

# StudiCare Nationwide model project for the prevention and health promotion of mental stress and disorders among students

## Kurzbeschreibung

Nationale National and international studies show that during the time at university, the level of stress as well as the perceived stress of students is increasing. In response to this development, the "WHO World Mental Health Surveys Inter-national College Student Project", coordinated by Harvard University, is conducting online longitudinal panel surveys at many universities around the world.

The aim of this large international survey is not only to obtain comprehensive information about the mental health of students, but also to develop models for predicting dropout and deterioration in mental health. Based on the results, technology-based options for improving the mental health of students will also be developed (e.g. online training against exam nerves, stress, social anxiety, etc).

In Germany, the panel survey is conducted as part of the "StudiCare" project at the University

of Ulm and the Friedrich-Alexander University Erlangen-Nuremberg (FAU). At the University of Ulm, the first survey began in November 2017 and participating students will be accompanied through the first three years of their studies with annually repeated surveys.

In addition, StudiCare offers the opportunity to participate in internet and mobile-based health interventions within the framework of scientific studies. Students can register for various interventions via the website [www.studicare.com](http://www.studicare.com), such as mindfulness, stress, physical activity, exam nerves, social anxiety, resilience and addiction problems. The offer is constantly being expanded and supplemented by a large number of interventions from cooperation partners.

For details see [www.studicare.com](http://www.studicare.com).

## Project management

PD Dr. David Daniel Ebert (PI),<sup>1</sup>  
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## Projekt team (employees)

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## Cooperation partners

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## Funding

BARMER

## Duration and Grant

Duration: 60 Monate, 2016 – 2021  
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## Publications

Publications of the department can be found here: <https://www.uni-ulm.de/en/in/psy-klips/publications/>

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