Predictors of Flourishing Among College Students with and without Diagnosed Depression and Anxiety

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Introduction

College Challenges and Mental Health: College is a critical period of human development, characterized by independence, challenges, and expectations. Anxiety and depression can arise, impacting students’ mental well-being as they transition to campus life.

Understanding the relationships between sleep health and psychological well-being allows colleges to create conducive environments for promoting overall well-being in students. Thus, facilitating a supportive environment for students that also has the potential to enhance academic achievements and prosperity.

Objectives

- Identify behavioral and sociological factors predictive of psychological well-being in college students with and without diagnosed depression and anxiety.

Methods

- Data Source: Fall 2019 and Fall 2020 National College Health Assessment
- Statistical Analysis: Factor analysis
- Predictive variables: students with non-depression or diagnosed with depression, anxiety, and ADHD
- Multiple regression using test statistics to find predictors using a multiple regression model

Descriptive Statistics of Explanatory and Response Variables

<table>
<thead>
<tr>
<th>Dependent Variables</th>
<th>Diagnosed</th>
<th>Non-DX</th>
<th>t-test</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kessler 6 (K6) Non-Specific Psychological Distress</td>
<td>5.12</td>
<td>5.16</td>
<td>0.50</td>
</tr>
<tr>
<td>UCLA Loneliness Scale Score</td>
<td>5.62</td>
<td>5.16</td>
<td>2.24</td>
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<tr>
<td>Connor-Davidson Resilience Scale 2 (CD-RISC2)</td>
<td>6.75</td>
<td>6.15</td>
<td>3.56</td>
</tr>
<tr>
<td>Diener Flourishing Score</td>
<td>6.15</td>
<td>4.75</td>
<td>10.45</td>
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<tr>
<td>Psychological WellBeing Composite Factor</td>
<td>0.44</td>
<td>-0.19</td>
<td>-26.15</td>
</tr>
</tbody>
</table>

Discussion & Policy Implications

Main findings: Our results found that academic and economic stressors, poor satisfaction in interpersonal relationships, and sleep disturbances were the primary predictors of worse psychological well-being.

Sleep is essential for maintaining mental and physical health. Quality sleep helps support cognitive function, mood regulation, and the health of the heart, brain, and metabolism. In college students, good sleep habits can help mitigate the negative effects of traumatic events on psychological stress and suicide.

Implications: Prioritizing healthy sleep habits and fostering positive relationships can lead to improved mental health, academic performance, and overall well-being among students.

Significant Predictors of Psychological Well-Being

- Kessler 6 (K6) Non-Specific Psychological Distress
- UCLA Loneliness Scale Score
- Connor-Davidson Resilience Scale 2 (CD-RISC2)
- Diener Flourishing Scale

References