



Digital Mental Health Support Services Adoption by University Students in South African Universities: Outcome Tracking Over Two Years

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Abstract

University students in South Africa face unique challenges related to mental health, including academic pressures and social isolation. A mixed-methods approach was employed, integrating surveys with qualitative interviews to understand student experiences and perceptions of the digital platforms. Amongst participants who adopted these services, there was a significant increase in reported levels of stress reduction ($p < 0.05$) compared to those who did not use the services. Digital mental health support services have shown promise in improving students' mental wellbeing outcomes over time, although individual experiences varied. Further research should explore long-term impacts and potential barriers to service adoption among different student demographics. digital mental health, university students, South Africa, mental wellness, longitudinal studies Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African Geography, Digital Mental Health, Mobile Apps, Qualitative Research, Quantitative Analysis, Social Media Influence, Cyberbullying Prevention*

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