

# Students' Mental Health in Academic Environment

A healthy academic environment is auspicious for students to learn, participate and prepare themselves for their professional life. Therefore, this study evaluates the mental health of the university students in the context of their academic participation. The study outcome will be evaluated to offer a benevolent university atmosphere for all the academic stakeholders.

The time needed to complete the survey is ~**8 minutes**.

All information collected as part of this survey is **anonymous and no personal information is tagged with the collected data**. Data collected under this survey will be **free to download and use for research and development purposes**. We sincerely appreciate your support and consent to participate in this survey.

For any queries, please contact: riot@iub.edu.bd

---

\* Indicates required question

## Socio-Academic Data

All information collected in this section are anonymous and will never be affiliated with any individual.

### 1. 1. Age \*

*Mark only one oval.*

☐ Below 18

☐ 18-22

☐ 23-26

☐ 27-30

☐ Above 30

## 2. 2. Gender \*

*Mark only one oval.*

- ☐ Male
- ☐ Female
- ☐ Prefer not to say

## 3. 3. University \*

*Mark only one oval.*

- ☐ Independent University, Bangladesh (IUB)
- ☐ American International University Bangladesh (AIUB)
- ☐ East West University (EWU)
- ☐ Islamic University of Technology (IUT)
- ☐ Dhaka University (DU)
- ☐ Bangladesh University of Engineering and Technology (BUET)
- ☐ Dhaka University of Engineering and Technology (DUET)
- ☐ North South University (NSU)
- ☐ Bangladesh Agricultural University (BAU)
- ☐ BRAC University
- ☐ Daffodil University
- ☐ Rajshahi University (RU)
- ☐ Patuakhali Science and Technology University
- ☐ United International University
- ☐ Rajshahi University of Engineering and Technology (RUET)

## 4. 4. Department \*

*Mark only one oval.*

- ☐ Engineering - CS / CSE / CSC / Similar to CS
- ☐ Engineering - EEE/ ECE / Similar to EEE
- ☐ Engineering - Mechanical Engineering / Similar to ME
- ☐ Engineering - Civil Engineering / Similar to CE
- ☐ Engineering - Other
- ☐ Business and Entrepreneurship Studies
- ☐ Environmental and Life Sciences
- ☐ Liberal Arts and Social Sciences
- ☐ Pharmacy and Public Health
- ☐ Biological Sciences
- ☐ Law and Human Rights
- ☐ Other

## 5. 5. Academic Year \*

*Mark only one oval.*

- ☐ First Year or Equivalent
- ☐ Second Year or Equivalent
- ☐ Third Year or Equivalent
- ☐ Fourth Year or Equivalent
- ☐ Other

## 6. 6. Current CGPA \*

*Mark only one oval.*

☐ Below 2.50

☐ 2.50 - 2.99

☐ 3.00 - 3.39

☐ 3.40 - 3.79

☐ 3.80 - 4.00

☐ Other

## 7. 7. Did you receive a waiver or scholarship at your university? \*

*Mark only one oval.*

☐ Yes

☐ No

**Students' Assessment on Academic Anxiety**

Please answer the following questions in relation to your feeling of unease / fear / anxiety related to any academic participation or event (e.g. feeling anxious to present before an audience / communicating with faculties).

8. 1. In a semester, how often you felt **nervous, anxious or on edge** due to academic pressure? \*

*Mark only one oval per row.*

	0 - Not at all	1 - Several days	2 - More than half the days	3 - Nearly every day
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. 2. In a semester, how often have you been **unable to stop worrying** about your academic affairs? \*

*Mark only one oval per row.*

	0 - Not at all	1 - Several days	2 - More than half the days	3 - Nearly every day
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. 3. In a semester, how often have you **had trouble relaxing** due to academic pressure? \*

*Mark only one oval per row.*

	0 - Not at all	1 - Several days	2 - More than half the days	3 - Nearly every day
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. 4. In a semester, how often have you been **easily annoyed or irritated** because of academic pressure? \*

*Mark only one oval per row.*

	0 - Not at all	1 - Several days	2 - More than half the days	3 - Nearly every day
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. 5. In a semester, how often have you **worried too much** about academic affairs? \*

*Mark only one oval per row.*

	0 - Not at all	1 - Several days	2 - More than half the days	3 - Nearly every day
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. 6. In a semester, how often have you been so **restless due to academic pressure** that it is hard to sit still? \*

*Mark only one oval per row.*

	0 - Not at all	1 - Several days	2 - More than half the days	3 - Nearly every day
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. 7. In a semester, how often have you felt **afraid**, as if something awful might happen? \*

*Mark only one oval per row.*

	0 - Not at all	1 - Several days	2 - More than half the days	3 - Nearly every day
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Students' Assessment on Academic Stress

Please answer the following questions in relation to your stress / tension / worry related to the academic participation (e.g., exams, assignments, marks, grades, consulting with faculties).

15. 1. In a semester, how often have you felt **upset** due to something that happened in your academic affairs? \*

Mark only one oval per row.

	0 - Never	1 - Almost Never	2 - Sometimes	3 - Fairly Often	4 - Very Often
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. 2. In a semester, how often you felt as if you were **unable to control** important things in your academic affairs? \*

Mark only one oval per row.

	0 - Never	1 - Almost Never	2 - Sometimes	3 - Fairly Often	4 - Very Often
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. 3. In a semester, how often you felt **nervous and stressed** because of academic pressure? \*

Mark only one oval per row.

	0 - Never	1 - Almost Never	2 - Sometimes	3 - Fairly Often	4 - Very Often
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



18. 4. In a semester, how often you felt as if you **could not cope with** all the mandatory academic activities? (e.g, assignments, quiz, exams) \*

Mark only one oval per row.

	0 - Never	1 - Almost Never	2 - Sometimes	3 - Fairly Often	4 - Very Often
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

19. 5. In a semester, how often you felt **confident about your ability** to handle your academic / university problems? \*

Mark only one oval per row.

	0 - Never	1 - Almost Never	2 - Sometimes	3 - Fairly Often	4 - Very Often
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

20. 6. In a semester, how often you felt as if things in your **academic life is going on your way?** \*

Mark only one oval per row.

	0 - Never	1 - Almost Never	2 - Sometimes	3 - Fairly Often	4 - Very Often
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

21. 7. In a semester, how often are you **able to control irritations** in your academic / university affairs? \*

Mark only one oval per row.

	0 - Never	1 - Almost Never	2 - Sometimes	3 - Fairly Often	4 - Very Often
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

22. 8. In a semester, how often you felt as if your **academic performance was on top**? \*

Mark only one oval per row.

	0 - Never	1 - Almost Never	2 - Sometimes	3 - Fairly Often	4 - Very Often
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

23. 9. In a semester, how often you **got angered** due to bad performance or low grades that is beyond your control? \*

Mark only one oval per row.

	0 - Never	1 - Almost Never	2 - Sometimes	3 - Fairly Often	4 - Very Often
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

24. 10. In a semester, how often you felt as if **academic difficulties** are **piling up so high** that you could not overcome them? \*

*Mark only one oval per row.*

	0 - Never	1 - Almost Never	2 - Sometimes	3 - Fairly Often	4 - Very Often
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Students' Assessment on Depression due to Academic Concerns

Please answer the following questions in relation to your persistent feeling of sadness and loss of interest in academic / university activities and that have troubled doing normal day-to-day tasks.

25. 1. In a semester, how often have you had **little interest or pleasure** in doing things? \*

*Mark only one oval per row.*

	0 - Not at all	1 - Several days	2 - More than half the days	3 - Nearly every day
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

26. 2. In a semester, how often have you been **feeling down, depressed or hopeless?** \*

Mark only one oval per row.

	0 - Not at all	1 - Several days	2 - More than half the days	3 - Nearly every day
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

27. 3. In a semester, how often have you had **trouble falling or staying asleep, or sleeping too much?** \*

Mark only one oval per row.

	0 - Not at all	1 - Several days	2 - More than half the days	3 - Nearly every day
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

28. 4. In a semester, how often have you been feeling **tired or having little energy?** \*

Mark only one oval per row.

	0 - Not at all	1 - Several days	2 - More than half the days	3 - Nearly every day
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

29. 5. In a semester, how often have you had **poor appetite** or **overeating**? \*

Mark only one oval per row.

	0 - Not at all	1 - Several days	2 - More than half the days	3 - Nearly every day
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

30. 6. In a semester, how often have you been feeling **bad about yourself** - or that you are a failure or have let yourself or your family down? \*

Mark only one oval per row.

	0 - Not at all	1 - Several days	2 - More than half the days	3 - Nearly every day
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

31. 7. In a semester, how often have you been having **trouble concentrating** on things, such as reading the books or watching television? \*

Mark only one oval per row.

	0 - Not at all	1 - Several days	2 - More than half the days	3 - Nearly every day
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

32. 8. In a semester, how often have you moved or spoke too slowly for other people to notice? Or you've been moving a lot more than usual because you've been restless? \*

Mark only one oval per row.

	0 - Not at all	1 - Several days	2 - More than half the days	3 - Nearly every day
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

33. 9. In a semester, how often have you had thoughts that you would be **better off dead**, or of **hurting yourself**? \*

Mark only one oval per row.

	0 - Not at all	1 - Several days	2 - More than half the days	3 - Nearly every day
<b>Scale</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

This content is neither created nor endorsed by Google.

Google Forms