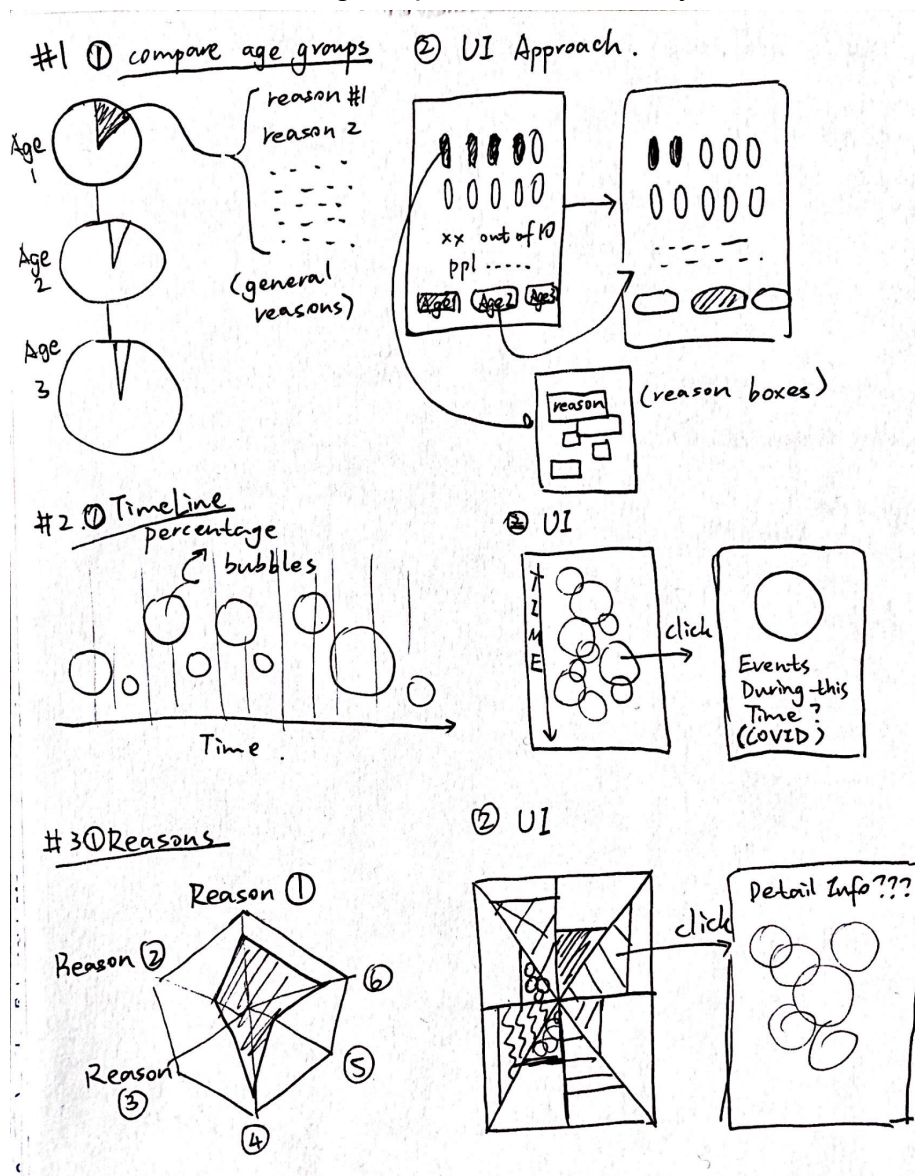


My final project will explore depressive symptoms levels of young people (college students) in the US during 2020. Looking at my data, I found that maybe the younger population, which is between 18 to 29 years old, generally had a higher percentage of anxiety disorder symptoms, compared to other age 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	May 5 - May 12 95% CI	May 12 - May 19 Percent	May 19 - May 26 95% CI	May 26 - June 2 Percent	June 2 - June 9 95% CI	June 9 - June 16 Percent	June 16 - June 23 95% CI	June 23 - June 30 Percent	July 1 - July 8 95% CI	July 8 - July 15 Percent	July 15 - July 22 95% CI	July 22 - July 29 Percent	July 29 - August 5 95% CI	August 5 - August 12 Percent
National Estimate															
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	25.6
By Age															
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	36.7
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	28.3
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	26.2
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	26.0
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	19.3
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	14.5
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	10.8
By Sex															
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	27.3
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	23.8
By Race/Hispanic ethnicity															
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	29.0
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	20.1
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	28.1
Non-Hispanic white, single race	21.4	20.6 - 22.1	22.5	21.6 - 23.4	22.7	22.0 - 23.5	23.3	22.4 - 24.2	23.7	22.9 - 24.4	23.9	22.9 - 24.8	23.5	22.6 - 24.6	24.2
NOTE: All estimates shown meet the NCHS standards of reliability. See Technical Notes below for more information about the content and design of the survey.															
SOURCE: U.S. Census Bureau, Household Pulse Survey, 2020-2021															
Data Table National Estimates State Estimates															

2-

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

3-

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