



Psychische gezondheid van *emerging adults* in de 21^{ste} eeuw

Prof. Ronny Bruffaerts
UPC-KULeuven

“Ik was 20 in 2020” – situering en context

- Ten aanzien van de ‘emerging adulthood’
- Ten aanzien van vorige generaties (20 in 2000, 20 in 1990)
- Ten aanzien van de pandemie
- Ten aanzien van de toekomst

“Emerging adulthood”

- Levensfase tussen 18-28

- Unieke levensperiode op persoonlijk, sociaal, relationeel, intellectueel vlak
- Stabiele patronen om om te gaan met zichzelf, omgeving en wereld
- Uitdagend en stresserend



DEPRESSION AND SUICIDE
BY THE NUMBERS

- 23%** of students who committed suicide were treated at student counseling centers
- Suicide is the **11th** leading cause of death in the United States...
But **3rd** for young people aged 15 to 24
- 56%** Increase in number of college students reporting depression symptom in the past 6 years



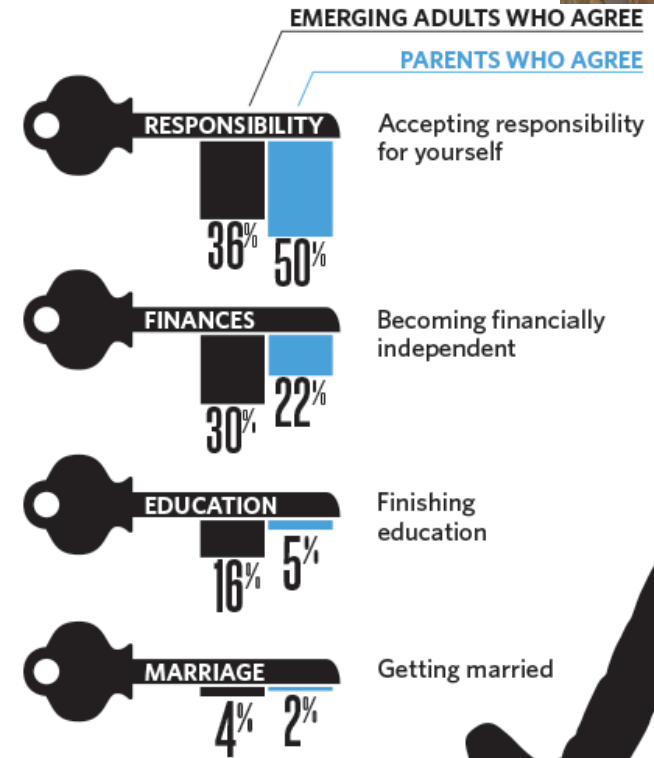
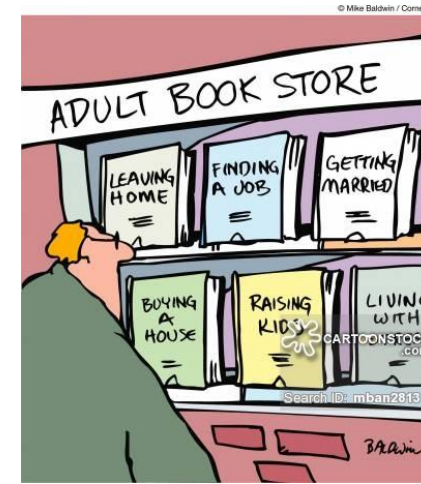
Centers for Disease Control, 2011

- **Maatschappelijke vaststelling**

- langer thuiswonen
- terug naar hotel Mama
- ‘Wachtperiode’
- Los van sociale klasse & economische realiteit (?)

- **« The in-between age »**

- Tussen afhankelijkheid van de ouders en volwassen verantwoordelijkheid



Adolescent mental health 3

The new life stage of emerging adulthood at ages 18–29 years: implications for mental health

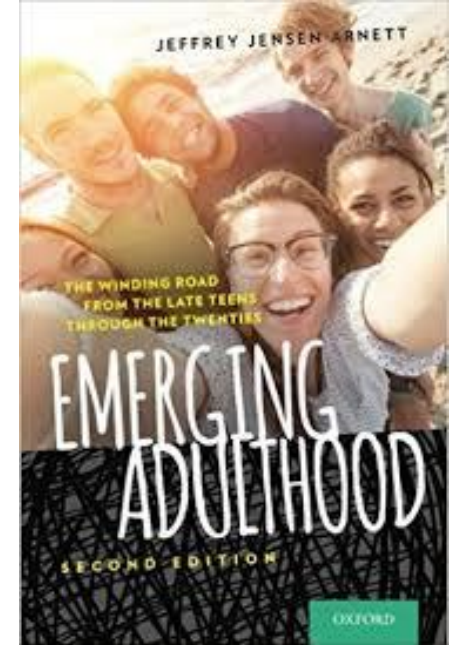
Jeffrey J Arnett, Rita Žukauskienė, Kazumi Sugimura

Since 1960 demographic trends towards longer time in education and late age to enter into marriage and of parenthood have led to the rise of a new life stage at ages 18–29 years, now widely known as emerging adulthood in developmental psychology. In this review we present some of the demographics of emerging adulthood in high-income countries with respect to the prevalence of tertiary education and the timing of parenthood. We examine the characteristics of emerging adulthood in several regions (with a focus on mental health implications) including distinctive features of emerging adulthood in the USA, unemployment in Europe, and a shift towards greater individualism in Japan.

- Niét identiteits*formatie* (verwachting van de volwassene) maar identiteit*exploratie* (verwachtingen van de ontluikende volwassene)
- Bewuste vraag ‘wie wil ik zijn als **persoon**, als **partner**, als **werker**’?
- ‘Voorbereiding’
- **Instabiliteit in werk en relaties**
 - Gemiddeld aantal veranderingen van werk ~8
 - Variabiliteit in # partners
 - Variabiliteit in *gender* en invullen van seksuele identiteit

Lancet Psychiatry 2014;
1: 569-76

This is the third in a Series of
three papers about adolescent
mental health



Jeffrey Arnett, Clark University

dulthood (2)

The task of "finding yourself" while struggling against someone else's idea of who you should be requires some focus

College students today are 40% less empathetic than those of 30 years ago, with the numbers plunging primarily after 2000



relatie, werk) maar niet stabiel/duurzaam
ordelijkheid
en gebrek aan empathie

- Feeling in-between
 - « Er nog niet zijn »

ADVIES. "Mijn dochters zijn nog single. Leggen ze de lat te hoog?"

Gisteren om 11:13



Adulthood (3)

They have not yet tempered their idealistic visions of what awaits

42% say chances are very good they will achieve "the good life"



Verwachtheden

gevoel dat het leven beter zal zijn dan dat van de ouders

- Positieve verwachtingen rond job (\$, work-life)
- Verwachtingen rond relatie
 - 40% gehuwd tegen 30, 30% kinderen tegen 30...



- *Emerging adults* hanteren een **andere definitie van ‘volwassenheid’**
 - Niet de klassieke demografische transitie (diploma, relatie, ouderschap, loopbaan) – **niet het eindpunt**
 - Wel een afweging van kwaliteiten die op *self-sufficiency* duiden (verantwoord en onafhankelijk keuzes maken; financieel onafhankelijk worden) – **wel het proces**



- **Verwachtingen** ten aanzien van studeren
 - 60% > 2h/dag studeren
 - “Het zal leuk worden”
 - “Mezelf leren kennen”
 - “Aanpoten”
 - “Mijn eigen richting kiezen”



A recent nationwide poll of more than 1,000 young adults found they are stressed but optimistic. Here are some survey statements and how people responded:

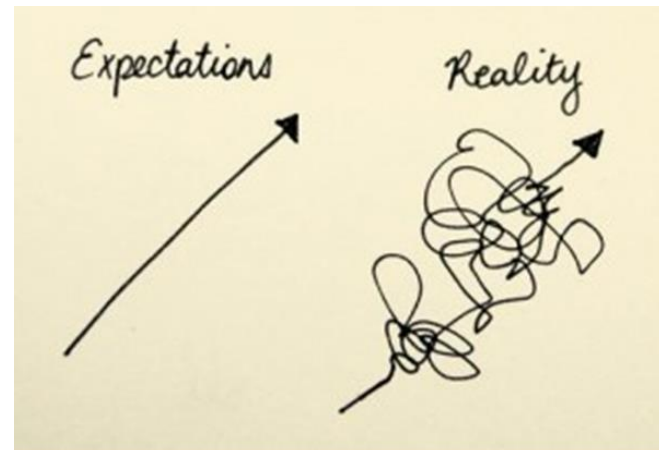
- This time of my life is fun and exciting
AGREE 86%, DISAGREE 15%
- This time of my life is stressful
AGREE 72%, DISAGREE 27%
- I often feel depressed
AGREE 33%, DISAGREE 67%
- If I could have my way, I would never become an adult
AGREE 34%, DISAGREE 66%
- I think adulthood will be more enjoyable than my life is now
AGREE 58%, DISAGREE 40%
- I am confident that eventually I will get what I want out of life
AGREE 89%, DISAGREE 10%

Source: Clark University

Jeugdstrijdige verwachtingen?

Jeugdstrijdige verwachtingen komen vaker voor
'fun & excitement'

Jeugdstrijdige verwachtingen zijn geen probleem



Delayed Development: 20-Somethings Blame the Brain

By Melinda Beck

Updated Aug. 23, 2012 12:01 a.m. ET

perspectief...

Many parents of 20-somethings worry that their offspring haven't yet found a career path, gotten married or become financially independent.

- **Op een *andere* wijze naar ontwikkeling leren kijken**
 - Erickson vs. Arnett; crises vs. opportunities
 - Erikson : nadruk op omgaan met crisissen, verbonden aan de levensfasen / **acceptatie** van volwassenheid of **afwijzen** van volwassenheid
 - Arnett : nadruk op **persoonlijke invulling van opportuniteiten** binnen een levensfase
- **Biologische maturatie hersenen** ('uitrijpen' van prefrontale cortex en cerebellum) > 18 jaar
 - Planning & controle van impulsen
 - Inschatten van risico / beloning



RECOMMENDATIONS FOR EMPLOYERS:

- ▶ *Expand/refocus employee orientation to be an ongoing process* - We recommend frequent onboarding activities, over the course of a year or more, to ensure young adults integrate socially and professionally in their new work environment.
- ▶ *Rethink and formalize the format of on-the-job mentoring* - We recommend that time and attention is given to improving the quality and quantity of mentorship provided.
- ▶ *Promote a culture of wellness in the workplace* - We recommend that employers adjust their health policies and promotion activities to portray emotional health as central to one's overall wellness. This will encourage more dialogue about emotional wellness and help to remove its taboo from the workplace.
- ▶ *Ensure goodness of fit among new hires* - We recommend that employers' recruitment efforts include a focus on accurately representing the offered work culture to attract applicants who are truly good fits for available positions.
- ▶ *Create policies to support the emotional health of all employees* - We recommend that employers have mental health and wellness policies applicable to all employees. Policies should be outlined to support the emotional wellbeing of employees with clinical-level conditions as well as those with non-clinical level concerns.
- ▶ *Identify a wellness champion in the workplace* - We recommend that employers identify a workplace 'wellness champion' and provide this champion with the resources needed to effectively promote emotional wellbeing in the workplace. Consideration should be given to how this may interface with existing structures around employee support (e.g., Employee Assistance Programs (EAPs) and Human Resources).

- expectation for college (60% denken een universiteitsdiploma te halen; 70% start universiteit en 38% haalt diploma)

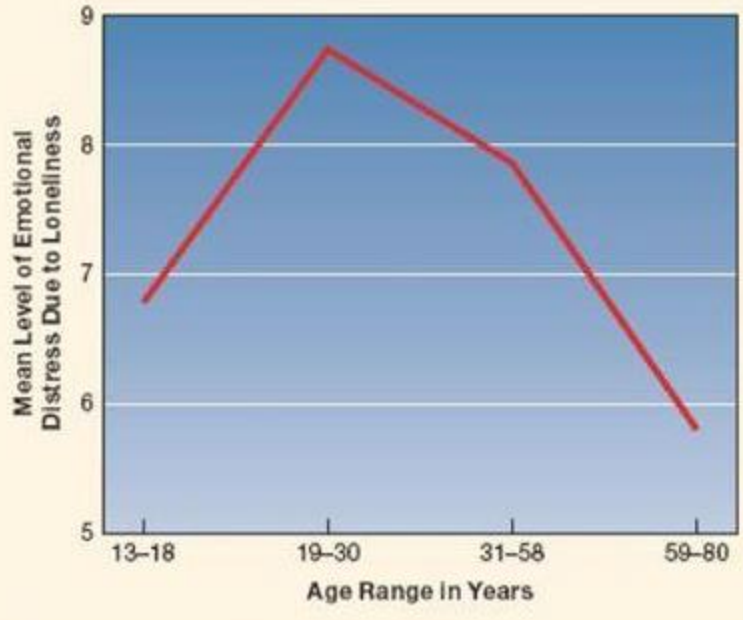
JONGEREN
E VEEL VAN

ik vol enthousiasme op zoek
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kieskeurig?"

...navigating for a

...sures of ...ty, careers ...navigating for a

...hough they are foolish, reckless and immature'



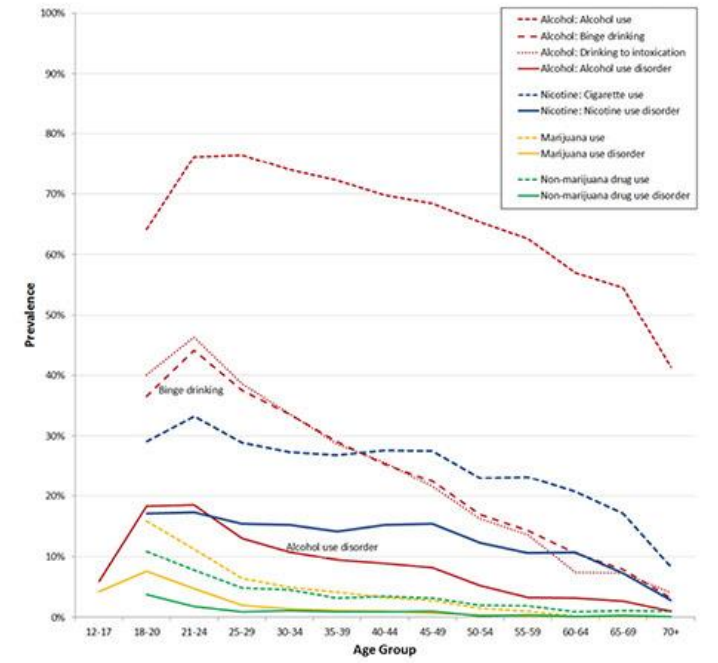
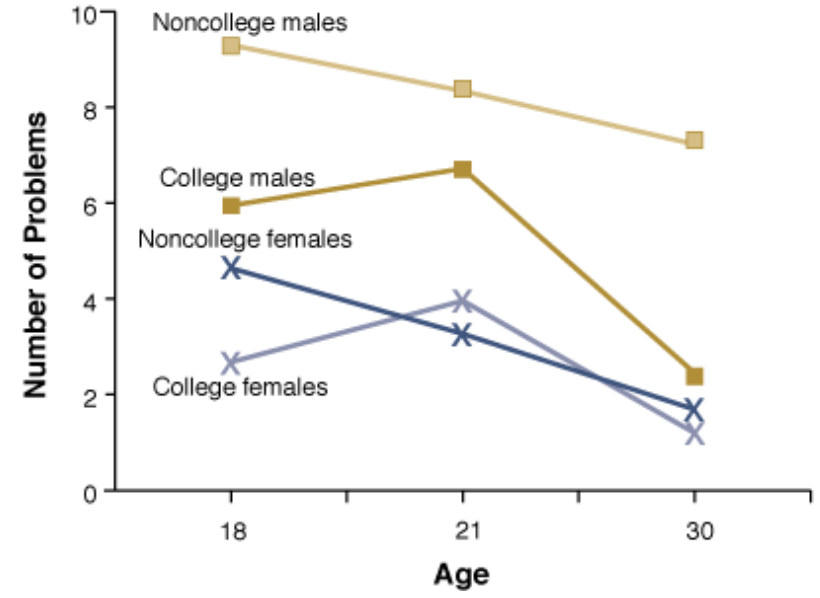
isch
tief

bij

18-28 jarigen

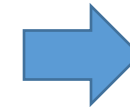
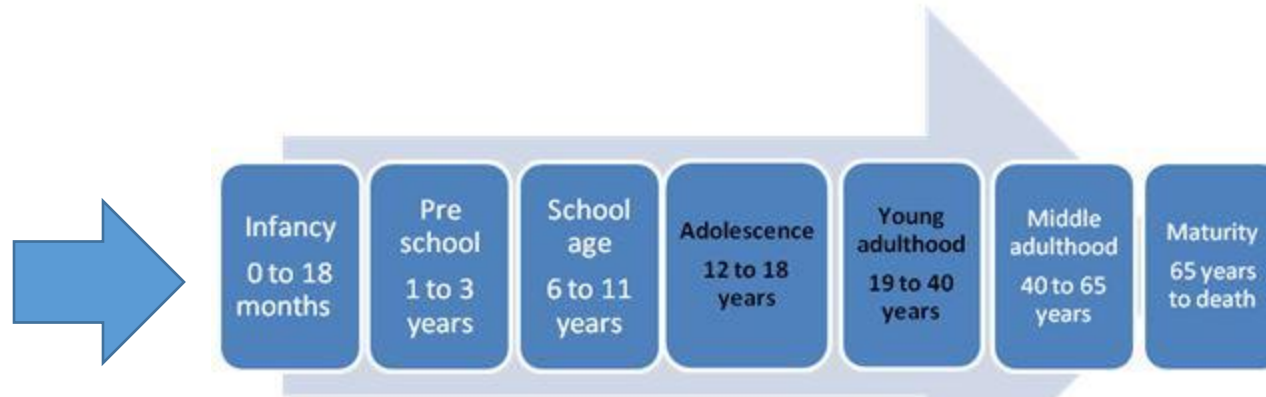


Maturing out: 75% 'groeit er uit'



Kwetsbaarheid én weerbaarheid

Hogere kans op
emotionele
problemen



Maturing out



- Duurzame relatie, huwelijk
- Social connectedness
- Social support
- Vaderschap en transitie naar nieuwe generatie

Take home messages

- 20-jarigen vallen binnen een specifieke leeftijdsfase waarin gebrek aan standvastigheid, emotionele instabiliteit en niet-weten centraal staan
- Opdrachten voor jongeren: verantwoordelijkheids-skills verwerven, oefenen, trial-and-error toelaten, context creëren waarin dit mogelijk is
- “Maturing out”

Ten aanzien van andere
generaties

Vanuit deze kijk: hoe gaat het met de jongeren?

Jeugd kraakt onder hoge verwachtingen



De Vlaamse Jeugdwed tref aan de sterren! Bijna vier op tien jongeren kampen met psychische problemen, zo blijkt uit een enquête. Oorzaken: toegenomen zijn de grote maatschappelijke druk en de te hoge verwachtingen. Helpverleners schrijven er niet aan. "Het kan zo echt niet meer verder", zegt jeugdtherapeut Ingrid De Jonghe. "We leggen de last altijd maar hoger voor onszelf en elkaar. Daar gaan jongeren aan ten onder."



Prestatiedruk zorgt voor psychische problemen bij Vlaamse jongeren

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1341
van gemiddeld



Uit een enquête van de Vlaamse Jeugdwed 1024 dat bijna 30 procent van de Vlaamse jongeren tussen 14 en 25 jaar met psychische problemen kampt. Frequent is dat 60 procent zich slecht voelt omdat ze niet aan de verwachtingen van hun omgeving kunnen voldoen.

WAAR OF NIET? JONGEREN VERWACHTEN TE VEEL VAN EERSTE JOB

"Recent studeerde ik af en ging ik vol enthousiasme op zoek naar een job. Na 6 maanden ben ik nog steeds op zoek. Ik kreeg al twee keer een aanbod maar ik zag mezelf toch in een iets andere functie. Mijn vader is hier niet mee opgezet en zegt dat ik te hoge eisen stel. Ben ik echt te kieskeurig?"

De Vlaamse

1 op de 4 jongeren loopt risico op zelfdoding

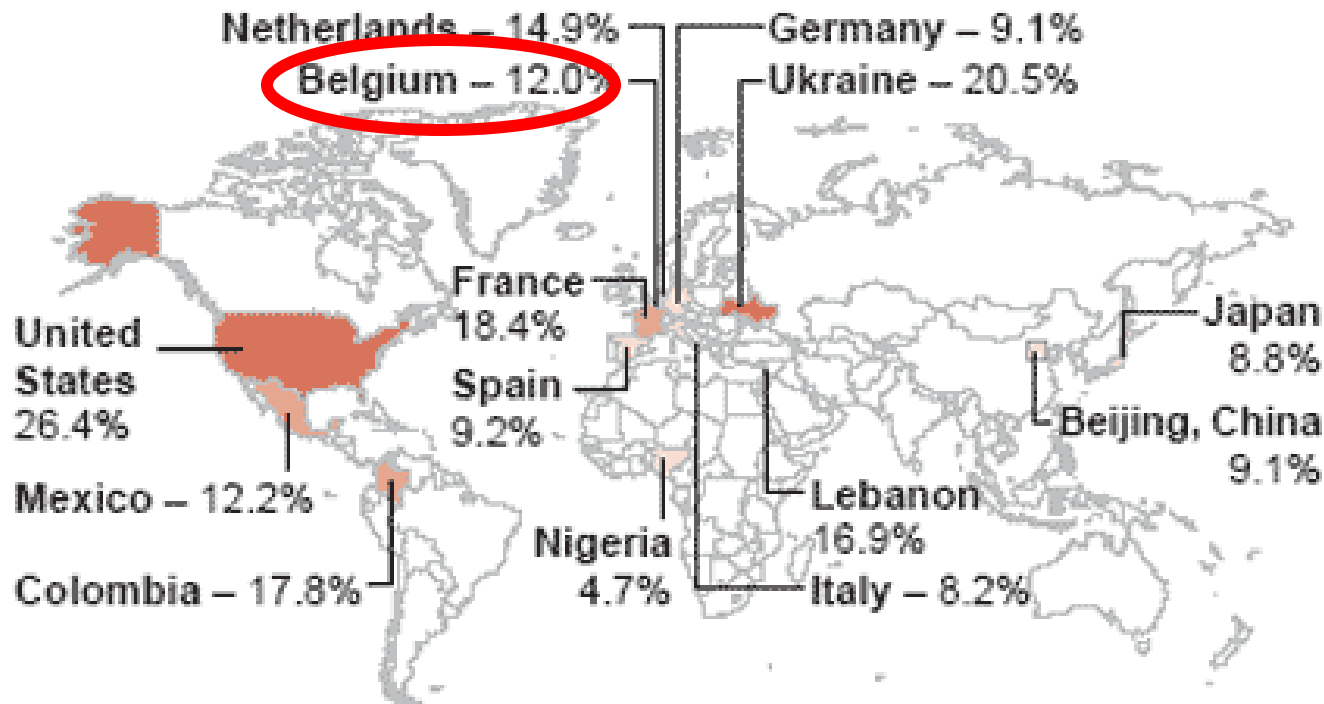
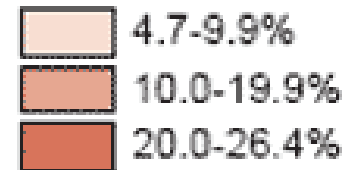
TEST VAN VLAAMSE OVERHEID LEGT KWETSBAARHEID JEUGD BLOOT

Mental disorders span the globe

According to surveys of 14 countries, the United States has the highest rate of mental illness.

Prevalence of mental disorders

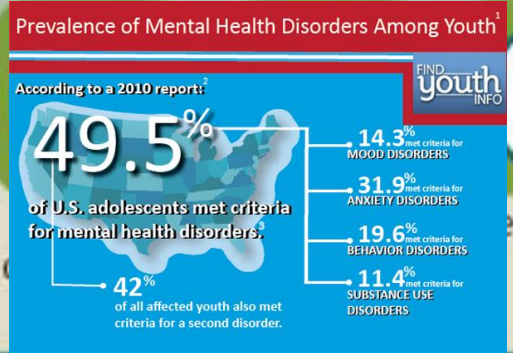
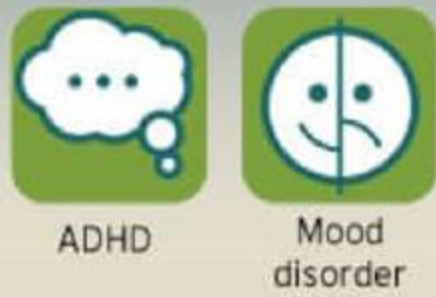
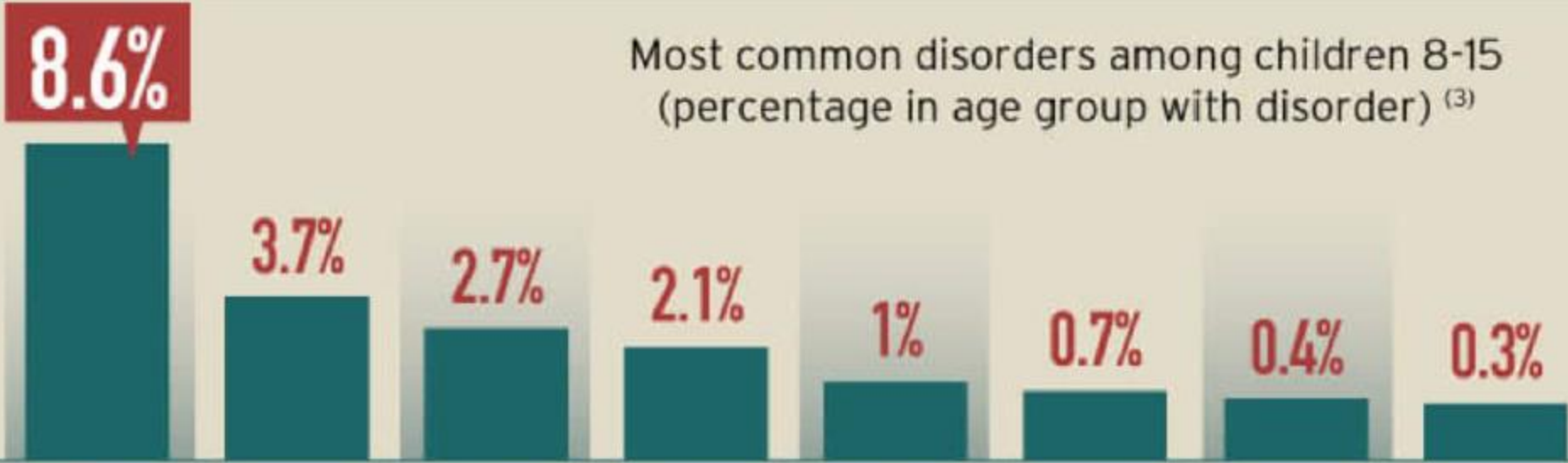
(Anxiety, mood disorders, impulse-control, and substance abuse/dependence)



SOURCE: World Health Organization

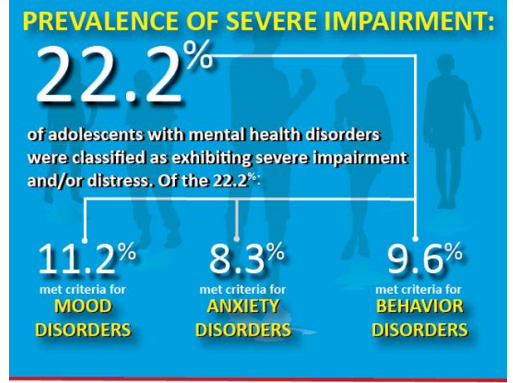
AP

Most common disorders among children 8-15 (percentage in age group with disorder) ⁽³⁾



8-15 jarigen:

Tot 50% psychische problemen,
15-20% stoornissen



Age 7-11, grade school years

- Hyperactivity outside of what other children are doing
- Inconsistent friend group
- Extreme hyperactivity
- Loss of appetite
- Sudden drop in school performance
- Visual or auditory hallucinations
- Excessive fear and worrying
- Obsession over weight
- Sudden weight changes
- Visible and prolonged sadness
- Sudden change in sleep habits

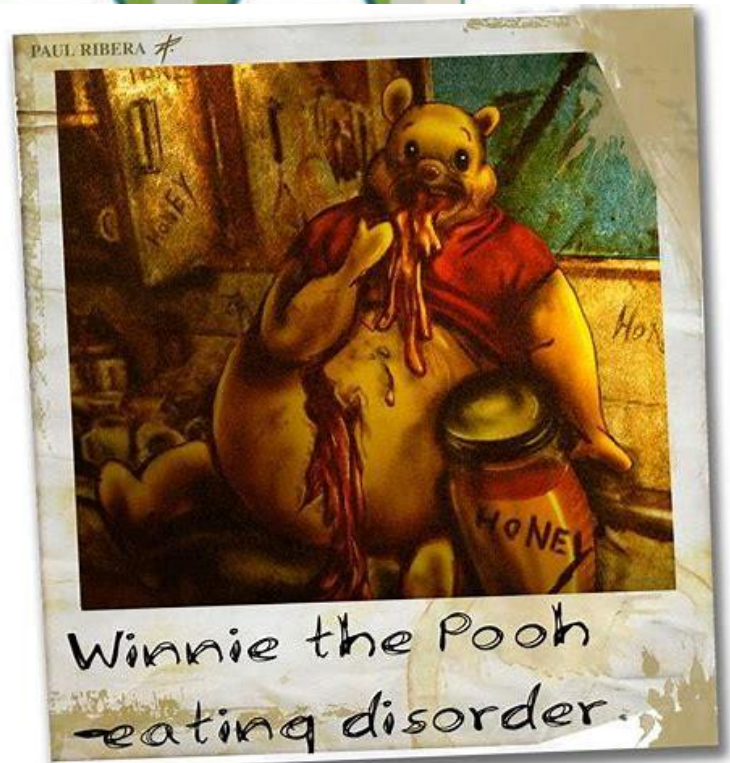
Age 11-19, tween and teen years

- Other common signs on either list above
- Repeatedly threatening to run away
- Withdrawal from family or friends
- Destructive behavior
- Self-harm
- Troubling writings or art that suggest desire to harm self or others

Treatment

Though children's brains are still in a state of development, adequate treatment of mental disorders can help put a young person on a path to a healthy future.

- Medication
- Psychotherapy
- Cognitive behavioral therapy
- Art therapy
- Animal assisted therapy
- Group therapy

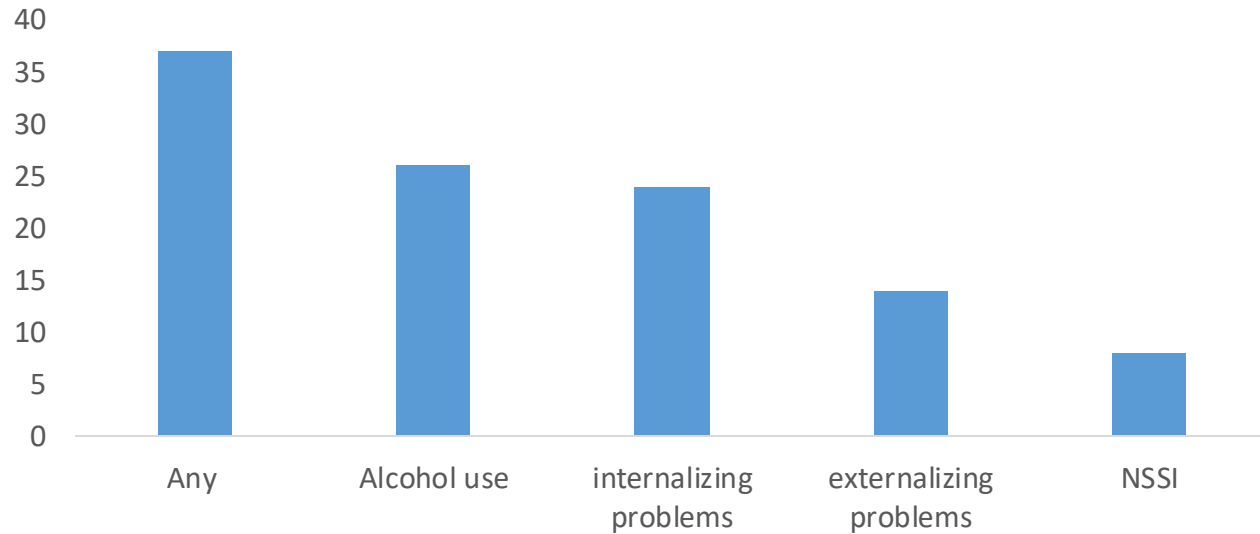


¹ SOURCE: Merikangas K. R., Hu J. P., Birmaher B., et al. (2010). Lifetime prevalence of mental disorders in U.S. adolescents: Results from the National Comorbidity Survey replication—adolescent supplement (NCS-A). *Journal of the American Academy of Child & Adolescent Psychiatry*, 49(10), 980-989. Retrieved from <http://dx.doi.org/10.1097/01.chi.0b013e3181d1d1d1>

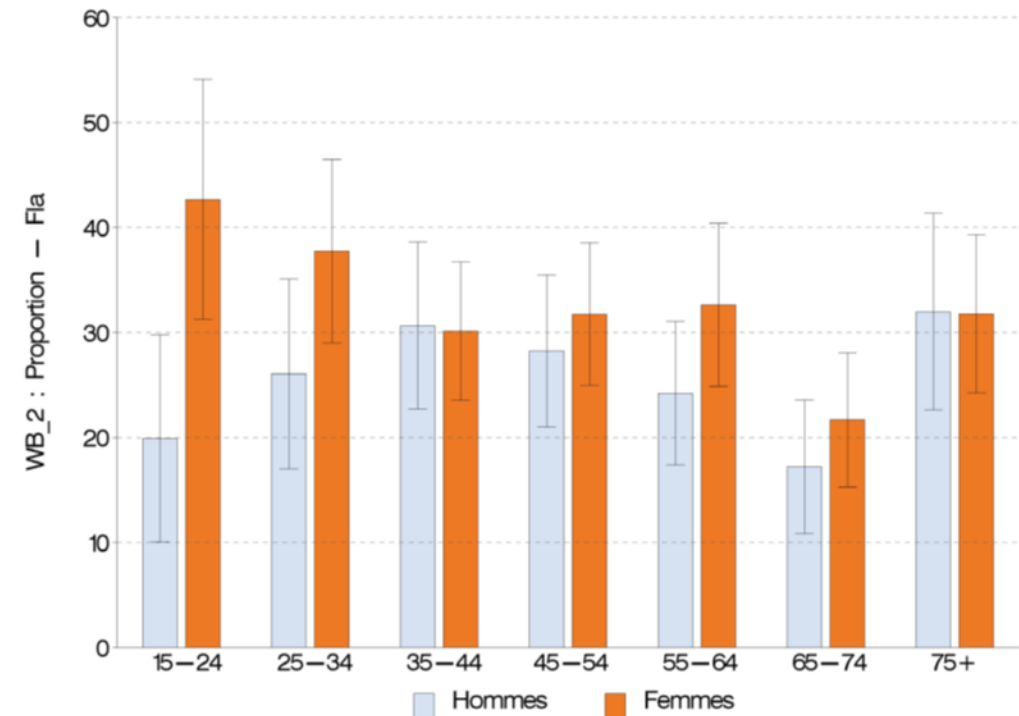
² A nationally representative face-to-face household survey of the prevalence and correlates of DSM-IV mental disorders among U.S. adolescents (aged 13-17 years) was performed between February 2001 and January 2004.

³ Lifetime prevalence is estimated on the proportion of respondents who had ever had a mental disorder at the time of the interview.

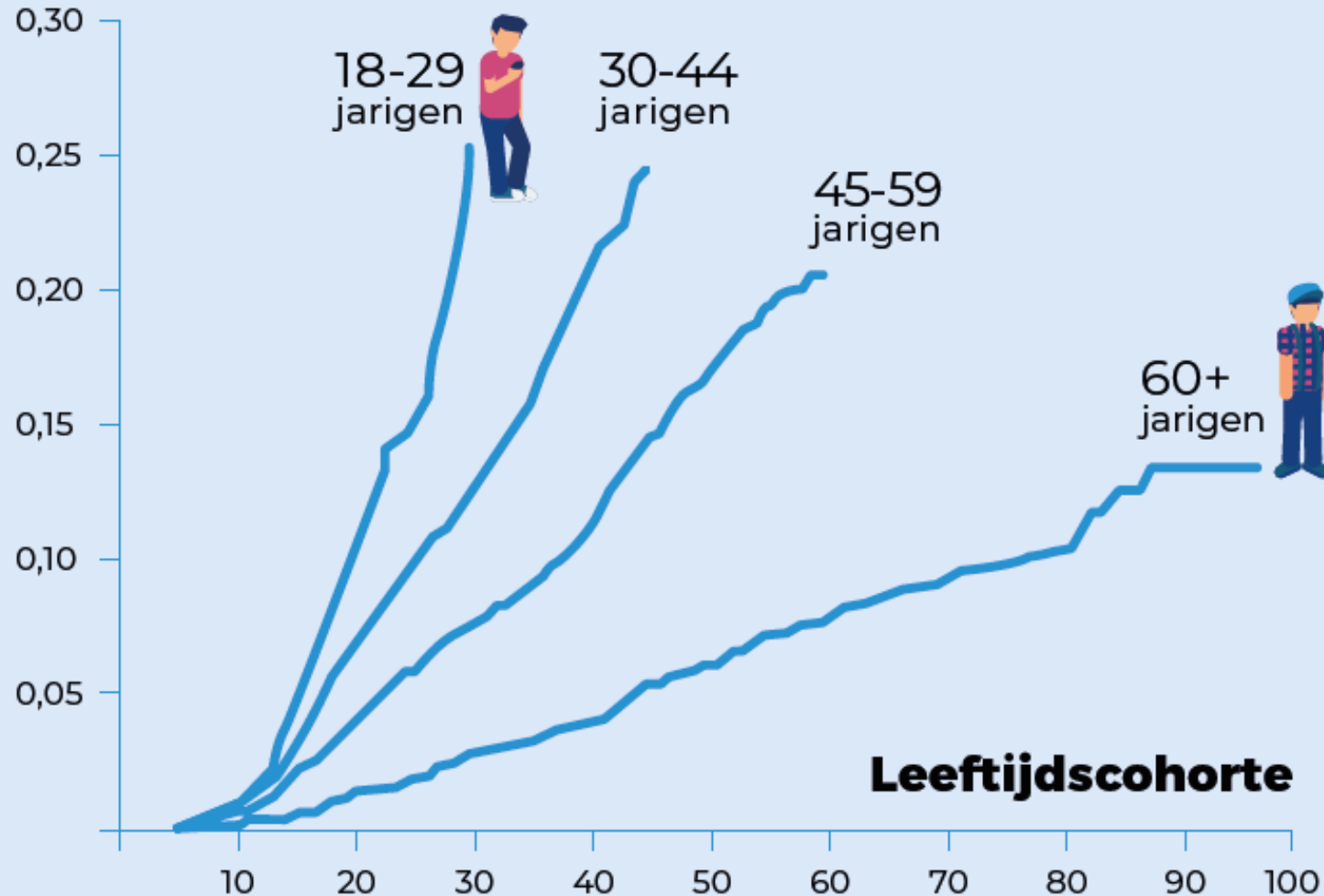
Emotionele problemen bij 18-24-jarigen



Hogere prevalentie bij 18-24-jarigen die niét in hoger onderwijs zijn



Voorkomen psychische stoornissen

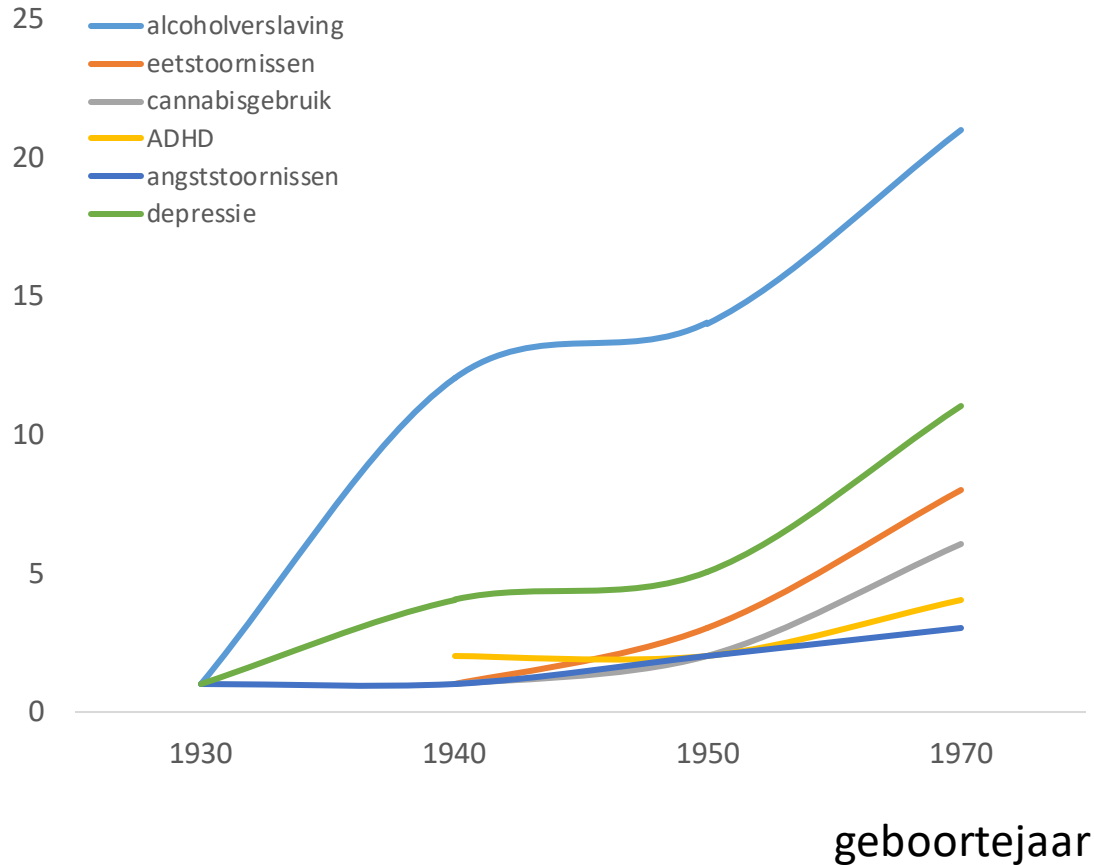


Kessler et al. 2003

COHORTEFFECTEN

- Hogere prevalentie van stoornissen bij recentere cohorten
- Specifieke stijging van externaliserende stoornissen
- Heeft implicaties naar de structuur en organisatie van de ggz

Geobserveerde cohorteffecten



Gesimuleerde cohorteffecten

Als deze trends zich voortzetten, dan...

Prevalentie van	geboortejaar 2010 tav 1990
Cannabisgebruik	x 1.6
Eetstoornissen	x 2
ADHD	x 2
Alcoholstoornis	x 1.3
Intermittent-explosieve stoornis	x 4



INTERNATIONAL JOURNAL OF FORENSIC MENTAL HEALTH
2017, VOL. 16, NO. 4, 293-303
<https://doi.org/10.1080/14999013.2017.1365782>

Routledge
Taylor & Francis Group

Check for updates

Criminally Explosive: Intermittent Explosive Disorder, Criminal Careers, and Psychopathology among Federal Correctional Clients

Matt DeLisi^a, Michael Elbert^b, Daniel Caropreso^b, Katherine Tahja^b, Timothy Heinrichs^b, and Alan Drury^b

^aDepartment of Sociology, Criminal Justice Studies Program, Iowa State University, Ames, United States; ^bUnited States Probation, 110 East Court Avenue, Des Moines, Iowa, United States

ABSTRACT

Intermittent Explosive Disorder (IED) is a relatively rare psychiatric condition characterized by aggression, explosive outbursts towards people and property, and very poorly regulated emotional and behavioral control, but has rarely been studied in a criminal justice context. Drawing on data from 863 federal correctional clients from a supervised release population in the Midwestern United States, the current study examined the lifetime prevalence and correlates of IED and its associations with criminal careers. The lifetime prevalence of IED was 2.6% with another 1% of clients exhibiting symptoms of the disorder. Poisson and negative binomial regression models have shown that IED was significantly associated with arrests for murder, attempted murder, interference with police, aggravated assault, simple assault, and domestic assault despite controls for serious behavioral disorders, age of first arrest, and demographics. Clients with IED were also dramatically more likely to be habitual offenders and accumulate chronic arrests for assault-related crimes. These offenders pose considerable risk to staff safety and should be supervised with the highest level of supervision.

KEYWORDS

Intermittent Explosive Disorder; crime; psychopathology; criminal careers; violence

Risicofactoren



Connectedness & suicide prevention in college settings

Directions and
implications
for practice

Janis Whitlock, MPH, PhD^{1,2}
Peter A. Wyman PhD³
Paul Barreira, MD⁴

From the Family Life Center Center,¹
Department of Human Development²;
University of Rochester,
Rochester, New York³;
Harvard University
Health Services,
Cambridge, MA⁴

December 2012



- **Social connectedness**

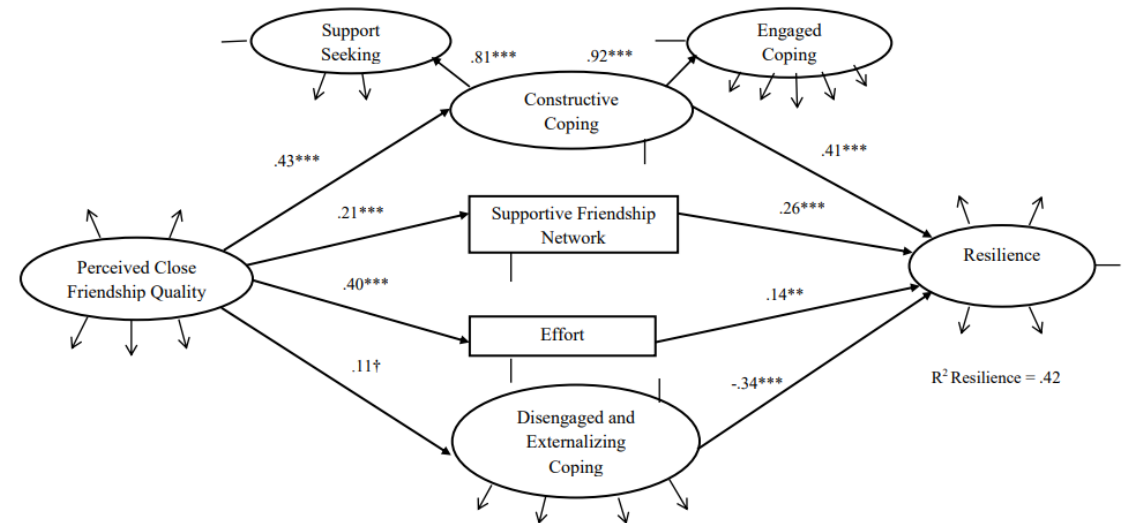
- >2 lower odds of emotional problems

- **Connectedness with college**

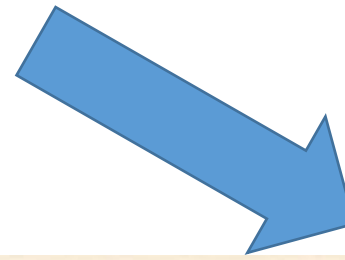
- ~2x lower odds of emotional problems
- Buffers feelings of anxiety and sadness

Figure 1.

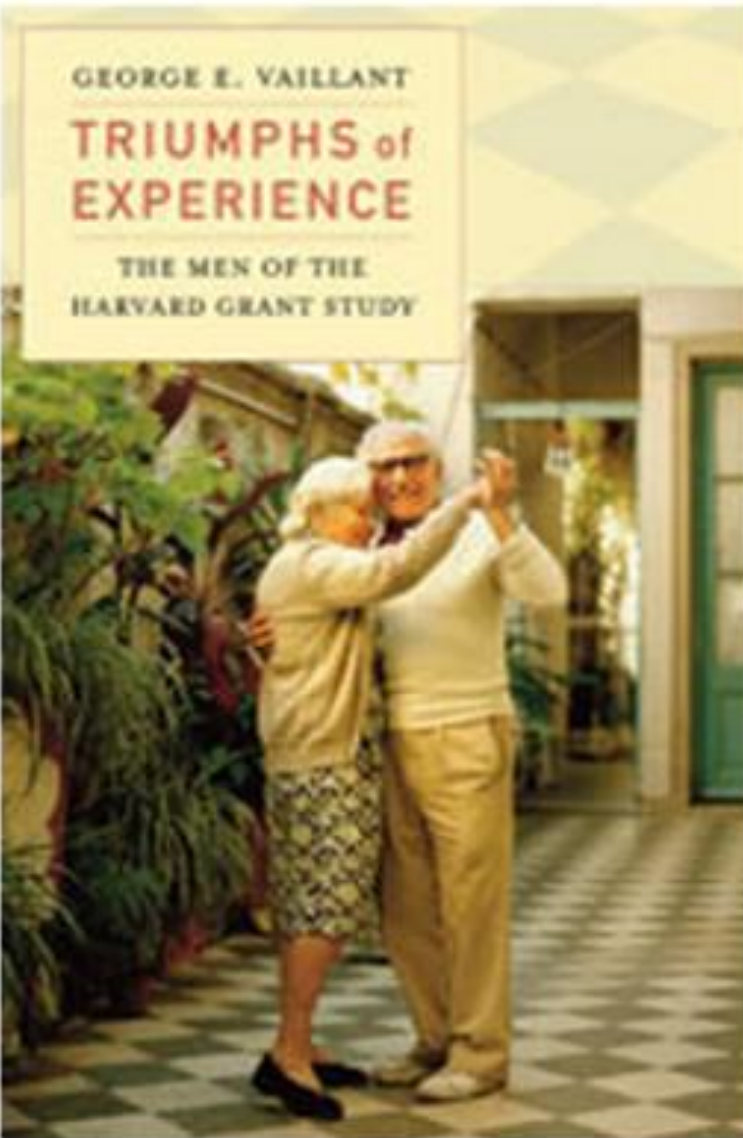
The Adolescent Friendship and Resilience Model (AFR.2)



Friendship & connectedness



Harvard Grant Study



In 1938, Harvard University began following 724 participants as part of the longest-running study on human development in history. The study was developed to determine what makes us happy.

The study explored every part of who we are, from physical and psychological traits to social life and IQ, to learn how we can flourish. Findings from the study were published in the 2012 book *Triumphs of Experience*, with key results showing that happiness and health aren't a result of wealth, fame or working hard, but come instead from our relationships:

- Social connections are really good for us, and loneliness kills. People who are more socially connected to family, friends, or community, are happier, physically healthier, and live longer than people who are less well connected.
- It's not just the number of friends you have, and it's not whether or not you're in a committed relationship, but it's the quality of your close relationships that matters. Living in conflict or within a toxic relationship is more damaging than being alone.
- Good relationships don't just protect our bodies, they protect our brains. Good quality relationships were related to sharper memory.



“The conclusion of the study is that *connection* is the whole shooting match...

The more areas in your life you can make connection, *the better. Full stop.*”

George Vaillant Director of the Harvard Grant Study (1972-2003)



≡

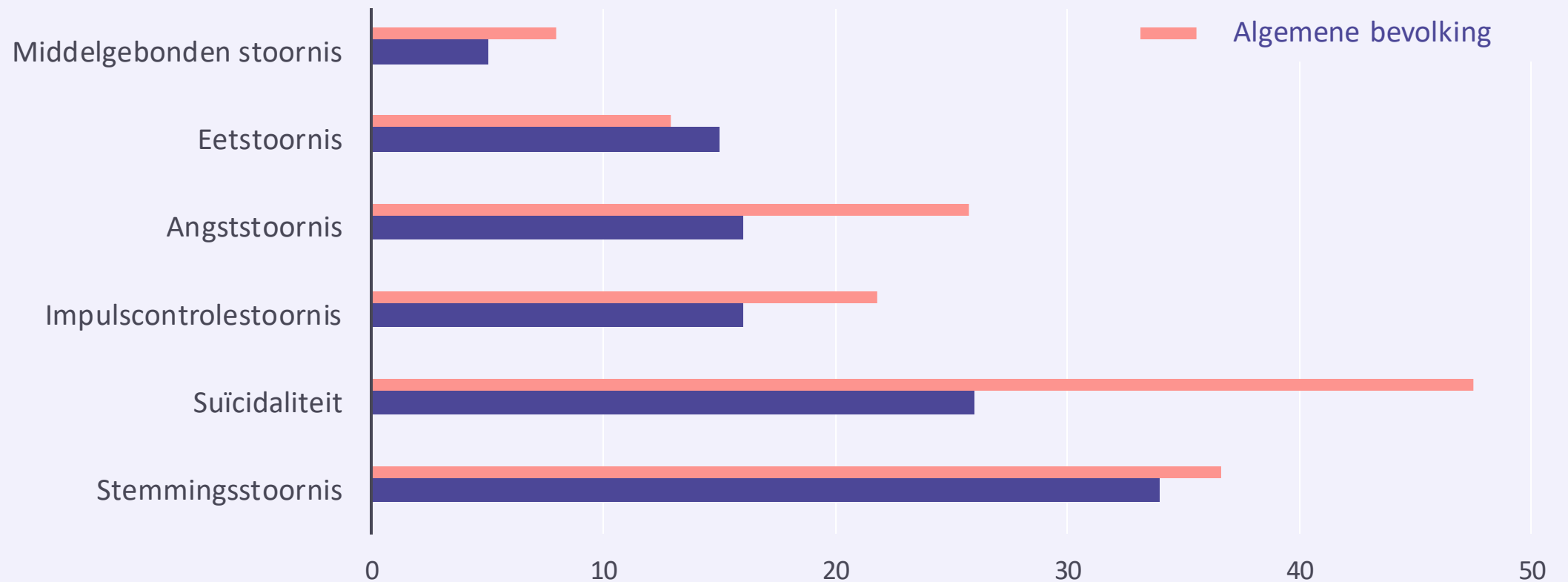
The Harvard Gazette

HEALTH & MEDICINE

Good genes are nice, but joy is better

Harvard Gazette, 2017; Vaillant, 2012; Mental Health Foundation, 2016

Hulpzoekgedrag 18-19 jarigen (vs. algemene bevolking)



Redenen om geen hulp te zoeken: studenten hoger onderwijs (FLEcS study, 2020-2021, N~16,000)

	% voorkomen	PARP
• Ik wil het zelf oplossen	64%	6%
• Het zal teveel kosten	59%	14%
• Ik weet niet waar naartoe	58%	9%
• Logistiek (tijd, plaats,...)	52%	47%
• Ik zou me beschaamd voelen (stigma)	49%	8%
• Ik denk dat het niet zal werken	49%	14%
• Invloed op schools functioneren (stigma)	42%	0%
• Men zal anders tegen me doen (stigma)	42%	1%
• Eerder bespreken met vrienden / familie	34%	0%

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Take home messages

- Jongeren hebben **meer emotionele problemen** in vergelijking met volwassenen en ouderen, voornamelijk externaliserende problemen
- **Niet iedereen hoeft in langdurige behandeling**, maar we moeten denken aan een breed veld van interventies (op vindplaatsen waar de emotionele problemen starten)
- Verbondenheid, sociale steun, weerbaarheid, autonomie en competentie staan centraal als **buffer** tegen de ontwikkeling van emotionele problemen

Being 20 in the pandemic

COVID-19 PANDEMIC

COVID PSYCHOSIS

One of the first known cases documented by Duke psychiatrists

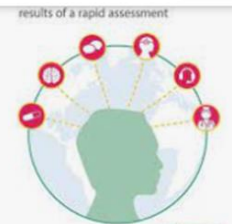
Prevalence rates for mental health outcomes among university students during France's COVID-19 lockdown:



- suicidal thoughts = 11.4%;
- severe distress = 22.4%;
- high level of perceived stress = 24.7%;
- severe depression = 16.1%; and
- high level of anxiety = 27.5%.



THE NEW SCHOOL
Center for New York City Affairs



The impact of COVID-19 on mental, ...
paho.org



COVID-19 and counter-measures both detrimental to ...
ec.europa.eu



Impact of COVID-19 on mental health and quality of li...
unaid.org



COVID-19: Look after your ment...
hse.cern



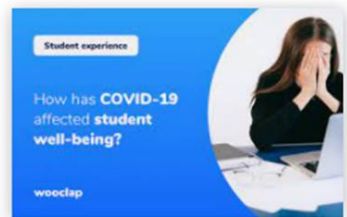
COVID-19 Pandemic and Menta...
mhe-sme.org

EMERGENCY

In Covid-Era New York, Suicidal Kids Spend Days Waiting for Hospital Beds



University students at significant risk for mental ...
healio.com



Student mental health during COVID-19
wooclap.com



Mental Wellbeing in the Time of COVID-19 Webinar ...
weforum.org



COVID-19 Pandemic and Mental Health - ...
mhe-sme.org



Mental health and psych...
paho.org



“Effects” of COVID19 on mental health

- **Early reports & rapid reviews**

- Swift reviews / incomplete data / case reports
- Scientific integrity
- No reference to what was there *before* the pandemic

- **100% of the people**

- Suspended courses / home schooling
- Reduced space to live
- Reduction of social contact



Impact of the COVID-19 Pandemic on the Mental Health of College Students: A Systematic Review and Meta-Analysis

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Background: The coronavirus disease (COVID-19) pandemic has been spreading and brought unprecedented psychological pressure on people across the entire globe since December 2019.

Objectives: To synthesize the existing evidence of the prevalence of mental health status during the epidemic and provide the basis for mental health education.

Materials and methods: The literature search was conducted in nine databases from December 2019 to October 2020. The risk of bias for each study was assessed, and the random-effects meta-analysis was used to estimate the prevalence of specific mental health problems. The review protocol was registered in PROSPERO with the registration

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Booming reports ...

- “Up to 95% affected”
- 29-36% anxiety
- 37-39% depression
- 23-71% stress

Routledge
Taylor & Francis Group

Check for updates

JOURNAL OF AMERICAN COLLEGE HEALTH
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MAJOR ARTICLE

Anxiety, depression, and stress prevalence among college students during the COVID-19 pandemic: A systematic review and meta-analysis

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ABSTRACT

Background: Since the end of 2019, the coronavirus disease (COVID-19) outbreak rapidly became a pandemic. The psychological state of people during the COVID-19 pandemic has gained interest. Our aim was to study the prevalence of anxiety, depression, and stress in college students during the COVID-19 pandemic. **Methods:** A systematic search of Medline, Embase, Web of Science, and the Cochrane Library was conducted up to September 20, 2020. Reviewers independently assessed full-text articles according to predefined criteria. Stata14/SE was used to calculate the prevalence and 95% confidence intervals (CIs) of anxiety, depression, and stress among college students from different countries. A random effects model was adopted. The Egger test was used to determine publication bias. **Results:** A total of 280 references were retrieved, and 28 papers met our inclusion criteria, for a total of 436,799 college students. Thirteen studies involved non-Chinese college students, and 15 studies involved Chinese college students. The prevalence of anxiety, depression, and stress was 29% (95% CI, 19–25%), 37% (95% CI, 32–42%), and 23% (95% CI, 8–39%), respectively. **Conclusion:** The COVID-19 pandemic has had a negative psychological effect on college students, and the prevalence of anxiety, depression, and stress among Chinese college students is lower than among non-Chinese college students.

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KEYWORDS

COVID-19; anxiety; depression; stress; college student; meta-analysis



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RESEARCH ARTICLE

Psychological impacts from COVID-19 among university students: Risk factors across seven states in the United States

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Abstract

Background

University students are increasingly recognized as a vulnerable population, suffering from higher levels of anxiety, depression, substance abuse, and disordered eating compared to the general population. Therefore, when the nature of their educational experience radically changes—such as sheltering in place during the COVID-19 pandemic—the burden on the mental health of this vulnerable population is amplified. The objectives of this study are to 1) identify the array of psychological impacts COVID-19 has on students, 2) develop profiles to

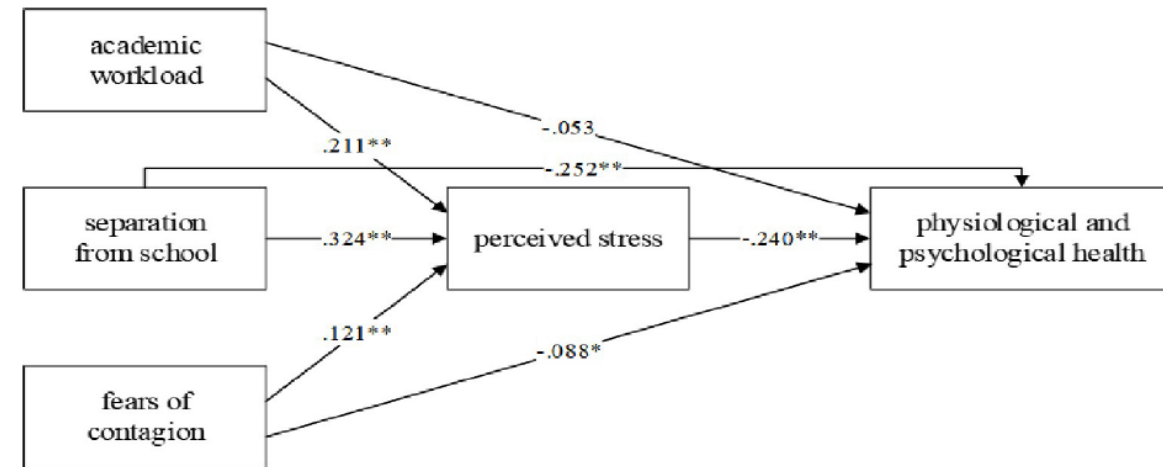
“COVID19 has a negative psychological effect”

But is every 18-24 old equally affected?

- Risk factors

- Prior anxiety problems ~2.5
- Low SES at home ~2.4
- Female gender ~2.0
- (Proximity of) knowing someone infected ~1.5
- >8 hours / day on screens ~1.2

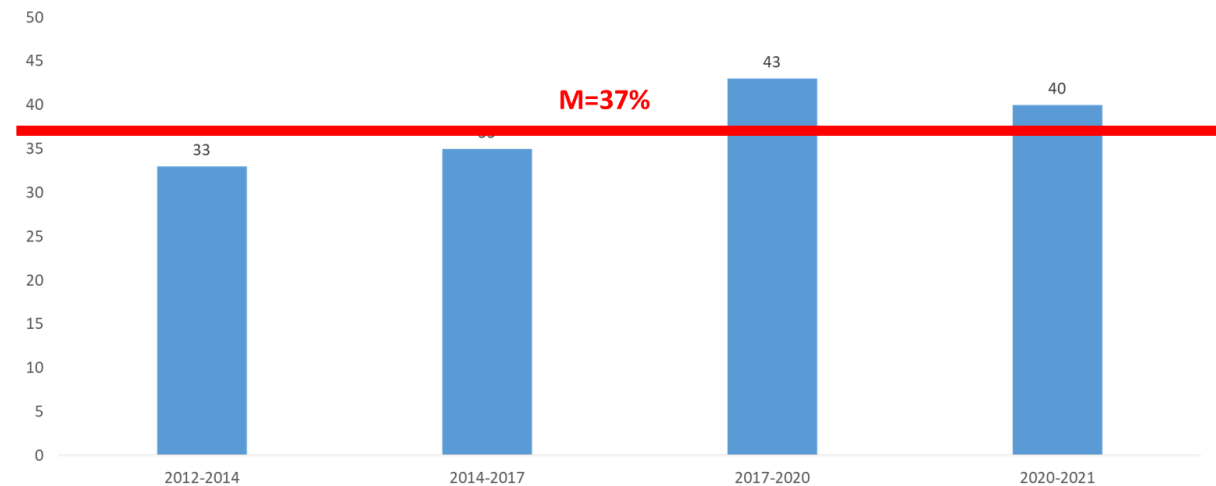
- Protective factors : **social support, connectedness, resilience**



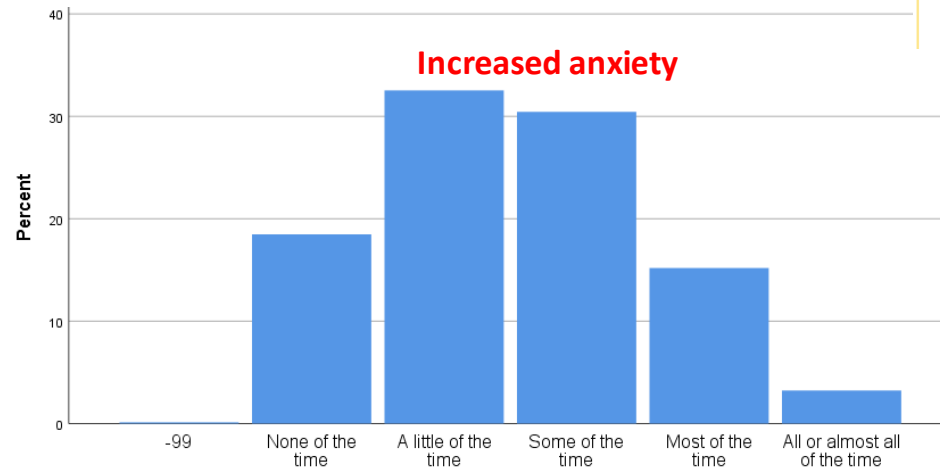
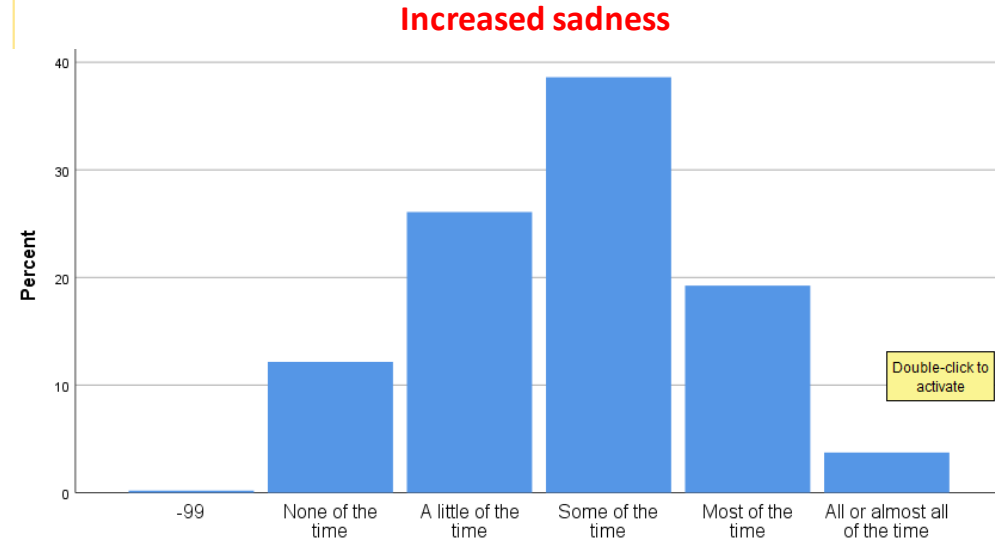
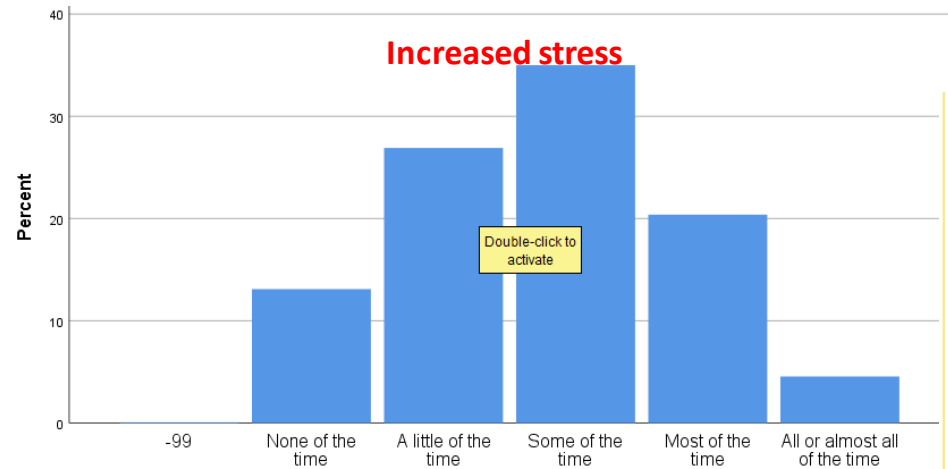
- All-in-all : **~4/10** students screen positive for a mental disorder – **not more than before**

- **Pandemic-related variations?**

- Wave 1: $\frac{1}{4}$ no stress, 55% stress, sadness, anxiety but not often, **1/5 high impact**
- Wave 2: $\frac{1}{3}$ good-to-excellent mental health; 44% moderate, **1/5 low mental health**
- Incidence of disorders ~4%

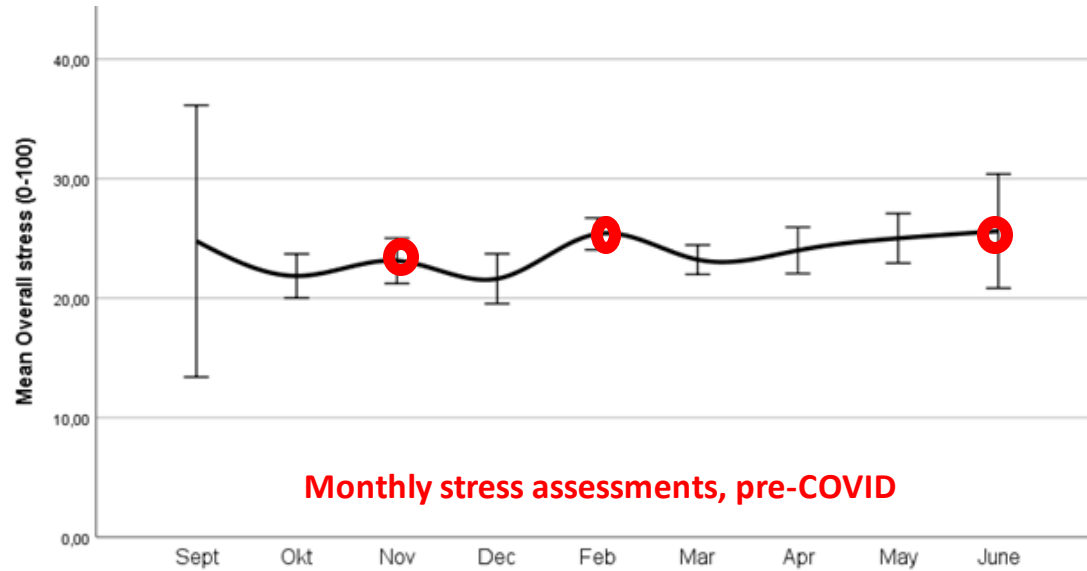


Stress, anxiety, and sadness

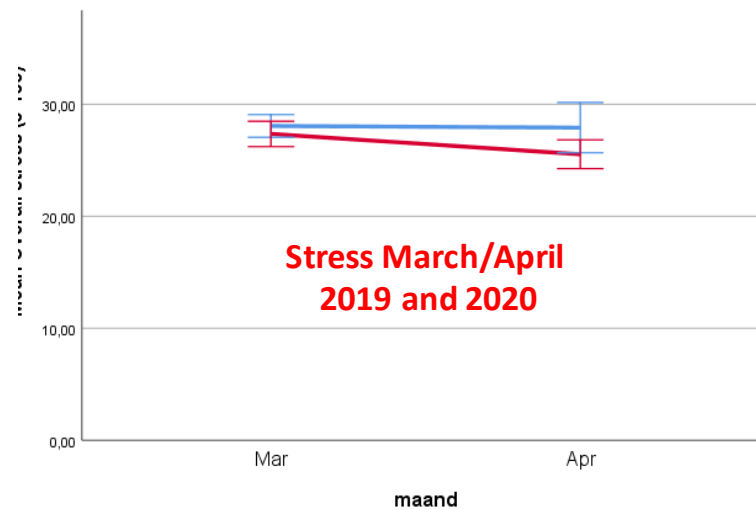
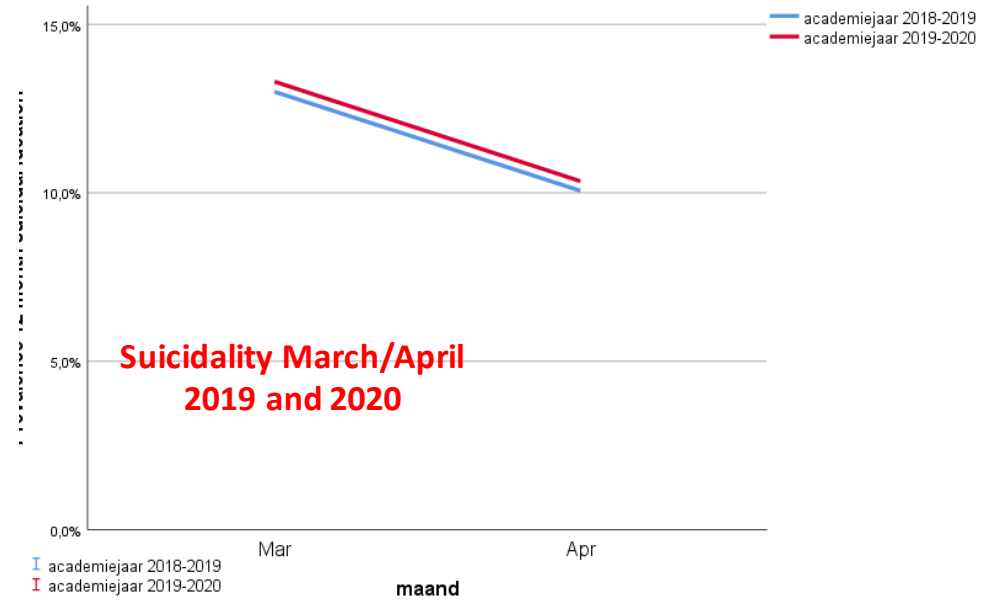


Most students reported increased stress, anxiety, and sadness, but to a low frequency (ie a 'little of the time' & 'some of the time')

Comparison March/April 2020 vs. March-April 2019 vs. December 2020-January 2021



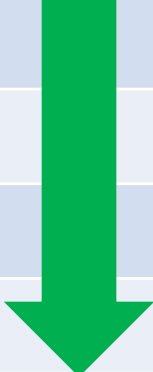
Error Bars: +/- 2 SE



Different attribution styles

Mental disorders before and during the pandemic

	pre-COVID	WAVE 1	WAVE 2
Depression	11-20%	18%	19%
Suicidality	6-12%	11%	14%
Anxiety disorder	8-12%	15%	17%
Disordered eating behaviors	1-7%	-	3-14%



Take home messages

- De pandemie heeft op 100% van de jongeren impact, maar voor 1/5 weinig tot niet, 3/5 een beetje tot matig en voor 1/5 ernstig
- Bezorgdheid met betrekking tot stijging van gedachten aan de dood, eetstoornissen en zelfverwondend gedrag

The future ...

75 Percent of Young People Are Frightened by the Future. That's the Only Sane Reaction to Climate Change.

Climate change is already devastating the young, who feel abandoned by their governments and earlier generations.



Young adults worldwide are fearful of the future

Hover over a data point or a country name to view all results from that country

● Australia
 ● Brazil
 ● Finland
 ● France
 ● India
 ● Nigeria
 ● Philippines
 ● Portugal
 ● UK
 ● US
 ● World average

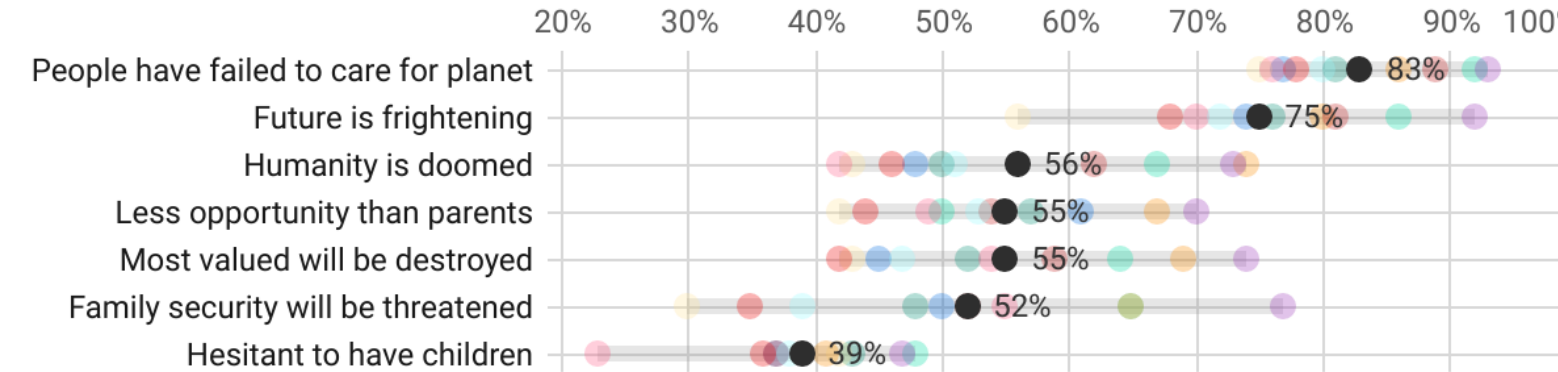
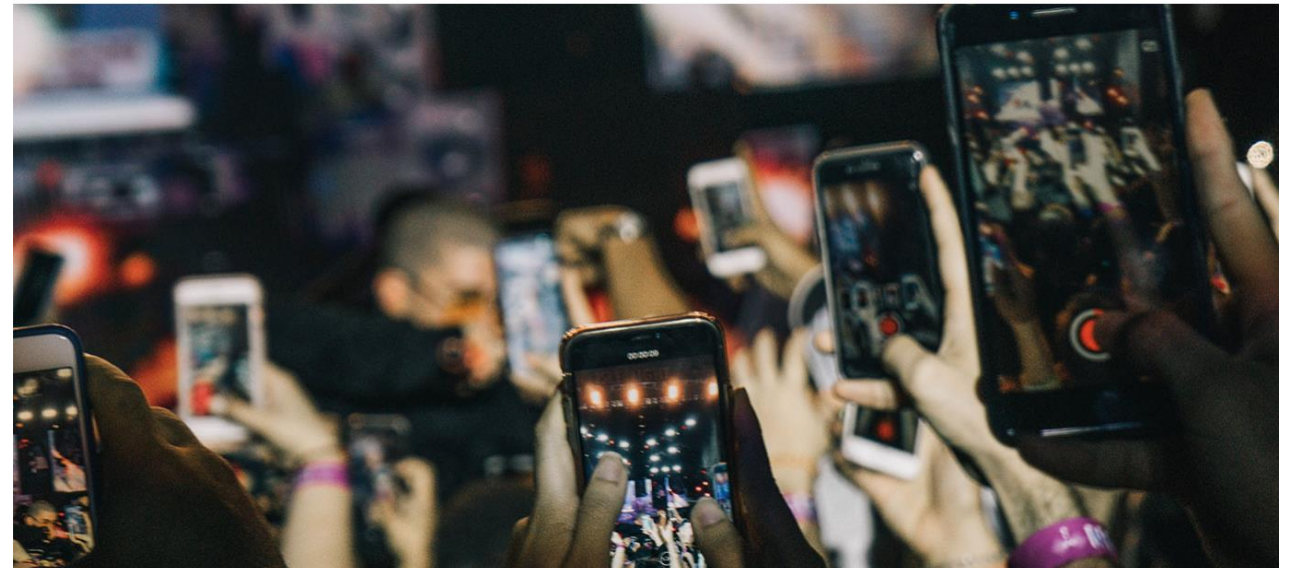


Chart: Karin Kirk for Yale Climate Connections • Source: Marks et al., 2021 • Created with Datawrapper

How Does Social Media Affect Teenagers?

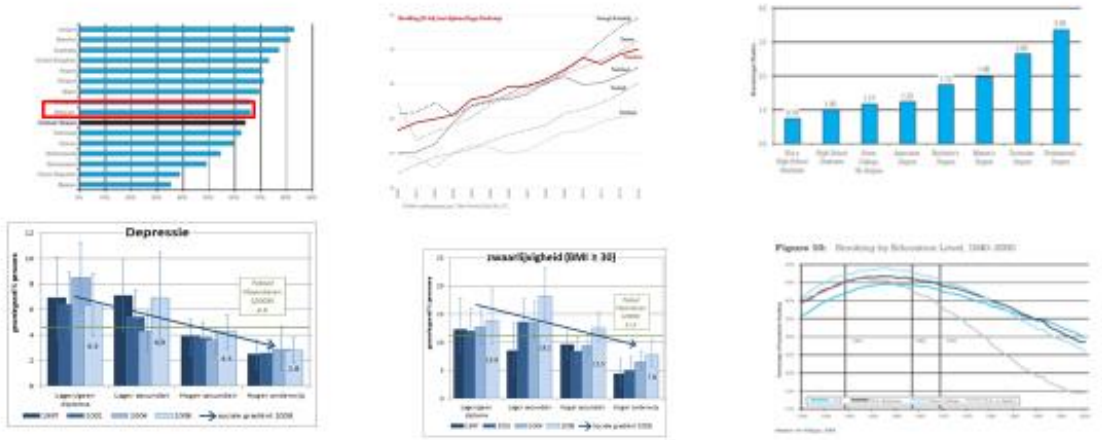




Connection prepares teens for the future, not attempts at control.
-Laura Lyles Reagan

@THEFAMILYALCHEMISTS

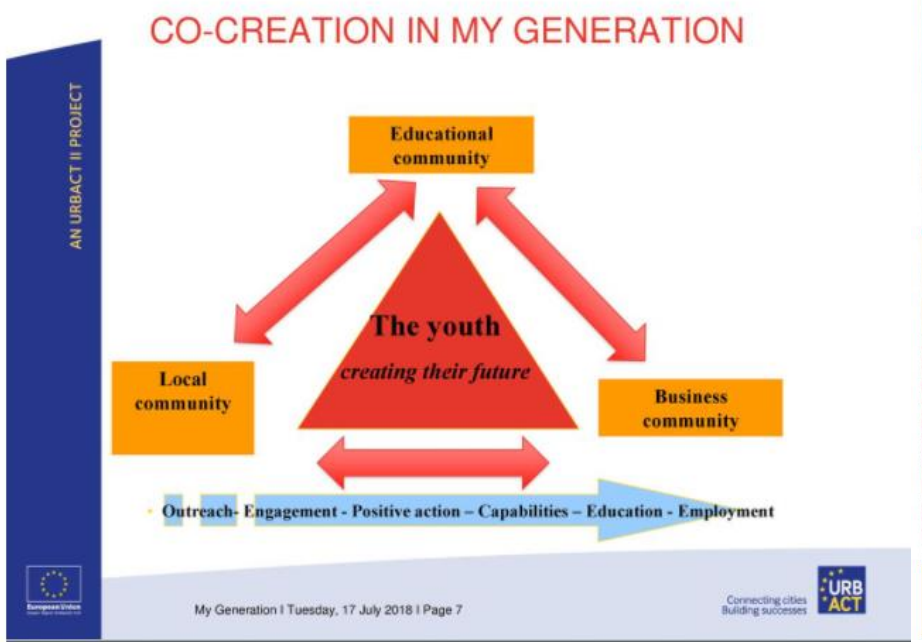
These : Hoger onderwijs is een duurzame investering voor individu en maatschappij



DEBATING EMERGING ADULthood

STAGE OR PROCESS?

JEFFREY JENSEN ARNETT • MARION KLOEP
LEO B. HENDRY • JENNIFER L. TANNER



FUTURE MAKERS AWARDS

IDENTIFY A SOCIAL ISSUE!
Spot an issue in your community and use your imagination to solve it!

CREATE A SOLUTION!
Use your coding superpowers to create a solution that can change the world!

MAKE A BETTER FUTURE!
Share your solution and create positive change in society!

CREATING EXCITING WAYS TO LEARN THE SKILLS NEEDED TO THRIVE IN THE DIGITAL ECONOMY AND CREATE A POSITIVE SOCIAL IMPACT

Kijken we (te) negatief naar onze jongeren?

- “Impact” van de pandemie op jongeren begrijpen vanuit de emerging adulthood
- Hoge weerbaarheid ~bounceability
- “Maturing out” van probleemgedrag in de groei en de opname van verantwoordelijke rollen in de jongvolwassenheid
- Niet-polariserend denken (self-fulfilling prophecies)

- Oudere generaties kijken altijd negatiever naar jongere generaties – *the lost generation*
- Autonomie, verbondenheid, competentie, weerbaarheid
- Iedere generatie co-creëert eigen betekenissysteem



Take home messages

- Oudere generaties kijken steeds negatief naar nieuwere generaties en voorspellen steeds een slechter verloop
- Creëer *in and beyond the pandemic* zogenaamde ‘communities of caring’
- Verbondenheid, sociale steun, weerbaarheid, autonomie en competentie staan centraal als buffer tegen de ontwikkeling van emotionele problemen
... niet enkel bij jongeren, maar bij iedereen...