Previous research has studied perceptions of mental health and mental illness, and how perceptions can influence help-seeking behaviors among undergraduate students, but little research has been specifically done with regards to the perception of mental health and its relation to the everyday activities among students, particularly in Canada (Laidlaw et al., 2015). World Health Organization (2004) defines mental health as "a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community." This study thus aims to obtain an understanding of how students conceptualize mental health in relation with their everyday activities. Semi-structured interviews will be conducted with 6 UBC undergraduate students across all year-levels and among a variety of disciplines. Interviews will be transcribed and thematically analyzed. We expect majority of the students to know that there is a difference between mental health and mental illness (Laidlaw et al., 2015). The findings of this study and its analyses will provide information about whether there may be a need to raise more awareness about mental health specifically and what it entails. If generally true, findings may give rise to new ideas about the ways in which professionals and students alike can raise more awareness across campus, and the strategies in which they can promote mental well-being in specific areas. It may also help provide new understandings of where support may be needed most.

Themes:
Check (highlight) the most applicable theme according to the abstract.

| Innovation and Technology | Health and Wellness | Culture and Society | Sustainability and Conservation |

Comments:
Commented [A1]: Very clear, and definitely of interest for a broader audience.