

Summary of TimelyMD Spring 2022 Back-to-School Survey to Assess Mental Health and Emotional Concerns Regarding COVID-19

TimelyMD conducted a nationwide survey of college students enrolled in a two or four year college to assess the state of their mental health and opinions on their institution's COVID-19 related decisions at the beginning of the spring 2022 semester. The survey received over 1,600 responses from students between the ages of 18 to 29.

Questions and Summary Responses:

- Do you think there is a mental health crisis on college campuses in the U.S.?
 - 88%, Yes
 - 12% No
- Are you experiencing emotional distress/stress and/or anxiety due to the COVID-19 pandemic and/or introduction of COVID-19 variants (Omicron, Delta)?
 - 70%, Yes
 - 30%, No
- How does your current level of stress/anxiety related to the pandemic compare to last year at this time?
 - 51%, More Stress/Anxiety
 - 27%, Less Stress/Anxiety
 - 22%, The Same
- What, if anything, about the pandemic causes you stress and/or anxiety? (Select all that apply)
 - 54%, Impact on the quality of my education
 - 54%, Impact on my social life
 - 48%, Physical separation or isolation from friends and/or family
 - 41%, Impact on my physical health
 - 38%, Impact on my family
 - 34%, Impact on my ability to work
 - 34%, Impact on my financial situation
 - 40%, Inability to enjoy everything campus normally has to offer
 - 6%, None of the above
- What, if any, methods do you intend to use this academic year to cope with stress and/or anxiety due to the continued COVID-19 pandemic? (Select all that apply)
 - 58%, Spending time / talking with friends and/or family in-person
 - 56%, Video, FaceTime or phone calls with friends and/or family
 - 47%, Exercise, fitness and physical activities
 - 44%, Playing video games, watching TV or movies
 - 27%, Mindfulness, breathing and meditation practices
 - 21%, Virtual mental health counseling (telehealth/teletherapy)
 - 18%, Disconnecting from social media and news
 - 14%, Religious resources
 - 14%, In-person mental health counseling

- 4%, None of the above
- Do you intend to seek out any kind of emotional support (i.e. friend, family, campus counseling center, health coach, behavioral health specialist, psychiatrist) to manage stress and/or anxiety this academic year?
 - 64%, Yes
 - 36%, No
- How would you prefer your institution to support you through the pandemic this year? (Select all that apply)
 - 48%, More remote health and well-being support in the form of student health or mental health services (i.e. telehealth)
 - 41%, More remote social support / sense of belonging
 - 35%, More virtual academic support
 - 18%, None of the above (My institution is providing all the resources I need for support during the pandemic)
- If your institution requires a COVID-19 booster, which statement best describes your response when your campus announced this requirement?
 - 48%, I was already boosted or planning to get boosted
 - 17%, It was the reason I got boosted
 - 6%, I submitted a fake vaccine card
 - 5%, I requested an exemption
 - 24%, My institution does not require a COVID-19 booster
- How do the COVID-19 precautions your institution has put in place affect your anxiety/stress levels as you move forward into the academic year?
 - 43%, More Stress/Anxiety
 - 30%, Less Stress/Anxiety
 - 27%, The Same
- Now that we're almost 2 years into the COVID-19 pandemic, how would you categorize your level of concern about COVID-19?
 - 51%, I am more concerned
 - 39%, I am less concerned
 - 10%, I was never concerned
- Have you tested positive for COVID-19 since Thanksgiving 2021?
 - 27%, Yes
 - 73%, No

Students who answered "No" to the previous question were asked the following question:

- *Have you ever tested positive for COVID-19?*
 - 20%, Yes
 - 80%, No
- How is your college or university starting classes this semester?
 - 44%, In person / on campus
 - 27%, Remotely / online

- 29%, Hybrid (both in person / on campus and remote / online options are available for students)

Students whose institutions started class remotely / online were asked the following question:

- *If your college or university started classes online / remotely this semester, how did that make you feel?*
 - 58%, *I think starting classes remotely is the right decision*
 - 24%, *I think we should have resumed classes on campus*
 - 18%, *I think students should have the choice of being remote or in person*

Survey Demographics:

Age Group:

- 100%, 18-29 years

Race/ethnicity

- 39%, White
- 18%, Black or African American
- 17%, Asian or Asian American
- 15%, Hispanic or Latino/a/x
- 4%, American Indian or Native Alaskan
- 3%, Biracial or Multiracial
- 2%, Prefer not to answer
- 1%, Middle Eastern/North African (MENA) or Arab Origin
- 0.5% Native Hawaiian or Other Pacific Islander Native
- 0.5%, Unknown/None of the above

Gender Identity:

- 60%, Female
- 32%, Male
- 2%, Agender (denoting or relating to a person who does not identify themselves as having a particular gender)
- 2%, Non-binary (Non-binary is a spectrum of gender identities that are not exclusively masculine or feminine—identities that are outside the gender binary.)
- 1%, Trans or Transgender (denoting or relating to a person whose sense of personal identity and gender does not correspond with their birth sex)
- 1%, Genderfluid (denoting or relating to a person who does not identify themselves as having a fixed gender.)
- 1%, Prefer not to answer
- 0.5%, Intersex (individuals born with any of several variations in sex characteristics including chromosomes, gonads, sex hormones or genitals that "do not fit the typical definitions for male or female bodies" - Office of the United Nations High Commissioner for Human Rights)
- 0.5%, Other (please specify)

What type of institution best describes your college or university?

- 57%, Four-year public college or university (awards bachelor, masters, and/or doctoral degrees)
- 24%, Four-year private college or university (awards bachelor, masters, and/or doctoral degrees)
- 19%, Two-year community, technical or vocational college (awards associate degrees)