



## Background

- 65% of college students experience anxiety
- Key contributors: academic pressure, social expectations, lifestyle changes
- Anxiety negatively impacts overall health
- Supportive interventions are needed to improve student well-being



## Objective

To determine the relationship between the frequency of moderate/vigorous exercise and perceived anxiety symptoms amongst UCSD college students.

## Methods

- 56 UCSD students voluntarily participated in a cross-sectional survey assessing exercise habits and anxiety symptoms(GAD-7).
- Survey was shared via social media and BSPH program email.
- GAD-7 Scores: 0-4 Minimal, 5-9 Mild, 10-14 Moderate, 15-21 Severe



## Results



60.7% 21-23 years old



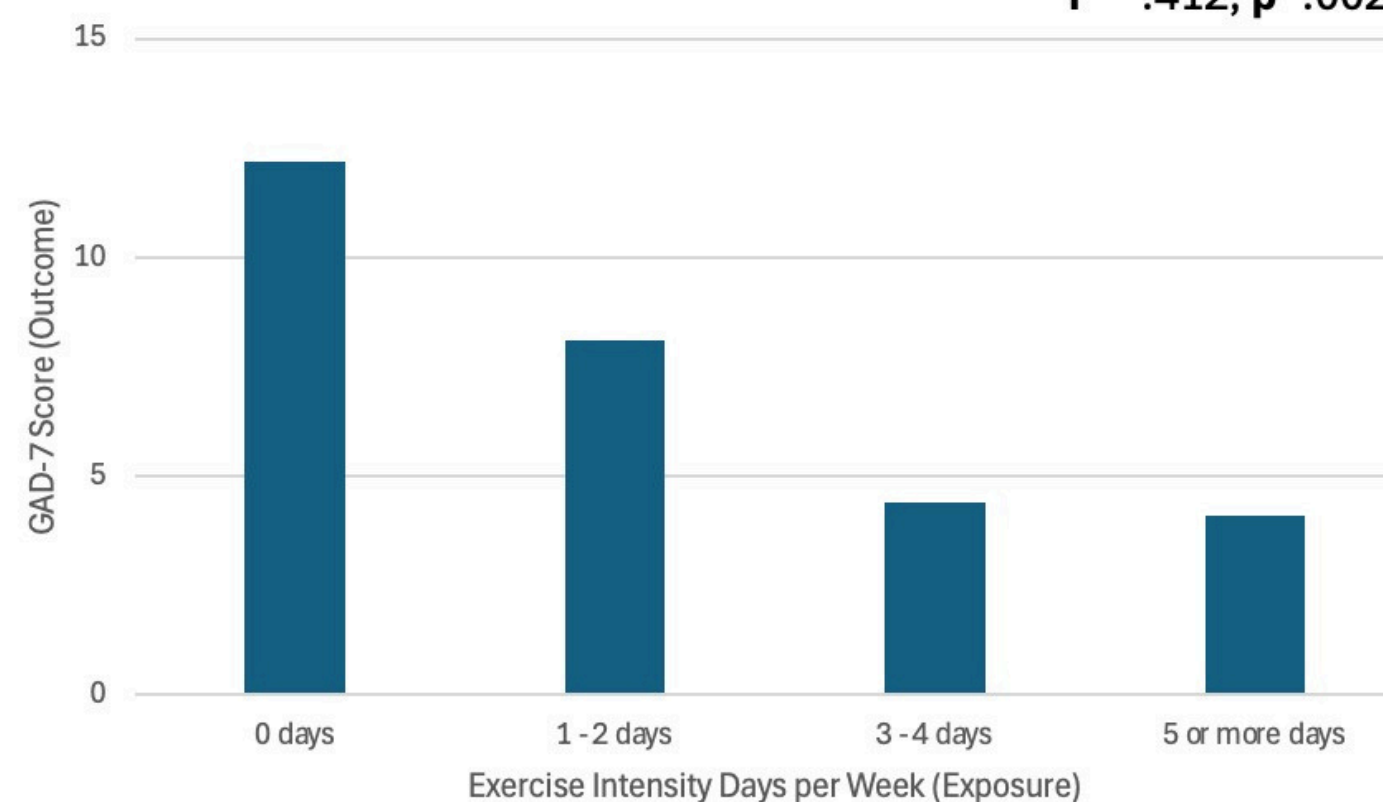
35.7% Fourth-year Undergraduates



28.6% White

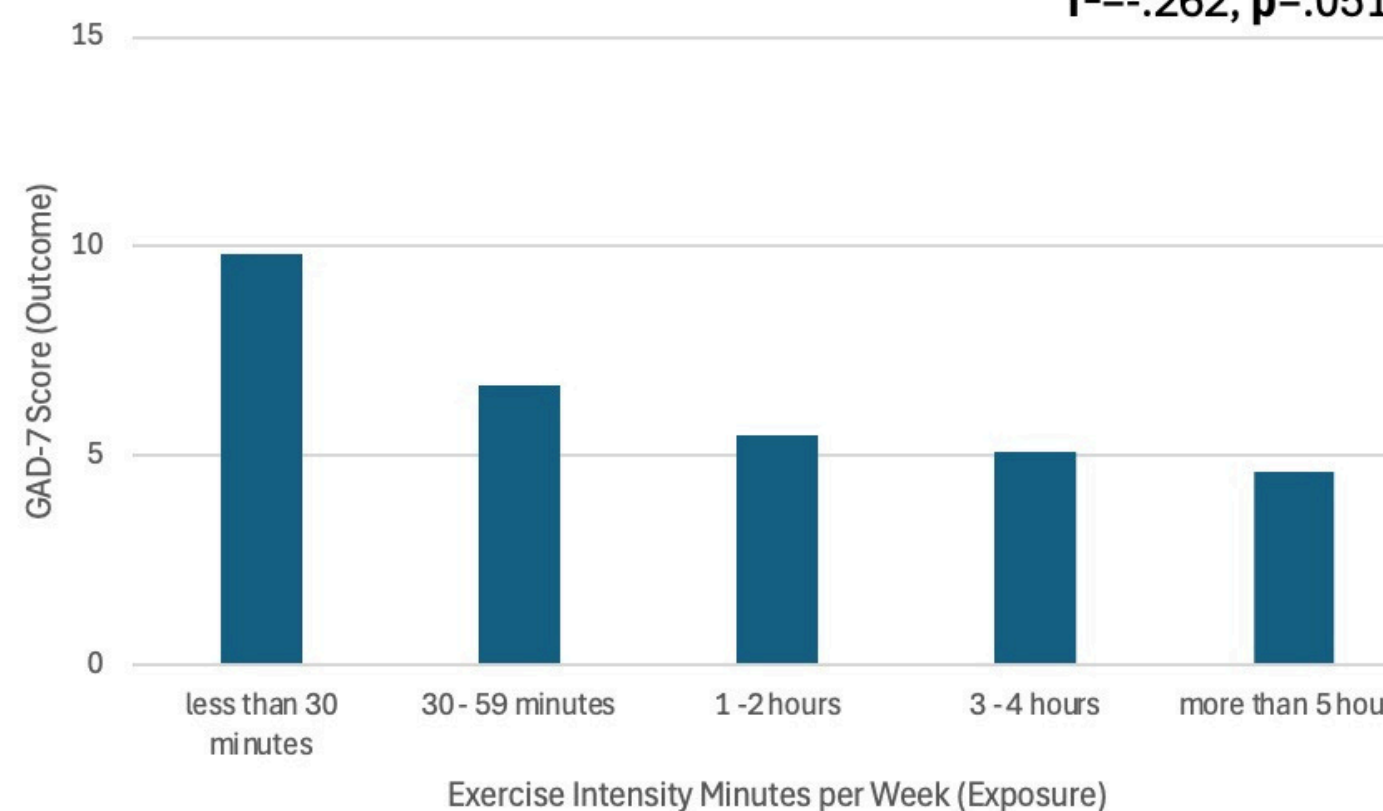
Correlation between **Days per Week** of Exercise and GAD-7 score

$r^2 = -.412, p = .002$



Correlation between **Weekly Exercise** in Minutes/Hours and GAD-7 Score

$r^2 = -.262, p = .051$



## Conclusion

- Exercise Duration (Minutes/Hours): Not statistically significant ( $p = .051$ ), though a slight negative trend with anxiety is observed.
- Exercise Frequency (Days/Week): Statistically significant ( $p = .002$ ); more frequent exercise is linked to lower anxiety.



## Policy Implication

- Regular exercise can help reduce anxiety in college students and improve academic performance by managing stress.
- Structured programs and tracking habits like fitness and sleep may enhance these effects.
- Future long-term studies are needed to understand the lasting impact on mental health.