



EFFECTS OF COVID-19 ON DEPRESSION SYMPTOMS AMONG COLLEGE STUDENTS

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OBJECTIVE



To determine if the contraction of COVID-19 increases symptoms of depression among college students.



BACKGROUND

- Prior to the pandemic, depression was only seen among 8.5% of American adults. The prevalence and burden of depression increased from 27.8% in 2020 to 32.8% in 2021.
- 39% of college students experience some form of depression and 21% struggle with major depression.
- If these trends continue, college students' overall quality of life decreases and are at high risk for long-lasting, multi-generational damage.

METHODS

- Self Reported Anonymous Online Survey was distributed between 4/22 - 4/29
 - Eligible participants: current college students or recent graduates
 - 3 questions examined demographic information
 - 10 questions derived from an established questionnaire
 - 1 question on recent COVID-19 infection history
 - Distributed through social media and email



- Statistical Analysis: IBM SPSS and Python Scipy.stats
 - Permutation test
 - Student's t test
 - Point-biserial correlation coefficient

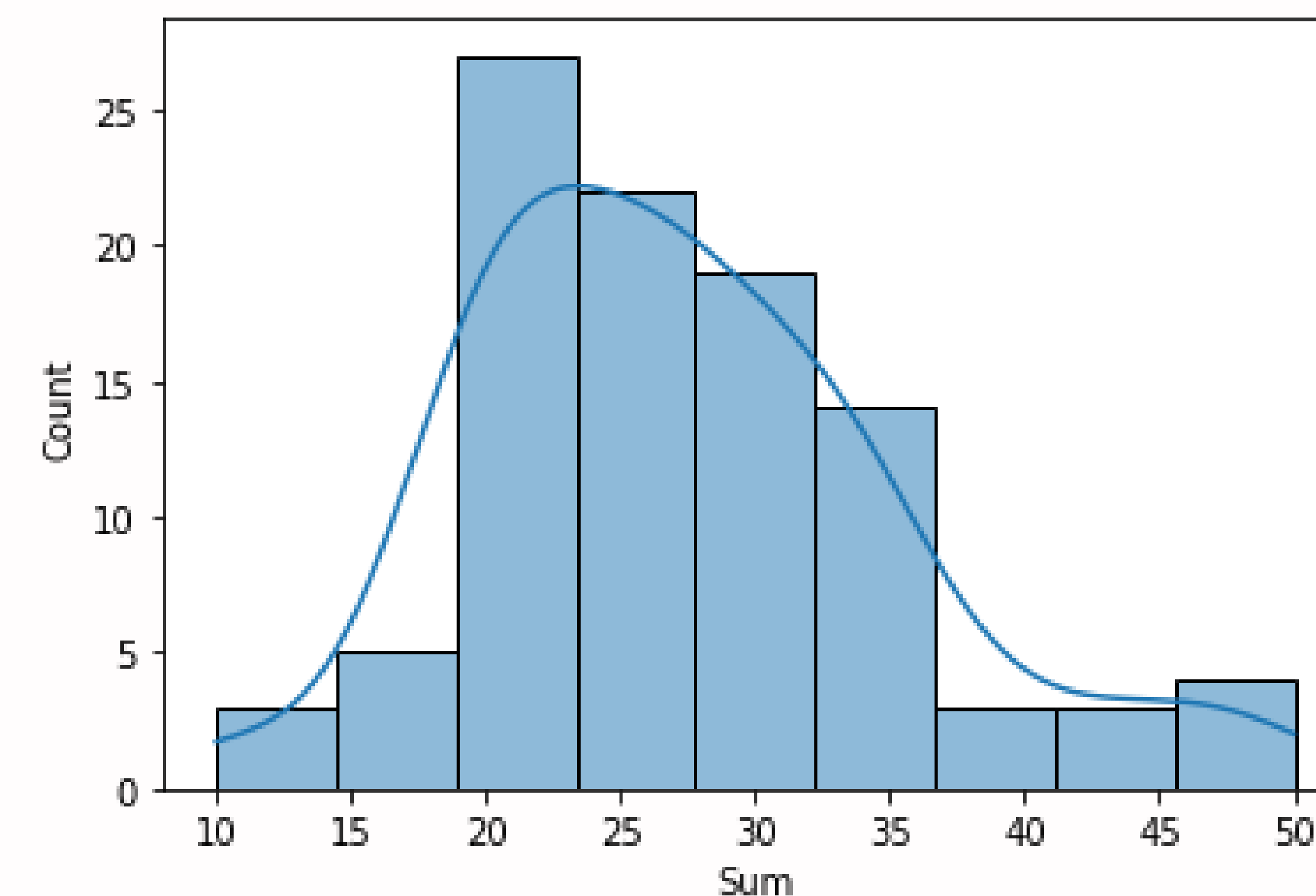
RESULTS



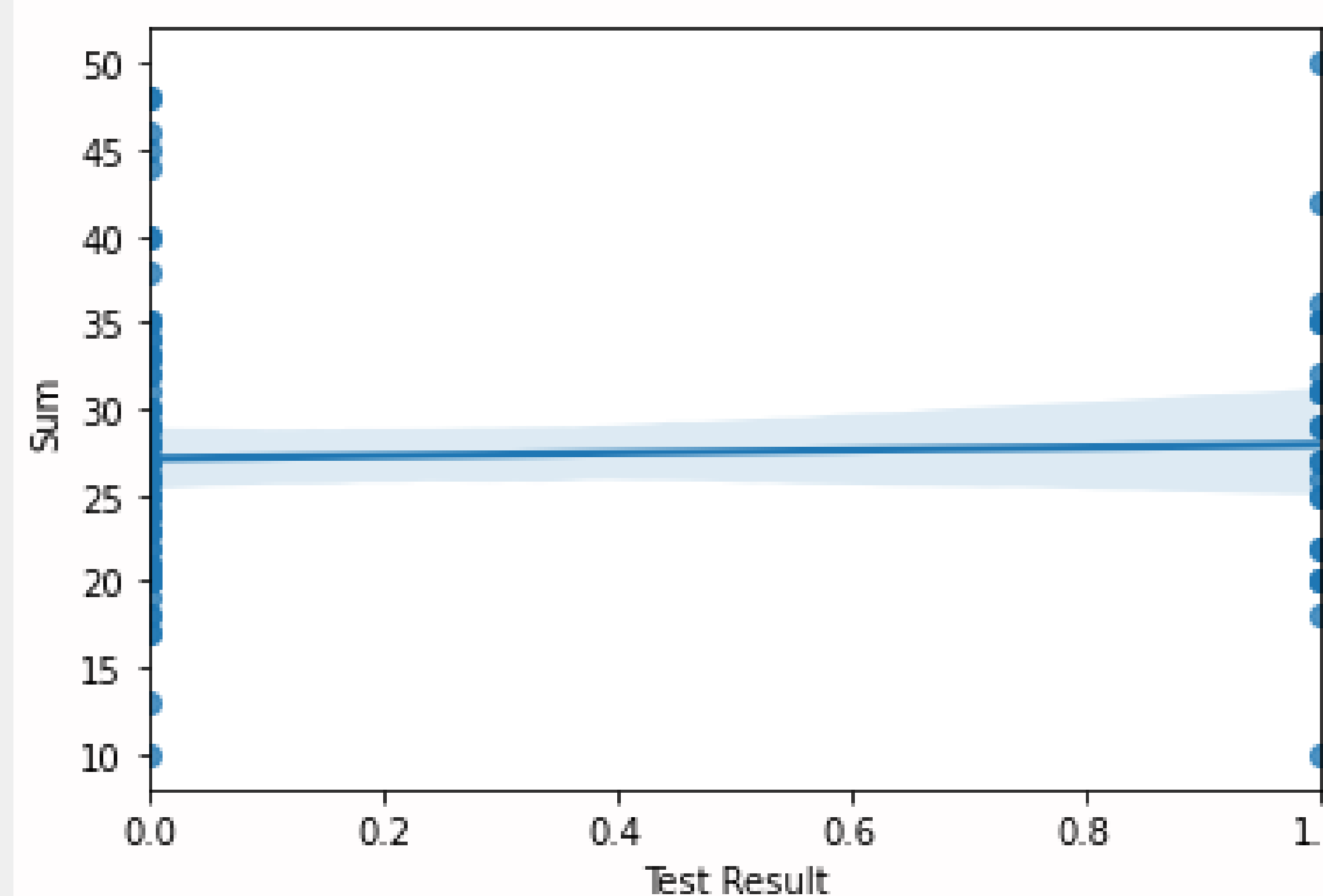
- 100 Total Participants
- Average score: 27.31 points out of 50 indicating overall mild depression symptoms
- r-value: 0.044 indicating a very weak positive relationship
- p-value: 0.66 indicating to be statistically insignificant

1. Distribution of depression scores of the 100 responses. Slightly right-skewed and center around 25-30.
2. Linear regression between COVID infection (0 as negative, 1 as positive) and depression scores.
3. Distribution comparison of depression scores between individuals who were/weren't infected.

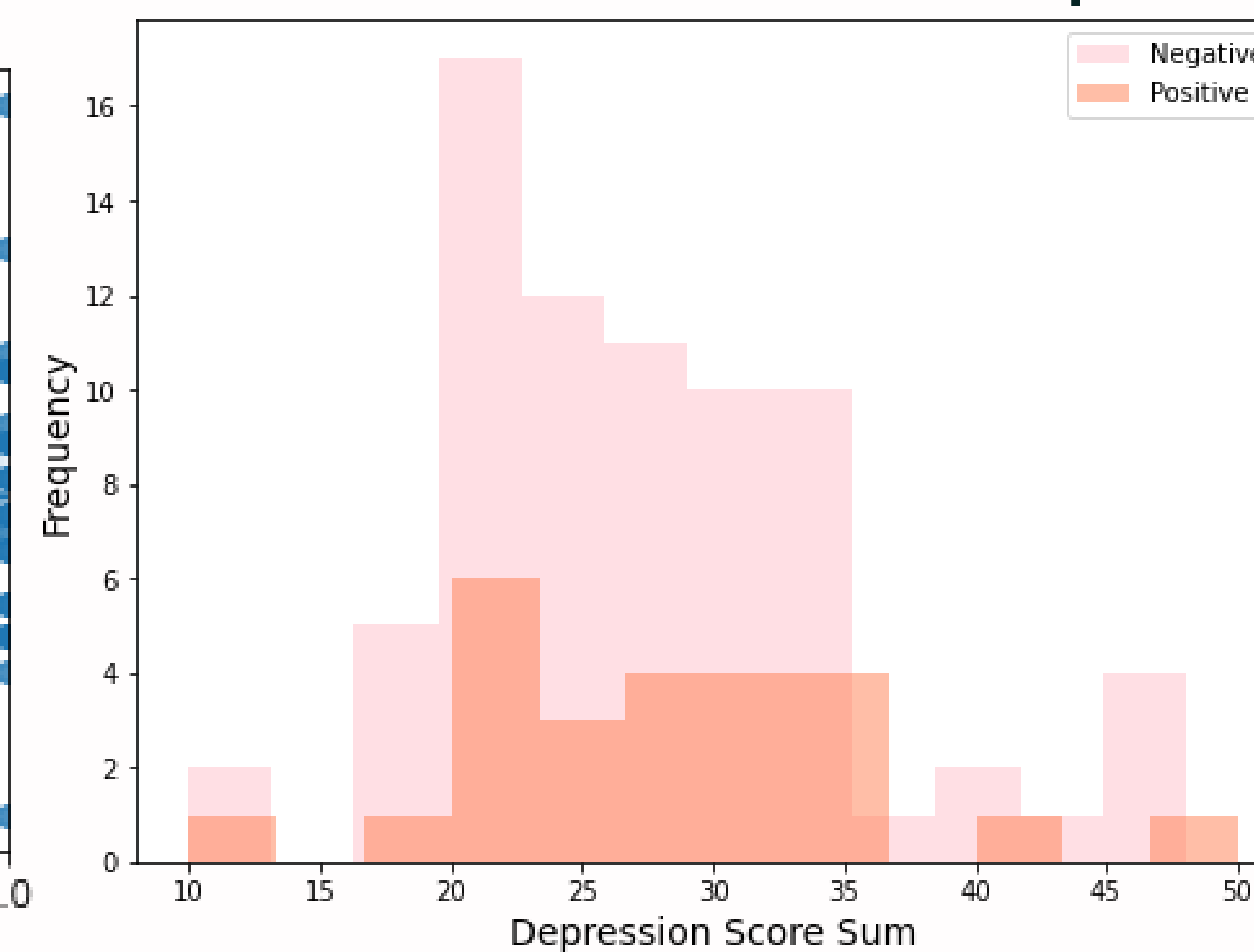
1. Distribution of Depression Scoring



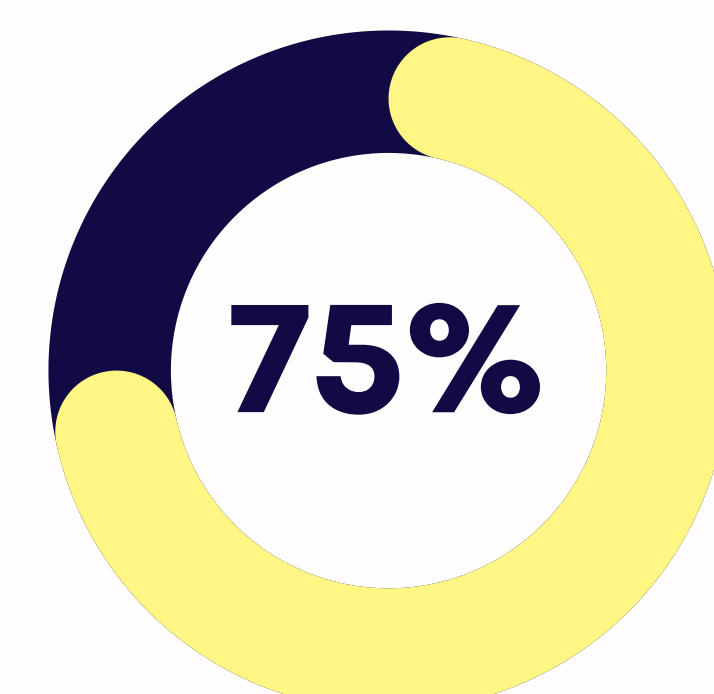
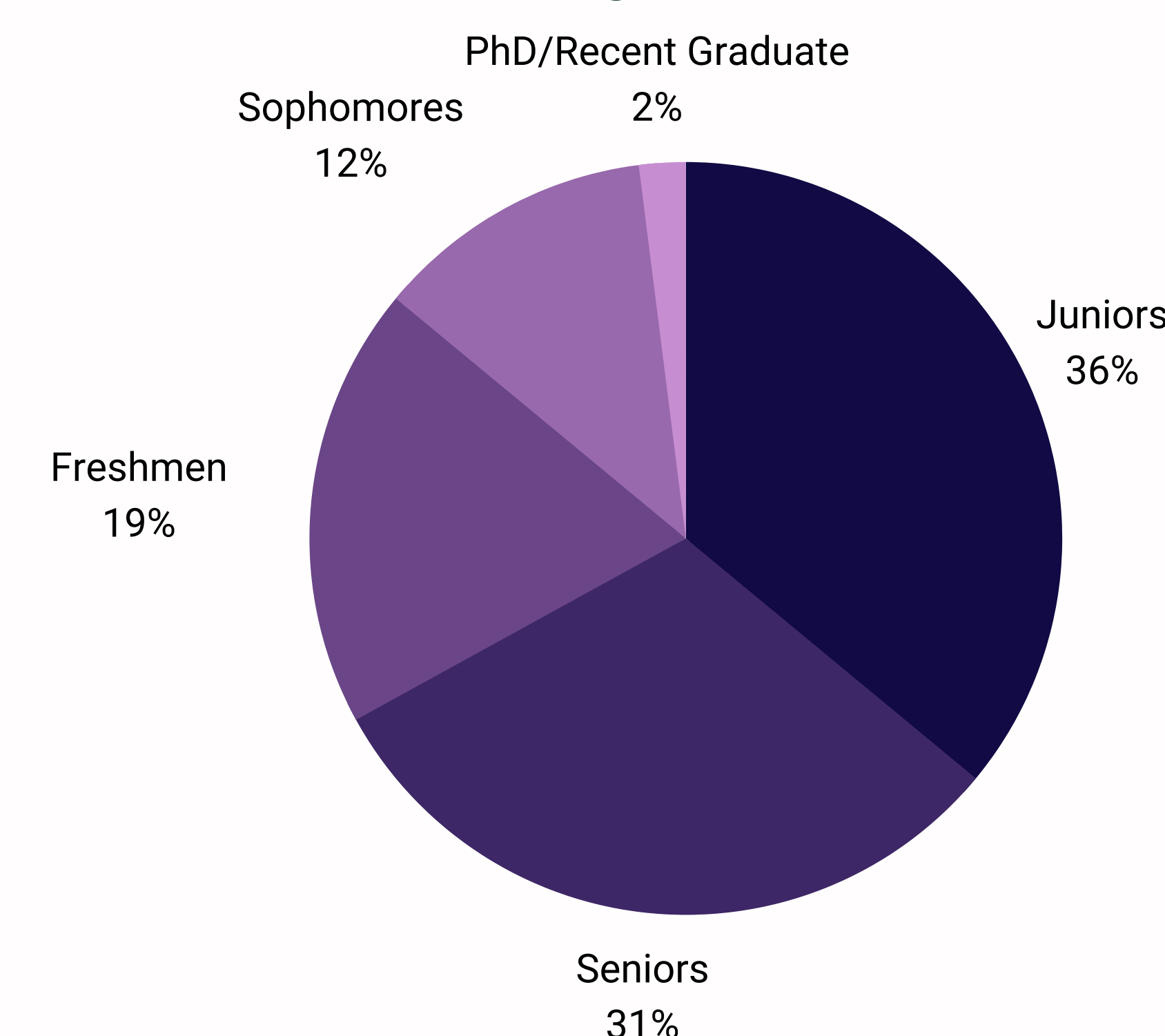
2. Point-biserial Linear Regression



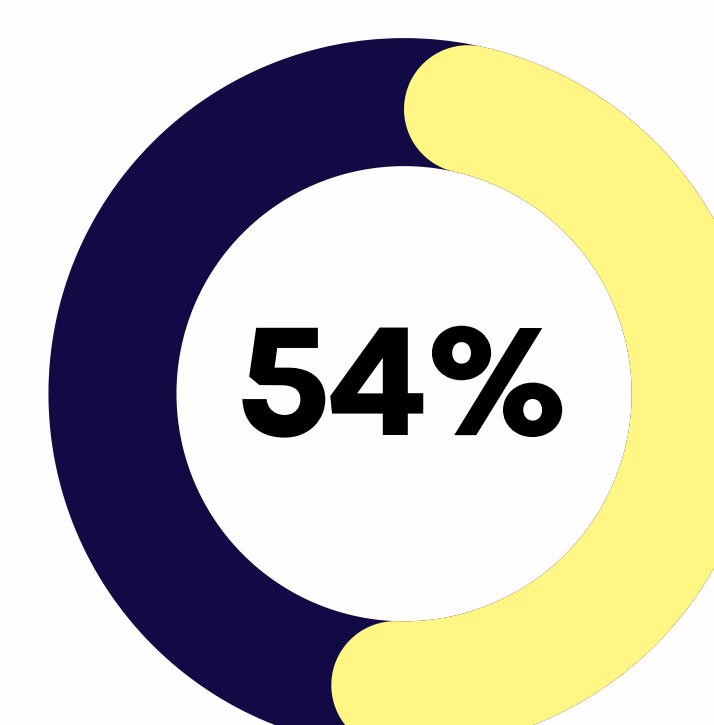
3. COVID-19 Infection Status v. Depression



Distribution of College Students by Year



Answered No for Recent COVID Infection



male participants
44% female
2% other

CONCLUSION

- Our study found no association between past COVID-19 infection and increased symptoms of depression among college students.
- However, our cross-sectional survey indicated an intervention is necessary for addressing the mental health issues among college students.
- Further research is expected to inspect other possible stressors that act as amplifiers such as economic status and prior accessibility to mental health services.



- Offer more accessible, practical mental health resources for college students, such as group therapy or meditation.
- Establish mandatory classes for UC San Diego faculties that help them to better consider students' well-being when planning coursework.

ACKNOWLEDGEMENTS

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