Title: Mental health applications and their use by university students

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Abstract:

This thesis focuses on the use of mobile apps to promote mental health by university students. The aim of the thesis is to analyse the difficulties that university students have in accessing these apps, the positive and negative aspects they perceive about the apps and the reasons that lead students to uninstall the app or not to continue using it.

The theoretical section includes chapters on the development and classification of apps, the approaches used within apps, and maps the effectiveness of these apps, their benefits, and their limitations, including ethical limitations. Within the theoretical part, specific applications are also presented and analysed, which are then the focus of the empirical part of the thesis. One of the chapters is devoted to the mental health of university students.

The empirical part used a mixed research design that included two research methods, namely questionnaire and interview. Descriptive analysis was used to evaluate the quantitative data, while thematic analysis was used to analyze the interviews.

As a result, the paper analyses the difficulties leading to finding a mental health support app, perceived advantages, disadvantages and reasons for uninstalling apps from the perspective of university students. A functional outcome of this research may be a mapping of selected apps, especially those backed by Czech developers, describing how they work, the area of difficulties they address, as well as information on whether the apps are supported by evidence-based research. Another practically applicable outcome of the work is also recommendations that could be implicated in practice to help improve the services of these applications. These are suggested both by the users of the apps themselves, but also by the author of the thesis based on data analysis.

Keywords:

mental health, mental health application, university students, web applications, mHealth