

Quarantine & Chill? - How COVID-19 impacts the Mental Health & Wellbeing of LWTech Students

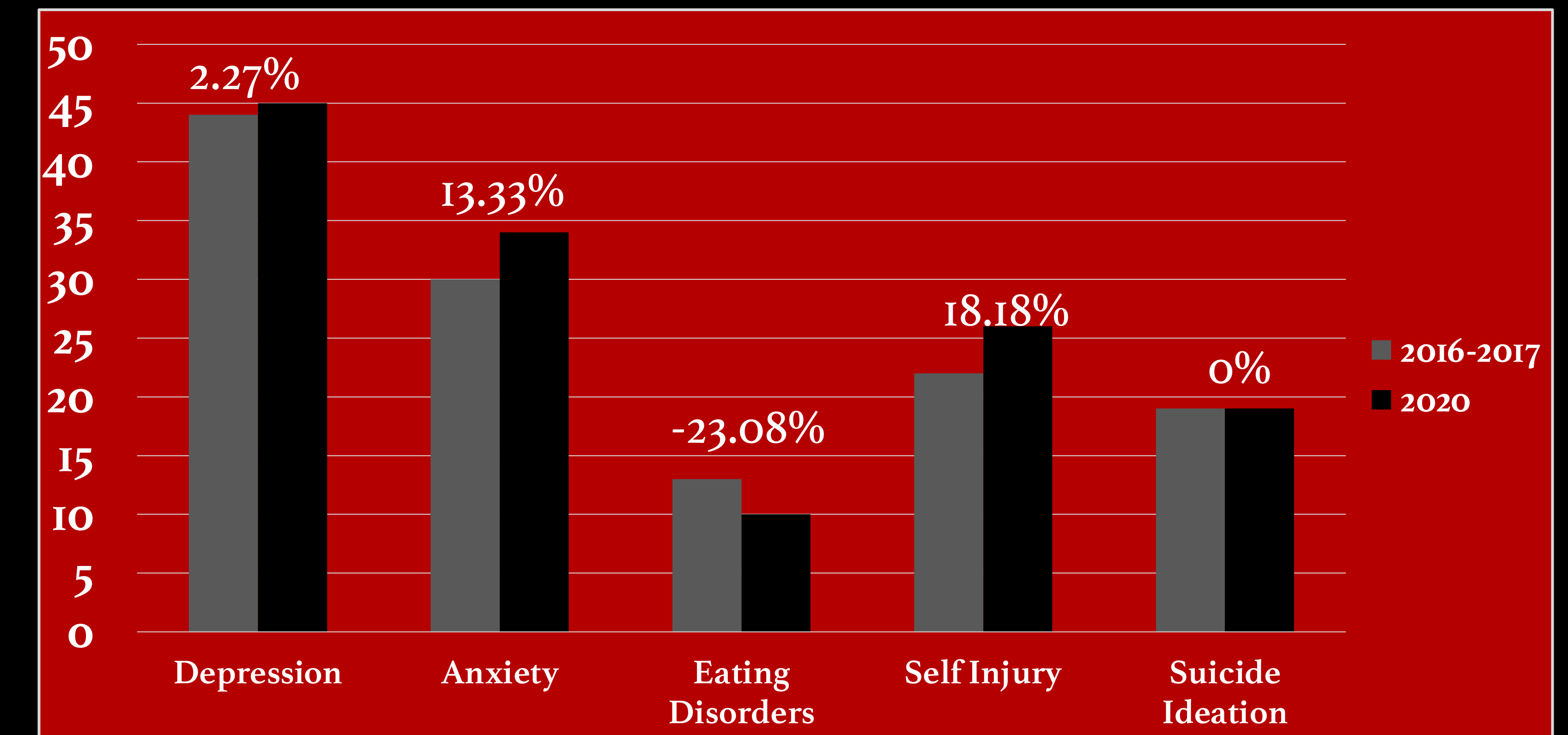
By: Andesha Birch, Behavioral Health, LWTEch
Mentor- Sharon Raz, PHD

Results

Conditions	2016-2017	2020	Percentage of change
Depression	44	45	2.27%
Anxiety	30	34	13.33%
Eating Disorders	13	10	-23.08%
Self Injury	22	26	18.18%
Suicide Ideation	19	19	0.00%

t-Test: Two-Sample Assuming Unequal Variances

P(T<=t) two-tail 0.885

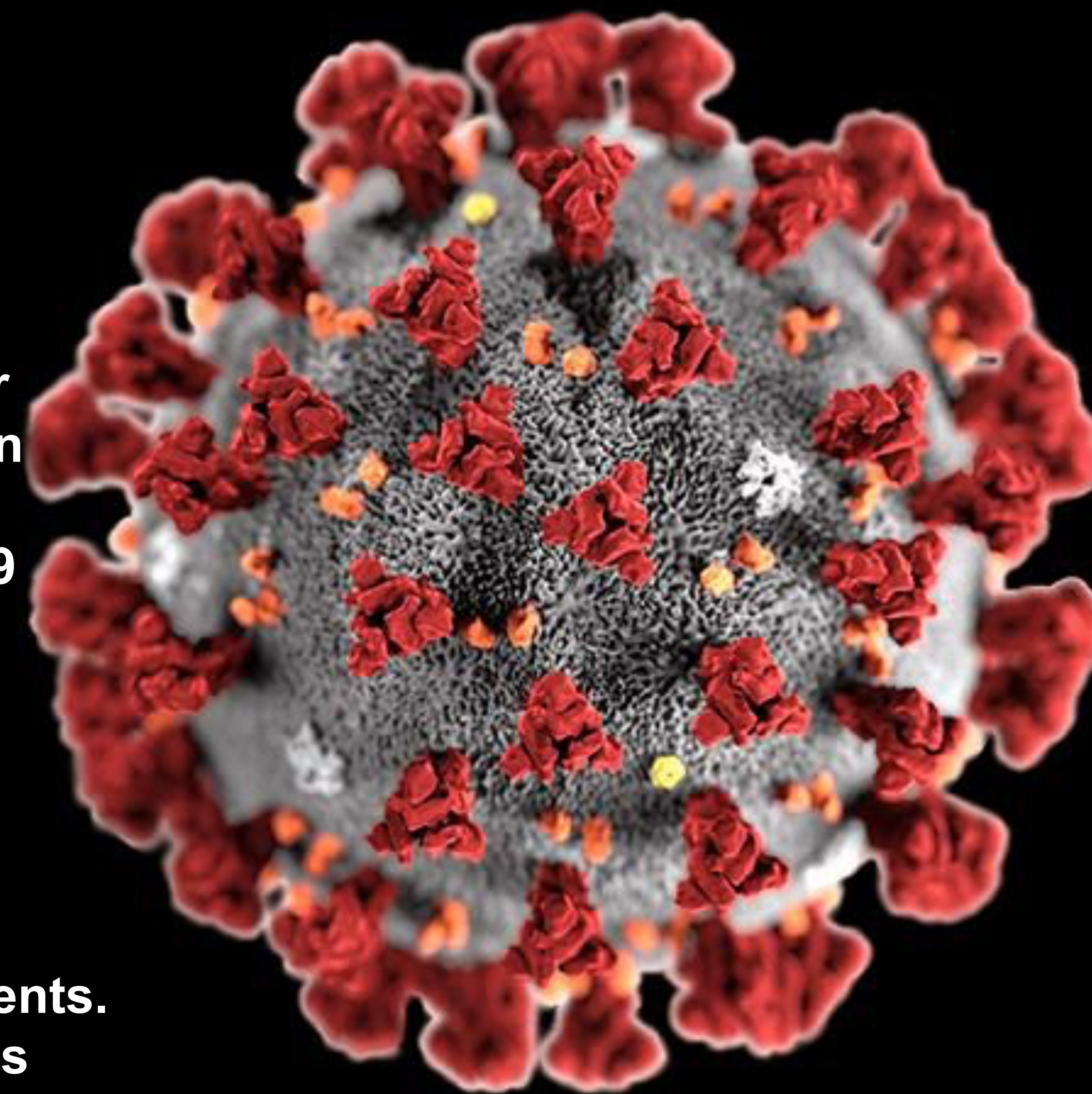


In the table above, it is apparent that anxiety and self injury were the mental health conditions that increased the most. This is represented by the 13.3% increase in students who struggle with anxiety and 18.8% increase in students who struggle with self injury. The percentage of students who struggle with suicide ideation remain the same. The table shows that 19% of LWTech students are still struggling with suicide ideation. Eating disorders are the only mental health conditions that decreased during the pandemic.

The comparison between the mental health symptoms of LWTech students before and during the pandemic, using the T-Test Method shows that the p value (0.885) is greater than the alpha (0.05). The result proves that the increase in the number of reported mental health challenges, as experienced by LWTech students from the years 2016-2017 to 2020, is statistically significant.

Conclusion

The study demonstrates some of the impacts of the COVID19 pandemic on the mental health conditions of LWTech students. The significant differences between the mental health symptoms of pre and post pandemic suggest that LWTech students were psychologically impacted by the pandemic. The study's results suggest that students would benefit from more mental health resources during this difficult time.



Abstract

Amidst the pandemic, the entire world is struggling with numerous mental health-related challenges. College students, who are already struggling with academic, social and emotional stressors that affect their mental health, are now challenged by stressors that are related to the pandemic. The current study provides insight into the possible impacts of the COVID19 pandemic on the mental health of LWTech students.

Purpose

The current study aims to discover whether LWTech students experienced an increase in challenges related to mental health and wellbeing due to the impact of the COVID-19 pandemic.

Methodology

The study utilizes the Healthy Minds Survey, which is an annual survey of randomly selected sample of LWTech students. To compare the mental health symptoms of LWTech students before and after the pandemic. The most recent results are compared to the 2016-2017 results. A T-Test Method is used to evaluate whether the mental health symptoms of students before and after the pandemic are significantly different.

References

Ceglarek, P., Eisenberg, D., Ketchen-Lipson, S., Kern, A., 2017. Lake Washington Institute of Technology: The Healthy Minds Study 2016-2017 Data Report.
Ceglarek, P., Eisenberg, D., Ketchen-Lipson, S., Kern, A., 2020. Lake Washington Institute of Technology: The Healthy Minds Study Fall 2020 Data Report.