Pereived Stress Trajectories

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# Introduction

## Burden of Stress on College Campuses

* stress is the norm on college campuses
  + common
  + if – particularly stressful time
  + 40% of students report feeling overwhelmed by stress
  + 71% report increased stress with COVID
  + transfer students

## Definition of Stress

* many ways to define stress
  + events
  + perceptions – are the demands I’m facing greater than my coping resources (Lazarus & Folkman)
  + biologically

## Impact of Stress on Functioning

* sleep
* mental health
* academic performance
* physical health outcomes
* COVID makes it worse!

## Stress During the Transition to college

* might be a particularly stressful time
* might be ideal for prevention

## Prevention

* why prevention (rationale)
* modifiable
* feasible
* existing evidence for prevention
  + what we know
  + what are the gaps

# Current Study

The purpose of this study is to improve understanding of the course and predictors of stress during the transition to college. We hypothesize that:

1. Mean perceived stress trajectories will follow a nonlinear pattern: Increasing in the early weeks of the semester, as students are adjusting to a new environment and demands, and then leveling off toward the end of the semester.
2. First-generation college students will report higher levels of stress throughout the semester
3. International students will have higher levels of stress throughout the semester – connectedness/belongingness/mattering.
4. Inhibited & socially anxious students will have poorer stress trajectories

# Method