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## Does Mental Health Affect the Academic Performance of College Students?

Heidi Marcelo

*Eastern Washington University*, [hmarcelo@eagles.ewu.edu](mailto:hmarcelo@eagles.ewu.edu)

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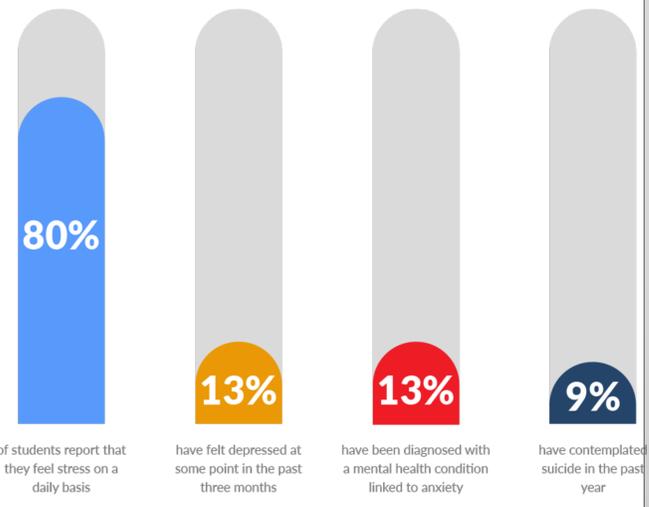
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# Does Mental Health Affect the Academic Performance of College Students?

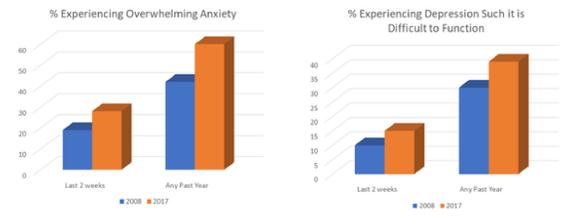
Heidi Marcelo and Rosalee Allan, FACHE  
Eastern Washington University, 526 5th Street, Cheney WA 99004

## Background

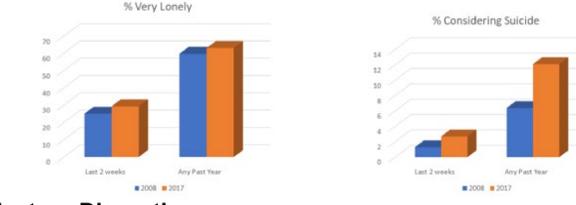
- Research has shown that mental health is linked to the academic performance in college students
- Student involved on campus and in extracurricular activities reported having higher GPAs
- Approximately 1100 college students commit suicide every year and 24,000 attempt suicide
- Depression is the factor most frequently linked with academic withdrawal
- Stress, anxiety, and sleep difficulties are the top factors disrupting the academic performance of college students
- Students who sleep 8+ hours of sleep outperform peers who get less than 8 hours on exams



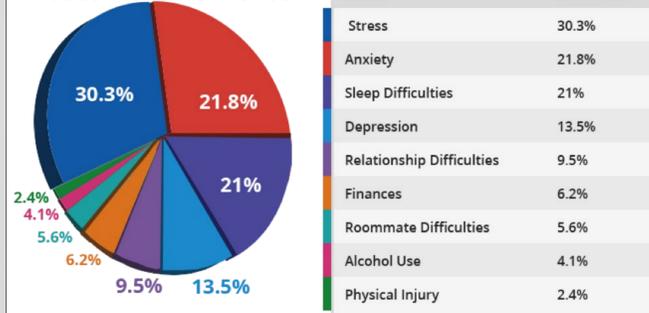
## Comparing College Students: 2008 to 2017



## Comparing College Students: 2008 to 2017



## Factors Disrupting Academic Performance



## Study Objectives

This research will help inform students and administrators of the prevalent problem of mental health issues in college students. Mental health plays a huge role in the academic performance of college age student across the U.S. The data shows that depression, anxiety, and stress can all be factors affecting academics and preventing them from capturing and understanding the materials presented in classes.

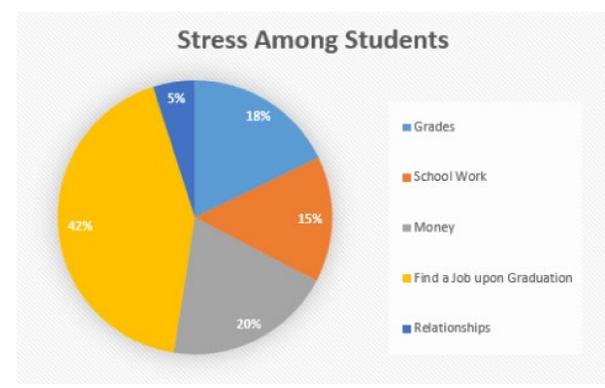
Data from different scholarly articles and websites will be compiled to answer the study question: Does mental health affect the academic performance of college student?

## Results

- Depression is a significant predictor of a lower GPA and a higher probability of dropping out when combined with anxiety.
  - Symptoms of an eating disorder are also predictors of a lower GPA
  - 52.7 percent of students reported feeling that things were hopeless
  - 39.1 percent of students reported feeling so depressed that it was difficult to function during the past 12 months
  - Approximately 43% of students in the educational system have been treated or diagnosed with depression
  - Students who visited the counseling center and then remained in counseling as recommended were more likely to experience GPA increases
- These results show that mental health issues are prevalent in our educational systems. Some reasons students feel these symptoms are due to high levels of stress due to workload, the stress of money, and being away from home for the first time. These feeling of depression overtake the minds of students which make it difficult for them to focus on school and their classes. They lack motivation and a will to continue to live. This results in their grades suffering with their mental health.

## Conclusion

The mental health of college students has been a trending topic over the past recent years. About one in five college students have reported feeling so stressed and depressed they have had suicidal thoughts in the past 12 months. Students who have reported feeling depressed are more likely to miss class as well as feeling disengaged with the materials being taught in classes. This results in lower levels of academic performance. Broad consensus states that mental health does in fact affect academic performance. Students site stress, anxiety, sleeping difficulties as the main factors affecting their academic performance. Various studies have shown that student who get less than 8 hours of sleep do worse on exams than students who sleep 8+ hours. With all these supporting studies one can conclude that mental health does in fact affect academic performance. When students are not taking care of their minds they do not function properly. College can be a stressful time for students. Students site



## Future Implications

Research has shown that with continued exposure to information regarding mental health and mental illnesses it pushes for the normalization of this topic. With normalization students will not be afraid to ask for help when it comes to their mental health. If they get help for their mental health their grades may not suffer. Mental health and grades share a correlation. If mental health is up so are grades. More students today than ever before are getting help for their mental health. The most popular office on college campuses is the counseling office. With college campuses finding more ways to aid their students when it comes to mental health, we can all do our part when it comes to destigmatizing mental health and checking up on our students.

**Want to Know How to Help a Friend?**

**KNOW THE 10 COMMON WARNING SIGNS**

1. Withdrawn or withdrawn
2. Loss of interest in school
3. Loss of interest in friends
4. Loss of interest in activities
5. Loss of interest in appearance
6. Loss of interest in food
7. Loss of interest in sex
8. Loss of interest in social media
9. Loss of interest in school
10. Loss of interest in life

**START THE CONVERSATION**

"I've noticed that you seem to be withdrawing a bit. Is everything going on?"

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"I've noticed that you seem to be withdrawing a bit. Is everything going on?"

**GET ADVICE**

Encourage your friend to seek help from a professional.

**OFFER SUPPORT**

Offer your friend support and encouragement.

## References

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