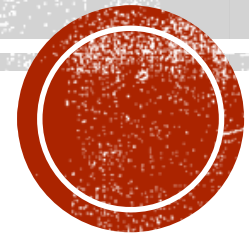


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Faculty librarian / Fakulteitsbibliotekaris  
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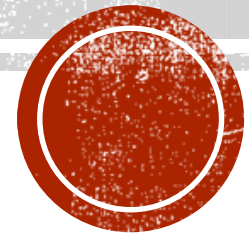
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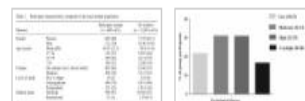
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### 1. Health and wellbeing in students with very high psychological distress from a regional Australian university.



By: Mulder, Ann M.; Cashin, Andrew. *Advances in Mental Health*. 2015, Vol. 13 Issue 1, p72-83. 12p. Abstract: Health and wellbeing in students from a regional Australian university was assessed. The aim of the study was to explore the health profile of students with very high levels of psychological distress compared to students with low distress levels. Through an online survey, health and wellbeing characteristics were determined. Very high psychological distress (Kessler-10) was reported by 16.5% of students; items contributing most to distress related to feeling tired, nervous and 'everything being an effort'. Students with very high levels of distress were, over the previous 30 days, unable to work or study for 10 days and needed to cut down on work for an additional 12 days. Forty-eight percent reported very high financial stress while 83% could not find \$2,000 within a week for something important. Twentyseven percent reported a disability; 63% of these reported a mental health disorder. Twentytwo percent felt bullied within the university while 64% felt bullied outside the university. Ninety-six percent reported low mental wellbeing, while just over 50% 'rarely' or 'none of the time' liked themselves, felt close to others, or felt confident. They reported the lowest level of help-seeking from friends and family and the highest level of internet use. In conclusion, these students, representing nearly one-sixth of all students from the university reviewed, were a highly vulnerable cohort requiring significant care and support. [ABSTRACT FROM AUTHOR] DOI: 10.1080/18374905.2015.1035618. (AN: 110144272)

Subjects: COLLEGE students -- Mental health; RESEARCH; WELL-being -- Psychological aspects; DISTRESS (Psychology); FINANCIAL stress; SCHOOL bullying



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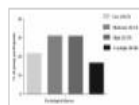
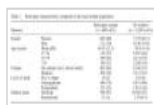
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Academic  
Journal

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#### 2. Assessing students' wellbeing in a spatial dimension.



Academic  
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By: Fleuret, Sébastien; Prugneau, Jérôme. Geographical Journal. Jun2015, Vol. 181 Issue 2, p110-120. 11p. 1 Diagram, 6 Charts, 1 Map. Abstract: This paper examines the issues related to the double-sided dimension of **wellbeing**: subjective and objective. In the theoretical framework developed by Fleuret and Atkinson (2007, The New Zealand Geographer 63 106-29), spaces of **wellbeing** are shaped by four dimensions (spaces of security, spaces of capability, therapeutic spaces and integrative spaces). In the case of the **student** population in Angers, we observe a major imbalance: the component that really stands out is capability, which is quite logical because **students** are a population in a transition between youth and adulthood. The results reveal that the **student** population has a specific relation to space due to a transitory presence in the university town, with, as a consequence, a simultaneous embedding in different places. This could explain why the **students** do not perceive the characteristics of place to be a major influence on their **wellbeing**; instead it is the perception they have of their **wellbeing** that influences their perception of place. [ABSTRACT FROM AUTHOR] DOI: 10.1111/geoj.12098. (AN: 102702727)

Subjects: STUDENTS -- Health; UNIVERSITY towns; HEALTH; GEOGRAPHY; FRANCE



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## Health and wellbeing in students with very high psychological distress from a regional Australian university

Ann M. Mulder\* and Andrew Cashin

*School of Health and Human Sciences, Southern Cross University, PO Box 157, Lismore, NSW, 2480, Australia*

(Received 25 November 2013; accepted 12 December 2014)

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