

# Depression and Eating Disorders Among UCSD Students

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## Objectives

- To determine whether there is an association between depression and eating disorders among college students at UCSD.

## Introduction

- Depression is the second leading concern among college students, with around 30% of students reporting depressive symptoms.<sup>1</sup>
- Depression can lead to a loss of interest in hobbies, difficulty doing schoolwork, and even suicide.
- Suicide is the 3<sup>rd</sup> leading cause of death in students.<sup>1</sup>
- Eating disorders have the highest mortality rate, along with a high prevalence among college students, yet it is still being under-diagnosed and under-treated.<sup>2</sup>

## Methodology

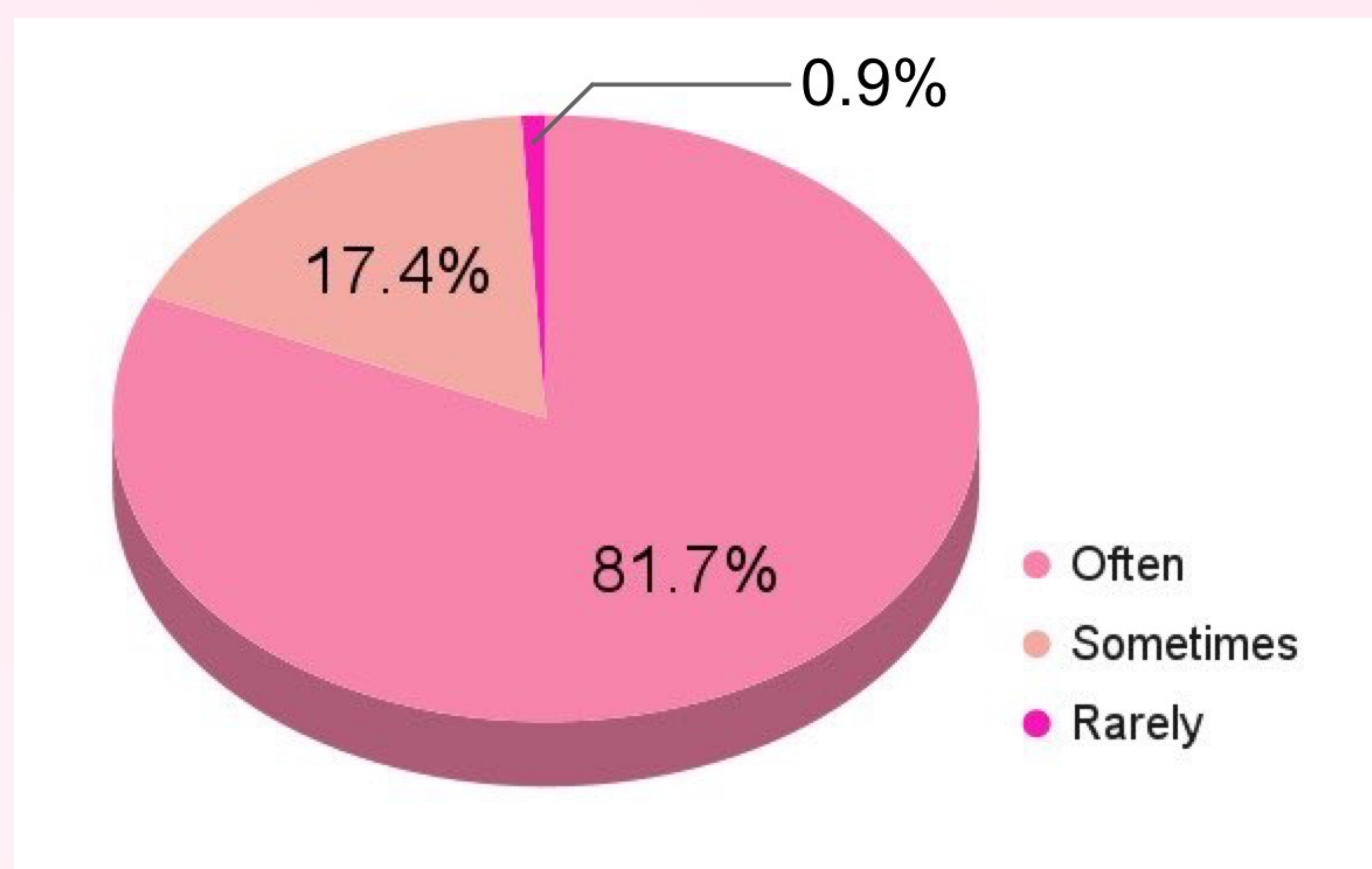
- We conducted a cross-sectional study by administering an online survey through Google forms to students currently enrolled at UCSD.
- The survey was advertised on variety of social forums such as class Discord servers, the UCSD subreddit, UCSD related Facebook pages and emailed to public health students.

## Results

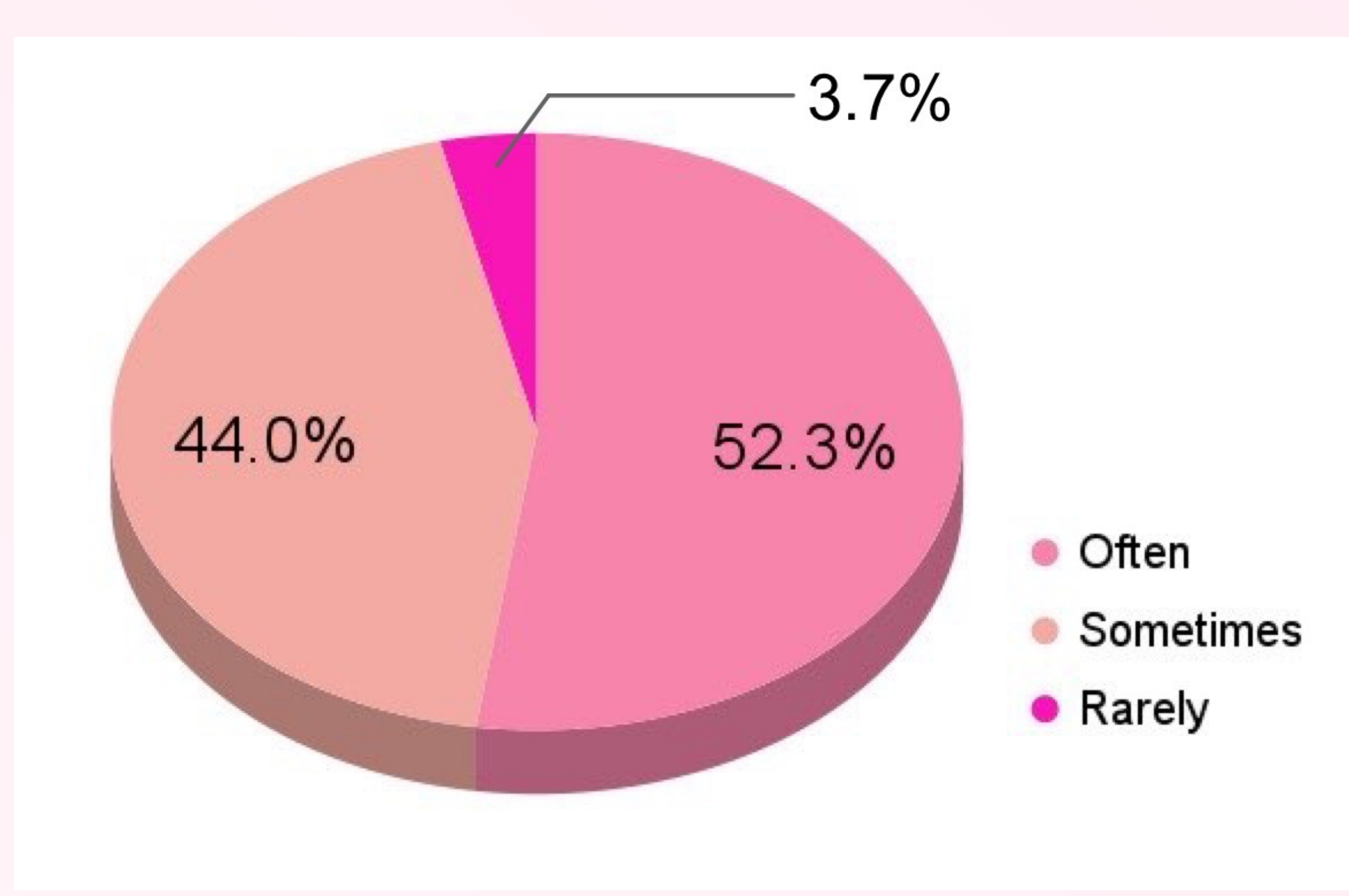
**Table 1:** Demographic information (n=109)

Age	18-20	48 (44%)	
	21-23	56 (51.4%)	
	24-26	3 (2.8%)	
	27+	2 (1.8%)	
Gender	Female	78 (71.6%)	
	Male	26 (23.9%)	
	Non-Binary	5 (4.6%)	
Race/ Ethnic Background	White	29 (26.6%)	
	American Indian or Alaskan Native	5 (4.6%)	
	Asian	65 (59.6%)	
	Native Hawaiian or Pacific Islander	1 (0.9%)	
	Hispanic or Latinx	22 (20.2%)	
	Multiracial, MENA	1 (0.9%)	
	Middle Eastern	1 (0.9%)	
	Academic Status	Undergraduate 1 <sup>st</sup> year	18 (16.5%)
		Undergraduate 2 <sup>nd</sup> year	17 (15.6%)
Undergraduate 3 <sup>rd</sup> year		27 (24.8%)	
Undergraduate 4 <sup>th</sup> year		42 (38.5%)	
Undergraduate 5 <sup>th</sup> year +		2 (1.8%)	
Graduate student		3 (2.8%)	

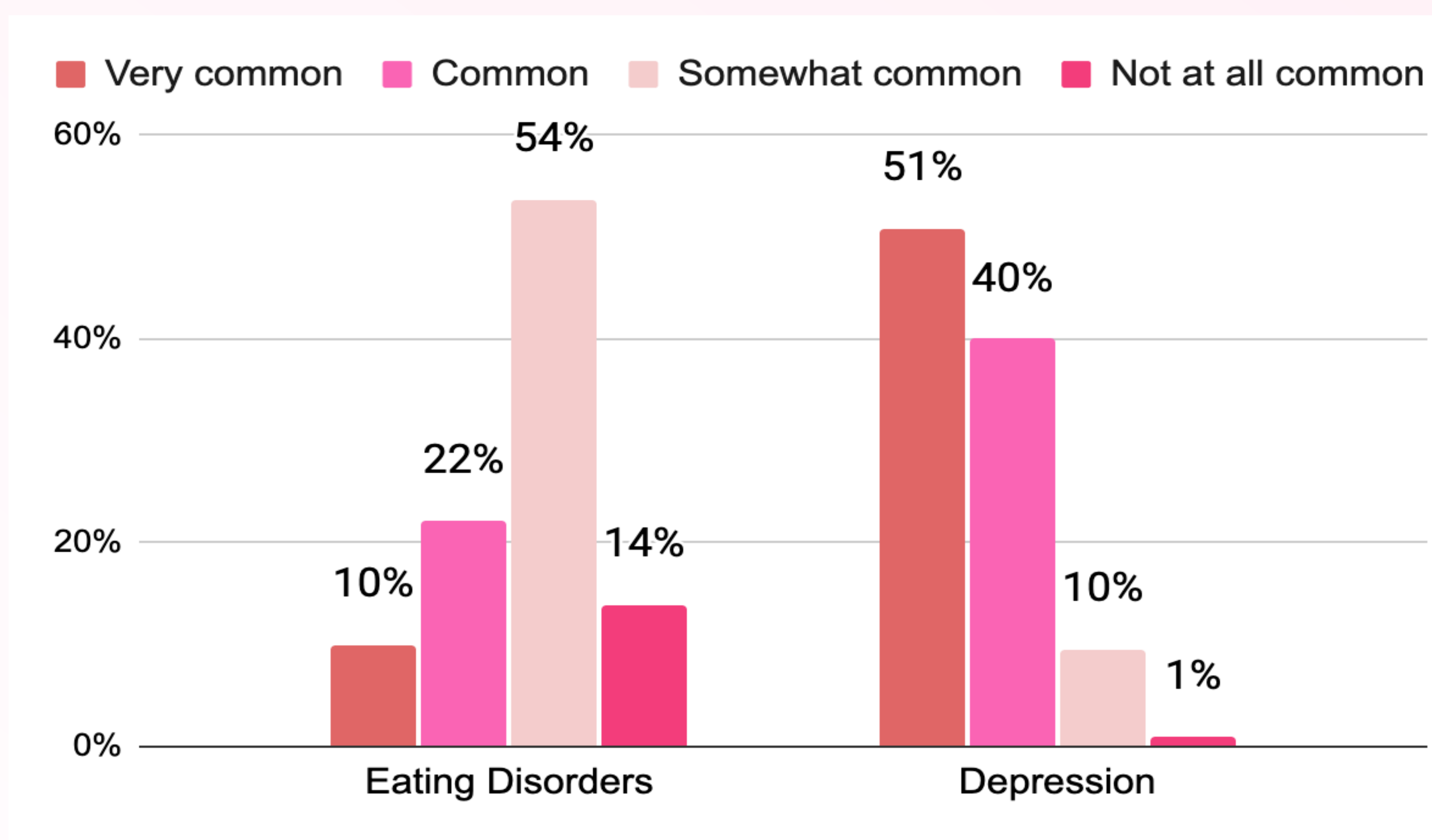
**Figure 1:** Students' perception of academic stress contributing to college students' symptoms of depression



**Figure 2:** Students' perception of the correlation between eating disorders and mental health issues



**Figure 3:** The perceived prevalence of eating disorders and depression among UCSD students



There is no significant association between the correlation of eating disorders and depression ( $P=3.03$ ).

## Conclusion

- University students are more commonly aware of their mental health status.
- Academic stress could be perceived to influence symptoms of depression and eating disorders among college students.
- Stress may enhance symptoms of mental health disorders and eating disorders.
- Research at other universities is needed to further investigate this relationship.

## Policy Implications

- Expanding the availability of mental health and counseling services on campus.
- Programs campaigning for awareness of eating disorders, allowing for students to reach out to professionals regarding their concerns.

## Acknowledgements

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## References

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