



# Psychological Well-Being & COVID-19 in First Year College Students



## INTRODUCTION

- The Coronavirus-2019 (COVID-19) global pandemic resulted in dramatic changes to daily lives, including economic and health impacts (Stanton et al., 2020).
- Winter 2020 college students reported increased anxiety, depression and sedentary lifestyle (Huckins et al., 2020).
- Anxiety is linked to worry regarding personal and loved ones' health, disrupted sleep, decreased social interactions, concentration difficulties, and academic concerns (Son et al., 2020).

**PURPOSE:** To compare the well-being of incoming freshman cohorts before and during the COVID-19 Pandemic

## METHODS



Recruitment email sent to all incoming freshman in 2019 and 2020



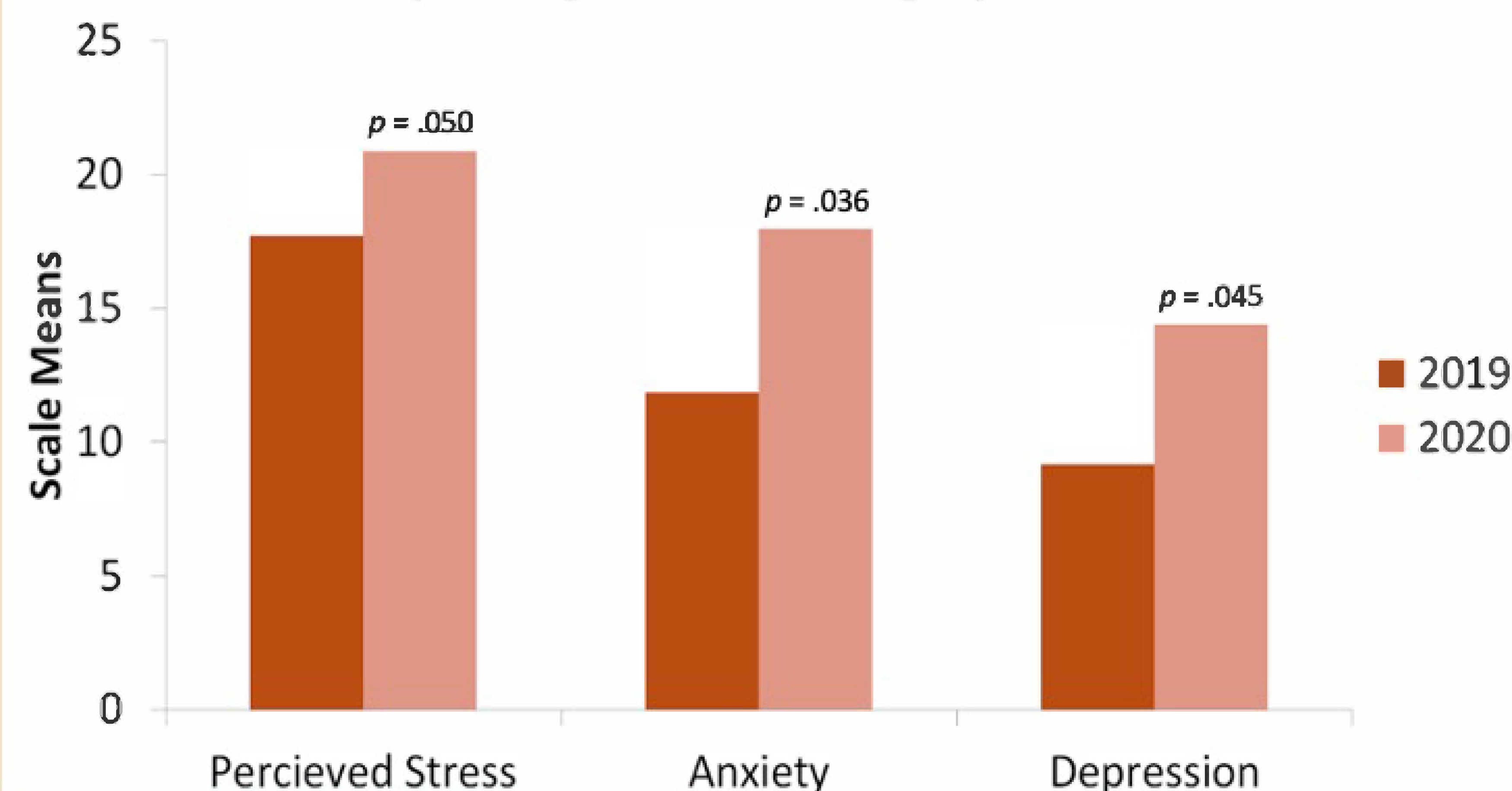
N = 96



BAI  
BDI-II  
PSS  
SSQ

## RESULTS

Psychological Well-being by Cohort



	Total (n=96)	Cohort 1 (n=32)	Cohort 2 (n=64)
<b>Gender</b>			
Female	71 (75.5%)	24 (77.4%)	47 (74.6%)
Male	19 (20.2%)	7 (22.6%)	12 (19.0%)
Non-binary	4 (4.3%)	0 (0.0%)	4 (6.3%)
<b>Age (years)</b>	18.2 ± 0.20	18.06 ± 0.35	18.0 ± 0
<b>Race</b>			
White/Caucasian	57 (60.0%)	19 (59.4%)	38 (60.3%)
Black/African American	11 (11.6%)	3 (9.4%)	8 (12.7%)
Hispanic/Latino	5 (5.3%)	1 (3.1%)	4 (6.3%)
Asian	5 (5.3%)	3 (9.4%)	2 (3.2%)
Other	1 (1.1%)	0 (0.0%)	1 (1.1%)
Multiple Race	16 (16.8%)	6 (18.8%)	10 (15.9%)

## CONCLUSIONS

- Findings suggest that COVID-19 has significantly affected college freshman students' mental health.
- Intervention programs are needed to help students cope with future significant, life-changing stressors like COVID-19.
- Such intervention programs should focus on management and promotion of psychological well-being in this population

## REFERENCES

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