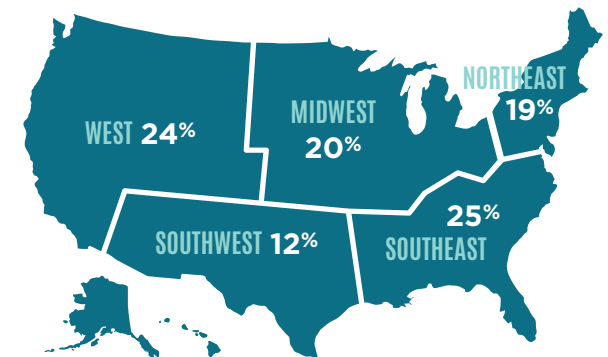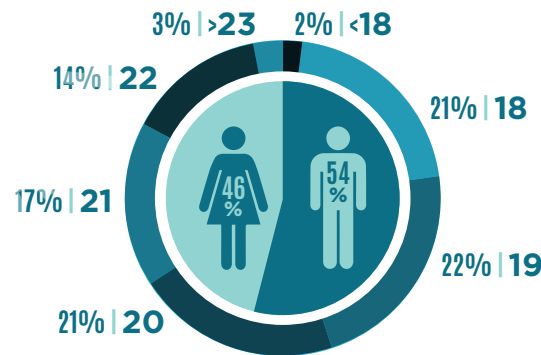# What Really Has College Students Stressed During COVID-19

From May 29 to June 3, 2020, TimelyMD conducted a nationwide survey of college students regarding the impact of COVID-19 on mental health and telehealth usage. The survey received 502 responses, offering a 95% confidence level. The students' responses indicate that stress and anxiety continue to increase because of COVID-19.

- Over 60% of students indicated that the main causes of their stress and anxiety were the uncertainty about the future of their education, fear of falling behind in school coursework and struggles with remote learning.

- 75% of students are open to mental health support and utilizing telehealth to receive care.

- 65% of students who utilized telehealth in the past were "satisfied" or "very satisfied" with the experience.

To learn more about how telehealth can impact the lives of your students, visit **timely.md/edu**

timely☐MD
Telehealth for Students

SURVEY DEMOGRAPHICS: AGE | GENDER | WHERE DO THEY ATTEND SCHOOL?

3% | >23
2% | <18
14% | 22
21% | 18
17% | 21
46%
54%
22% | 19
21% | 20

WEST 24%
MIDWEST 20%
NORTHEAST 19%
SOUTHWEST 12%
SOUTHEAST 25%

What is the impact that COVID-19 is having on student mental health?

85%

An **overwhelming majority** of college students are experiencing **increased stress and/or anxiety** during COVID-19.

93% VS. 78%
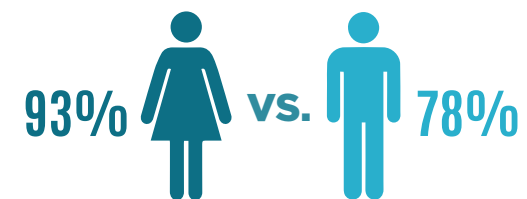
ONLY 21%

Despite the increase in stress and anxiety, **only 21% of students** surveyed reported **seeking emotional support** by talking in person or **via telehealth** to a licensed counselor or behavioral health professional.
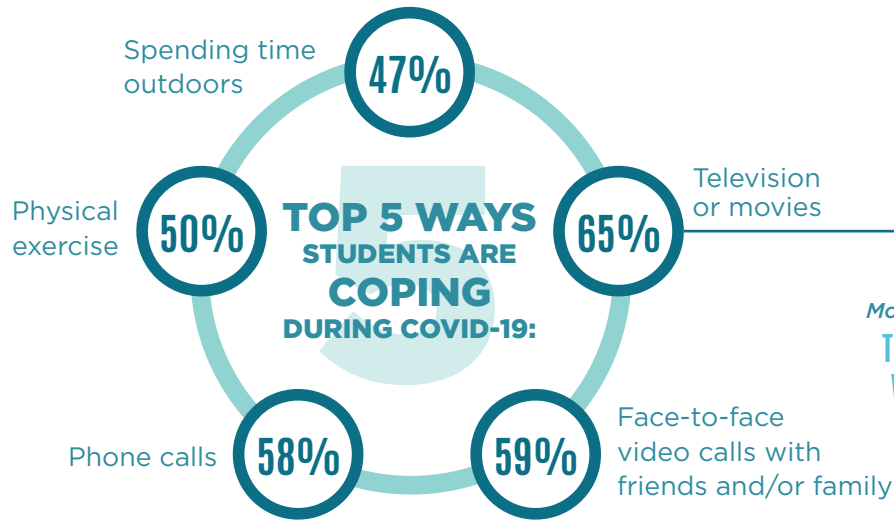
What's causing stress and anxiety for students?

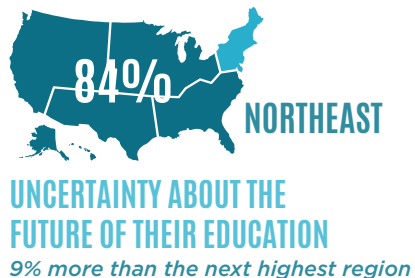## TOP 5 CAUSES
OF STRESS AND ANXIETY

72% Uncertainty about the future of their education

61% Fear of falling behind in school coursework

60% Struggles with remote learning

50% Worries about future career and job prospects

49% Fear about their own health and/or the health of loved ones

REGION-SPECIFIC
CAUSES OF STRESS AND ANXIETY FOR STUDENTS

53% SOUTHWEST

HOW TO PAY FOR COLLEGE DUE TO FINANCIAL HARDSHIP
10% more than the next highest region

84% NORTHEAST

UNCERTAINTY ABOUT THE FUTURE OF THEIR EDUCATION
9% more than the next highest region

How are students coping with stress and anxiety?

TOP 5 WAYS STUDENTS ARE COPING DURING COVID-19:

Spending time outdoors **47%**

Physical exercise **50%**

Television or movies **65%**

Phone calls **58%**

Face-to-face video calls with friends and/or family **59%**

72% ♀ / ♂ **58%**

More than anything else, students are
TURNING TO TV AND MOVIES AS A WAY TO COPE DURING COVID-19

How can telehealth support student mental health?

75% [**79%** ♀ ♂ **73%**]
OPEN TO USING TELEHEALTH
(Students who responded that they definitely, probably or possibly would consider)
FOR MENTAL HEALTH SUPPORT

20% [**28%** ♀ ♂ **11%**]
DEFINITELY WOULD consider using telehealth for mental health support

35% HAVE USED TELEHEALTH

[**76%** ♀ ♂ **60%**] **65%** of those reported they were **"SATISFIED"** or **"VERY SATISFIED"**

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