



Healthy Campus Case Study



HEA

An tÚdarás um Ard-Oideachas
The Higher Education Authority

AMLÉ Gambling, Substance Use and Mental Health Survey 2026

Institution/ Organisation

Aontas na Mac Léinn in Éirinn (AMLÉ) (in partnership with Ulster University & the Gambling Regulatory Authority of Ireland)

Who leads/ led the project?

Mental Health Programme Manager Sarah Hughes alongside Dr Elaine Murray from Ulster University

Date and timeframe

Academic year 2025-2026

Project Rationale

There has been no post-covid large-scale data collected on student mental health or substance use. There has never been any data collected on student gambling in Ireland

Project Overview/ Summary

AMLÉ identified a lack of recent data in some key areas relevant to our work. There has never been data collected on student gambling; and there was no post-COVID data on student mental health or student substance use in Ireland. AMLÉ partnered with the newly formed Gambling Regulatory Authority of Ireland (GRAI) in putting together the gambling section of the survey.

We developed the survey questions in collaboration with the GRAI and one of the researchers who conducted the 2021 Drug Use in Higher Education survey, as well as a review of the 2019 USI Student Mental Health Report.

We collaborated with Dr Elaine Murray at Ulster University for added oversight and ethics approval was obtained from Ulster University.

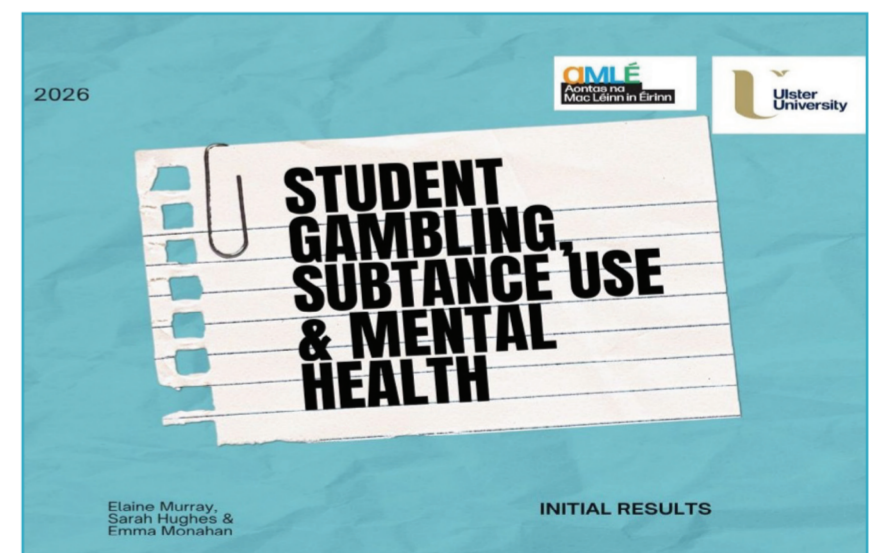
We rolled out the survey in Autumn 2025 using the AMLÉ mental health podcast, social media posts, inclusion in the AMLÉ mental health newsletter, emails and in-person on-campus recruitment.

Once the data collection was complete, the data was analysed and initial results were collated into three reports. These reports were launched at an event in DCU in February 2026.

Going forward, the data will be used to inform AMLÉ campaigns and lobbying, and AMLÉ will collaborate with relevant parties such as PCHEI, NOSP, GRAI and others to further analyse and make use of the data.

Key Learning Points

Students are asked to complete a lot of surveys, and this poses challenges for recruitment. We used a combination of recruitment methods, although from an ethical perspective we were restricted in leaning too much on advertising our incentive due to our gathering of data on gambling. In-person data collection was most successful, as was the use of a push notification from an app used by AMLÉ with students. Students were very interested in what was going to come of this data being gathered and seemed more likely to complete the survey on learning concrete action would be taken with it.



Limerick Framework for Action

Partnership	Research	Celebrate
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Whole Campus Approach

Leadership, Strategy & Governance (Pillar 1)
Health Focused Area (Pillar 5)

