



FOUNDATIONS FOR SUCCESS

Relationship Between Depression and Campus Assistance

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Depression is a mental health condition that affects almost 10 percent of the population in any given year.

Depression is an illness that involves everything about the body, mood, and thoughts.

Clinical depression affects the total person. Changes in behavior, physical health and appearance, academic performance, social activity, and the ability to handle everyday decisions and pressures. Fortunately, there are treatments for all types of depression for all age groups. The % for individuals to cope and maintain a livable lifestyle increases greatly once they have been diagnosed, by using psychotherapy, medications or both (Martens, et al. 2009). Unfortunately diagnosing an individual is the most difficult aspect of the illness. One group who is often looked over the most because of their fluctuating lifestyles is college students (Martens, et al. 2009).

The average college student typically suffers from many of the same symptoms as individuals with depression without being aware of the similarities. Self esteem, fluctuation in mood, diet, substance abuse, anxiety and many other symptoms can be compared. Few students are aware of these comparable symptoms, or about how they would go about receiving help (Fraizier, et al. 2009).

Hypothesis

Students who know less about care and help available on campus may have an increase in depressed symptoms.

Method

Participants

This study surveyed approximately 67 students attending RMU. A mix of upper and lower classmen attending psychology based classes were asked anonymously to participate in the survey during their class time, they all agreed willingly.

Design and Materials

A correlational design was used to compare college student's self report of depression with the amount of assistance/services offered by RMU. Information gathered by use of a questionnaire of 15 questions, using the Likert Scale. Questions were formulated based upon the most significant signs and symptoms of depression as well as questions about how the school or administration could be a potential help for diagnosis and treatment.

Procedures

All participants were selected on the same day and given the questionnaire individually and asked to complete it to the best of their knowledge and ability. Before taking the survey each participant was made aware that the answers would be used to help conduct research on depression affecting college students, and that their answers and identities would remain anonymous.

Results

Findings showed depressive symptoms were prevalent and students indicated willingness to approach university representatives for help. However, some had no idea help was available and their responses were symptomatic of depression. More aggressive tactics to advertise campus services is recommended. $r\text{-crit} = .21$.

	Class	Appt	Energy	DEP	Prof	Couns	Nurs	GetH	Knowl
Class	1.00								
Appt	.06	1.00							
Energy	.22	.23	1.00						
DEP	.21	.46	.26	1.00					
Prof	.01	-.01	-.26	.03	1.00				
Couns	-.22	-.19	-.08	-.23	.35	1.00			
Nurs	-.22	-.20	-.15	-.27	.46	.67	1.00		
Get H	-.21	.05	-.06	-.09	.30	.44	.44	1.00	
Knowl	.15	.04	-.04	.01	.16	.13	.33	.38	1.00

Discussion

Now that we know depression is an illness that involves everything about the body, mood, and thoughts. That it can affect the way a person eats and sleeps, the way they feel about themselves, and the way they think about things. The average college student typically suffers from many of the same symptoms as individuals with depression without being aware of the similarities. Self esteem, fluctuation in mood, diet, substance abuse, anxiety and a myriad of other symptoms can be compared. This is a true illness and is not to be confused with a sign of personal weakness or a condition that can be willed, wished or ignored away. We have found significant appearances of it on our campus, however with some assistance students, and people in general can receive the care and services they need.

References

Frazier, P., Anders, S., Perera, S., Tomich, P., Tennen, H., Park, C., & Tashiro, T. (2009). Traumatic events among undergraduate students: Prevalence and associated symptoms. *Journal of Counseling Psychology*.

Martens, M., Martin, J., Hatchett, E., Fowler, R., Fleming K., Karakashian M., Cimini, M. (2009). Protective behavioral strategies and the relationship between depressive symptoms and alcohol-related negative consequences among college students. *Journal of Counseling Psychology*, 55(4), 535-541.