

MENTAL HEALTH ISSUES FACED BY INTERNATIONAL AND DOMESTIC STUDENTS: A COMPARATIVE ANALYSIS

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PROBLEM STATEMENT

Mental health a growing concern

Impact of COVID-19 on mental health

Need for urgent solutions

Global Problem

Need for evidence-based data for making informed decisions

1 IN EVERY 7 ADOLESCENTS ARE LIVING WITH A MENTAL DISORDER



(WHO, 2021)

POST COVID 19 PANDEMIC SURGE WITHIN A YEAR

Anxiety **26%**
Major Depressive Disorders **28%**

(Eurostat, 2021)

RESEARCH OBJECTIVES

1. Compare mental health issues between international and domestic students.
2. Examine factors influencing student mental health.

LITERATURE REVIEW

Mental Health Challenges

International	Academic pressures, cultural transition, financial concerns, language barriers, and social isolation.
Domestic	Sexual orientation, gender, racial and ethnic background.

Factors Impacting Student Mental Health

Psychological

Biological

Social

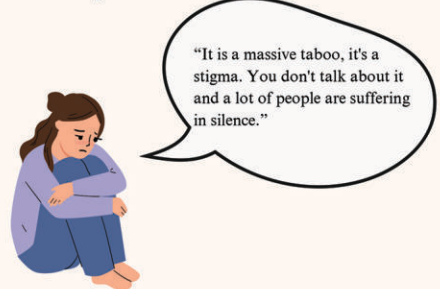
Life Stress

Environmental Factors

Cultural

QUALITATIVE ANALYSIS

1. Understanding Mental Health Narratives: Insights into Perceptions and Experience.



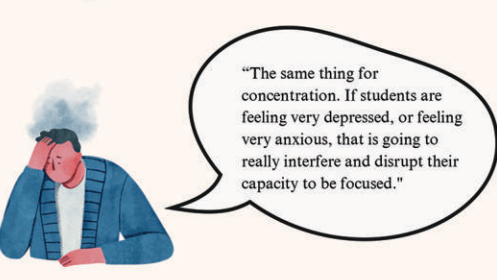
2. Factors influencing mental health.



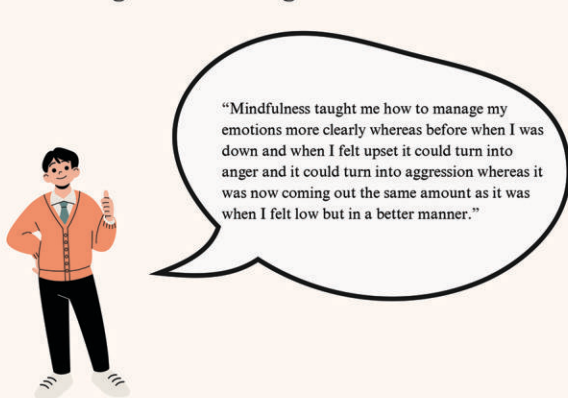
4. Navigating the Digital Sphere: Mental Health in the Age of Social Media



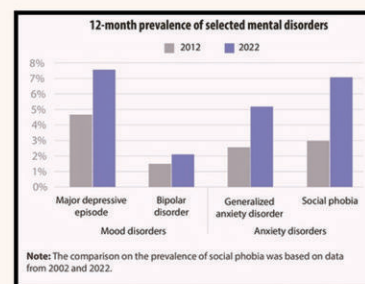
3. Impact on Academic Performance.



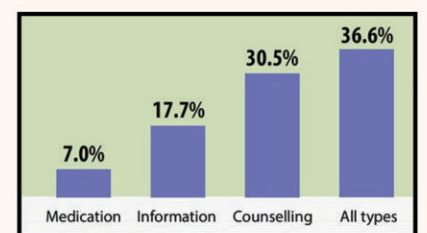
5. Strength in Vulnerability: Highlighting Stories of Individuals Overcoming Mental Health Challenges and Thriving



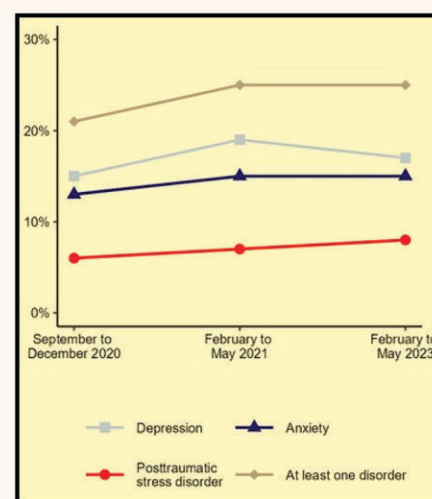
QUANTITATIVE ANALYSIS



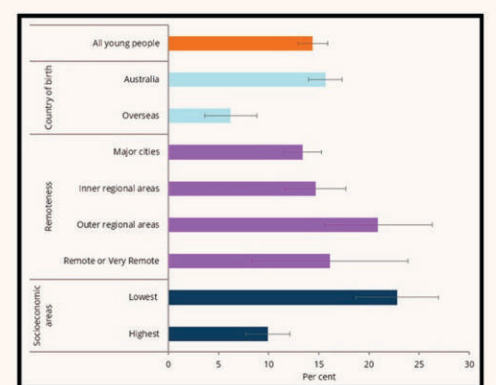
The prevalence of mood and anxiety disorders in Canada increased from 2012 to 2022 (StatsCAN).



Percentage with partially or fully unmet needs, by type of need, 2022 (StatsCAN).



Prevalence of moderate to severe symptoms of mental disorders over the course of the COVID-19 pandemic (StatsCAN).



Mental illness among young people aged in Australia, by selected population groups, 2013-14 (ahiw).

RECOMMENDATIONS

1. Integrate mental health education into curricula, providing comprehensive information and skills.
2. Mandate schools to provide mental health support and allocate resources for services, collaborating between health and education sectors.
3. Expand access to mental health care through community-based interventions, implementing innovative service delivery models like virtual consultations.
4. Prioritize studying the efficacy of mental health interventions within school settings, conducting rigorous evaluations.
5. Actively engage in mental health initiatives within schools, advocating for needs, prioritizing self-care practices, and seeking support when needed.

References

- World Health Organization. "Mental Disorders". World Health Organization, 8 June 2022, www.who.int/news-room/fact-sheets/detail/mental-disorders.
- Eurostat. "Mental health and related issues statistics," Statistics Explained, European Commission, ec.europa.eu/eurostat/statistics-explained/index.php?title=Mental_health_and_related_issues_statistics.
- Government of Canada, Statistics Canada. Mental Disorders in Canada, 2022. 22 Sept. 2023, [MentalDisorders.inCanada,2022.\(statcan.gc.ca\)](http://MentalDisorders.inCanada,2022.(statcan.gc.ca)).
- "Australia's Youth: Mental Illness." Australian Institute of Health and Welfare, 25 June 2021, www.aihw.gov.au/reports/children-youth/mental-illness.