

An Evaluation of a Psychotherapeutic Service for Engineering Students: The Role of Race, Gender and Language

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Abstract : Mental health in higher education has received increasing attention over the past few decades. The high academic demands of the engineering degree, coupled with students' mental health challenges, have led to higher education institutions offering psychotherapeutic services to students. This paper discusses an evaluation of the psychotherapy service at the University of Cape Town. The aim was to determine (i) the efficacy of the service; and (ii) the impact of race, gender, and language of the therapist on the students' therapeutic process. An online survey was sent to 109 students who attended psychotherapy. The majority expressed favorable experiences of psychotherapy, with reports of increased capacity to engage with their academic work. Most students did not experience the gender, race, or language of the psychologists to be barriers to their therapy. The findings point to a need for ongoing psychological support for students.

Keywords : psychotherapy, efficacy, engineering, education

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