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.

**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 overeating, food responsiveness, and food fussiness and decreased enjoyment of food.

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

**OTHER HEALTH IMPACTS OF ANXIETY**

- impaired concentration
- social withdrawal
- disturbed sleeping patterns

**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.taocounseling.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

Kathryn Coakley | Aspen Wilks | Huyen Le | Spirit Rae Silva
Correspondence: Kathryn Coakley (Email: kcoakley@unm.edu)

**ANXIETY IN UNM STUDENTS DURING COVID-19**

52% of respondents experienced symptoms of anxiety* in the past two weeks. Of students experiencing anxiety, nearly half experienced severe anxiety. A significant number of students identified as Hispanic/Latino had the highest prevalence of anxiety (58%) while students who identified as Asian had the lowest (37%).

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

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 overeating, food responsiveness, and food fussiness and decreased enjoyment of food.

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

**OTHER HEALTH IMPACTS OF ANXIETY**

- impaired concentration
- social withdrawal
- disturbed sleeping patterns

**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.taocounseling.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

Kathryn Coakley | Aspen Wilks | Huyen Le | Spirit Rae Silva
Correspondence: Kathryn Coakley (Email: kcoakley@unm.edu)