

Review of: "Insights into the Psychological Strains of University Life: A Study of Albanian Students"

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Potential competing interests: No potential competing interests to declare.

This study investigates the psychological challenges faced by university students in Albania, highlighting significant levels of anxiety, depression, and stress linked to insufficient financial support and lifestyle changes. The findings suggest the need for enhanced mental health resources and financial support to alleviate students' psychological distress and improve their well-being and academic performance.

Abstract:

1. The abstract could be more precise about the scales and statistical methods used, and the specific results obtained.

Introduction:

2. The introduction could benefit from a more explicit statement of the research questions or hypotheses. While it does state hypotheses, these could be more clearly delineated.

Methodology:

3. Based on the methods and results of the study, I do not see evidence of a longitudinal study design.

4. The methodology section could be improved by providing more details about the sampling process. The use of a convenience sample is mentioned, but additional information on how participants were recruited and any potential biases this might introduce would be helpful.

5. The descriptions of the measures used (BDI-II, Perceived Stress Scale, SF-12) are inadequate; moreover, including information on the validity and reliability of these instruments in the Albanian context would strengthen the study.

Results:

6. The results section could benefit from more inferential statistics to test the stated hypotheses. For example, t-tests, ANOVAs, correlation, or regression analyses could be used to examine differences between groups or the relationships between variables.

7. If authors wanted to provide raw data, it is preferable to format it in a table and include it in the Supplementary materials. Authors cannot use Google Forms screenshots without additional data processing in the Manuscript Results section. Authors are recommended to study the experience of writing and designing scientific papers, namely how to write

the Results section.

8. Authors stated that “, revealing a correlation between insufficient financial support and a rise in symptoms of depression and anxiety”, however, I didn’t see any correlation statistics. Similarly, other findings from the study.

Discussion:

9. The discussion could delve deeper into the implications of the findings for policy and practice, particularly regarding how universities in Albania can support students' mental health.

10. Considering the longitudinal nature of the study, it would be useful to discuss any changes over time in more detail, if such data were collected.

Conclusion:

11. The conclusion could be more forward-looking, offering specific recommendations for future research and practical applications based on the study's findings.

Additional Comments:

12. Enhancing the methodological rigor with more detailed statistical analyses and a clearer explanation of the sampling process would strengthen the overall impact of the study.

13. Consider revising the language for clarity and conciseness. Some sentences are overly complex and could be simplified to improve readability.