

# Mental Health during COVID-19

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## Purpose for this Study

- Social isolation and loneliness are strongly associated with feelings of depression, anxiety, and actions of self-harm or suicide (Holmes et al., 2020).
- The CDC warned, "stress during an infectious disease outbreak can cause fear and worry, changes in sleeping or eating patterns, difficulty sleeping or concentrating, worsening chronic health problems, worsening mental health conditions, and increased drug, tobacco, and/or alcohol abuse" (Nov. 2020).

## Research Questions

- How did the COVID-19 pandemic affect college students' mental health, and as a result, alcohol-related behaviors?
- Did women drink more alcohol than men?
- Did alcohol consumption affect academic performance?
- Are college students experiencing negative mental health effects?

## Process of the Study

- Developed a survey
- Sought approval from IRB
- Distributed the survey through Qualtrics
- Analyzed the results in Microsoft Excel
- Submitted to the EIU Keep

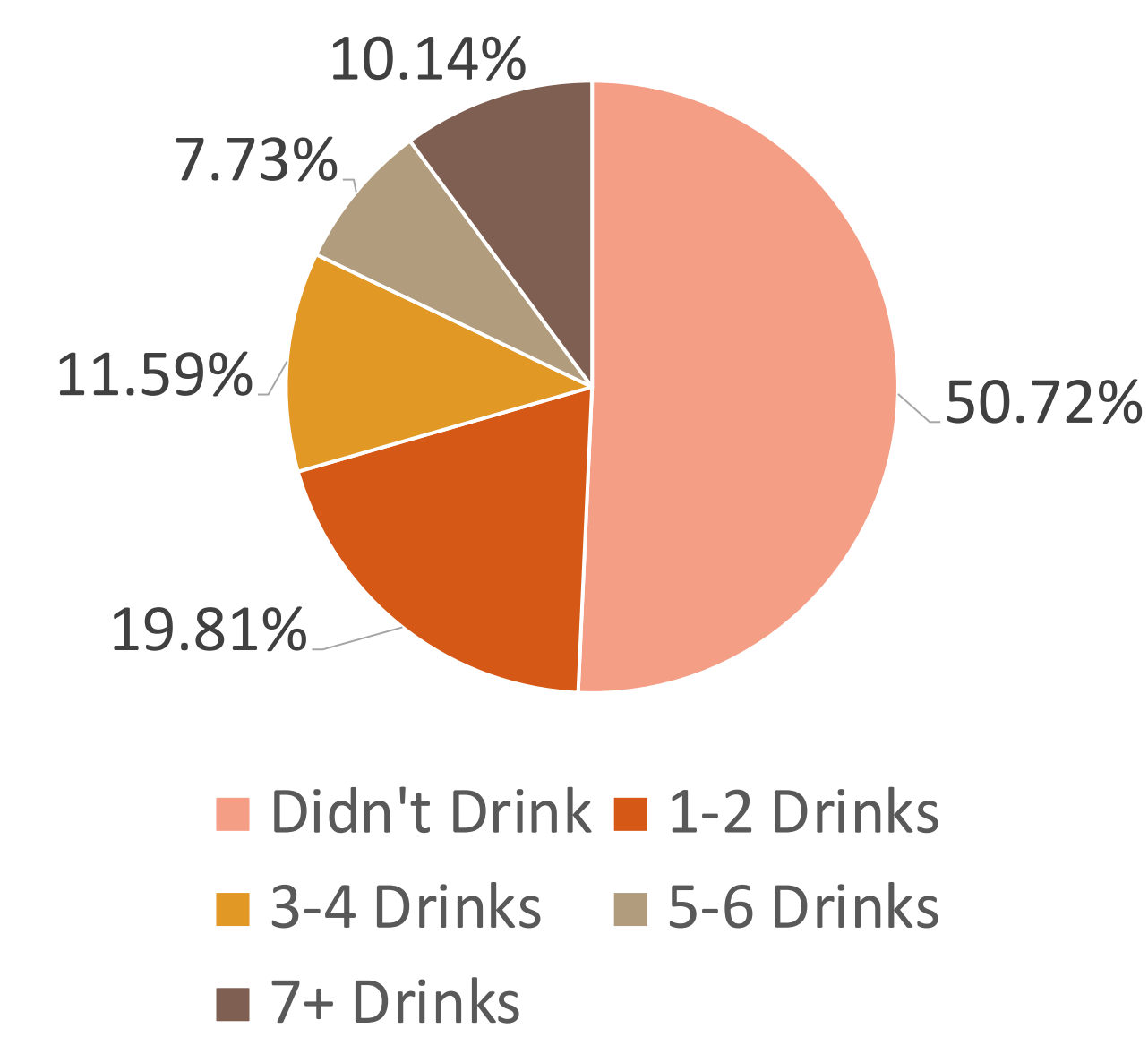
## METHODS

- The survey was developed using Qualtrics.
- Many of the questions were pulled from the Household Pulse Survey.
- The Household Pulse Survey was distributed by the U.S. Census Bureau and the National Center for Health Statistics (NCHS).

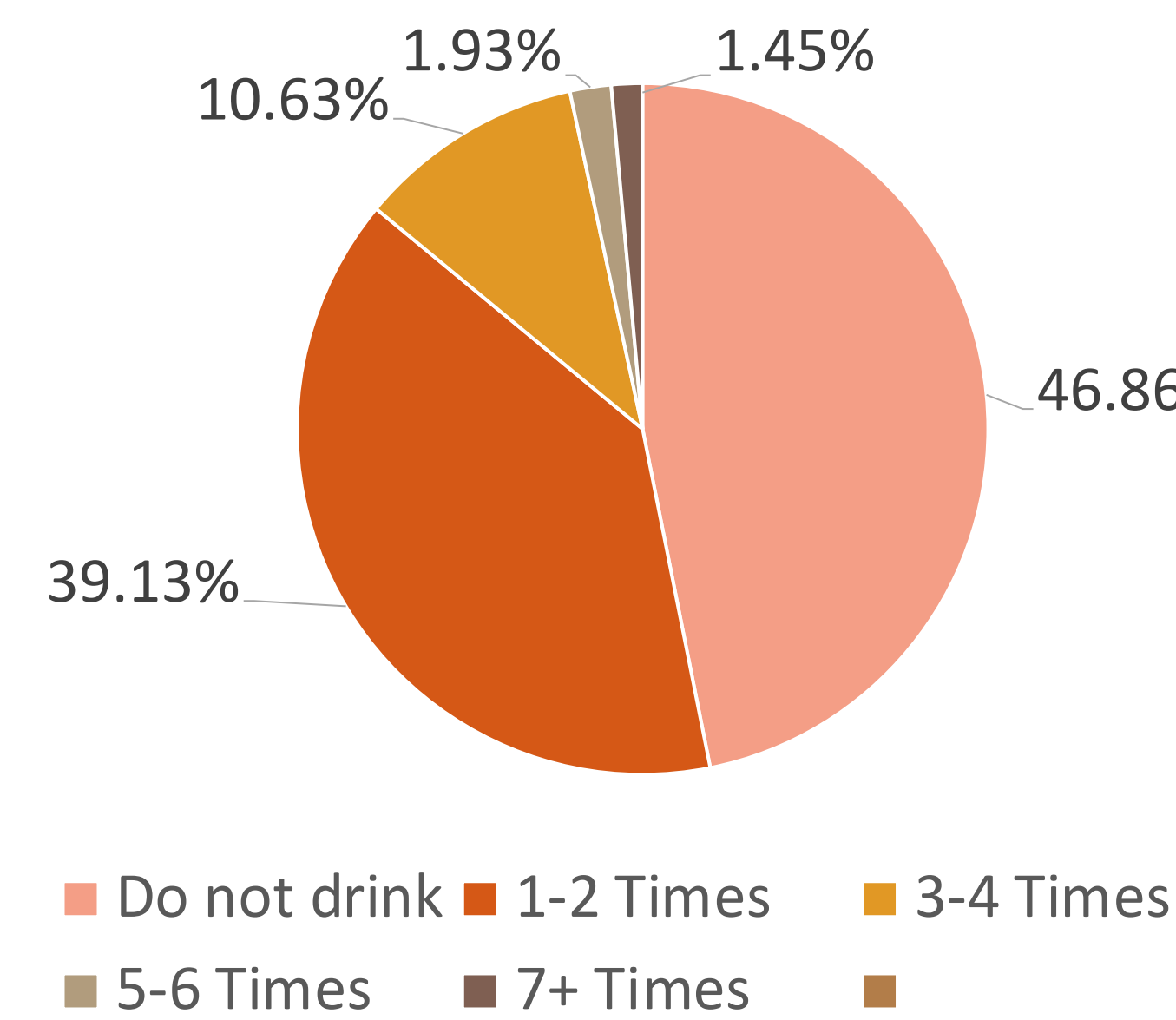
## Data Collection

- 273 responses in the first 48 hours
- 207 responses were valid and included in the analysis
- T-tests and graphs were done in Microsoft Excel

### Drinks in the last Week

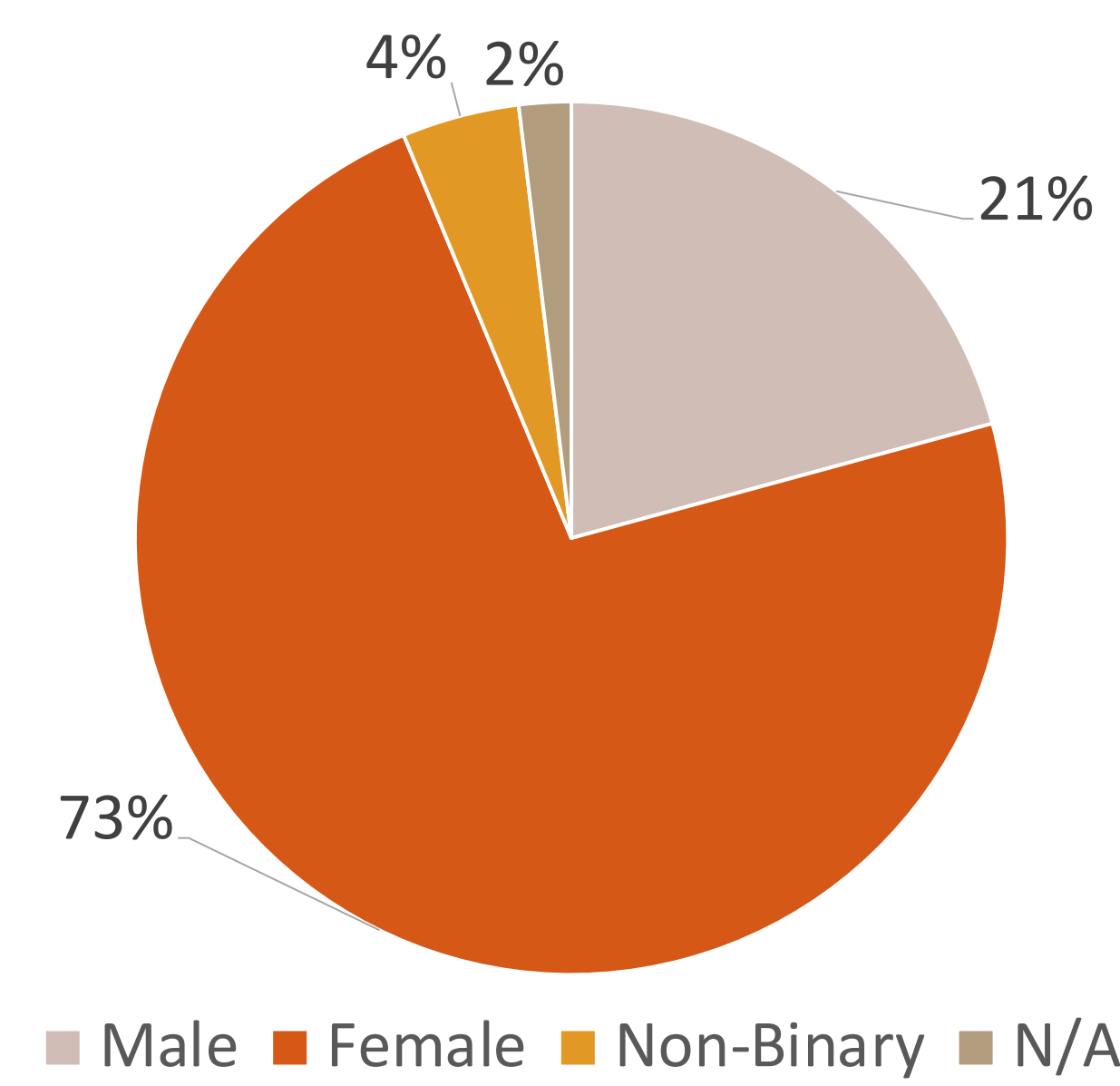


### Average Drinks per Week

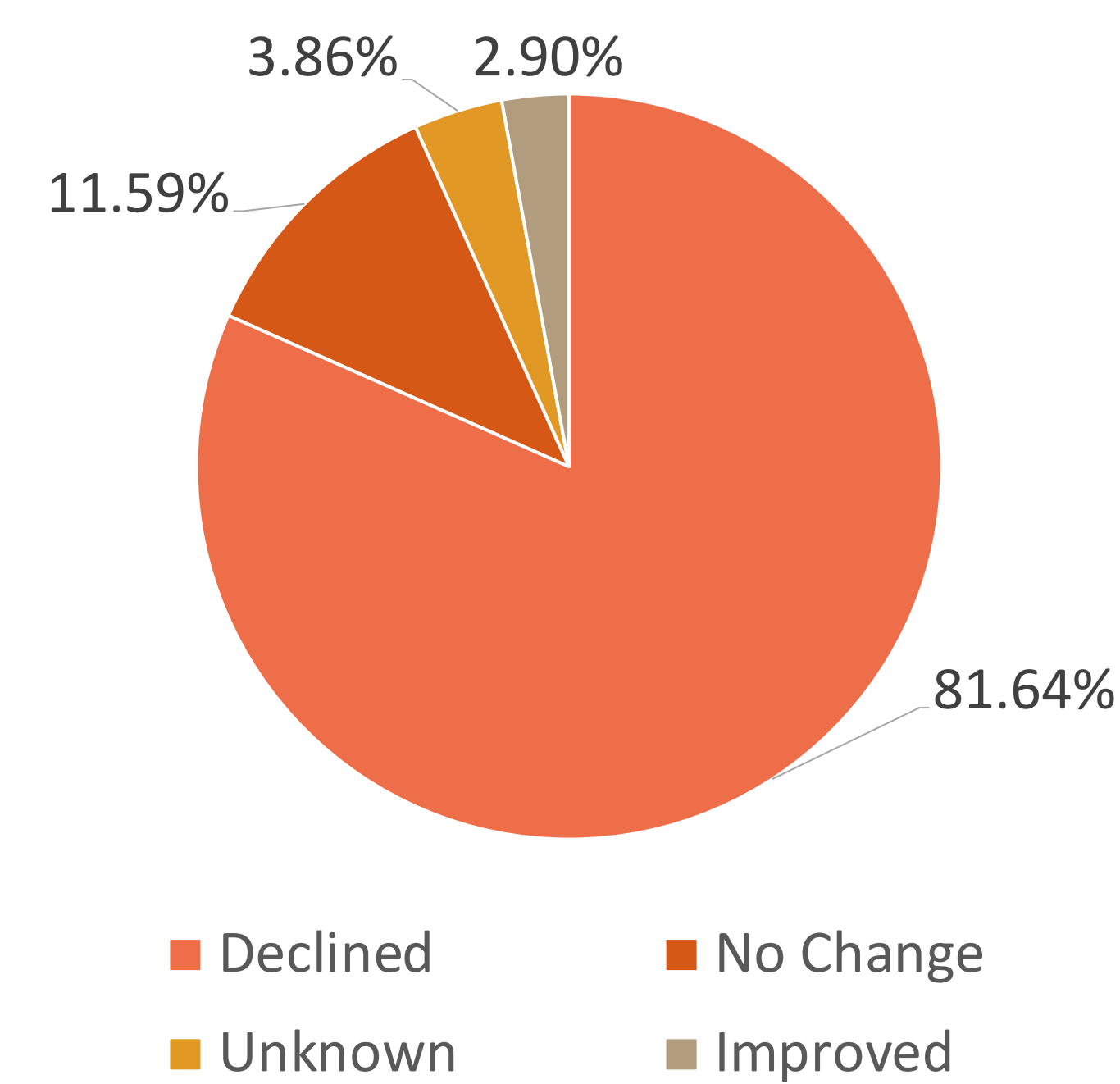


## Results

### Gender



### Changes in Mental Health



## PHQ-2 and GAD-2

### PHQ-2

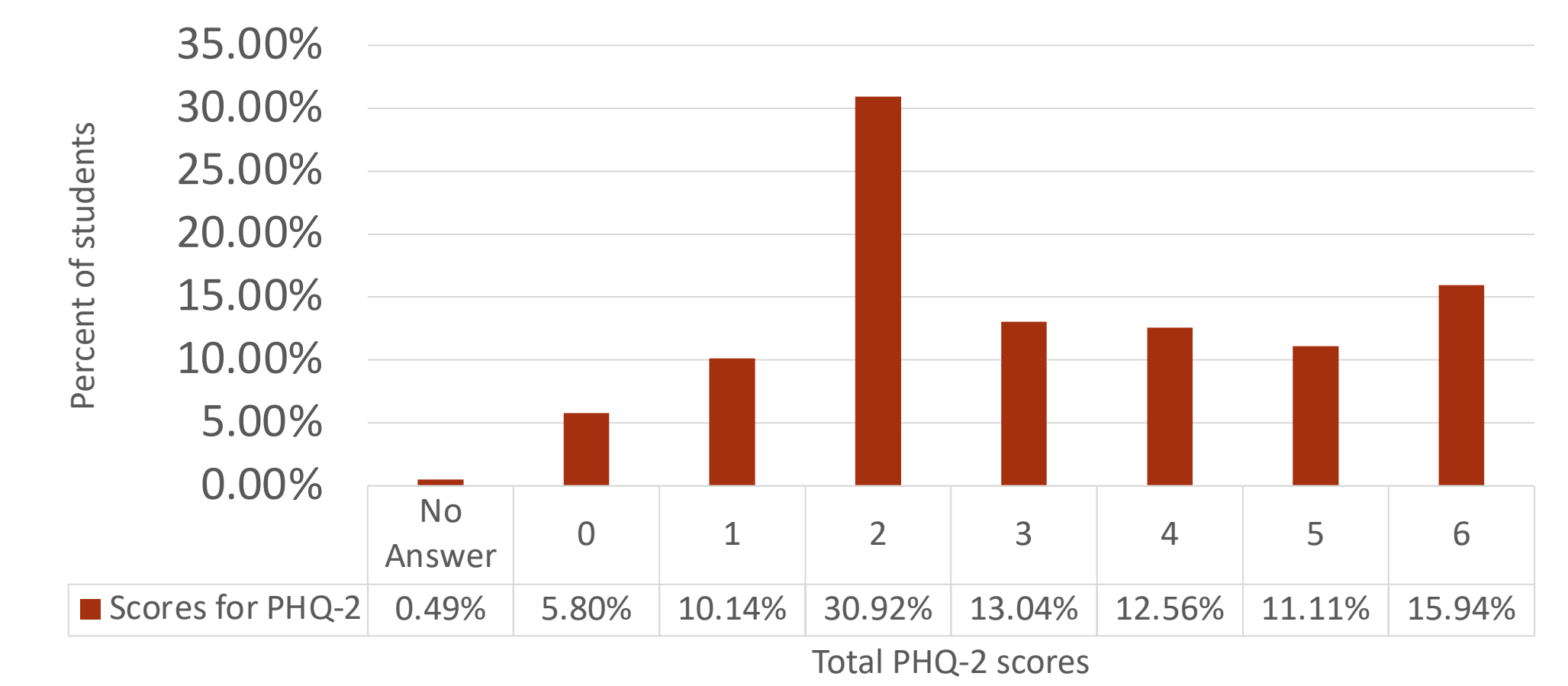
- Having little interest or pleasure in doing things
- Not being able to stop or control worrying

### GAD-2

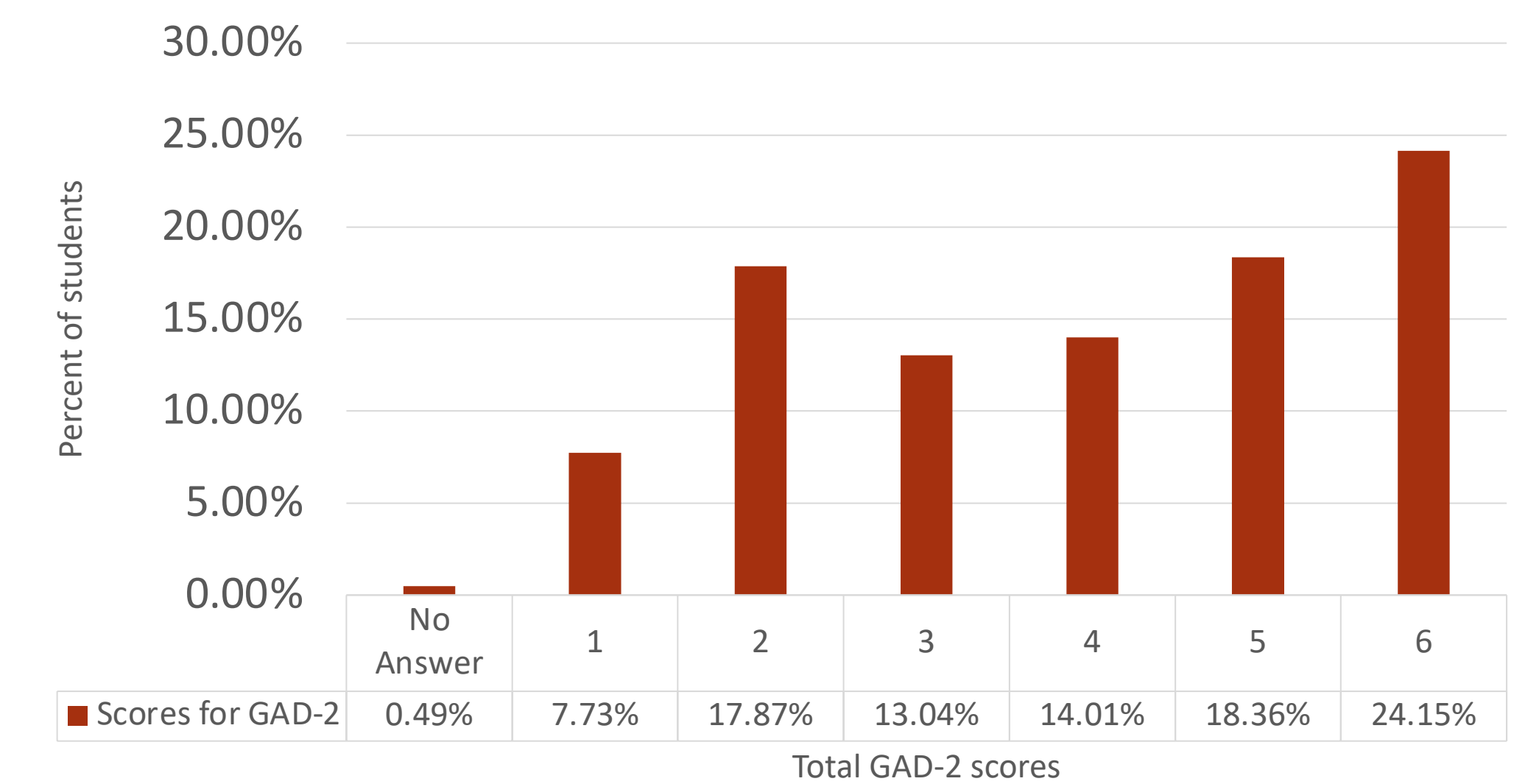
- Feeling down, depressed, or hopeless
- Feeling nervous, anxious, or on edge

Not at all- 0 points  
 Several days- 1 point  
 More than half the days- 2 points  
 Nearly every day- 3 points

### Scores for PHQ-2



### Scores for GAD-2



## Main References

- Centers for Disease Control and Prevention & National Center for Health Statistics. (2020). Household pulse survey. <https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>
- Holmes, E., O'Connor, R., Perry, V., Tracey, I., Wessely, S., Arseneault, L., Ballard, C., Christensen, H., Silver, R., Everall, I., Ford, T., John, A., Kabir, T., King, K., Madan, I., Michie, S., Przybylski, A., Shafran, R., Sweeney, A., Worthman, C., . . . Bullmore, E. (2020). Multidisciplinary research priorities for the COVID-19 pandemic: a call for action for mental health science. [https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(20\)30168-1/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(20)30168-1/fulltext)
- National HIV Curriculum. (n.d.). Generalized anxiety disorder 2-item (GAD-2). <https://www.hiv.uw.edu/page/mental-health-screening/gad-2>