
Factors Important in Developing Depression in Undergraduates

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What does depression look like?



Why does this matter?

Multiple studies have linked depression to college-aged students

Effects of depression include:

- Declines in academic performance
- Increased suicidal ideation
- Dropping out
- Problems with substance abuse
- Weakened immune system
- Other mental health issues

Hypothesis:

- A college student's depression level could be predicted based on their sleep habits, state and trait anxiety, locus of control, and frequency of alcohol consumption



Participants

- Total = 94
 - 73% Female
 - 27% Male



Measurements:

- Beck's Depression Inventory (BDI)
- Pittsburgh Sleep Questionnaire Inventory (PSQI)
- Rotter Locus of Control
- Student Alcohol Questionnaire (SAQ)
- State-Trait Anxiety Inventory for Adults

Beck's Depression Inventory

This depression inventory can be self-scored. The scoring scale is at the end of the questionnaire.

1.
 - 0 I do not feel sad.
 - 1 I feel sad
 - 2 I am sad all the time and I can't snap out of it.
 - 3 I am so sad and unhappy that I can't stand it.
2.
 - 0 I am not particularly discouraged about the future.
 - 1 I feel discouraged about the future.
 - 2 I feel I have nothing to look forward to.
 - 3 I feel the future is hopeless and that things cannot improve.
3.
 - 0 I do not feel like a failure.
 - 1 I feel I have failed more than the average person.
 - 2 As I look back on my life, all I can see is a lot of failures.
 - 3 I feel I am a complete failure as a person.
4.
 - 0 I get as much satisfaction out of things as I used to.
 - 1 I don't enjoy things the way I used to.
 - 2 I don't get real satisfaction out of anything anymore.
 - 3 I am dissatisfied or bored with everything.
5.
 - 0 I don't feel particularly guilty
 - 1 I feel guilty a good part of the time.
 - 2 I feel quite guilty most of the time.
 - 3 I feel guilty all of the time.

Results:

- The BDI score was entered into a multiple regression analysis. The overall model was significant ($F(7,45) = 10.787, p, 0.001$)

| Measurement | Beta | Sig. |
|---------------|------|-------|
| State-anxiety | .322 | 0.017 |
| Trait-anxiety | .302 | 0.030 |
| Rotter | .247 | 0.031 |
| Global PSQI | .089 | 0.469 |
| SAQ freq | .066 | 0.601 |

What does this mean?

- Your personality and view of the world may impact your risk of depression in college
 - External view of the world = increase depression risk
 - Both state and trait = increase depression risk

- How can you change this?
 - External → Internal = more focus on things you can control
 - State anxiety → find other outlets to help combat stress

Questions?

