INTRODUCTION
- Natural disasters influence the mental health, support systems, and academic endeavors of college students (Elmer et al., 2020, Tahlil et al., 2008; Davis III et al., 2010, Wang et al., 2020, Gill et al., 2006).
- Disaster-exposed students have shown decreased GPA, difficulties with brain function, and sleep issues (Tahlil et al., 2008; Silva-Suarez et al., 2020).
- Displacement and having an impacted family member are risk factors for increased PTSD, stress, and depression symptoms, and sleep issues (Davis III et al., 2010; Fu et al., 2013; Wang et al., 2020, Coleman et al., 2008; Gill et al., 2006; Hirth et al., 2013).
- In March 2020, students were sent home from college campuses and commenced online learning.
- Recent studies on college students amid COVID-19 have reported higher rates of depression, anxiety, and loneliness (Elmer et al., 2020; Coughenour et al., 2020).
- To ensure colleges meet student needs amid disasters, it is critical to assess students' main stressors and mental health symptoms.

RESEARCH AIMS
- How were college students' mental health and sense of purpose affected by COVID-19?

METHODS
- Participants were students enrolled at 4-year colleges/universities or community colleges within the U.S.
- The study was conducted in April and May of 2020.
- Participants completed online surveys assessing mental health symptoms and a subset were interviewed about their COVID-19-related experiences.
- The survey encapsulated three categories of variables:
  ■ Mental health symptoms: stress (PSS; Cohen et al., 1973), COVID-19 stressors, depression (PHQ-7; Kroenke et al., 2001), anxiety (GAD-7; Spitzer et al., 2006).
  ■ Risk factors: demographics, life events (Linden, 1974).
  ■ Protective factors: coping (CAPS-SF; Roy et al., 2016), purpose (CPIS; Bronk et al., 2018), social support (MSPSS; Zimet et al., 1988), institution trust (Price et al., 2013).

DISCUSSION
- College students' COVID-19 stressors heavily centered on family wellbeing.
- Stress was the most frequently reported symptom.
- Females showed greater stress, depression, and anxiety than males.
- Longitudinal impacts of COVID-19 will be assessed with a second round of surveys and interviews in November.

Top 3 COVID-19 Stressors:
1. Susceptible family member may contract COVID-19 (94%).
2. Family member may feel socially isolated (79%).
3. I might contract COVID-19 (79%).

Over half of college students endorsed moderate/high symptoms of Stress (91%) and Depression (53%).

This research is supported by a Quick Response Grant from the Natural Hazards Center (PIs: Lai & Liang). The Quick Response program is based on work supported by the National Science Foundation (Award #1635593). Research time for this study was supported by funds from the Buehler Sesquicentennial Assistant Professor Chair position at Boston College, and an early career research grant from the Gulf Research Program of the National Academies of Science, Engineering, and Medicine.