

For immediate release

Severe anxiety impacts a quarter of university applicants new survey reveals

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A new survey from The Student Room reveals that a quarter (26%) of university applicants are suffering from frequent anxiety issues, which severely impact all areas of their life – including their educational career.

The research, carried out by the world's largest online student community, The Student Room, has been released to coincide with the start of the stressful A level exam period, and and Mental Health Awareness Week (May 8-14). The survey of over 2,700 students highlights the severe problems faced by a significant number of year 13s.

The research showed that among students dealing with anxiety, 75% reported losing sleep, 78% struggle to concentrate on studies, 61% experience panic attacks, 36% have suicidal thoughts and 33% say they have self-harmed.

Furthermore, 20% of those suffering from anxiety say it is putting them off going to university altogether, while 35% say it has strongly influenced their choice of university, and 25% their choice of course.

Almost half of these students (41%) ranked the process of going to university as the most anxious they have ever felt. Just a fifth (19%) of these students believe there is enough support provided to help students cope with the transition to university.

Hannah Morrish, student choice and higher education lead at The Student Room, commented: "Our survey highlights that for large numbers of students, anxiety is a serious issue. This impacts many aspects of their life and their educational journey.

Morrish continued: "However, from the comments made in the survey, and on the TSR forums, we see what a difference support and help for vulnerable students can make. We always encourage students to talk about their problems and seek help; and call for parents, teachers and universities to be more proactive in informing themselves about anxiety, and offer support to students who struggle with these issues."

To help students, parents and teachers, The Student Room has produced a guide on coping with anxiety and how to help those suffering in a stressful time. It contains material from Student Minds, the UK's student mental health charity, and will be available for download at the end of next week from The Student Room.

**The Student Room polled 2718 students, from 20 Feb – 28 April 2017.*

ABOUT THE STUDENT ROOM

Founded in 2001, The Student Room is the world's largest online student community and the UK's no.1 education website according to ComScore data. The Student Room has over 3 million registered members, primarily aged between 14-24 and attracts over 8 million visitors a month. It provides student-to-student advice on studying, educational career choice and lifestyle issues. The Student Room works directly with most UK universities as well as a wide range of leading brands and companies.

FOR MORE INFORMATION, INTERVIEWS OR CASE STUDIES, PLEASE CONTACT:**Chelsea Forsyth**

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