

# PROGRAM

## ***11:30 am - Honors Practicum Presentations (Dr. Nancy Binkin)***

- **Impact Evaluation of UC San Diego COVID Response Team Wellness and Job Satisfaction**  
[\*poster\*](#)
  - Aaron Hoffer, Brianna Murillo, Clara Voong, Eric Wang
- **Evaluation of Diversity among Volunteers at a Large San Diego Non-profit Organization**  
[\*poster\*](#)
  - Sabina Burkic, Daniella Goldberg, Holly Lung, Oriyan Shoshani
- **Mental Health Care for Underrepresented Undergraduate Students at UC San Diego: Exploring Stigma and Barriers to Access (2021)**  
[\*poster\*](#)
  - Jasmine Almeria, Ashkan Hassani, Natalie Romero, Blasco Sanchez Neira
- **Back to School: Evaluation of COVID-19 Safety Policies and Vaccine Hesitancy**  
[\*poster\*](#)
  - Vincent Duong, Natalie Hoffman, Jamie Kwak, Kevin Taggart
- **BURNT Out Summer: An Evaluation of the Effects of COVID-19 on California Lifeguards**  
[\*poster\*](#)
  - Manar Alkuzweny, Callie Burns, Dharm Shah, Denisha Verma

## ***12:00 pm - Break***

## ***12:30 pm - Poster Presentations***

*See a list of group presentations by Zoom room on pages 2-7  
Abstracts for each presentation begin on page 8*

### **Group 1 - Poster Presentations (Dr. Nancy Binkin)**

- **Quality of Life among University Students Worldwide: COVID-19 Edition**  
[abstract](#) / [poster](#)
  - Lovelin Kaur, Melissa Lopez, Steve Maravillo, Amy Tang
- **Effects of COVID-19 on Food Insecurity among Low-Income Households across the U.S.**  
[abstract](#) / [poster](#)
  - Zaira Garcia, Karen Hernandez, Demitria Mo
- **Promoting the Headspace App Among UC San Diego Students**  
[abstract](#) / [poster](#)
  - Christina Le, Kruti Patel, Yixin Yang
- **E-Cigarettes Use and Mental Health during COVID-19 among UCSD Students**  
[abstract](#) / [poster](#)
  - Vi Hoang, Karen Robinson, Marlenne Velazquez-Cortes
- **Online Food Delivery App Usage During COVID-19**  
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  - Anderson Amador Corea, Paulina Corrales Ibarra, Danielle Dietrich
- **My Screen Addiction: The Effect of Prolonged Screen Time on Mental Health**  
[abstract](#) / [poster](#)
  - Annmarie Bucknum, Matthew Ilejay, Jenny Nguyen
- **Diet, Physical Activity, and Weight Gain among Undergraduate Students in the United States during the COVID-19 Pandemic**  
[abstract](#) / [poster](#)
  - Marian Buster, Eduardo Gonzalez, Isabela Rivera, Alice Xayavong
- **Vaccination Sentiments Among Adults in Southern California**  
[abstract](#) / [poster](#)
  - Alexandra Bachmann, Audreana Brancaccio, Andrea Espinosa Hidalgo, Joshua Pham

### **Group 2 - Poster Presentations (Dr. Sarah Linke)**

- **COVID-19 and Physical Activity Levels among K-12 Children in California**  
[abstract](#) / [poster](#)
  - Pooja Chittle, Leanna Gasparyan, Yea Lee
- **Building Equity: Growing the Reach, Accessibility, and Appeal of Campus Resources**  
[abstract](#) / [poster](#)
  - Claudia Aguirre, Carissa Hwu
- **Self-Care Among UCSD Marginalized Groups of Students Associated with SPACES**  
[abstract](#) / [poster](#)
  - Michael Ellasos, Valeria Jimenez
- **Assessing Post-Mastectomy Breast Reconstruction Outcomes by Race & Procedure Type**  
[abstract](#) / [poster](#)
  - Miya Busch, Tatum Lewis, Sahana Narayan
- **The Association Between Social Media Screen Time and Eating Disorder Symptoms During the COVID-19 Pandemic**  
[abstract](#) / [poster](#)
  - Perjuhi Halajyan, Jiaqui Hu, Gisselle Paez
- **Assessing the Effects of Remote Learning Instruction on Mental Health in College Students**  
[abstract](#) / [poster](#)
  - Nareh Abramian, Omar Nofal, Nicole Santoyo
- **Impact of Perceived Threat of COVID-19 Infection on Healthcare Utilization Among College Students**  
[abstract](#) / [poster](#)
  - Aida Castaneda Martinez, Elizabeth Guzman, Xochil Zarate
- **Stress and use of Social Media Platforms among UCSD Undergraduate Students during COVID-19**  
[abstract](#) / [poster](#)
  - Daisy Carapia, Umesh Narayan, Celene Phan, Savanna Yurcek

### **Group 3 - Poster Presentations (Dr. Becky Marquez)**

- **Stigma and Mental Health Utilization Among Homeless Populations across the United States**  
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  - Vanessa Falcon, Aliyah Parker, Deanhal Tawfek
- **Mental Health Outreach Initiative for Undocumented Students**  
[abstract](#) / [poster](#)
  - Cindy Ly, Laura Moran, Min-Kyung Yoo
- **FMPH Capstone x The Hub: Food and Housing Insecurities Amongst Black/African, Brown/Latinx, and Low-Income Students**  
[abstract](#) / [poster](#)
  - Biianca Benford, Faustina Ngo, Olayemi Shekete
- **The Association Between Marijuana Legalization and EVALI Cases**  
[abstract](#) / [poster](#)
  - Kevin Chik, Minh Tran, Sarah Ulloa
- **The Association Between Sugar Sweetened Beverages and Anxiety Levels in College Students**  
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  - Esmeralda Gomez, Nuha Jaman, Anh Ngo
- **Effects of Health Information Sources on COVID-19 Vaccine Acceptance Among College Students**  
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  - Lawrence Dsouza, Aj Dupaya, Marie Manipud
- **COVID-19 Pandemic and the Effects on Screen Time and Sleep Patterns**  
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  - May Le, Tawny Truong, Melanie Wong
- **Differences in Tobacco Use Behaviors Among Youth Between the United States, Latvia, and the Republic of Moldova**  
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  - Emily Kim, Gabina Moreno Murillo, Anita Wang

### **Group 4 - Poster Presentations (Dr. Sally Romero)**

- **The Impact of the COVID-19 Pandemic on Physical Activity Among College Students in Southern California**  
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  - Gabriella Busco, Samuel Kim, Samantha Zavala
- **8 Dimensions of Wellness Social Media Campaign with A.S. Office of Health and Wellness at UC San Diego**  
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  - Rebecca Chan, Anna Manukian
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  - Catherine Carrillo, Arantxa Corrales Ibarra, Scout Zweifler
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  - Kimberly Reynaga, Angie Tang, Hareth Yousef
- **COVID-19 Misinformation and Vaccine Hesitancy**  
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  - Isabel Bonifacio, David Everly, Katherine Nazarian
- **The Influence of Socio-Ecological Factors on Teen Tobacco Use in the United States**  
[abstract](#) / [poster](#)
  - Paisley Araujo, Diep Nguyen, Elle Quach
- **Beliefs and perceptions of the COVID-19 pandemic on access to Mental Healthcare**  
[abstract](#) / [poster](#)
  - Ali Danesh, Jiayi Yang

### **Group 5 - Poster Presentations (Dr. Argentina Servin)**

- **Racial Inequalities in Maternal Health in the United States**  
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  - Nancy Cardenas, Andela Medina Cruz, Leanna Mendoza, Lizbeth Roman Salgado
- **Perceptions of Prescription Drug Abuse Among College Students**  
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  - Betselot Bezabeh, Devaki Patel, Nika Weixelman
- **Impacts of COVID-19 on On-Campus Residents**  
[abstract](#) / [poster](#)
  - Xiao Deng, Zoie Octaviano, Derrick Wei
- **The Mental Health Effects of Adderall Usage in Undergraduate Students at UCSD**  
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  - Andrew Charlton, Frank Kim, John Lopez
- **The Effect of Marijuana on Reducing Severity of COVID-19 Symptoms**  
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  - Cindy Cao, Parsa Hamidein, Alma Marquez
- **COVID-19 Effects on Grocery Habits of UCSD Students**  
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  - Angela Lee, Lucy Yu
- **Differences in COVID-19 Infection Rates by Gender among Adults in Cook County Health**  
[abstract](#) / [poster](#)
  - Ronalyn Molina, Sneha Ramesh, Zain Suri
- **Mental Health and Ostracism among War Veterans after Deployment**  
[abstract](#) / [poster](#)
  - Gabriel Hadley

### **Group 6 - Poster Presentations (Dr. Dennis Trinidad)**

- **The impact of the COVID-19 pandemic on obesity and physical activity among U.S. college students**  
[abstract](#) / [poster](#)
  - Jasmine Canedo, Denis Gonzalez Ramirez, Mariam Mohamed, Hanna Stoddard
- **Evaluating Awareness, Attendance, Barriers, and Interest in UC San Diego's Triton Flourish Programs**  
[abstract](#) / [poster](#)
  - Cho Chan, Ruby Corral, Maryam Quaraishi
- **Navigating Zoom Burnout Among Undergraduate Students at UC San Diego**  
[abstract](#) / [poster](#)
  - Alexa Cardona, Jade Gutierrez, Stephanie Nguyen
- **Social Media Use and Depression Among College Students**  
[abstract](#) / [poster](#)
  - Marah Hasan, Daniah Kareem, Mucella Yaglidere
- **COVID-19 Pandemic and its Effects on Food Accessibility and Eating Habits Among UCSD Students**  
[abstract](#) / [poster](#)
  - Amanda Keng, Ileen Rodriguez
- **Birth Control Use Among College-Aged Students**  
[abstract](#) / [poster](#)
  - Jiwon Kim, Kiana Padilla, Andrea Panameno
- **The Impact of the COVID-19 Pandemic on Mental Well-Being of Emergency Department Healthcare Workers in the U.S.**  
[abstract](#) / [poster](#)
  - Emily Nguyen, Lauren Pineda, Kiana Salari, Young Song, June Yang

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### **Quality of Life among University Students Worldwide: COVID-19 Edition**

*Lovelin Kaur, Melissa Lopez, Steve Maravillo, Amy Tang*

#### **Abstract**

*Objective:* To determine how COVID-19 has impacted the quality of life among undergraduate students worldwide.

*Methods:* A cross-sectional study examining the quality of life of college students globally (n=86) was virtually administered from April-May 2021 through Google Forms. We examined quality of life factors by conducting a bi-variate analysis.

*Results:* The results from this study highlight the overall negative impact of COVID-19 on university students' quality of life. 53.7% reported a decrease in quality of life after the pandemic. There was an increase of approximately 26% in mental health issues due to the pandemic. On average, students have also seen a decrease of approximately 43% in social relationships due to social distancing guidelines.

*Conclusions:* Our findings highlight the decline of physical, mental, and overall health and quality of life among undergraduate students due to the pandemic.

*Policy Implications:* Improvement in accessibility to emergency resources to university students and beyond centered on their quality of life. Future studies should focus on the transition from in-person to online coursework and the impact of transitioning university amid limited social interactions.

### **Effects of COVID-19 on Food Insecurity among Low-Income Households across the U.S.**

*Zaira Garcia, Karen Hernandez, Demitria Mo*

#### **Abstract**

*Objective:* To determine the greatest concerns among low-income families with children due to the COVID-19 pandemic.

*Methods:* We conducted a secondary data analysis of the high-risk families (n=71) from the April 2020 COVID-19 Response Form collected by Brighter Bites administered across Houston, Dallas, Washington DC, and Southwest Florida.

*Results:* Among the high-risk families, 84.0% (n=60) reported their greatest concerns were financial stability, 81.6% (n=58) food availability and 64.7% (n=46) food affordability. Further, 30.9% (n=22) that were not enrolled in any program and those enrolled in four programs (11.2%, n=8) had more concerns.

*Conclusions:* Understandably, low-income families with children had concerns about financial stability, food availability, and food affordability. Future research should focus on the concerns of low-income families in school districts and how to operate during emergency disasters.

*Policy Implications:* Additional funding is needed to support programs like the Pandemic Electronic Benefits Transfer (P-EBT) and emergency meal distribution system.

### **Promoting the Headspace App Among UC San Diego Students**

*Christina Le, Kruti Patel, Yixin Yang*

#### **Abstract**

More than 75% of college students deal with high levels of stress which contribute to mental health issues. Mindfulness meditation has been shown to help reduce mental health issues such as anxiety, depression, and stress. This project focuses on University of California, San Diego (UC San Diego) college students to promote Counseling and Psychological Services' (CAPS) newly contracted mindfulness app, Headspace, which is provided by iFlourish and gives students free full-access memberships. Students were recruited to participate in Zoom sessions and take a survey. Surveys were used to measure interest in the app after watching the Headspace Netflix series with meditation exercises included in each episode. After viewing at least one episode of Headspace on Netflix, there was increased interest to download and use Headspace with a majority of students stating they would download the app. Additionally, a majority of students did not have other iFlourish offerings (e.g. TAO, iRelax, Welltrack, etc.) but a small percentage stated they would download iRelax afterwards. Students who answered that they would not download Headspace stated they did not have enough information or time to participate. The students who attended the sessions found the Headspace series informative and helpful, and influenced their decision to sign up for the app. However, participants may have already been interested in Headspace prior to the session.

### **E-Cigarettes Use and Mental Health during COVID-19 among UCSD Students**

*Vi Hoang, Karen Robinson, Marlenne Velazquez-Cortes*

#### **Abstract**

*Objective:* To determine whether personal stress during COVID-19 pandemic has influenced electronic cigarettes usage among UC San Diego students.

*Method:* We conducted an anonymous cross-sectional online survey and received 76 undergraduate responses. The survey measured how personal stress, school-related stress, anxiety, and social isolation can affect the use of e-cigarettes before and during the COVID-19 pandemic. Students rated stress levels and e-cigarettes usage on a 1-5 scale with 1 being never to 5 being very often.

*Results:* During the pandemic, e-cigarette users reported that factors such as personal stress (13.2%), school-related stress (15.8%), social isolation (7.9%), and anxiety (9.2%) have increased their cravings and usages of e-cigarette devices fairly often to very often during the week. Pearson Correlation tests on the relationship between these four factors and e-cigarette usage result in the statistics of  $p=0.337$ , 0.027, 0.076, and 0.159, respectively.

*Conclusions:* The findings demonstrate a positive correlation between mental health stressors, specifically school-related stress, related to e-cigarette usage during COVID-19. The survey highlights the importance of mental health given the stress induced environment that most UCSD college students endured.

### **Online Food Delivery App Usage During COVID-19**

*Anderson Amador Corea, Paulina Corrales Ibarra, Danielle Dietrich*

#### **Abstract**

*Objective:* To determine the association between the use of Online Food Delivery (OFD) apps and unhealthy eating habits among college students and staff since the start of the COVID-19 pandemic.

*Methods:* A cross-sectional online survey was distributed to college students and staff via email and social media pages to complete between April and May 2021. Questions regarding usage of OFD apps measured exposure. Questions regarding perceived healthiness of orders measured outcome.

*Results:* 82.6% of respondents reported using an OFD app one or more times between March and December 2020 (quarantine), compared to 55.1% of respondents reported using one prior to COVID-19. 78.3% of respondents believe people's eating habits have become less healthy. A cross-tabs showed an association between an increase in apps usage and unhealthy eating habits ( $P<0.05$ ).

*Conclusions:* Since the start of the pandemic people tend to use OFD apps more frequently. Thus, people's eating habits are perceived to have become less healthy.

*Policy implications:* Education of healthy restaurant options or meals, as well as dietary guidelines should be increased for OFD app users.

### **My Screen Addiction: The Effect of Prolonged Screen Time on Mental Health**

*Annmarie Bucknum, Matthew Ilejay, Jenny Nguyen*

#### **Abstract**

*Objective:* To determine if there is an association between screen time and mental health outcomes in college students during the ongoing COVID-19 pandemic.

*Methods:* We conducted a cross-sectional study to examine if screen time is associated with mental health outcomes among 55 U.S. college students during April 2021. We advertised the survey across multiple social media platforms (Instagram, Facebook, iMessage, E-Mail).

*Results:* 54.5% recorded that they spent  $\geq 6$ -9 hours a day on their cellular devices; 29.1% spent  $\geq 6$ -9 hours a day on social media. The majority of respondents agreed that an increase in social media engagement contributes to poorer mental health outcomes and anxiety-like symptoms. There was no significant association between the exposure of screen time and poor mental health outcomes.

*Conclusions:* The COVID-19 pandemic increased student reliance on social media, and many agree that it has affected mental health outcomes.

*Policy Implications:* Education programs are needed to inform students of negative mental health implications from excessive social media use. Coping strategies and tools catered towards college students amid the environment of the COVID-19 pandemic will be most effective.

### **Diet, Physical Activity, and Weight Gain among Undergraduate Students in the United States during the COVID-19 Pandemic**

*Marian Buster, Eduardo Gonzalez, Isabela Rivera, Alice Xayavong*

#### **Abstract**

*Objectives:* To determine whether the COVID-19 pandemic impacted diet, physical activity, and weight gain among undergraduate students in the United States.

*Methods:* In April 2021, 166 undergraduate students were recruited across the United States through social media platforms (Facebook, Instagram, and Reddit) to take a 21-questionnaire online survey via Google Forms. Informed consent was provided, and the study was approved by the *Institutional Review Boards* at the University of California San Diego.

*Results:* Since COVID-19, 80.7% (n=134) of students reported a change in their eating habits, 77.1% (n=128) snacked the same amount or more, and 50% (n=83) reported an increased weight gain. Overall 59.70% (n = 99) of students reported inactivity which increased to 96% (n= 159) and 13.2% (n=22) less students reported sports were continued throughout the pandemic.

*Conclusions:* The COVID-19 pandemic increased undergraduate students' weight gain due to lack of physical activity and a poor diet. Further interventions may be needed that provide students with the skills needed to live an active lifestyle to successfully adapt to society.

## **Vaccination Sentiments Among Adults in Southern California**

*Alexandra Bachmann, Audreana Brancaccio, Andrea Espinosa Hidalgo, Joshua Pham*

### **Abstract**

*Objectives:* To observe the sentiments on the Measles Mumps and Rubella (MMR) vaccinations among adults in southern California.

*Methods:* A cross-sectional survey was distributed on social media platforms (i.e. Nextdoor and Reddit) with questions regarding beliefs surrounding the MMR vaccine and COVID-19 vaccines among adults (n=107) living in Bakersfield, Santee, Orange County, and San Diego. Data was collected from April 26 to April 30, 2021.

*Results:* Of the 107 participants, 8.7% (n=9) had negative feelings about the COVID-19 vaccine, including one participant whose beliefs on the MMR vaccine influenced their standing with the COVID-19 vaccine. Participants aged 25-35 had an average of 20.89 points, whereas those aged 45-64+ had an average of 21.93.

*Conclusions:* Our study found no correlation between parental status and vaccination sentiment, and that there is a positive correlation between sentiment and increasing age group.

*Policy Implications:* Outreach for vaccine education efforts must be implemented in a widely accessible way to reach a more diverse population.

## **COVID-19 and Physical Activity Levels among K-12 Children in California**

*Pooja Chitle, Leanna Gasparyan, Yea Lee*

### **Abstract**

*Objectives:* To determine whether the COVID-19 pandemic has impacted physical activity levels of K-12 children in California.

*Methods:* Using results from the 2018 California Health Interview Survey (CHIS) as a baseline, we conducted a cross-sectional study surveying 100 parents of K-12 children about their children's physical activity habits pre-pandemic and throughout the pandemic.

*Results:* Only 17% of children aged 5-11 and 12-17 were meeting the physical activity guideline post-pandemic that is drastically less than the baseline rate of 49%, pre-pandemic. While the baseline data found that 31% percent of children ages 5-11 and 18% of adolescents ages 12-17 met the physical activity guidelines, our survey results indicate a decline in the amount of physical activity levels by 10% in both age groups.

*Conclusions:* The COVID-19 pandemic with lockdowns, school closures, and remote learning has exacerbated the already low rates of physical activity being met prior to the pandemic.

*Policy Implications:* Future policy efforts should mandate one hour of physical education into school curriculums, as maintaining adequate physical activity among children is critical as much as other coursework for their developmental well-being.

### **Building Equity: Growing the Reach, Accessibility, and Appeal of Campus Resources**

*Claudia Aguirre, Carissa Hwu*

#### **Abstract**

Campus Women's Centers (WC) reflect the unique needs of the individuals within their institution and share a commitment to serving marginalized communities. They are integral to transforming universities into inclusive environments. The University of California, San Diego (UCSD) WC serves the UCSD community through providing resources, advocacy and educational tools, and space for community organizing. COVID-19 has brought increased challenges of community outreach in an entirely virtual world. The UCSD WC has reported decreasing and sporadic rates of attendance for their virtual events and programs. This study evaluates how the following information aligns with UCSD undergraduate students' personal preferences when receiving virtual notifications about UCSD virtual campus activities and/or events: (1) the shortcomings and successes of the UCSD WC's current marketing efforts and (2) ways to improve engagement and growth for the UCSD WC. This study surveyed two different populations to obtain both qualitative and quantitative data. The first survey was sent to the general UCSD undergraduate student population. The second survey was sent out through the UCSD WC's social media and weekly newsletter to reach students who were already involved with the UCSD WC. Survey results indicated that students hear about and prefer to hear about campus resources and virtual events through their friends, Instagram posts and stories, and college-based newsletters. Additionally, half to two thirds of the students surveyed do not attend virtual campus events because they do not like Zoom events, feel Zoom fatigue, do not have time for events, and/or have scheduling conflicts with the events. Finally, of the UCSD WC's programming listed on the survey, students found the Feminist Virtual Speaker Series, Gender Buffet, Feminist Film Club, STEMtorship Network Workshop Series, and VOICES Leadership Program by far the most interesting. These findings will be used to improve and increase campus organizations' engagement with students, especially for the UCSD Women's Center.

### **Self-Care Among UCSD Marginalized Groups of Students Associated with SPACES**

*Michael Ellasos, Valeria Jimenez*

#### **Abstract**

*Background:* Stress and emotional challenges are few of many experiences that most college students face. Along with school work, a college students' life entails things such as clubs/organizations, sports,

recreational activities, and social activities. The accumulation of such things can become overwhelming for students if no type of outlet is available and/or if no course of action is taken by them to relieve stress and emotional distress. Self care can potentially provide such an outlet and can be a valuable tool if made available and accessible to students. The World Health Organization (WHO) defines self care as the ability of individuals or groups to cope, maintain, and manage their health and illnesses without the need of healthcare professionals. Self-care involves taking action in persevering or improving one's well-being and is a broad concept that includes hygiene, nutrition, lifestyle, environmental factors, socioeconomic factors, and self-medication. In addition, principles that coincide with self-care include both personal and community levels such as individual reliance, empowerment, autonomy, self-efficacy and community participation, involvement, and empowerment.

*Objectives:* This study uses a survey to gather under-represented or marginalized groups of students' self care knowledge and practices. The responses will be analyzed in order to evaluate potential gaps in services currently available. We will then suggest a possible self care method/technique that can be made available to college students in the associated groups at UCSD to SPACES and from there they will decide whether or not to implement or change the suggestion.

*Study population:* Participants include students from student organizations (BSU, APSA, MEChA, MSA, QTPOC, NASA, KP) that are associated and work with the Student Promoted Access Center for Education and Service (SPACES) at UCSD.

*Results:* A total of 80 responses have been collected. BSU has a total of 6.3% (5) responses, APSA 7.5% (6) responses, MEChA 15% (12) responses, MSA 1.3% (1) responses, QTPOC 3.8% (3) responses, NASA 0% (0) response, KP 6.3% (5 response), and non-associated with groups 61.3% (49) responses. The majority of the ages are between 19 (27.5%), 20 (20%), and 21 (20%) and are evenly mixed in the school years that they are in (Year 1 - Graduate Student). In response to how participants rated their current self-care practices, 47.5% said mediocre, 33.8% good, and the rest were evenly answered between somewhat inadequate, very inadequate, and excellent. The importance of self care was shown to be important for a majority of the participants with 46.3% strongly agreeing and 47.5% agreeing. In terms of assistance in to SPACES or other student organizations offering self-care, about  $\frac{2}{3}$  (73.8%) of participants would like some type of assistance from them. Lastly, when asked about specific types of assistance the participants would like to receive, the most response was for workshops (34 responses), group activities (31 responses), and informational emails (30 responses).

*Conclusions:* For the gathered data in our surveys, we saw that despite what year and major students were in, about half of the participant responses showed that their self-care practices were mediocre. This number is significant because when asked about self-care importance, more than 90% of the responses were in agreement that self-care is important to them. In terms of assistance, about  $\frac{3}{4}$  of the participants would seek assistance from either SPACES or their own student organization or another therefore, it goes to show how self-care is needed for them. After analyzing the collected data we came to the conclusion that we would recommend that SPACES creates or helps student organizations create



some sort of self-care email to be sent to their students. The email should include both self-care messages and exercises that can be performed at their own leisure or go to an assigned location where they can perform the activities in a workshop environment with other students.

### **Assessing Post-Mastectomy Breast Reconstruction Outcomes by Race & Procedure Type**

*Miya Busch, Tatum Lewis, Sahana Narayan*

#### **Abstract**

*Objective:* To determine whether or not race is a factor in adverse PMBR outcomes between black and white women.

*Methods:* This study utilizes pre-existing data from the Mastectomy Reconstruction Outcomes Consortium (MROC) and American College of Surgeons National Surgical Quality Improvement Program (ACS-NSQIP) databases, which includes demographic information, prevalence of PMBR, complication rates, and patient-reported outcomes. Data analyzed from 2005-2014 included a total 92,960 participants. In addition to examining overall complication rates and adverse outcomes by race, this data was further stratified via the surgical technique type of immediate or delayed reconstruction; patient-reported outcomes were assessed and analyzed using one-way ANOVA testing.

*Results:* There is no statistically significant difference between outcomes of immediate vs. delayed PMBR and the difference in complication rates between white and black women. Patient-reported outcomes revealed significant differences in the categories of sexual and psychosocial wellbeing between immediate and delayed procedures; there was no significant difference in the category of physical wellbeing.

*Conclusion:* There is no statistical difference in adverse outcomes in PMBR when comparing racial groups, nor is there a significant difference in complication rates between surgical procedure types. Differences in pre and post-operative scores in the sexual and psychosocial wellbeing categories, but not in physical well-being, suggest that while PMBR procedure type does not correlate or trend with complication incidence, it does play a role in sexual and mental health.

## **The Association Between Social Media Screen Time and Eating Disorder Symptoms During the COVID-19 Pandemic**

*Perjuhi Halajyan, Jiaqui Hu, Gisselle Paez*

### **Abstract**

*Objective:* The purpose of this project was to investigate if there is a correlation between increased social media consumption and eating disorder behaviors as a result of the COVID-19 pandemic. Research on this topic is fairly new as the full effects of the pandemic are still being assessed.

*Method:* A set of self-questionnaires was designed for this research purpose. 48 participants completed an online survey in 2021, which included basic demographic questions, the impact of COVID-19 on individuals' behavior, and eating disorder symptoms related questions.

*Results:* From the 48 responses received, 41 participants were 18-23 years old, and 83.3% of the participants were female. After performing the regression analysis on data using SPSS, the p-value was equal to 0.327. Because it is larger than 0.05, it is not statistically significant so there is no relation between the exposure and the outcome. As screen time increases, it will not aggravate eating disorder symptoms.

*Conclusion:* Longer screen time on social media apps did not have any positive or negative effects on eating disorder symptoms, but posed an increased risk of either reinforcing or contributing to eating disorder symptoms.

## **Assessing the Effects of Remote Learning Instruction on Mental Health in College Students**

*Nareh Abramian, Omar Nofal, Nicole Santoyo*

### **Abstract**

*Objective:* To determine the impact of remote learning on the mental health of college students.

*Methods:* A cross-sectional online survey was conducted in April-May 2021 in the US, and 77 responded from different colleges and grade levels. The survey consisted of 10 remote learning statements that measured participants' agreement regarding mental health states of college students. The survey was administered via social media, emails from the public health department, and contacting students.

*Results:* 97.4% agreed that college students are experiencing a decrease in motivation and 81.8% agreed that remote learning had negative impacts on college students' mental health. There was a significant association between a decrease in motivation and having a designated study space at  $p < 0.05$ .

*Conclusions:* Students perceive remote learning to have the following impacts on college student mental health: decreased motivation and negative effects on mental health.

*Policy Implications:* Accessible “teletherapy”/telecounseling is crucial in aiding students, and implementing policies that fund counseling and psychological services and associated student bodies within college campuses for services that promote the psychological wellbeing of the entire student population.

### **Impact of Perceived Threat of COVID-19 Infection on Healthcare Utilization Among College Students**

*Aida Castaneda Martinez, Elizabeth Guzman, Xochil Zarate*

#### **Abstract**

*Objectives:* To examine changes in healthcare utilization among college students due to perceived threat of exposure of COVID-19 infection.

*Methods:* We conducted a cross-sectional research study, analyzing self-reported data through an online survey available April-May 2021 (n=57). The questions assessed UC San Diego students’ perceived threat to COVID-19 exposure and effects on frequency of healthcare service utilization.

*Results:* Since the beginning of the pandemic, 38.6% of participants in age groups 18-20 and 21-23 went in to see their primary care physician. Among students ages 21-23, 21.1% of healthcare visits were for emergencies. Further examining the number of visits, 28.1% of all student participants had zero visits and only 7% of all student participants had 4 or more visits. 35.2% of Hispanic students reported zero healthcare visits compared to 25% for non-Hispanic students.

*Conclusion:* UCSD students are utilizing healthcare services less frequently. Overall, all student participants had less visits than previous to the start of the COVID-19 pandemic.

*Policy Implications:* The data gathered can provide possible direction for student health services to increase healthcare service utilization.

### **Stress and use of Social Media Platforms among UCSD Undergraduate Students during COVID-19**

*Daisy Carapia, Umesh Narayan, Celene Phan, Savanna Yurcek*

#### **Abstract**

*Objective:* To determine how the exposure to different social media platforms (Facebook, Twitter, Instagram, & Tik Tok) affect levels of stress among UCSD students during the COVID-19 pandemic

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*Methods:* We conducted a cross-sectional survey (google form) among students from US San Diego (n=101) in April 2021. The survey was posted virtually and examined their stress levels before and after using different social media platforms.

*Results:* Overall, 51% of the participants (n=52) reported feeling stressed fairly often regardless of social media use. However, Facebook, Twitter, and Tik Tok users reported feeling less stressed after using these social media platforms and Instagram users felt no change in stress levels.

*Conclusions:* Students in this sample reported that the use of most major social media platforms reduced their stress levels, which is inconsistent with previous research. Further research examining these differences are needed.

*Policy Implication:* In a time of distancing, social media platforms could offer a key way to connect with each other. Future policies could expand on these associations and develop recommendations for healthy social media use.

## **Stigma and Mental Health Utilization Among Homeless Populations across the United States**

*Vanessa Falcon, Aliyah Parker, Deanhal Tawfek*

### **Abstract**

*Objective:* To examine the effectiveness of existing community based mental-health services on decreasing stigma and increasing service utilization among homeless individuals.

*Methods:* Using data collected through the Health Center Program patient population (n=7002), we examined homeless patients (n=3076) diagnosed with mental-illness and access to mental-illness care by conducting bivariate analyses using SPSS software.

*Results:* Among those diagnosed with a mental-illness, 25.3% (n=56) were unable to get mental-health care that they or a doctor believed necessary. Furthermore, 34.4% (n=76) were delayed in getting mental-health care that they or a doctor believed necessary.

*Conclusions:* The number of individuals who didn't receive care or received delayed care is an alarming issue. Additional research is necessary to understand the specific issues in the current interventions that are not as effective for the target population. The effects found in this study are based on data collected in 2014; considering the COVID-19 pandemic, we expect that the issue of decreased access to care among the homeless population to be exacerbated by the pandemic and illustrated in the 2021 Health Center Patient Survey results.

*Policy implications:* There is a need for a broader range of community-based interventions that are focused on equity and accessibility to inform policies and programs aimed at improving mental-health utilization among the homeless population.

### **Mental Health Outreach Initiative for Undocumented Students**

*Cindy Ly, Laura Moran, Min-Kyung Yoo*

#### **Abstract**

In the United States, the prevalence of mental health disorders has been on the rise and has been exacerbated by the COVID-19 pandemic. However, not all individuals experience the same levels of susceptibility to developing mental health disorders. Due to underlying circumstances such as financial instability, fear of deportation, or an unfavorable political climate, undocumented individuals are disproportionately affected by poor mental health. At the University of California, San Diego (UCSD), mental health has been an integral aspect of healthcare; however, these services have lacked attendance, particularly by undocumented students. The results acquired from a survey, created by the Undocumented Student Services (USS) organization at UCSD that was sent out to the undocumented student population at UCSD, indicated that 73.4% of undocumented undergraduates at UCSD reported a negative impact on mental health due to remote learning or the COVID-19 pandemic, and 56.99% of the same population reported difficulty in accessing campus resources & services. With that said, an initiative between the USS organization and UCSD public health students was launched to increase awareness of UCSD's existing mental health support program and to encourage undocumented students to seek out its services. The outreach initiative consists of posting a short promotional video about a designated psychologist, Dr. Lilian Salcedo, to the USS organization's media accounts. The purpose of the video is to emphasize Dr. Salcedo's personal background to promote a sense of relatability between students and the psychologist. Establishing an initial level of trust and comfort is essential for mental health services and through this video, we hope to educate and encourage undocumented undergraduates on how and where to address their mental health needs.

### **FMPH Capstone x The Hub: Food and Housing Insecurities Amongst Black/African, Brown/Latinx, and Low-Income Students**

*Biianca Benford, Faustina Ngo, Olayemi Shekete*

#### **Abstract**

*Basic Needs* refers to the most essential resources required to thrive as a student, which includes access to nutritious food, stable housing, and financial wellness resources. Housing and food insecurities are two of the biggest challenges that Black (African or African American) and Brown (Latinx) students and low-income students face while attending college. Many of these college students also are impacted by instabilities such as houselessness, lack of access to healthy groceries, and lack of access to transportation; these students are also less likely to stay on schedule with medical check-ups and are at a

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higher risk for poor health and poor mental health. Our partnership with the UCSD Basic Needs Center, also known as “The Hub,” will focus on addressing housing and food insecurities for our target student population and through our social media campaign in order to address the overwhelming disparities within student health in the UCSD student population.

*Objectives:* We have presented summarized data from Basic Needs Center’s Annual Data Report between 2019-2021 that examines the challenges of students who faced housing and food insecurities in the past. With the access of these data reports, we incorporated them into our social media campaign where we have posted infographics through The Hub’s Instagram page to spread awareness and get people involved on what is going on within the Black (African or African American), Brown (Latinx), and low-income communities. This allowed for information to be spread on how we can all help reduce the rates of health disparities and provide students with accessibility to healthy food and stable housing as a form of wellness. From the social media campaign we conducted a survey for individuals who were open to share their stories and experiences as a UC student who has dealt with housing and food insecurities. As an incentive, we provided three \$15 Target electronic gift cards in an opportunity drawing as an incentive for those who participated in our survey. From the launch of our survey, we received forty-six responses in total from both undergraduate and graduate students at UCSD. We posted their testimonies through The Hub’s Instagram account in order to reach our target audience, and measured our reach by utilizing Instagram analytics through the forms of likes, comments, shares, etc.

*Conclusions:* With our survey, we received 46 responses from a mixture of undergraduate and graduate students. Through the analytics, we found that 23.9% of the respondents identified as Brown/Latinx, and 4.4% identified as Black/African, which were the original students of our target population. Through our initial recruitment post, we received 26 likes, 3 saves, and 0 comments from the Hub’s audience. This was an average amount of engagement, since the Hub usually has around 20-30 likes per post. However, since they have over a thousand followers, we are hoping to stimulate more active follower growth and audience engagement with our next three to four posts, which will be relatable as testimonies from current and former UCSD students, who are the main audience base for the Basic Needs Hub.

Since the social media portion of our project is ongoing, we do not have complete findings of our research at the current moment. However, the product will be finalized by Week 10 and showcased at this year’s virtual capstone symposium on June 5th through the form of an informational poster. We expect to receive positive feedback from the Hub’s audience, as they

## **The Association Between Marijuana Legalization and EVALI Cases**

*Kevin Chik, Minh Tran, Sarah Ulloa*

### **Abstract**

*Objective:* Our study objective was to compare two states, Colorado and Texas, on opposite marijuana legality spectrums to see if there was a significant difference in E-cigarette Vaping and Association Lung Injury (EVALI) cases.

*Method:* To examine the association between marijuana legalization and EVALI cases, we first looked at previously collected data from the CDC on EVALI cases from different states, and then we conducted a Welch test for significance.

*Results:* Our sample size consists of the 50 states of America plus the District of Columbia because we are going to be investigating the trend between marijuana legalization and EVALI case rates. Welch's ANOVA produced a significant factor of 0.046, indicating that we reject the null hypothesis in favor of the alternative to conclude that there exists a significant difference between the two samples.

*Conclusion:* Our study implies that the legalization of marijuana might be beneficial due to the added regulations that come along with it, these regulations help decrease the amount of EVALI cases due to THC product consumption. Users are more likely to be exposed to harmful chemicals/additives if the substance is not widely available and regulated for harm prevention.

## **The Association Between Sugar Sweetened Beverages and Anxiety Levels in College Students**

*Esmeralda Gomez, Nuha Jaman, Anh Ngo*

### **Abstract**

Many college students and their anxiety levels may be affected by their diet amongst other factors. Our study aims to find an association between daily sugar sweetened beverage (SSB) consumption and general anxiety symptoms in the college population. Iced tea, sodas, energy drinks, coffee with creamer, and other beverages containing sugar are all considered SSBs. We used Google Survey to conduct a questionnaire to collect data, which yielded us 32 participants. To record and calculate anxiety levels, the official General anxiety disorder questionnaire, or the GAD-7, was used in the survey. A cross-sectional study was conducted to find a possible correlation between the exposure and outcome variables. The data was analyzed with a Pearson correlation statistical test; it showed there was a small increase in anxiety along with higher SSB consumption. However, it is not a significant correlation and after acknowledging the gaps in the research and data collection, we may take further steps to adjust the survey. In relation to public health advancements, our study may provide an opening to new research studies investigating the relationship between sugar sweetened beverages and mental health conditions such as anxiety.

## **Effects of Health Information Sources on COVID-19 Vaccine Acceptance Among College Students**

*Lawrence Dsouza, Aj Dupaya, Marie Manipud*

### **Abstract**

*Objective:* To determine which source among health agencies, scientists, and vaccine manufacturers college students trust the most regarding COVID-19 vaccine information.

*Methods:* A cross-sectional survey was conducted at UC San Diego between 4/22/2021 to 5/13/2021, which received 180 responses from undergraduate and graduate/professional students about their perceptions on the various sources.

*Results:* 85% believe college students trust health agencies, 14.4% believe they trust health scientists, and 0.6% believe they trust vaccine manufacturers. Health agencies are the most trusted with 98.9% believing college students are likely/very likely to receive the COVID-19 vaccine based on their recommendations, meanwhile only 57.2% believe they are likely/very likely to receive it based on recommendations of Vaccine Manufacturers. Vaccine acceptance increases with the recommendations of health agencies while it decreases with the recommendations of Vaccine Manufacturers.

*Conclusions:* Health agencies are the most trusted information source among college students while vaccine manufacturers are the least trusted.

*Policy implications:* UC San Diego should utilize and cite information from health agencies regarding COVID-19 vaccination to encourage vaccine uptake.

## **COVID-19 Pandemic and the Effects on Screen Time and Sleep Patterns**

*May Le, Tawny Truong, Melanie Wong*

### **Abstract**

*Objective:* To determine the effects of the COVID-19 pandemic on undergraduate students' screen time and sleep patterns.

*Methods:* A cross-sectional survey was disseminated to 273 undergraduate students across California in May 2021. The exposure variable is the COVID-19 pandemic. The outcome variable is screen time and sleep patterns.

*Results:* Before March 2020, the majority of respondents, 46.9%, reported their daily screen time engagement was between 3-5 hours. 43.2% of respondents rated their sleep quality "satisfactory." There was no significant association found between screen time and sleep quality pre-pandemic ( $p=0.895$ ).

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Currently, the majority, 44%, reported their screen time between 9-12 hours. 35.2% rated their sleep quality “average.” There was no significant association found between screen time and sleep quality currently ( $p=0.929$ ).

*Conclusions:* Despite no significant association, screen time-use increased among college students since the pandemic. Their quality of sleep has also decreased, including reported quality of sleep measures and longer periods to fall asleep.

*Policy Implications:* Consider designing lectures to incorporate time to work on assignments in class and engaging in collaborative work to reduce time students spend on electronic devices.

### **Differences in Tobacco Use Behaviors Among Youth Between the United States, Latvia, and the Republic of Moldova**

*Emily Kim, Gabina Moreno Murillo, Anita Wang*

#### **Abstract**

*Objective:* To determine if there is a difference in the tobacco consumption behaviors among adolescents in the United States and European countries.

*Methods:* We conducted a secondary data analysis utilizing the 2019 National Youth Tobacco Survey from the United States ( $N=19,018$ ) and the Global Youth Tobacco Survey from Latvia ( $N=4,226$ ) and the Republic of Moldova ( $N=4,717$ ). These surveys collected data regarding tobacco attitudes.

*Results:* The median age for participants across all three countries was 14 years old. Our study found that European countries had higher cigarette initiation rates with Latvia having the highest rate at 9.6% ( $n=405$ ) of participants reporting first use at 9 years or younger. Likewise, European countries also reported higher rates of cigarette use within the past 30 days.

*Conclusions:* Europeans were more likely to begin cigarette smoking at a younger age and had higher rates of cigarette smoking compared to Americans.

*Policy Implications:* Our findings suggest the need for strictly enforced tobacco control policies across European countries and e-cigarette among adolescents in the U.S.

## **The Impact of the COVID-19 Pandemic on Physical Activity Among College Students in Southern California**

*Gabriella Busco, Samuel Kim, Samantha Zavala*

### **Abstract**

*Objective:* To determine how COVID-19 impacted levels and methods of physical activity among university students in Southern California.

*Methods:* A cross-sectional survey was conducted among university students (n=104) in Southern California. Data was collected via a social media platform (i.e., Reddit) from April 25th - May 3rd, 2021. The survey asked participants to reflect on how COVID-19 changed their methods, duration, and frequency of exercise.

*Results:* Before COVID-19, the average frequency of exercise was 3.43 days per week. The preferred method was the gym (41.3%) and weights/strength training (31.7%). During COVID-19, the average frequency dropped to 2.96 day and the preferred location and method was home (66.3%) and weights/strength training (35.6%). The proportion of individuals averaging less than 30 minutes per workout increased from 20.2% to 41.3%.

*Conclusions:* During COVID-19, the average intensity and duration of exercise decreased significantly.

*Policy Implications:* Universities should provide alternatives to gyms, such as outdoor training stations, free yoga sessions provided by the university, and workouts led virtually.

## **8 Dimensions of Wellness Social Media Campaign with A.S. Office of Health and Wellness at UC San Diego**

*Rebecca Chan, Anna Manukian*

### **Abstract**

*Background:* Mental health and wellness of college students continues to be an area of great concern amidst the COVID-19 pandemic as we see an increased spike in depression amongst college students due to heightened stress and anxiety. As the term “wellness” is very broad and all-encompassing, breaking it down into individual yet interconnected dimensions may be helpful. This research project will consist of implementing an informational social media campaign on the 8 dimensions of wellness. The 8 dimensions of wellness include: emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual health.

*Objectives:* The goal of the social media campaign is to provide informational health education about the eight dimensions of wellness amongst UCSD students. Interviews will be conducted with health professionals and student representatives to deliver their knowledge on respective dimensions. Each

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representative will be asked questions relating to the dimension of wellness they have expertise in. Those participating in the informational interviews will be videotaped and the recordings will be posted onto the IGTV tab of the AS Office of Health and Wellness's Instagram account, where it will be accessible to the public. Overall, we will be utilizing the AS Office of Health and Wellness Instagram account as a platform to deliver our message about health and wellness in an accessible, informative, and relatable manner. We will be using Instagram analytics to monitor our outreach and engagement with the subjects, which are UCSD students following the page.

*Conclusions:* As the social media campaign will launch in the last week of May, we will not have analytic data to monitor the traction and general reception of the posts. In the meantime, we will be relying on feedback from interviewees and the marketing team at ASHW. Results are expected to contain positive feedback from students in regards to what professionals can provide about mental health and methods to attain well-rounded dimensional health. With the dissemination of our campaign, we hope to educate and highlight the topic of wellness in the context of the 8 dimensions to address the holistic health of college students.

### **Resident Assistants and their Role in the COVID-19 Pandemic on the UCSD Campus**

*Camila Alvarez, Kylie Clark, Mary Nguyen*

#### **Abstract**

The COVID-19 pandemic affected the daily lives of all students and minimized any source of in-person contact to prevent exposure. The changes implemented on campus life included removing shared living spaces, minimizing availability of shared study spaces, cancelling in person programs, closing public facilities (gym, pools, fields), and increasing precautionary measures by requiring weekly COVID-19 testing and facial coverings.

Resident Assistants (RA) are trained peer leaders who oversee residence halls in colleges and universities. Across the seven colleges at UCSD, there are approximately 250 RAs. RAs are often the people on the ground dealing firsthand with issues of the residents and had to enforce new guidelines during this pandemic. The aim of the study was to create a space for RAs to express any opinions about their current role during the COVID-19 pandemic. We conducted a study specifically on UCSD's campus and offered an anonymous survey to RAs virtually. Out of the 250 RAs on campus, 26 RAs completed the survey. The evaluation of the RAs was centered on determining how this work has impacted them.

When asked "How do you feel about performing COVID-19 specific duties this year?" the results from the survey show that 65% of the respondents felt annoyed, 85% felt burnout, 73% felt uncomfortable, 77% felt pressure from the University, 19% felt like they were making a difference, 15% felt indifferent, and 23% felt comfortable. The results of the survey demonstrated how RAs have felt burdened by the additional responsibilities placed upon them due to COVID-19.

## **Screen Time and its Effects on Anxiety in College Students**

*Catherine Carrillo, Arantxa Corrales Ibarra, Scout Zweifler*

### **Abstract**

*Objective:* This study was conducted within the context of online learning to analyze the relationship between screen time and undergraduate college students' anxiety levels.

*Method:* An online survey was given out to undergraduate college students to participate and assess their screen time usage and levels of anxiety. A cross sectional study was conducted, and data from the survey was analyzed using a linear regression model. The p-value and r<sup>2</sup> value were calculated.

*Results:* The research sample population consisted of 30 student participants within the investigation. The data did not represent a statistically significant relationship between screen time and anxiety levels. The p-value calculated from the linear regression analysis was 0.638 with an r<sup>2</sup> value of 0.008, indicating statistically insignificant association.

*Conclusion:* The data results show insignificant evidence between the use of screen time and anxiety. With various forms of screen time use, outside factors such as ensuring that students' mental health, in terms of anxiety, is not being compromised from increased levels of screen time as a result of online learning that can impact anxiety and screen time use, further research is needed to explore these different variables.

## **Mental Health and Physical Activities**

*Kimberly Reynaga, Angie Tang, Hareth Yousef*

### **Abstract**

*Objective:* The purpose of our study was to determine whether or not physical activity had a positive effect on depression symptoms in young adults (ages 18-30) that exercised three times or more per week specifically during the COVID-19 pandemic.

*Method:* Our main exposure variable is the amount of weekly leisure time physical activity episodes, and our outcome variable is continuous (total score based off depression symptom questions); therefore we used SPSS to create a Spearman correlation graph. The graph displays the relationship between the amount of weekly leisure time physical activity episodes and the numerical resultant total depression symptom score outcome.

*Results:* Our sample size was 44 young adults (ages 18-30). Our finding was that participants who exercised more often ( $\geq 3$  times per week) had an overall higher average depression symptom total score than those who exercised less; which was the opposite of our hypothesis.

*Conclusion:* Due to limitations and confounding factors we identified, we would not recommend applying the knowledge we acquired to any public health intervention yet. However, due to the positive correlation between increased exercise and increased depression symptoms, this signals to us that we should explore other potential exposures that might help with decreasing depression symptoms besides exercise.

### **COVID-19 Misinformation and Vaccine Hesitancy**

*Isabel Bonifacio, David Everly, Katherine Nazarian*

#### **Abstract**

*Objective:* To determine whether there is an association between misinformation and vaccine hesitancy among healthcare and public health workers.

*Methods:* We conducted an online cross-sectional survey examining COVID-19 misinformation and vaccine hesitancy among 68 healthcare and public health workers in Los Angeles and San Diego County from April-May 2021.

*Results:* Approximately 15% of those in the vaccine acceptance group stated they did not keep up with the COVID-19 vaccine news compared to 21% in the vaccine hesitant group. Comparing the vaccine hesitant group to the vaccine acceptance group, we found no difference in the likelihood of encouraging friends and family to receive a COVID-19 vaccination ( $p=0.49$ ). We found an association between deciding to receive the COVID-19 vaccine and staying up to date with news on the COVID-19 vaccines ( $p<0.01$ ).

*Conclusions:* Healthcare and public health workers who were hesitant encouraged others to receive the vaccine, yet they were more likely to not keep up with the COVID-19 vaccine news.

*Policy Implications:* Educational materials that address COVID-19 vaccine safety should be distributed throughout healthcare organizations to encourage vaccination.

### **The Influence of Socio-Ecological Factors on Teen Tobacco Use in the United States**

*Paisley Araujo, Diep Nguyen, Elle Quach*

#### **Abstract**

*Objective:* To examine which tobacco-related socio-ecological interventions help reduce teen tobacco use prevalence in the United States (U.S.)

*Methods:* We conducted a secondary analysis of the 2020 National Youth Tobacco Survey (NYTS) (n=14,531) which collected data on students in grades 6-12 from 34 states across the U.S. and examined their tobacco-use and exposure.

*Results:* At the organizational level, 43.9% (n=6,380) participants reported their healthcare providers had asked about their smoking status, and 58% (n=8,428) indicated that they didn't receive advice to not use tobacco products. At the community level, 44.6% (n=6,481) of participants indicated that it was "somewhat easy" to access tobacco products. At the interpersonal level, 75% (n=10,859) of participants answered that they would not use cigarettes if offered by a peer.

*Conclusions:* Findings indicate there is a lack of provider-patient communication in regard to the harmful effects of e-cigarettes and more efforts are needed to control access to tobacco products at the community-level.

Annual physical check-ups with full harm disclosure should be updated to improve education and assessment of e-cigarette use in teenagers.

### **Beliefs and perceptions of the COVID-19 pandemic on access to Mental Healthcare**

*Ali Danesh, Jiayi Yang*

#### **Abstract**

*Objective.* To examine beliefs and perceptions of the impact the COVID-19 pandemic has had on mental healthcare.

*Methods.* This cross-sectional study collected data among adults ages 18 years or older (n=30) across the U.S. utilizing different social media platforms in May 2021. We examined the perceptions surrounding the ability to get access, change in routines and social acceptances to use mental healthcare.

*Results.* The data shows that 46.7% (n=14) of participants agree and 23.3% (n=7) of the participants strongly agree that the ability to access mental health-care services has changed due to the pandemic. Furthermore, the data showed that 46.7% and 36.7% (n=25) of participants agreed that mental healthcare service routines have been impacted by the pandemic. 50% (n=15) of respondents further agreed that the pandemic has made receiving mental health care more socially acceptable.

*Conclusions.* A quarter of the participants in this sample believe that the ability to access mental health services has been affected by the COVID-19 outbreak.

*Policy Implications.* Future studies aiming to explore how to best enhance the inclusivity of the mental healthcare system in our society are strongly warranted.

## **Racial Inequalities in Maternal Health in the United States**

*Nancy Cardenas, Andela Medina Cruz, Leanna Mendoza, Lizbeth Roman Salgado*

### **Abstract**

*Objective:* To examine the association of race/ethnicity with risk of disease during pregnancy.

*Methods:* Using the state of California 2016 birth data, we examined the prevalence of disease among 451,284 pregnant women based on their race/ethnicity and use of medical or non-medical at the time of delivery admission.

*Results:* African American women were the highest race group diagnosed with hypertension at the time of birth for both medical (15.6%) and non-medical (15.6%) users. Asian/Pacific Islanders were the highest group diagnosed with diabetes both Medical (15.9%) and non-Medical (16.1%). American Indian/Alaskan Native women were the group with the highest maternal substance users and smokers, with 14.0% of women with Medical and 5.3% without Medical reporting substance use and 13.8% and 3.3% for Medi-Cal and non-Medi-Cal respectively, reporting smoking.

*Conclusions:* The results highlight that American Indian/Alaskan Native, Asian/Pacific Islanders, and African Americans had the highest rates of disease at the time of birth.

*Policy Implications:* Focus on maternal education resources and support for minority women including American Indian/Alaskan Native, Asian/Pacific Islanders, and African Americans can help reduce unhealthy behaviors that are associated with the risk of chronic disease.

## **Perceptions of Prescription Drug Abuse Among College Students**

*Betselot Bezabeh, Devaki Patel, Nika Weixelman*

### **Abstract**

*Objectives:* To determine the current perception of prescription drug use among college students and the perceived impacts on students' overall well-being.

*Methods:* This cross-sectional study collected data among college students (n=98) aged 18-23; 2.0% (n=2) were international. Data was collected utilizing a confidential online survey (Google survey) published on various social media sites administered between April 26 – April 30, 2021.

*Results:* Our findings indicate that 57.1% (n=56) of the participants believe prescription drug use is common among college students. Further, 42.9% (n=42) believe it can negatively impact the academic achievement of college students, while 37.8% (n=37) believe it can impact it positively. Likewise, 55.1% (n=54) believe it can negatively impact the overall personal health of college students. Lastly, 55.1% (n=54) of drug use has increased over the COVID-19 pandemic.

*Conclusions:* The use of prescription drugs is perceived to be common amongst college students and its impact on student's academics, relationships, and overall health is perceived as both positive and negative.

### **Impacts of COVID-19 on On-Campus Residents**

*Xiao Deng, Zoie Octaviano, Derrick Wei*

#### **Abstract**

The COVID-19 pandemic has fundamentally changed everyone's ways of life. Thus, it is important to study how the pandemic has impacted different populations, and college students living on campus are often understudied. College students have faced many of the same adversities that everyone else has experienced, but are also learning to be independent for the first time in their lives. As a result, student wellbeing and opinion is critical to achieving a greater understanding of the effects of this pandemic and the struggles students living on campus are going through. The goal of this study was to determine how the pandemic may have impacted their experiences of living on campus, their health, and their studying and learning. We created a questionnaire on Google Forms and then promoted it through social media such as Facebook and Discord to on-campus residents. After a data collection period of two weeks, we analyzed the data to summarize how students felt about living on campus. We hypothesized that the majority of respondents would indicate more stress or anxiety, difficulties learning and studying, difficulties with social life, and that living on campus was not financially worth it. We received 16 responses, and the results of the survey agreed with our hypothesis for the most part. The vast majority of respondents stated that online learning has made it somewhat or much harder to learn in class (62.5%) and study outside of class (81.3%), and their mental health suffered as a result, with about 56% of participants stating that they felt more stress or anxiety. This is only worsened by the fact that 87.6% of students reported that their social life has gotten somewhat or much worse. Interestingly, 43.8% of the respondents felt that paying for single rooms on campus was not worth it, while 43.8% said it was. In summary, our survey results displayed that the COVID-19 pandemic greatly impacted students living on campus and their overall college experiences. The change of structure has forced college students, especially those that are just starting their college careers, to adapt and transform their ways of life.

### **The Mental Health Effects of Adderall Usage in Undergraduate Students at UCSD**

*Andrew Charlton, Frank Kim, John Lopez*

#### **Abstract**

The primary purpose of this study was to determine whether there would be a correlation between amphetamine based psychostimulants such as Adderall and subsequent depression among college students. The study was conducted via an online, anonymous survey, exclusive to the UCSD student population in which subjects were able to access and answer questions regarding the usage of



amphetamine based psychostimulants, their motivation and frequency, as well as the subsequent mental health effects that it may have taken. Of the 22 subjects that responded to our survey, 12 subjects reported having used amphetamine based psychostimulants in the last year, while 10 subjects reported not having used any during this time frame. Of those who reported usage in the past year, 3 subjects reported usage on less than 12 occasions, 4 subjects reported usage between 12-24 occasions, and 4 subjects reported usage on 25+ occasions. Our results demonstrated that individuals that consumed amphetamines increased their likelihood of developing anxiety and depression. Furthermore, students that frequented the use of the drugs increased their depression symptoms exponentially.

### **Effect of Marijuana on Reducing Severity of COVID-19 Symptoms**

*Cindy Cao, Parsa Hamidein, Alma Marquez*

#### **Abstract**

*Objective:* The purpose of this project is to determine whether or not marijuana usage while experiencing COVID-19 would reduce the associated symptoms and severity.

*Methods:* In our study we made a survey in google forms that asked the participants questions about their marijuana usage and COVID symptoms. With the survey data we compared the severity of COVID symptoms between people who used marijuana and those who didn't.

*Results:* Our sample consisted of 53 participants, and 38/53 participants tested positive for COVID-19. Its demographics consisted of an age range from 21 to 33+ years old and roughly half female and half male participants. Our main findings are that participants who use marijuana while experiencing COVID-19 symptoms have a lower mean score of severity compared to participants who did not use marijuana while experiencing symptoms.

*Conclusion:* Our findings support the hypothesis that marijuana usage reduces the symptoms and severity of COVID-19.

### **COVID-19 Effects on Grocery Habits of UCSD Students**

*Angela Lee, Lucy Yu*

#### **Abstract**

*Objective:* To determine if COVID-19 influenced shifts in grocery habits, defined as choice of grocery store, frequency of grocery shopping, and categories of food purchased, among UCSD students.

*Methods:* We conducted an online cross-sectional survey using Google Forms, aimed at UCSD students, asking questions about the effects of the COVID-19 on UCSD students' grocery habits. (April-May 2021, N=57)

*Results:* 26.3% of respondents changed grocery stores during quarantine. Of those 26.3%, 66.7% were influenced by the enforcement of COVID-19 measures and 53.3% were influenced by the number of customers in the store. 31.6% of participants reported a decrease in frequency and an increase in average cost. However, the association was insignificant ( $p=0.074$ ) between the two variables.

*Conclusions:* There is no association between demographics and grocery habits of UCSD students. There are associations between adherence to COVID-19 mitigation measures, number of customers in a store and grocery habits of UCSD students.

*Policy implications:* Grocery stores should implement policies with stricter enforcement of proper mitigation strategies and adhere to the maximum capacity guidelines.

### **Differences in COVID-19 Infection Rates by Gender among Adults in Cook County Health**

*Ronalyn Molina, Sneha Ramesh, Zain Suri*

#### **Abstract**

*Objective:* To examine whether there are epidemiological differences of COVID-19 infection rates among Hispanic males and females hospitalized at Cook County Health in Chicago, Illinois.

*Methods:* The sample dataset of a cohort of 393 Hispanic inpatients who were hospitalized in Cook County Health for COVID-19 or influenza during 2019-2020 was analyzed between gender and COVID-19. Other patient-related and ecological factors were also compared between gender.

*Results:* In this sample, men were more likely than women to be infected with COVID-19. Out of the total number of COVID-19 cases, 65.5% of patients were male.

*Conclusions:* This reveals that there is an association between gender and the number of COVID-19 infections.

*Policy implications:* Future policy implications should take into consideration the education level of the communities they are trying to protect, in addition to considering funding for local health education programs that could serve as a tool to teach community members of this demographic to better protect themselves and their communities from risk factors contributing to poor health status.

## **Mental Health and Ostracism among War Veterans after Deployment**

*Gabriel Hadley*

### **Abstract**

*Objectives:* To determine the factors that contribute to negative mental health and feelings of ostracism among war veterans

*Methods:* A sample of veterans was collected by sending recruitment emails with an anonymous survey link moderated by the Illinois Army National Guard. 202 participants were interested but only 129 participants had their survey analyzed as the others had never been deployed before. The 129 participants completed the survey in their own time on the device they chose.

*Results:* The results were as follows: veterans' recalled deployment stress correlated positively with posttraumatic stress symptoms ( $r = .39, p < .001$ ). Veterans' posttraumatic stress symptoms also correlated positively with anxiety ( $r = .76, p < .001$ ) and psychological distress ( $r = .73, p < .001$ ).

*Conclusion:* Social support was strongly agreed upon by our war veterans it had a negative correlation with ostracism. What contributes to the feeling of ostracism is the other factors like PTSD symptoms, anxiety, mental distress and chronic ostracism, that come from posttraumatic stressors post-deployment.

*Policy Implications:* Mental health care services and interventions tailored specifically for the needs of war veterans are needed.

## **The impact of the COVID-19 pandemic on obesity and physical activity among U.S. college students**

*Jasmine Canedo, Denis Gonzalez Ramirez, Mariam Mohamed, Hanna Stoddard*

### **Abstract**

*Objective:* To determine whether physical activity has decreased and contributes to overweight/obesity as a result of the COVID-19 pandemic among U.S. college students.

*Methods:* This cross-sectional study examined the levels of physical activity and overweight/obesity before and during the COVID-19 pandemic among college students ( $n=44$ ) in the U.S in April 2021.

*Results:* Excellent physical activity levels dropped from 20.5% ( $n=9$ ) before the COVID-19 pandemic to 11.4% ( $n=5$ ) during the COVID-19 pandemic. The number of students that reported their physical activity as poor, due to the COVID-19 pandemic, increased by 18.2% ( $n=8$ ). The average amount of physical activity decreased from 3 days to 1 day/week and there was a mean weight gain of 17 pounds.

*Conclusions:* There was a decrease in physical activity and an increase in weight gain since the COVID-19 pandemic potentially due to the different shelter-in-place and stay at home orders across the country.

*Policy implications:* A potential policy can be free online workout courses provided by colleges to improve physical activity.

### **Evaluating Awareness, Attendance, Barriers, and Interest in UC San Diego's Triton Flourish Programs**

*Cho Chan, Ruby Corral, Maryam Quaraishi*

#### **Abstract**

Prevention programs are a common service offered by universities to students to address mental health issues and improve their well-being, but these programs are commonly underutilized. At the University of California San Diego (UCSD), the Counseling and Psychological Services (CAPS) office has an initiative which offers programs like Community Forums (CF) and Daily Drop-In Workshops (DDW) to address student's mental health. Unfortunately, these programs also face underutilization as reflected by low attendance rates.

In an attempt to identify and address the root causes of low attendance rates for the CF and DDW at UCSD, an online survey was designed by a group of Public Health capstone students and distributed through social media platforms to a random sub-population of UCSD students. The aim of the survey was to collect data regarding student program-participation patterns, identify potential barriers for student attendance, as well as evaluate student's perceptions and awareness of the programs offered by Tritons Flourish.

The survey was completed by 54 UCSD students, with a strong response rate of fourth-year and transfer students, but with an overall fair representation of the entire student population at UCSD. Results showed that approximately 93% of our respondents had never attended either one of these programs before, confirming the prevention program low-attendance issue. Unawareness and lack of information about these programs proved to be the main barrier for student participation, but busy schedules, zoom burn-out, and self-stigmatization were also notable barriers for attendance. Another issue that the survey data revealed was student retention with these programs; as a majority of students who had previously attended either one of these programs only attended once or twice.

The insight that was gained from the survey responses will be shared with program directors at CAPS to improve student outreach efforts in order to increase student attendance and retention rates with these programs. Doing so may have positive implications for improving college student's mental health status and well-being, even beyond students at UCSD.

## **Navigating Zoom Burnout Among Undergraduate Students at UC San Diego**

*Alexa Cardona, Jade Gutierrez, Stephanie Nguyen*

### **Abstract**

University of California, San Diego undergraduate students have reported increased rates of stress and anxiety from the COVID-19 pandemic. Stressors that contribute to this burnout in students include the fear of their health or their family's health, decreased social interactions due to social distancing restrictions, and increased concern with academic performance. Students taking virtual classes through Zoom due to the pandemic have reported difficulty maintaining attention in class and increased feelings of isolation, anxiety, and depression compared to in-person classes. Incorporating wellness activities into a student's routine can be helpful in reducing the burnout caused by Zoom classes. The study aims to find strategies that students at UCSD used to mitigate the effects of Zoom fatigue after a year of online classes. A survey was conducted that asked students about their zoom fatigue and what their wellness routine consisted of. Results of the study indicated that 96.3% of students reported experiencing quite a bit (level 4) and a lot (level 5) of stress from Zoom burnout, on a scale of 1 to 5 with 1 being no Zoom burnout or stress and 5 being a lot of Zoom burnout or stress. It also showed that 65.4% of students reported participating in wellness activities, such as walking outdoors (70.4%), hiking (48.1%), going to the gym (40.7%), or cooking (40.7%), a few times a week. Overall, results showed that while students are participating in these wellness activities often, it is not enough to prevent them from feeling Zoom fatigue. Addressing barriers that prevent them from participating more in wellness activities could help even more in preventing Zoom burnout and improve overall wellness among UCSD undergraduate college students; however, more studies are needed in order to confirm that wellness activities are the only thing contributing to Zoom fatigue.

## **Social Media Use and Depression Among College Students**

*Marah Hasan, Daniah Kareem, Mucella Yaglidere*

### **Abstract**

*Objective:* To determine if greater frequency in the screen time of social media usage is associated with an increase in depression among college students.

*Methods:* Cross-sectional survey was developed asking about students' social media usage and their feelings after using it. The survey was distributed Spring of 2021 to undergraduate students (n=120) via UCSD student Facebook groups and UCSD Public Health email announcements.

*Results:* The sample size was 120 undergraduate students from various universities. Results showed that the average social media usage was higher than the literature findings with 30% spending 1-2 hours, 49.2% spending 3-4 hours, 19.2% spending 5-6 hours and 1.7% spending more than 7 hours on social media. After conducting the study, the results supported that undergraduate students who spent more hours on social media had high rates of depression.

*Conclusions:* The conclusion is that higher social media usage is associated with increased depression among college students, proving the hypothesis to be true. The knowledge gained from this study can be used for future research to design better interventions in combating depression and other mental health issues among college students and younger populations.

### **COVID-19 Pandemic and its Effects on Food Accessibility and Eating Habits Among UCSD Students**

*Amanda Keng, Ileen Rodriguez*

#### **Abstract**

*Objective:* To examine characteristics of college students and whether they influence their perceptions of food accessibility and eating habits during the COVID-19 pandemic.

*Methods:* A cross-sectional online survey was conducted between April 2021 and May 2021. The survey was sent to undergraduate Public Health students and posted on UCSD affiliated class Facebook pages and Discord servers; we received 77 responses. Students were asked questions regarding the pandemic exposure and its effects on food accessibility and eating habits.

*Results:* 52% of participants presumed there to be moderate food availability during the pandemic. 59% perceived that students sometimes experienced food insecurity and 96% thought eating habits changed. Perceptions of food accessibility as well as healthy and unhealthy eating habits were not associated with students' living status, age, or current year in school ( $p>0.05$ ).

*Conclusions:* Students perceived that food insecurity and food availability were an issue but no significant associations were found between student characteristics (demographics) and food accessibility or eating habits.

*Policy Implications:* Put out more advertisements through social media and email promoting existing food pantries on campus to students.

### **Birth Control Use Among College-Aged Students**

*Jiwon Kim, Kiana Padilla, Andrea Panameno*

#### **Abstract**

*Objective:* To determine students' perspectives about birth control and the barriers that most likely affect college students' access to birth control.

*Methods:* We are using data from 80 UC San Diego students who completed a cross-sectional study that explored how birth control barriers affect birth control use. The survey was taken online via Google Forms between April to May 2021.

*Results:* 86.3% of students find the use of birth control among college-aged students very important. 88.8% believe that student's inadequate insurance coverage most affects their inability to go to a doctor/pharmacy. Gender and year in college were not associated with the belief that health insurance affects college student's birth control use ( $p>0.05$ ).

*Conclusions:* Participants acknowledge the importance of birth control use and agree that lack of student health insurance coverage most likely affects students' inability to go to a doctor/pharmacy for birth control options.

*Policy implications:* Campuses should inform students about locations on campus that provide sexual health resources and on-campus pharmacy that provides affordable birth control options.

### **The Impact of the COVID-19 Pandemic on Mental Well-Being of Emergency Department Healthcare Workers in the U.S.**

*Emily Nguyen, Lauren Pineda, Kiana Salari, Young Song, June Yang*

#### **Abstract**

*Objective:* To better understand the impact of the COVID-19 pandemic on emergency department (ED) healthcare workers (HCWs)' mental health and preferred mental health interventions, their work schedules and lifestyle changes were investigated.

*Methods:* From April 26 to May 5, 2021, 32 study participants were asked to answer 17 questions on a google form distributed via Reddit, Facebook, and e-mail.

*Results:* Regarding changes in their work schedule changes after the pandemic (January 1, 2020), over 70%(n=32) responded positively to their work schedule change. Greater than 50% of 32 participants showed positive responses to lifestyle changes (sleep and appetite). Intervention choices provided (wellness rooms, yoga sessions, group therapy, and hotlines) showed strong negative responses from 17, 21, 16, and 15 participants respectively.

*Conclusions:* Findings suggest a strong relationship between the COVID-19 pandemic and work and lifestyle changes. This indicates negative impacts on the mental well-being of ED HCWs.

*Policy implications:* Disinterest in the interventions may be due to increased patient influx and understaffing issues. Systemic approaches to addressing understaffing issues and redesigning shifts are strongly desired to protect mental well-being of HCWs in future incidents.