

Mental Health Impacts of COVID-19 in Ontarian Young Adults

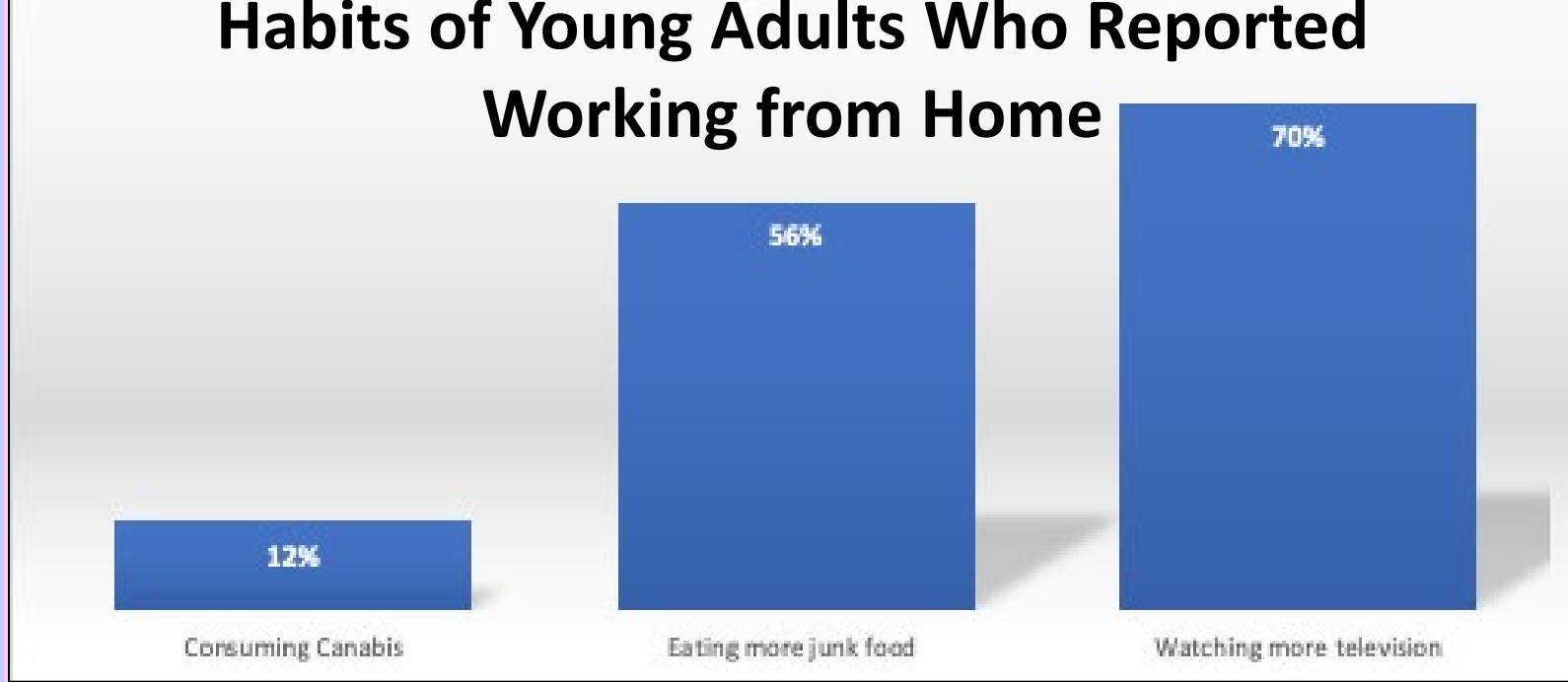
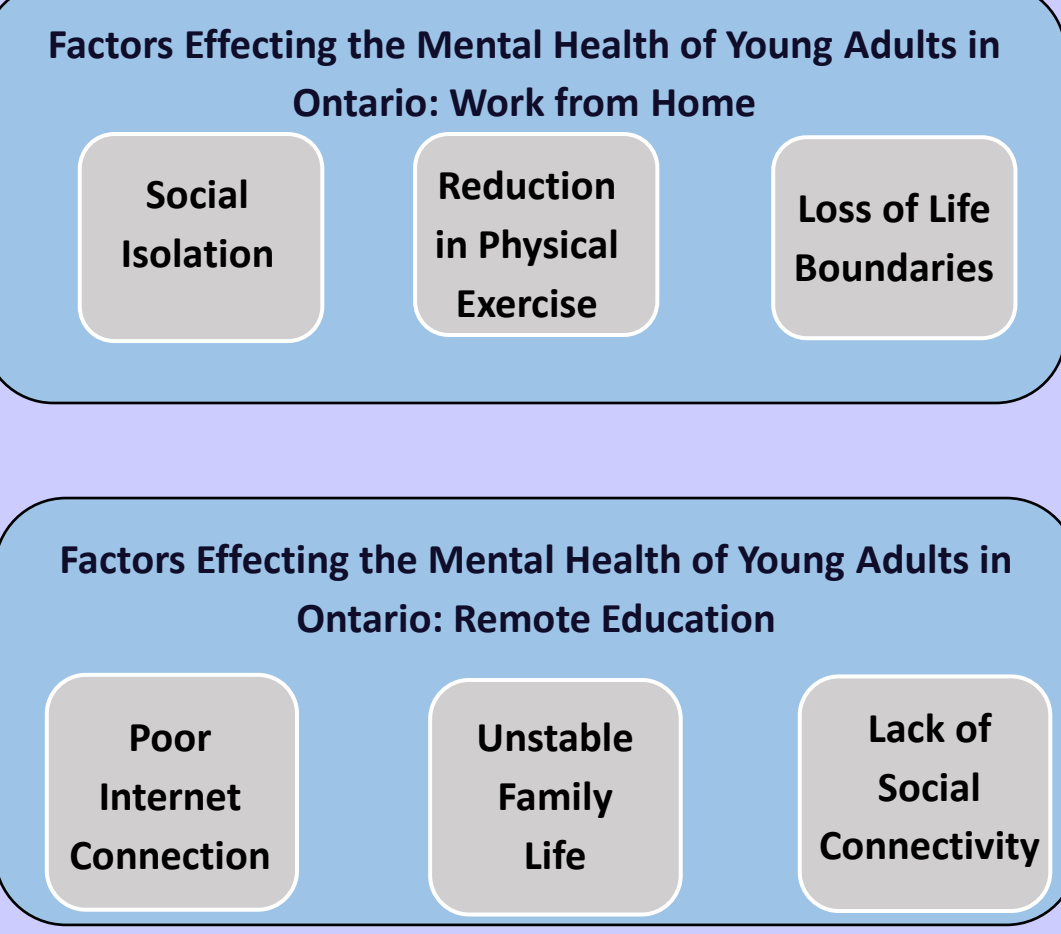
OBJECTIVE

To discover how COVID-19 has impacted the mental health (specifically anxiety and/or depression) in Ontarian young adults aged 18-25.

SUMMARY

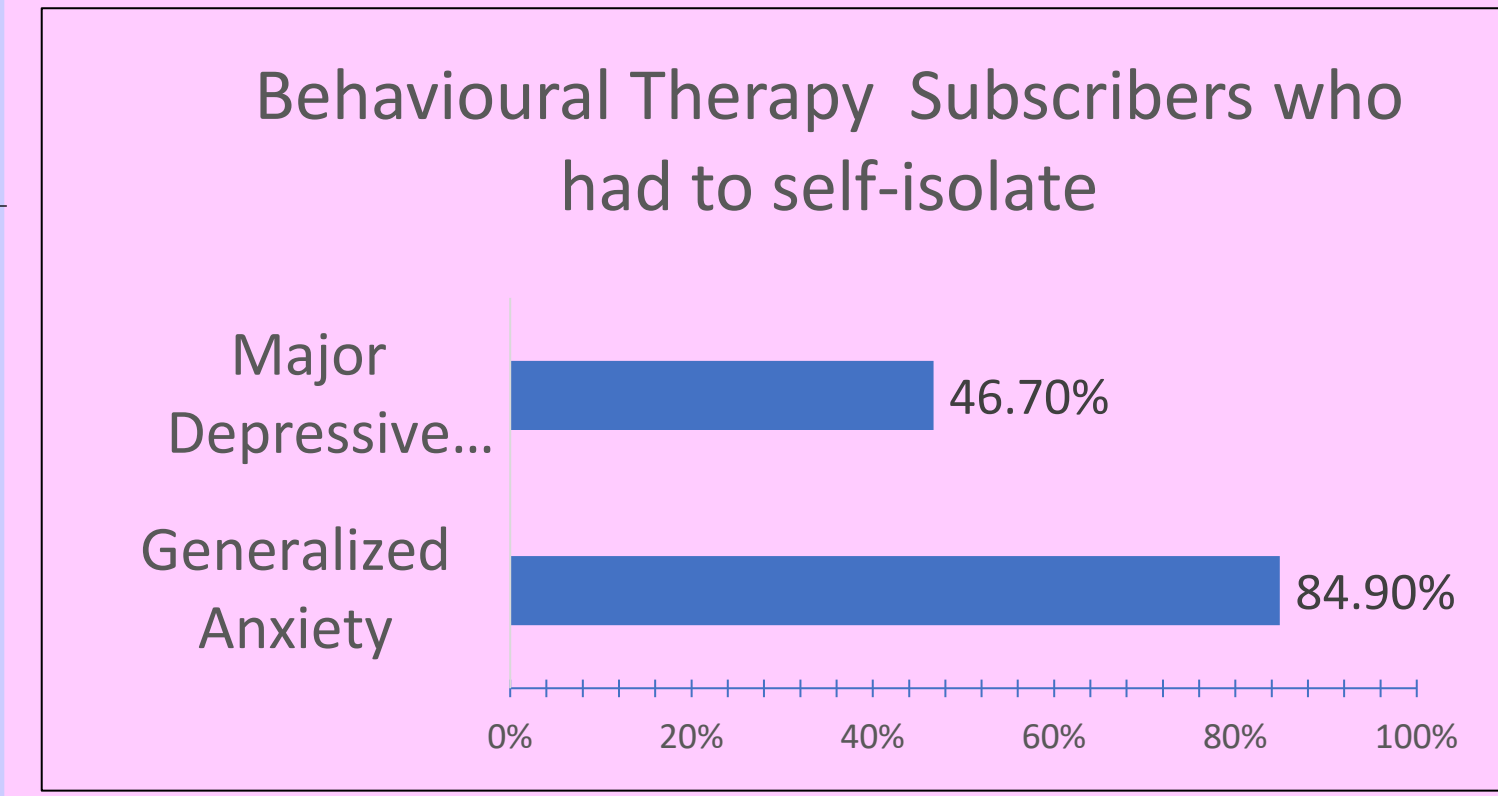
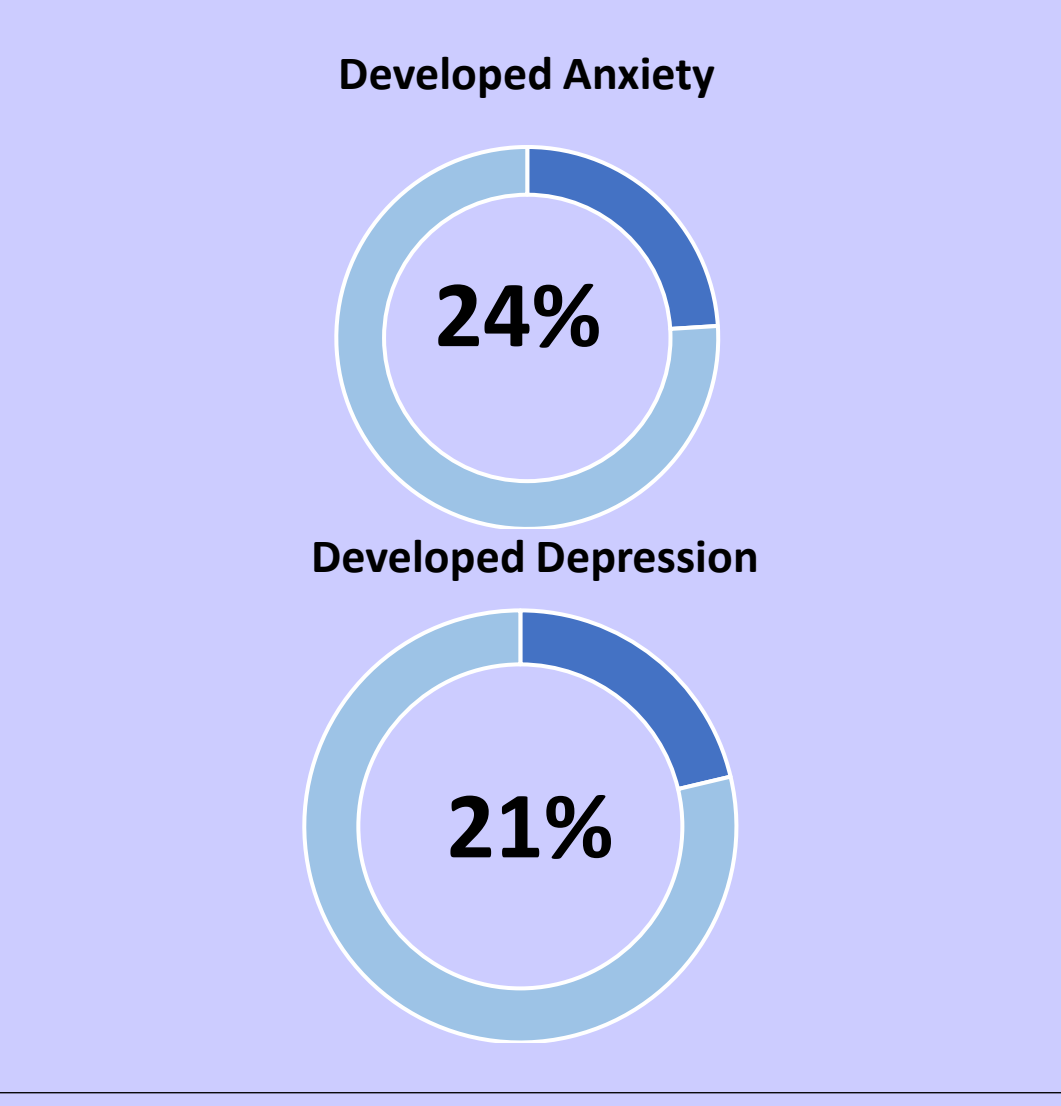
RESULTS

TOPIC 1
Does working and/or studying remotely negatively impact the mental health of young adults?



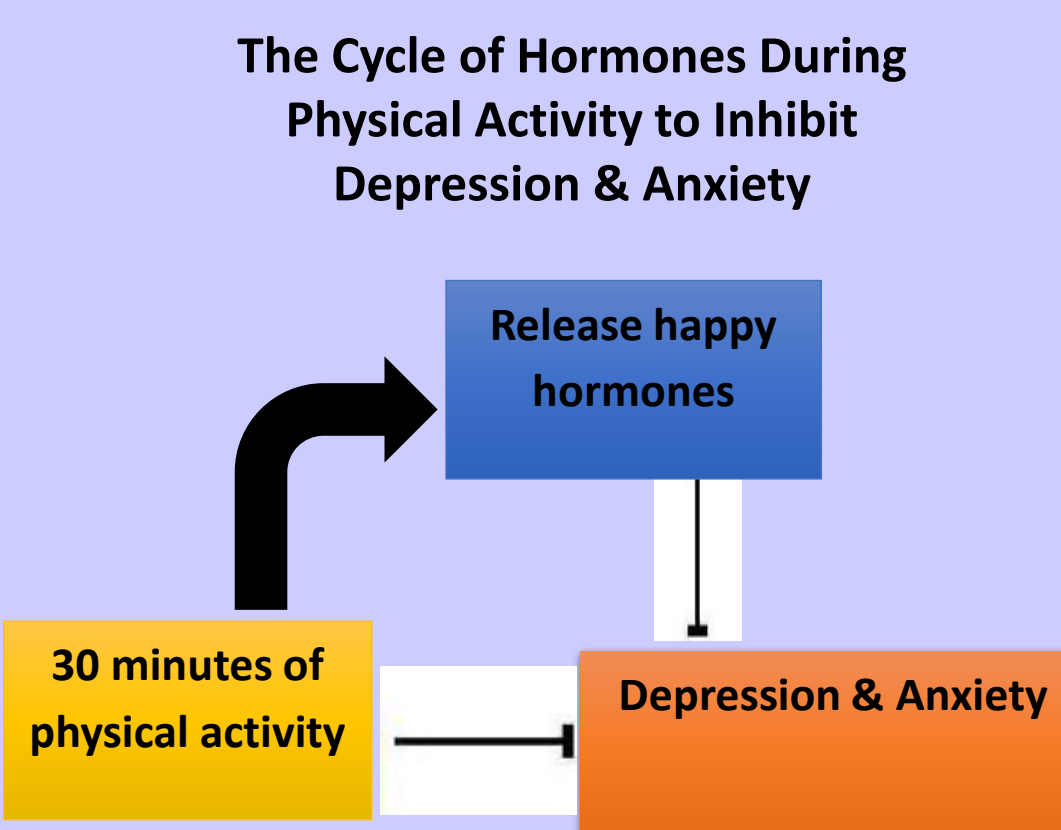
Out of 66 individuals **12%** reported an increase in Cannabis use, **56%** reported consuming more junk food and **70%** reported watching more television than pre pandemic.

TOPIC 2
Does social isolation increase the likelihood of young adults experiencing symptoms of anxiety and depression due to pandemic measures?



Of those who completed a survey about self-isolation generalized anxiety disorder was prevalent in **84.9%** and **46.7%** had major depressive disorder.

TOPIC 3
Are there any benefits in engaging in physical activity for those who are diagnosed with depression and anxiety?



Main ideas that demonstrate the impacts of COVID-19 on young adults and how they can overcome the onset of depression and anxiety.

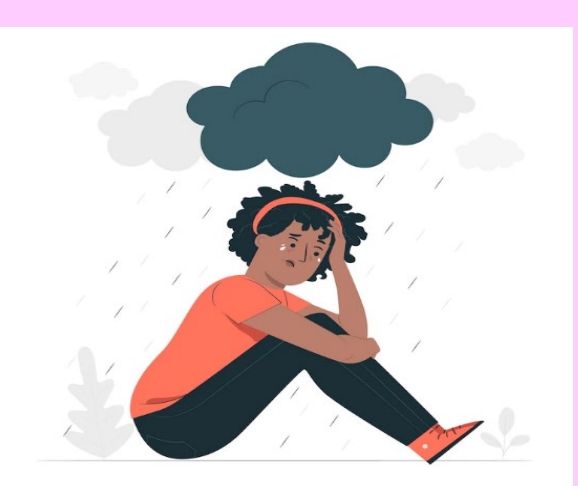
CONCLUSIONS

RECOMMENDATIONS



This study found that the pandemic may be causing young adults increased feelings of anxiety, depression, social isolation which is leading to a higher usage of substance abuse issues and mental health challenges.

Perceived social isolation directly correlates with increased depression, poor sleeping quality, for cardiovascular function, increase cognitive decline, an increase in anxiety, presents of other mental health disorders.



Depression and anxiety are difficult mental illnesses to manage, especially while trying to encourage a physically active lifestyle. Less motivation, appetite, and energy are all causes for lack of motivation. **However, physical activity is a good distraction from negative thoughts.**

Self-Management Programs for Young Adults

- ✓ Implementing programs to promote physical health
- ✓ Implement programs for psychological health
- ✓ Creating opportunities to socialize more with others

Provide More Resources

- ✓ Providing free books to help young adults cope
- ✓ Increase virtual student activities to increase socialization
- ✓ Increase free access to courses that engage in physical activity

Policy Changes: Curriculum & Workplace

- ✓ Incorporating workplace physical activity sessions and socially distanced outdoor physical activity sessions
- ✓ Implementing policies mandating workplaces to implement and emphasize mental health aids