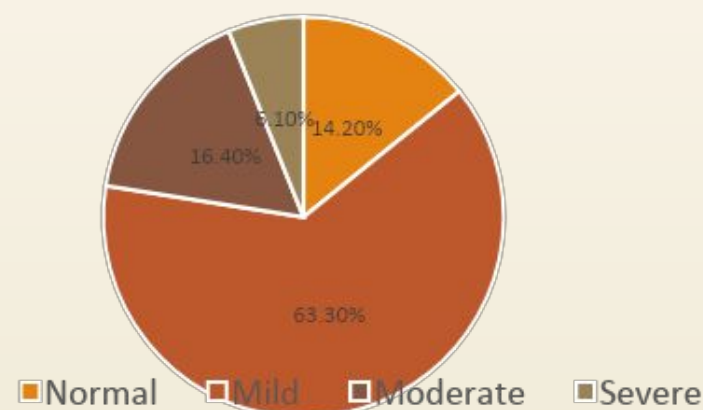## E-learning impact on mental health

Students' self-reported anxiety levels under E-learning (n = 458) (Dickson, Lischer & Safi, 2021)

14.20%, 16.40%, 63.30%, 2.10%

Normal Mild Moderate Severe

72.9%

Students feel difficulties/stressful under E-learning (Dickson, Lischer & Safi, 2021)

57.5%

Students wish to return face to face classes (rajad, Gazal & Alkattan, 2020)

University student feedback of E-learning (n=370) (Dickson, Lischer & Safi, 2021)

- increased personal responsibility and independent working
- hard to maintain necessary motivation for distance learning
- Time management difficulty

increased personal responsibility and independent working, 82

hard to maintain necessary motivation for distance learning, 76

Time management difficulty, 24

Tuition Ex: Online tutoring not helpful
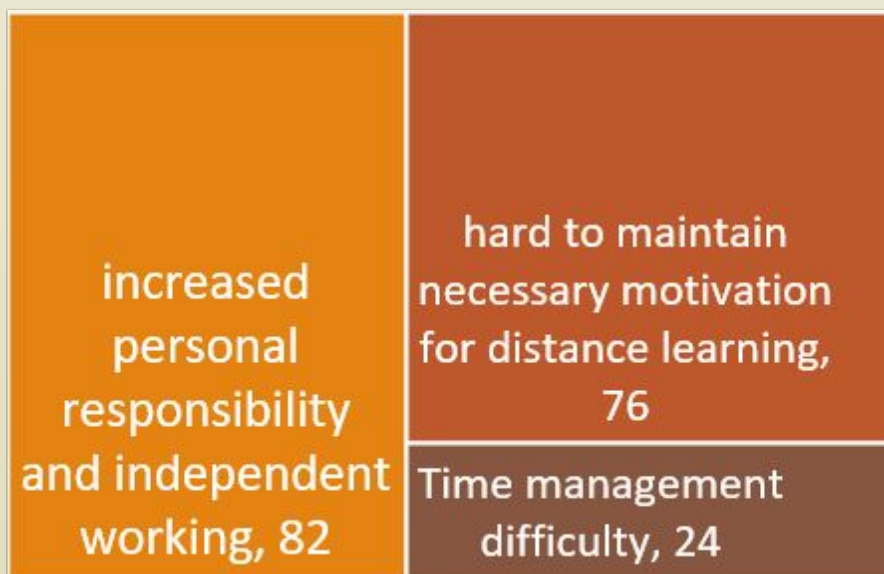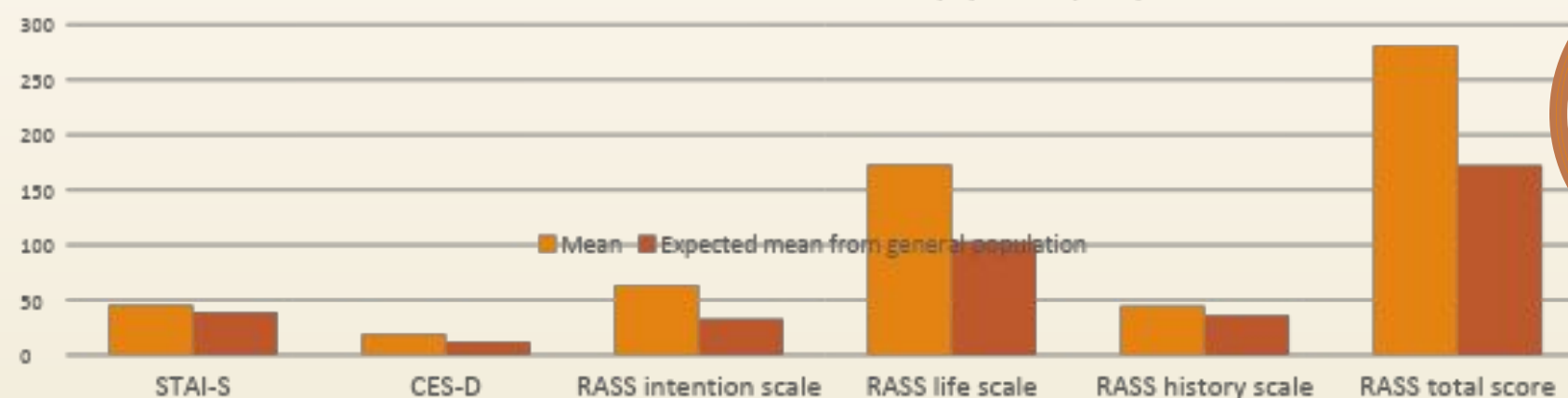
Curriculum Ex: distressing curriculum content

Assessment Ex: Deadline, online exams

Study related barrier/enablers

18 of 21 participants from University facing E-learning study related Barriers/Enablers, which cause and trigger mental illness (Lister, Seale & Douce, 2021)

University students scale scores during Covid and comparison with the expected scores from general population studies (Kaparounaki, 2020)

Mean Expected mean from general population

STAI-S, CES-D, RASS intention scale, RASS life scale, RASS history scale, RASS total score

Overall suicidality Increase	20.20%
Sexual life worsened	38.60%
Quality of life worsened	57.00%
Depression Increase	60.90%
Anxiety Increase	73.00%
Quality sleep worsened	43.00%
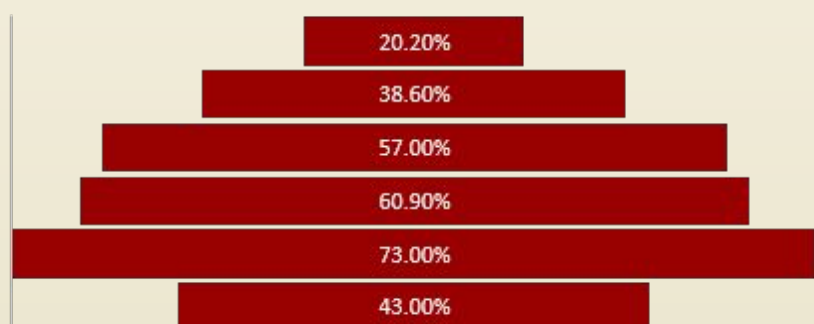
COVID 19 in the short and long term: The impacts on university students' mental health

Live in with parents

Students who were not living with their parents had 3.3 times higher risk of developing anxiety compared to those who live together (Aylie, Mekonen & Mekuria, 2020)
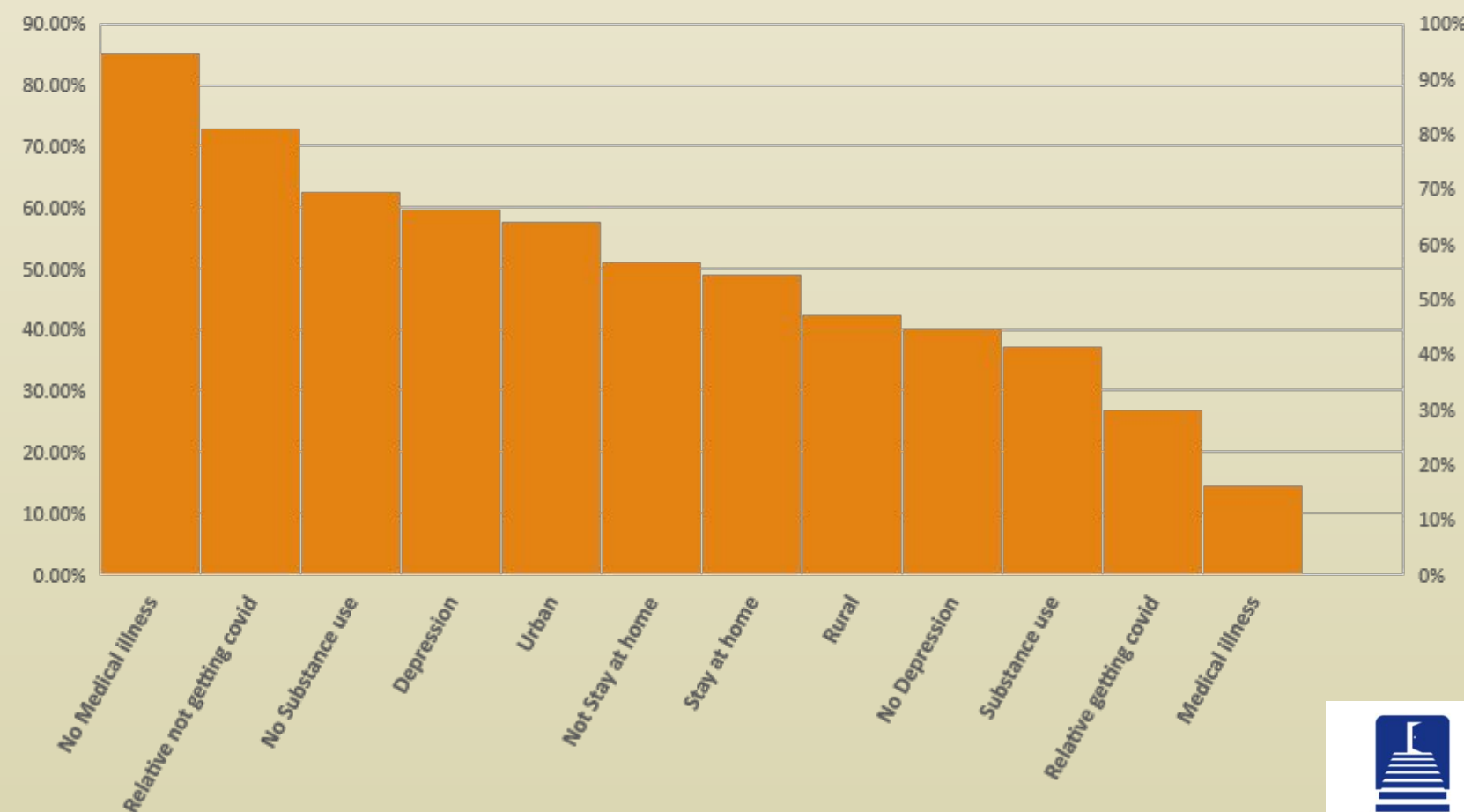
3.3X

Family income

2.8X

University students from low-income family were 2.8 times higher risks of developing anxiety as compared to counterparts (Aylie, Mekonen & Mekuria, 2020)

Other factors causing University students stress/anxiety by possibility(%)

(Aylie, Mekonen & Mekuria, 2020)

No Medical illness, Relative not getting covid, No Substance use, Depression, Urban, Not Stay at home, Stay at home, Rural, No Depression, Substance use, Relative getting covid, Medical illness

Reference

Aylie, N. S., Mekonen, M. A., & Mekuria, R. M. (2020, September). *The psychological impacts of covid-19 pandemic among university students in Bench-Sheko Zone, south-west ethiopia: A community-based cross-sectional study.* Psychology research and behavior management. Retrieved March 7, 2022, from https://pubmed.ncbi.nlm.nih.gov/33061696/

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WALTER CONSULTING