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Effects of the COVID-19 Pandemic on UMT Students' Mental Health

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The Effects of COVID-19 on University of Montana Students' Mental Health

The University of Montana
Franke Global Leadership Initiative



Team Members



Liza Donier- Marketing, Women's, Gender and Sexuality Studies,
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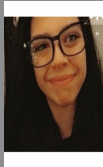
Kat Liston - Marketing Major, Music Minor



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Talia Randle - Dance and Psychology



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Sami Sykes - Criminology, Communications, Forensic
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JT Vineyard - Music Composition, Media Arts,
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Purpose + Goals

- Little research has been completed on pandemics in relation to the mental health of university students
- Determine the major effects of the COVID-19 pandemic on University of Montana students' mental health
- Educate the greater UM community on these effects
- Ultimate goal: Make recommendations based on our findings to the University of Montana and other local institutions that will further support students' mental health

How we collected information?

Methods

- Created a quantitative data analysis in the form of an online survey to determine how the pandemic has affected University of Montana students
- Conducted live interviews over Zoom to gather qualitative data from students around the U.S. and internationally.

Survey

- Anonymous digital survey to only University of Montana students
- 23 Demographic Questions
- 29 Study Questions

Interviews

- Interviews conducted by all group members to various university students from the U.S. and other countries such as Kazakhstan, Sweden, etc.
- Interview questions preselected

Research Questions

- **Main Research Question:**
 - What effects has the COVID-19 pandemic had on the mental health of University of Montana students?
- **Sub Questions:**
 - What have been the economic effects of the COVID-19 pandemic on University of Montana students?
 - What have been the academic effects of the COVID-19 pandemic on University of Montana students?
 - How have University of Montana students' routines, relationships, and health been affected by the COVID-19 pandemic?

Corona University: the Mini-Documentary

- In order to make recommendations, we figured that learning what has and hasn't worked in other places would be in order.
- Reached out to friends we made while studying abroad, as well as some UM students and interviewed them.
 - Global Perspective
 - Qualitative information
- Interviews + Survey Data = Mini Documentary
 - Why?
 - Where?

Demographic Results

- 56.6% are third - fourth year college students
- 62.1% identify as female
- 85.4% are Caucasian
- 84.8% are between the ages of 18 and 24
- 37.4% have diagnosed mental illnesses, 23.2% have undiagnosed mental illnesses
- 97.5% of those who have mental illness said they feel impaired in some way because of it, with 68.4% being moderately to significantly impaired

Mental Health Impacts on Students

- 61.7%** felt guilt for engaging in activities that used to be routine
- 77.7%** felt anxiety, fear, or worry
- 23.2%** considered therapy, 10% started therapy, and 17% continued therapy
- 67.7%** indicated that their desire or motivation to do things they enjoy increased
- 60.6%** indicated that important relationships were negatively affected
- 55.6%** indicated that their spending habits have changed, with 22% becoming more concerned about money
- 29.0%** report sleeping less, 52% feel less healthy, and 33% reported that their substance use has increased.

35.4%

have lost hours at
a job due to the
Pandemic

19.1%

had rent increase
since the
Pandemic began

15.2%

lost a job due to
the Pandemic

**What have been the
economic effects of
the COVID-19
pandemic on
University of
Montana students?**

41.4%

considered
withdrawing from
the school year to
work full time

28.8%

had utility
expenses increase
since the Pandemic
began

13.1%

applied for
unemployment
and never
received it

63.1%

never received a
stimulus check

YES

Does stress due to the Pandemic affect any aspects of your academic studies?

71.7%

Motivation to do homework

76.3%

Ability to focus during online classes

63.1%

Frustration with how your classes are being taught

36.9%

Guilt for spending money on school

36.9%

Feelings that you should be studying instead of working

35.9%

Feelings that you should be working instead of studying

How have University of Montana students' routines, relationships, and health been affected by the COVID-19 pandemic?

52.9%

said their physical activity levels have decreased since the Pandemic

39.0%

said their weight has increased as a direct result of the Pandemic

33.3%

said their substance use has increased as a direct result of the Pandemic

36.9%

said "how healthy they feel" has decreased slightly as a direct result of the Pandemic

23.3%

started therapy due to the Pandemic

9.6%

considered starting therapy due to the Pandemic

Recommendations

- Expand access to mental health professionals at Curry.
- Publicize current mental health facilities.
- Increase access and awareness of scholarships.
- Expand access to emergency grants.
- Professors actively adapting course requirements based on student feedback.
- Pause increases in student rent and other fees.
- Decrease required student screen time, increase incorporation of alternative learning methods

Thank You!

If you have questions, you can contact Haylie Peacock at:

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