2025 / ANNUAL SUSTAINABILITY REPORT

SDG 3 | Good Health and Well-being

Khazar University · Baku, Azerbaijan

REPORTING PERIOD JANUARY–DECEMBER 2025

Institutional Approach

Khazar University supports good health and well-being through on-campus medical and psychological services, research, health education and partnerships with health institutions. In 2025, the University strengthened cooperation and shared knowledge on mental health, disease prevention, first aid and the links between human, animal and environmental health.

204	**70+**	**24**
First-year students in mental-health research	Researchers at One Health conference	Conference presentations

3.1 Research on health and well-being

In 2025, Khazar University continued to strengthen its contribution to health-related scientific research, with **109 final-status Scopus-indexed research articles and reviews associated with SDG 3 (Good Health and Well-being)**. These publications reflect the University's interdisciplinary engagement in mental health, disease prevention, oncology, infectious diseases, and innovative healthcare technologies.

Mental health and psychological well-being constituted an important area of research. Badillo-Sánchez et al. (2025) examined the psychological impact of the COVID-19 pandemic on nursing students through a systematic review and meta-analysis. Koçak et al. (2025) investigated the relationship between social network addiction, online gaming addiction, loneliness, and suicidal ideation, contributing to research on emerging mental health challenges in digital environments.

Research on **disease prevention and non-communicable diseases** included a study by Azadi et al. (2025), which examined the effectiveness of an educational intervention in promoting breast cancer prevention behaviours among women. Amilo et al. (2025) explored the integration of machine learning and mathematical modelling to assess diabetes risk in women.

The University's research contributions also extended to **cancer treatment and medical diagnostics**. Naik et al. (2025) investigated mathematical approaches to modelling cancer treatment through radiotherapy, while Mehmood et al. (2025) explored deep learning techniques for improved classification of leukocytes in bone marrow cytology.

In the field of **infectious diseases**, Ramzan et al. (2025) developed a mathematical model examining gonorrhea and HIV coinfection, with particular attention to disease transmission and associated health risks.

Together, these publications demonstrate Khazar University's engagement in international scientific collaboration and interdisciplinary research addressing significant public health challenges. They contribute to scientific knowledge relevant to disease prevention, mental well-being, diagnostic innovation, and the development of evidence-informed healthcare approaches.

Selected Research Publications (2025)

1. **Badillo-Sánchez et al. (2025).** *Impact of the COVID-19 pandemic on the mental health of Nursing students: A systematic review and meta-analysis.* Medicine. DOI
2. **Koçak et al. (2025).** *The relationship between social network addiction, online gaming addiction, and suicide ideation: mediating and moderating role of loneliness.* BMC Psychology. DOI
3. **Azadi et al. (2025).** *Effects of an Educational Health Belief Model Program on Promoting Preventive Behaviors for Breast Cancer Among Women in Iran.* Journal of Patient Experience. DOI
4. **Amilo et al. (2025).** *An integrated machine learning and fractional calculus approach to predicting diabetes risk in women.* Healthcare Analytics. DOI
5. **Naik et al. (2025).** *Modeling and computational study of cancer treatment with radiotherapy using real data.* PLOS ONE. DOI
6. **Mehmood et al. (2025).** *Improved leukocyte classification in bone marrow cytology using convolutional neural network with contrast enhancement.* Scientific Reports. DOI

7. **Ramzan et al. (2025).** *Modeling gonorrhea and HIV coinfection with predictive analytics for disability and mortality risks*. Scientific Reports. DOI

In 2025, Psychology Department researchers presented findings on 204 first-year students at an international congress, examining psychological symptoms during the transition to university. Findings from research involving the same number of students were also published in Azərbaycan Məktəbi (Issue 1, 2025).

Research in other areas included the International Work Addiction Scale study on occupational well-being, with 31,352 employees from 85 cultures, and presentations on bioactive compounds and biomedical materials at the International Pharmaceutical Sciences Congress in May 2025. Together, these studies and scientific exchanges supported the University's work on psychological well-being and health-related innovation.





3.2 Number graduating in health professions

Khazar University provides education in psychology and related fields that can support future roles in mental-health services and research. Its Clinical Psychology and General Psychology postgraduate teaching was strengthened in 2025 through Erasmus seminars with Akdeniz University academics on grief, positive discipline and parenting. The University also expanded veterinary education and practical learning through its cooperation with Hasvet. These activities support professional preparation but are not presented as a count of graduates in health professions.



3.3 Collaborations and health services



The University's Health Care Center provides free primary medical support, first aid and access to health information for students, faculty and staff. Its guidance also includes prevention, family planning and reproductive health. The Psychological Counseling and Psychotherapy Center offers psychological support, while the University's Health and Well-being Policy describes support for student and staff well-being. These are ongoing institutional services rather than programmes first created in 2025.

Health education and emergency preparedness remained active throughout the year. A civil defence activity in February introduced practical first-aid techniques, and a March seminar explored psychological support in emergencies. On 30 October 2025, a joint first-aid training with the Association of Private Medical Institutions and Medic School covered cardiac arrest, choking, bleeding, burns and other emergency responses. Participants received training certificates.



Khazar University also supported preventive health education beyond campus. At a Baku Youth Center seminar on 7 October, a University psychologist discussed the health and psychological risks associated with early marriage. In December, awareness sessions on substance use were conducted with public institutions, including activities at Secondary School No. 138 and Secondary School No. 42. The University also held a drug-prevention and early-marriage awareness event on campus on 4 December.



Scientific and professional partnerships contributed to the wider health agenda. On 1 May 2025, Khazar University signed a cooperation agreement with Hasvet covering veterinary education, clinical practice and research. Its School of Veterinary Medicine Hospital opened on 7 July, strengthening animal-health education and clinical infrastructure. These developments are part of the One Health approach and are distinct from human clinical care.



The University hosted the 4th International Conference on One Health: Problems and Solutions on 28–29 November 2025 with national and international health and research partners. More than 70 researchers from seven countries contributed 24 presentations on public health, food security, disease prevention and environmental challenges. The event encouraged cooperation across human, animal and environmental health.



Selected Activities in 2025

2025	ACTIVITY
2–3 Feb	Study on first-year psychological symptoms presented internationally
28 Feb / 3 Mar	Civil defence first aid and psychological assistance seminars
25–26 Apr	9th Azerbaijan International Psychology Conference
1 May	Hasvet veterinary education and clinical research cooperation
14 May	Pharmaceutical and biomedical research congress
7 Jul	Hasvet School of Veterinary Medicine Hospital opening
7 Oct	Community seminar on health effects of early marriage
30 Oct	First aid training with medical-sector partners
17–21 Nov	Erasmus psychology teaching and clinical practice seminars
28–29 Nov	4th International One Health Conference
4 / 16 / 24 Dec	Drug-prevention awareness on campus and in Baku schools

2025 Overview

In 2025, Khazar University maintained access to medical and psychological services, produced health-related research, organised practical health education and worked with public and private partners on prevention and professional learning. Its activities on campus and in the wider community supported awareness of mental health, first aid, addiction prevention and the One Health approach.