

Helping
international
students to
overcome anxiety
and depression



Is anxiety and depression during mobility a real problem?

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„A moderate prevalence of depression (18.4%), anxiety (23.6%) and stress (34.5%) symptoms in our study population.“ (Ramón-Arbués et al., 2020)

„Nearly half of the international students had depressive symptoms (47.7%)“ (Jamilah et al., 2021)



The first steps

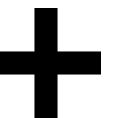
- It will be highly recommended (or obligatory) for all students who are going abroad to complete the standardized psychological test, for example **The Penn State Worry Questionnaire** or any other.
- This questionnaire should be discussed with professionals first!
- Work towards NORMALISING the mental health problems.



Why is it good for students?

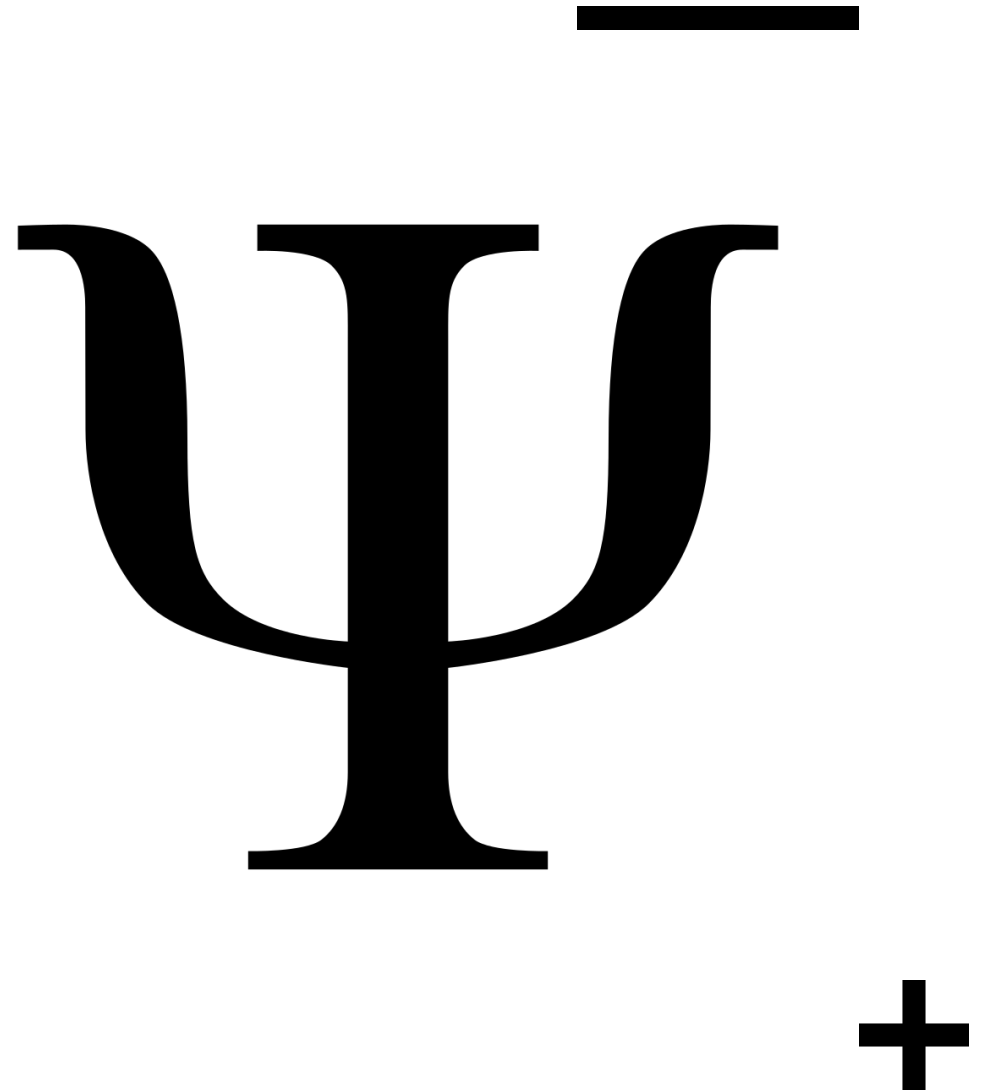
- After completing the survey it will be shown that the student **might be in low/moderate/severe risk of future anxiety**
- There will be information about **possibility of participating in Well-being program**
- It can show students that everyone can go abroad, no matter their mental health problems. They won't be alone!

Moderate



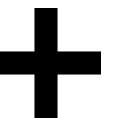
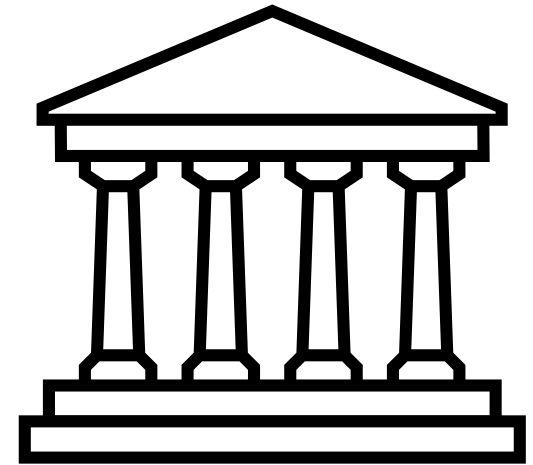
Well-being program

- University can provide someone who might help with mental problems **online, on the phone or in the city** where the student is staying.
- This might help to overcome **culture shock**.



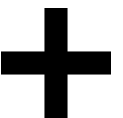
Why is it good for the university?

- Universities can collect **anonymous data** that can show how many students suffer from anxiety and depression.
- This data can help universities to detect whether the **mental health might be the issue!**
- It might reduce the amount of students who interrupt their study abroad.



Story no. 1

- Tommy Isaad
- High expectations
- Tends to suffer from anxiety and depression
- He feels **alone** in the foreign country, **depressed** because of the other factors (e. g. death in the family) and he has **nobody to help him** (or he doesn't know about the help)
- His approach: **I WANT TO SURVIVE THIS MOBILITY**



Story no. 2

- Tommy Isaad
- He **took the standardized questionnaire** before mobility and he now knows he might suffer from anxiety and depression
- He knows he can **participate in a program to help with his anxiety or depression**
- His approach: **Despite some problems I can have meaningful international experience.**
- **I CAN DO IT!**



An example of questionnaire

- <https://thinkcbt.com/penn-state-worry-questionnaire-pswq>
- https://docs.google.com/forms/d/e/1FAIpQLSeYuugW1dtSh_SGDLnKUVsFZ6z9I_f5KG7aaH80liKoF9-Qnw/viewform?usp=sf_link

