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# PSYCHOLOGICAL DISTRESS AND HOUSING CONDITIONS AMONG UNIVERSITY STUDENTS

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## Abstract

Emerging adulthood (Arnett, 2000) is a phase of development characterized by many transitions and challenging tasks (Furnham, 2004; Miller, 2017). For some young men and women, this phase coincides with the years of University, that imply further tasks: transferring, performance demands, changes in living conditions, making a career choice, and facing a social and educational context far from the ones experiences before. To investigate psychological dynamics in University students, a systematic review was conducted on studies published in the last 10 years in the major electronic databases (e.g.: Scopus, Web of Science, MEDLINE/PubMed, ProQuest Psychology Journals). Among other results, moderate or severe depression was found in 9% to 39.5% of students (Beiter et al., 2015; Deb et al., 2016; Peltzer et al, 2013; Reyes-Rodríguez et al., 2013; Schofield et al., 2016); severe or extremely severe anxiety in 15% of students (Beiter et al., 2015); and suicidal behavior at least once in the past in 7.6% to 15% students (Chesin & Jelic, 2012; Poorolojal et al., 2017; Tang, Byrne, & Qin, 2018). Moreover, students living away from home showed higher psychological distress, regardless of parental financial support (Flett, Endler & Besser, 2009; Stroebe et al, 2002; Vershuur, Eurelings-Bontekoe, Spinhoven, 2004; Watson, Barber & Dziurawiec, 2016). Unlike in most other countries, only a few Italian studies has focused on psychological distress and mental health of University students (Eskin et al., 2016; Piumatti, 2017; Piumatti et al, 2018; Pompili et al., 2017; Kara et al., 2015). Moreover, preliminary elaboration on 2014 cross-sectional IT-Silc data showed that students living on their own experience a higher general health well-being than the ones who still live with their parents, in every geographical area. These data suggest the importance of investigating psychological distress in University students in relation to their housing conditions in an Italian sample.