

INSIGHTS FROM A LARGE UNIVERSITY MENTAL-HEALTH SURVEY

STRESS, SLEEP, EMOTION REGULATION, AND SUPPORT-SEEKING

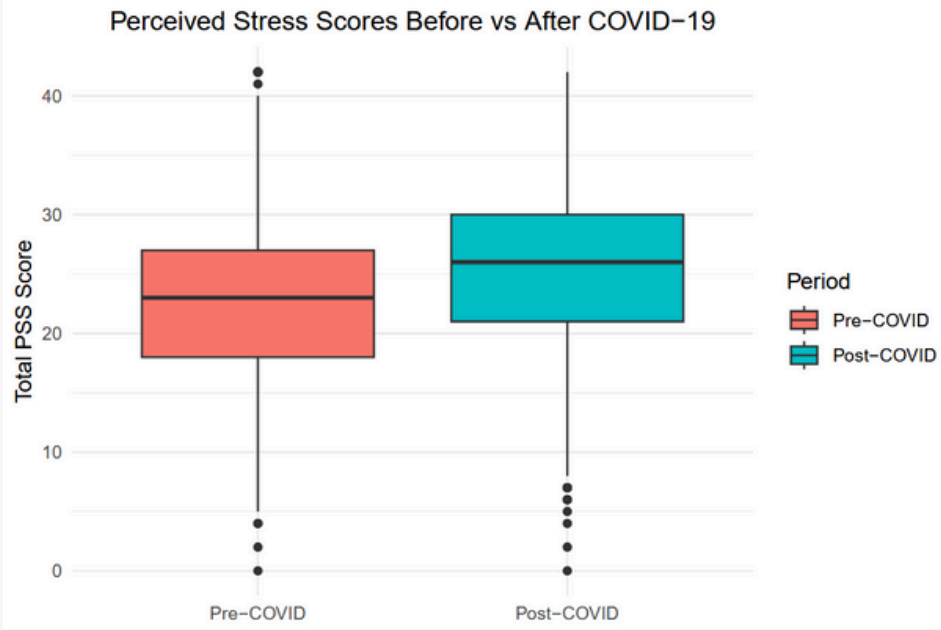
HOBBIES & EMOTIONAL REGULATION



Those with **athletic hobbies** have slightly *improved* emotional regulation.

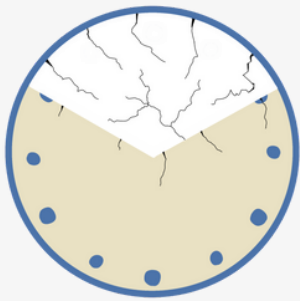
Those who value **online content** more have slightly *worsened* emotional regulation.

STRESS INCREASED AFTER COVID-19

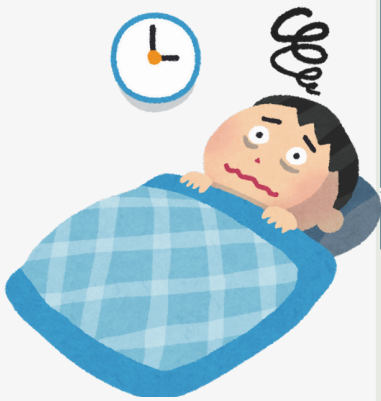
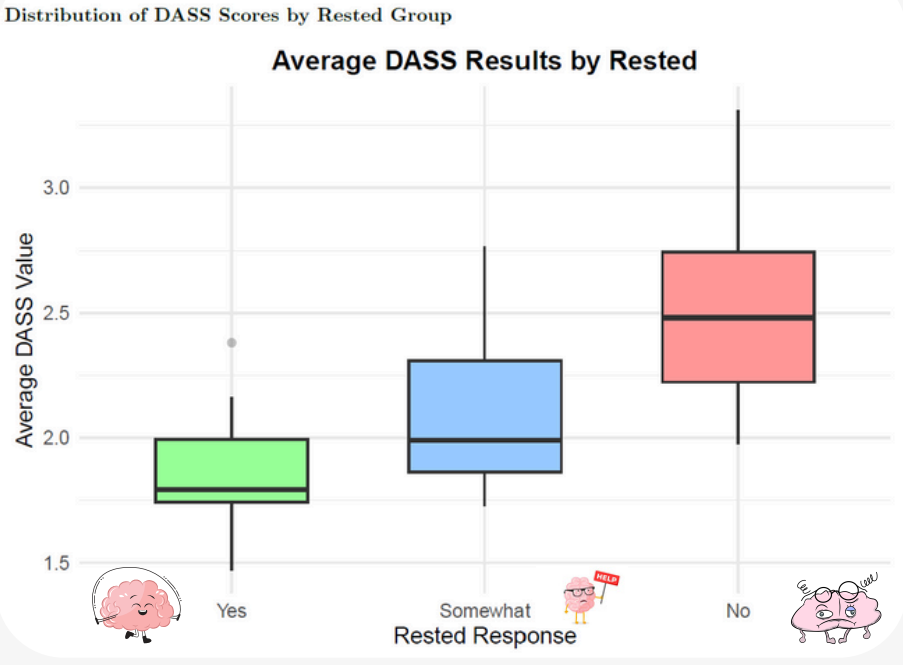


Stress scores noticeably increased after COVID-19. The post-COVID distribution shows a clear rise in perceived stress across students.

HALF OF STUDENT REPORTED DIFFICULTIES IN REGULATING EMOTIONS AT LEAST A THIRD OF THE TIME



Depression Anxiety Stress Scale(DASS) and rested response.



Those that don't feel well-rested tend to have more frequent signs of stress and anxiety.

REFERENCES

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