



# How Did Covid-19 Impact Mental Health In Female Students at Texas Tech



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## Study Question and Background

Increased rates of depression anxiety, depression, and loneliness in students aged 18-24<sup>1</sup>

The most common areas affected were mental health, motivation or focus, loneliness or isolation, academics, and missed experiences or opportunities (60%).<sup>2</sup>

Most common ways COVID has impacted undergraduate students is increased stress anxiety, disappointment isolation, financial setback, and relocation.<sup>3</sup>

We will examine how the COVID-19 pandemic has impacted mental health in female students at Texas Tech as compared to before the pandemic.

## Study Population

We are studying students at Texas Tech who identify as women from ages 18-25. This data was collected at from the Honor's College at Texas Tech.

## Data Collection Methods

This project used the TTUHSC School of Medicine P3-1 TTU Honors College/WNR =Survey, an online survey instrument shared with student in the Texas Tech Honors College. The survey, which included 9 question sets, received a total of 63 responses. The questions that our group submitted received 43 responses. This project was approved for exempt review by the TTUHSC Institutional Review Board. A rating of 1 indicates strong disagreement or the least severity and a score of 5 indicates strong agreement or the most severity. A paired t-test was conducted to examine significance of categories that compared before and after the COVID-19 pandemic.

	Before COVID	After COVID	p-value
Difficulty Study	1.88	3.42	p<0.0001
Trouble Sleeping	1.88	2.86	p< 0.0001
Eating disorder	1.91	2.63	p<0.0342
Worrying about own health	1.84	3.13	p<0.0001
Social Anxiety	2.47	3.44	p<0.0001
Burnout	2.21	3.9	p<0.0001
Other/overall emotional stress	2.74	3.67	p<0.0001

## Results and Conclusion

There were significant increases in the severity of mental health issues(p<0.05) after the pandemic, as illustrated by the Table. Most comparisons before and after the COVID pandemic were extremely significant (p<0.0001) except for eating disorders. This is consistent with previous findings about the rise of mental health issues in college age students.

The limitation with the data used in this study is the fact that it only used data from the Texas Tech Honors College as opposed to a more comprehensive assessment of female undergraduates at Texas Tech.

## Next Steps

- Future steps will include also including data from women's night at Texas Tech as to get a better representation of the population here.
- Data will also be taken from the general undergraduate population here at Texas Tech, and comparisons will be made on the differences in mental health issues before and after COVID-19 between men and women.

### References (optional)

1. Lee, J., Solomon, M., Stead, T., Kwon, B., & Ganti, L. (2021, June 8). *Impact of covid-19 on the mental health of US college students - BMC psychology*. BioMed Central. Retrieved March 24, 2022, from <https://bmcpyschology.biomedcentral.com/articles/10.1186/s40359-021-00598-3>
2. Ccmh. (n.d.). *Part 1 of 5: Covid-19 impact on college student Mental Health*. Home. Retrieved March 24, 2022, from [https://cmh.psu.edu/index.php?option=com\\_dailyplanetblog&view=entry&year=2021&month=02&day=01&id=9%3Apart-1-of-5-covid-19-s-impact-on-college-student-mental-health](https://cmh.psu.edu/index.php?option=com_dailyplanetblog&view=entry&year=2021&month=02&day=01&id=9%3Apart-1-of-5-covid-19-s-impact-on-college-student-mental-health)
3. Active Minds. (2021, August 2). *Covid-19: Student survey*. Active Minds. Retrieved March 24, 2022, from <https://www.activeminds.org/studentsurvey/>