System map

Map of the mechanism of emerging depression amongst tertiary education students, with indication to key impact factors.

A broad range of studies comparing the mental health of university students and people from the same age group across a variety of countries have shown that students attending university generally show worse mental health and a greater risk for depression than their peers.

Therefore the **research question** to be answered is:

"What is the mechanism behind the tertiary education leading to a higher number of depressed students and how can meaningful interventions be created to reduce the likelihood of this mechanism happening within the Swiss tertiary education"

unclear assignment

time



Definition of Depression

The World Health Organization (WHO) defines depression in the following way:

Depression is a common mental disorder, characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness and poor concentration.

It can be long lasting or recurrent, substantially impairing a person's ability to function at work or school, or cope with daily life. At its most severe, depression can lead to suicide. (World Health organization, health topics, depression: definition, 2022)

