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**Big rise in rates of depression among students – 29th August, 2022**

## Level 4

Depression among college students more than doubled between 2013 and 2021. Anxiety among students rose by 110 per cent, while depression jumped by 135 per cent. In 2021, over 60 per cent of students had some kind of mental health problem. This is double the figure from eight years ago. Even though alarm bells are ringing among mental health experts, the number of students trying therapy has fallen by 18 per cent.

Depression among students has been going up for decades. A researcher said: "The age of onset for lifetime mental health problems also directly coincides with traditional college years." Living away from home, can often be very stressful and cause depression. COVID-19, lockdowns, and school closures all worsened this mental health crisis. Many students are worried about their increasingly uncertain futures.

## Level 5

Depression among college students has increased in the past decade. Boston University reports that the number of students with anxiety or depression more than doubled between 2013 and 2021. Anxiety among students rose by 110 per cent, while the number of depressed students jumped by 135 per cent. In 2021, over 60 per cent of students had some form of mental illness. This is double the figure from eight years ago. Alarm bells are ringing with mental health experts, but the number of students seeking therapy has fallen by 18 per cent.

Depression among students has been on an upward trend for decades. A researcher said: "The age of onset for lifetime mental health problems also directly coincides with traditional college years." She said: "Living in a new setting, and away from home, can often create overwhelming and stressful circumstances." Around 75 per cent of lifetime mental health problems will be in people by the age of 24. The COVID-19 pandemic, the loneliness of lockdowns, and school closures all worsened this mental health crisis. Many students fear for their increasingly uncertain futures.

## Level 6

Rates of depression among college students have surged in the past decade. A new study from Boston University reports that the number of students experiencing anxiety or depression more than doubled between 2013 and 2021. They found that the number of students suffering from anxiety jumped by 110 per cent. The number of students with depression skyrocketed by 135 per cent over the eight-year period of the study. In 2021, over 60 per cent of students met the criteria for having some form of mental illness. This is double the rate from eight years ago. Alarm bells are now ringing among mental health therapists. However, the number of students seeking therapy has fallen by 18 per cent.

Rates of depression among students had been on an upward trend even before 2013. Researcher Dr Sarah Lipson said: "College is a key developmental time. The age of onset for lifetime mental health problems also directly coincides with traditional college years." She said: "Living in a new setting, and away from home, can often create overwhelming and stressful circumstances." She added that 75 per cent of lifetime mental health problems will be present in people by the age of 24. Dr Lipson cited the COVID-19 pandemic, the loneliness of lockdowns, and school closures as factors that exacerbated this mental health crisis. Many students fear for their future, which they see as being increasingly full of uncertainty.