

## **Journal Club Presentation**

### **Topic:**

**Well-being Issues and Perspectives: A case of digital intervention to enhance student's well-being**

**Presenter: Dr Sabhya Juneja**

**Date & Time: 22-09-23, 11:00 A.M. – 12:00 P.M.**

**Participants: 18**

The Journal club presentation on 22<sup>nd</sup> September was given by Dr Sabhya Juneja on the topic "Well-being Issues and Perspectives: A case of digital intervention to enhance student's well-being"

Well-being of youth is currently a much debated and researched area, as it encompasses a multidimensional aspects such as mental, physical and social well-being. Student's well-being is perceived as an enabler to better well-being. Recent researches demonstrated that the student's greater well-being leads to their greater performance at school and later as adults (1). A quarter of the world's population comprise of young people residing in low-and-middle-income-countries (LMICs). Young people are vulnerable to mental disorders and suicides due to stressors such as socio-economic, emotional changes and additionally COVID-19 contributing to their poor and mental health (2-6). Young adults nowadays are at an increased risk related to chronic health conditions such as pre-diabetes, prehypertension (7, 8, 9).

In view of the above, Foundation of Healthcare Technologies Society is conducting a study to design, develop and pilot test a digital health platform to enhance student well-being. The presentation not just enhanced the awareness and knowledge level of everyone attending, but also provided a brief insight into the various components of the study with the latest updates to orient the members who have recently joined the organization.

After the presentation was done, there was a question and answer session where the questions regarding the study were answered by the presenter. Overall, it was a very enriching and a brainstorming session.

### **References:**

Link to the published Paper: <https://preprints.jmir.org/preprint/39779/accepted>

1. Hossain, S., O'Neill, S. & Strnadová, I. What Constitutes Student Well-Being: A Scoping Review Of Students' Perspectives. Child Ind Res 16, 447–483 (2023). <https://doi.org/10.1007/s12187-022-09990-w>
2. Erskine H, Moffitt TE, Copeland W, Costello E, Ferrari A, Patton G, et al. A heavy burden on young minds: the global burden of mental and substance use disorders in children and youth. Psychol Med 2015;45(7):1551–63.
3. Bradshaw C, Nguyen A, Kane JC, Bass J. Mental health matters: social inclusion of youth with mental health conditions. United Nations Department of Economic and Social Affairs; 2014.

4. Uddin R, Burton NW, Maple M, Khan SR, Khan A. Suicidal ideation, suicide planning, and suicide attempts among adolescents in 59 low-income and middle-income countries: a population-based study. *Lancet Child AdolescHealth* 2019;3(4):223–33.
5. Porter C, Favara M, Hittmeyer A, Scott D, Jiménez AS Ellanki R, et al. Impact of the COVID-19 pandemic on anxiety and depression symptoms of young people in the global south: evidence from a four-country cohort study. *BMJ Open* 2021;11(4):e049653.
6. Banati P, Jones N, Youssef S. Intersecting vulnerabilities: the impacts of COVID-19 on the psycho-emotional lives of young people in low- and middle-income countries. *Eur J Dev Res* 2020;32(5):1613–38
7. Institute of Medicine & National Research Council. Investing in the Health and Well-Being of Young Adults. Washington, DC: National Academies Press; 2015.
8. Nguyen QC, Whitsel EA, Tabor JW, et al. Blood spot-based measures of glucose homeostasis and diabetes prevalence in a nationally representative population of young US adults. *Ann Epidemiol.* 2014;24:903–909. doi:10.1016/j.annepidem.2014.09.010.
9. Gooding HC, McGinty S, Richmond TK, Gillman MW, Field AE. Hypertension awareness and control among young adults in the National Longitudinal Study of Adolescent Health. *J Gen Intern Med.* 2014;29:1098–1104. doi:10.1007/s11606-014-2809-x.

