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Mental Health of Students in a Globalized World: Prevalence of Complaints and Disorders, Methods and Effectivity of Counseling, Structure of Mental Health Services for Students

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Abstract

In our globalized world the necessity for student flexibility is increasing. Psychological problems and mental disorders are frequent, and students seek help at the places where they study. This special issue presents data on the prevalence of complaints and disorders reported by students around the world. Examples of counseling services and the methods they employ are given. Proposals for the structure and the methods of mental health services for students are derived from international perspectives.

Introduction

Since the classical period in European culture, there has been no shortage of descriptions of psychological crises, adjustment disorders, anxiety and depressive episodes recorded by young people studying at colleges and universities. The most detailed reports of psychological problems besetting university students can be found in the letters and autobiographical notes of the politician, scientist and poet J. W. v. Goethe (Holm-Hadulla, Hofmann, & Roussel, 2008). Academic disillusion and rejection by a young lady caused states of anxiety and melancholic moods that led to a depressive episode. During this episode, which lasted more than a year, he was forced to return to parental custody, as his mother and father feared that his suicidal ideations could become reality. Fortunately, he developed coping and self-therapeutic strategies that helped him to overcome his crisis. Like modern counselors, he made use of helping alliances, cognitive-behavioral techniques, psychodynamic reflection, and existential understanding (Holm-Hadulla, 2011). In masterpieces like "The Sufferings of Young Werther" and "Faust: A Tragedy", he described his melancholic moods and suicidal ideas and transformed them into art. But not every

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