Anxiety in college students: Implications from the CCMH database

Payton Jones  
*Brigham Young University - Provo, paytonjjones@gmail.com*

G. Tyler Lefevor  
*University of Miami, tyler_lefevor@byu.edu*

Follow this and additional works at: [https://scholarsarchive.byu.edu/fhssconference_studentpub](https://scholarsarchive.byu.edu/fhssconference_studentpub)

Part of the Psychology Commons

The Annual Mary Lou Fulton Mentored Research Conference showcases some of the best student research from the College of Family, Home, and Social Sciences. The mentored learning program encourages undergraduate students to participate in hands-on and practical research under the direction of a faculty member. Students create these posters as an aide in presenting the results of their research to the public, faculty, and their peers.

**BYU ScholarsArchive Citation**

[https://scholarsarchive.byu.edu/fhssconference_studentpub/282](https://scholarsarchive.byu.edu/fhssconference_studentpub/282)

This Poster is brought to you for free and open access by the Family, Home, and Social Sciences at BYU ScholarsArchive. It has been accepted for inclusion in FHSS Mentored Research Conference by an authorized administrator of BYU ScholarsArchive. For more information, please contact scholarsarchive@byu.edu, ellen_amatangelo@byu.edu.
Anxiety in college students: Implications from the CCMH database
Payton Jones and Tyler Lefevor

Introduction

• Center for Collegiate Mental Health (CCMH) 2014 database
  Includes standard intake information and outcomes for more than 140 university counseling centers around the nation
• Anxiety is the most common concern for university students
  12.9% of university students were diagnosed or treated for an anxiety disorder in 2013
• Anxiety concerns in college students have steadily increased in the past two decades
• What is causing this anxiety?

Theories of Anxiety

• Anxiety Expectation: will something bad happen?
• Anxiety Sensitivity: how bad will that something be?
• Possibility of academic and future career failure is a source of anxiety

What exacerbates anxiety?

• Academic stress
  r = 0.430**
  Anxiety has a bi-directional relationship with academic failure; anxiety causes failure and failure causes anxiety
• Is academic success in college more important to students than it was 20 years ago?
• Financial burdens
  r = 0.189**
  Financial burdens have steadily increased in students
• May help explain increasing rates of anxiety
• Recent hospitalization
  r = 0.142**

What protects against anxiety?

• Family support
  r = -0.160**
• Social support
  r = -0.167**
• Therapy was effective for students with anxiety
• How can counseling centers improve?

Conclusion

• Anxiety has a bi-directional relationship with academic failure
• Students today are more anxious than ever before
  Increased pressure to succeed
  Financial stress
• What can be done?
  Increase support services
  Decrease academic and financial burden on students

[citations available upon request]
[**significant at <0.001 level]