

Abstract

Objective: The objective of this study is to describe and compare the current educational systems and selective modalities related to mental health, sleep quality, nutritional habits and physical activity of physiotherapy students in Europe.

Methodology: A cross-sectional, descriptive study processing two questionnaires is used with one dedicated to university representatives and the other to physiotherapy students.

Results: Although 75% of students rated their quality of life positively and 47% were satisfied with their mental health, 65% showed higher levels of stress and 50.5% describe an impaired sleep quality. The minimum physical activity of 150 minutes weekly was described by 78.9% of students, within which 67% engage in strengthening twice a week. Students with a higher stress load/worse psychological health also showed worse sleep quality and lower amount of physical activity, women were significantly worse off. In terms of physical activity and sleep quality, students from Finland and Kosovo achieved the best results, while students from Italy, Greece, and Portugal achieved the worst. Students from Italy indicated the greatest dissatisfaction with the organization of the study system and communication between teachers and have the lowest number of taught techniques (15/33), while in Kosovo students rated the communication and study organization the highest. All students have a problem with adhering to nutritional habits. Students from Italy and Spain, with the lowest BMIs and weight averages, were closest to the nutrition recommendations. The Czech Republic showed the highest number of taught techniques (29/33).

Conclusion: Significant differences were found between physiotherapy students regarding their level of stress, subjective assessment of their psychological health, amount of physical activity, quality of sleep and nutritional habits, as well as the number of taught techniques and their knowledge of specific techniques.