



# Understanding the Differentials of College Students Health



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## Objective

This project will focus on understanding the most recent literature on college student sexual health and wellness. The goal of this project is to increase awareness of the current research on college students' health and identify potential research questions.

## Background

College is an area in young adults' lives where they explore their sexuality and begin to make important decisions for themselves. Our research aims to understand the most recent literature on college student sexual health practices and wellness by performing a systematic literature review. Our goal is to view how informative 4-year universities in the United States are at providing information regarding sexual health, such as STDs, pregnancy rates, and other topics of sexual health knowledge. We believe analyzing this data will bring awareness to real-life issues college students face, as well as highlighting how their universities prepare them for this stage in their life.

## Method

This systematic review reported results according to the Preferred Reporting Items for Systematic Reviews and Meta Analyses (PRISMA) statement. We searched PubMed, CINAHL, and Taylor & Francis Online from 2010-2022. Because of national differences in health care delivery and attitudes towards sexual and reproductive health, we limited our searches to studies conducted in the United States. Because of the focus being college students, we limited our searches to studies involving college students at 4-year universities, ages ranging from 18-24. The search strategy used phrases related to the following 3 components; all terms were linked with the operators OR: (1) college students, (2) university students, (3) undergraduates. The search strategy used phrases related to the following 3 components; all terms were linked with the operators AND/OR: (1) sexual health, (2) sexual well-being. Inclusion criteria were as follows: (1) published in peer-reviewed journals from 2010-2022, (2) published in English, (3) conducted in the United States, (4) conducted at college or 4-year universities, (5) all or a majority of participants were aged 18 to 24 years.

## Overall Results

This systematic review reported results according to the Preferred Reporting Items for Systematic Reviews and Meta Analyses (PRISMA) statement. We searched PubMed, CINAHL, and Taylor & Francis Online from 2010-2022. Using this search strategy, we were able to find approximately 2000 article results from the PubMed journal, approximately 70 article results from CINAHL, and roughly 160 article results from Taylor & Francis Online - Journal of American College Health. We were then able to add about 1000 more article results after further conducting our search on EBSCOHOST. Lastly, we added approximately 3000 additional article results using alternate key terms from PubMed. We have not yet come to the conclusion about a result and are still in the process of analyzing our articles.

## PRISMA Data

4130 references imported for screening as 4130 studies  
147 duplicates removed  
3101 studies screened against title and abstract  
2812 studies excluded  
0 studies assessed for full-text eligibility  
0 studies excluded  
0 studies ongoing  
0 studies awaiting classification  
0 studies included

## Taylor's Reflection

Reflection will be written here

## Erin's Reflection

Reflection will be written here

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