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Students' mental health a systematic review

A systematic review of barriers and supports to the participation of students with mental health difficulties in higher education.

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Abstract

Students with mental health difficulties in higher education don't seek help and many fail to progress. A systematic review identified 22 published studies on barriers and supports for this group in high income English speaking countries. Findings fall into two categories. 1) Factors internal to the person (symptoms of mental illness, fear of disclosure and knowledge of mental illness); 2) Factors external to the person (knowledge, beliefs and attitudes of the college community). There is a need to address differentials of academic accommodations for students with mental health problems if discriminatory attitudes and obstacles to participation are to be overcome.

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