

FEATURE ARTICLE

Anxiety and Depression Amongst College Students which can lead to suicide: What are some of the symptoms and causes and where can students receive help at their Institution?

By: Dr. Sharon M. Brown, CRC, Associate Professor, Langston University

Abstract

We surveyed a small sample of 182 undergraduate and graduate students to assess their knowledge of anxiety; depression and mental health at a land grant historically Black College (HBCU). Of the sample size 51.8% of them were females and 48.2% males. Out of the total number of students, 98.2% of them stated that they know how to get help while 1.8% did not know where to get help. A simple pencil-and-paper survey was designed to ask college students how they view their life in general, how they rate their social/interpersonal relationships, how they view others, flexibility and their view of others, where they can find help on campus and major causes of depression and anxiety. The source of this inquiry was to contrast student symptoms and sources at a Historically Black College and University with predominantly White institutions and to inform a campus-wide strategy for mental health awareness and promotion. Mental health has a storied and confirmed impact on students' qualities of life and academic performance. Any academic institution establishing comprehensive wellness strategies must include emphasis on mental health to both determine existing diagnoses and high-risk subpopulations among students. In so doing, professionals can identify periods of high stress, demographic trends, and specific topics pertinent to student populations.

Suggested Citation:

Brown, Sharon, "Anxiety and Depression Amongst College Students which can lead to suicide: What are some of the symptoms and causes and where can students receive help at their Institution?", *International Journal of Ethnic College Health*, Vol. 1., No. 1, p. 6-10.