



A Review Of A Research Study On Mental Health Of University Students

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Abstract

Mental health problems among university students are increasing worldwide and have become a major public health concern. Students experience different forms of stress such as academic pressure, social adjustment, financial difficulties, and emotional challenges. These stressors can negatively affect mental well-being and academic performance. The purpose of this paper is to review a research study conducted among university students in Qatar that assessed the prevalence of mental health problems and identified associated factors. The review discusses the objectives, methodology, statistical findings, strengths, and limitations of the study. The findings indicate a high prevalence of anxiety and depression, with very low utilization of mental health services. Statistical analysis shows significant associations between mental health problems and gender, academic stress, and stressful life events. The study highlights the urgent need for effective mental health screening and support systems in higher education institutions.

Keywords: Mental health, University students, Anxiety, Depression, Stress, Review study.

Introduction

Mental health is an essential component of overall health and quality of life. University students are particularly vulnerable to mental health problems due to multiple life transitions and increasing responsibilities. Academic demands, social relationships, financial pressure, and uncertainty about future careers often contribute to psychological distress. Recent research indicates that mental health problems such as anxiety and depression are highly prevalent among college students. Therefore, reviewing scientific studies on this topic is important to understand risk factors and to improve mental health interventions in educational institutions.

Aim of the Study

The main aim of the reviewed study was to assess the prevalence of mental health problems among university students and to identify demographic and stress-related factors associated with these problems. Another aim was to analyze help-seeking behavior and utilization of mental health services.

Research Methodology

The reviewed study adopted a **cross-sectional research design** and was conducted among **812 university students in Qatar**. Participants were selected from both government and private universities and included male and female students aged 18 years and above. Data were collected using a structured online self-administered questionnaire. The tool assessed mental health status, stressful life events, academic stress, financial difficulties, and help-seeking behavior.

Statistical analysis was performed using SPSS software. Descriptive statistics such as frequency, percentage, mean, and standard deviation were used. Inferential statistics included **Chi-square test**, **independent sample t-test**, and **binary logistic regression**. A p-value of less than 0.05 was considered statistically significant.

Results and Statistical Findings

Out of 812 students, **370 students (45.5%)** reported mental health problems, while **442 students (54.5%)** reported no mental health problems.

Gender and mental health

Chi-square test revealed a statistically significant association between gender and mental health problems ($\chi^2 = 6.41$, $p = 0.011$). Female students showed higher prevalence (48.9%) compared to male students (39.2%).

Age comparison

Independent sample t-test showed that the mean age of students with mental health problems was **21.8 ± 2.3 years**, whereas students without problems had a mean age of **20.9 ± 2.1 years**. The difference was statistically significant ($t = 3.12$, $p = 0.002$).

Stressful life events

Students who experienced two or more stressful life events had significantly higher rates of mental health problems. Chi-square analysis showed a strong association ($\chi^2 = 18.73$, $p < 0.001$).

Academic stress

High academic stress was significantly associated with mental health problems ($\chi^2 = 22.15$, $p < 0.001$).

Help-seeking behavior

Only **62 students (7.6%)** were receiving professional counseling. Chi-square test showed a significant association between severity of symptoms and help-seeking behavior ($\chi^2 = 9.54$, $p = 0.008$).

Logistic Regression Analysis

Table-1

Binary logistic regression identified significant predictors of mental health problems:

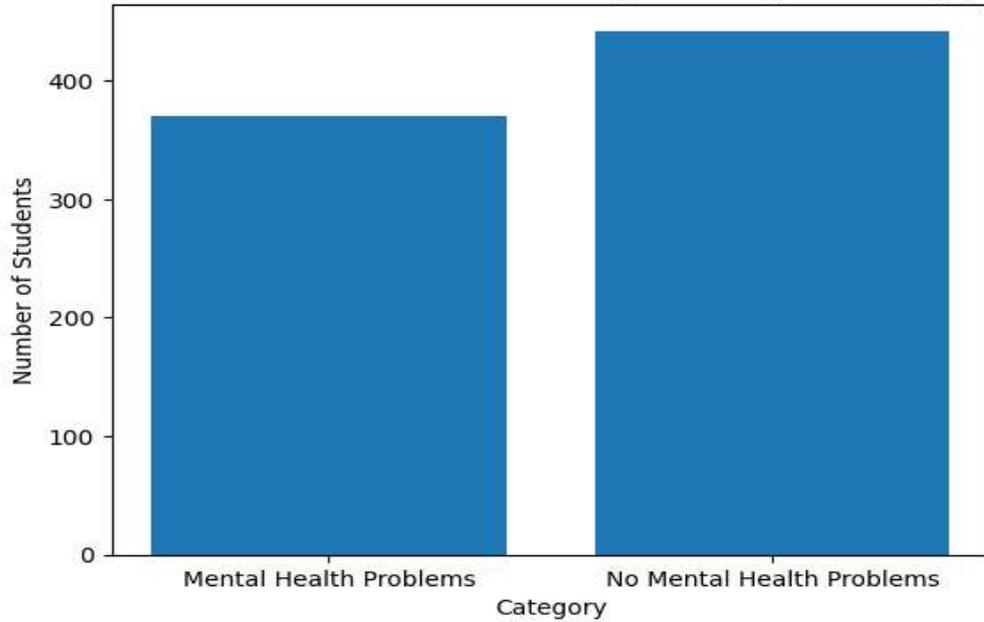
Variable	Odds Ratio (OR)	95% CI	p-value
Female gender	1.6	1.2-2.1	0.003
≥ 2 stressful life events	2.3	1.7-3.1	<0.001
High academic stress	2.8	2.0-3.9	<0.001
Financial problems	1.9	1.3-2.6	0.001

Students experiencing multiple stressors were 2–3 times more likely to develop mental health problems.

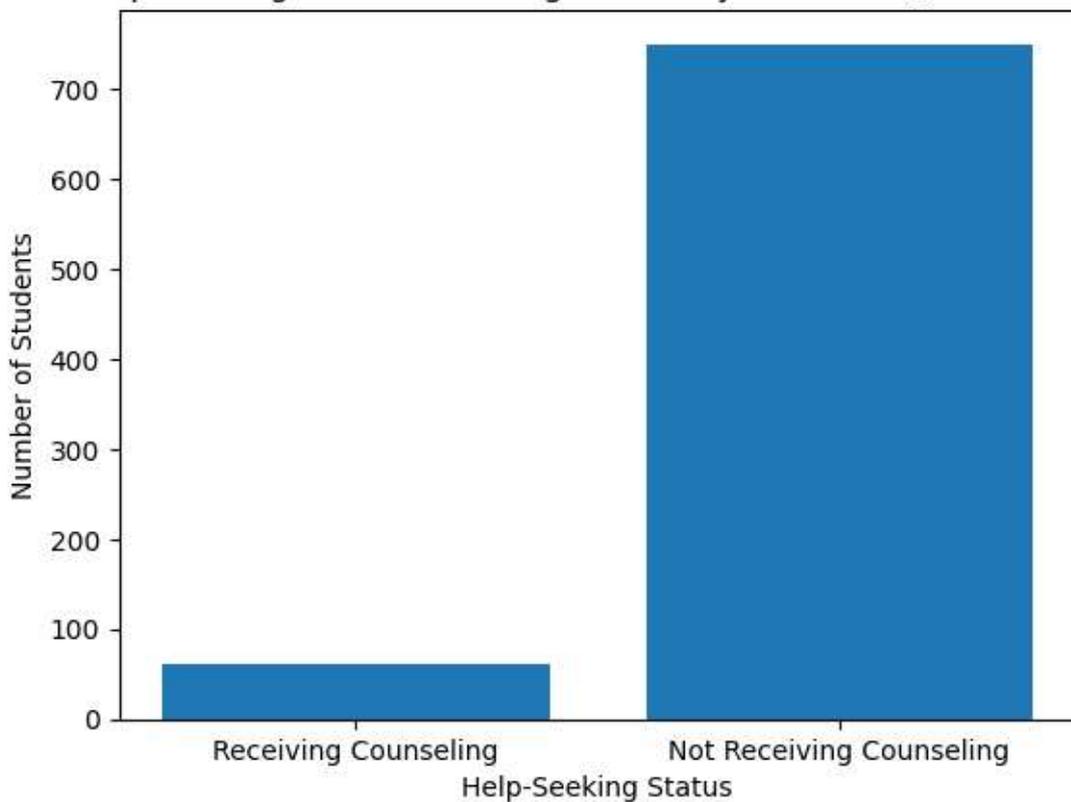
Table 2: Summary of Key Statistical Findings (N = 812)

Variable	Category	Number (n)	Percentage (%)	Statistical Test	P-value
Mental health status	With problems	370	45.5	Descriptive	—
Mental health status	Without problems	442	54.5	Descriptive	—
Gender	Female with problems	180	48.9	Chi-square	0.011
Gender	Male with problems	145	39.2	Chi-square	0.011
Age	With problems	370	21.8 ± 2.3	t-test	0.002
Age	Without problems	442	20.9 ± 2.1	t-test	0.002
Stressful life events	≥ 2 events	240	Higher prevalence	Chi-square	<0.001
Academic stress	High stress	260	Higher prevalence	Chi-square	<0.001
Help-seeking behavior	Receiving counseling	62	7.6	Chi-square	0.008
Help-seeking behavior	Not receiving	750	92.4	Chi-square	0.008

Prevalence of Mental Health Problems among University Students (Qatar Study)



Help-Seeking Behavior among University Students (Qatar Study)



Discussion

The statistical results clearly demonstrate that mental health problems are highly prevalent among university students. Female students, those experiencing multiple stressors, and those with high academic pressure are at greater risk. The very low percentage of students seeking professional help indicates serious gaps in mental health service utilization. These findings are consistent with previous international studies that report high levels of untreated mental health problems among young adults.

Strengths of the Study

The study included a large sample size, which improves reliability. The use of multiple statistical tests increased the validity of the findings. Logistic regression provided strong evidence for identifying predictors of mental health problems.

Limitations of the Study

The cross-sectional design limits causal interpretation. Self-reported data may lead to reporting bias. The sample had more female participants. The study was conducted in Qatar, limiting global generalizability.

Implications for Practice

Universities should introduce regular mental health screening programs. Counseling services must be strengthened and made accessible. Mental health awareness programs should be implemented to reduce stigma and promote early help-seeking.

Conclusion

The reviewed study provides strong statistical evidence that nearly half of university students suffer from mental health problems, while very few receive professional support. The study highlights an urgent need for effective mental health policies and intervention programs in higher education institutions.

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