

Student Anxiety

Winter 2018 Seminar Days

Google search “college student anxiety levels”

What percentage of college students suffer from anxiety?

The survey also found that: Anxiety is the top presenting concern among college students (**41.6 percent**), followed by depression (**36.4 percent**) and relationship problems (**35.8 percent**). On average, **24.5 percent** of clients were taking psychotropic medications.

[College students' mental health is a growing concern, survey finds](http://www.apa.org/monitor/2013/06/college-students.aspx)

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Why Are More American Teenagers Than Ever Suffering From Severe Anxiety?

Parents, therapists and schools are struggling to figure out whether helping anxious teenagers means protecting them or pushing them to face their fears.

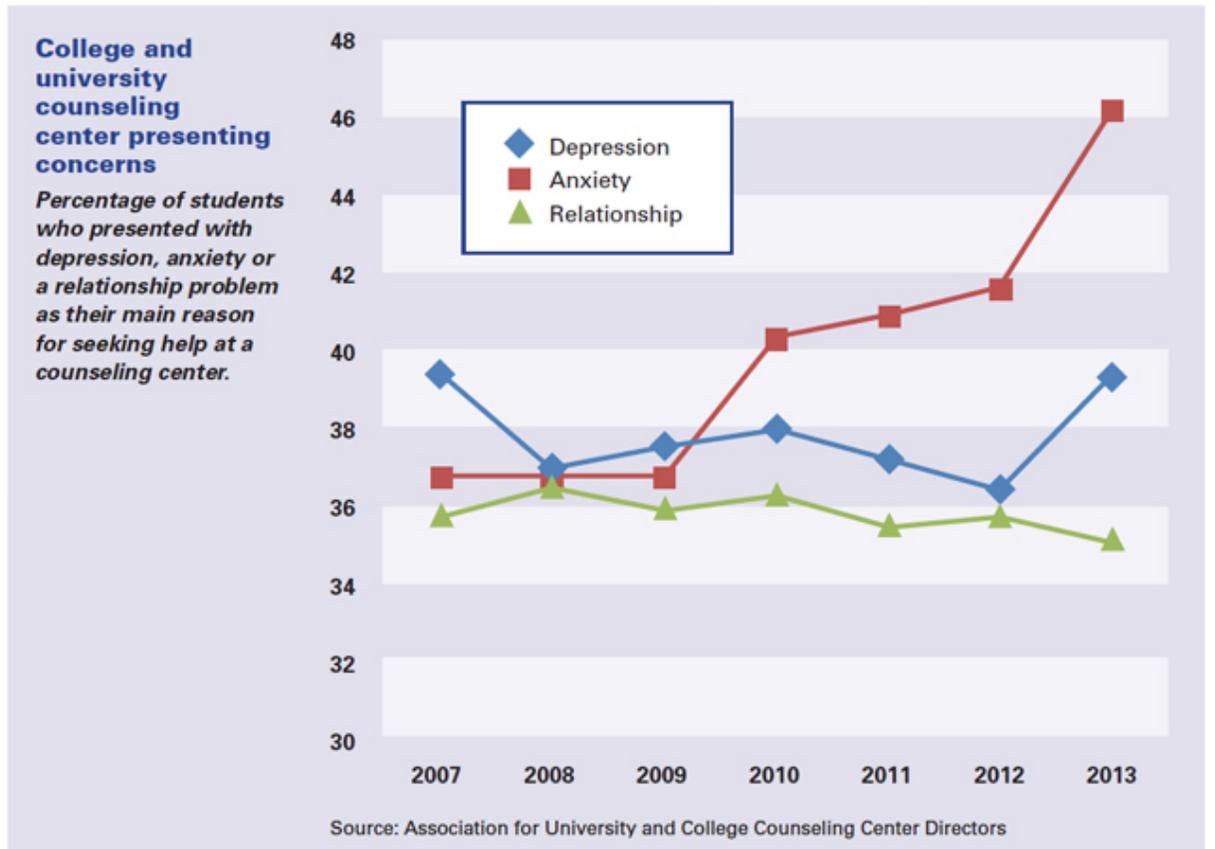
By [BENOIT DENIZET-LEWIS](#) OCT. 11, 2017

<https://www.nytimes.com/2017/10/11/magazine/why-are-more-american-teenagers-than-ever-suffering-from-severe-anxiety.html>

“Over the last decade, [anxiety has overtaken depression](#) as the most common reason college students seek counseling services. In its annual survey of students, the American College Health Association found a significant increase — to [62 percent in 2016](#) from [50 percent in 2011](#) — of undergraduates reporting “overwhelming anxiety” in the previous year. Surveys that look at symptoms related to anxiety are also telling. In 1985, the Higher Education Research Institute at U.C.L.A. [began asking incoming college freshmen](#) if they “felt overwhelmed by all I had to do” during the previous year. In 1985, 18 percent said they did. By 2010, that number had increased to 29 percent. Last year, [it surged to 41 percent.](#)”

“Anxiety is the most common mental-health disorder in the United States, affecting nearly one-third of both adolescents and adults, according to the National Institute of Mental Health. But unlike depression, with which it routinely occurs, anxiety is often seen as a less serious problem.

“Anxiety is easy to dismiss or overlook, partially because everyone has it to some degree,” explained Philip Kendall, director of the Child and Adolescent Anxiety Disorders Clinic at Temple University in Philadelphia. It has an evolutionary purpose, after all; it helps us detect and avoid potentially dangerous situations. Highly anxious people, though, have an overactive fight-or-flight response that perceives threats where there often are none.”



STRESS IS THE #1 FACTOR IN ACADEMIC DISRUPTION

1 IN 5

STUDENTS HAS FELT TOO STRESSED TO STUDY OR BE WITH FRIENDS

ONLY 52% OF FRESHMEN SAY THEIR EMOTIONAL HEALTH IS ABOVE AVERAGE

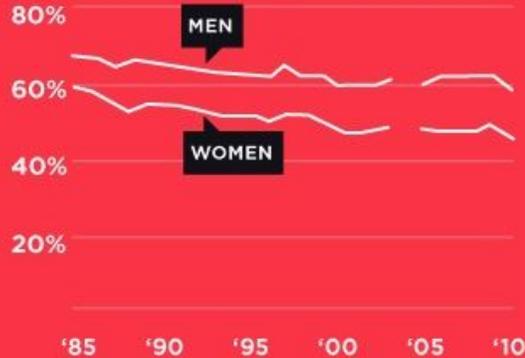
1 IN 5

HAVE CONSIDERED DROPPING OUT OF SCHOOL BECAUSE OF THIS

IN 1985, THIS NUMBER WAS **64%**

AND WOMEN HAVE IT WORST

FELT EMOTIONAL HEALTH WAS ABOVE AVERAGE



FELT OVERWHELMED DURING SENIOR YEAR OF HIGHSCHOOL



STRESSED OUT STUDENTS

Are students today more stressed than ever?

STRESS IS THE NO. 1 FACTOR IN ACADEMIC DISRUPTION



1 IN 5 student has felt too stressed to study or be with friends



1 IN 5 have considered dropping out of school because of it

WHAT YOU CAN DO TO DEAL WITH STRESS



Break up your routine with exercise, hobbies or relaxing.



A strong social support system is crucial to combating stress. Talk to your friends and loved ones.

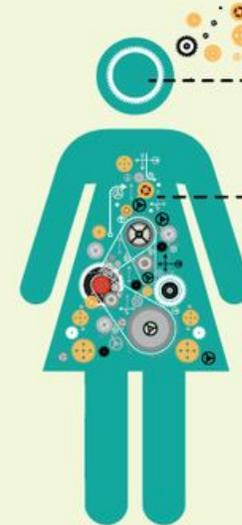


Be good to your body: get enough sleep, eat well, and stay active.



Never be ashamed to seek help. A counselor can be a good source of emotional support for getting through stressful times.

TRY THIS RIGHT NOW



Acknowledge each thought and let it float past you

Breathe Comfortably

DO IT FOR 10 MINUTES

In one study, practicing meditation daily for 8 weeks reduced stress in Senior Med students by 20%

Have Smartphones Destroyed a Generation?

More comfortable online than out partying, post-Millennials are safer, physically, than adolescents have ever been. But they're on the brink of a mental-health crisis.

“The Monitoring the Future survey, funded by the National Institute on Drug Abuse and designed to be nationally representative, has asked 12th-graders more than 1,000 questions every year since 1975 and queried eighth- and 10th-graders since 1991. The survey asks teens how happy they are and also how much of their leisure time they spend on various activities, including nonscreen activities such as in-person social interaction and exercise, and, in recent years, screen activities such as using social media, texting, and browsing the web.

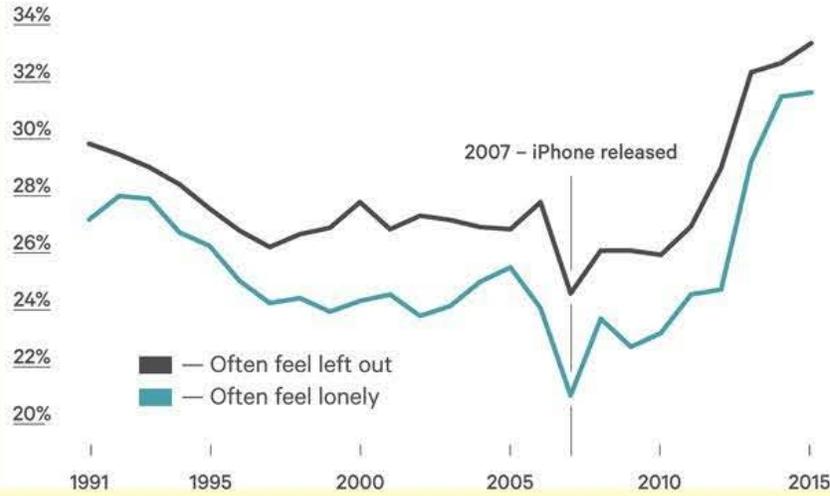
The results could not be clearer: Teens who spend more time than average on screen activities are more likely to be unhappy, and those who spend more time than average on nonscreen activities are more likely to be happy.”

<https://www.theatlantic.com/magazine/archive/2017/09/has-the-smartphone-destroyed-a-generation/534198/#main-content>

5

More Likely to Feel Lonely

Percentage of 8th-, 10th-, and 12th-graders who agree or mostly agree with the statement "I often feel left out of things" or "A lot of times I feel lonely"



6

Less Likely to Get Enough Sleep

Percentage of 8th-, 10th-, and 12th-graders who get less than seven hours of sleep most nights

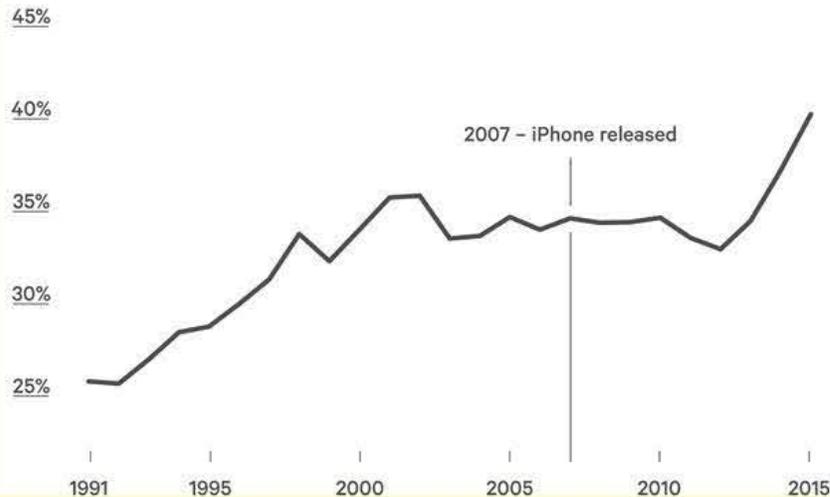
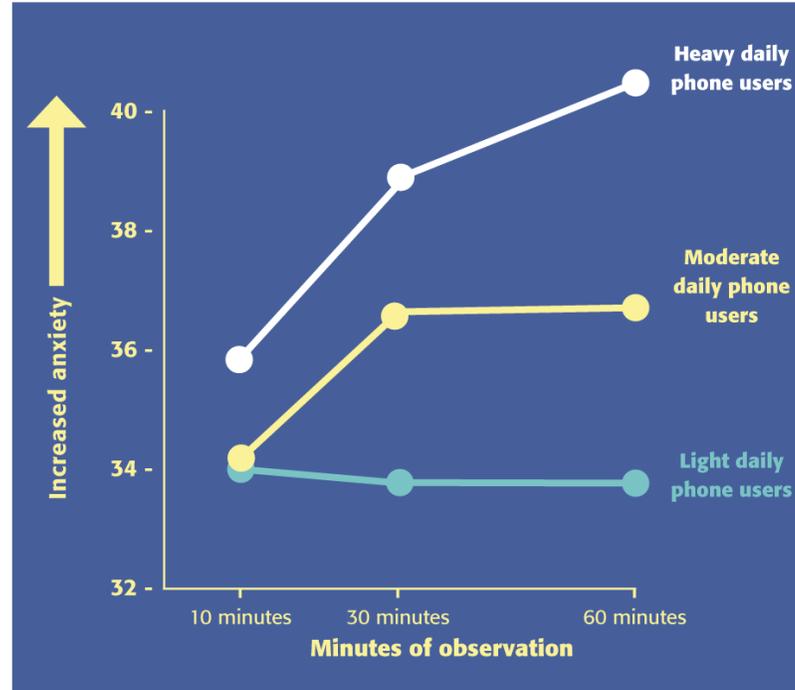


FIGURE 3.

For heavy smartphone users, no phone means high anxiety

Students' self-reported anxiety levels over one hour without their smartphones



Adapted from Cheever, N.A., Rosen, L.D., Carrier, L.M., & Chavez, A. (2014). Out of sight is not out of mind: The impact of restricting wireless mobile device use on anxiety levels among low, moderate, and high users. *Computers in Human Behavior*, 37, 290-297.

AARP December 2017: “Keep Your Focus”

- “The inability to unplug...creates anxiety: People who continually check their phones report higher stress levels than those who do it less frequently, an Am. Psy, Assoc. survey reports.”