

# A Comprehensive Approach to ensuring Mental Health & Well-being

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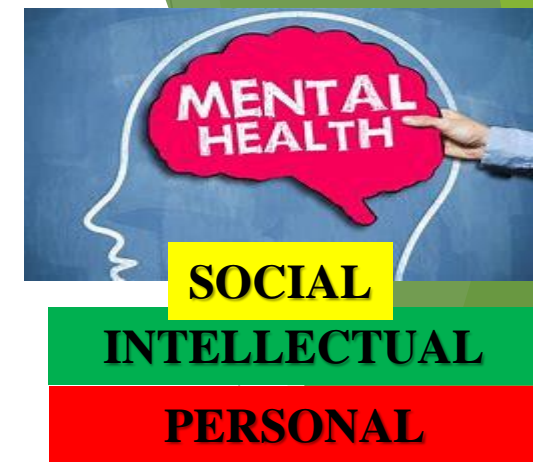
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# Overview

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# Introduction

**Mental health and well-being are important aspects of university students' lives, with several facets.**



**The finding of 2020 WHO survey revealed that 89% of countries reported that mental health and psychosocial support is necessary for the attainment of SDG goal 3 of ensuring healthy lives and promoting well-being for all.**



**As such, universities that place a high priority on mental health create an environment that fosters holistic development and student achievement**

# Understanding Mental Health?

## What is **HEALTH**?

**The Constitution of the World Health Organization, which came into force on April 7, 1948, defined health “as a state of complete physical, mental and social wellbeing”. (Healthline Media, 2024; Sartorius, 2006; WHO, 2020).**

**Mental health is an essential component of overall well-being, encompassing emotional, psychological, and social aspects of student’s life (Oladele et al., 2024).**

**Mental Health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. (World Health Organisation, 2013).**

# Key Facts on Mental Health.

- ❑ **Affect anyone – men, women, rich, poor, etc.**
- ❑ **Common – 1 in 5 adults.**
- ❑ **They don't always look different from others.**
- ❑ **Range from common to severe conditions.**
- ❑ **More than just 'stress'.**
- ❑ **Maybe brief or long-term.**
- ❑ **Affects quality of life – school work, relationships, etc.**

# Mental health and well-being Indicators

## **Belief System**

the belief system of a person's opinion about what is right and wrong and what is true and false encourages selflessness, self-discipline, self-awareness, and engagement in cooperative behaviour toward other people

## **Coping with Normal Stress of life**

a considerable amount of stress is required for normal functioning. Coping usually involves adjusting to or tolerating negative events or realities while you try to maintain your positive self-image and emotional balance.

## **Emotional Stability**

emotional stability means predictability and consistency in emotional reactions without rapid mood changes, even under stressful circumstances or challenges and threats.

## **Healthy Living**

healthy Living means maintaining a healthy lifestyle and introducing habits that improve your health, such as regular exercise, a balanced, nutritious diet, adequate sleep and relaxation, abstaining from smoking, and taking nonessential drugs.

**Oladele et al., (2024).**

# Mental health and well-being Indicators

## Realising Potentials

realising potential means performing to the utmost of one's abilities and finding as much success as is possible for one.

## School-life Balance

school-life balance means putting enough effort into your academic work while enjoying the social, sporting, and cultural aspects of being a student..

## Social Interaction

Social Interaction means the mutual or reciprocal influence, resulting in the modification of behaviour, exerted through social contact and communication, which, in turn, are established by inter-stimulation and response from colleagues.

## Studying Productively

studying productively means the amount of positive beneficial outcomes a student can produce with the different kinds of input from his/her environment put into one's academics.

**Oladele et al., (2024).**



# Red Flags of Mental Un-wellness!



- Depressive disorders (sad mood)



- Mood disorders



- Anxiety disorders (fear and worry)



- Psychosis
  - Hearing voices
  - Seeing things/people
  - Feeling things on skin
  - Unreal beliefs

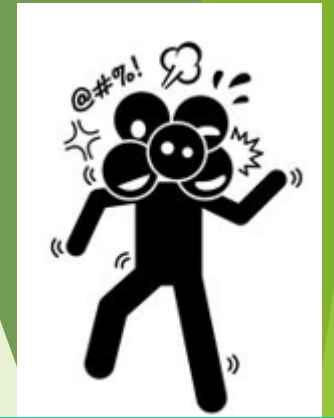


## Substance Use Disorders

- Alcohol
- Tobacco
- Other illegal substances (ganja, hashish, etc.)



- Somatic disorders (bodily symptoms)



- Erratic Behaviour (unpredictable, irregular, illogical, not keeping with the standards of behavior)



## Suicide Ideation Behaviours

- Thoughts and plans about killing oneself



# Strategies for Ensuring Mental Wellness

- ❑ **Make social connection — especially face-to-face — a priority. ...**
- ❑ **Stay active. ...**
- ❑ **Talk to someone. ...**
- ❑ **Appeal to your senses. ...**
- ❑ **Take up a relaxation practice. ...**
- ❑ **Make leisure and contemplation a priority. ...**
- ❑ **Eat a brain-healthy diet to support strong mental health. ...**
- ❑ **Don't skimp on sleep**
- ❑ **Try a relaxing activity. ...**
- ❑ **Set goals and priorities. ...**
- ❑ **Practice gratitude. ...**
- ❑ **Focus on positivity. ...**
- ❑ **Stay connected.**



# A research-based Solution

This computer-adaptive assessment was designed by [Jumoke I. Oladele \(PhD\)](#), as the product of funded research by the Carnegie Corporation of New York (administered by the [Future Africa, University of Pretoria](#)). It uses items developed and validated within a transdisciplinary framework and in line with the World Health Organisation's measure of mental health, supported by an extensive [literature review](#) for assessing students' mental well-being as a non-illness intervention.

You will be asked a series of questions under eight (8) sub-scales listed below:

Sub-scale 1 ( **Belief system** ): the belief system of a person's opinion about what is right and wrong and what is true and false encourages selflessness, self-discipline, self-awareness, and engagement in cooperative behaviour toward other people.

Sub-scale 2 ( **Coping with Normal Stress of Life** ): a considerable amount of stress is required for normal functioning. Coping usually involves adjusting to or tolerating negative events or realities while you try to maintain your positive self-image and emotional balance.

Sub-scale 3 ( **Emotional stability** ): emotional stability means predictability and consistency in emotional reactions without rapid mood changes, even under stressful circumstances or challenges and threats.

Sub-scale 4 ( **Healthy Living** ): healthy Living means maintaining a healthy lifestyle and introducing habits that improve your health, such as regular exercise, a balanced, nutritious diet, adequate sleep and relaxation, abstaining from smoking, and taking nonessential drugs.

Sub-scale 5 ( **Realising Potentials** ): realising potential means performing to the utmost of one's abilities and finding as much success as is possible for one.

Sub-scale 6 ( **School-life balance** ): school-life balance means putting enough effort into your academic work while enjoying the social, sporting, and cultural aspects of being a student.

Sub-scale 7 ( **Social Interaction** ): Social Interaction means the mutual or reciprocal influence, resulting in the modification of behaviour, exerted through social contact and communication, which, in turn, are established by inter-stimulation and response from colleagues.

Sub-scale 8 ( **Studying Productively** ): studying productively means the amount of positive beneficial outcomes a student can produce with the different kinds of input from his/her environment put into one's academics.

You are required to carefully each item scaled from Stronly Disagree to Strongly Agree and choose the option that best suit you.

Keep in mind that there is no correct or incorrect response, and you will receive your results at the end of the assessment.

Please, answer all of the questions honestly and in reference to how you currently perceive yourself, not how you would like to see yourself in the future, in order to get the most out of this evaluation. Usually, the best answer to a question is the one that comes to you naturally.

I hope you enjoy this assessment and gain new insight on the state of your mental well-being.

Next



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[https://bit.ly/mwb\\_tau](https://bit.ly/mwb_tau)




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# Assessment Outcome

 <https://cat-mwb.africa/test/mwb-adaptive-tau>

MWBCAT

Theta is 3.421244229246. SEM is 0.47529928674201.

Your score is higher than 99.9688323365676% of the general population.

Trait specific theta scores:

theta for Belief System: 0.27257823911441

theta for Emotional Stability: 0.302116589185069

theta for Healthy Living: 0.31768298786713

theta for Realise potentials: 0.326860106666764

theta for School-life Balance: 1.05503573978254

theta for Social Interaction: 0.304835483434639


theta for Studying Productively and fruitfully: 2.41166238390178

If your score is higher than 80% of the population, its a yippee for you and keep up the good shape of your mind!

If your score is less than 79% of the general poulation, k eep calm, no worries. Click [HERE](#) to get support.

**At the end of the survey, students will be scored overall and per trait which is an assessment of how they perform in relation to the general population.**

**A loop mechanism to a support system can be immediately accessed when needed by clicking on "HERE".**

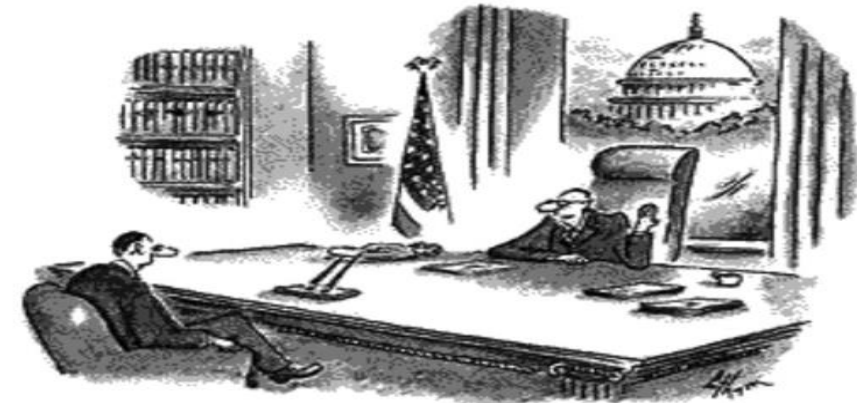


# Concluding thoughts

- ▶ Mental wellbeing is multi-phased construct.
- ▶ An enabling environment for students to thrive is required.
- ▶ Provision of the necessary Infrastructural support.
- ▶ Engineering effective support systems.
- ▶ Leveraging technology.



Keep your core beliefs on your palm for easy reference!



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**THANK YOU FOR  
YOUR ATTENTION**

