

Dealing with Depression on A-STATE Campus



Introduction :

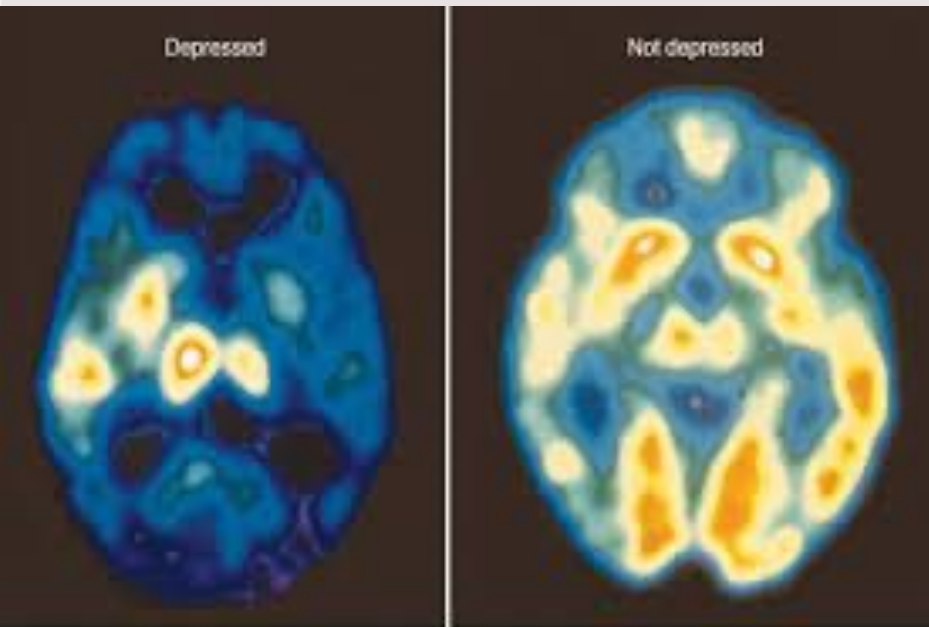
Depression is an increasing problem in the nation at many universities. A-State could be one of them. Depression effects students' ability to excel in the courses, clubs, extra circular activities and organizations they are a part of. The main goal of this project is to estimate the prevalence of depression on A-State Campus and plan ways to decrease the rates.

Method :

The first step in this process is to see how many students are dealing with depression. This can be achieved by having surveys being sent out to students that evaluate their mental health. After that initial step, start working with counselors on campus and the Students Activities board. To build activities and programs that can have the most impact with students going through depression. To understand if this new program is even successful. Surveys will have to be sent to students again after the programs are put into practice.

Results and Discussion :

This problem is not going to be solved in one semester or even one year. Through all the research I have done students need time and different types of resources to deal with depression. One of those resources can be Psychotherapy which is the treatment of a mental disorder through psychological means without the use of medical treatments. There are a lot of different types of resources out there and a lot available at A-State already. Assessing the problem on campus and planning the correct direction to head in the future is a necessity.



Work Cited :

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2. Wan, Lin "Psychotherapy for depression in college students a protocol for systematic review and network meta-analysis." Medicine Journal Vol.99 (Sep 2020): pg.39 Academic Search. October 2, 2021
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