Paternal care and maternal care have been shown to be associated with lower levels of psychiatric symptoms, while higher levels of paternal protection were associated with higher levels of anxiety disorder symptoms. Maternal education was also found to be significantly associated with lower levels of psychiatric symptoms, whereas higher levels of maternal protection were associated with higher levels of depressive disorder symptoms. These findings highlight the importance of paternal and maternal care and education in the prevention of co-occurring psychiatric symptoms in college students. Further research is needed to explore the underlying mechanisms and to develop interventions to improve the well-being of college students.