

Mental health wellbeing at university

Submission date 20/02/2023	Recruitment status Recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 20/03/2023	Overall study status Ongoing	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 05/04/2024	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

There has been a marked increase of 12-20% in the rates of students experiencing mental health conditions reported over the past few years. According to a 2012 report student mental health rates in that year equalled that of the general population. This study aims to explore the reasons behind undergraduate and postgraduate students' difficulties with mental health across the years of their study to allow for a greater understanding of difficulties and protective factors to inform targeted approaches.

Who can participate?

Undergraduate and postgraduate students at participating Higher Education institutions

What does the study involve?

An online questionnaire survey will be distributed every year for 5 years. The survey will collect demographic information as well as access to student wellbeing services and usage of mental health resources, mental health information, the association of this with loneliness and perceived social support, and experience and satisfaction with university wellbeing services in supporting their mental health wellbeing.

What are the possible benefits and risks of participating?

The findings will inform current initiatives and identify key themes for prioritising in further developing robust approaches to support student mental health wellbeing.

Where is the study run from?

The University of Southampton and Southern Health NHS Foundation Trust

When is the study starting and how long is it expected to run for?

September 2019 to December 2026

Who is funding the study?

Southern Health NHS Foundation Trust (UK)

Who is the main contact?

Dr Peter Phiri, Peter.Phiri@southernhealth.nhs.uk

Contact information

Type(s)

Principal Investigator

Contact name

Dr Peter Phiri

Contact details

Tom Rudd Unit
Moorgreen Hospital
West End
Southampton
United Kingdom
SO30 3HG
+44 (0)2380 475112
Peter.Phiri@southernhealth.nhs.uk

Type(s)

Public

Contact name

Ms Ayaat Al-Sudani

Contact details

Tom Rudd Unit
Moorgreen Hospital
West End
Southampton
United Kingdom
SO30 3HG
+44 (0)23 8047 5826
research@southernhealth.nhs.uk

Additional identifiers

EudraCT/CTIS number

Nil known

IRAS number

274776

ClinicalTrials.gov number

Nil known

Secondary identifying numbers

IRAS 274776, CPMS 44624

Study information

Scientific Title

Mental health wellbeing at university: student survey exploring mental health wellbeing and access to support in UK universities

Study objectives

This study aims to explore the reasons behind undergraduate and postgraduate student's difficulties with mental health across the years of their study to allow for greater understanding of difficulties and protective factors to inform targeted approaches.

Ethics approval required

Ethics approval required

Ethics approval(s)

Approved 14/02/2020, Health and Care Research Wales/HRA) (Health Research Authority, 2 Redman Place, Stratford, London, E20 1JQ, United Kingdom; +44 (0)207 104 8000; hra.approval@nhs.net), ref: 20/HRA/0090

Study design

Longitudinal quantitative online self-report survey

Primary study design

Observational

Secondary study design

Longitudinal study

Study setting(s)

University/medical school/dental school

Study type(s)

Other

Participant information sheet

See trial outputs table

Health condition(s) or problem(s) studied

Mental health and wellbeing in university students in the UK

Interventions

This study is a longitudinal quantitative online self-report survey. Quantitative data will be collected via an online University of Southampton Qualtrics XM platform yearly for 5 years. The survey link will be distributed to students via their respective university student offices. Qualitative data will be collected from a small number of optional open-ended questions within the survey that invite the participant to recount a recent encounter accessing support for their mental health wellbeing at campus.

Intervention Type

Other

Primary outcome measure

Mental health problems measured using self-reporting at baseline

Secondary outcome measures

The following measures are assessed at baseline:

1. Loneliness measured using the Three-Item Loneliness Scale
2. Social support measured using the 12-item Multidimensional Scale of Perceived Social Support (MSPSS)
3. Mental wellbeing measured using the Short Warwick Edinburgh Mental Wellbeing Scale (SWEMWBS)
4. Patient experience of support services measured using the Patient experience questionnaire (PEQ, IAPT)
5. Depression measured using the Patient Health Questionnaire (PHQ-9)
6. Anxiety measured using the Generalised Anxiety Disorder Assessment (GAD-7)

Overall study start date

17/09/2019

Completion date

31/12/2026

Eligibility

Key inclusion criteria

All students enrolled at University in undergraduate years 1-6 and postgraduate students, including all full-time, part-time and distance learning postgraduate taught students (including but not limited to MA, MSc, PGCE, PGCert, PGDip courses, or credits at PGT level)

Participant type(s)

Other

Age group

Other

Sex

Both

Target number of participants

5000

Key exclusion criteria

Participants who do not consent to the study

Date of first enrolment

12/03/2020

Date of final enrolment

31/12/2025

Locations

Countries of recruitment

England

Northern Ireland

Scotland

United Kingdom

Wales

Study participating centre**Moorgreen Hospital**

Botley Road

West End

Southampton

United Kingdom

SO30 3JB

Sponsor information**Organisation**

Southern Health NHS Foundation Trust

Sponsor details

Tatchbury Mount

Loperwood Ln

Southampton

England

United Kingdom

SO40 2RZ

+44 (0)23 8087 4300

research.governance@southernhealth.nhs.uk

Sponsor type

Hospital/treatment centre

Website

<https://www.southernhealth.nhs.uk/>

ROR

<https://ror.org/03qesm017>

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

Southern Health NHS Foundation Trust

Results and Publications

Publication and dissemination plan

The outcomes of the project will be written-up for submission to a peer-reviewed journal. Papers for presentation will be targeted at the annual meetings and conferences. A summary of findings will be written up for participants distributed through the University communication platforms.

Intention to publish date

31/12/2026

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are/will be available upon request from Dr Peter Phiri (peter.phiri@southernhealth.nhs.uk) or Ayaat Al-Sudani (ayaat.al-sudani@southernhealth.nhs.uk). Contact the Governance office at research.governance@southernhealth.nhs.uk for data access.

IPD sharing plan summary

Available on request, Data sharing statement to be made available at a later date

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol file	version 1.8	07/02/2023	22/02/2023	No	No
Participant information sheet	Student Mental Health Questionnaire version 1.4	07/02/2023	01/03/2023	No	Yes