



Student Mental Health (2022)

Summary

The mental health portion of the ASUW Fall Issues Survey opened on Wednesday, September 7th and has had feedback from over 1,136 students. We acknowledge this feedback is limited, but are confident that results are a clear presentation of student concerns across campus.

There were multiple questions throughout the survey that asked students about their mental health. In question 55 of the student survey students were asked to select which of the following mental or emotional health challenges they have experienced in the past month. 10.41% (684) students selected that anxiety was a challenge that they faced in the past month. 16.45% (479) students selected that one of the problems they faced in the past month is trouble concentrating. Students were also asked to put down any there any other problems, they faced in the past month that were not represented in the selection boxes. Some problems that were provided were uncertainty based on living situations, feeling stressed and overwhelmed, relationship issues, autism spectrum disorder, financial concerns, and time management. Results from this survey can be found in section 1 below.

On question 56 students were then asked to describe their mental health today as compared to during pandemic. 3.64% (37) students said they are far worse than before the pandemic, 13.29% (135) said that they ae somewhat worse than before, 33.66% (342) students said about the same, 28.84% (293) somewhat better than before, and finally 20.57% (209) students said they are far better than before the pandemic. Results from this survey can be found in section 2 below.

Finally on question 57 students were asked as to which of the following contributed to a decline in their mental health. 25% (611) students said that one of the major problems that contributed to the decline in their mental health was too much to do or being overwhelmed. Another high result for these questions was academics being a contributing factor to the decline in mental health. 22.95% (561) chose this answer. Students were also asked to provide any other contributing factors they felt were in relation to the decline in their mental health. These are provided below. Results in this survey can be found in section 3 below.

Survey Results Section 1

Which of the following mental or emotional health challenges have you experienced in the past month?			
#	Field	Choice Count	
1	Anxiety	10.41%	303
2	Social Isolation or Loneliness	8.31%	242
3	Depression	8.14%	237
4	Trouble Concentrating	3.44%	100
5	Difficulty Coping with Stress in a Healthy Way	1.79%	52
6	Difficulty Handling Emotions	0.79%	242
7	Unhealthy Social Media Use	8.14%	237
8	Lack of Family Stability or Support at Home	3.44%	100
9	Suicidal Thoughts	1.79%	52
10	Self-Harm	0.79%	23
11	Substance use Issues	1.27%	37
12	Harassment or Bullying	0.96%	28
13	Other	1.03%	30

Survey Results Section 1: Open Comments

“Uncertainty based on living situations

“Stress”

“Feeling Stressed and Overwhelmed”

“Relationship Issues”

“Autism Spectrum Disorder”

“Financial concerns, being the main support for the family back home, lack of help from DSS etc.”

“Time Management”

Survey Results Section 2

How would you describe your mental health today compared to during the pandemic?			
#	Field	Choice Count	
1	Far Worse Than Before	3.64%	37
2	Somewhat Worse Than Before	13.29%	135
3	About The Same	33.66%	342
4	Somewhat Better Than Before	28.84%	293
5	Far Better Than Before	20.57%	209

Survey Results Section 3

Which of the following has contributed to a decline in your mental health?			
#	Field	Choice Count	
1	Food Insecurity	5.97%	146
2	Too much to do/Overwhelmed	25.00%	611
3	Academics	22.95%	561
4	Relationships	14.61%	357
5	Personal Health	11.05%	270
6	Financial Wellbeing	17.10%	418
7	Drug and Alcohol Use	1.23%	30
8	Other	2.09%	51

Survey Results Section 3: (Open Comments)

“Personal Incident”

“The pandemic is literally still happening and everyone just pretend’s it’s not”

“The fact that the board of trustees is so out of touch with the students”

“Individuals and institutions acting as though the pandemic over. People (primarily disabled) are still dying”

“Attempting to get medical help for various issues”

“Treatment by other students on a few occasions”

“The pandemic isn’t over because we pretend otherwise. 300-400 people die of Covid every day, and long covid is a serious issue. My mental health is not as good as it was before the pandemic because on one around me, including the university, acknowledges or does anything to stop the spread of Covid-19.”

“Death of my best friend”

“Saddle Up”

“We had a miscarriage”

“Family Issues”

“Winter”

“Work”

“Society”

“My sister passed last February and now my brother was killed in May”

“People”

“Theater”

“Honestly, I have grieved the slower, gentler pace of life that I experienced in the shutdown. It was such a nice break form the typical pace of our society. My mental health thrived during the spring of 2020”

“Faculty/lack of academic support”

“Confusion on guidance”

“Life changes”

“My advisor is fundamentally a terrible person”

“I’m a new graduate student so just the transition”

“Campus leadership taking out a parking lot used by the entire school with no discourse with the student body”

“Adjustment to moving”

“Toxic workplace”

“The pandemic is not over and it makes my life really difficult when everyone pretends that it is”

“Suicide of a love one”

“Covid Precautions”

“Isolation”

“Lack of available housing for grad students with families”

“Being on campus”