

Mental health, academic self-efficacy and study progress of students in South Africa: An exploratory study

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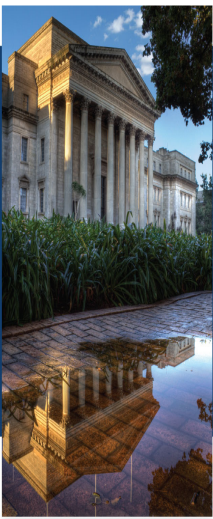
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Student mental health matters for the OT workforce

- Rising distress among university students
- Mental health affects learning & professional development
- OT education carries unique emotional demands





What we studied and what we found

- $n = 193$
- Second-year students OT & non-health comparison group
- High distress across groups OT students: higher self-efficacy
- Funding & gender mattered

Why this matters for OT education globally

- Distress is experienced differently across contexts
- Self-efficacy is a protective resource
- Financial stress undermines wellbeing
- OT programmes must support the *whole student*

