Life satisfaction of non-mobile *vs.* mobile postgraduates intra EU and outside EU Universities, and its associations with mental health and career attitudes.

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Background: Experiences of university' mobility abroad is increasing and the success of this transition for postgraduates depend on their life satisfaction (LS). **Aims:** (1) to analyse the associations between LS, mental health factors, career attitudes and socioeconomic characteristics, (2) to determine, for each group, the factors which contribute to their LS among the postgraduates (non mobile, mobile intra EU & mobile outside EU) from Luxembourg

Design study: A cross-sectional research design was applied using an online survey questionnaire.
Data collection: All postgraduates registered at the Luxembourg Centre for Documentation and Information on Higher Education database were contacted by post to participate at an online questionnaire (in English or French).
Mesurement Instrument:
1.Life Satisfaction - LS (1 item) (dependent variable),
2.Mental health factors: Health Satisfaction – HS (1 item), Quality of Life Autonomy – QoL-A (4 items) and Penn State Worry questionnaire - Worry (3 Items),
3.Career Attitudes : career ADaptability (AD :4 items), career OPtimism (OP :4 items), career related-KNowledge (KW :2 items) & career PLanning (PL:3 items)
4.Perceived Financial situation (PFS) and sociodemographic characteristics.
Satistical analysis: Bivariate tests and correlations were performed for association analyses between the variables. Respondents who did not mention the country of their studies were excluded from the analysis. Only significant relationships (p<0.05) were used in the multiple linear model.

Results: Form 644 participants three groups were consisted: non-mobile (n=66), mobile intra EU (n=382) and outside EU (n=44) groups:
1.For non-mobile group (mainly women), health satisfaction, career optimism and career planning attitudes were associated with LS,
2.For mobile intra EU group (mainly female), health satisfaction, autonomy in quality of life and career adaptability attitudes were positively associated with LS, Worry score were negatively related to LS,
3.For mobile outside EU group (mainly men), better health satisfaction contributes to the higher LS.

Table 2: Associations between mental health factors, career attitudes and LS, for each group.

Life satisfaction [1-10]		b[1]	SE[2]	L95[3]	U95[4]	p[5]
Non-mobile		**b[1]**	**SE[2]**	**L95[3]**	**U95[4]**	**p[5]**
Financial situation	[1-10]	0.098	0.080	-0.058	0.255	0.218
Mental health factors						
	HS	0.487	0.189	0.116	0.858	**0.010****
	Qol-A	-0.178	0.159	-0.490	0.134	0.264
	Worry	-0.001	0.075	-0.148	0.146	0.988
Career attitudes	AD	-0.071	0.133	-0.333	0.191	0.595
	OP	0.402	0.147	0.113	0.691	**0.006****
	PL	0.214	0.096	0.026	0.402	**0.026***
Mobile in EU		**b[1]**	**SE[2]**	**L95[3]**	**U95[4]**	**p[5]**
Financial situation	[1-10]	0.029	0.032	-0.035	0.092	0.375
Mental health factors						
	HS	0.499	0.081	0.339	0.659	**≤0.001*****
	Qol-A	0.208	0.055	0.100	0.316	**≤0.001*****
	Worry	-0.146	0.031	-0.206	-0.085	**≤0.001*****
Career attitudes	AD	0.128	0.054	0.023	0.233	**0.017***
	OP	0.084	0.057	-0.028	0.196	0.143
	PL	-0.008	0.034	-0.074	0.059	0.819
Mobile outside EU		**b[1]**	**SE[2]**	**L95[3]**	**U95[4]**	**p[5]**
Financial situation	[1-10]	0.047	0.094	-0.137	0.231	0.616
Mental health factors						
	HS	0.922	0.299	0.334	1.511	**0.002****
	Qol-A	0.290	0.258	-0.217	0.797	0.261
	Worry	-0.158	0.098	-0.350	0.033	0.105
Career attitudes	AD	-0.015	0.238	-0.484	0.453	0.949
	OP	0.018	0.197	-0.368	0.405	0.925
	PL	0.063	0.134	-0.200	0.327	0.637

[1]b = Parameter estimate; [2]SE = Standard error; [3]L95 = Lower limit of the 95% confidence interval; [4]U95 = Upper limit of the 95% confidence interval; [5]p = Significance level of the t-test.

Conclusion: Better LS mobilized capability of postgraduates to study aboard, which is related with higher career attitudes and better QoL - autonomy. However this relationship remains only true for masters studying in EU countries. Our findings could be applied to promote programs proposed by the universities' services. Counseling and career project accompaniment may help to enhance postgraduates' LS.

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Table 1: Description of LS scores, socioeconomic, mental health factors and career attitudes, for each group.

		Non mobile	Mobile in EU	Mobile outside EU	
		% or Mean (SD)	% or Mean (SD)	% or Mean (SD)	p[1]
Life Satisfaction	[1-10]	7.9 (1.5)	7.8 (1.6)	8.5 (1.5)	0.043*
Age		31.0 (8.6)	26.6 (5.2)	27.4 (8.1)	<0.001***
Sex	Male	48.4	42.2	63.2	0.038*
	Female	51.6	57.8	36.8	
Type of household	Not living alone	93.7	64.3	57.9	<0.001***
Financial situation [1-10]	PFS	6.7 (2.3)	6.7 (2.2)	7.4 (2.7)	0.157
Mental health fact. [1-10]	HS	7.4 (2.3)	7.4 (2.2)	7.9 (2.0)	0.438
	QoL - A	6.9 (1.6)	6.8 (1.6)	7.5 (1.3)	0.048*
	Worry	4.4 (2.4)	4.0 (2.4)	3.8 (2.4)	0.486
Career attitudes [1-10]	AD	7.8 (1.6)	7.5 (1.4)	8.1 (1.1)	0.012*
	OP	7.1 (1.5)	7.1 (1.6)	7.8 (1.3)	0.034*
	KN	6.0 (2.4)	5.6 (2.3)	5.7 (2.1)	0.440
	PL	6.6 (2.0)	6.5 (2.3)	6.4 (2.1)	0.772

[1] Significant p-value: *p < 0.05; **p < 0.01; ***p < 0.001

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