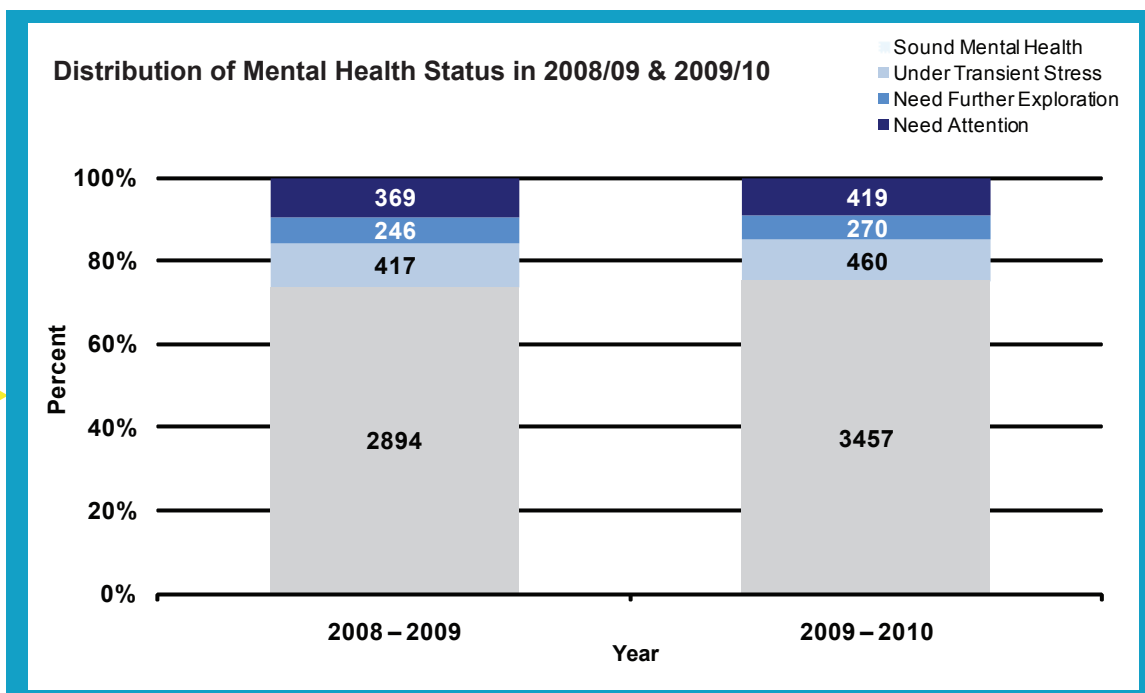


General Health Questionnaire 2009

It is quite common that first year students would experience stress and anxiety in facing changes from secondary schooling to university life. The General Health Questionnaire was administered to most of the freshmen before commencement of the academic year. It serves the purposes of producing a general profile on the psychological health status of PolyU's first year students as well as identifying students in need of counselling help for better adaptation to the new environment

The results showed that among 4606 first year students, most of the students were psychological healthy.

However, 9.1% (N = 419) were classified as "Need Attention" students and 5.9% (N = 270) were "Need Further Exploration" students, both types of students would require follow-up counselling service.



Difficulties in interpersonal relationships, academic studies, personal concerns and the lack of effective life-coping skills could possibly be some of the factors attributing to the stress and anxiety of the new comers.

The proportion of students in each mental health category as listed in table 1 is very similar to the previous year with a slight decline of 0.7% in the 'need further exploration' and 'need attention' categories.

Table 1

Distribution of Mental Health Status in 2008/09 and 2009/10

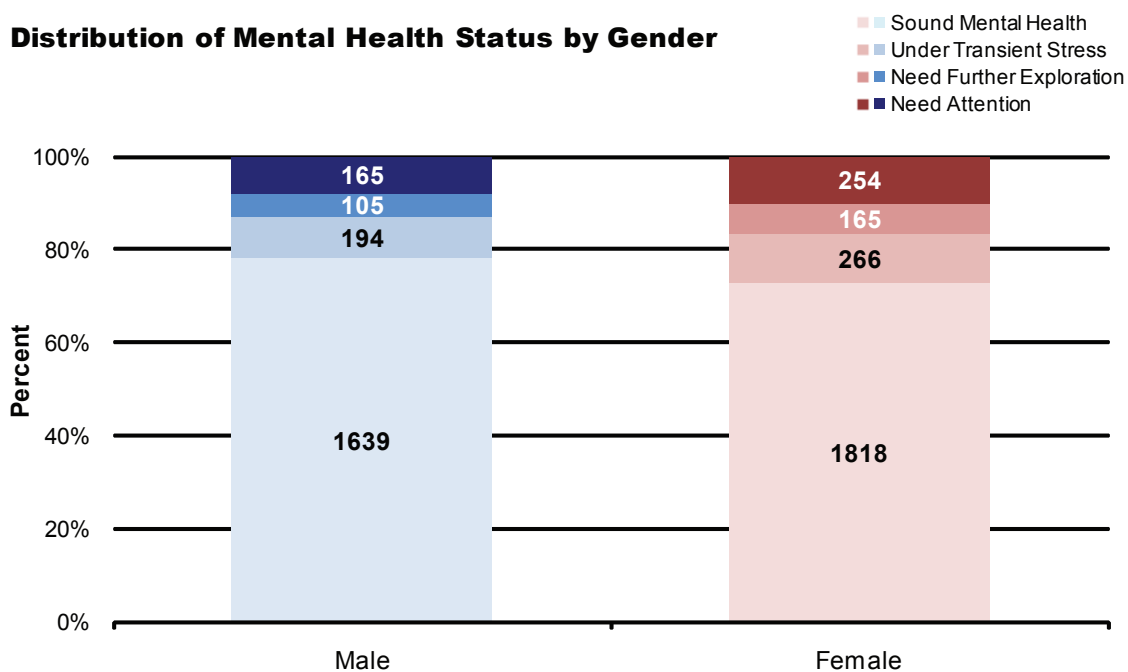
Mental Health Status	2008 - 2009		2009 - 2010	
	No. of students	%	No. of students	%
Sound Mental Health	2894	73.7	3457	75.1
Under Transient Stress	417	10.6	460	10.0
Need Further Exploration	246	6.3	270	5.9
Need Attention	369	9.4	419	9.1
Total	3926	100	4606	100

Similar to findings from the previous year, female students in general were found more susceptible to mental health problems.

The proportion of female students needed follow-up counselling services was higher than male students (F = 16.8% > M = 12.9%)

Mental Health Status	Male		Female	
	No. of students	%	No. of students	%
Sound Mental Health	1639	77.9	1818	72.6
Under Transient Stress	194	9.2	266	10.6
Need Further Exploration	105	5.0	165	6.6
Need Attention	165	7.9	254	10.2
Total	2103	100	2503	100

Distribution of Mental Health Status by Gender



From the survey, most of our students were found to be psychologically healthy. However about 15% of students overall have reported stress and anxiety recently and need attention.

In addition, 3.7% of students were identified as 'higher risk' because they felt that life was hopeless and some even had suicidal thoughts.

Students are most **welcome** to contact our counsellors to discuss individual mental health profiles and to explore further your particular concerns. The personal counselling service is free and all information will be kept confidential. You can visit our website www.polyu.edu.hk/sao/cs/counselling_services to know more about our services.

Counselling Appointment and Enquiry

Telephone: 2766 6800

Fax: 2774 5226

Email: sapcc@inet.polyu.edu.hk

On-line booking:

<http://www.polyu.edu.hk/sams>