

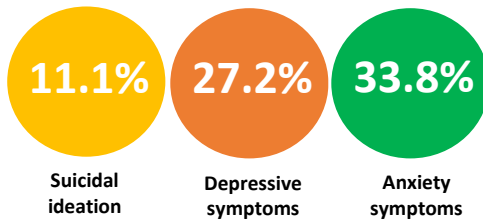
"Health Mode On": A multicentric study for mapping psychological distress and suicidal behaviours, and promoting well-being among university students – study protocol and design

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BACKGROUND

Systematic reviews reported a high prevalence of psychological distress among university students:



As a response to this concerning scenario, University of Piemonte Orientale (UPO) participates in the multicentric project "Health On Campus: Research and Multidisciplinary Integrated Models for the Promotion of Psychophysical Well-being in the University Population (Health Mode On – HMO)" involving 10 Italian academic institutions and funded by Ministry of University and Research. HMO aims to:



- (1) map psychological distress among university students.
- (2) create a standardized counselling framework promoting adequate support for students experiencing emotional fragility and psychological distress.
- (3) develop new interventions for enhancing student well-being through sport and music. The project adopts a multidisciplinary collaborative approach by integrating counselling services with musical activities and health promotion sport-based interventions.

RESULTS

- ❖ The study will provide a comprehensive overview of mental health issues and suicidal behaviours among university students, identifying key risk and protective factors.
- ❖ These insights will support targeted well-being initiatives, including prevention programs and innovative health promotion interventions integrating sports and music.
- ❖ Additionally, the study will help optimize university counselling services, ensuring the adoption of standardize effective interventions and increasing the offer of psychological interventions.



METHODS

The study is designed as observational **longitudinal study** with a one-year follow-up: the baseline survey will be completed between June and August 2025, and the follow-up survey one year later.

All students will receive an **anonymous, self-administered online questionnaire**.



The questionnaire includes questions on **socio-demographic characteristics, academic functioning, self-assessment of physical and mental health, well-being, satisfaction and quality of life, academic stress, loneliness, psychological distress (depression, anxiety, stress), access to psychological or pharmacological treatment, psychiatric diagnoses, use of counseling services, tobacco and e-cigarette use, alcohol and substance use, gambling, violent behaviors, self-harm and suicidal behavior, stressful life experiences, discrimination, self-esteem, anthropometric measurements, physical and sports activity, fruit and vegetable consumption, and sleep quality.**

Suicidality will be assessed through questions on suicidal thoughts, suicidal attempts and self-harm in lifetime and last year.

"During your life, have you ever engaged in self-harming behaviors (without the intention to take your life)?"

☐ Yes ☐ No

"In the past 12 months, have you engaged in self-harming behaviors (without the intention to take your life)?"

☐ Yes ☐ No

"During your life, have you ever had thoughts of suicide?"

☐ Yes ☐ No

"In the past 12 months, have you had thoughts of suicide?"

☐ Yes ☐ No

"During your life, have you ever attempted suicide?"

☐ Yes ☐ No

"In the past 12 months, have you attempted suicide?"

☐ Yes ☐ No



Before the administration of questionnaires, informed consent will be asked. A pseudo-anonymization code self-completed by the student at the beginning of each survey will allow data linkage between baseline and follow-up questionnaires.

CONCLUSIONS

This study will generate valuable epidemiological data with significant implications for University services, and for designing effective intervention strategies to prevent or reduce the psychological distress and suicidality among university students.

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