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Well-being implications of COVID-19: A mixed-methods study of the University of Missouri students

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College students have been uniquely impacted by the COVID-19 pandemic. Non-pharmaceutical preventative measures have uprooted college students' lives through campus closures and stay-at-home orders. This mixed-methods longitudinal study was created to observe the pandemic's effects on college students through the 2020 summer semester by surveying changes in various aspects of well-being. 230 University of Missouri students enrolled in the study. The in-depth baseline survey compared their situation in February 2020 (pre-COVID-19 pandemic) to their situation in June 2020 (during COVID-19 pandemic). The project continued through the distribution of six shorter weekly surveys and a final in-depth survey to track the effects of the pandemic over time. Results from the baseline survey have been collected thus far, which has led to a few key findings. The rate of student employment has decreased, and a majority of students moved home with their families and spent significantly less time with their friends. Students have also been delaying their needed health care due to the pandemic. Mental health has been largely impacted as well, with the majority of students experiencing at least mild depression (59.47%) and anxiety symptoms (48.68%). These results will be shared with university faculty and administration to assist in creating tailored accommodations for students in future semesters.