



UNIC  
**MENTAL HEALTH**  
SCREENING DAYS 2019

**7-18 OCTOBER 2019**

On Campus (various venues)

#### FOR FURTHER INFORMATION

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)  
[www.apa.org/topics/topic/eating.html](http://www.apa.org/topics/topic/eating.html)  
[www.apa.org/advocacy/higher-education/mental-health/index.aspx](http://www.apa.org/advocacy/higher-education/mental-health/index.aspx)

If you are experiencing high psychological distress or if you have concerns regarding your body weight, body shape and eating, you can visit a qualified professional for more information and for further evaluation and support:

- Your Family Doctor
- The Center for Research and Counseling Services, University of Nicosia (T 22795100)
- The Mental Health Services, Ministry of Health (T 22402101)
- A Licensed Clinical or Counseling Psychologist in the private sector ([www.seps.org.cy](http://www.seps.org.cy))

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## MIND YOUR BODY, EMBRACE YOUR MIND

PSYCHOLOGICAL DISTRESS AND  
EATING RELATED CONCERNS:  
WOULD YOU LIKE TO KNOW MORE?



## WELCOME TO THE UNIC MENTAL HEALTH SCREENING DAYS 2019!

Our aim is to promote emotional and mental health wellness among UNIC students and raise awareness on important mental health issues such as psychological well-being, body-image and eating-related concerns.

Furthermore, we aim to screen for overall psychological well-being, eating and body image related concerns among university students.

### VISIT OUR LINK

English



Greek



### OR VISIT VARIOUS LOCATIONS ON CAMPUS

Take the opportunity to complete a brief, confidential, screening for psychological distress and eating related concerns.

Upon completion you can provide your email if you want to receive electronic confidential feedback regarding the results. If you wish you can review your results with licensed clinical psychologists and psychologists in training.

### PSYCHOLOGICAL DISTRESS AMONG UNIVERSITY STUDENTS

- University students report higher distress levels than the general population
- A vast majority of students consider psychological distress to be part of their student identity and thus do not seek professional support
- High levels of psychological distress are reflected in multiple ways which include depression and anxiety and 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, transition to adulthood, etc.

### WHICH 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
- Loss of interest in previously rewarding or enjoyable activities
- Reduced class attendance and inadequate effort put into assignments

### WHAT CAN I DO?

- Seek professional support from qualified professionals, i.e., a licensed psychologist or family doctor
- Stay connected – Talk to someone you trust. Students who are connected with other fellow students, family members and others are in less risk of experiencing psychological distress!
- Eat healthy, exercise and get enough sleep
- Participate in activities on campus

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

- Body image is of great concern among university students and might become of greater importance in combination with other stress factors encountered in academic life, i.e., academic pressure, lack of time for self-care, etc.
- Body dissatisfaction, which is frequently reported among both female and male students, can lead to dieting and maladaptive weight control behaviors
- Dieting and psychological distress increase the risk for binge eating and other eating disorders such as anorexia and bulimia among youth

### WHICH ARE THE SIGNS?

- 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

### WHAT CAN I DO?

- Stay informed about the signs and symptoms of eating disorders
- Seek professional help
- Understand that eating disorder symptoms do not go away without treatment