

# General Summary of the RIVM and Trimbos Monitor on Mental Health

## TU/E SPECIFIC REPORT



Date  
January 25 2024

Education and Student Affairs

For more information contact:  
Charlie Raiser at:  
c.l.raiser@tue.nl

[www.tue.nl](http://www.tue.nl)

The RIVM and Trimbos monitor is a national monitor administered to universities and universities of applied sciences across the Netherlands every two years. As the title suggests it studies the mental health (psychological wellbeing) and substance use behavior of students in the Netherlands. More information on the monitor and the national report can be found [here](#).

In 2023 the TU/e also participated in this monitor and received TU/e specific results. The results show that a majority of respondents are in general good mental health (71%) with 21% scoring very highly on this scale, which can be considered as thriving. Additionally, 85% of respondents score in the higher half (a 6 or above) on the life satisfaction scale, and 63% of respondents have a middle to high level of general resilience.

The monitor further looks at mental health complaints such as symptoms of depression and anxiety. Results show that 59% do not have any complications, that 20% have very mild complaints, that 12% have mild complaints and that 8% have severe complaints. This is similar to the results from 2021. Additionally, similarly to in 2021, some students reported having thoughts related to no longer wanting to live. 12% of respondents rarely had these thoughts, 6% sometimes had these thoughts, and 4% had them often.

Under mental health complaints the RIVM monitor also includes symptoms of emotional exhaustion. Here the number of students experiencing emotional exhaustion (63%) in 2023 was significantly lower than in 2021. Of the students who had mental health complaints, 28% experienced these complaints as a hindrance.

Furthermore the RIVM monitor looked into experiences of stress, performance pressure and loneliness. Here results show that 53% of students reported feeling stressed and that the most common sources of stress were related to their studies (63%), the cost of living crisis (39%), and personal problems (29%). When looking at students experiences of performance pressure we see that this is significantly lower than it was in 2021. 41% of respondents experiences pressure to perform of which most of the pressure was reported coming from within the individual rather than externally. 63% experienced loneliness, with 24% reporting often feeling lonely and 39% sometimes feeling lonely. This is also significantly lower than it was in 2021.

When asked whether or not COVID still had a significant impact on the students mental health, 45% said no and 39% said yes. 34% reported COVID still having impact on their feelings of loneliness, and 47% reported this not being the case.

The second part of the RIVM monitor is on substance use. Here we see that 75% of students have drunken alcohol in the past month. Of the people that have drunken alcohol in the past, 46% have drinking behavior that is considered risky, and 5% have drinking behavior that may be considered addictive. 36% of those who have drunken alcohol state that they have experience negative impacts or hindrances in relation to their drinking.

In regards to the use of drugs and tobacco, the report shows that 75% of students never have smoked tobacco. 11% used to smoke, and 15% still smoke. Of the 15% that do smoke, 3% smoke daily, 2% smoke often and 10% occasionally. The same can be seen for vapers.

The most popular drug consumed by students is cannabis. 36% of respondents have used cannabis in the past year and 53% have tried it at some point. Xtc and psychedelics including truffles (aka. Magic mushrooms) are the next most commonly used drug with 10 – 15% of students having used xtc or psychedelics in the past year. Of those that have used drugs, the majority (66%) say not to have experienced any negative effects or hindrance. 3% state having experienced a lot of negative effects or hindrances.

The last aspect that RIVM monitor looked at is whether students had sought support. Here results show that of the students that display mental health complaints, 34% have sought for support inside the TU/e and 48% have sought for support outside of the TU/e. Compared to other universities more students have sought for support at the TU/e in 2023. We also see that generally more students have sought for support in 2023 than in 2021. The most common source of support used has been the academic advisor (56%) or the student psychologist (51%). 70% of students reported being happy with the support they received.

Of those who did not seek support, 63% said that the reason was because they wanted to figure it out on their own.