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# Factors Important in Developing Depression in Undergraduates

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# Factors Important in Developing Depression in Undergraduates

— Kelly Brotzel and Connor Brandon —

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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?

