

Open-Access Articles on University Student Mental Health (2018-2025)

Created: 2025-09-24 08:22 UTC

1. Mindfulness to improve the mental health of university students: systematic review & meta-analysis — González-Martín AM et al. (2023). *Frontiers in Public Health*. PDF/Full text: <https://www.frontiersin.org/articles/10.3389/fpubh.2023.1284632/full>
2. Internet-Based Cognitive-Behavioral Therapy for College Students: real-world voluntary use — Attridge MD et al. (2020). *JMIR Formative Research*. PDF/Full text: <https://formative.jmir.org/2020/7/e17712/>
3. A systematic review & meta-analysis of non-specific anxiety in undergraduate students — Ahmed I et al. (2023). *International Journal of Environmental Research and Public Health / PMC*. PDF/Full text: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10088287/>
4. Internet-delivered cognitive behaviour therapy for university students: trial — Peynenburg V et al. (2024). *PMC article*. PDF/Full text: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC11665292/>
5. Digital Mental Health Interventions for University Students: systematic review & meta-analysis — Madrid-Cagigal A et al. (2025). *Translational Psychiatry / PMC*. PDF/Full text: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC11876723/>
6. A randomized controlled trial of mindfulness: effects on university students' mental health — Gallo GG et al. (2023). *International Journal of Mental Health Systems / PMC*. PDF/Full text: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10571349/>
7. Mindfulness-based intervention adapted to university students (BMC open access) — Various (2023). *International Journal of Mental Health Systems*. PDF/Full text: <https://ijmhs.biomedcentral.com/articles/10.1186/s13033-023-00604-8>
8. University students' use of mental health services: systematic review and meta-analysis — Osborn TG et al. (2022). *International Journal of Mental Health Systems*. PDF/Full text: <https://ijmhs.biomedcentral.com/articles/10.1186/s13033-022-00569-0>
9. Meta-analysis: relationship between students' anxiety and academic performance — Tang Y et al. (2023). *Frontiers in Psychology*. PDF/Full text: <https://www.frontiersin.org/articles/10.3389/fpsyg.2023.1018558/full>
10. The effects of a Mindfulness in Education program on higher education students — Serrão C et al. (2022). *Frontiers in Education*. PDF/Full text: <https://www.frontiersin.org/articles/10.3389/educ.2022.985204/full>
11. An Online Mindfulness Intervention for International Students (article PDF) — Balci S et al. (2023). *Current Psychology in Education (PsychOpen)*. PDF/Full text: <https://cpe.psychopen.eu/index.php/cpe/article/download/9341/9341.pdf>
12. Digital interventions for psychological well-being in university students: systematic review — Ferrari M et al. (2022). *JMIR*. PDF/Full text: <https://www.jmir.org/2022/9/e39686/>
13. Psychosocial interventions for depression among young people (review, IJMHS) — Olisaeloka L et al. (2024). *International Journal of Mental Health Systems*. PDF/Full text: <https://ijmhs.biomedcentral.com/counter/pdf/10.1186/s13033-024-00642-w.pdf>
14. Mental health, study skills, social support, and barriers to seeking psychological help among university students — Duraku ZH et al. (2023). *Frontiers in Public Health*. PDF/Full text: <https://www.frontiersin.org/articles/10.3389/fpubh.2023.1220614/pdf>
15. Mental health and academic experiences among U.S. university students — Roberts ME et al. (2023). *Frontiers in Psychology*. PDF/Full text: <https://www.frontiersin.org/articles/10.3389/fpsyg.2023.1166960/pdf>
16. Trends and factors influencing the mental health of college students: a 2024 review — Chen Y et al. (2024). *Frontiers in Psychology*. PDF/Full text: <https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2024.1387983/pdf>
17. Nurse-Led Mental Health Interventions for College Students: systematic review — Russell NG et al. (2025). *PMC article*. PDF/Full text: <https://www.ncbi.nlm.nih.gov/articles/PMC12057578/>
18. Access and efficacy of university mental health services: a Frontiers review — Wagner B et al. (2023). *Frontiers in Public Health*. PDF/Full text: <https://www.frontiersin.org/articles/10.3389/fpubh.2023.1269010/pdf>
19. Association between mental health and academic outcomes: systematic review — Chu T et al. (2022). *PMC article*. PDF/Full text: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9976597/>
20. Peer-led intervention combining mental health promotion with coping workshops (Hong Kong) — Ahorsu DK et al. (2021). *International Journal of Mental Health Systems*. PDF/Full text: <https://ijmhs.biomedcentral.com/articles/10.1186/s13033-020-00432-0>
21. University students' resilience and protective factors: Frontiers 2025 review — Sheng J et al. (2025). *Frontiers in Psychology*. PDF/Full text: <https://www.frontiersin.org/articles/10.3389/fpsyg.2025.1574153/pdf>
22. Declines in social-emotional skills in college students: Frontiers 2024 — Cerutti J et al. (2024). *Frontiers in Psychology*. PDF/Full text: <https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2024.1392058/pdf>
23. Impact of psychosocial correlates on university student mental health (Frontiers) — Shek DTL et al.

(2023). *Frontiers in Psychology*. PDF/Full text:

<https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2023.1294026/pdf>

24. App-based CBT and app-based mindfulness RCTs for university students (JMIR/mHealth articles) — Trautwein M et al. / Kim MH et al. (2021-2025). *mHealth / JMIR*. PDF/Full text:

<https://mhealth.jmir.org/2025/1/e50006/PDF>

25. Understanding the burden of depression, anxiety and substance use in students: BMC review 2025 — Haruna U et al. (2025). *PMC article*. PDF/Full text: <https://www.ncbi.nlm.nih.gov/articles/PMC12220226/>

26. Meta-analysis: Prevalence of anxiety & depressive symptoms among college students (non-COVID) — Chang JJ et al. (2021). *Open-access meta-analysis (journal)*. PDF/Full text:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC...>