

Survey: Anxiety, depression and burnout on the rise as college students prepare to return to campus

Experts at Ohio State encourage students to make their mental health a priority as university leaders work to expand resources

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The Ohio State University Wexner Medical Center

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The Ohio State University Wexner Medical Center

NEWS PACKAGE

SUGGESTED TEASE

STRESS. ANXIETY. BURNOUT. MANY COLLEGE STUDENTS ARE BRINGING MORE BAGGAGE WITH THEM WHEN THEY RETURN TO CAMPUS THIS FALL. A NEW SURVEY DETAILING ALARMING MENTAL HEALTH TRENDS AMONG STUDENTS, AND A NEW CHECKLIST TO HELP THEM BE READY TO LEARN, COMING UP.

ANCHOR LEAD

A SURVEY OF STUDENTS AT ONE OF THE LARGEST UNIVERSITIES IN THE COUNTRY FINDS STUDENTS ARE EXCITED TO GET BACK TO CAMPUS AFTER A LONG AND DIFFICULT YEAR.

BUT IT ALSO REVEALS THAT THE TRAUMA OF THE PANDEMIC IS STILL HAVING A PROFOUND EFFECT ON THEIR MENTAL HEALTH.

BARB CONSIGLIO HAS THE DETAILS ON HOW STUDENTS CAN FIND WAYS TO COPE AND FIND BALANCE AS THEY FIND NORMALCY AGAIN.

(PACKAGE START) -----

CG: Courtesy: The Ohio State University Wexner Medical Center
:00 - :03

Shots of Mary studying at home

(Nats - Sound) :02

AS MARY TRABUE (TRAY-byew) JUGGLED A DEMANDING ENGINEERING COURSE LOAD VIRTUALLY, HER STRESS AND ANXIETY BUILT TO LEVELS THAT AFFECTED EVERY PART OF HER LIFE.
:07

CG: Mary Trabue
Ohio State senior

Shots of Mary walking on campus

"I didn't know what was wrong, but I just felt tired all the time because I wasn't sleeping, and I knew that I couldn't continue down that path." :07

AND WHILE STUDENTS ARE COLLECTIVELY READY TO GET BACK ONTO COLLEGE CAMPUSES THIS FALL, IT WON'T ERASE THE TRAUMA OF THE LAST SCHOOL YEAR. :07

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<p>CG: Bernadette Melnyk, PhD Ohio State chief wellness officer</p> <p>Shots of campus</p> <p>Bernadette Melnyk (CG'd earlier)</p> <p>Shots of student vaping</p> <p>Graphic: Five to Thrive 1.Establish healthy habits 2.Build resilience and coping skills 3.Find mental health support 4.Grow and maintain support systems 5.Don't wait to get help</p> <p>Bernadette Melnyk (CG'd earlier)</p> <p>Shots of Mary in counseling session</p> <p>Shots Mary lifting in gym</p> <p>Mary Trabue (CG'd earlier)</p> <p>Shots Mary lifting in gym</p> <p>(PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p><i>"We must be proactive. We must anticipate what is coming." :07</i></p> <p>A NEW SURVEY CONDUCTED BY OHIO STATE'S OFFICE OF THE CHIEF WELLNESS OFFICER FOUND THAT DEPRESSION, ANXIETY AND BURNOUT AMONG STUDENTS ARE ALL ON THE RISE. :09</p> <p><i>"In August, the first time we did the survey, students who were burning out or burned out was 40%. In April, it was 71%." :15</i></p> <p>THE SURVEY FOUND THAT THOSE WITH MENTAL HEALTH CONCERNS WERE ALSO MORE LIKELY TO COPE IN UNHEALTHY WAYS, WITH THINGS LIKE VAPING, DRINKING AND EATING UNHEALTHY FOODS. IT'S DATA THAT'S CONSISTENT AMONG COLLEGE STUDENTS ACROSS THE COUNTRY, SO TO HELP STUDENTS COPE AS CAMPUSES WELCOME THEM BACK, MELNYK AND COLLEAGUES AT OHIO STATE AND THE WEXNER MEDICAL CENTER DEVELOPED THE "FIVE TO THRIVE" CHECKLIST. IT INCLUDES ESTABLISHING HEALTHY HABITS, BUILDING RESILIENCE AND COPING SKILLS, FINDING MENTAL HEALTH SUPPORT, GROWING YOUR SUPPORT SYSTEMS AND PERHAPS MOST IMPORTANTLY, NOT WAITING TO GET HELP. :23</p> <p><i>"It's actually a strength to recognize when you need mental health help. It's not a weakness." :07</i></p> <p>THE LATEST SURVEY ALSO FOUND JUST FIVE PERCENT OF STUDENTS ENGAGE WITH OHIO STATE'S MENTAL HEALTH PROGRAMS. SO EXPERTS ARE WORKING TO EXPAND THESE RESOURCES AND INTEGRATE THEM INTO CURRICULUMS AND CAMPUS LIFE. THE HOPE IS THAT THEY'LL HELP MORE STUDENTS LIKE MARY, WHO NOW SEES A COUNSELOR AND USES POWERLIFTING AS A HEALTHY WAY TO COPE. :15</p> <p><i>"I just noticed how much anxiety and stress was also relieved after my lifts and how it just cleared my mind from my schoolwork." :09</i></p> <p>AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :02</p> <hr/> <p>DURING THE PANDEMIC, OHIO STATE IMPLEMENTED A VIRTUAL WELLNESS HUB, WHICH STUDENTS WILL STILL BE ABLE TO ACCESS AS THEY RETURN TO IN-PERSON LEARNING. UNIVERSITY LEADERS ARE NOW USING DATA</p>
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FROM THE SURVEY TO IDENTIFY STUDENTS' SPECIFIC NEEDS AND EXPAND THOSE RESOURCES, AND THEY ENCOURAGE ALL STUDENTS TO USE THEIR "FIVE FOR THRIVE" CHECKLIST WHEN SETTLING BACK INTO CAMPUS LIFE.

SOCIAL MEDIA

 Share it! Suggested tweet:	A new survey by @OhioState finds anxiety, depression and burnout are on the rise among students as they prepare to return to campus this fall. Experts at @OSUWexMed urge students to make their mental health a priority and use available resources. https://bit.ly/3i6oHZP .
 Suggested post:	A new survey by The Ohio State University's Office of the Chief Wellness Officer finds anxiety, depression and burnout are all on the rise among students, as are unhealthy coping mechanisms like vaping, drinking and eating unhealthy foods. Experts at The Ohio State University Wexner Medical Center are helping students make their mental health a priority as they return to campus this fall by expanding resources and integrating wellness programs into the curriculum and campus life. https://bit.ly/3i6oHZP

EXTRA BITES

<p>CG: Bernadette Melnyk, PhD, RN Ohio State chief wellness officer</p>	<p>Melnyk says arming students with coping skills is critical: <i>"How can we send our students throughout life without giving them the resiliency, cognitive behavioral, and coping skills that we know are protective against mental health disorders and chronic disease?" :20</i></p> <p>Melnyk explains what they wanted to learn from the survey: <i>"We actually embedded a couple of valid and reliable scales for depression, anxiety, burnout, as well as again, questions about how are they coping with the COVID-19 pandemic 02:12 and what helps them. What did they need?" :22</i></p> <p>Melnyk says students who had healthy ways to cope fared better: <i>"Students who were dealing the best in terms of their emotional outcomes, they were connecting with family and friends, they were engaged in physical activities. So, those things really helped a lot of students." :20</i></p> <p>Melnyk says many students have left college due to their mental health: <i>"This mental health component piece is going to be more important than ever. Two thirds of students who are no longer in college are not in college due to a mental health issue." :17</i></p>
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<p>CG: Mary Trabue Ohio State senior</p>	<p>Mary explains one of the coping mechanisms she learned in counseling: <i>“They gave me ways to just simply ground myself, such as, What are five things that you see? What are four things that you feel? What is one thing that you taste? So just going through the motions would help me during a panic attack or an anxiety attack.” :17</i></p> <p>Mary encourages students who are struggling to talk to a counselor: <i>“I think it would be a great benefit for a lot of people who don't even really have a pinpoint of what's going wrong, but they can tell they're in a downward spiral to talk to a counselor.” :10</i></p> <p>Mary says she now feels better equipped to handle stress: <i>“So now I feel like once I have that stress again, of going into those in-person labs, I will know exactly how to tamper it down and just go through all the techniques that my counselor gave me to alleviate some of those anxiety attacks.” :19</i></p>
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References

¹*Five to Thrive Checklist*, **The Ohio State University**, Information and Publication Date are in **Bold**. Online: go.osu.edu/mentalhealthchecklist.

For viewer information on this story contact:

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