

# Psychological distress high among students during COVID-19

February 3 2021

---



(HealthDay)—The prevalence of self-reported psychological distress

among students has been relatively high during the COVID-19 pandemic, according to a study published online Jan. 26 in *JAMA Network Open*.

Zuguo Qin, M.P.H., from the Health Publicity and Education Center of Guangdong Province in Guangzhou, China, and colleagues conducted a cross-sectional study using data from a survey of children in Guangdong province, China, to examine self-reported psychological distress associated with COVID-19, measured using the total score on the 12-item General Health Questionnaire. Data were included for 1,199,320 students (mean age, 12.04 years).

The researchers found that 10.5 percent of the students self-reported psychological distress. High school students had an [increased risk](#) for psychological distress compared with students in primary school (odds ratio, 1.19). Students who never wore a [face mask](#) had an increased risk for psychological distress compared with those who wore a face mask frequently (odds ratio, 2.59). Compared with students who spent more than one hour exercising, those who spent less than 0.5 hours exercising had increased odds of self-reported [psychological distress](#) (odds ratio, 1.64).

"Based on these findings, it is necessary for governments, schools, and families to pay attention to the mental health of school-aged children and adolescents during the COVID-19 pandemic and take appropriate countermeasures to reduce the impact of the COVID-19 pandemic on mental health for children and adolescents," the authors write.

**More information:** [Abstract/Full Text](#)

Copyright © 2020 [HealthDay](#). All rights reserved.

Citation: Psychological distress high among students during COVID-19 (2021, February 3)  
retrieved 21 June 2024 from <https://medicalxpress.com/news/2021-02-psychological-distress-high-students-covid-.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.