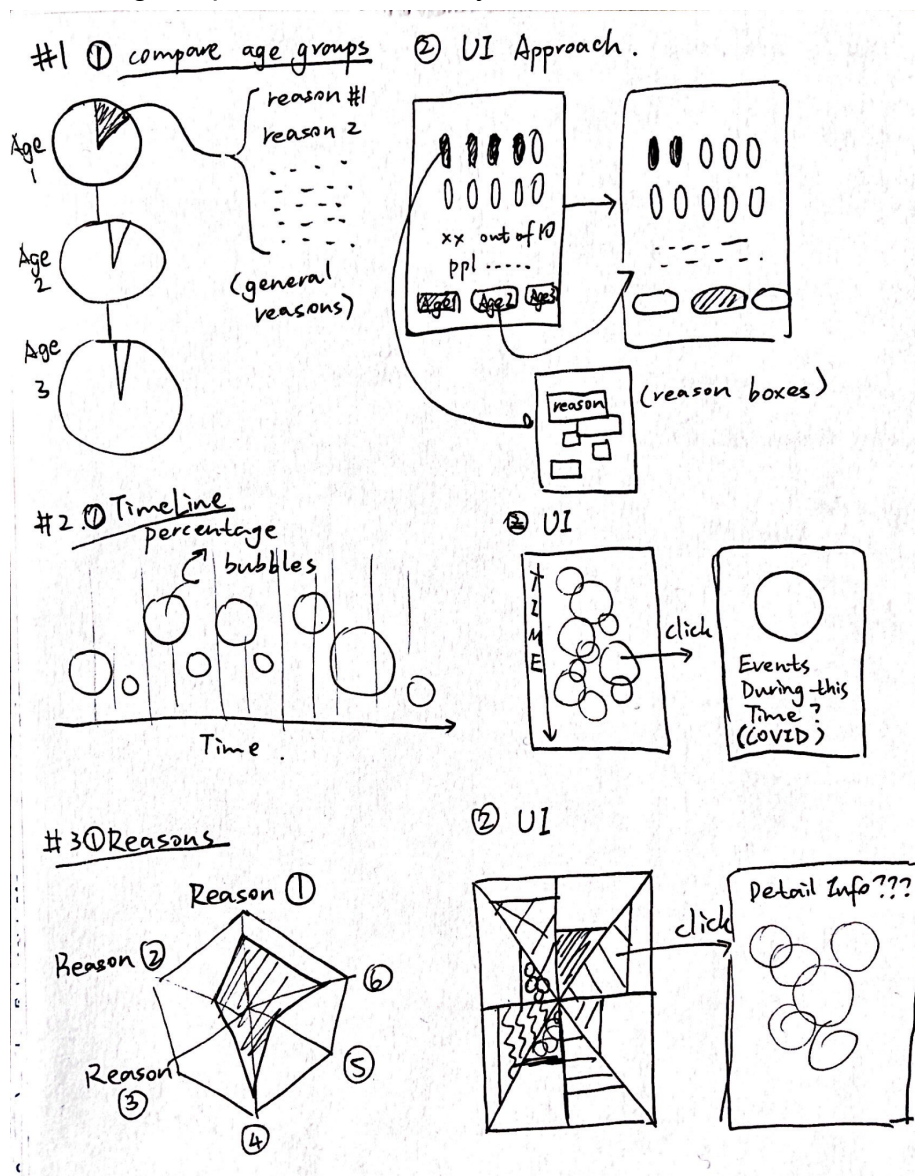


Fanqi Dai  
April 20 2021  
**Final Project Proposal**

My final project will explore anxiety levels of young people (college students) in the US during 2020. Looking at my data, I found that maybe the younger population, which is between 18 to 29 years old, generally had a higher percentage of anxiety disorder symptoms, compared to other age ranges. Many college students are in this age range, and I am curious about the reasons behind. My question is: Is it true that the younger population generally has higher anxiety levels during COVID, and what are some reasons behind this? My intended audience will be the younger population between 18 to 29 years old, especially college students. It is important for them to be aware of their stress levels during the pandemic, and maybe seek for treatment later.



Source links:

1-

<https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>

Indicators of Anxiety or Depression Based on Reported Frequency of Symptoms During Last 7 Days														
Select Indicator														
Symptoms of Depressive Disorder														
Symptoms of Depressive Disorder														
Phase Label	Phase 1													
Time Period Label														
Group	Apr 23 - May 5 Percent	95% CI	May 7 - May 12 Percent	95% CI	May 14 - May 19 Percent	95% CI	May 21 - May 26 Percent	95% CI	May 28 - June 2 Percent	95% CI	June 4 - June 9 Percent	95% CI	June 11 - June 16 Percent	95% CI
<b>National Estimate</b>														
United States	23.5	22.7 - 24.3	24.1	23.0 - 25.2	24.4	23.7 - 25.2	24.9	24.1 - 25.7	25.3	24.7 - 25.8	25.8	25.0 - 26.7	25.1	24.3 - 25.9
<b>By Age</b>														
18 - 29 years	32.7	30.2 - 35.2	36.2	32.2 - 40.2	36.7	34.2 - 39.1	36.7	34.0 - 39.4	36.8	34.8 - 38.8	37.0	34.3 - 39.7	36.8	33.9 - 39.7
30 - 39 years	25.7	24.1 - 27.3	27.7	25.7 - 29.8	26.7	25.0 - 28.5	27.4	25.9 - 28.9	27.9	26.6 - 29.2	29.1	27.5 - 30.7	26.7	25.3 - 28.2
40 - 49 years	24.8	23.3 - 26.2	25.5	23.1 - 28.0	25.0	23.3 - 26.7	24.2	22.8 - 25.7	25.7	24.2 - 27.3	27.0	25.5 - 28.6	25.9	24.1 - 27.6
50 - 59 years	23.2	21.5 - 25.0	24.1	22.0 - 26.2	24.6	22.9 - 26.4	24.6	23.0 - 26.2	25.1	23.4 - 26.8	26.0	24.2 - 27.9	24.6	22.6 - 26.7
60 - 69 years	18.4	17.0 - 19.7	17.6	15.7 - 19.6	18.0	16.3 - 19.6	19.8	18.5 - 21.2	18.0	16.7 - 19.3	19.8	18.1 - 21.7	19.6	18.1 - 21.2
70 - 79 years	13.6	11.8 - 15.5	12.2	10.4 - 14.2	12.3	10.4 - 14.5	13.3	11.2 - 15.6	15.5	13.5 - 17.6	13.1	11.4 - 14.9	15.5	13.3 - 17.8
80 years and above	14.4	9.0 - 21.4	9.1	6.9 - 11.6	14.4	10.9 - 18.6	17.1	11.1 - 24.7	14.9	10.7 - 20.0	12.3	8.2 - 17.6	9.9	6.8 - 13.7
<b>By Sex</b>														
Female	26.1	25.2 - 27.1	25.8	24.7 - 27.0	26.7	25.8 - 27.6	26.9	25.8 - 28.0	27.4	26.6 - 28.2	27.8	26.8 - 28.8	26.7	25.8 - 27.7
Male	20.8	19.6 - 22.0	22.3	20.6 - 24.0	22.1	21.0 - 23.3	22.7	21.5 - 24.0	23.0	22.0 - 23.9	23.7	22.3 - 25.1	23.3	22.2 - 24.5
<b>By Race/Hispanic ethnicity</b>														
Hispanic or Latino	29.4	26.8 - 32.1	27.9	24.4 - 31.6	28.9	26.5 - 31.4	31.4	28.4 - 34.4	26.3	24.6 - 28.1	30.8	28.4 - 33.3	28.4	25.5 - 31.5
Non-Hispanic Asian, single race	23.6	20.3 - 27.1	19.5	15.4 - 24.3	20.9	17.8 - 24.2	19.5	17.0 - 22.2	22.0	19.5 - 24.7	19.8	16.7 - 23.2	21.0	16.9 - 25.5
Non-Hispanic black, single race	25.6	23.7 - 27.5	27.7	23.8 - 31.9	28.5	26.5 - 30.6	24.8	22.6 - 27.0	29.9	27.7 - 32.2	29.6	27.1 - 32.2	28.3	25.8 - 30.9
Non-Hispanic white, single race	21.4	20.6 - 22.1	22.6	21.6 - 23.4	22.7	22.0 - 23.5	22.2	22.4 - 24.0	22.7	22.0 - 24.4	22.0	22.0 - 24.8	22.6	22.6 - 24.6
<b>NOTE:</b> All estimates shown meet the NCHS standards of reliability. See Technical Notes below for more information about the content and design of the survey.														
<b>SOURCE:</b> U.S. Census Bureau, Household Pulse Survey, 2020-2021														
Data Table   National Estimates   State Estimates														

2-

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7473764/#:~:text=Challenges%20to%20College%20Students'%20Mental,and%20anxiety%20had%20actually%20decreased.>

3-

<https://www.activeminds.org/wp-content/uploads/2020/10/Student-Mental-Health-Data-Sheet-Fall-2020-1.pdf>

4-?

[https://ccmh.psu.edu/index.php?option=com\\_dailyplanetblog&view=entry&year=2021&month=02&day=01&id=9:part-1-of-5-covid-19-s-impact-on-college-student-mental-health](https://ccmh.psu.edu/index.php?option=com_dailyplanetblog&view=entry&year=2021&month=02&day=01&id=9:part-1-of-5-covid-19-s-impact-on-college-student-mental-health)