

# More College Students Cite Stress as Factor for Grades

BY ROBERT FINN

HONOLULU — Stress was the most frequently cited psychological factor adversely affecting the academic performance of college students, according to a survey conducted in spring 2008 by the American College Health Association.

Almost 34% of students cited stress as a factor affecting academic performance, up from 29% in spring 2000, Dr. Adele L. Martel said at the annual meeting of the American Academy of Child and Adolescent Psychiatry. Sleep was the second most common psychological factor cited by the students, rising from 21% in 2000 to 26% in 2008.

Relationship difficulties, holding steady at about 15% between 2000 and 2008, have recently been overtaken by the Internet in their impact on academic performance, said Dr. Martel, of Children's Memorial Hospital in Chicago.

Cited by only 9% of college students in 2000, the Internet affected the academic performance of nearly 17% in 2008, according to data from the National College Health Assessment, which surveyed more than 80,000 students on 106 campuses.

In 2008, 7% of students cited attention-deficit disorder, more than double the 3% who mentioned that as a factor in 2000.

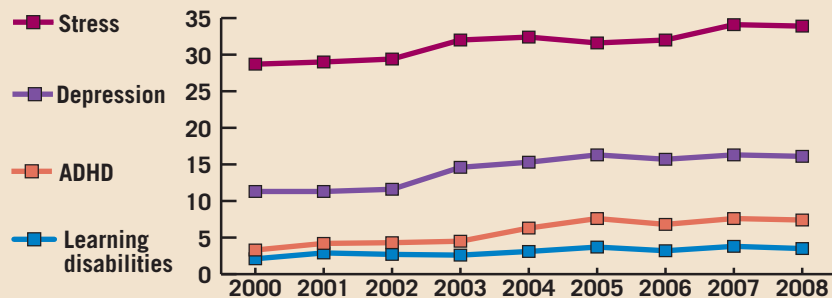
A greater proportion of students also cited learning disabilities as affecting their academic performance, the rate nearly doubling between 2000 and 2008.

Alcohol use has remained steady at about 8%, except for a temporary increase

to 10% in spring 2002. Dr. Martel noted that the terrorist attacks of Sept. 11, 2001, occurred within that school year, but she said she had no way of knowing whether that was a reason for the 1-year increase.

The need for mental health services for college students might be increasing, said Dr. Martel, who reported having no conflicts of interest. ■

## Stress Remains the Leading Factor Adversely Affecting Academic Performance



Note: Based on annual surveys of college students.  
Source: American College Health Association

ELSEVIER GLOBAL MEDICAL NEWS

## Pediatric Anxiety Responds to CBT

HONOLULU — Anxious children who participated in a 9-week course of cognitive-behavioral therapy (CBT) maintained improvements for at least 4 years.

The study involved 61 children, aged 7-11 years, all of whom had features of separation anxiety disorder, generalized anxiety disorder, and/or social phobia. Dr. Gail A. Bernstein of the University of Minnesota, Minneapolis, and colleagues randomized the children. In one group, patients received a 9-week manual and workbook-based CBT intervention using the FRIENDS for Life. The second arm received the CBT intervention and their parents participated in a 9-week program based on FRIENDS. Children in the third arm received no treatment.

At 4 years, 43% of children in the control group showed remission of their primary anxiety diagnoses, a significantly smaller proportion than the children in the CBT group (75%) or the children in the CBT plus parent training group (76%).

The National Institute of Mental Health, the University of Minnesota Academic Health Center, and the Minnesota Medical Foundation funded the study.

—Robert Finn



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— Bruce, living with COPD for 10 years

### BRUCE, AGE 70

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† Mean percent change from baseline FEV<sub>1</sub> was measured at day of randomization, and months 6 and 12.

### Important Safety Information

- For patients with chronic obstructive pulmonary disease (COPD), the approved dosage of SYMBICORT is 160/4.5 mcg, 2 inhalations twice daily
- SYMBICORT is NOT a rescue medication and does NOT replace fast-acting inhalers to treat acute symptoms
- The most common adverse events ≥3% reported in COPD clinical trials included nasopharyngitis, oral candidiasis, bronchitis, sinusitis, and upper respiratory tract infection

### Indication

- SYMBICORT 160/4.5 is indicated for the maintenance treatment of airflow obstruction in patients with chronic obstructive pulmonary disease (COPD), including chronic bronchitis and emphysema

Please see Brief Summary of full Prescribing Information, including boxed WARNING, on adjacent pages.

For more information, visit [www.MySymbicort.com](http://www.MySymbicort.com) or call the AstraZeneca Information Center at 1-800-236-9933.

References: 1. Rennard SI, Tashkin DP, McElhatten J, et al. Efficacy and tolerability of budesonide/formoterol in one hydrofluoroalkane pressurized metered-dose inhaler in patients with chronic obstructive pulmonary disease: results from a 1-year randomized controlled clinical trial. *Drugs*. 2009;69:549-565. 2. Data on File, 273071, AZPLP.

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