



## Optimal Mental Health for Optimal Academic Performance in University Students

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### Message from the Guest Editors

Dear Colleagues,

Mental health problems occur frequently among university students. Students with mental health problems have more chances of dropping out. Studying seems to be stressful, with problematic factors being leaving the nest and forming an identity, trying to excel in a competitive environment, COVID-19, etc. Different mental health problems may impact academic performance negatively.

We encourage scholars to submit studies that look into initiatives/methods/programs/interventions that target academic performance by improving the students' mental health. Several universities provide students with (e)health interventions on various health- and study-related subjects. Initiatives come from different therapeutic angles (positive psychology, CBT, etc.), and take on different forms. Important questions are also: How do we, continuously, improve mental health to help students' academic performance? And: How in this effort do we take into account extra-vulnerable students? What are fruitful preventive efforts? How can students be stimulated to seek help for their mental health problems? How to keep students informed about mental health services?





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## Message from the Editor-in-Chief

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