

providers (13-100%) and volunteering (2-100%). There were no significant relationships with effective coping strategies and depression over time. However, those who reported using two or more ineffective coping strategies had higher depression scores over time than those who used no coping strategies ($B=5.53$, $SE=2.02$, $p=.007$).

Conclusions: Overall, adolescents with a history of depression reported engaging in both effective and ineffective coping behaviors over time with ineffective coping showing association with an increase in depression scores. We also found various types of change over time on an individual level, therefore these data may have further implication on adolescents individually. Interventions helping adolescents understand the relationship between their ineffective coping behaviors and increasing depressive symptoms may help motivate them to decrease these ineffective coping behaviors.

Sources of Support: National Institutes of Mental Health-R44 MH12206701.

146.

TRAJECTORIES OF COLLEGE STUDENT MENTAL HEALTH AND WELLBEING DURING THE COVID-19 PANDEMIC

Grace Albright, MA¹, Laurence M. Black, PhD¹, Charisse Graham, MD¹, Angela Stowe, PhD¹, Lisa Schwiebert, PhD¹, Robin Lanzi, PhD¹

¹University of Alabama at Birmingham.

Purpose: College students are at increased risk for mental health concerns, as attending college initiates new stressors such as academic load, leaving home, and peer pressure, placing them at an increased risk for mental health concerns. Prior to the pandemic, mental health disorders were rising in adolescent populations, with a 63% increase in major depressive episodes in the last decade. This is especially concerning when considering that the COVID-19 pandemic contributed to increased stress levels attributed to transition to online learning, isolation, and uncertainty about the future. Herein, the purpose of this study was to examine the longitudinal trajectories of depressive and anxiety symptoms among undergraduate students as a result of the COVID-19 pandemic.

Methods: Participants: The study sample consisted of 81 undergraduate students (Mage = 20.83; 73.13% Female; 60.45% Non-White) at the University of Alabama at Birmingham. Data were collected between August 2020 and April 2021 through monthly electronic surveys. Measures and Procedure: Participants reported frequency of depressive symptoms, anxiety symptoms, and wellbeing in the previous two weeks using the Patient Health Questionnaire-9 (PHQ-9), the Generalized Anxiety Disorder-7 (GAD-7) and the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS). Data Analyses: Unconditional growth models were used to measure the trajectory of depression, anxiety, and mental wellbeing over the data collection period. Changes in individual items from the PHQ-9, GAD-7 and the WEMWBS were also measured.

Results: We found that students increasingly reported feeling tired or having little energy over the course of the study ($p = .03$), while the prevalence of having trouble concentrating decreased ($p = .04$). Male undergraduate students reported an increase in becoming easily annoyed ($p = .04$), while female undergraduate students reported a decrease in feeling tired or having little energy ($p = .03$), and a decrease in having poor appetite or overeating ($p = .04$). Females further reported an increase in feeling useful ($p = .04$) and dealing with problems well ($p = .04$). Undergraduates who self-identified as black, indigenous, people of color (BIPOC) reported increased total wellness ($p = .02$), feeling optimistic about the future ($p < .001$), and

feeling useful ($p = .04$), coupled with a decrease in having little interest or pleasure in doing things ($p = .03$). However, BIPOC students reported an increase in being annoyed/irritable ($p = .02$).

Conclusions: Overall, findings suggest that college students experienced varied effects of the ongoing pandemic on their mental health with an overall theme of recovery. Future research should examine psychosocial factors and resilience measures that may influence these trajectories. Further, researchers should measure the influence of the continued COVID-19 pandemic on college student mental health and wellbeing.

Sources of Support: We would like to thank our funding source, the UAB 2020 School of Public Health Back of the Envelope Award and supplemental internal funds from the Department of Cell, Developmental, and Integrative Biology, Department of Health Behavior, School of Public.

147.

YOUTH PERCEPTIONS ON THE LONG-TERM IMPACTS OF COVID-19

Sarosh Irani, B.S.¹, Claire Chang¹, Leigh Morrison, M.D.², Marika Waselewski³, Tammy Chang, M.D.³

¹University of Michigan Medical School; ²Department of Family Medicine, University of Michigan; ³Institute for Healthcare Policy and Innovation, University of Michigan.

Purpose: The effect of the COVID-19 pandemic on younger populations is significant and distinct from the experience of older populations. Youths' experiences with, and concerns about, long COVID are particularly important as more young people and their family and friends are infected.

Methods: We conducted a nationwide text message survey of youth aged 14-24 years in the United States. We asked them four questions regarding their experiences and perception regarding the long-term effects of COVID-19. Qualitative data was analyzed independently by two investigators for themes using a modified grounded theory approach. Prevalence of codes were summarized using descriptive statistics.

Results: Among 990 respondents (response rate 86.1% of 1150 participants), a significant portion (74.6%) had COVID-19 or knew someone who did ("Yes, me and multiple friends"). Many respondents (45.5%) reported concern about the long-term effects of COVID-19 ("It worries me a lot, it is dangerous, it would hinder me many things from day to day"), although receiving the vaccine and taking precautions helped alleviate some worry about the long-term effects of COVID-19 ("I have already gotten my vaccine so my chances are reduced, though still take precautions"). Many youth (17.8%) reported knowing someone with prolonged loss of taste and or smell ("Loss of taste and smell for 4 months"). Of the respondents who expressed concerned about long term sequelae, many had concerns about the damage the pandemic could cause to themselves and their loved ones (26%, "I may be able to transfer the virus to the people around me unintentionally"), along with how COVID could affect their future and social/work lives (16.9%, "It would affect my work and my daily routine").

Conclusions: Our findings suggest that among younger populations, there is significant concern regarding the long-term effects of COVID-19. The high proportion of youth concerned about the long term effects of COVID-19 infections on themselves and loved ones, and uncertainty regarding social and occupational impacts, indicates a significant burden on youth that may have mental and physical sequelae.