

MENTAL HEALTH

THE CAUSES OF MENTAL HEALTH IN POST SECONDARY

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A UNIVERSAL PROBLEM

Mental health is a growing issue in Canadian society. 20% of Canadians will suffer from a mental health issue. That's 1 in 5 Canadians, and the health department of Canada has issued a mandate letter to ensure that something is done to remedy this growing issue. Postsecondary education is a large source of the stresses and conditions that are needed to form a mental health issue. Among Academics, Finances and other stressors: stigma and mental health go hand in hand. A prevention to this point of origin would be to educate those in postsecondary to prevent stigma behind the subject and ensure that those who are dealing with such issues feel confident and safe to seek the help available to them.

There have been many studies on mental health and the key causes and factors surrounding it. To better understand the impact of this data the information has been displayed in the figures below. These infographics assist the public in understanding just why mental health is such an expansive and important topic.

CURRENT STATUS

IN CANADA

5%
Anxiety disorders affect 5% of the household population, causing mild to severe impairment.

49%
Around 49% of people suffering from depression or anxiety haven't gone to see a doctor about it.

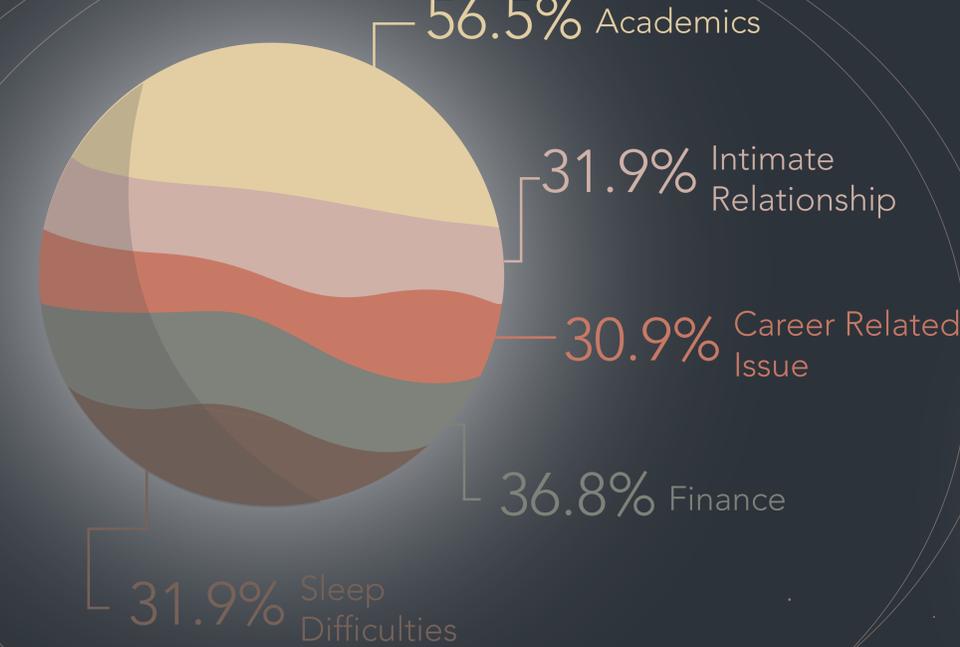
20%
20% of Canadians will personally experience a mental illness in their lifetime.

IN POST-SECONDARY

33.5% > 23.9%
Elevated distress was higher among women than men (33.5% vs 23.9%)

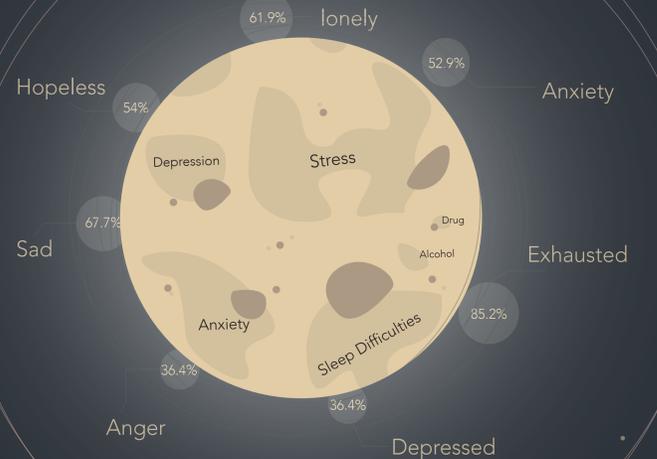


Top 5 Stressors and Level of Stress



Factors Affecting Post-secondary Academic Performance

ACADEMIC



Color bars are the factors affecting post-secondary academic performance. Grey area are the negative emotions directly relate to mentally unhealthy. They are the mental health problems participants had experienced within the last 12 months. Similar words from each chart are overlapping each other to show their relationships. When students are healthy, they are more able to concentrate on their studies and reach their potential. Because education and health can be conceptualized as interconnected, interdependent, and complementary.

STRESS

Stress Level & Management

A total of 34,039 students from 32 Canadian universities participated in the survey. Responses from the question about level of stress indicated that:
1.1% of students reported no stress,
7.0% experienced less than average stress,
34.5% reported average stress,
45.5% reported more than average stress,
12.1% indicated they experienced tremendous stress.

Stress Management

There are multiple ways for students to relieve the stress they carry. These are the top 6 relievers overall. Music is the most common technique used amongst college students, it's easy to access and is reliable.

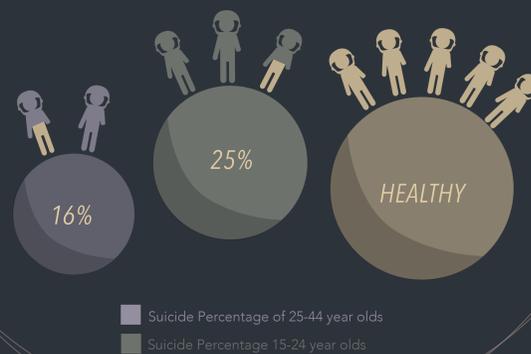
9%
Students reported both elevated distress, hazardous and harmful drinking.

The most commonly reported harms experienced by students since the beginning of the school year were experiencing:

- 53.4% Hangover
- 25.4% Memory Loss
- 25.4% Regrets
- 18.8% Missing classes due to a hangover

MENTAL HEALTH & SUICIDE

This graph shows the level of stigma through a percentage based statistic of whether participants would avoid or support mental health in differing situations. When asked if they would enter into a spousal relationship with someone suffering from mental health, 55% said they would not. Similarly, 42% of people surveyed said they would avoid making friends with someone suffering from a mental illness. Lastly, the issue of supporting a family member was split 50/50% on the support or avoid spectrum.



STIGMA

Post-secondary Mental Illness

This graph shows the level of stigma through a percentage based statistic of whether participants would avoid or support mental health in differing situations. When asked if they would enter into a spousal relationship with someone suffering from mental health, 55% said they would not. Similarly, 42% of people surveyed said they would avoid making friends with someone suffering from a mental illness. Lastly, the issue of supporting a family member was split 50/50% on the support or avoid spectrum.

CONCLUSION

Topic

The cause of mental health in post secondary.

Question

How to create an environment where people suffering feel at ease and not judge/labelled? What are the causes of mental health issues in post-secondary?

Potential Solution & Implementation

Improving and subsidizing counselling services. Allowing the stigma of mental illness to subside. A support network available for them.

IN SCHOOL

The first stage of our implement should be in school, which has direct impact on our target group. The possible solution include implementing an advertising campaign with postsecondary students as the target audience. This could come in the form of posters and postings of this infographic to let students know others are experiencing the same issues.

SLEEP DIFFICULTIES

Percentage of Canadian Students Meeting Sleep Guidelines

A total of 32,443 students from 32 Canadian universities were included in the analysis. The average age of respondents was 22.3 years old. Overall, only 3.3% of students met requirements for all three health behaviors.

Sleep is something we all need. One third of our lives is spent sleeping. It affects our ability to get along and network with others, the quality of work we do, and the quality of our family and personal life at home. Most adults need somewhere between 7 and 9 hours of sleep every night to feel refreshed, underscoring the variability in what "enough" sleep means for different people.

Working full-time makes a difference, the more we work, the less we sleep.

Being stressed for time affects sleep, people who sleep less are the ones who feel really pressed for time in their daily lives. Canadians who reported feeling highly time-crunched slept almost half an hour less than people who indicated they have a low level of time stress.

