

StudiBiFra: Survey on study conditions and (mental) health of university students

Duration	March 2021 – 31.08.2023 (30 months)
Funding	German statutory accident insurance (DGUV)
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Description	<p>According to the accident prevention regulations of the German statutory accident insurance (DGUV) a mental health risk assessment is required not only for employees in universities but also for students.</p> <p>So far, research efforts mainly focus on individual determinants of mental health such as health competence or health behaviour. More research is needed on organizational conditions such as environmental factors at universities that can affect the mental well-being of students.</p> <p>The project aims to support German colleges and universities in performing the mental health risk assessment successfully as well as to collect, compare and inform about the generated data.</p> <p>Therefore, study and organizational conditions that might have an impact on students' mental health will be examined at German universities. The Bielefeld questionnaire on study conditions will be used at at least three universities and will be accompanied by a further development of the questionnaire based on practical experience.</p> <p>Furthermore, a university database on study conditions that allows the identification of cross-university trends and prevention approaches will be established.</p> <p>Overall, the data will provide the opportunity for participating universities to evaluate their current situation and compare their results with universities in Germany. The results will serve as a basis for the development of sustainable and university-specific prevention and health promotion strategies. Furthermore, research about the importance of study conditions for students' (mental) health will be expanded.</p>
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