



Exploring the relationship between Student Well-Being, Identity and University Culture (SWIC Study)

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Abstract:

It is estimated that 27% of UK university students self-report a mental health problem, 15% report suicidal ideation and 3% report attempting suicide (Universities UK, 2017). The WHO World Mental Health Surveys International College Student Project (2018) reported disorder prevalence was associated with female gender, parents who were not married or deceased, no religious affiliation, graduating bottom 70% of their high school class, having primarily extrinsic reasons for going to university, nonheterosexuality, transgender/other, ethnic minority groups. However, there is lack of research into whether similar patterns of mental health inequality is present in the UK university student population. The Student Well-Being, Identity and University Culture (SWIC) study is a mixed-methods study exploring the structural, personal and cultural differences or inequalities in student mental health. The SWIC have conducted the first systematic review on the sociodemographic and socioeconomic correlates of student mental health in the UK. Focus groups and interviews have been conducted with university students and a large-scale national survey is being designed and launched. The study uses co-design and co-production as well as snowball sampling to successfully recruit and engage minority, marginalised, and underrepresented student groups.

Biography:

Nkasi is conducting her PhD in Psychological Medicine at King's College London, and completed her Msc Mental Health Studies from King's College London with Distinction. She is the Founding Director of Students of Colour Collective™, a research and development initiative by and for students from Black, Asian, and Minority Ethnic backgrounds.



Publication of speakers:

1. Wilson, Claire & Newham, James & Rankin, J. & Ismail, K. & Simonoff, Emily & Reynolds, R.M. & Stoll, Nkasi & Howard, Louise. (2019). Is there an increased risk of perinatal mental disorder in women with gestational diabetes? A systematic review and meta-analysis. *Diabetic Medicine*. 37. 10.1111/dme.14170.
2. Nagle, Yashwant & Arumugam, Gowtham & Jayakumar, J. Hemarajareswari. (2020). Signal detection among young adults using visual target detection test. *The International Journal of Indian Psychology*. 8. 930-944. 10.25215/0803.101.
3. Nagle, Yashwant & Arumugam, Gowtham & Jayakumar, J. Hemarajareswari. (2020). Signal detection among young adults using visual target detection test. *The International Journal of Indian Psychology*. 8. 930-944. 10.25215/0803.101.
4. Arumugam, Gowtham & Velayudhan, Prof. (2019). Selfie-death and its implications to Mental health professionals. *The International Journal of Indian Psychology*. 7. 34-41. 10.25215/0704.051.

Webinar on Neuroscience and Psychiatry | September 22, 2020 | London, UK

Citation: Dr. Nkasi Stoll, Exploring the relationship between Student Well-Being, Identity and University Culture (SWIC Study), *Psychiatry* 2020; September 22, 2020 | London, UK