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Depression, anxiety, and stress among college students in Jordan and their need for mental health services

Authors:

Abstract:

Introduction Psychological distress (in the form of depression, anxiety, and stress) among college students is prevalent and increasing. In most instances, college students with mental health issues are not seeking treatment. Although not a new phenomenon, little progress has been made toward promoting students' use of mental health services in Jordan. Aim To measure depression, anxiety, and stress among college students in Jordan and explore their awareness of available mental health services. Methods A convenience sample (n = 600) was tested using the Depression, Anxiety, and Stress Scale. Students answered questions concerning the use of campus mental health services. Results Findings showed college students have a moderate level of depression, severe level of anxiety, and a moderate level of stress. Half were not aware that psychological support services were available, although 54.4% indicated they experienced problems. Conclusion Similar results have been reported in non-Arab countries. Anxiety appears to be high in college students worldwide. Strategies are needed to promote awareness of resources and encourage access. Nurses are ideally suited for promoting awareness among students on seeking help. They are also needed to screen students for mental health problems and provide counseling as needed.