

Mental Health Profile and Academic Performance among Undergraduate Students of East West University

Abstract

Mental health problems among university students have emerged as a major public health concern worldwide, particularly in low- and middle-income countries such as Bangladesh. Evidence indicates a high prevalence of depression, anxiety, and stress among Bangladeshi university students, compounded by academic pressure, financial difficulties, political instability, cultural stigma, and limited access to mental health services. Despite growing attention to student mental health, existing research in Bangladesh has primarily focused on symptom-based approach, often overlooking the simultaneous presence of psychological distress and positive well-being. Guided by the Dual-Factor Model of Mental Health (DFMM), this study aims to identify distinct mental health profiles among undergraduate students at East West University and examine their associations with academic performance.

A cross-sectional quantitative study design will be employed. Participants will be selected through a two-stage stratified random sampling approach based on academic faculty and year of study to ensure representative coverage across disciplines and academic levels. Using Cochran's formula and accounting for an anticipated 15% non-response rate, a total sample of 452 students will be targeted. Data will be collected through face-to-face interviews using a structured questionnaire that includes measures of socio-demographic characteristics, depression, anxiety, stress, life satisfaction, and positive mental health. Descriptive statistical analyses will be conducted to summarize participants' characteristics and mental health outcomes. Latent Profile Analysis (LPA) will be used to identify distinct mental health profiles based on patterns of psychological distress and well-being. Subsequently, logistic regression analyses will be performed to examine the socio-demographic and academic factors associated with membership in the identified mental health profiles.

This study is expected to advance understanding of student mental health in Bangladeshi universities by utilizing the DFMM to identify both vulnerable and hidden at-risk groups beyond traditional prevalence estimates. The findings will provide valuable evidence for the development of targeted, culturally appropriate mental health policies and interventions, while contributing to SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education) through the promotion of student well-being, resilience, and academic success.