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Coping Strategies in Utah State Students With Depression

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Coping Strategies in Utah State Students with Depression

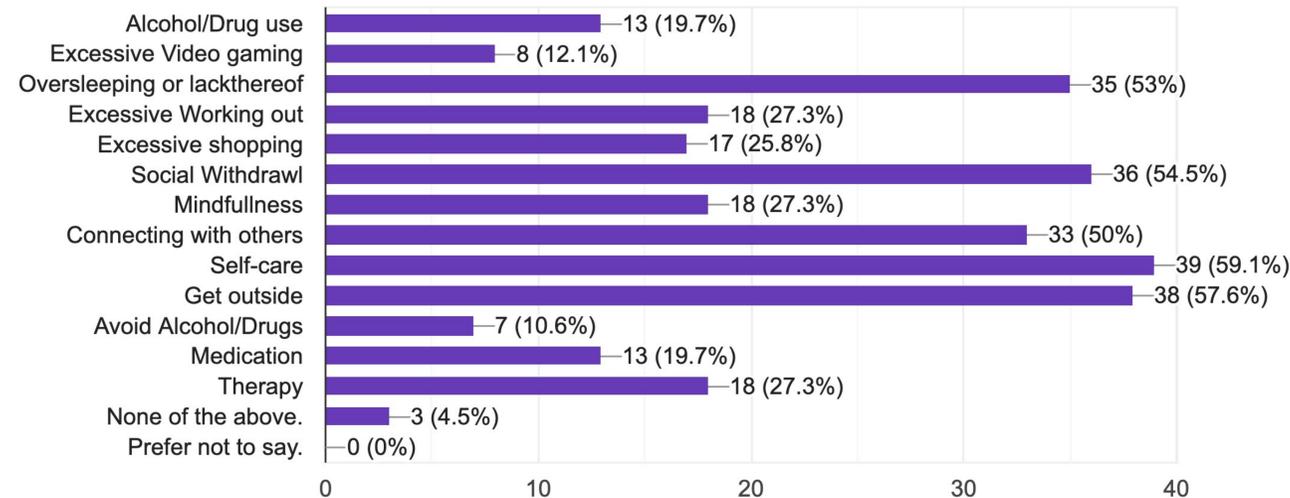
The most used coping strategy among students was positive.

Introduction

- Our study focused on the coping strategies, positive and negative, that were primarily used by college students with depression at Utah State University.
- With this knowledge, universities and faculty can find more ways to help college students with their mental illnesses as they seek higher education.
- Past research shows a variety of coping strategies used by college students, but most were outdated, so our mission was to find new results to see if coping strategies have changed over the years.



Coping Strategies used to deal with Depression



Methods

The study ended up surveying 66 students. This data was gathered by walking through campus and approaching students, and through digital outreach targeted at males and females who were at the college level. It took two weeks to gather the information. In the end, there were 66 responses to the survey.

Results

Our results indicated that many students used a combination of both positive and negative coping strategies. The positive coping strategies needed consistency to have long term affects. The most used coping strategy in our study was a positive strategy. Majority of the negative coping strategies did not provide any long-term relief, however, a high number of participants still used them.

“The goal isn't to get rid of all your negative thoughts and feelings- **that's impossible.** The goal is to change your response to them”

Marc and Angel Chernoff

Conclusion

The study gives more insight into how students at Utah State University cope with their depression. It's clear that the culture and religion of Utah do play a part in it as not many turned to drugs or alcohol for help. There were several limitations within our survey as it was overall too broad. The number of students surveyed was greatly skewed as 49 were female and 17 were male out of the 66 surveyed. In future potential research, a tighter focus of coping mechanisms could allow for more information to be gathered as well as how to treat the individual with depression. There could also be a greater look into how effective the resources on campus really are for students struggling with mental health.