



University of Wales
Trinity Saint David
LONDON

POPULATION HEALTH AND DIGITAL HEALTH PROMOTION

LCHS7009

GROUP PRESENTATION – COMPONENT 3

MEETKUMAR SANGANI – 2435003

PRATHAMKUMAR SOLANKI – 2430951

OHIKHUARE IROGHO – 2128365

MST. SHAHRIN SULTANA – 2503591

S.M.TASNIM AHMED - 2507419



Mental Health App for University Students

JUSTIFICATION

Mental Health Problems among University Students.

TARGET POPULATION

Students between the ages of 18 and 25.

PUBLIC HEALTH CONCERN

Anxiety, Depression, Loneliness, and Academic Stress.

SCALE OF THE PROBLEM

The problem of mental health issues in students is on the rise and a major public health issue.

Approximately every 42 percent of students complain about severe mental health issues

Mental health conditions are currently impacting about 1 in 5 students

The stress associated with academics is felt by up to 94% of students

KEY RISK FACTORS

Stressful schoolwork, such as exams and coursework deadlines.

Money challenges, including tuition and living costs.

High levels of loneliness and social isolation (around 75%) (Oxford CBT, 2024)

Continued stigma, 69% of students were reluctant to get help (Save My Exams, 2026).

WHY THIS TARGET GROUP?

Adolescents (18–25 years old) are more likely to develop mental health issues.

Mental health problems affect 1 in 4 youths in the UK.

The shift to independent living may contribute to the growth of emotional and psychological stress.

Other difficulties faced by international students are: Cultural adjustment difficulties Language barriers Lack of access to support networks.

(NHS England, 2023)

(UK Council for International Student Affairs, 2022)

CONSEQUENCES IF NOT ADDRESSED

Individually

- Decreased academic performance
- Greater risk of dropping out or withdrawal
- Increased risk of substance abuse

On a social level

- Increased strain on mental health services in NHS
- Less labor force productivity
- Widening health inequalities

(Office for Students, 2022)
(NHS England, 2023)

LIMITATIONS OF CURRENT SERVICES

- Delays in NHS mental health services
- Inadequate provision of university counselling services
- Continued stigma towards seeking help
- Lack of continuous, round-the-clock support

JUSTIFICATION FOR DIGITAL INTERVENTION

- Provides continuous (24/7) access to support
- Offers anonymity, helping to reduce stigma
- Can be scaled to reach large student populations
- More cost-effective compared to traditional services
- In line with the high usage of digital technology by students

WHY AI + PEER SUPPORT?

AI chatbot functions:

Gives direct emotional assistance.

Provides evidence-based interventions including CBT.

Facilitates mood tracking, self-monitoring.

Peer support features:

Reduces feelings of isolation

Promotes personal experiences.

Develops a sense of community and belongingness.

SUPPORTING EVIDENCE

- Digital mental health interventions have been shown to reduce symptoms of anxiety and depression
- AI chatbots improve accessibility and immediacy of support
- Peer support networks enhance emotional wellbeing and social connectedness

REFERENCE

Public Health England. “Health Matters: Reducing Health Inequalities in Mental Illness.” *Public Health England*, 18 Dec. 2018, www.gov.uk/government/publications/health-matters-reducing-health-inequalities-in-mental-illness/health-matters-reducing-health-inequalities-in-mental-illness.

Mental Health UK (2020) *Mental health problems among students on the rise*. Available at: <https://mentalhealth-uk.org>

Oxford CBT (2024) *Student mental health statistics*. Available at: <https://www.oxfordcbt.co.uk>

Save My Exams (2026) *Student mental health statistics UK*. Available at: <https://www.savemyexams.com>

NHS England (2023) *Mental health services data*. Available at: <https://www.england.nhs.uk>

UKCISA (2022) *International student wellbeing*. Available at: <https://www.ukcisa.org.uk>

Office for Students (2022) *Student mental health and wellbeing*. Available at: <https://www.officeforstudents.org.uk>

NHS England (2023) *Mental health services data*. Available at: <https://www.england.nhs.uk>

Mental Health Foundation (2022) *Mental health statistics and reports*. Available at: <https://www.mentalhealth.org.uk>

Ofcom (2023) *Online behaviour and digital engagement report*. Available at: <https://www.ofcom.org.uk>

World Health Organization (2021) *Guidance on digital mental health interventions*. Available at: <https://www.who.int>

National Institute for Health and Care Excellence (NICE) (2022) *Digital mental health interventions*. Available at: <https://www.nice.org.uk>