

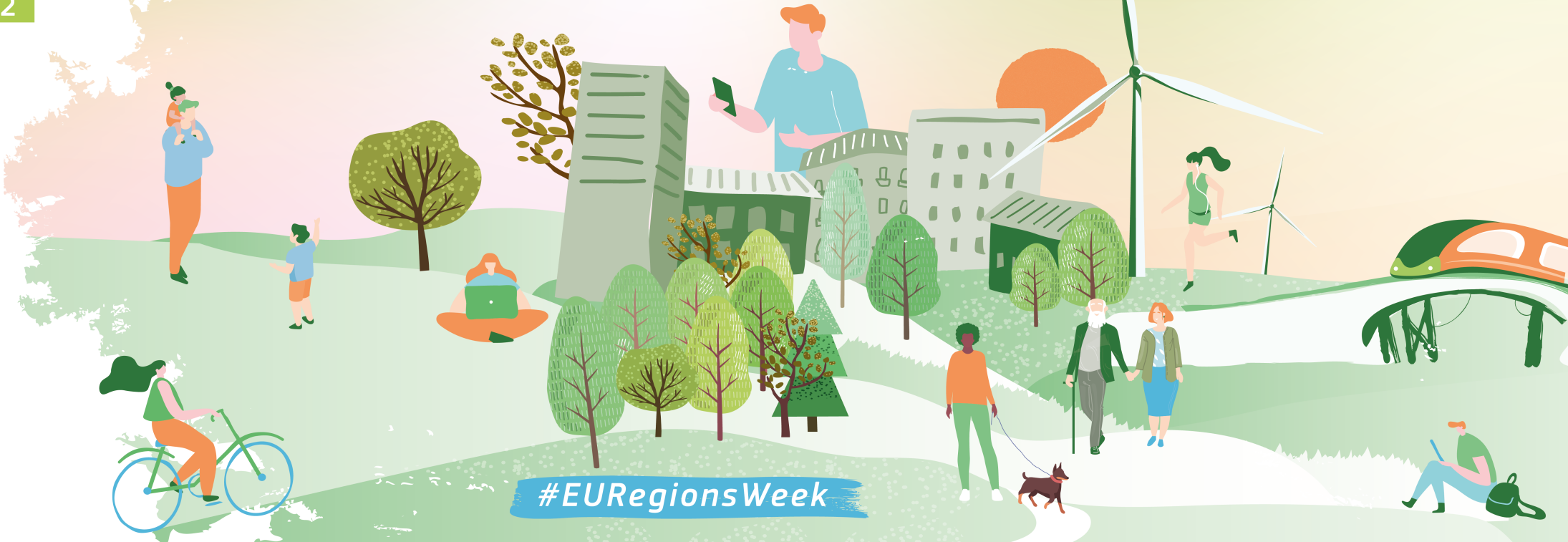


EUROPEAN WEEK OF
REGIONS & CITIES

2003 - 2022

New Challenges for
Europe's Cohesion

Study of changes in mental health after COVID



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How The Study Came To Be

New Challenges for
Europe's Cohesion

Lockdown brought several challenges including mandatory isolation, meaning no social contact total disruption of daily routines, and no possibility for pursuing hobbies. These drastic changes in day-to-day life left people struggling to cope. The results were compared with a study done in 2021 during the lockdown.

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New Challenges for Europe's Cohesion

"Lock down completely destroyed my social-life leading to problems with finding new people at uni" (male, age 20/21)

"After lockdown I developed social anxiety and now it is very hard for me to go to uni" (female, age 20/21)

"During the lockdown I was feeling very low and had many mental health issues, but luckily I am feeling better now. However, I still feel the impact of it" (female, age 20/21)





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Initial Expectations

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- We expected stress levels to increase as there is now an increased workload on students, they have more responsibilities compared to pandemic levels.
- Anxiety and depression were expected to decrease as people can socialize and exercise again.
- Integration was expected to increase as students now have a chance to go out and socialize.
- Sleep problems, drug intake and alcohol intake were expected to drop as students have a more stable daily routine than in the lockdown and are also not lonely/bored so they are less likely to consume drugs and alcohol.
- Sports were expected to increase due to the opening of facilities





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Methods

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We used standardized, approved questionnaires to determine the average values of the variables. This means that the results of the study can be compared to the results of other studies if the same questionnaires were used. The questionnaires used are listed in the methods section of the study paper.

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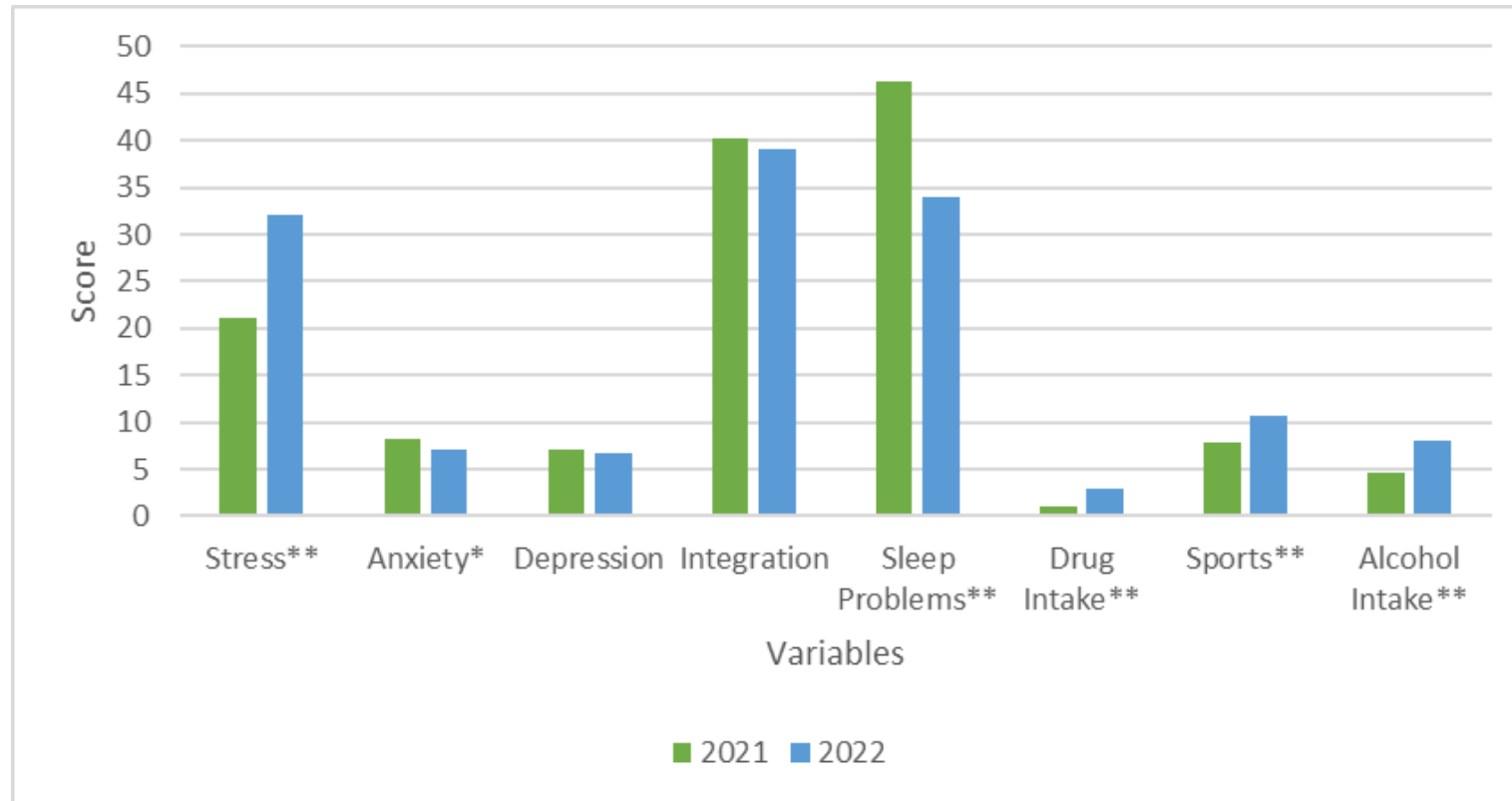


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Results

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Importance

New Challenges for
Europe's Cohesion

Multiple previous studies have shown how mental health issues affect the effectiveness of studying and working. This has become even more visible during COVID, as mental health-related issues surfaced also shown by our study. There are some suggestions that could possibly help people affected by this, thus improving their mental health, as a result increasing the effectiveness of studying.

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Suggestions Based On The Results Of The Study

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- There should be an attempt at reducing stigmas around mental illnesses, so people are not afraid, or embarrassed of seeking professional help.
- Universities should provide free-of-charge mental health help for students in need.
- Universities should offer and organize events to help students with mental health issues (mental health wellness week), events that inform about mental health issues so the stigma and bias against them decreases.
- Teachers should look out for signs regarding mental health issues and possibly consult with the person.
- The participants of the study were students, one should also think about repeating the study for teachers as it's possible that their mental health also suffered.

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Takeaway

New Challenges for
Europe's Cohesion

COVID-19 had devastating effects on the mental health of both students and teachers. It has however aided the improvement of the public image concerning mental health and drove light to the importance of the acceptance of mental health issues.

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