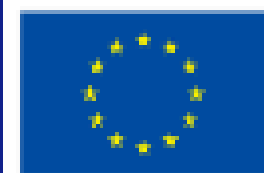




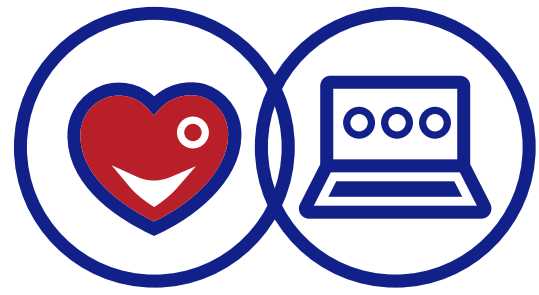
Wellbeing and mental health in digital and higher education in Europe

Nov 2024 – Jun 2027



**Co-funded by
the European Union**

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Project Number: 2024-1-DE01-KA220-HED-000245442



HealthyMindEd

Project's Aim

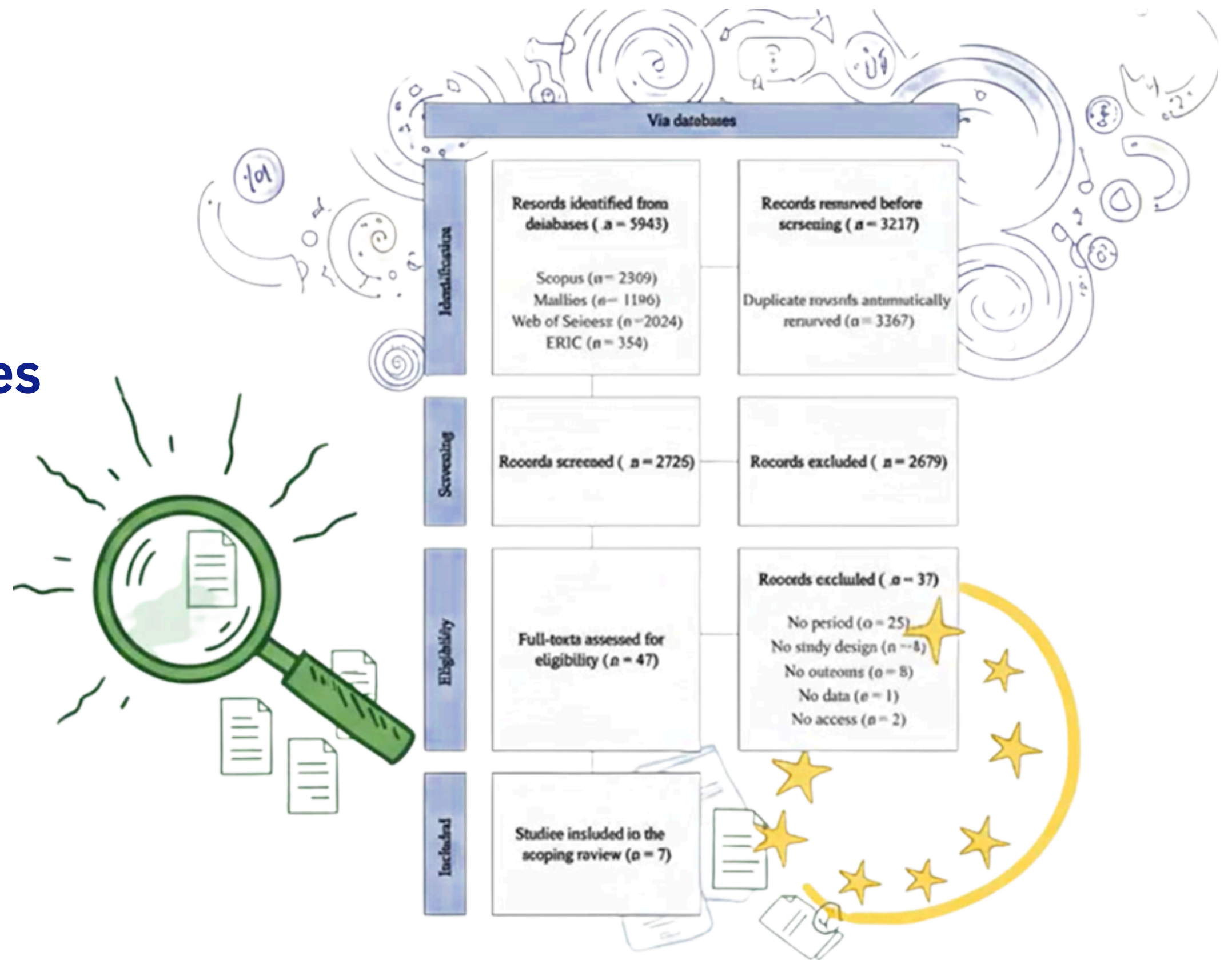
- Promote **wellbeing in digital learning environments** among higher education educators and students
- Impact **academic, professional, and social aspects** of the target group's lives, alongside influencing the institutional and societal dimensions of European Higher Education Institutions (HEIs)
- Providing **students and teaching staff and HEIs** with teaching strategies, pedagogical methods and best practices

Starting Point

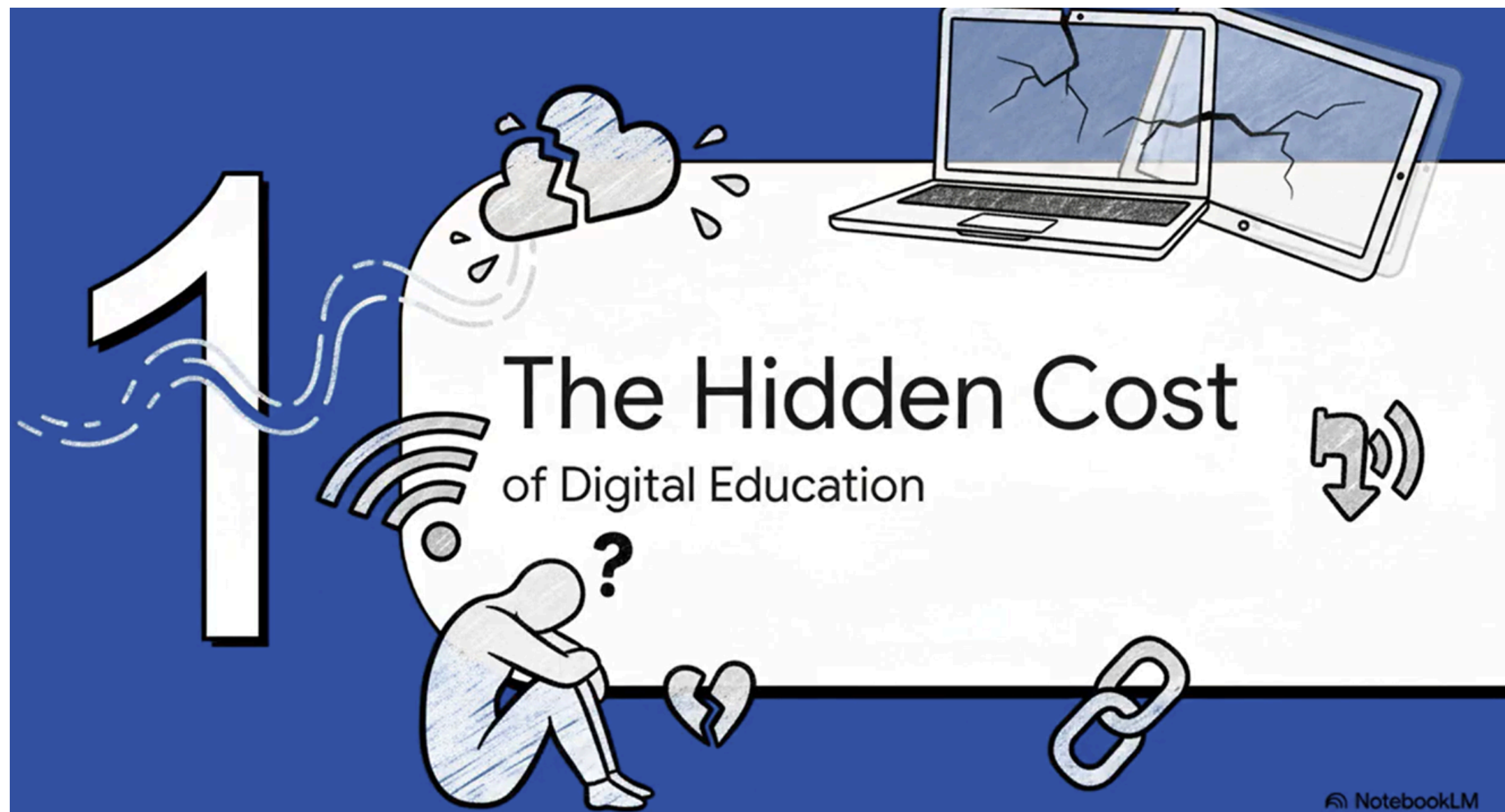


Scoping Review

- 3744 students
- 5500 studies, 7 key studies



Findings from the Scoping Review



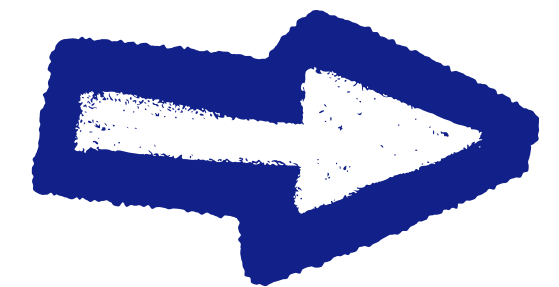
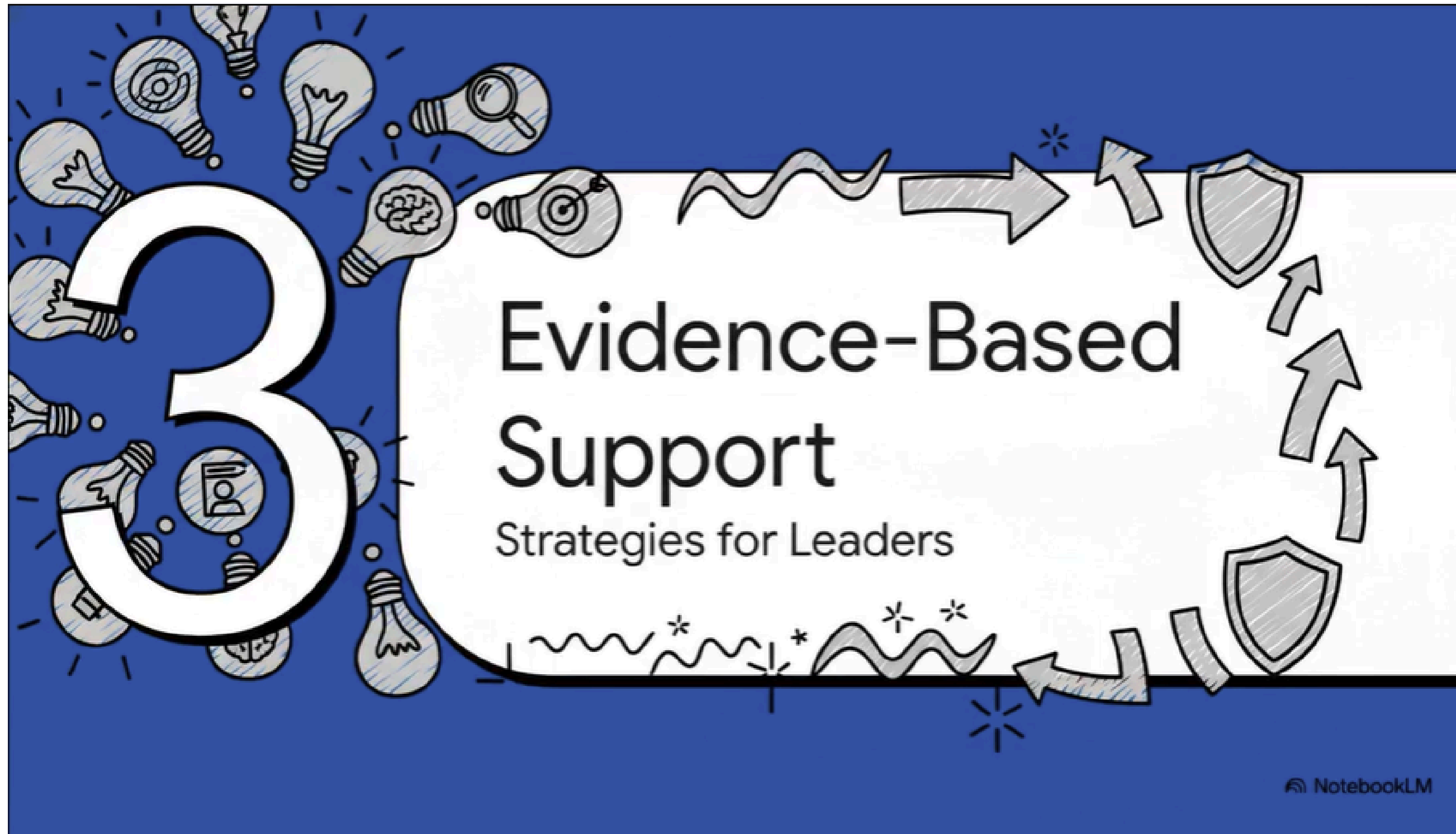
- moderate **stress**
- moderate **depression**
- moderate **anxiety**
- low to moderate **burnout**
- low to moderate **insomnia**

Findings from the Scoping Review

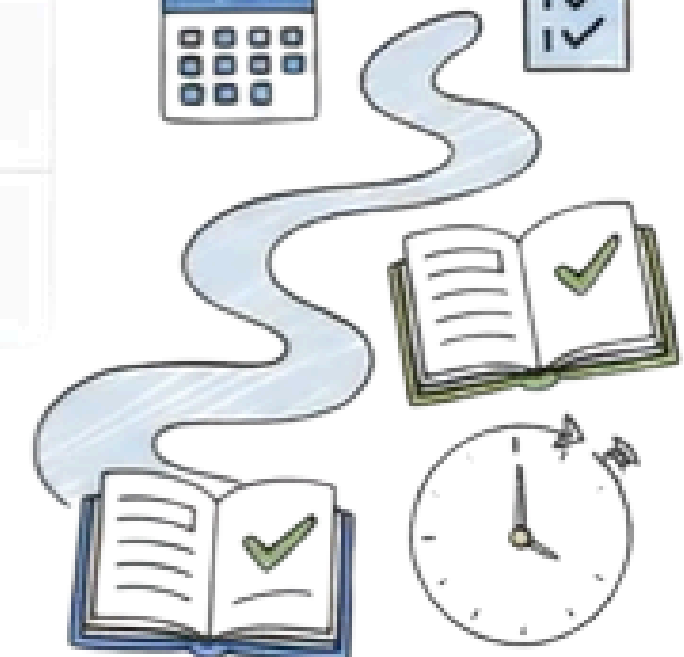
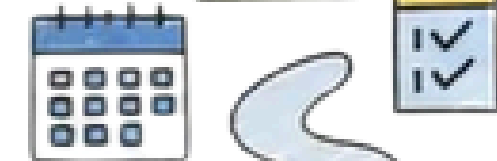
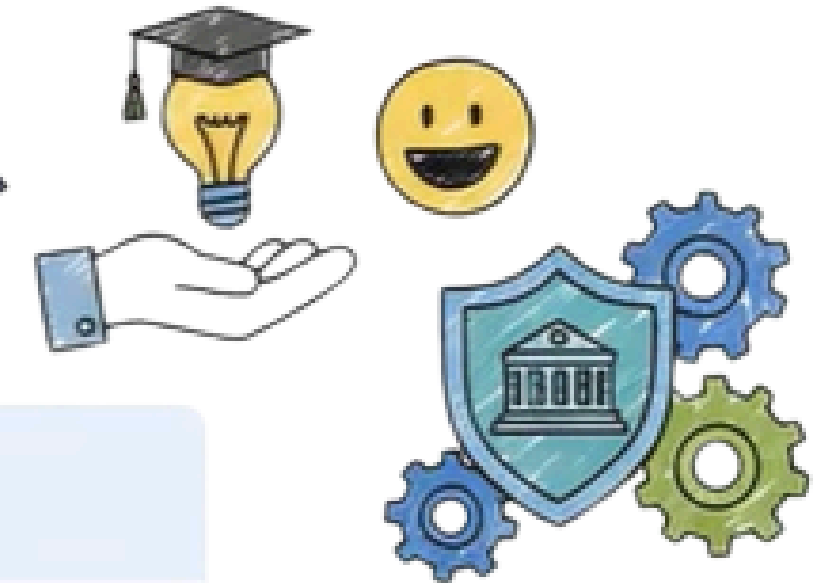
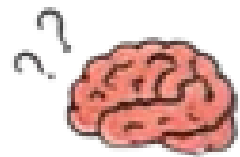
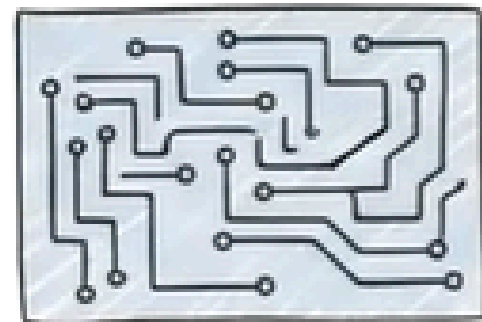
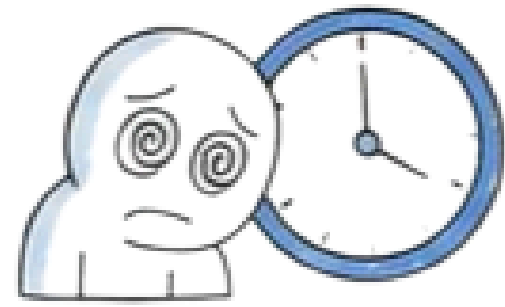
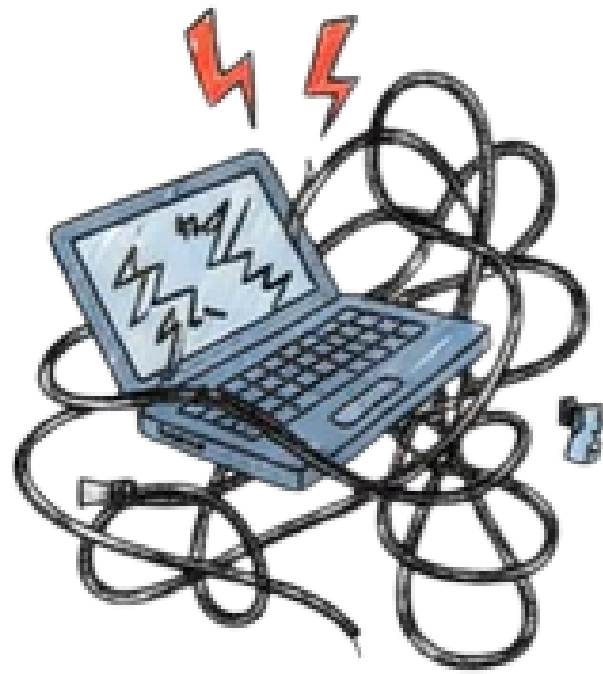


- Assessment and **exam-related stress**
- **Digital Fatigue** & notification overload
- social **isolation**
- Pressure to **always be available**
- **Infrastructure** and connectivity limitation
- Low **digital literacy**

Findings from the Scoping Review

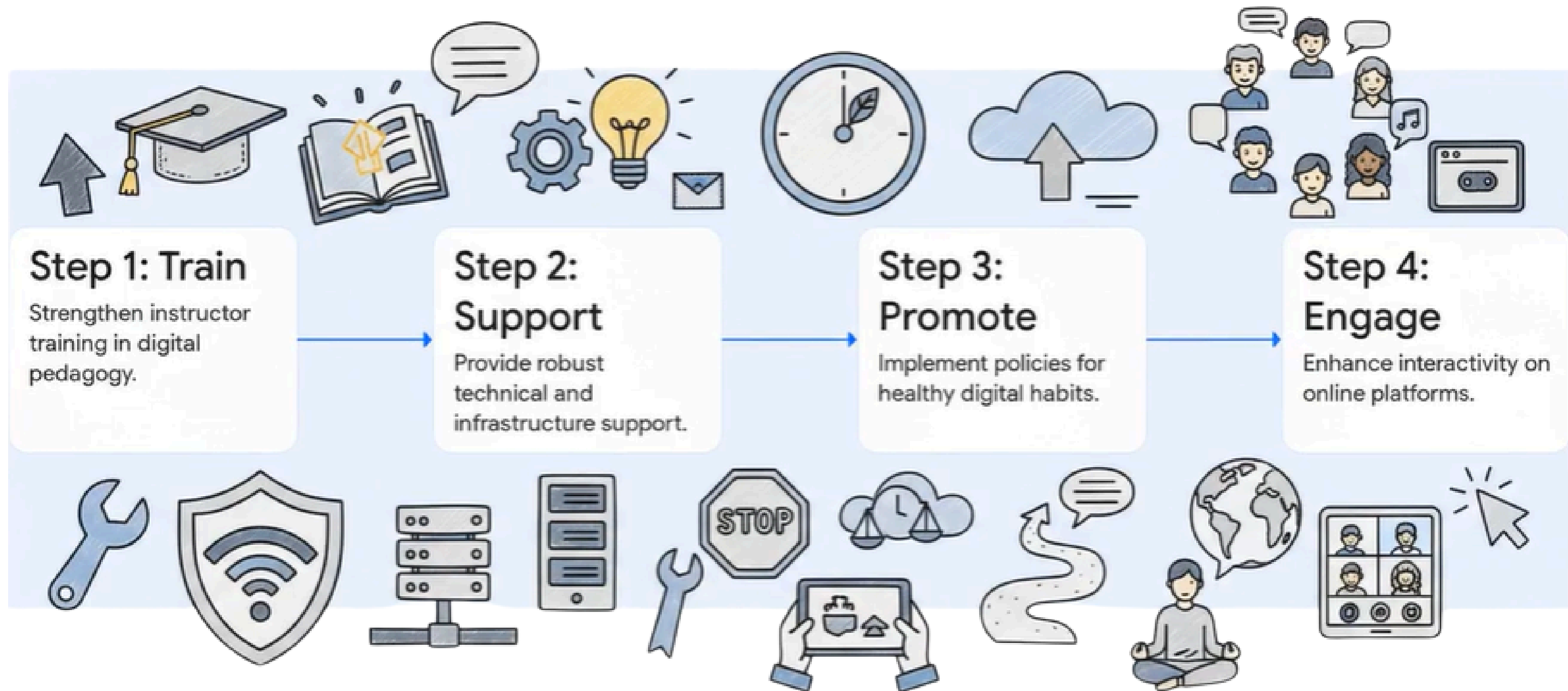


Findings from the Scoping Review



Stressors	Buffers
Technostress	Strong Instructor Support
Digital Fatigue	Proactive University Support
Low Digital Literacy	Self-Management Skills
Online Exam Anxiety	Flexible Assessment Design

Findings from the Scoping Review



Findings from the Scoping Review



Findings from the Scoping Review



Findings from the Scoping Review



Future Results

- **Research Results: Survey and Focus Group**
- **Policy Recommendations**
- **Interactive Online Platform & Community of Practice**

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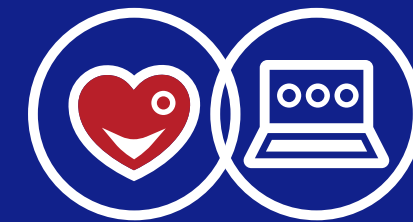
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Our Team



Thank you



Save the dates!



- **26 March** Virtual tour of advanced learning spaces
- **23 April** Educational podcasting and audio production in Higher Education
- **28 April** Video lifecycle management – exploring the options and conditions to archive and re-use educational video material
- **21 May** How UI and UX design applies to pedagogical multimedia production