = 2664

With whom have you talked about your psychological problems?

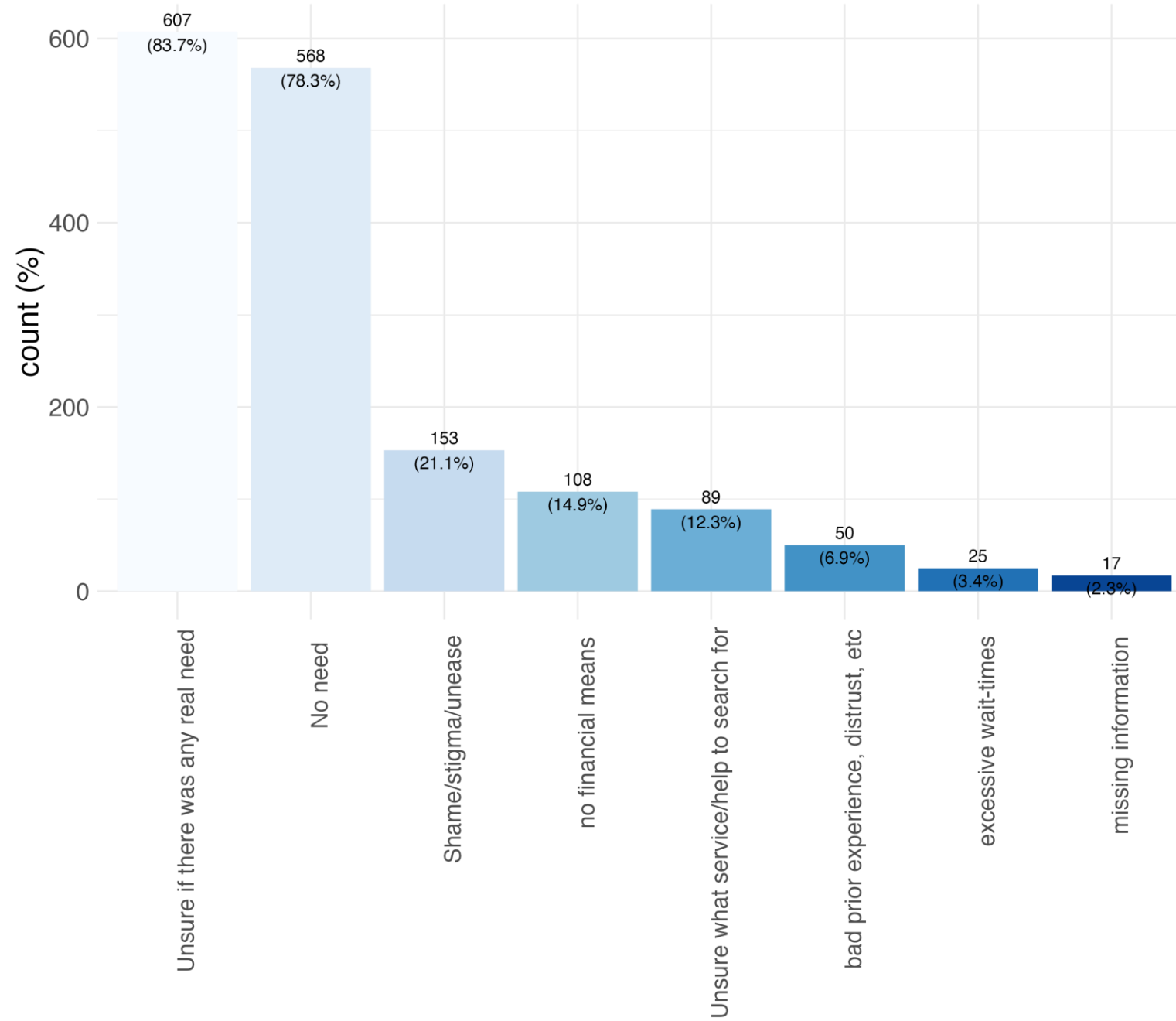


Have you ever felt the need for psychological help during your studies?



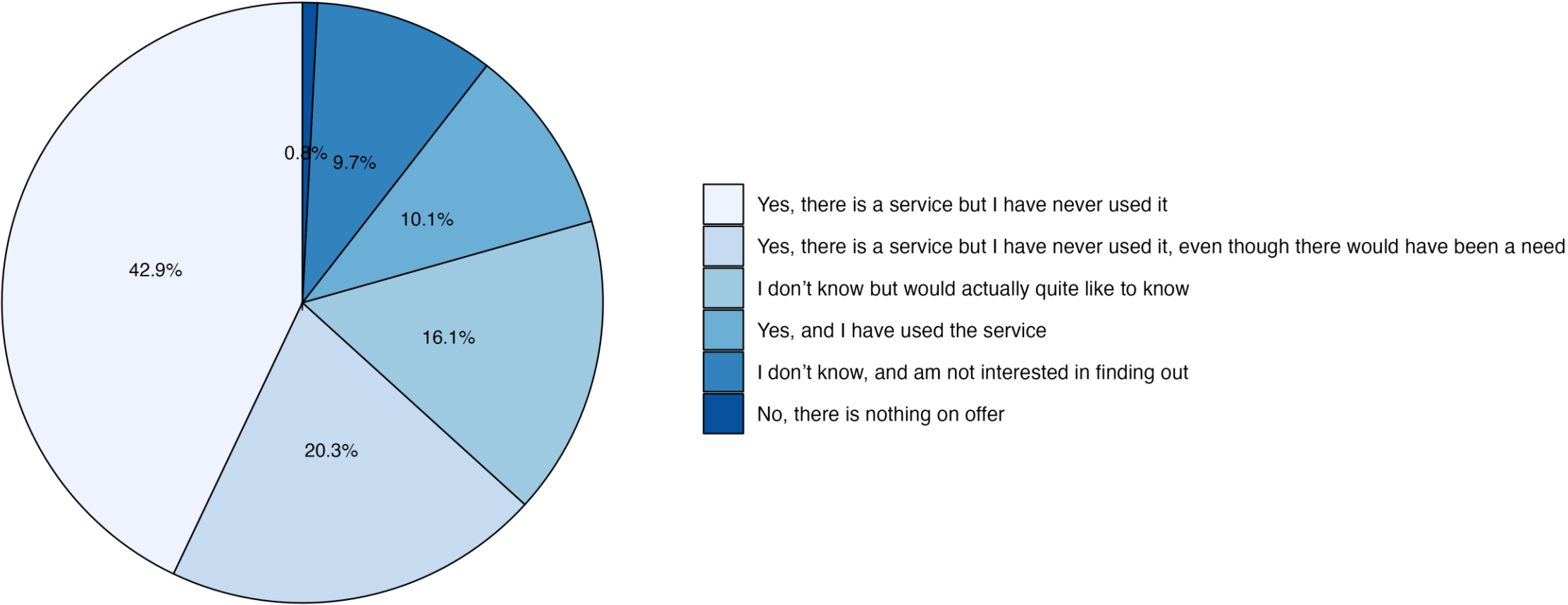
N = 2664

Why have you not sought help?



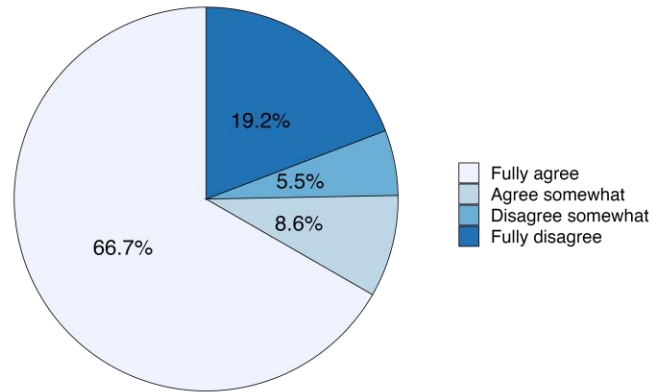
University Psychological Support

Do you know if there is psychological counseling at your university / college?



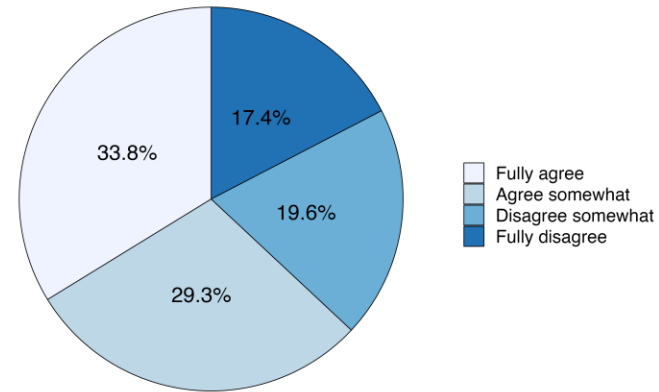
N = 2664

Service cost



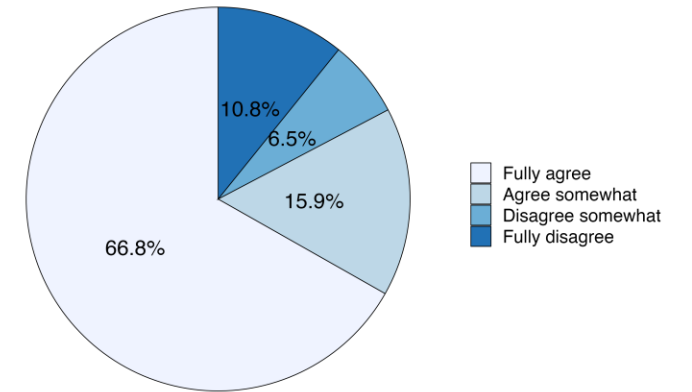
The offer is free of charge (N = 474)

Service satisfaction



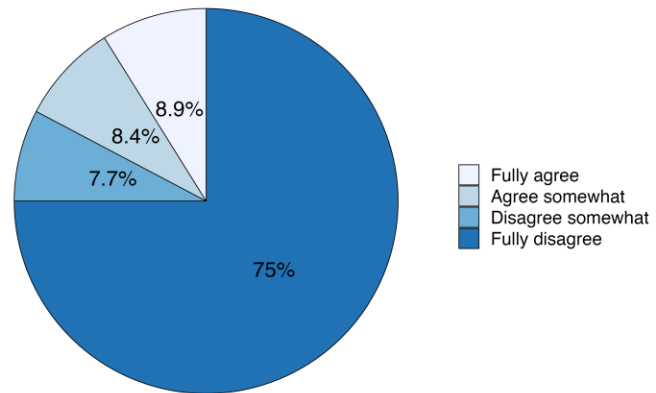
The offer has met my expectations. (N = 317)

Appointment time



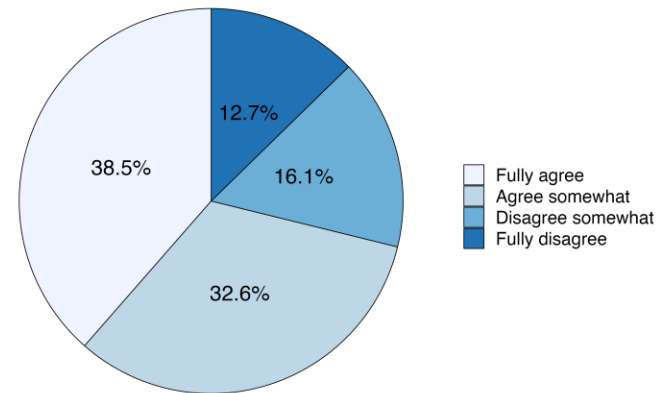
I got an appointment within 4 weeks (N = 352)

Service affordability



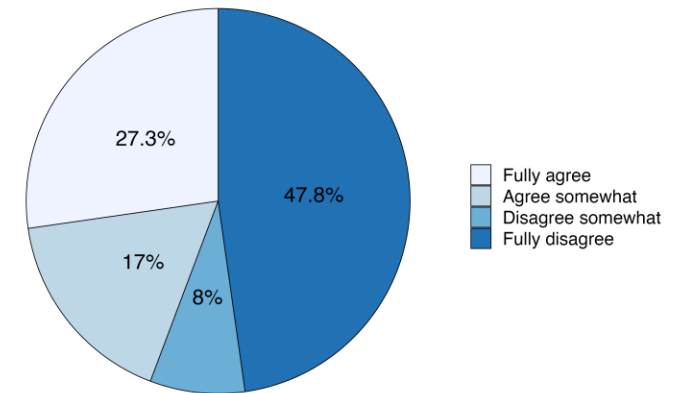
I can't afford the offer. (N = 416)

Service satisfaction



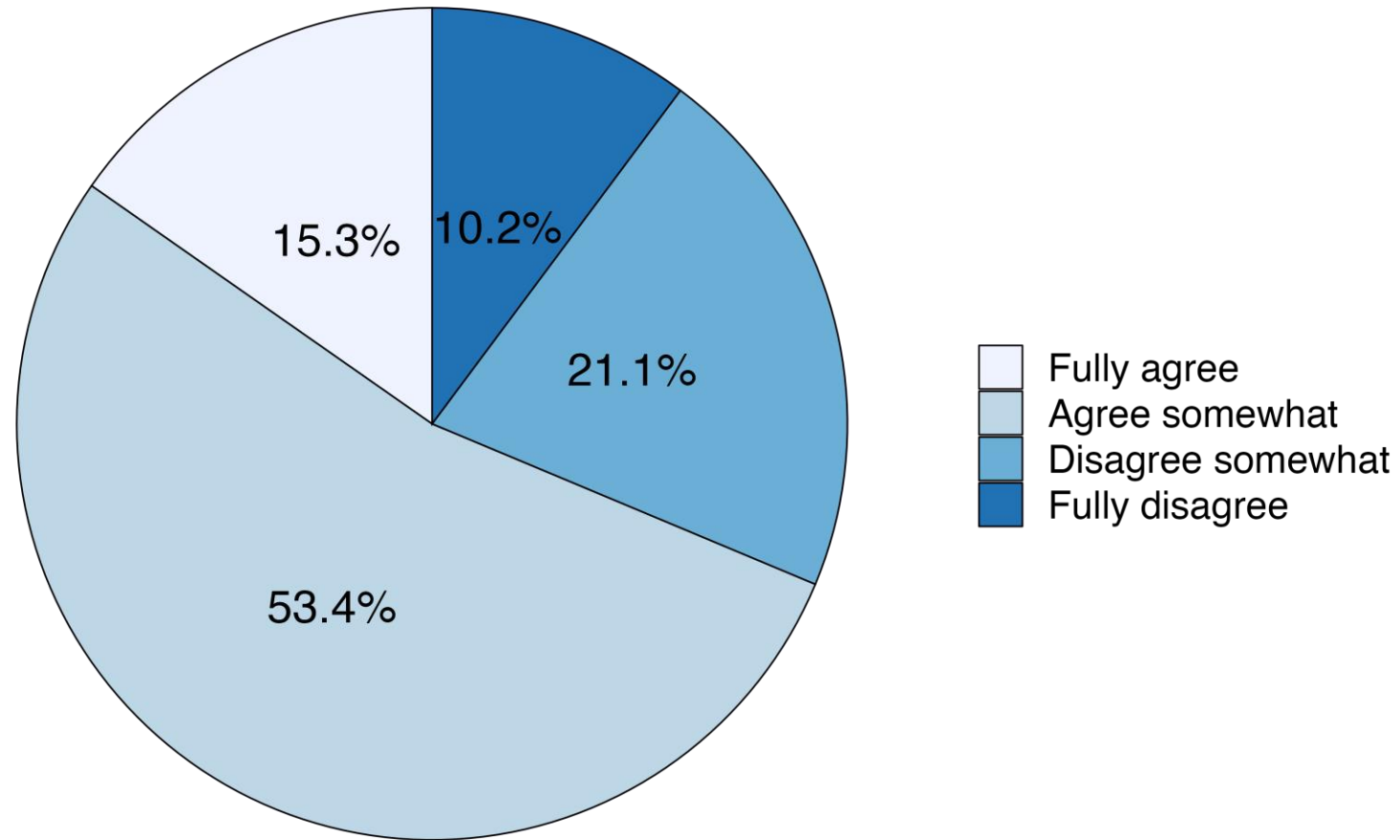
have had a good experience with the offer. (N = 322)

Service referral



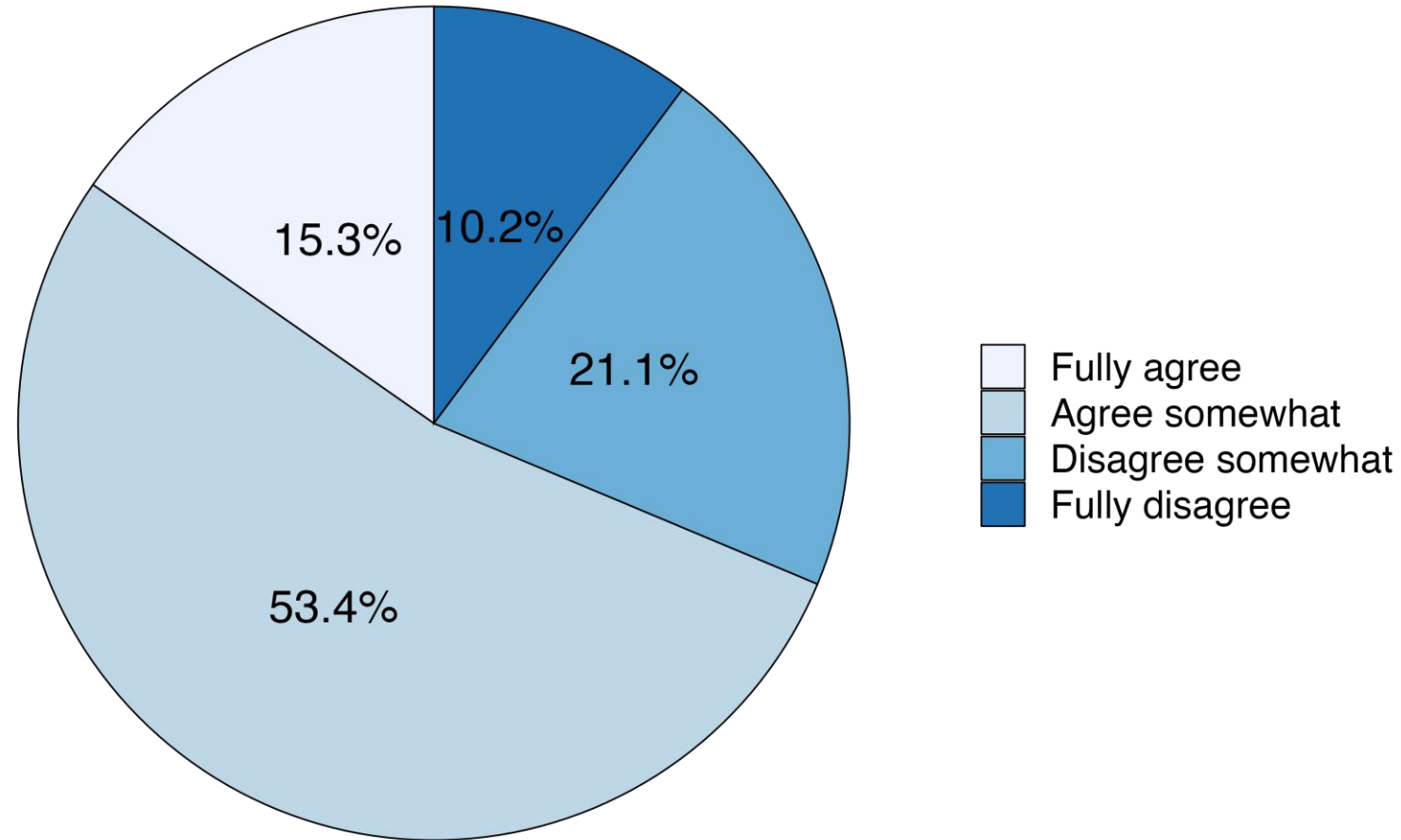
I have been referred to other services. (N = 289)

My university/college offers me the framework conditions, to have a healthy life.



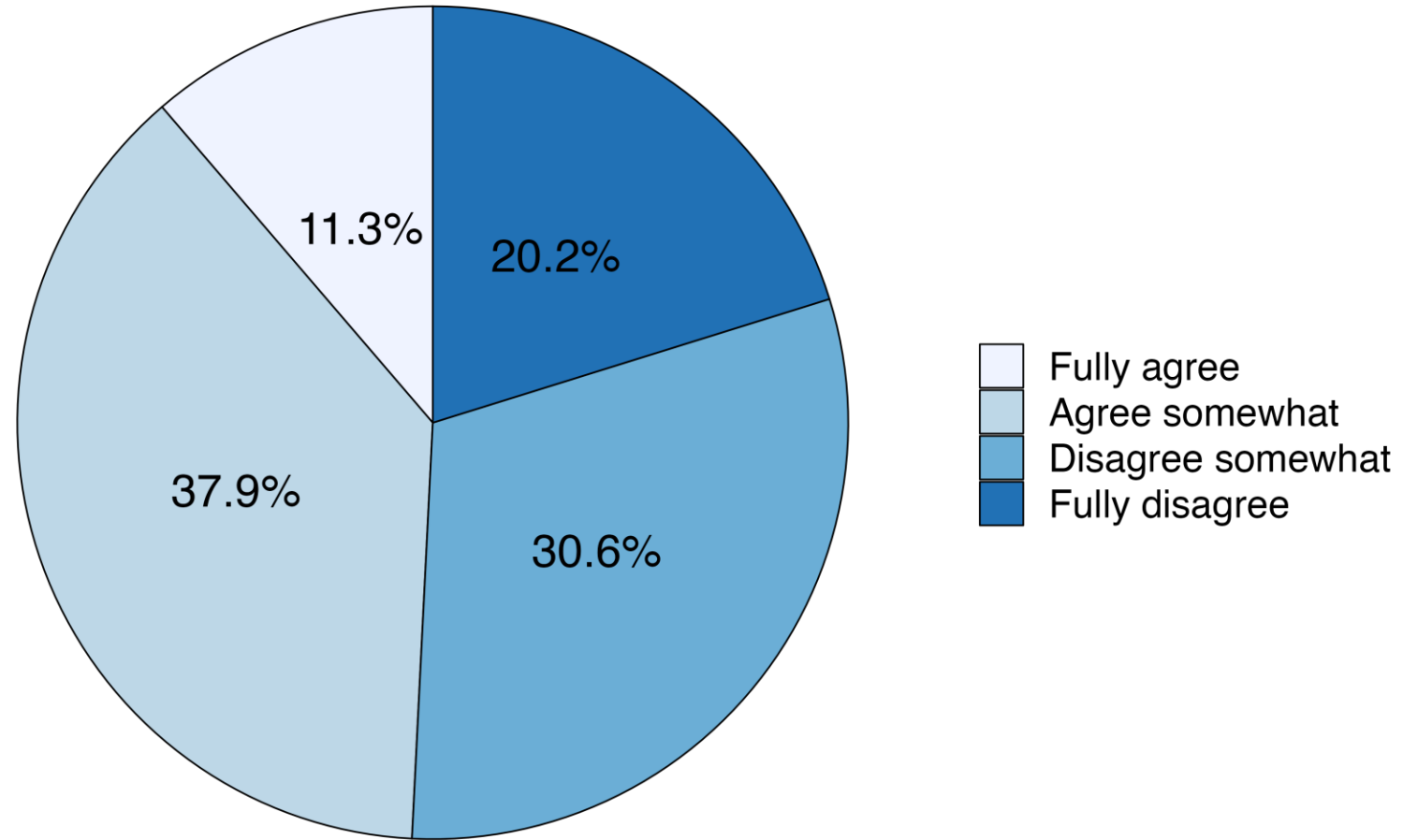
N = 2521

My university/college supports me in
maintaining a healthy study-work-life balance.



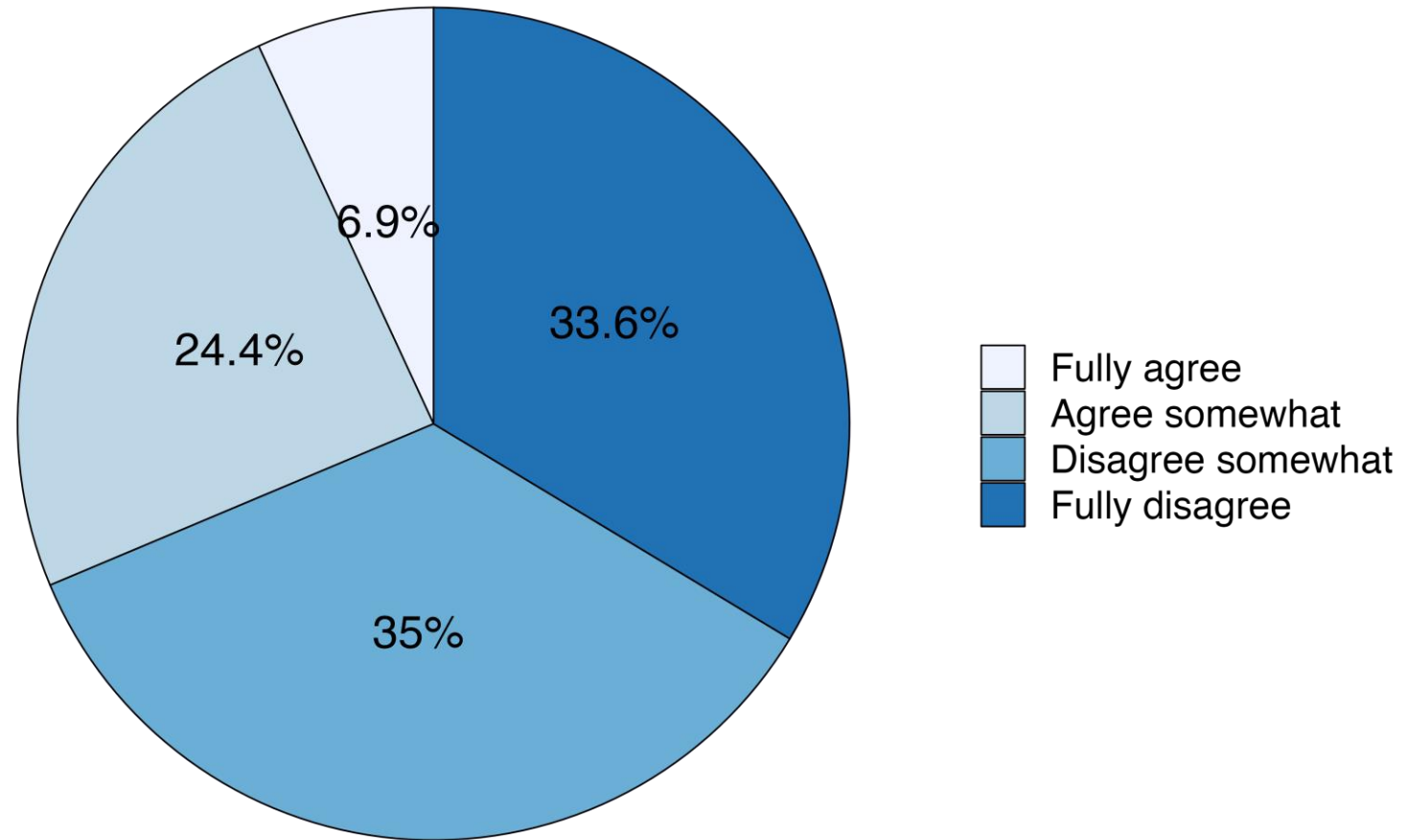
N = 2521

My university/college encourages
me to take care of my mental health



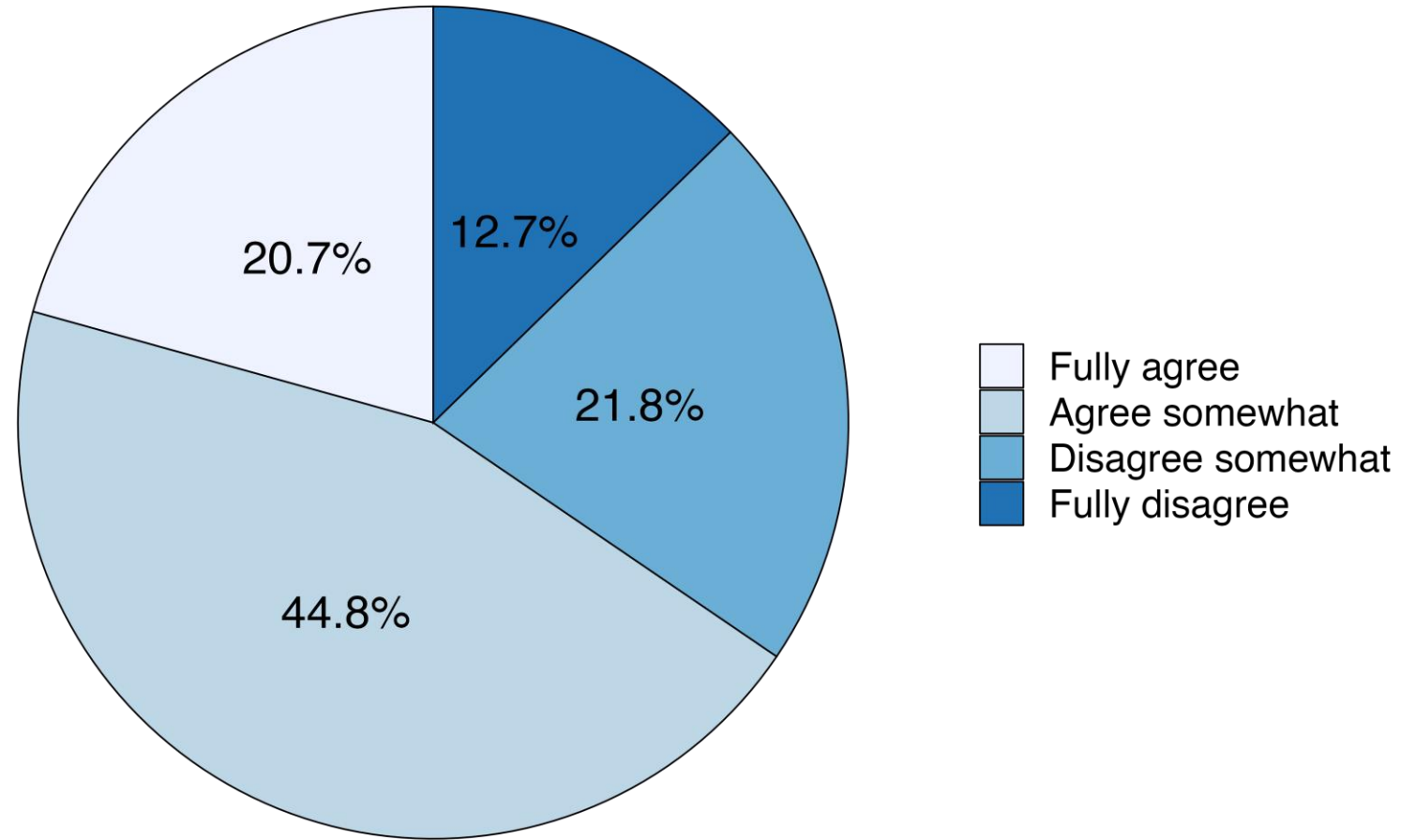
N = 2433

I feel comfortable talking about
my mental health issues at university/college



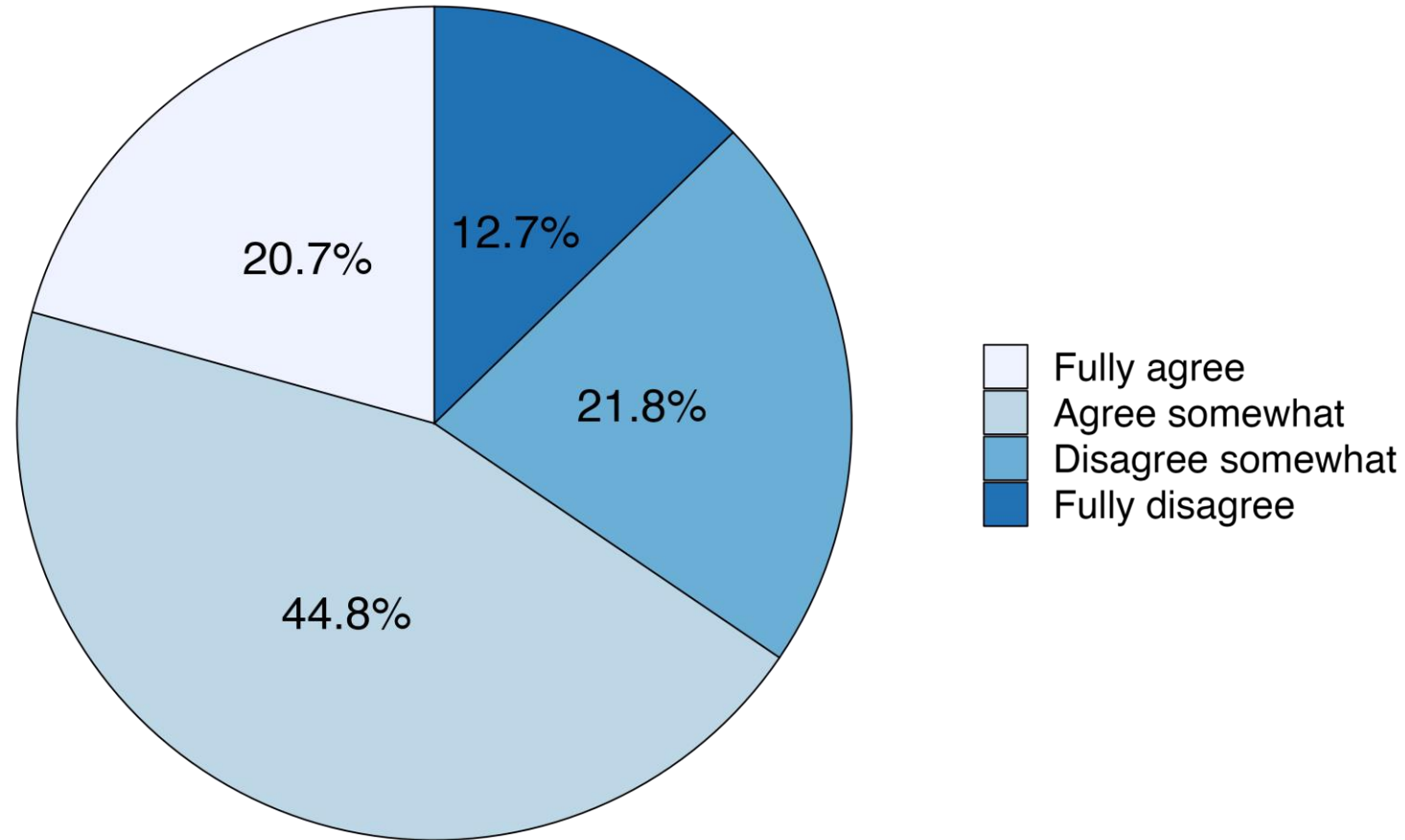
N = 2243

I would never talk about my mental-health problems in a university setting



N = 2458

My university/college supports/encourages me
to set up a social network at my place of study



N = 2458