

Examining the Impact of Studying Abroad Experience on Students' Psychological States During Period of The COVID-19 Pandemic

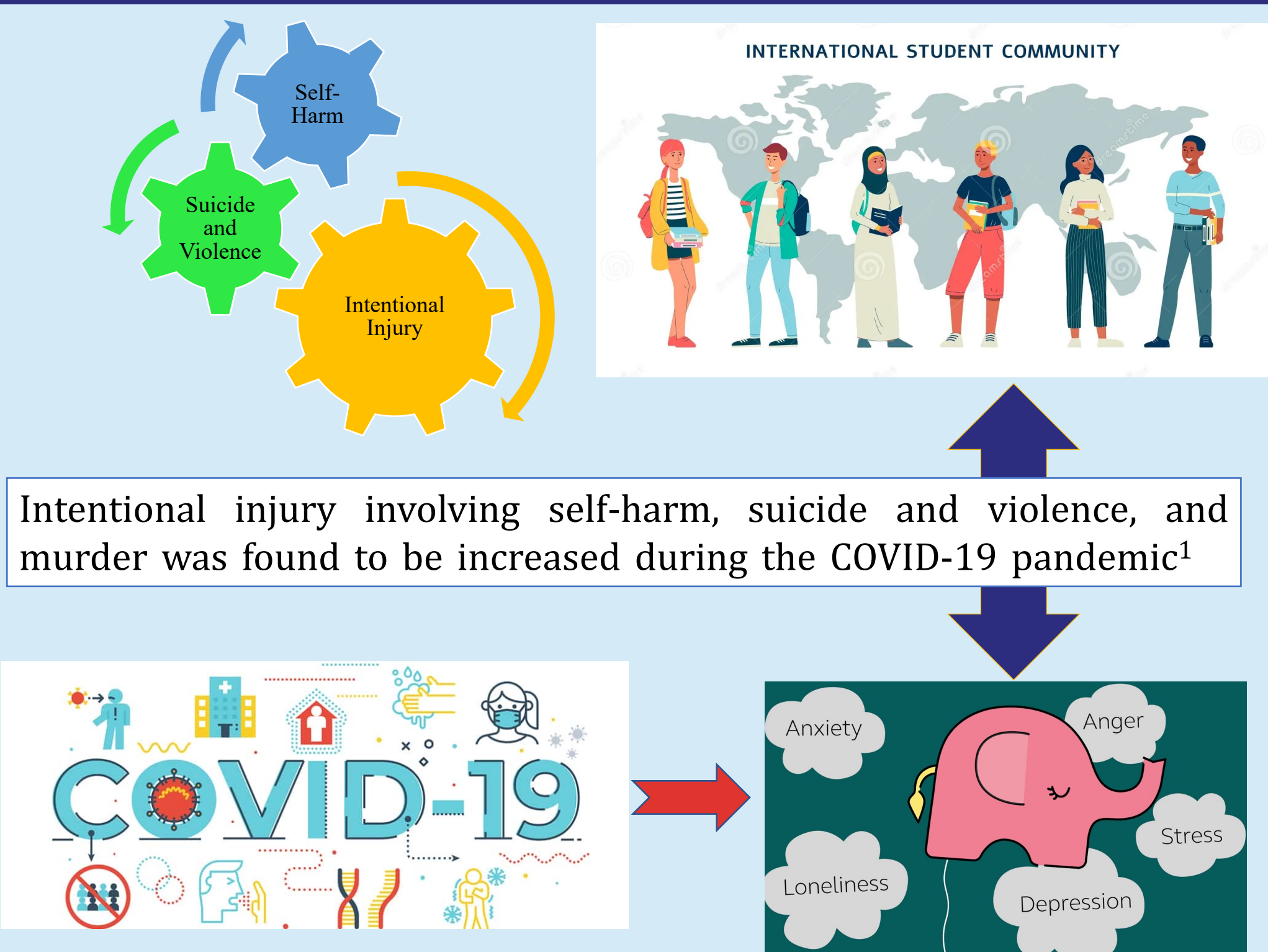
P342

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Universal Health Coverage and Equity

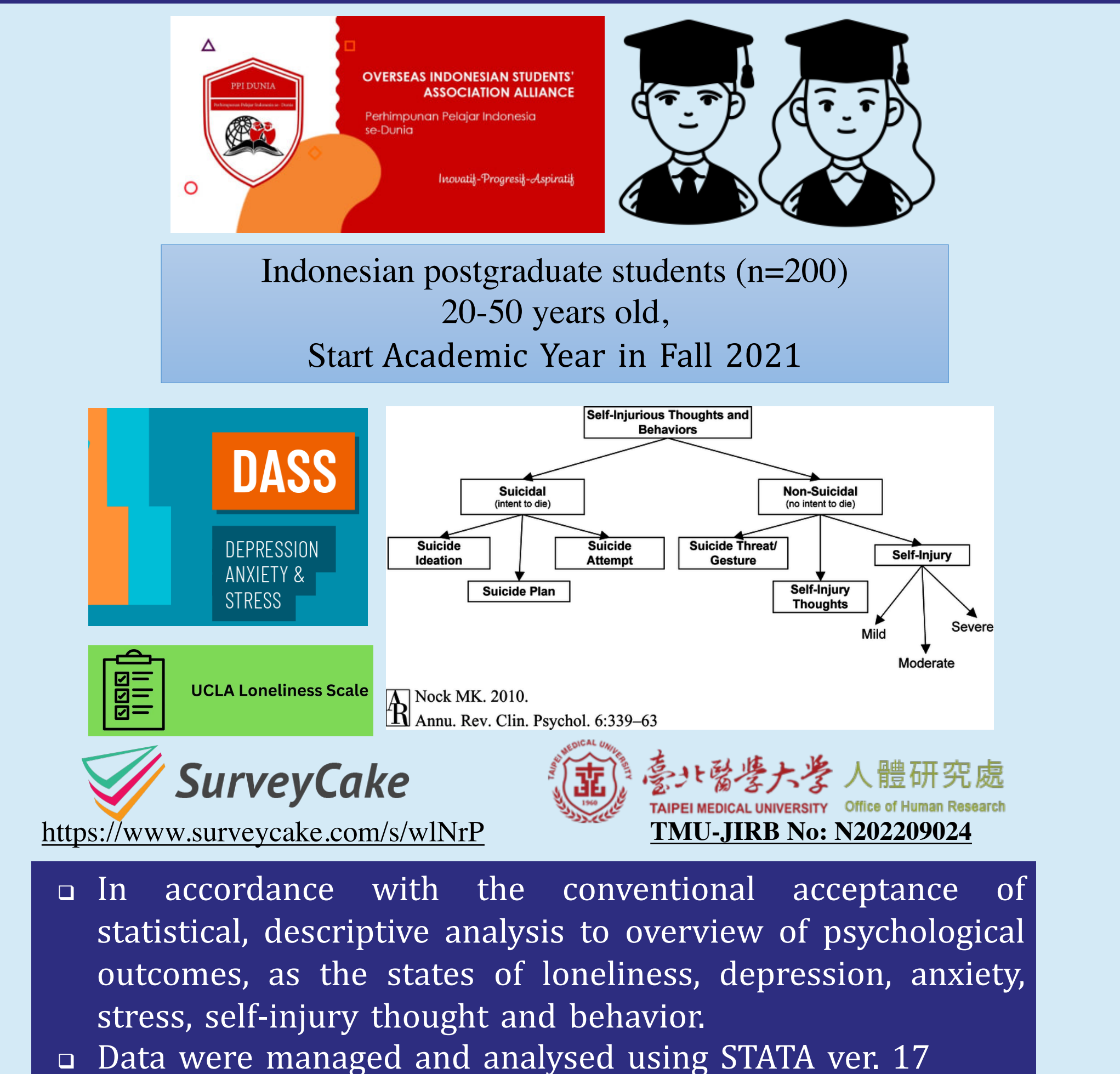
INTRODUCTION



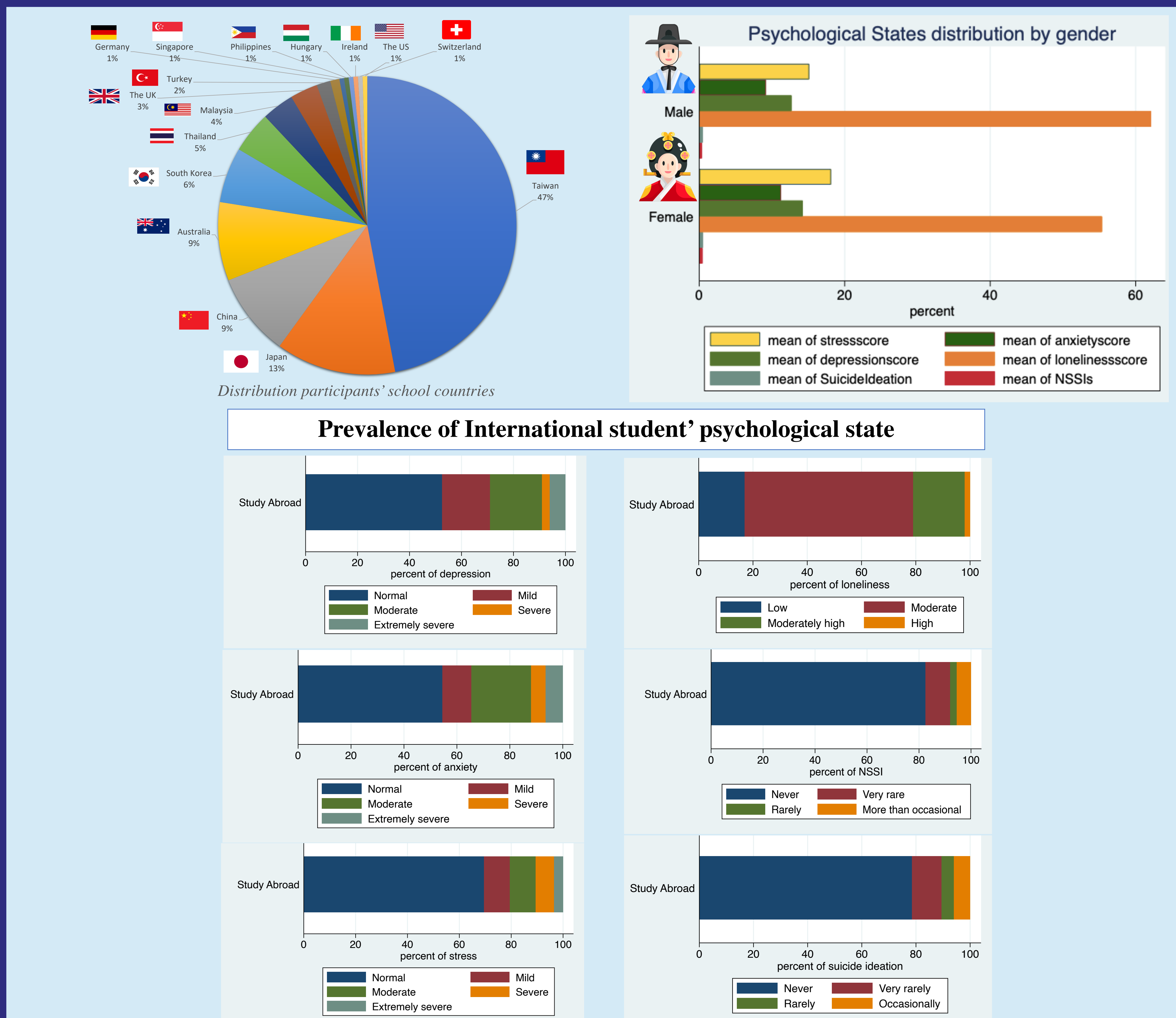
AIM

To explore how the experience of studying abroad during the COVID-19 pandemic affects multiple dimensions of psychological health in students, including loneliness, depression, anxiety, stress, and self-injury thoughts and behavior.

METHODS



RESULTS



Multiple dimensions of psychological health among international students, particularly Asian students, manifested as depression, anxiety, stress, and loneliness. Although suicide ideation and Non-Suicide Self-Injury (NSSI) are relatively rare, the percentage must be acknowledged as prevention action².

DISCUSSION

This findings supported by theory of holistic psychological well-being perspective, besides the reduction of negative psychological well-being, there is also a need to promote health coverage and equity in term mental diseases³ since there a greater effect shown for vulnerable population as international students. Uncertainty and mitigation, especially during peak of the outbreak lead majority of the International students including Asian students got discrimination and had different medical countermeasure such as psychiatry needed by medical insurances³.

CONCLUSIONS

The study abroad experiences during the COVID-19 pandemic had greater impact on loneliness, stress, depression and anxiety. There slightly effect to suicide ideation and Non-Suicide Self-Injury (NSSI) which those have more hazardous among students population. This study shed light on the urge in prevention program especially for the international students and this might be insight of the equity relation for the health coverage.

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