

# Sleep Deprivation and its Effect on Mental Health in College Students

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## Objective

- To examine how sleep duration and quality relate to depressive symptoms in San Diego college students.

## Background



- Poor sleep is linked to increased depression symptoms in college students.
- Prior research shows sleep quality may matter more than duration.
- Stress and social factors also influence both sleep and mental health.

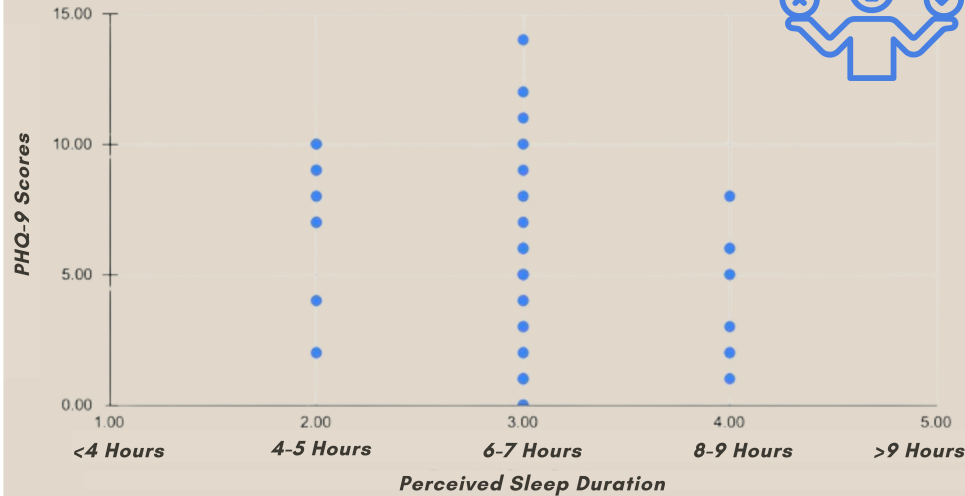
## Methodology



- This cross-sectional study surveyed 46 college students from various San Diego institutions. Linear regression models were used to analyze the relationships between sleep duration and quality with depression symptoms measured by PHQ-9 scores.

## Results

Figure 1 (Scatterplot): Correlation between Sleep Duration and PHQ-9 Scores among San Diego College Students



- Sample: 46 San Diego college students; 63% female, 56.5% seniors.
- Sleep duration had a **weak, non-significant negative association** with depression ( $p = 0.088$ ).
- Sleep quality showed a significant, moderate negative correlation with depression ( $p = 0.002$ ), explaining 19.5% of variance in scores.

## Conclusion

- The study found a weak, non-significant association between sleep duration and symptoms of depression (PHQ-9) among SD college students; **failing to reject the null hypothesis**.
- Unmeasured factors (e.g., stress, screen time) may influence results.

## Policy Implication

- Establish Campus Wellness Program** incorporating sleep hygiene into existing mental health initiatives.
- Implement routine **sleep quality screenings** for early identification of at-risk students.
- Expand research** with larger, more diverse samples, along with broader variables