

Mental and Psychological Health of University Students in Egypt

Statistical Analysis and Insights

A Data-Driven Study on Prevalence, Causes, and Impacts

Statsphere Team
Data Analysis Track
Digital Egypt Pioneers Initiative

March 5, 2025

Mental health challenges among Egyptian university students have reached critical levels, with a growing number experiencing psychological distress, academic struggles, and even suicidal thoughts. These alarming statistics highlight the urgent need for targeted interventions and improved mental health services within universities.

National Survey on Mental Disorders:

- A national survey reported an overall prevalence of mental disorders at 16.93%, with mood disorders (6.43%) and anxiety disorders (4.75%) being the most common. Significant risk factors included being female, unemployed, widowed, or divorced, while higher education levels appeared to be protective against mental disorders.

emro.who.int

Prevalence of Psychological Distress:

- A study involving 2,207 Egyptian university students found that 68.1% experienced psychological distress, with higher rates among female students (72.1%). Notably, 90.3% of these students did not seek mental health care, indicating substantial barriers to utilization.

bmcpsychiatry.biomedcentral.com

Severe Academic Consequences:

- Impaired mental health significantly increases the risk of poor academic performance. Students with mental health issues in their first semester are 62% more likely to underperform academically throughout their undergraduate studies.

pmc.ncbi.nlm.nih.gov

Suicidal Ideation and Attempts:

- Research indicates that 25.3% of Egyptian university students reported experiencing suicidal thoughts, and 7.9% had attempted suicide, highlighting a critical need for targeted mental health interventions.

mecp.springeropen.com

The alarming mental health crisis among Egyptian university students demands urgent, data-driven action. Our project leverages data analysis and machine learning to uncover vital patterns and predictors, providing a robust tool to identify at-risk students and guide proactive interventions. Ultimately, this work supports efforts to enhance mental health services and improve overall student well-being.