Introduction
Anxiety has been a problem for a long time, but has been increasing over time (Twenge, 2015). College students have shown an increase in levels of anxiety for many years (Twenge, 2015). Anxiety leads to other problems such as health issues. It can lead to physical health issues, such as heart disease (Evans et al., as cited in Rawson, Bloomer, & Kendall, 1994) or loss of “concentration, memory, and performance of high-level cognitive functions” (Mojtabai et al. as cited in Rawson, Bloomer, & Kendall, 1994) or loss of concentration, memory, and performance of high-level cognitive functions.

Aim
The topic of anxiety in college students is important to me because it is something that I deal with personally. I know that trying to cope with anxiety can be very difficult and there are many barriers that can get in the way. I hope that with this research I will be able to help other students that struggle with anxiety by giving them different coping mechanisms that other students find helpful.

Methods
Population: college students enrolled in an undergraduate program.
Sample: used a sample of convenience because of limited time; 36 students on the University of South Carolina campus; classmates and friends.
Data: survey created using Survey Monkey; 6 questions (survey below)
Question 4: most answer choices taken from Jahan, Siddiqui, Mitwally, Zubidi, & Zubidi (2016)
Survey was sent via email, Google doc (in-class), and social media (Twitter, Facebook, Instagram, and Snapchat).
Measuring the data: Survey Monkey will give percentages and totals of each answer, graphs, the number of students that skipped each question, the number of students that answered each question, and a list of answers that were typed in for the open-ended questions.

SURVEY QUESTIONS:
1. What year are you in college?
   - Freshman
   - Sophomore
   - Junior
   - Senior
2. Do you suffer from anxiety, in any form? (If no, please stop and submit the survey here.)
   - Yes
   - No
3. If yes, how severe is your anxiety?
   - Mild
   - Moderate
   - Severe

4. How do you cope with anxiety? (Check all that apply.)
   - Reading
   - Time management
   - Healthy diet
   - Breathing exercises
   - Yoga
   - Watching TV
   - Religion
   - Planning ahead
   - Emotional support
   - Accepting the anxiety
   - Talking to family
   - Smoking/drinking
   - Isolation
   - Study strategies
   - Self-blame
   - Exercising
   - Being in denial
   - Anger
   - Playing sports
   - Other (please specify):

5. Are there any barriers you face to dealing with anxiety?
   - Yes
   - No

6. If yes, please name as many as you can.

Anxiety Rainbow
The background of this research poster was chosen based on the anxiety rainbow. The five colors of the anxiety rainbow are: red, orange, yellow, green, and blue (Brenner, 2012). These colors are from the anxiety rainbow, who created the anxiety rainbow to help himself handle his anxiety (Brenner, 2012).

Future Research
• How can we put an end to barriers that students face when trying to deal with anxiety?

Conclusions
• Anxiety is a major problem in today’s college students.
• Many college students have their own ways of coping with anxiety, but some (1/6th of our sample) are not sure how to cope with their anxiety.
• There are a lot of different barriers that students face when trying to deal with their anxiety. These range from personal barriers to family/friends and more.

References