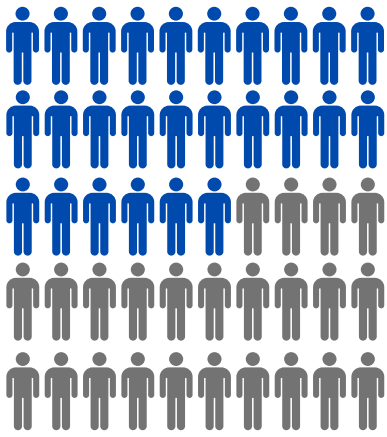


# ANXIETY IN UNM STUDENTS DURING COVID-19

Based on results from a fall 2020 survey of 1,243 UNM undergraduate, graduate, and professional students:



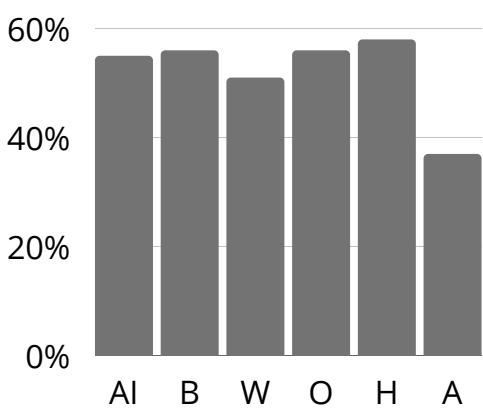
## 52% OF RESPONDENTS

experienced symptoms of anxiety\* in the past two weeks. Of students experiencing anxiety, **nearly half experienced severe anxiety.**

\*Symptoms of anxiety assessed via GAD-7 (GAD-7 score ≥ 10 indicated anxiety)

## UNDERGRADUATE STUDENTS

were particularly affected. 61% of UNM undergraduates experienced anxiety compared to 40% of graduate and professional students.



## ALL RACIAL AND ETHNIC GROUPS

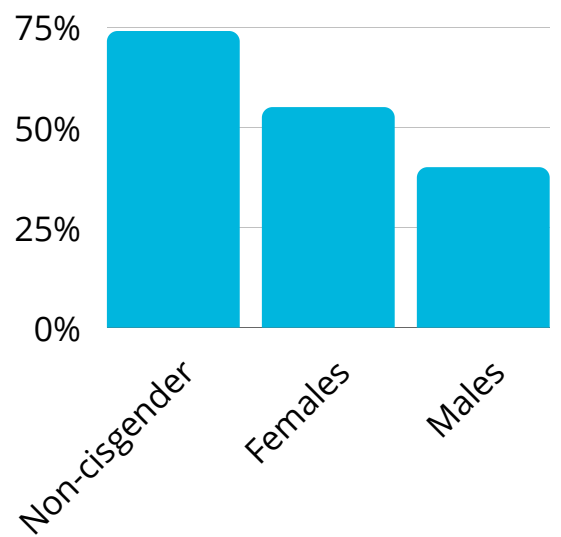
experienced symptoms of anxiety. Students who identified as Hispanic/Latino had the highest prevalence of anxiety (58%) while students who identified as Asian had the lowest (37%).

AI= American Indian, B= Black, W=White, O=Other, H=Hispanic, A=Asian

## 74% OF NON-CISGENDER STUDENTS

experienced anxiety in the past two weeks, much higher than the percent of females (55%) or males (40%) experiencing anxiety.

**40% of non-cisgender students experienced severe anxiety**, higher than all other demographic groups.



## ANXIETY IMPACTS EATING ATTITUDES AND BEHAVIORS

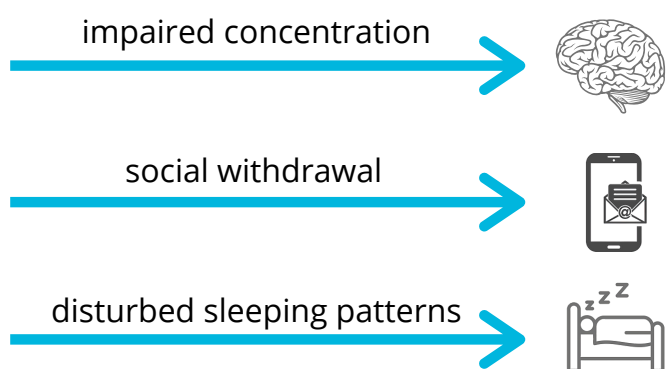
Participants with anxiety reported **less desirable food approach and food avoidant behaviors.** More severe anxiety was associated with **increased** hunger, emotional over-eating, food responsiveness, and food fussiness and **decreased** enjoyment of food.



NIH News in Health

\*Attitudes/behaviors assessed via Adult Eating Behavior Questionnaire (AEBQ)

## OTHER HEALTH IMPACTS OF ANXIETY



source: [www.healthline.com/health/anxiety/effects-on-body](http://www.healthline.com/health/anxiety/effects-on-body)

## MENTAL HEALTH RESOURCES

- **AGORA Crisis Center:** <http://www.agoracares.org/> or 800-273-TALK
- **UNM Student Health and Counseling:** <http://shac.unm.edu/> or (505) 277-3136
- **Therapy Assistance Online:** <https://thepath.taoconnect.org/local/login/home.php>
- **The Trevor Project:** <https://www.thetrevorproject.org/> or 1-866-488-7386
- **NM Crisis Line:** <http://www.nmcrisisline.com/> or 1-855-NMCRISIS