

# U.S. college students face COVID-19-related stressors

August 25 2022

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Financial hardship and bereavement are particularly important stressors

tied to psychological distress among college students during the pandemic, according to a study published in the Oct. 1 issue of the *Journal of Affective Disorders*.

Abdelrahman ElTohamy, M.D., from Harvard Medical School in Boston, and colleagues used data from 65,568 [undergraduate students](#) participating in the spring 2021 American College Health Association-National College Health Assessment to examine pandemic-related experiences on young adult mental health.

The researchers found that participants who experienced the death of a loved one had 1.14 times greater odds of developing psychological distress. Similarly, those who experienced [financial hardship](#) had 1.78 times greater odds of developing psychological distress. Testing positive for COVID-19 was associated with 0.82 times lower odds of psychological distress.

"Our results highlight the importance of understanding the relative effects of different pandemic-related factors on [college students'](#) well-being," the authors write. "Regardless of the direct physical effects of COVID-19, it seems that indirect psychosocial and emotional effects of losing loved ones and/or facing financial hardships might exert a significant harmful impact on students' mental health."

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

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Citation: U.S. college students face COVID-19-related stressors (2022, August 25) retrieved 25 April 2024 from <https://medicalxpress.com/news/2022-08-college-students-covid-related-stressors.html>

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