



United International University
QUEST FOR EXCELLENCE

Report On

MindGuard: A Comprehensive Approach to Mental Health in Bangladesh's College and University Landscape

Table of Content

Chapter	Topic	Page No.
1.0	Problem Statement	02
1.1	Targeted User Group	02
1.2	Secondary Research [Literature Review]	02
2.0	Data Collection Process	02
2.1	How do we Reach	02
2.2	Demographic of Participants	02-03
2.3	Types of Data	03
2.4	Data Record Process	03
2.5	Challenges and Solutions	03
3.0	Data Analysis process	03
3.1	Insights	03-04
3.2	Findings We Didn't Know	04
3.3	Confirmation of Some Aspects We Suspected	04
3.4	Affinity Diagram on Miro	05
4.0	User Persona 1	06

4.1	User Persona 2	07
5.0	Scenario	07
5.1	Storyboard	08-09

❖ 1.0 Problem Statement:

Bangladesh's college and university students face a pressing mental health crisis, with rising stress, anxiety, depression, and suicide risk. This issue affects students across the country, urban and rural alike. Addressing this crisis is crucial as it safeguards the future of these young individuals, impacting not only their lives but also the nation's development. Urgently needed is a focused online mental health program tailored to college and university students to provide accessible support and education, fostering mental well-being.

❖ 1.1 Targeted User Group:

Our target user group comprises college and university students in Bangladesh, particularly those between the ages of 18 and 25.

❖ 1.2 Secondary Research [Literature Review]:

- Mental Health Problems and Associated Predictors Among Bangladeshi Students. [\[1\]](#)
- Mental Health Status, Anxiety, and Depression Levels of Bangladeshi University Students During the COVID-19 Pandemic. [\[2\]](#)
- Impacts of socio-cultural environment and lifestyle factors on the psychological health of university students in Bangladesh: A longitudinal study. [\[3\]](#)
- Suicidal behaviours among Bangladeshi university students: Prevalence and risk factors. [\[4\]](#)
- Prevalence and Factors Associated with Depression and Anxiety Among First-Year University Students in Bangladesh: A Cross-Sectional Study. [\[5\]](#)

❖ 2.0 Data Collection Process:

We have adopted a mix of qualitative and quantitative research methods. These methods include surveys and interviews to understand the specific mental health challenges faced by students and gather feedback on the program's effectiveness.

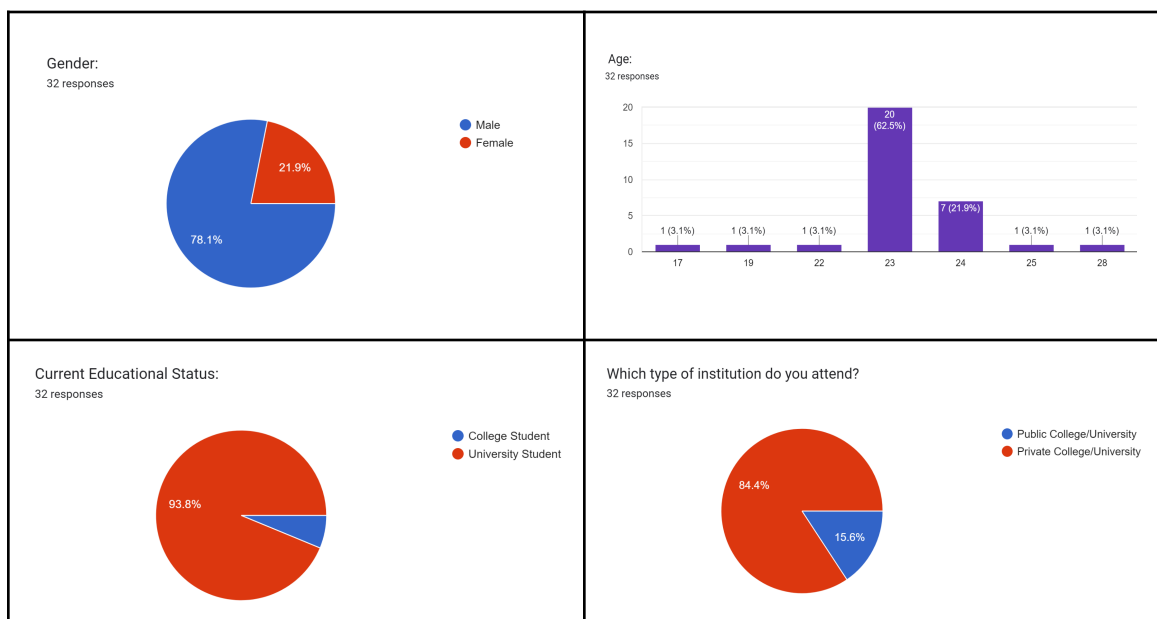
❖ 2.1 How do we reach:

- We have conducted our survey via Google Form and shared the link with our friends and family members.
- We have conducted our interview through Google Meet.

❖ 2.2 Demographic of Participants:

Among 32 participants, 78.1% were male and 21.9% were female. Most of the participants (62.5%) were 23 years old. 93.8% of the participants were university students, and 6.2% of the participants were college students. Among university and college students, 84.4% were private and others were public.

Demographic Table



❖ 2.3 Types of Data:

- Multiple Choice
- Open-Ended
- Description Type
- Yes/No Type

❖ 2.4 Data Record Process:

Video recording, Excel sheets, taking notes.

❖ 2.5 Challenges and Solutions:

- Not enough response from college students.
- Not enough response in open-ended questions.
- Frequently Rescheduling Interview Appointment.
- Some participants gave AI-generated answers, and we skipped those answers.

❖ 3.0 Data Analysis Process:

The responses from college and university students in Bangladesh provide valuable insights into their mental health needs and preferences. Here are some key takeaways from the survey:

❖ 3.1 Insights:

- **Common Mental Health Challenges:** Academic stress, depressive symptoms, social anxiety, feelings of isolation, and performance pressure are common mental health challenges faced by students.
- **Diverse Platforms:** Students prefer various online platforms for seeking mental health support, including websites, mobile apps, video calls, telephone hotlines, and chatbots.
- **Preferred Time:** Many students seek support during the night, indicating the importance of 24/7 services. It will allow us to make decisions when our system needs more productivity.
- **Support Strategies:** Students use a combination of strategies, including exercise, mindfulness, talking to friends or family, self-help resources, and professional help, to address their mental health issues.
- **Professional Help:** Many students are open to psychological counselling and stress resilience tools, emphasising the importance of professional support.

- **Anonymity and Peer Support:** Students value anonymous psychological chat support and peer support groups, highlighting the need for confidential and empathetic services.
- **Parental Education:** One respondent suggested educating parents about proper parenting, recognising the role of family support in students' mental well-being.

❖ 3.2 Findings We Didn't Know:

- We didn't expect so many (25.80%) students to feel depressed in the morning.
- Students suggested "Stress Resilience Tools" as a feature in our system.
- Partnerships with local organisations are needed to get in-depth with student's mental issues.
- Educate faculty and staff on recognising signs of mental distress in students.
- Include student representatives in the planning and development of mental health support services.
- Establish peer mentoring programs for students to support each other.

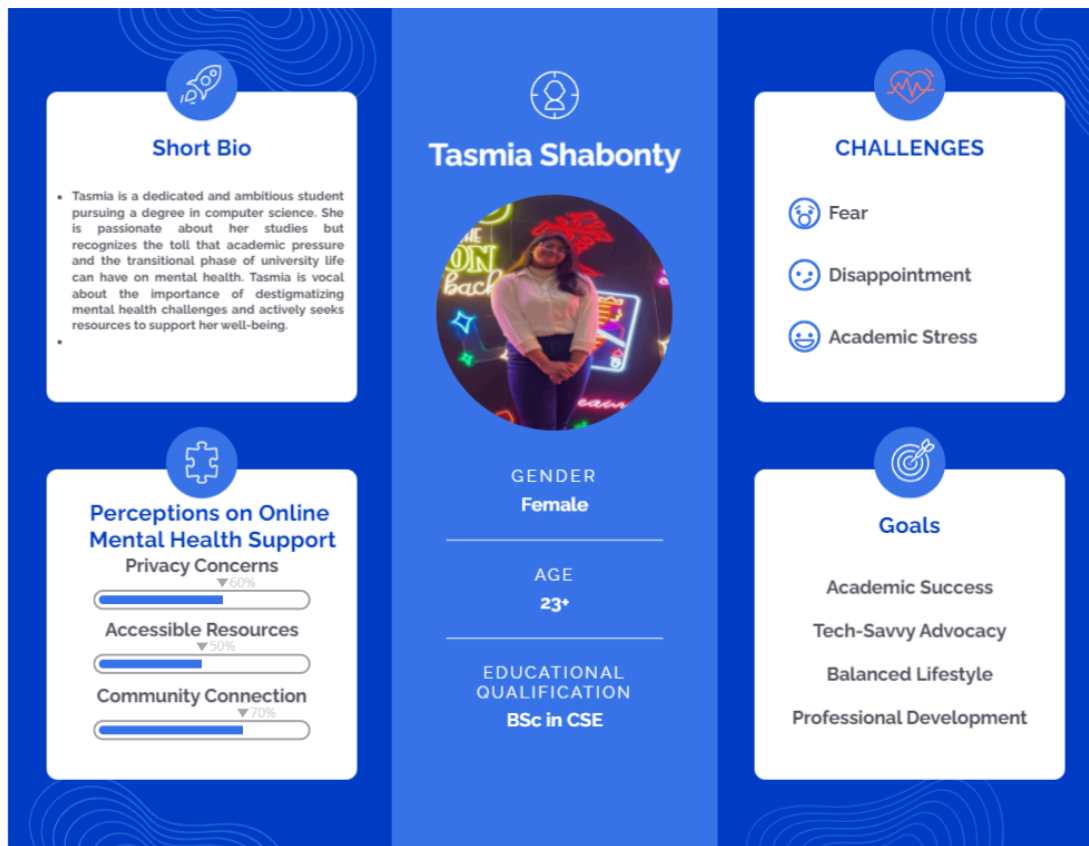
❖ 3.3 Confirmation of Some Aspects We Suspected:

- The gravity of unproductivity because of mental health issues.
- Types of mental issues students face throughout their student life.
- We suspect that most of the students feel depressed at night and our survey also shows that.
- Professional psychological counselling is a key feature in this project.

❖ 4.0 User Persona 1:



❖ 4.1 User Persona 2:



❖ 5.0 Scenario:

Meet Antu Dutta, a 21-year-old with dreams as vast as Dhaka itself. He's knee-deep in the world of computer science and engineering at BRAC University, juggling his way through tough assignments, a part-time gig, and the everyday whirlwind of family responsibilities. The weight of it all is starting to get to him—the stress, the anxiety, the constant pressure to conquer both the academic battlefield and the challenges life throws at him.

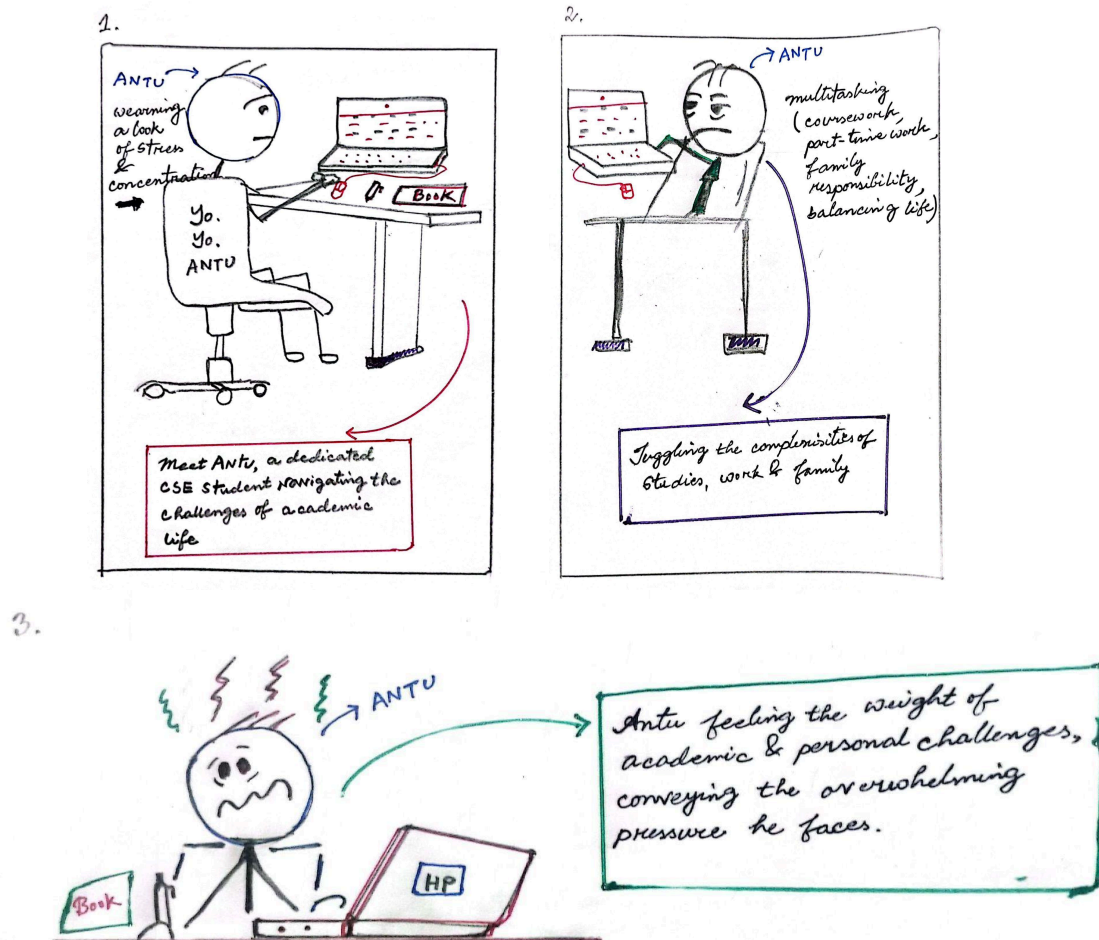
One day, in the midst of this storm, Antu discovers a lifeline, an online mental health program tailor-made for students just like him. The coursework may be demanding, the job may be pulling him in different directions, and family responsibilities may feel overwhelming, but this program feels like a beacon of hope.

Recognising the urgent need for support, Antu eagerly dives into this newfound resource. It's more than just a program; it's a lifeline tailored to the struggles faced by students

across Bangladesh. The rising tide of stress, anxiety, and depression and the alarming spectre of suicide risk among his peers propel Antu to seek accessible support and education through this platform.

His challenges are not his alone. They echo in the lives of college and university students nationwide. The need for a focused mental health program becomes not just a personal quest for Antu but a critical call to safeguard the well-being of an entire generation, contributing to the very development of the nation he calls home. And so, Antu Dutta, amidst his own battles, becomes part of a collective journey toward a brighter, mentally healthier future for students across Bangladesh.

❖ 5.1 Storyboard:



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