



Post-Secondary Education Student Mental Health: A Global Perspective
Editors: Zangeneh, Nouroozifar & Chou

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Masood Zangeneh • Mona Nouroozifar • Priscilla Chou
Editors

Post-Secondary Education Student Mental Health: A Global
Perspective

CDS Press

Woodbridge, Canada

CDS Press is owned and operated by Concurrent Disorders Society Inc.
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Copyeditor: Brendan Beckett

ISBN: 978-1-7778018-1-6

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Chapter 1: The Incidence and Correlates of Mental Health in the Arabian Gulf Countries

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Lara Al-Harhi is a psychologist with a master's degree in forensic psychology and mental health from the University of Manchester. She has over five years of professional experience and training in her field and has recognised her passion in research and helping others. She is currently working as a psychologist in Al-Massara Hospital (AMH) Muscat, Oman, the only government hospital in Oman solely dedicated to providing psychiatric services in the country.

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Maithili Santosh Shetty completed her Masters in foundation of Clinical Psychology and Mental Health from the University of Sussex in 2019. Clinical Psychology from Amity University Mumbai. She worked as an intern, in a hospital and two institutional setups during her Bachelors. She worked on a research project involving the application of Behavioural Strategies such as WOOP Intervention to determine the effectiveness of Mindfulness practices and enhancement of psychological well-being. This project was conducted in collaboration with Sussex Partnership Foundation and Mindfulness Centre and was completed as a part of her dissertation. She aims to pursue her Doctorate in Clinical Psychology (Psy.D) and intends to serve the community by dwelling deep into the psychopathologies and offering therapeutic remedies as a Clinical Psychologist.



Joe Valentina Valanarasu is a graduate student from Christ (Deemed to be University), Bangalore. As a psychology student, she has had the experience of working as a trainee psychologist in both India and Oman. She also has a particular interest in volunteering in settings that provide support for adolescents and young adults suffering from past trauma and abuse. She has always been intrigued by the factors behind the workings of human behavior since her introduction to the field and is particularly interested in the study of criminal behavior. She also has an interest in the research areas of victimology and offender rehabilitation. Currently, she is looking forward to joining the University of Bath for her postgraduation in MSc. Applied Forensic Psychology with Counselling.



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Dr. Al-Saadoon has considerable experience in the area of child protection and child right and focused her efforts throughout her career in these areas. She has been involved in many activities to increase public and professionals' awareness on child abuse, and the needs for child protection services, in coordination with both the Ministry of Health and Ministry of Social Development, viz., Member of the Child Protection Task Force. Member in national and Regional Societies, viz., Arab Association to Prevent Child Abuse and Neglect; International Society to Prevent Child Abuse and Neglect (ISPCAN). Her research interests include child abuse and neglect, and child protection.



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Chapter 2: Mental health in Palestinian University Students: Challenges, Difficulties, and Sources of Resilience

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Dana Bdier received her PhD from the University of Milano-Bicocca. Her research interests are focused on areas related to psychology and human sciences, mainly in the Palestinian context. Since the outbreak of Covid-19 pandemic, she has conducted several studies examining the mental health status of groups of Palestinians such as children adolescents, women, and health care providers.



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Dr. Jacqueline Cortés Morelos specializes in family and couples therapy, and child and adolescent psychiatry. She chairs the Psychiatry and Mental Health Clinic in the Faculty of Medicine at the National Autonomous University of Mexico.



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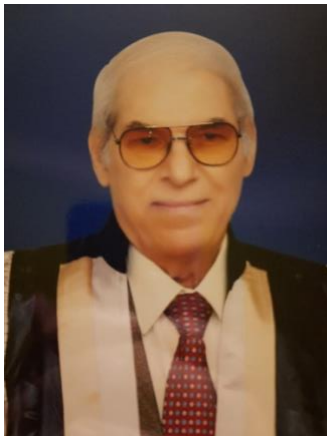


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Chapter 9: Mental Health of University Students: Perspectives from Jordan and United Arab Emirates

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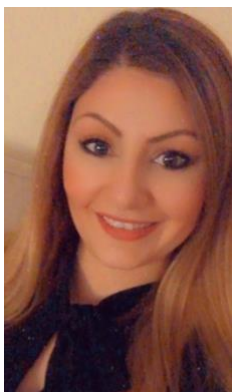


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Andrew E. Nussey holds three master's degrees in counselling and psychotherapy. He is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario (CRPO) and a Certified Canadian Counsellor – Supervisor with the Canadian Counselling and Psychotherapy Association (CCPA). Practising primarily from a psychoanalytic orientation, Andrew has experience treating a wide range of issues, working with diverse populations and clinical presentations in [private practice](#), community primary care, public school, and university settings.



Charles C. Helwig is a Professor of Psychology at the University of Toronto. His primary area of research is the development of moral and social judgments from the preschool years through adulthood. This research focuses on the development of moral concepts related to social issues and institutions such as freedoms, civil liberties, and democracy. More recently, he has conducted research examining adolescents' psychological well-being and parenting in urban and rural China. He is a Fellow of the American Psychological Association and the American Educational Research Association.



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Joanna Bedggood, MSW, RSW, is the Manager of Student Wellness at King's University College. Her interests include single session therapy, feminism, and supervision. She has worked in a variety of social work settings since 1990, in both direct practice and leadership roles in mental health, woman abuse and counselling.



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Nina Kovacic completed her Master of Social Work internship as a counsellor at King's University College, London, Ontario, with emphasis on Brief Solution Focused interviewing. Nina's expertise and ambitions include a concentration on mental health in hospital, judicial, school, and community settings. She has over six years of practical experience in adolescent/adult mental health care as a child and youth worker and justice professional. She also has experience in ministry in-house justice programs and addiction services. Nina has also worked as an addiction counselor at the Salvation Army Centre of Hope where she facilitated addiction programming and engaged in advocacy work.



Emily Maini is a recent graduate of the Master of Social Work program at King's University College at Western University in London, Ontario, Canada. She completed a clinical social work internship at King's University College as a personal and career counsellor, supporting university students in mental health services. Emily previously completed a B.A. (Hons) in child studies and disability studies at Carleton University in Ottawa, Ontario, Canada. She has over eight years' experience working with children, adolescents, and adults in various capacities within community and residential settings. She has further interests pursuing work with children and youth in mental health.



Dr. Rick Csiernik (he/him/his) is a professor in the School of Social Work at King's University College, and a White settler living on Dish With One Spoon Treaty Territory. Rick has written ten books, edited nine, contributed to over 200 peer reviewed publications, made over 250 public presentations, and been part of research teams receiving \$4.5 million in funding over the course of his career. He has been a social worker for nearly four decades, receiving both the King's University College and McMaster University Continuing Education Teacher of the Year awards, as well as the Hugh Mellon Excellence in Research Award.



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Lily Li is a PhD candidate studying in Health Services Research at the University of Toronto's Institute of Health Policy, Management and Evaluation. Lily completed her master's degree in Public Health at the University of Toronto at the Dalla Lana School of Public Health, with a specialization in Addiction studies. Her professional interests are in mental health and addictions, and she has publications on how brief interventions for cannabis problems impacts postsecondary students, and the associations between anxiety and mood disorders with measures of alcohol and cannabis use in adults. She wishes to continue exploring new research ideas and literature on the health outcomes of interventions used within the area of mental health and addiction.



Chapter 13: How did Japanese university students survive the COVID-19 pandemic?

Author: Daichi Sugawara, Ph.D.

Affiliation: University of Tsukuba, Japan

Author: Akihiro Masuyama Ph.D.

Affiliation: Iryo Sosei University, Japan

Author: Takahiro Kubo, Ph.D.

Affiliation: Iryo Sosei University, Japan

Author: Masashi Mizuno, Ph.D.

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Author Biographies:

Daichi Sugawara, PhD, is an assistant professor at the University of Tsukuba specializing in clinical psychology, positive psychology, and affective science. As a clinical psychologist, he provides reinstatement support to those on leave. He is currently leading an international project on mental health and resilience in response to the COVID-19 pandemic.



Akihiro Masuyama, PhD, is a researcher in clinical psychology at Iryo Sosei University. He has also engaged in clinical psychological practice in the field of education from elementary school to university. His current research interests are depression and cognitive control, depression and anxiety in adolescents, and COVID-19 and mental health.



Takahiro Kubo, PhD, is a specially appointed associate professor at Iryo Sosei University. He also works as a school counselor in Iwaki, Fukushima. His research focuses on positive psychological concepts such as resilience and passion in teachers and children as a coping strategy for problems related to school maladjustment.



Masashi Mizuno, PhD, is a senior lecturer at Tokyo Kasei University, and a clinical psychologist at a psychiatric clinic. His research interests include career development in young people and self-compassion interventions for human service professionals.



Chapter 14: COVID-19 in Canadian Colleges: Exploring Student Experiences with Crisis-Evolved Remote Learning**Authors:** Maria Lucia (Marylou) DiPlacito-DeRango, Ph.D.**Affiliation:** Humber College Institute of Technology and Advanced Learning, Canada**Corresponding Author:**

Dr. Maria Lucia (Marylou) DiPlacito-DeRango

Email: dr.marylou.dd@gmail.com**Author Biography:**

Maria Lucia (Marylou) DiPlacito-DeRango has been a professor in the Faculty of Liberal Arts & Sciences at the Humber Institute of Advanced Learning and Technology since 2011. Marylou received a B.A., B.Ed., M.Ed., and Ph.D. from York University, Toronto. Her research focus is on supporting student mental health in higher education. Marylou has presented at over 25 conference proceedings across Canada and the USA. In April of 2018, she was the keynote speaker at Simon Fraser University's conference, *Recognize, Render, and Redirect: Supporting Faculty to Support Students with Mental Health Challenges*. Her research/work has been published in several academic venues, including the International Journal of Mental Health & Addiction and the Canadian Journal for the Scholarship of Teaching and Learning. In January of 2021, Marylou published her first children's storybook, *Pandemic Party Pandemonium*, with another storybook (*Mindy's Marshmallows*) set to release next month. She is also conducting a study on the roles of stay-at-home mothers and their perceived value during the pandemic, anticipated for a Summer 2021 publication.



Chapter 15: Mental Health Issues Among Iranian University Students During COVID-19 Pandemic

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Mahboubeh Dadfar has a PhD in clinical psychology and Master of Public Health (MPH) in mental health from the Iran University of Medical Sciences. She is interested in research in the fields of clinical psychology, positive psychology, personality psychology, psychotherapy, psychometrics, mental health, addiction, suicide, and issues relevant to death and dying. She has published many papers and books and is a reviewer for some established American, European, and Asian scholarly journals.



Chapter 16: Positive and negative aspects of university students' experiencing of the Covid-19 pandemic**Author:** Alenka Polak, Ph.D.**Affiliation:** Faculty of Education, University of Ljubljana, Slovenia**Author:** Polona Gradišek, Ph.D.**Affiliation:** Faculty of Education, University of Ljubljana, Slovenia**Corresponding Author:**

Dr. Polona Gradišek

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Alenka Polak, PhD, is an assistant professor of educational psychology in the Faculty of Education at the University of Ljubljana. Her areas of research include teamwork in education, the role of reflection in education, personal and professional development for educators, cooperative culture in educational institutions, subjective theories of learning, knowledge and teaching, and the emotional competency of teachers. She is a devoted university teacher of future teachers and pedagogues and believes in motivating her students with positive energy and using practical examples and anecdotes from her experience.



Polona Gradišek, PhD, is a teaching assistant for in the Faculty of Education at the University of Ljubljana. Her research focuses on positive psychological topics within the field of educational psychology, including the character strengths of teachers, teachers' well-being, perception of teaching as a calling, teacher-student relationships, classroom management and the professional development of teachers. Teaching is her calling, and her students see her as positive, kind, and empathic.



Chapter 17: Student Online Learning Experience and Academic Resilience during COVID-19: Exploring the Role of Academic Self-efficacy and Perceived Social Support

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Affiliation: James Cook University Singapore

Author: Jie Ying Loh

Affiliation: James Cook University Singapore

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Dr. Smita Singh is a Ph.D. from the National University of Singapore. She now holds a senior lecturer position in Psychology at James Cook University Singapore. Her primary research focuses on leadership, prosocial behavior, palliative care, and parenting.



Jie Ying Loh completed her honours at James Cook University Singapore and has been working as a research assistant at the National Institute of Education (NIE) on projects including intervention program evaluation and bilingual studies. She hopes to become a psychologist, and her research interests include depression and anxiety in adolescents, as well as mental health and resilience.



Patrick Lin graduated from York University, Toronto (B.A. Spec. Hons.). He then went on to complete his Master of Social Sciences and PhD in social psychology at the National University of Singapore. Patrick's main research are pertinent to interpersonal attraction and effects of priming.



Chapter 18: The Mediating Roles of Maladaptive Gaming Cognitions and Purpose in Life in the Relationship Between Relatedness Need Dissatisfaction and Internet Gaming Disorder Among Chinese University Students

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Author: Shu YU, Ph.D.

Affiliation: Centre of Excellence in Responsible Gaming, University of Gibraltar, Gibraltar

Author: Meng Xuan Zhang, Ph.D.

Affiliation: Department of Medical Humanities, Southeast University, China

Author: Anise M. S. WU, Ph.D.

Affiliation: Department of Psychology, University of Macau, China

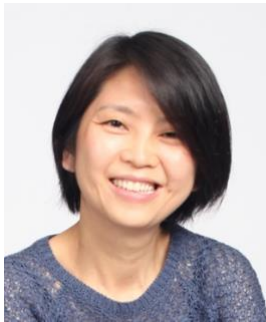
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Dr. Vivienne Y.K. Tao is an assistant professor in the Department of Psychology at the University of Macau. Her research interests include achievement motivation, goals, well-being, and gambling behaviour.



Dr. Shu M. Yu obtained her PhD from the Department of Psychology at the University of Macau. Her research interests focus on addictive behaviour, especially gaming, gambling, social networking, and internet addictions among youth. She has also participated in studies on juvenile delinquency and attitudes towards gambling in different cultural backgrounds.



Dr. Meng Xuan Zhang is an associate researcher in the Department of Medical Humanities at Southeast University, China. Her research interests include addictive behaviors (e.g., problematic smartphone use, Internet gaming disorder, and gambling disorder) and mental health among youth.



Dr. Anise M.S. Wu is a professor in the Department of Psychology at the University of Macau. Her research is concerned with both individual and public health, with a focus on understanding psychosocial influences on behavioural addictions and wellbeing.



Chapter 19: Impact of physical distancing during Covid-19 pandemic on Internet addiction, nicotine addiction, alcohol and drugs addiction among university students in Indonesia

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Author: Tri Yumarni, Ph.D.

Affiliation: Brawijaya University, Indonesia

Author: Rindi Ardika Melsalasa Saputri, MMPT

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Dr. Sujarwoto is a sociologist whose research interests focus on health, happiness and well-being in developing countries. He is the current Director of the Portsmouth Brawijaya Centre for Global Health, Population and Policy at Brawijaya University, Indonesia. This research centre is dedicated to high quality research in the area of health, demography and public policy.



Dr. Yumarni is an assistant professor at Department of Public Administration Brawijaya University. She developed the environment and disaster management specialist program focusing on gender roles. Dr. Yumarni is a senior researcher at Portsmouth Brawijaya Centre for Global Health, Population and Policy Brawijaya University Indonesia.



Miss Saputri is a youth education development specialist at the Portsmouth Brawijaya Centre for Global Health, Population and Policy Brawijaya University Indonesia. She is interested in research focuses on the impact of digital technology on youth well-being and mental health.



Chapter 20: Generalized Internet addiction among Chinese university students: associations with Internet attitudes, objectively-measured smartphone use and personality

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Affiliation: Soochow University, China

Author: Zeyang Yang, Ph.D.

Affiliation: Soochow University, China

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Dr. Zeyang Yang

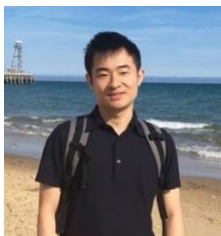
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Zhihao Yan is a graduate student of applied psychology from the School of Education at Soochow University. His research interests include cyberpsychology and behavioural addiction.



Dr. Zeyang Yang is a lecturer in the School of Education at Soochow University. He earned his PhD in Education at the University of York in the UK. His research interests include cyberpsychology, behavioural addiction, mental health, procrastination, and e-learning. Dr. Yang has published papers and conference abstracts in SSCI-indexed journals including the International Journal of Mental Health and Addiction, the Journal of Behavioral Addictions, and others.

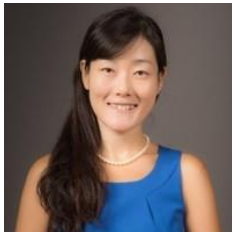


Chapter 21: Lost in Transitions: Stressors and Mental Health among International Students in the United States**Author:** Katie Koo, Ph.D.**Affiliation:** Texas A&M University-Commerce, U.S.**Author:** Ariel Guicheng Tan, M.A.**Affiliation:** University of California, Irvine**Corresponding Author:**

Dr. Katie Koo

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Katie Koo is an assistant professor of Higher Education at Texas A&M University-Commerce. Her research focuses on underrepresented students' collegiate experiences, mental health issues, and adjustment, including international students' psychological well-being. She currently serves on the ACPA College Student Development International Commission for Global Dimensions of Student Development as Faculty-in-Residence. Dr. Koo is the recipient of the 2020 ACPA Emerging Scholar Award as well as the Chuck Arize Junior Faculty Award of Research and Dedication from Texas A&M University-Commerce for her research on the impact of campus climate and discrimination on the mental health of international students.



Ariel's research focuses on the role of biculturalism in people's social and cognitive development, specifically among international students, youth immigrants, "third culture kids" and other populations with cross-cultural upbringing. She received her M.A. in Higher Education and Student Affairs from New York University (NYU).

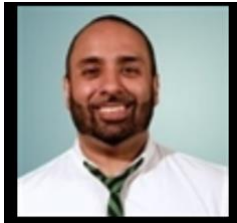


Chapter 22: How do Punjabi Speaking International Students Access and Utilize Mental-Health Resources in the Greater Toronto Area?**Author:** Bhupinder Singh Bains, Ed.D. student**Affiliation:** University of Toronto, Canada**Corresponding Author:**

Dr. Bhupinder Singh Bains

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Bhupinder Singh Bains is currently completing his Ed.D. in Counselling Psychology and Psychotherapy at the University of Toronto. While doing so, he is also serving to support the mental wellbeing of a diverse student population as an on-campus counsellor. His practice and approach in cognitive behavioural therapy, mindfulness, emotion focused therapy has evolved over a period of twenty one years from listening and attuning to understand the uniquely diverse perspectives of forensic, rehabilitative (acute, sub-acute and chronic pain), community-based, and post-secondary student populations.



Chapter 23: Evidence-based physical activity programming for post-secondary student mental health: Considerations for research and practice**Author:** Catherine M. Sabiston, Ph.D.**Affiliation:** University of Toronto, Canada**Author:** Garcia Ashdown-Franks, Ph.D. student**Affiliation:** University of Toronto, Canada**Author:** Melissa deJonge, Ph.D. student**Affiliation:** University of Toronto, Canada**Corresponding Author:**

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Dr. Catherine Sabiston is a professor in the Faculty of Kinesiology and Physical Education at the University of Toronto and the Director of the Mental Health and Physical Activity Research Centre. She is also a Canada Research Chair in physical activity and mental health and has been awarded numerous career distinctions. Dr. Sabiston has over 270 peer-reviewed publications, has delivered nearly 500 presentations, and has received more than \$20 million dollars in funding for her research, which is broadly focused on the psychosocial determinants and outcomes of physical activity. Her research has been extensively featured in the media, has been used to inform evidence-based practice, and has advanced theory and methods in sport and exercise psychology.



Garcia Ashdown-Franks is pursuing a PhD in Exercise Sciences at the University of Toronto. She is also currently affiliated with the Department of Psychological Medicine at King's College London as a visiting student.



Melissa deJonge is a second-year PhD student in the Faculty of Kinesiology and Physical Education and Mental Health at the University of Toronto and Physical Activity Research Centre. Melissa completed her BSc (Honours) in Psychology at Queen's University and her MSc in Exercise Sciences at the University of Toronto. Her program of research is focused on developing pragmatic, evidence-based strategies for using on-campus physical activity programs to support post-secondary student mental health. Her research interests are grounded in a health promotion approach to supporting mental health and well-being for young adults. Her research works to inform mental health promotion and prevention programming and enhance interprofessional collaboration to optimize the translation of evidence-based physical activity programs into real-world contexts.



Chapter 24: A review on the influence of physical exercise on College Students' Internet addiction

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Author: Guoli Zhang, Ph.D.

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Han Zhao is a student in the School of Psychology at Beijing Sport University. During her college years, she participated in the teacher's research group and college student innovation project, conducting research on the connection between physical exercise and mental health.



Guoli Zhang is an associate professor at Beijing Sport University. Dr. Zhang received his PhD in Developmental and Educational Psychology from Beijing Normal University, and completed his postdoctoral research on sports psychology at Beijing Sport University.



Chapter 25: What are We Waiting for? Responding to Student Expectations about Waitlists and Service Accessibility**Author:** Sandra Yuen, Ph.D., C.Psych.**Affiliation:** University of Toronto**Author:** Giovanni Arcuri, OT, MSc**Affiliation:** McGill University, Canada**Author:** Peter Cornish, Ph.D**Affiliation:** Memorial University, Canada**Author:** Donald W. Stewart, Ph.D., C.Psych.**Affiliation:** University of Manitoba, Canada**Corresponding Author:**

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Dr. Yuen has over 20 years' experience in post-secondary student mental health as an administrator, manager, program evaluator, and clinical psychologist. As the Director, Professional Practice & Quality Assurance, she oversees a team of psychologists and social workers, who are part of a larger interdisciplinary team consisting of primary care and mental health professionals at Health & Wellness, University of Toronto. Dr. Yuen is actively involved in program development of clinical services and oversees program evaluation of mental health, primary care, and health promotion. She is a co-lead of an online consortium focused on best practices in student mental health services (www.bp-net.ca). Her clinical interests are in the provision of Cognitive-Behavioural Therapy for depression and anxiety disorders, with particular interests in interpersonal process, attachment, and metacognitive aspects. She has a private practice and enjoys teaching and supervising clinical psychology and psychiatry residents.

Giovanni Arcuri is the Associate Director of Hub Services at McGill's Student Wellness Hub as well as a course lecturer in the Faculty of Medicine and Health Science's School of Physical and Occupational Therapy. Prior to his role at the Hub, Giovanni worked at the McGill University Health Centre as an Occupational Therapist and later as an advisor. Giovanni's current teaching areas focus on professional practice within healthcare systems, the navigation and continuum of care from primary to quaternary care, as well as the use of assistive technology as a healthcare tool. His research interests and publications have been in the areas of client-and-family-centered care, the use of measurement theory for the development and validation of measurement tools, and best practices in higher education.



Dr. Peter Cornish is an Honorary Research Professor at Memorial University, and the Director of Counseling and Psychological Services at the University of California, Berkeley. His clinical and research interests include online mental health, stepped care treatments, mental health service innovations, and interprofessional team functioning. Over the past five years, he has provided consultation and on-site training on his [Stepped Care 2.0](#) model to over 150 organizations across North America. His non-profit company, Stepped Care Solutions, is the lead administrative partner on [Wellness Together Canada](#), a federal COVID-19, \$65M mental health program for all peoples of Canada. He is the principal investigator for a \$1.14M CIHR transitions-in-care, four-year research grant aimed at digitizing and evaluating Stepped Care 2.0 across four Canadian provinces/territories. He is currently collaborating with colleagues on a three-book series on Stepped Care 2.0 to be published by Springer, with the [first in the series](#) available now.



Donald W. Stewart, PhD, is a clinical psychologist, professor, and academic administrator at the University of Manitoba. He has formerly served as the director of an APA- and CPA-accredited internship, and as the director of a training clinic at the University of Manitoba. He is currently the Executive Director, Student Support at the University of Manitoba as well as Vice-Chair of the CPA Committee on Ethics. His research interests include clinical supervision, supervision ethics, and student mental health help-seeking.

Chapter 26: Mental Health on Postsecondary Campuses: Reviewing the Status, the Impact, and a Proposal to Help**Author:** Sara Antunes-Alves, Ph.D.**Affiliation:** Carlton University, Canada**Author:** John Meissner, Ph.D.**Affiliation:** Carlton University, Canada**Author:** Anamarie Gennara, B.A.**Affiliation:** Carlton University, Canada**Author:** Sandra Yuen, Ph.D., C.Psych.**Affiliation:** University of Toronto, Canada**Author:** Andrea Howard, Ph.D.**Affiliation:** Carlton University, Canada**Corresponding Author:**

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Sara Antunes-Alves has many years of clinical experience, particularly in university settings. As a clinician, most of her current work involves clinical supervision, assessment, and psychotherapy. Her research over the years has focused on psychopathology and, more recently, psychotherapy process with the aim of investigating predictors of successful therapy. She is passionate about conducting outcome-based research on the efficacy of mental health programs.



John Meissner is a psychologist at Carleton University working with emerging adults facing complex challenges that affect their capacity to succeed. He co-created the From Intention to Action (FITA) program to improve students' quality of life and access to mental health services. Over his 40-year career, he has often worked with youth in mental health clinics and school boards. He has also provided therapeutic support on a one-to-one basis and conducted psychological and psych-educational assessments, using a strength-based approach with his clients.

As a researcher, Dr. Meissner believes that ongoing program development based in real-life data and evaluation can provide solutions that improve people’s lives. He has recently worked with colleagues on the technical committee of the Mental Health Commission of Canada (CSA Z2003-20) to develop the Canadian national standard to address post-secondary mental health and well-being.



Anamarie Gennara is a recent graduate from Carleton University, with an undergraduate degree in Psychology. Her interest in student mental health burgeoned when she had the opportunity to write her senior thesis exploring the impact of a counselling intervention on the mental health and academic performance of university students. She views the field of mental health service delivery through a more granular lens, seeking to understand the “why” behind treatment efficacy. She hopes to pursue research in psychology at the graduate level focused on psychotherapy processes.



Dr. Yuen has over 20 years’ experience in post-secondary student mental health as an administrator, manager, program evaluator, and clinical psychologist. As the Director, Professional Practice & Quality Assurance, she oversees a team of psychologists and social workers, who are part of a larger interdisciplinary team consisting of primary care and mental health professionals at Health & Wellness, University of Toronto. Dr. Yuen is actively involved in program development of clinical services and oversees program evaluation of mental health, primary care, and health promotion. She is a co-lead of an online consortium focused on best practices in student mental health services (www.bp-net.ca). Her clinical interests are in the provision of Cognitive-Behavioural Therapy for depression and anxiety disorders, with particular interests in interpersonal process, attachment, and metacognitive aspects. She has a private practice and enjoys teaching and supervising clinical psychology and psychiatry residents.

Andrea Howard is an associate professor in the Department of Psychology at Carleton University, with a research program focused on promoting well-being and mental health in adolescence and the transition to adulthood. The unique challenges of the transition from high school to university figure prominently in her work. Current projects capture repeated measures across the academic year and examine links between emotion and substance use, changing patterns of depression and anxiety symptoms, challenges faced by youth with ADHD, and the roles of parental support and involvement in a successful transition to university.



Chapter 27: Student mental health in Asia: Burden, help-seeking patterns, opportunities, and barriers**Author:** Karthick Subramanian, M.D.**Affiliation:** Mahatma Gandhi Medical College and Research Institute (MGMCRI), India**Author:** Parthasarathy Ramamurthy, M.D.**Affiliation:** Pondicherry Institute of Medical Sciences, India**Author:** Vikas Menon, Ph.D.**Affiliation:** Jawaharlal Institute of Postgraduate Medical Education and Research (JIPMER), India**Corresponding Author:**

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Dr. Karthick Subramanian is a psychiatric consultant and assistant professor in the Department of Psychiatry at Mahatma Gandhi Medical College and Research Institute (MGMCRI) in Puducherry, India. He received his Doctor of Medicine (MD) degree in Psychiatry from the Jawaharlal Institute of Postgraduate Medical Education and Research (JIPMER), Puducherry. Dr. Karthick's main research interests are in bipolar disorder, substance abuse, suicide, and community psychiatry. He is also interested in clinical teaching and academic psychiatry. He has more than 40 international publications across major scientific journals. His current projects are focused on caregiver burden in suicide survivors and substance use disorders.



Dr. Parthasarathy Ramamurthy completed his MBBS and MD in Psychiatry at Jawaharlal Institute of Postgraduate Medical Education and Research. He is currently an associate professor in the Department of Psychiatry at the Pondicherry Institute of Medical Sciences (a unit of Madras Medical Mission), and has several publications in peer-reviewed national and international journals. His primary research interests are suicidal behaviour, student mental health, and forensic psychiatry. He serves on the editorial board of the Indian Journal of Psychological Medicine (IJPM), and is also an assistant editor for the Journal of Current Research in Scientific Medicine (JCRSM).



Dr. Vikas Menon, MD, is a professor of psychiatry at the Jawaharlal Institute of Postgraduate Medical Education and Research (JIPMER) in Puducherry, India. He completed his postgraduate medical training in Psychiatry in 2008 from JIPMER. His research focuses on the use of frugal, innovative technology to close the gap in mental health treatment in India, and on medical education. He has published over 200 scientific papers in peer reviewed journals and contributed seven book chapters in edited volumes. He also serves on the editorial board of the Indian Journal of Psychiatry.



Chapter 28: A Review of Mental Health in Healthcare Students: Strategies and Suggestions**Author:** Yasuhiro Kotera, Ph.D.**Affiliation:** University of Derby, U.K.**Author:** Christopher E. M. Lloyd, Ph.D.**Affiliation:** University of Derby, U.K.**Author:** Greta Kaluzeviciute, Ph.D.**Affiliation:** University of Derby, U.K.**Author:** Charlotte-Fern Foster Phillips**Affiliation:** University of Derby, U.K.**Author:** Laura Bennett-Viliardos, Ph.D.**Affiliation:** University of Derby, U.K.**Corresponding Author:**

Dr. Yasuhiro Kotera

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Dr. Yasuhiro Kotera is Academic Lead in Counselling, Psychotherapy and Psychology at the University of Derby, Online Learning. He is currently working on intervention studies and cross-cultural studies to see the effects of those variables on mental health (e.g., self-compassion intervention for bereaved family members of cancer patients). His cross-cultural interests are aided by his language ability as he speaks Japanese (native), English, Dutch, and Mandarin. As a father of triplets, he is also exploring the cross-cultural experiences of parents of triplets.



Dr. Christopher E. M. Lloyd (DProf, CPsychol) is a Chartered Counselling Psychologist, who conducts research and clinical practice in the United Kingdom. His research sits at the interface between mental health, religion, and culture, and draws on both qualitative and quantitative methods. As an academic and applied psychologist, he has a growing interest in student mental health.



Dr. Greta Kaluzeviciute is a qualitative psychotherapy researcher, currently working as a Postdoctoral Research Associate at the School of Clinical Medicine, University of Cambridge. She is also an Associate Academic in Counselling and Psychotherapy at the University of Derby. Greta's work focuses on clinical and systematic case study narratives, the role and function of empathy in psychotherapy, mental wellbeing, self-compassion and psychological interventions, and determinants of poor/impaired mental health experiences. Greta is particularly passionate about drawing in findings from both research and practice in the clinical fields.



Charlotte-Fern Foster Phillips currently works in Professional Services at the University of Derby, creating environments where transformational education can flourish. Alongside her career in education, Charlotte runs her own business, using holistic practices, body work and coaching to enhance the health and overall performance of her clients.



Laura Bennett-Viliardos is a counsellor and lecturer in counselling and psychotherapy. Alongside teaching, Laura is an individual and group supervisor for counselling and psychotherapy students who are completing their clinical placements. In her therapeutic practice, Laura predominantly supports individuals who have experienced sexual abuse and is currently conducting PhD research in this area.

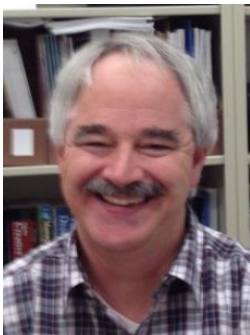


Chapter 29: Healthy Minds | Healthy Campuses (HM|HC): Promoting mental well-being among postsecondary institutions in BC**Author:** Dan Reist, M.Th.**Affiliation:** University of Victoria, Canada**Author:** Tim Dyck, Ph.D.**Affiliation:** University of Victoria, Canada**Author:** Bakht Anwar, B.Sc.**Affiliation:** Canadian Mental Health Association (BC), Canada**Author:** Kamal Arora, Ph.D.**Affiliation:** Canadian Mental Health Association (BC), Canada**Corresponding Author:**

Dr. Tim Dyck

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Dr. Tim Dyck is a research associate at the University of Victoria's Canadian Institute for Substance Use Research (CISUR) as part of its knowledge mobilization team. Assisting BC's "Healthy Minds | Healthy Campuses" endeavor since 2007, Tim is a co-lead in its support team and has been especially involved in helping HM|HC's Changing the Culture of Substance Use initiative. His focus has been on encouraging campuses towards a consistent application of a socio-ecological and culturally attentive health promotion approach as the most appropriate framework for addressing substance use. He has authored or co-authored several policy discussion papers and resource guides to support HM|HC campuses in critical reflection and dialogue on implementing that approach.



Dan Reist is the Assistant Director of Knowledge Exchange at the Canadian Institute of Substance Use Research, where he focuses on communicating current evidence in a way that supports the evolution of effective policy and practice. For over two decades, Dan has contributed to policy dialogues in British Columbia related to substance use and addictive behaviours and has participated in many national and international discussions. He champions

the careful use of language to describe substance use and its related risks and problems and seeks to bridge the ideological divides and professional barriers that have too often undermined effective responses. Dan's interests include health promotion, dialogue and hermeneutics, theories of knowledge, the philosophy of education, healthy public policy, and the phenomenology of psychoactive substance use.



Bakht Anwar is the co-lead of “Healthy Minds | Healthy Campuses” initiative at the Canadian Mental Health Association’s BC Division. In her role, Bakht supports a provincial community of practice that connects campus stakeholders from across British Columbia to promote mental wellness and healthier relationships with substances. A recent graduate in health sciences from Simon Fraser University, she is interested in the role health promotion plays in health equity and in reducing barriers to healthcare for vulnerable populations. Her experiences have taught her that health promotion can be tremendously impactful when it considers policy governance, health literacy and community participation. Bakht has worked on and led projects relating to mental health, substance use, youth engagement, capacity building, and new immigrant and refugee health needs.



Kamal Arora is the leader of Health Promotion and Education at the Canadian Mental Health Association's BC Division. She holds a PhD in anthropology and has taught courses as a sessional instructor at the University of British Columbia, Kwantlen Polytechnic University, and University of the Fraser Valley. She has worked directly with a range of people with lived experiences of chronic disease, trauma, violence, food insecurity, homelessness and mental health, and substance use concerns.



Chapter 30: The Mental Health of Indigenous Students in Canada and Beyond**Author:** Shadi Beshai, Ph.D.**Affiliation:** University of Regina, Canada**Corresponding Author:**

Dr. Shadi Beshai

Email: shadi.beshai@uregina.ca**Author Biographies:**

Dr. Shadi Beshai is an Associate Professor of Psychology at the University of Regina, the Director of the Depression Cognition and Culture Lab, and a registered Doctoral Clinical Psychologist (in Saskatchewan). Dr. Beshai's research is focused on improving access to and promotion of evidence-based psychological treatments for adult depression and anxiety. Specifically, Dr. Beshai has published several peer-reviewed scientific articles on the cultural adaptation of cognitive-behavioral and mindfulness-based interventions. He has also published extensively on improving public literacy about such interventions and ways to disseminate them more widely. Dr. Beshai's research is funded by the Canadian Institute of Health Research (CIHR), and the Saskatchewan Health Research Foundation (SHRF).

