

Abstract

The purpose of this study is to examine the prevalence and severity of depression among adults on the Northwest College campus aged 18-30. We asked college students about their mental well-being and self-reported levels of functioning in a survey in order to collect data on their mental well-being. The results will help identify depression risk factors and potential interventions in this population. The goal of this study is to increase college students' awareness of mental health and provide them with support if so desired. Our method of action will be to distribute a questionnaire using the Patient Health Questionnaire – 9 (Kroenke & Spitzer, 2002). Students who participate will be debriefed and will provide informed consent. The participants will also receive a free small coffee at The Trap for our appreciation. The results will then be analyzed and compared to state and national depression statistics.