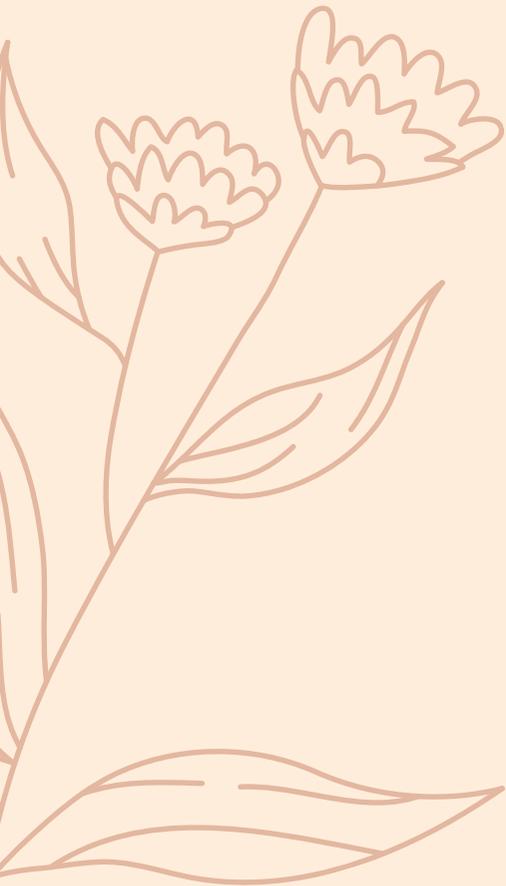
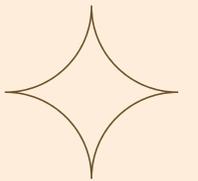


Bruins
Public
Health

Mental Health in College Students

2021-2022



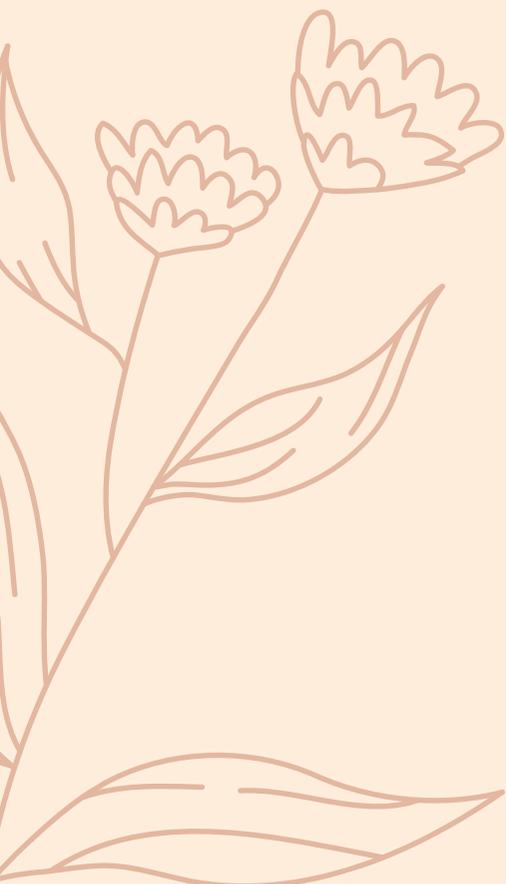
Before the pandemic

60% of U.S. students felt "overwhelming" anxiety

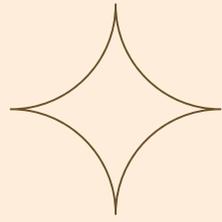
40% experienced depression so severe they had difficulty functioning

American College Health Association

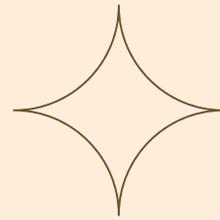
Suicidal thinking, severe depression and rates of self-injury among U.S. college students more than doubled in less than a decade



50% of students reported feeling overly anxious in the past year



Nearly 2/3 of students who develop substance abuse problems also tended to suffer from mental health disorders like anxiety and depression

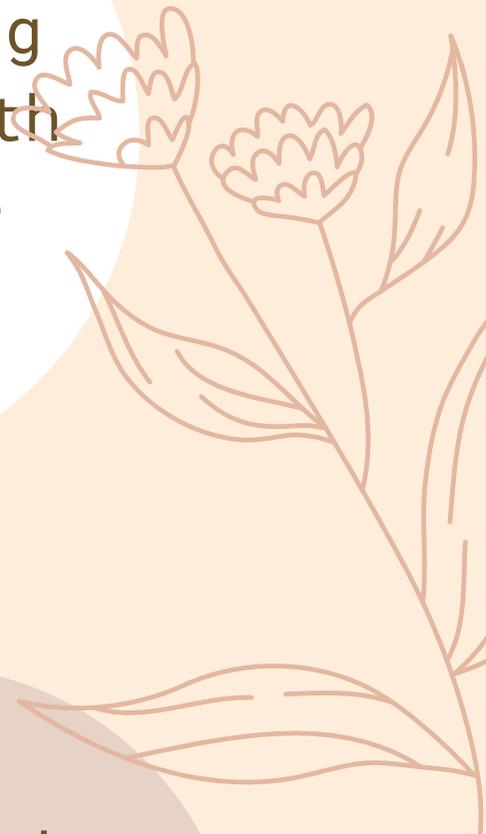
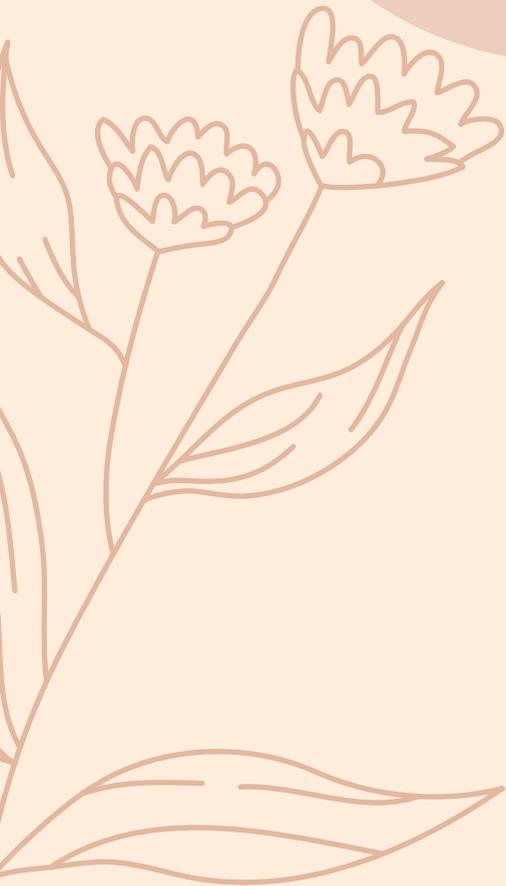


Up to 44% of college students reported symptoms of depression and anxiety

Suicide is the third leading cause of death for college students

Of those that have been diagnosed with a mental health disorder, 75% have their first episode by age 24

30% of students report feeling depressed in the past year



Statistics regarding university faculty

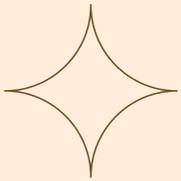


Nearly 90% of surveyed faculty members believe the pandemic has negatively influenced their students' mental health

80% of faculty have one-on-one conversations with students about their wellbeing and mental health

51% agree or strongly agree that they know how to recognize if a student is in emotional or mental distress

As a Result of the COVID-19 Pandemic

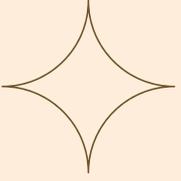


95% of college students have faced negative mental health symptoms as a result of COVID-19

37% of students feel their general mental health is affected

46% of students feel lonelier and more isolated

45% of students feel more anxious, whereas 36% are more irritable and depressed



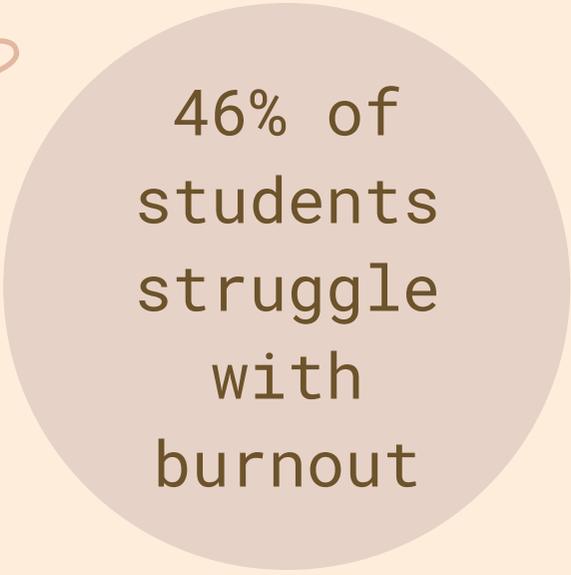
Pandemic and Education



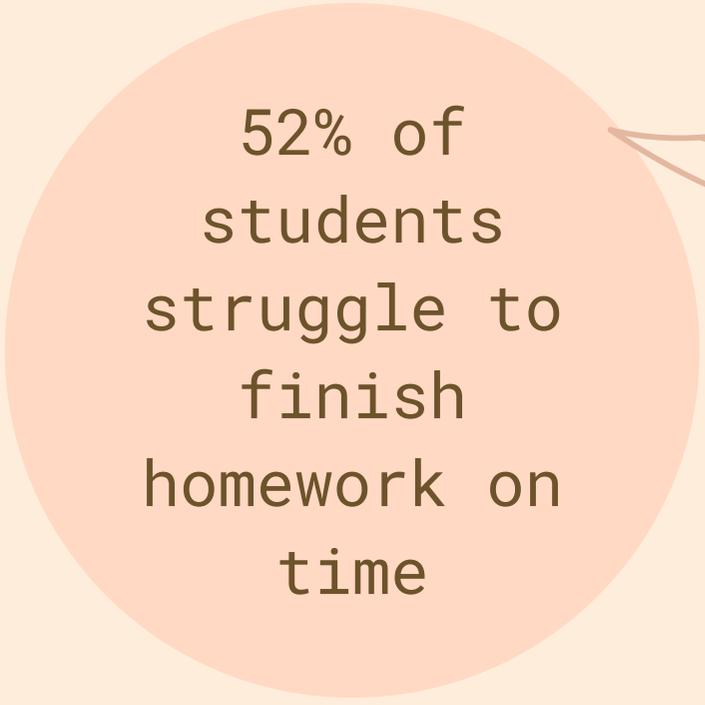
56% of students admit they have difficulty participating and engaging other students in class



37% of students struggle to attend class on time



46% of students struggle with burnout



52% of students struggle to finish homework on time

Takeaways

Coronavirus-related disruptions are mostly connected with closed campuses, loss of jobs, and physical distancing

Unfortunately, this has all affected college students' mental health

81% of college students who have been affected by the pandemic say their stress has increased

