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Severity of Depression, Anxiety, and Stress Among University Students: A Case Study at the National University of Sciences & Technology (NUST)

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Abstract

Background: Depression, stress, and anxiety are common mental health challenges faced by university students that impact academic performance & well-being. It is important to understand factors that affect students' mental health in order to help them make most of their university life.

Objectives: This study investigates mental health status of students from the National University of Sciences and Technology (NUST) and factors affecting that.

Methods: A cross-sectional study design was employed, utilizing the Depression, Anxiety, and Stress Scale-21 Items (DASS-21) and a detailed sociodemographic survey to measure mental health status among 530 students. Binary logistic regression analysis was performed to identify significant factor affecting the mental health problems.

Findings: Descriptive statistics revealed that the majority participants (75.28%) were within the age range of 18 to 25 year. The findings indicate a high prevalence of extreme severe depression and anxiety among students, affecting 27.54% and 31.69% of the population, respectively. Results suggest that female students were more likely to report all three conditions stress, anxiety, and depression. Depression linked to age, financial concerns, and perceived social support. Anxiety correlated with accommodation type and social support.

Conclusion: The findings are significantly useful as they highlight call for action to improve mental health of students. The substantial impact of depression and anxiety on academic performance warrants the inclusion of management strategies in university.

Keywords: anxiety, dass-21, depression, mental health, stress