

Anxiety and Depression in College Students: Recommendations for Medical Providers

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Background

College students are unaware of the signs, symptoms, and health recommendations researchers and medical professionals provide to college students nationally. Previous research reports that a significant amount of college students experience symptoms of grief, worry, anxiety, and depression associated with being a college student. However, minimal strategies exist to specifically support black female college students. This project offers insight, recommendations, potential resources, and information about anxiety and depression that medical providers and college professionals can suggest for college students to employ.

Significance

By evaluating anxiety and depression, medical providers and college representatives can take preventive rather than reactive steps towards helping students manage their anxiety and depression within a collegiate environment with heightened academic and social pressures.

Research Questions

How, if at all, are college students managing anxiety and depression associated with symptoms they have experienced?
Do college students know helpful resources to address anxiety and depression?

Methods

Before expanding my research, I identified the research type that best fits the project I am completing. The research design that best fits this assignment is Descriptive design. This design answers questions on who what where why and how.

Methods

Benefit of a Descriptive Design

1. Design a solution
2. The observations made in the natural environment
3. Gathering the limitations from this study can lean towards a focused study on a specific observation
4. Can help create data that can inform important recommendations

Drawbacks of a Descriptive Design

1. The results of this analysis cannot be used to determine a definitive answer or disprove a hypothesis
2. Results cannot be replicated given the design

Personal Journey

- I attend Carlow University
- Sophomore
- Field of study: Nursing BSN (Pediatric Oncology)
- Diagnosed with Anxiety & depression

Hotline Recommendations

National Alliance on Mental Illness
Helpline: 1-800-950-NAMI (6264)

National Suicide prevention Hotline
1-800-273-TALK (8255)

Recommendations From Online Resources

Seek On-campus counseling and health centers

- Each university should provide health and counseling services to their students to better help each individual need. Most students should be aware that most on-campus services are free to the school's full student body.
 - For example, services include: therapy, psychological testing.

Campus wellness groups

- Programs similar to the Mind Works at the University of Michigan provide students with a place where they can discuss common challenges, learn about coping strategies, connect with other students and receive help for their mental health needs.

50%

Receive no education on mental health prior to going to college

1 in 3 Students reported Prolonged periods of depression

30%

Reported problems with school work due to health issues

1 in 4 Students reported having suicidal thoughts

Mental Health in College Students

Steps to Improving Anxiety and Depression

