



UNIC  
**MENTAL HEALTH**  
SCREENING DAYS 2022

15<sup>th</sup> February to 1<sup>st</sup> March 2022

# MIND YOUR BODY, EMBRACE YOUR MIND

Let's Talk About Mental Health



The aim of the present programme is to promote emotional and mental health wellness among UNIC students, raise awareness on important mental health issues such as psychological well-being, self-harm behaviors, body-image and eating-related concerns (attitudes and behaviors).

[CLICK HERE TO PARTICIPATE](#)

Take the opportunity to complete a brief, confidential, online screening for psychological distress, self-harm behaviors, body image concerns and at-risk eating-related behaviors or attitudes for the development of eating problems/disorders. Upon completion of the tool, you have the opportunity to receive online confidential feedback regarding the results of some questionnaires



UNIVERSITY  
of NICOSIA | DEPARTMENT OF  
SOCIAL SCIENCES

## PSYCHOLOGICAL DISTRESS AMONG UNIVERSITY STUDENTS

## BODY-IMAGE CONCERNS AND EATING-RELATED PROBLEMS AMONG UNIVERSITY STUDENTS

## SELF-HARM AMONG UNIVERSITY STUDENTS

- University students report higher distress levels than the general population
- A vast majority of students considers psychological distress as part of being students and thus do not seek professional support
- High levels of psychological distress are reflected in many ways including depression, and anxiety, which can result in reduced capacity for social, work, or study activities.
- A number of factors seem to contribute to higher levels of distress among university students including: academic pressure, workload, financial concerns, sleep deprivation, transitioning from home and into adulthood, etc.

- Body image is of great concern among university students and might become more profound because of various stressors encountered in academic life, such as academic pressure, lack of time for self-care, etc.
- Body dissatisfaction, which is frequently reported among female and male students, can lead to dieting and maladaptive weight control behaviors.
- Dieting and psychological distress (such as experiencing intense negative affect) increase the risk for binge eating and other eating disorders such as anorexia and bulimia among youth.

- Self-harm, defined as self-injury without the intention to die, is a coping strategy – it is a way of surviving and managing emotional pain and stress.
- Self-harm is a major mental health difficulty among university students.
- Self-harm is closely linked to suicidal thoughts and behaviour.
- Approximately 1 in 6 students have self-harmed, a number which is on the rise.

### WHAT ARE THE SIGNS?

- High levels of irritability
- Lack of energy
- Marked change in personal hygiene
- Sadness, tearfulness
- High levels of intense emotion, such as anxiety
- Change in appetite: frequent binge eating episodes or extreme loss of appetite
- Lack of enthusiasm about activities once enjoyed
- Infrequent class attendance and inadequate effort put into assignments

- Intense preoccupation with eating, body weight and shape.
- Feelings of intense guilt, anxiety or sadness after food consumption
- Intense fear for weight gain
- Denial of hunger
- Restriction of food intake
- High impact of body weight or shape on self-esteem
- Exercise when tired or weak
- Use of laxatives or diuretics to control weight
- Self-induced vomiting after food consumption
- Eating large quantities of food in an uncontrollable manner within a brief period of time
- Depressed mood, lack of energy

- Low mood.
- Low self-esteem.
- Social isolation.
- Difficulties in dealing with challenging emotions.
- Females have a higher risk for self-injury than males.
- Identifying with an LGBTQ+ or any other minority group confers a higher risk for self-harm.
- Stressful times, including examination periods, typically coincide with higher self-harm episodes.

### WHAT CAN I DO?

- Seek professional support
- Stay connected – Talk to someone you trust. Students who are connected with other fellow students, family members and others are in less risk for experiencing psychological distress!
- Eat healthy, exercise and get enough sleep
- Participate in activities on campus
- Seek Online Resources:  
[Depression](#)  
[Anxiety](#)

- Stay informed about the signs and symptoms of eating disorders
- Seek professional help
- Eating Disorders symptoms do not go away without treatment
- Seek Online Resources:  
[Eating Disorders](#)

- Moving forward with self-harm can be difficult, but recovery is entirely possible.
- Professional treatments include Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, and Interpersonal Psychotherapy.
- Talk to someone you trust and be part of a community.
- Seek online resources:  
[Self-Harm](#)

### FOR PROFESSIONAL SUPPORT, YOU CAN CONTACT:

Center for Research and Counselling Services-KESY at UNIC  
Tel.: 22795100

Mental Health Services, Ministry of Health  
Tel.: 22402101