

Utilization of Mental Health Services among College Students

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“Mind Body Interactions and Health”

Abstract

The objective of this research was to examine utilization of mental health services among college students and how stress impacts it. While mental health issues continue to increase within the college student population, utilization of mental health treatment and services is not as high as it should be. The strategies to address the low prevalence of treatment need to be exponentially higher, intentional and more responsive. There is almost a negative correlation between stressors in college students and the services used to seek support for them. In addition, I did my own research survey to examine how students from various colleges within USF have been responding to stress during COVID-19. The purpose was also to observe any stressors that COVID-19 might have caused in any way as well as the steps being taken to manage the stress.

Introduction

- Mental health problems have been increasing among college students in the United States in the past few decades ¹. More than often, college students do not tend to seek treatment for their mental health, whether it is due to social stigma, perceived shame, or even lack of knowledge about such resources available on campus.
- It is even a greater problem for marginalized communities such as those that identify as sexual minorities, as there are additional stressors and fears that can serve as barriers from seeking treatment.
- Identifying factors such as cultural barriers which often prevent ethnic groups such as underserved Asian American community college students from seeking mental health treatment ³ is also crucial in supporting them in the path to success.

Method

- A survey was conducted to examine how USF students have been responding to the current stress that COVID-19 has caused worldwide, as well as any remote resources used to cope with the newly added stress.
- The primary question in the survey was: “Has COVID-19 caused any new stressors that were not as prevalent in the past for you?”
- Additional questions on health and well-being resources offered remotely by USF during COVID-19 were included in the survey as well.
- Outreach efforts were conducted through social media such as the USF class pages.

Results

- 514 students participated in the survey.
- 483 students responded “Yes” to the question: “Has COVID-19 caused any new stressors that were not as prevalent in the past for you?” whereas 403 people have responded to not using any health and well-being resources offered remotely by USF during this uncertain and difficult period of time.

Discussion

This survey was conducted to support the argument made throughout the essay- there is a negative correlation between stressors faced by college students and utilization of mental health services. Academic institutions should do a better job in fostering campus climates that are inclusive and aware of mental health services.

The impact of COVID-19 on college student mental health



1 in 5

College students say their mental health has significantly worsened under COVID-19



College students who report COVID-19 has negatively impacted their health

SOURCE: Active Minds Spring 2020 Student Survey | Deseret News

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