

Factors Associated with Depression: Insights from a Cross-Sectional Study among University Students in Vietnam

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Abstract : Backgrounds: Depression is a prevalent mental health concern among university students. This cross-sectional study explores the factors associated with depression among university students in Vietnam. Methods: In 2022, a web-based survey was conducted among 2,304 students from different universities across North, Central, and South Vietnam. The Pearson chi-squared test was used to analyze the statistical associations between socio-demographic factors, depression levels, and social media addiction. Results: The results showed that 33,9% of freshmen experienced severe depression, with higher rates among females (69,8%) than males (30,2%). Health field students had the highest proportion of severe depression (52%). Social media addiction was prevalent among freshmen (29%) and health students (54,4%). Factors such as family infections, study pressure, hometown, studying in public places, and social media addiction were strongly linked to higher depression levels. However, spending more time communicating with friends and studying at home had a protective effect against depression. Notably, social media addiction was significantly associated with increased depression levels. Conclusion: The study highlights the influence of family COVID-19 infections, academic pressures, studying in public places, hometown, social media addiction, and lack of social interactions on depression levels. It underscores the importance of comprehensive approaches to address depression, promote resilience, and provide support to students during future outbreaks.

Keywords : Depression, social media addiction, mental health, university students, Vietnam

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