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Exploring Video Intervention and Mental Health for College Students: A Comprehensive Bibliometric Analysis

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Abstract

The mental health of college students is a matter of significant concern in major universities. In the era of rapid internet development, college students encounter much positive and negative information through online videos daily. Studies indicate that this information significantly influences their mental health. Currently, video intervention in people's mental health is receiving attention from experts and scholars in the fields of multimedia and psychology. The article conducts a bibliometric analysis of all publications on video intervention and mental health for college students in the Scopus database from 1990 to 2024. The current research status on video intervention and mental health for college students is discussed in detail. Bibliometric analysis during the study period unveils annual scientific publications, average citations, locally cited literature, most relevant sources, corresponding author country, national scientific production, and national collaboration world map, among other factors. The qualitative analysis section of this article offers a detailed description of the themes and methods employed in the most cited articles.

Keywords: Video Intervention, Mental Health, College Students, Bibliometric, Methods and Subjects

Introduction

The rapid development of society has accelerated people's life rhythm, subsequently increasing psychological pressure. As a result, the number of psychological behavioral abnormalities and common mental disorders has been on the rise each year（Zhang & Li, 2018）. Consequently, academic circles have increasingly focused on studying people's mental health. Some scholars have observed that the rapid development of the Internet has significantly transformed people's lives, with the current prevalence of short videos. According to statistics, individuals spend more than 2 hours a day watching videos（Yao, Li, & Chen, 2022）. Scholars believe that video interventions can have both positive and negative impacts on people's mental health.

Colleges and universities should prioritize attention to students' mental health, aiming to reduce the occurrence of psychological problems and enhance their psychological abilities（Zhang & Li, 2018）. College students experience a stage of psychological development characterized by weak adaptability, significant mood swings, various psychological challenges, and a high incidence of mental illnesses （Jia & Zheng, 2023）. Surveys indicate that depression has become the leading cause of suicide among college students, and this group is experiencing an increasing incidence of depression（Jia & Zheng, 2023；Hu & Liu, 2019）. Therefore, this study systematically reviews and analyzes the literature on video intervention and mental health for college students over the past 30 years. The aim is to develop a clearer understanding of research-related subtopics and anticipate future trends.

Bibliometrics serves as an analytical method to gauge the progress of a subject, enabling a detailed analysis of pertinent literature（Elaish et al., 2019；Kalantari et al., 2017）. To assess studies effectively, additional indicators are required. Citation analysis and peer review often contribute to better judgment（Das, 2015；Aria & Cuccurullo, 2017）. Nowadays, numerous tools significantly facilitate the generation of bibliometric reports（Ale Ebrahim et al., 2020）. Notably, these databases encompass Web of Science Core Collection (WoS), Google Scholar, and SCOPUS, each equipped with merged citation processing capabilities. The data employed in bibliometric analysis are highly diverse（Irianto & Adiatma, 2023；Ellegaard & Wallin, 2015；Martín-Martín et al., 2018；Bergman, 2012）. Google Scholar offers unrestricted access to various academic literature types, raising questions about its coverage. WoS and SCOPUS stand out as the most commonly used search databases for literature searches across diverse scientific fields. Hence, this study compared the coverage of "video intervention" and "mental health" research in the SCOPUS and WoS databases, selecting the most suitable database as the research platform.

Methodology

The article conducts a topic search on "mental health" and "video intervention". Initially, the two primary databases chosen for collecting academic publication data were Web of Science (WoS) and Scopus. To choose a suitable database as a platform for screening literature, a title search was conducted on the WoS and Scopus databases. The results revealed 1395 documents on WoS and 1808 on Scopus, a slightly higher number than the retrieved documents on WoS. WoS is acknowledged as one of the largest and most trusted databases for literature search and analysis, whereas Scopus covers a wider and more comprehensive range of documents（Ekenoğlu Merdan & Etiz, 2022；Ball & Tunger, 2007）. On February 12, 2024, a subject search on Scopus for "mental health" and "video intervention" yielded 1,808 articles. Figure 1 illustrates a sharp increase in the number of publications in the fields of "mental health" and "video intervention" from 1990 to 2024, particularly since 2007. This indicates a growing attention and importance in this research field.

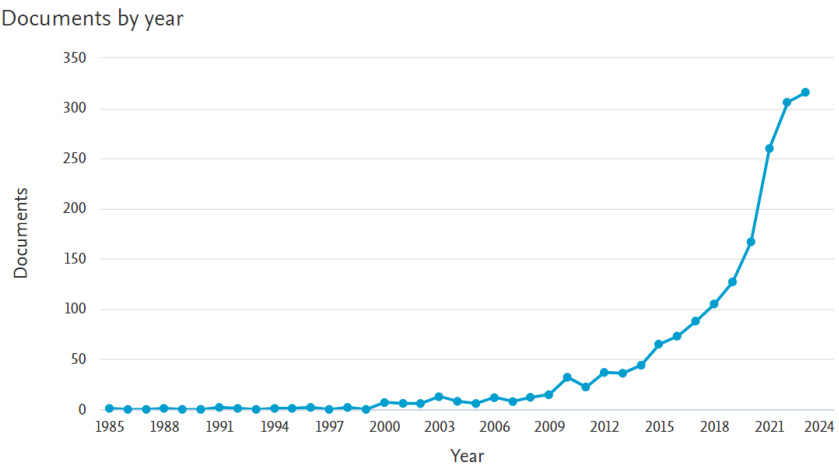
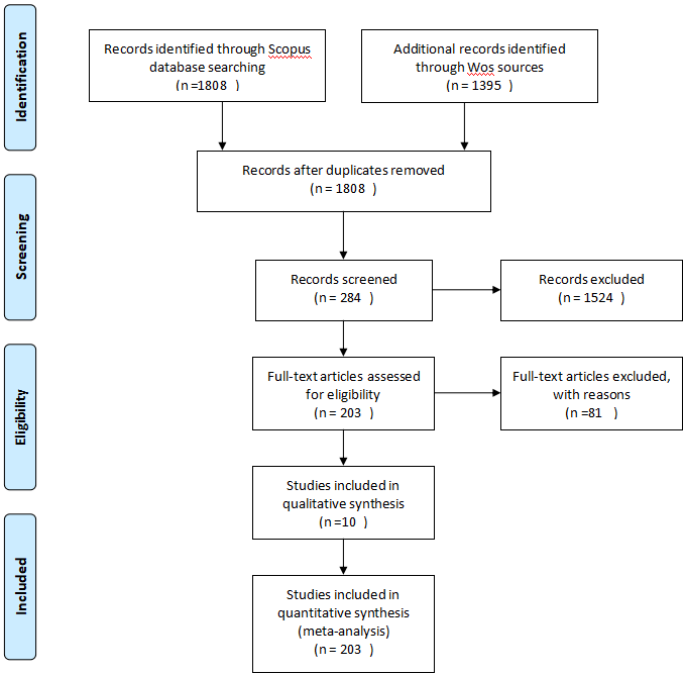


Figure 1. Published trends in the field of video intervention and mental health research 1985–2024

A topic search for "college students" or "university students" in the Scopus database yielded 284 articles. After screening for relevance to video intervention and mental health for college students, 203 articles were retained. The data collection procedure is depicted in Figure 2, representing the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) flow chart. Subsequently, data analysis was performed on these 203 documents. The data underwent analysis using the BiBliometrix package (http://www.bibliometrix.org/), an R-Tool designed for comprehensive science mapping analysis.



Description	Results
MAIN INFORMATION ABOUT DATA	
Timespan	1990:2024
Sources (Journals, Books, etc)	124
Documents	201
Annual Growth Rate %	4.16
Document Average Age	3.93
Average citations per doc	24.61
DOCUMENT TYPES	
article	166
article article	2
book	1
book chapter	4
conference paper	2
note	1
retracted	1
review	24

Figure 2.(left) The PRISMA flow diagram for the bibliometric analysis on video intervention and mental health for college students
Table 1.(right) Summary of the Main Information of Collected Bibliometric Data

Table 1 summarizes key information derived from the collected bibliometric data. The dataset comprises 166 articles, 2 conference papers, and 24 reviews. To comprehend the latest subtopics in the field of interior design research, particularly those related to sustainable and green design, the study selected the 10 most frequently cited documents from the pool of 166 articles for qualitative analysis. Subsequent sections present quantitative and qualitative insights.

Quantitative Analysis

Analysis of Year of Publication

Figure 3 illustrates the annual scientific output of articles on video intervention and mental health for college students published between 1990 and February 12, 2024. The number of publications increased from one article in 1990 to 57 articles in 2023. There have been two phases over the past 30 years. From 1990 to 2018, global publications focusing on video intervention and mental health for college students slowly increased, indicating that scholars in this period had not yet recognized the research value of this field. Since 2018, the number of publications has increased rapidly year by year, and more scholars are paying attention to and becoming interested in this research field, which may be closely related to the outbreak of COVID-19.

Figure 4 illustrates the average annual number of citations for articles from 1990 to 2024. The average number of citations for publications in 2017 was 18.45, and there were only 7 published papers. This indicates that the articles published this year are representative in the field of video intervention and mental health for college students, requiring special attention. The highest average citation rate was in 2020, reaching 20.37, with a total of 30 publications.

Figure 5 displays the top 10 articles with the highest global citations from 1990 to 2024. As shown in the figure, the top three articles with the highest global citations are from 2020 and 2017, with 1369, 570, and 356 citations respectively.

Figure 3. Annual scientific output for video intervention and mental health for college students research, 1990-2024.

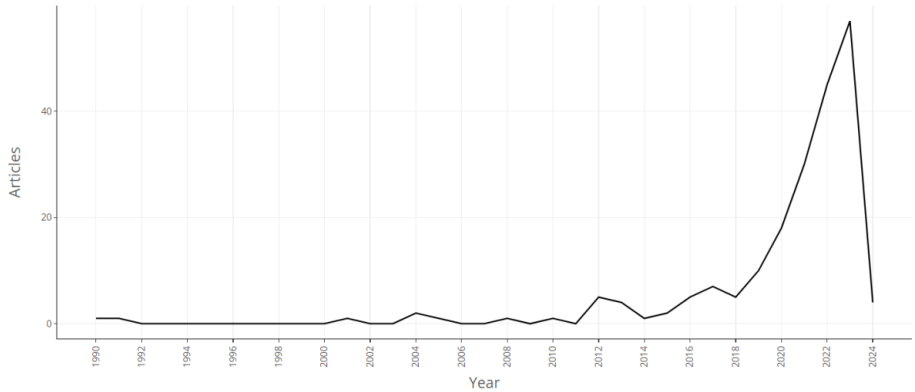


Figure 3. Annual scientific output for video intervention and mental health for college students research, 1990-2024

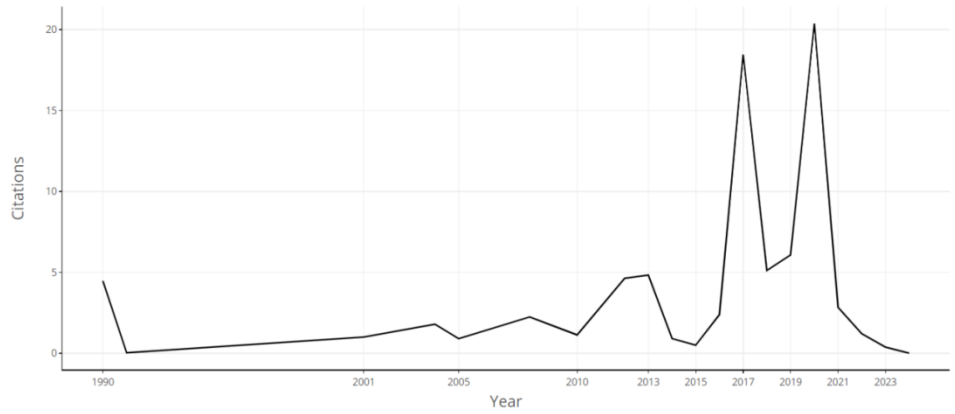


Figure 4. Average number of citations per year of articles used in the field of video intervention and mental health for college students research, 1990-2024

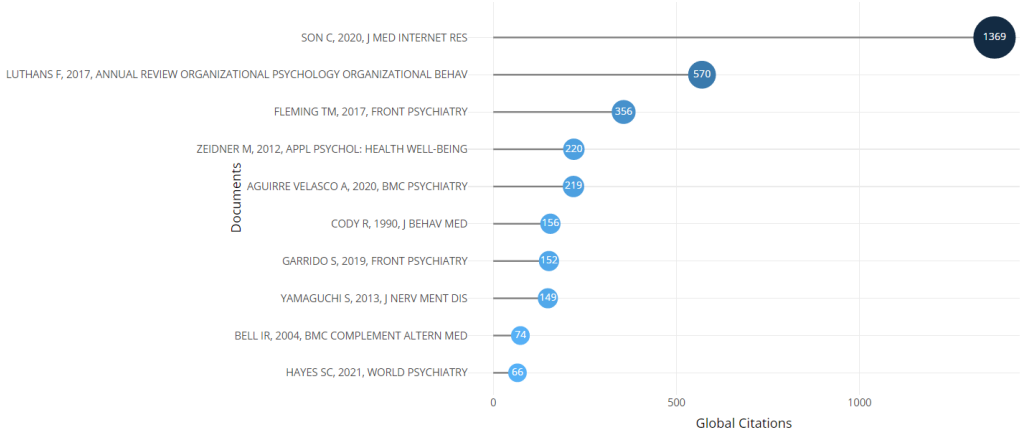


Figure 5. Top 10 most local cited documents published on video intervention and mental health for college students research field

Analysis of the Authors

Figure 6 displays the output of the top 10 most relevant authors from 2017 to 2023. The red line represents the timeline of each author. For instance, EISENBERG D published 3 articles in the field of video intervention and mental health for college students from 2017 to 2023 and has the longest duration among the authors. The size of the bubble corresponds to the number of documents published in that year. For example, WANG Y published 3 papers in 2023. Additionally, the intensity of the bubble color is correlated with the total number of citations per year. For example, the citation rate of papers published by AHMAD F, MOINEDDIN R, and RITVO P is higher than that of other authors. From this figure, it can be observed that the number of publications and citation rates of articles on video intervention and mental health for college students has increased, especially after 2020, indicating a significant rise in interest from researchers in this field.

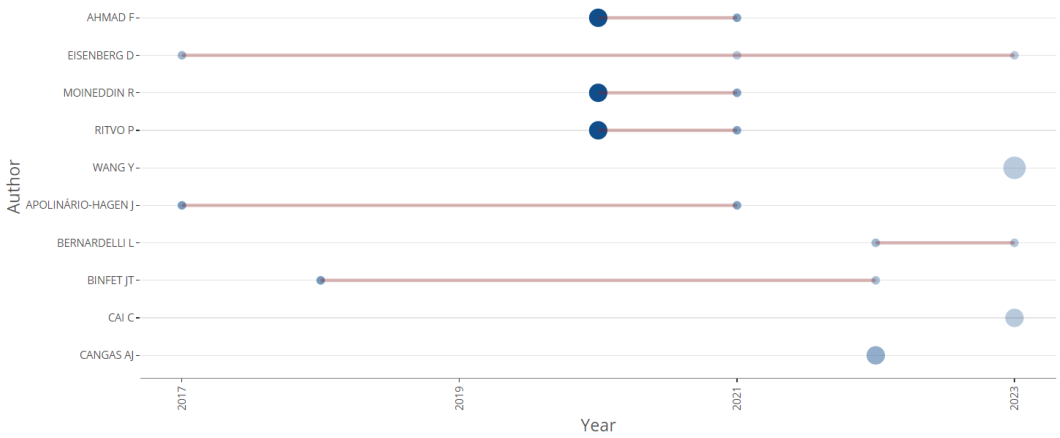


Figure 6. Top 10 most relevant author's production on video intervention and mental health for college students research field from 2017 to 2023 (red line: the author's timeline, bubble size: the number of publications, bobble color intensity: total citations per yea）

Source Analysis

Figure 7 presents the top 10 publishers that are most relevant to video intervention and mental health for college students. Foremost, the INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH is the primary journal in this field, with 19 papers published from 1990 to 2024. Secondly, the JMIR MENTAL HEALTH journal holds the second position, encompassing 9 related articles. The JOURNAL OF MEDICAL INTERNET RESEARCH has published 6 articles. Therefore, for those researching video intervention and mental health for college students, the first three journals in the image are significant when preparing to submit a paper.

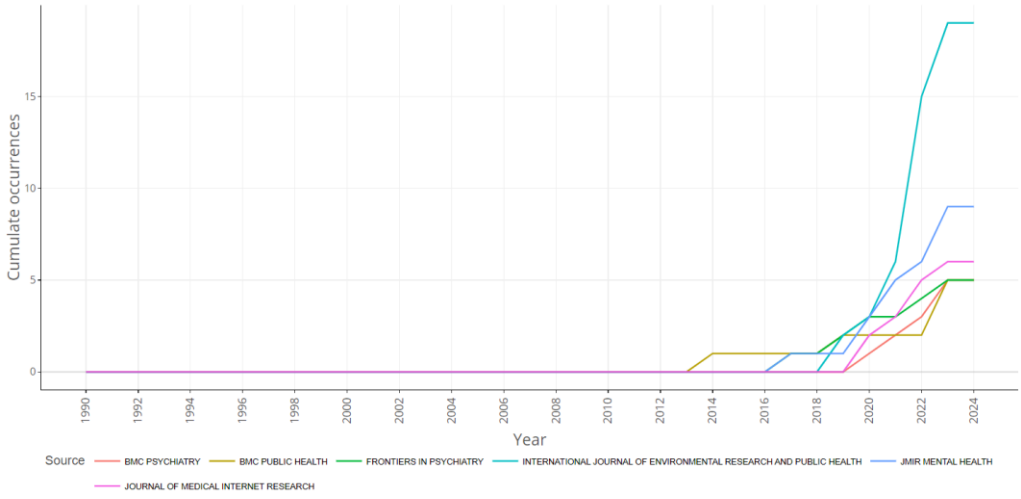


Figure 7. Top 10 most relevant sources by the number of documents published on video intervention and mental health for college students research.

Figure 8 illustrates the trend in the number of publications in the top six journals from 1990 to 2024. BMC PUBLIC HEALTH was the initial journal to publish articles in this field and has exhibited continuous growth over the past decade. Despite the INTERNATIONAL JOURNAL OF

ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH journal only emerging in 2018, the annual number of publications has rapidly increased and is poised to surpass other journals in 2022, establishing itself as the leading journal in the field.

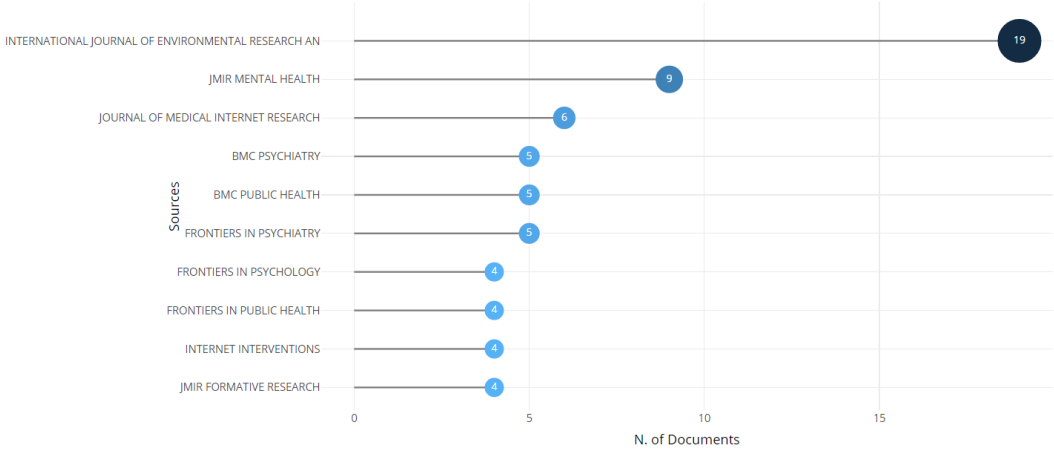


Figure 8. Annual incidence of the top 8 most relevant sources in video intervention and mental health for college students from 1990 to 2024.

Analysis of the State

A total of 201 papers were published in the field of video intervention and mental health for college students, spanning 46 countries. Figure 9 depicts the top 20 countries ranked according to their scientific output. The red line represents the publication rate in the corresponding author's country, involving one or more foreign partners. The figure indicates that the USA (42), AUSTRALIA (20), and CHINA (20) are the three most prominent countries in the field of video intervention and mental health for college students. Notably, the USA and CHINA have engaged in the largest number of international collaborations.

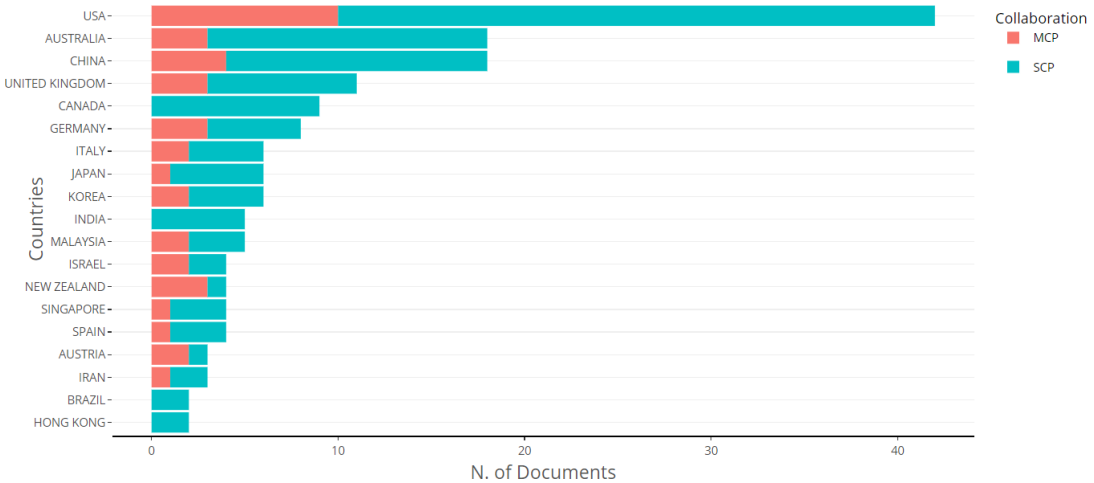


Figure 9. Top 20 corresponding author's country (red line: Multiple Countries Publication (MCP), Single Country Publication (SCP)).

Figure 10 provides a comprehensive overview of the number of documents by country of publication. Figure 11 illustrates the number of collaborative documents published by the leading countries in the research field of video intervention and mental health for college

students. Each shade of blue represents the number of documents, ranging from dark blue, which corresponds to 153 articles published by the USA, to the lightest shade, CHINA, with only one article. Based on the color intensity, it is evident that the USA is the primary research hub in the field of video intervention and mental health for college students, with CHINA being the second most productive country.

Figure 10. Country's scientific production world map of video intervention and mental health for college students research field (blue color intensity: the number of authors affiliated with each country, gray color: non-related country)

Figure 11 illustrates that the thickness of the red line is proportional to the number of joint publications between each country. The thicker the red line, the greater the cooperation between the countries at both ends of the line. From the thick red line, where the USA and CHINA have cooperated 6 times, to the thin red line, where the USA and CANADA have cooperated once. Generally speaking, the USA, CHINA, and AUSTRALIA have close scientific research cooperation relationships with many other countries.

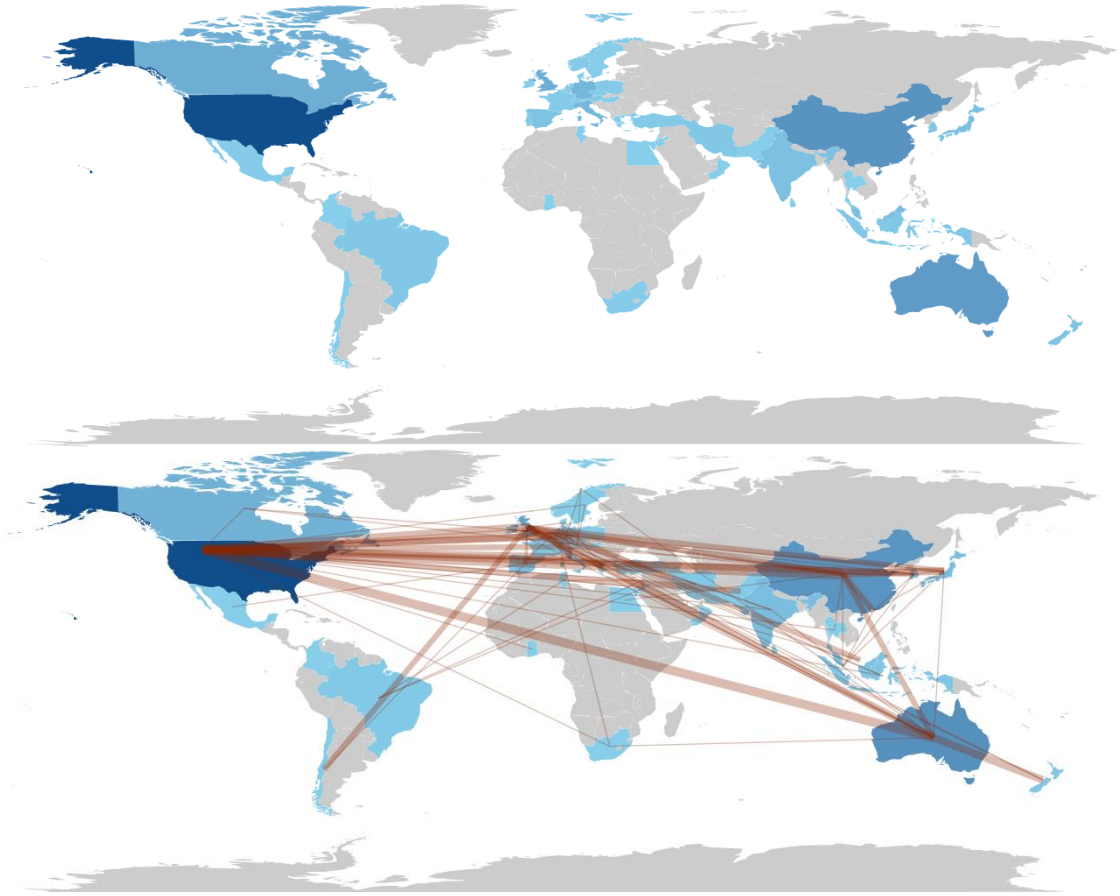


Figure 11. Country collaboration world map of video intervention and mental health for college students research field (blue color intensity: the number of documents with each country, gray color: non-related country, red line thickness: the number of joint publications)

Subject Analysis

To analyze the primary topics in publications about video intervention and mental health for college students, a keyword network was employed. Clustering keyword networks enables the highlighting of various themes. A topic map is a specific diagram representing each topic. Consequently, "human," "depression," "wellbeing," "child," "meta-analysis," "educational status," "forest," "nonhuman," "fatigue," "art therapy," "heart rate variability," "university students," and "decision trees" are the most relevant thematic indicators. The size of the bubble is proportional to the number of occurrences of the cluster word, and its position is determined by the centrality and density of the cluster. Centrality and density indicate the importance and completeness of topics in the video intervention and mental health for college students research field, respectively. Hence, highly developed and isolated topics are in the upper-left corner, mobile topics are in the upper-right corner, and emerging or declining topics are in the lower-left corner, such as art therapy, heart rate variability, university students, and decision trees. These words appear rarely and are located in emerging or declining topic areas, indicating that these topics have not received much attention or have only recently garnered attention. The primary and horizontal themes are in the lower-right corner of the theme map. Conversely, nonhuman, meta-analysis, and human are three cluster representatives located in the mobile quadrant, indicating that they have matured in the field of video intervention and mental health for college students and are important to the structure of the research field（Cobo et al., 2018）. Meta-analysis keyword topics are the most important topics and have the highest centrality, while human and depression are the most frequently occurring keyword topics.

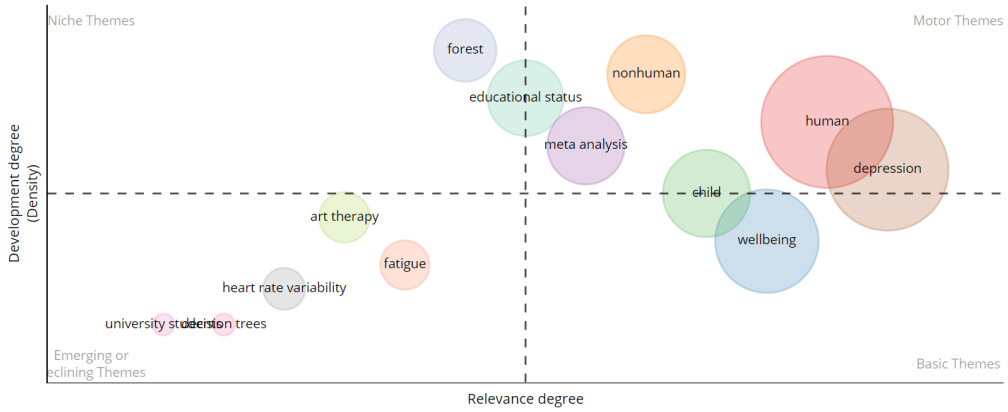


Figure 12. Thematic map of keywords network clusters in video intervention and mental health for college students research field (bubble size: the clusters word occurrence).

Keyword Analysis

Figures 13 and 14 display graphs representing three fields, with a focus on the most important keywords. Figure 13 illustrates the selection of three primary metadata fields. It highlights the relationship between the most frequent keywords, well-known authors, and significant sources. According to Figure 13, MOINEDDIN R and AHMAD F extensively utilized the keywords in their publications. The keywords "mental health," "depression," "randomized controlled trial," "anxiety," and "COVID-19" are consistently among the most frequently used in articles, by authors, and in journals. Journals such as JMIR MENTAL HEALTH and INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH are prominent publishers in the field of video intervention and mental health for college students.

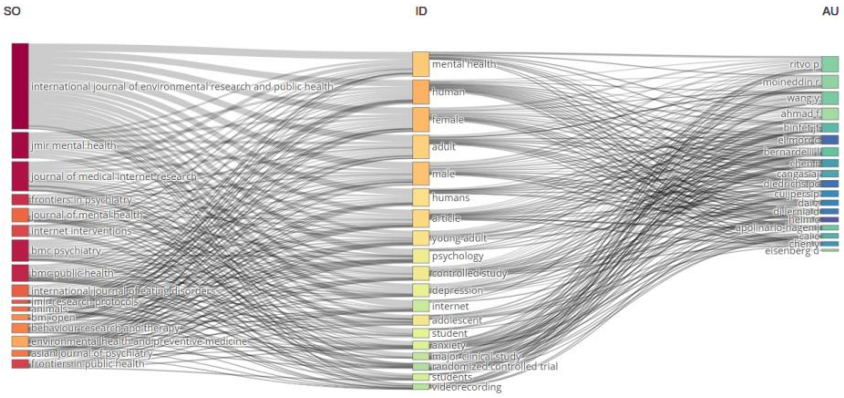


Figure 13. Three-field plot for the relationship among top keywords (the middle field), top authors (the right field), top sources (the left field) in video intervention and mental health for college students publications.

Figure 14 was generated by selecting the other three metadata fields. The middle field represents keywords, the left field represents journals, and the right field represents authors. A keyword plus is a word or phrase that frequently appears in a title citation and is automatically generated by a computer algorithm. Analyzing the popular research topics represented by keyword plus in the field of video intervention and mental health for college students will assist readers in discovering the latest research. Figure 14 indicates that keyword plus reflects the research objects that researchers most commonly select, such as human, female, adult, male, and student. Additionally, there are research topics, such as psychology, controlled study, anxiety, major clinical study, and video recording. Journals such as "International Journal of Environmental Research and Public Health," "Journal of Mental Health," "Internet Interventions," and "Behaviour Research and Therapy" have all published articles on keywords related to video recording, psychology, and students. These journals can be considered ideal choices as top journals in the field of video intervention and mental health for college students.

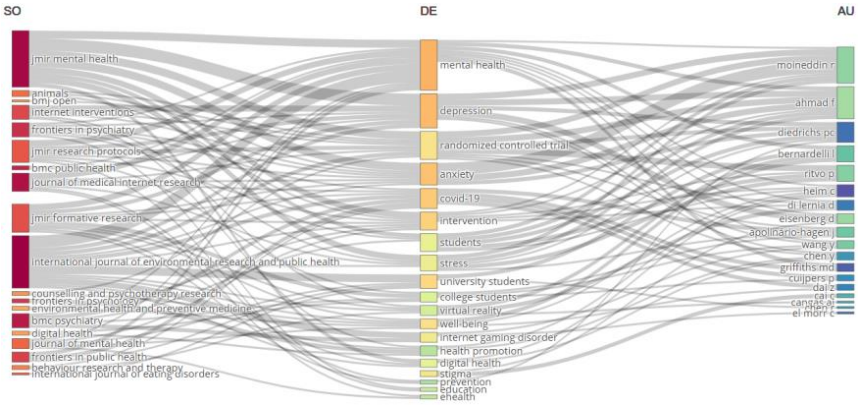


Figure 14. Three-field plot for the relationship among top keywords plus (the middle field), top authors (the right field), top sources (the left field) in video intervention and mental health for college students publications.

Figure 15 illustrates the relationships between keywords in all publications through the design concept structure diagram. The two points in the figure represent the average position of the

documents associated with each keyword, while the center point signifies the core of video intervention and mental health for college students. In a conceptual structure, the words from each document are interconnected in a network. This co-word network structure aids readers in comprehending the topics within the research field and identifying the frontiers of research. Data reduction techniques, such as factor analysis, facilitate the identification of subdomains, distinct from network analysis. Correspondence analysis (CA) serves as a dimensionality reduction technique in the process of generating concept formation diagrams.

Figure 15 illustrates that each color represents a cluster of known words. Consequently, these keywords are categorized into two groups. The blue cluster comprises only two keywords: review and systematic review. Conversely, the red cluster distinctly indicates that it contains significantly more keywords than the blue cluster, totaling 41 keywords. University student and behavior, human experiment and video recording, anxiety and depression are all closely grouped.

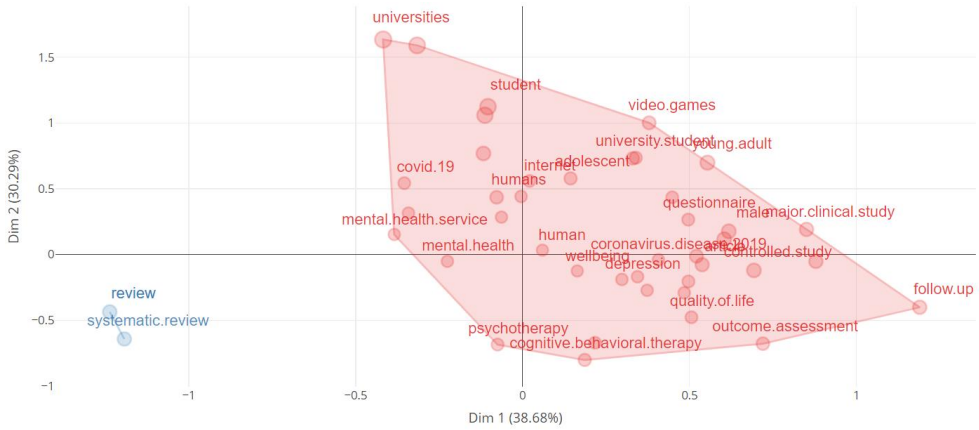


Figure 15. Conceptual structure map of keywords in video intervention and mental health for college students publications (Dim.1 and Dim.2: the average position of the articles included in each keywords

Figure 16 presents an alternate conceptual diagram of the keyword titled "Topic Treemap". This figure contains identical information to Figure 15, albeit presented in a different perspective. Typically, this conceptual framework tree displays two sets of keywords. The height is determined by the distance between words or phrases. Each dendrogram illustrates a partition and arranges it in its appropriate location. The greater the distance between words, the less likely they are to appear in the same article.

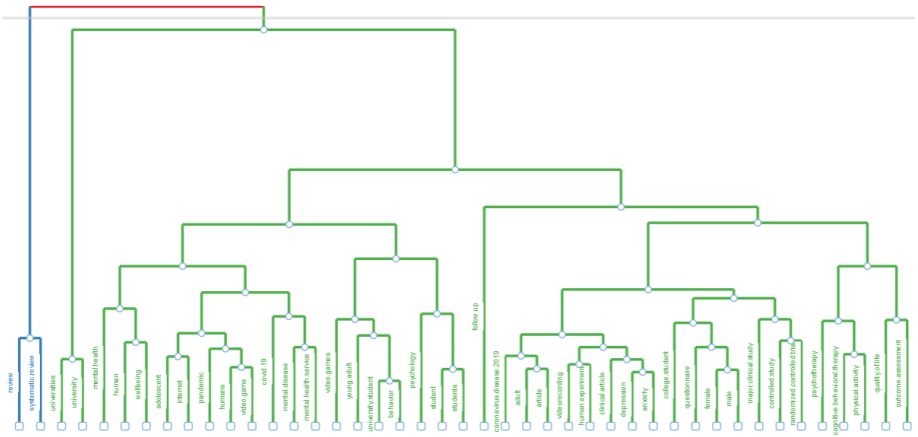


Figure 16. Conceptual structure Topic Dendrogram of keywords in video intervention and mental health for college students (height: the distance among clusters of words)

At times, readers may require a swift understanding of the most representative vocabulary in the research field. Figures 17, 18, 19, and 20 display keyword plus, author keywords, title keywords, and abstract words at the top of these sections. The inclusion of keywords and words enhances the depth of the article's content. Author keywords constitute a list derived from the author's subjective perspective based on the content of the article. While in bibliometric analysis, both keyword plus author keywords and keyword plus are equally effective in exploring content related to learning or culture, keyword plus is more comprehensive in providing content.

Figure 17 illustrates the addition of keywords related to video intervention and mental health for college students from 1990 to February 12, 2024. The font size and different colors of the keywords in the image indicate their respective importance. The keywords presented in Figure 17 range in frequency from 142 to 16 times. Terms like human, female, male, mental health and adult are among the most frequently occurring and are considered top keywords in this research field. Figure 18 presents the author’s keywords, which occur from 46 to 3 times, primarily encompassing terms such as mental health, depression, anxiety, COVID-19, intervention, and university students. Figure 19 indicates that the keywords appearing in the title, such as health, mental, students, and intervention, are the most relevant. Figure 20 displays the words that appear in the abstract. The most frequent terms include health, mental, students, intervention, and study. These commonly occurring abstract terms are frequent in publications related to video intervention and mental health for college students. In summary, it is surprising that the keywords in authors, titles, or abstracts exhibit very similar patterns. Therefore, when writing, it is advisable to pay attention to incorporating more related words in the title, abstract, or as keywords in the publication.

Figure 21 illustrates the count of top keywords related to video intervention and mental health for college students spanning from 1990 to February 12, 2024. The research topic of mental health has experienced rapid growth since 1990, reaching 46 in 2024. Since 2013, the frequency of research on keywords such as university students, well-being, and intervention

has been gradually increasing. Anticipatedly, there will be further research conducted in the field of video intervention and mental health for college students on these topics.

Figure 17. Top keywords plus in video intervention and mental health for college students publications (font size: word occurrences)

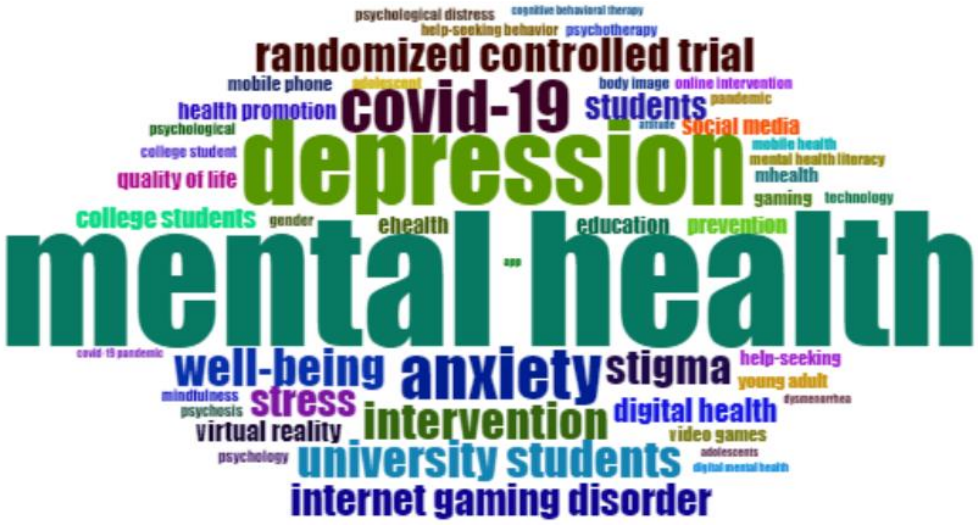


Figure 18. Word of top author's keywords in video intervention and mental health for college students publications (font size: word occurrences)

Figure 19. Top title words in video intervention and mental health for college students publications (font size: word occurrences)

Figure 20. Top abstract words in video intervention and mental health for college students publications (font size: word occurrences)

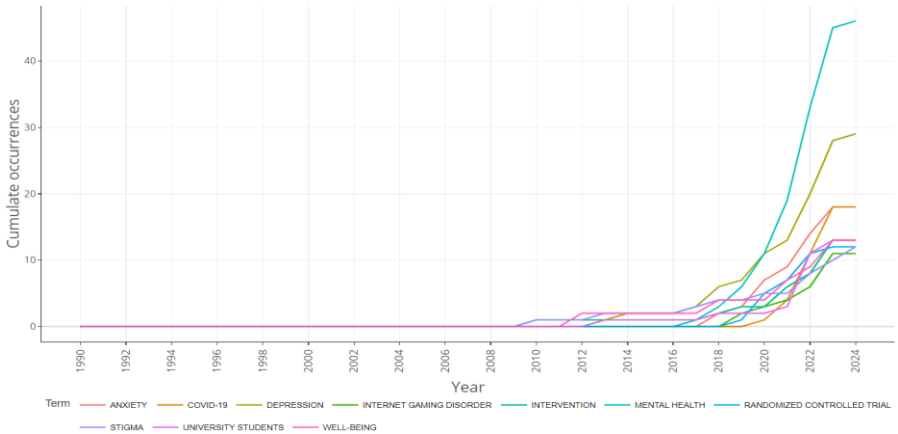


Figure 21. Annual occurrences of top keywords in video intervention and mental health for college students research field within 1990 to 2024 period

Qualitative Analysis

Between 1990 and February 2024, a total of 201 papers were published in the literature pertaining to video intervention and mental health for college students. Out of these, 166 are articles. This section involves a qualitative analysis of the 10 most cited articles.

These ten highly cited articles span various research areas, encompassing mental health, religious rituals, psychological interventions, video games, skin cancer prevention, therapy dogs, Internet addiction, depressive symptoms, happiness assessment, COVID-19, and the prevalence of depressive symptoms and suicide-related ideation during the epidemic. They also explore the impact of technology and media use on the physical and mental health of adolescents and college students. Literature indicates that reciting religious rituals, such as the Rosary, can significantly reduce both state and trait anxiety when compared to watching religious videos. These findings suggest that religious rituals, in and of themselves, may have beneficial effects on mental health, particularly in reducing anxiety (Anastasi & Newberg, 2008). Anastasi et al. (2008) emphasized the potential acute psychological benefits of ritual interventions like the rosary but also acknowledged the need for further research to determine additional psychological and possible physical benefits of rituals in both acute and long-term settings. These findings establish a crucial theoretical foundation for employing religious rituals in psychological interventions. Amid the COVID-19 epidemic, around 11% of Japanese college students experienced moderate depressive symptoms and suicidal-related ideation. Negative lifestyles like smoking and drinking, along with being female, are considered significant risk factors for depressive symptoms, whereas exercise and seeking advice from others about worries are deemed protective factors (Nomura et al., 2021). As per Bell et al. (2007), it was discovered that, compared with American students, Asian students exhibit a higher risk of online social network addiction and Internet addiction but a lower risk of online game addiction. Asian Americans are more inclined not to seek treatment relative to whites, and this tendency may be linked to potential differences in help-seeking patterns based on race. Nevertheless, some Asian students are generally more prone to experiencing depression than their American counterparts, highlighting the complexity and diversity of the relationship between Internet addiction and mental health (Tang et al., 2018). Based on the above, it is evident that college students have a preference for online assistance over face-to-face professional help, and a majority of individuals are willing to seek assistance from professionals both online and face-to-face （Tang et al.,2018;Lungu & Sun, 2016）. The ten highly cited articles employed a diverse range of research methods, encompassing experimental design, survey research, and quantitative analysis, to delve into various issues in the fields of religious rituals, psychological intervention, Internet addiction, mental health, and other domains. Anastasi et al.'s (2008) experiment aimed to assess the effects of religious rituals using a true pre- and post-test factorial design. Participants were randomly assigned to different conditions, with one group reciting the Rosary and the other watching religious videos. Anxiety levels were evaluated through tests conducted before and after treatment, utilizing tools such as the State-Trait Anxiety Inventory. In their statistical analysis, Lungu and Sun (2016) utilized software such as SPSS to conduct data analysis. The methods included descriptive statistics, Pearson chi-square tests, multinomial logistic regression, and other techniques to assess the correlation and influence among different factors. Throuvala et al. (2019) employed tools like the PROCESS Model for data processing and result analysis to unveil the relationships and impacts among different variables. Taking a comprehensive perspective, these studies showcase novel developments and discoveries across various

fields, holding significant theoretical and practical implications. Among them, investigations into the positive effects of religious rituals, therapy dogs, and serious games on emotional health, as well as the relationship between Internet addiction and depressive symptoms, have yielded fresh ideas and methods for mental health intervention and treatment. Additionally, studies on depressive symptoms and suicide-related ideation during the COVID-19 epidemic hold crucial reference value for crafting pertinent intervention strategies. These studies offer essential theoretical and empirical support to enhance comprehension and responses to mental health problems, along with providing valuable insights for future research and intervention. Nevertheless, further research is still required to delve into these issues and formulate more effective intervention strategies to enhance people's mental health and well-being.

Conclusion

The study conducted an in-depth exploration of the video intervention research literature on the mental health of college students from 1990 to 2024 through quantitative and qualitative analysis. By using the Scopus database for bibliometric analysis, the current research status, main research topics, methods and trends in this field are revealed. The findings show that the number of studies on video intervention and college student mental health has continued to grow since 2018, with the United States, Australia and China being the countries with the most published articles in this field. The INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH and JMIR MENTAL HEALTH emerged as the most relevant journals for research on video intervention and mental health for college students. In addition, the study also found that keywords related to human beings, mental health, students, and intervention The increasing visibility of these topics demonstrates the growing importance of these topics in video intervention and college student mental health research. Qualitative analysis further revealed the most interesting research topics in the field, including religious rituals, psychological interventions, internet addiction, video games, skin cancer prevention, therapy dogs, depressive symptoms, happiness assessment, and the impact of COVID-19 on mental health. The study used a variety of methods, such as experimental design, survey research, and quantitative analysis, to gain an in-depth understanding and evaluation of the impact of different factors on mental health. These research results not only enrich theoretical knowledge in the field of mental health, but also provide new ideas and methods for psychological intervention and treatment. At the same time, they also emphasize the need to pay attention to mental health issues and timely intervene during specific periods (such as during an epidemic). Despite some research findings, further research is needed to deepen our understanding of these issues and develop more effective mental health intervention strategies.

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