

The background features a large, faint illustration of a person's face with a neutral expression, overlaid with several stylized virus particles. The entire scene is set against a solid blue background.

COVID-19 Impacts Undergraduate Mental Health: Barriers to Counseling Resources Harmful to Student Safety and Well-being

JANICE SNOW



About Me

- Graduated *summa cum laude* Dec. 2020
- Psychology Department
- Outstanding Statewide Student 2019
- URCO Research Grant recipient
- Nominated for Scholar of the Year 2021
- Hometown: Taylorsville, UT
- Post-grad plans: Ph.D. in Social Work

How I Got Started

- I first became involved in research through the USU Factotum lab
- I have been the lead student investigator on 4 research projects
- I chose this research because educational equity is important to me



My Project

National survey on covid-19, mental health, and academic outcomes

Demographics
and Financial
Concerns



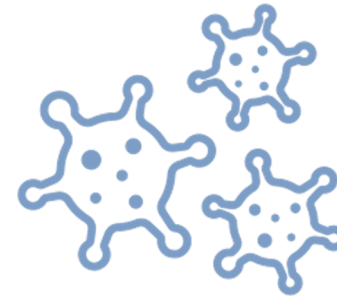
Mental
Health



GPA and Course
Changes



Changes Due to
COVID-19



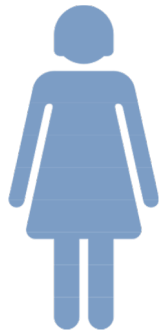
Health
Concerns



My Results

Students at high risk for mental health distress and grade drops during the Spring 2020 pandemic semester

Higher depression, anxiety, or academic distress



Higher financial concerns currently



Had coronavirus or suspected they did



High-risk for COVID complications



My Results (cont.)

- Women and students with higher financial concerns reported greater mental health distress
- Students were displaced to off-campus locations, many outside the state
- Licensing and policy regulations prevent most counselors from providing treatment to out-of-state students

Impact on Utah

- Knowing who is struggling most can help us develop targeted outreach and awareness campaigns
- Need to reach students who are living out of state, but pay for mental health services at their institution

My Research Experience

- My mentors challenge me to be a better student, researcher, and person, and I am thankful that I got this chance to participate in research so fully as a distance student

