

# 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"

**Bachelor Thesis**  
System map

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**Description**

- + = increases perceived stress
- = decreases perceived stress
- + = increases risk of depression
- = decreases risk of depression
- ◆ = key impact factor

