

# Mental Health and Loneliness Checkin

April 9, 2024

*Prepared for UASU Executive Committee  
by Department of Research and Advocacy*



## Overview

This briefing is based on a Perks survey active from March 28th to April 4th 2024. In total, it collected 765 unique responses. The central focus of the survey was student health and well-being, specifically regarding loneliness, burnout and sources of stress.

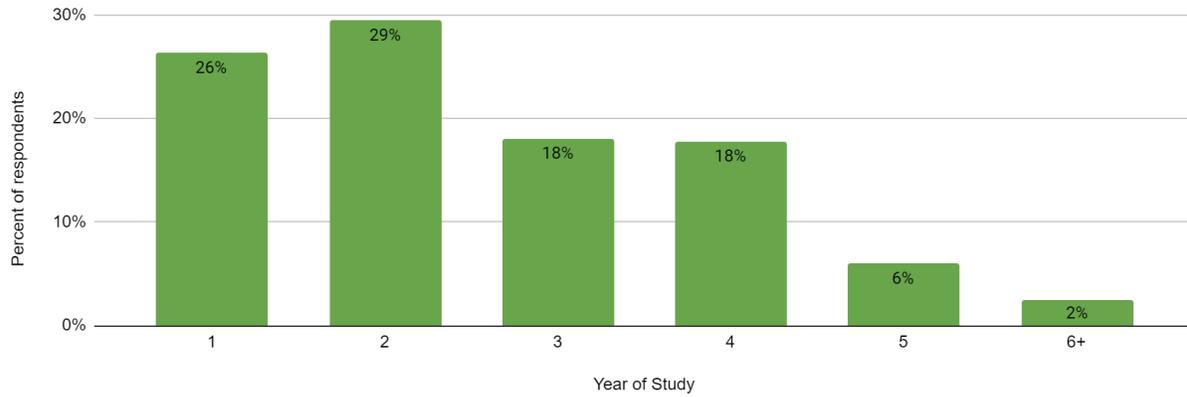
## Highlights

- 29% of respondents indicated that it has been days since someone checked in on them
- 81.9% of respondents report that they feel burnt out
- 3.1% of respondents report having very good emotional health
- Respondents who reported having very bad emotional health also reported having very bad physical health more than any other group
- The top reported source of stress is academic work with 576 responses
- 61.8% of respondents report feeling lonely
  - 18% of respondents strongly agreed that they felt lonely. Compared to all other respondents, these students were...
    - Four times more likely to say their emotional health was very bad (on a five-point scale)
    - Twice as likely to say their physical health was very bad
    - Twice as likely to say it had been months or years since someone had really checked in with them about their welfare
    - Significantly less likely to be at least somewhat involved in student groups (44% vs 52%).
    - Twice as likely to strongly agree that they are burned out right now.
    - Twice as likely to strongly disagree that there are places on/around their campus that make them feel happy or relaxed.
    - Far more likely to list mental health as a major stressor (72% vs 46%).
    - Far more likely to list personal relationships as a major stressor (59% vs 34%).

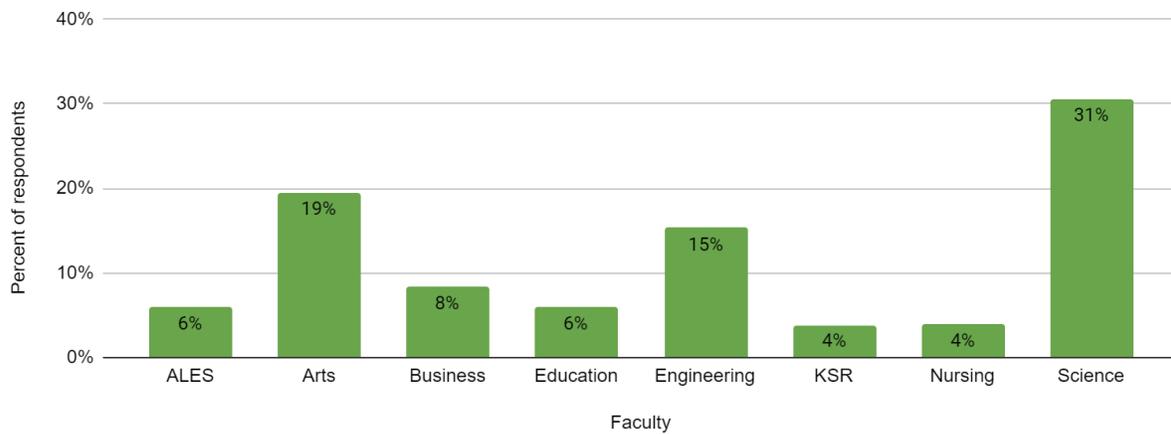
### Respondent Demographics

Most respondents reported being in their second or first year. Further, 31% of students indicated they are in the Faculty of Science, followed by 19% for the Faculty of Arts and 15% for the Faculty of Engineering.

Respondent Year of Study



Respondent Faculty



## Data Analysis

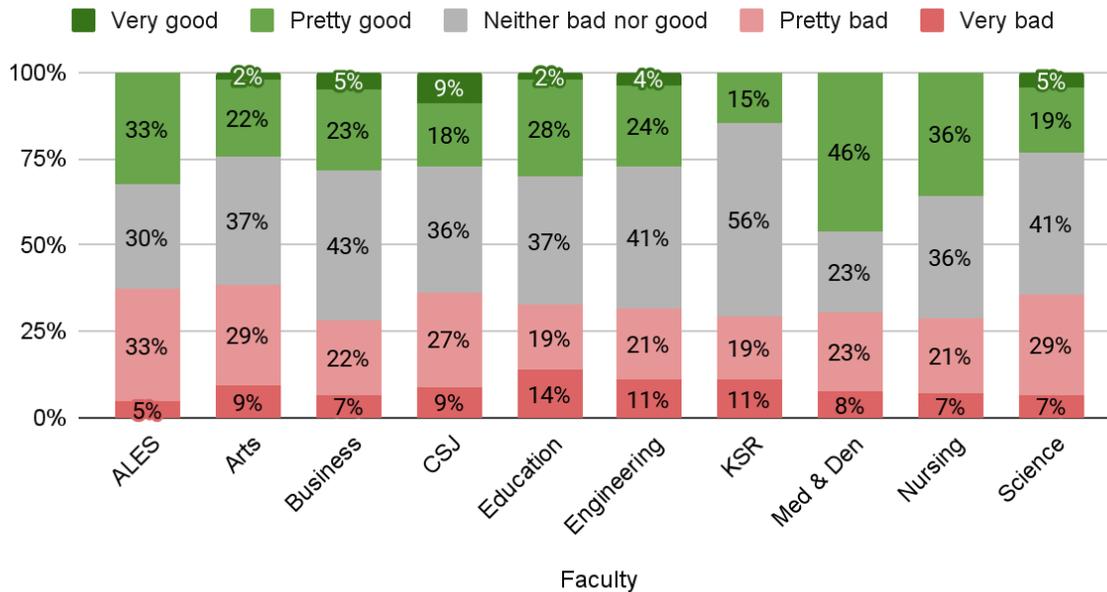
First and foremost the UASU wanted to see how long it has been since students were 'checked in' on. most respondents (29%) indicated that it has only been days, while 17% claimed it has been weeks and 15% hours. Only 7% responded that it has been years.

**How long has it been since someone really checked in with you about how you're doing, and meant it?**



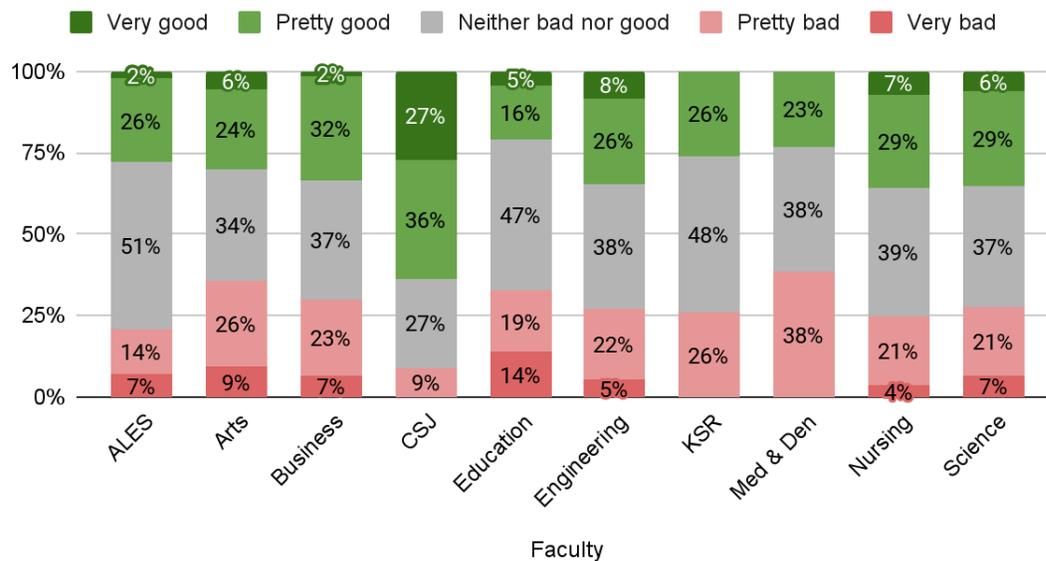
Looking at emotional health, most students (39.6%) report having neither good nor bad emotional health. Dividing the data by faculty, 14% of education students, 11% of engineering students and 11% of KSR students indicate having very bad emotional health. Alternatively, 46% of medicine and dentistry students claim to have pretty good mental health, as well as 36% of nursing and 33% of ALES students.

### How's your EMOTIONAL health right now?



Turning to physical health, 38.8% of respondents reported having neither good nor bad physical health. Additionally, 13.95% of education students and 9.29% of arts students indicated they have very bad physical health. CSJ students reported having good physical health more than any other faculty.

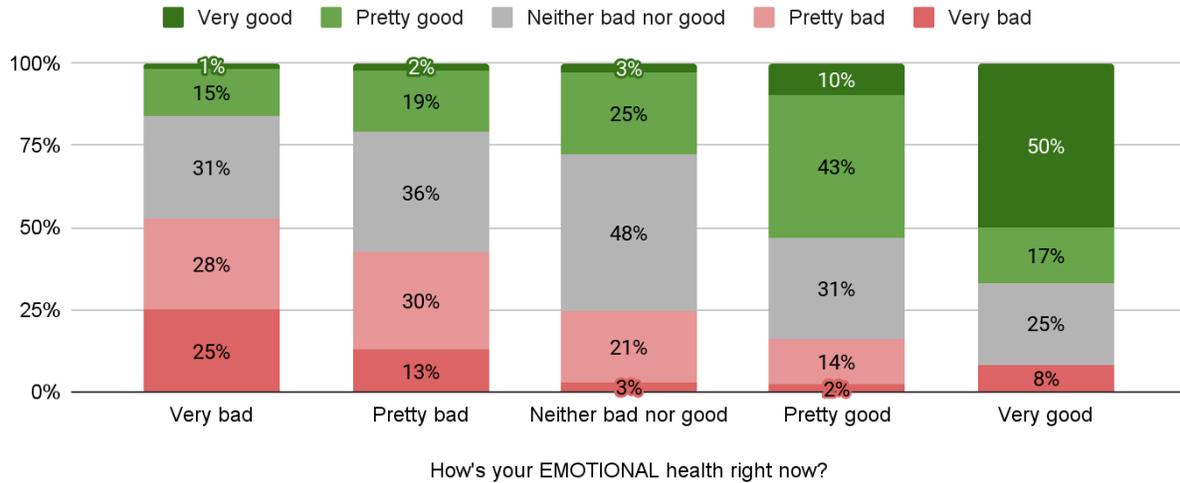
### How's your PHYSICAL health right now?



Comparing physical and emotional health, 50% of those with very good emotional health report also having very good physical health. Furthermore, 25% of students with very bad emotional health also report very bad physical health.

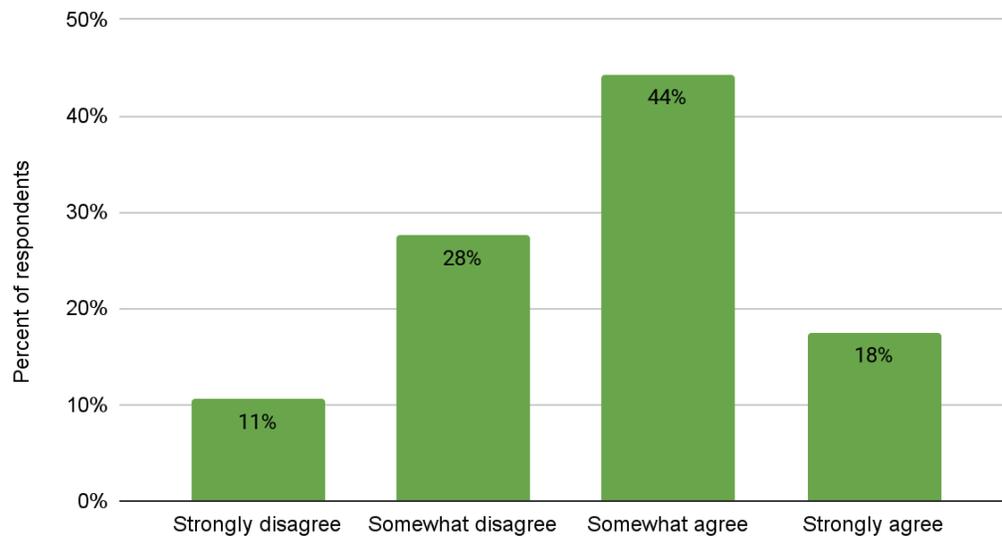
### Physical health vs. emotional health

How's your PHYSICAL health right now?



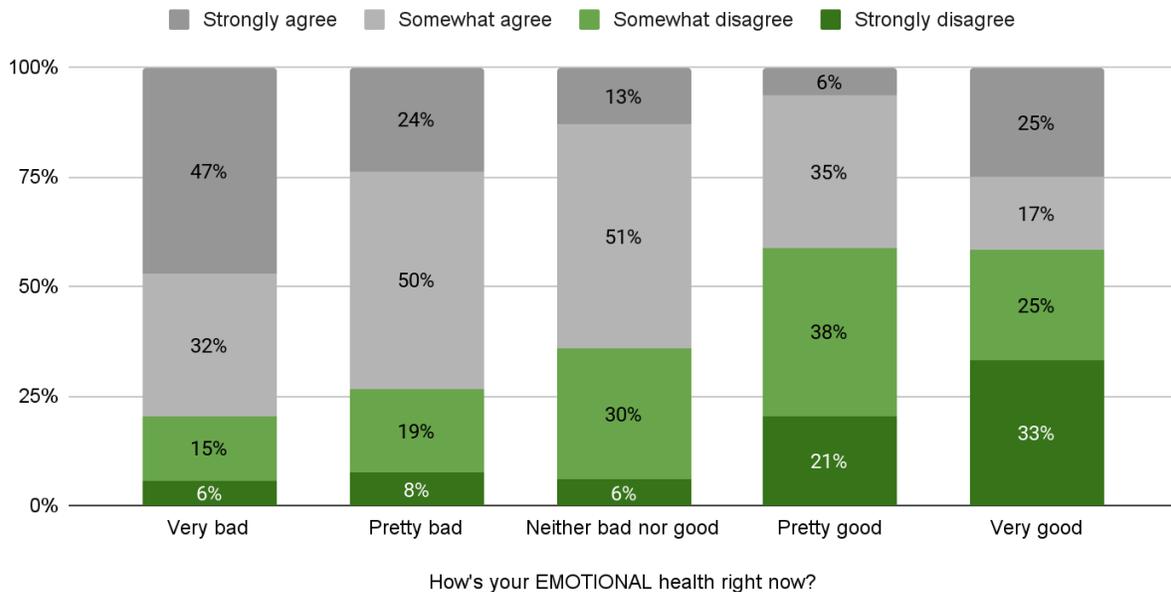
44% of respondents "somewhat agree" with the statement 'I feel lonely'. Alternatively, 28% "somewhat disagree", and 18% "strongly agree".

### Agree or disagree? 'I feel lonely.'



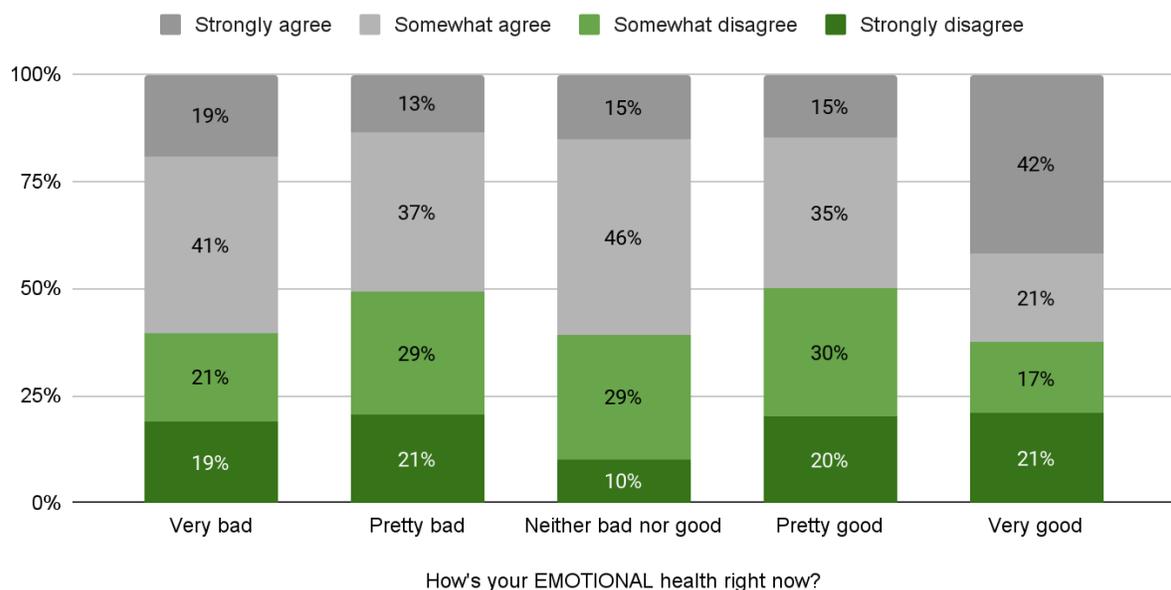
47% of students with very bad emotional health report that they “strongly agree” with the statement ‘I feel lonely’. In comparison, 23.59% of students with pretty bad emotional health indicate that they “strongly agree”.

### Agree or disagree? 'I feel lonely.'



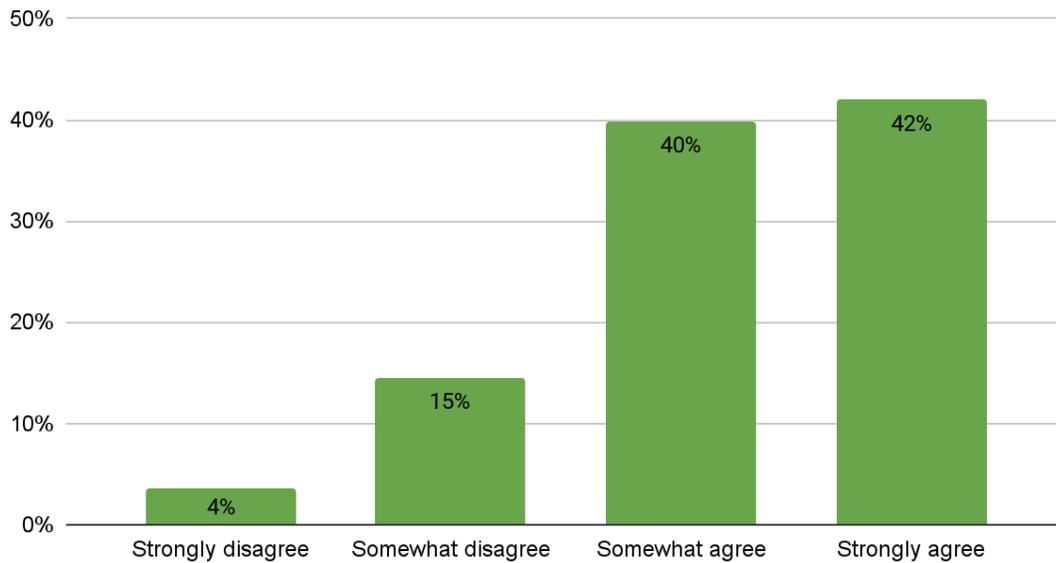
Looking at student awareness of university supports, 60% of those with very bad mental health and 63% of those with very good mental health agree with the statement “I already know about the University’s huge new ‘Wellness Supports - Resources’ listing’.

### Agree or disagree? 'I already know about the University's huge new 'Wellness Supports - Resources' listing.'



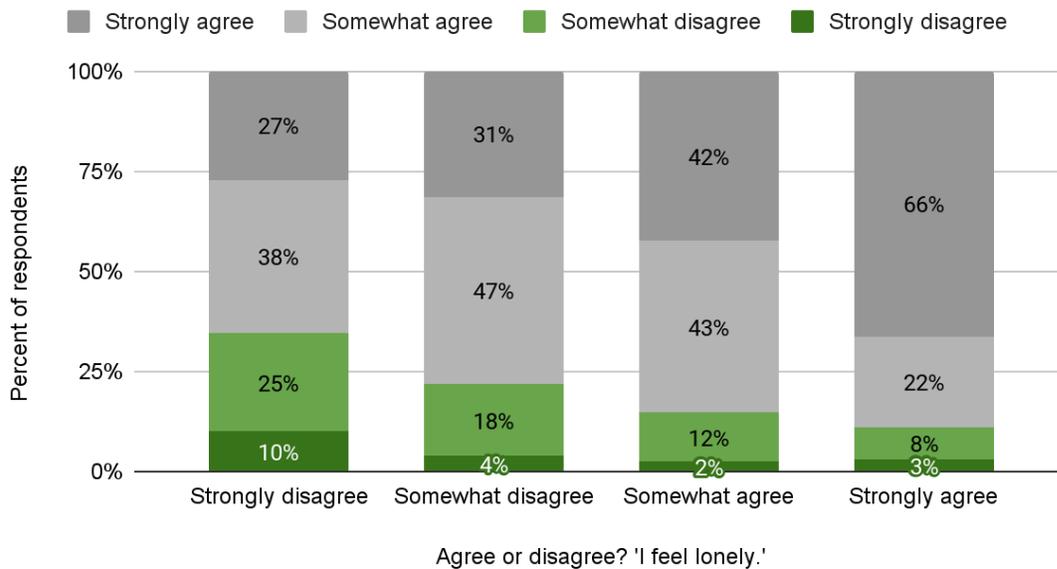
A very high percentage (81.9%) of students report that they agree with the statement “I think I’m burned out right now”.

### Agree or disagree? 'I think I'm burned out right now.'



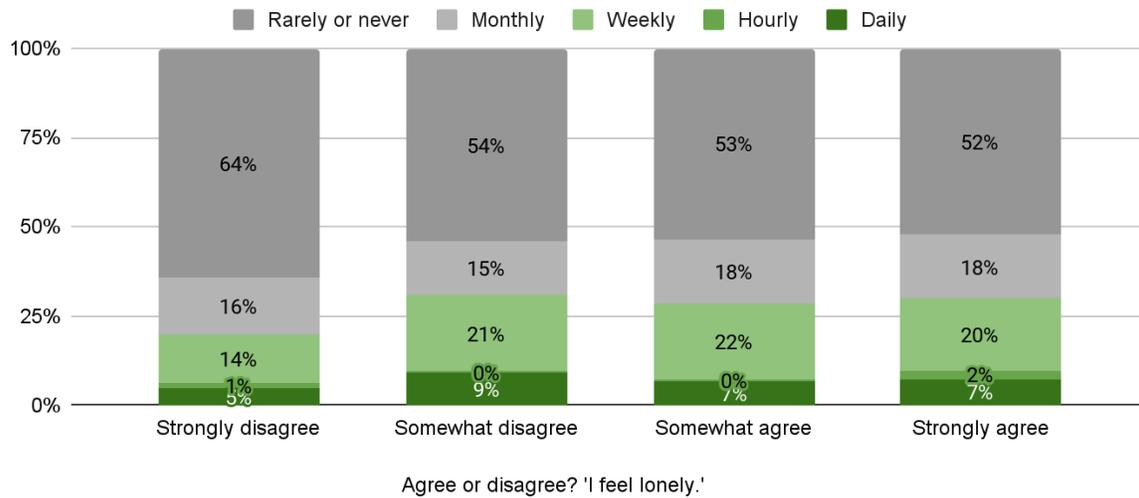
Assessing burnout and loneliness, 66% of those who strongly agree with the statement “I feel lonely” also strongly agree with the statement “I think I’m burned out right now”. Similarly, 42% of those who somewhat agree with the statement “I feel lonely” also strongly agree with the statement “I feel burned out right now”.

### Agree or disagree? 'I think I'm burned out right now'



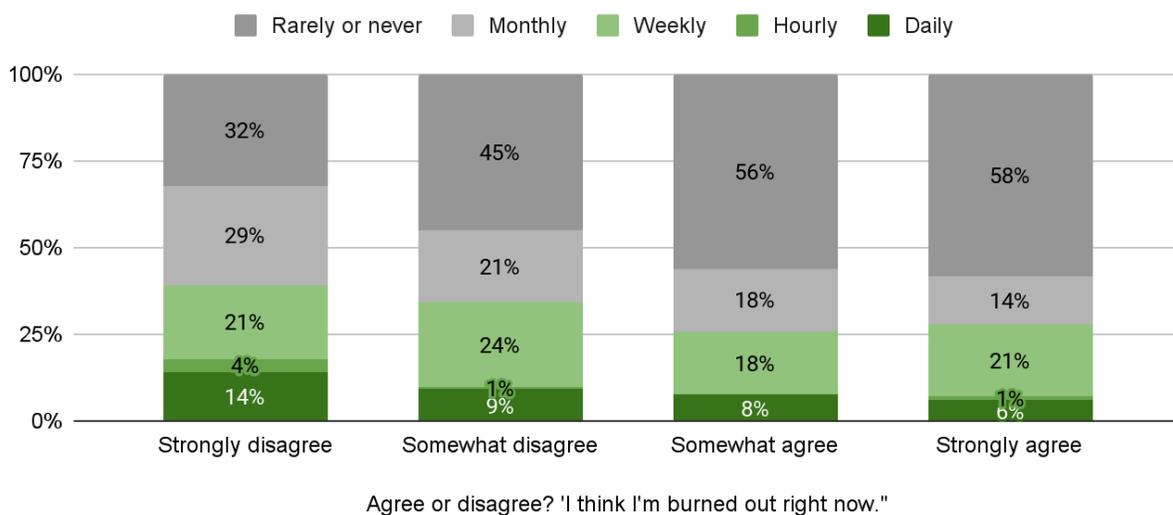
In addition to general questions on health and loneliness, we assessed student use of ChatGPT and chatbots. Based on the responses, it appears as though 2.24% of students who strongly agree with the statement "I feel lonely" use ChatGPT or chatbots hourly. Comparatively, 9% of those who somewhat disagree with the statement "I feel lonely" report using ChatGPT or chatbots daily. However, regardless of loneliness, most students report rarely or never using ChatGPT or chatbots.

**How often, if at all, do you use ChatGPT or chatbots? Pick the closest approximate answer.**



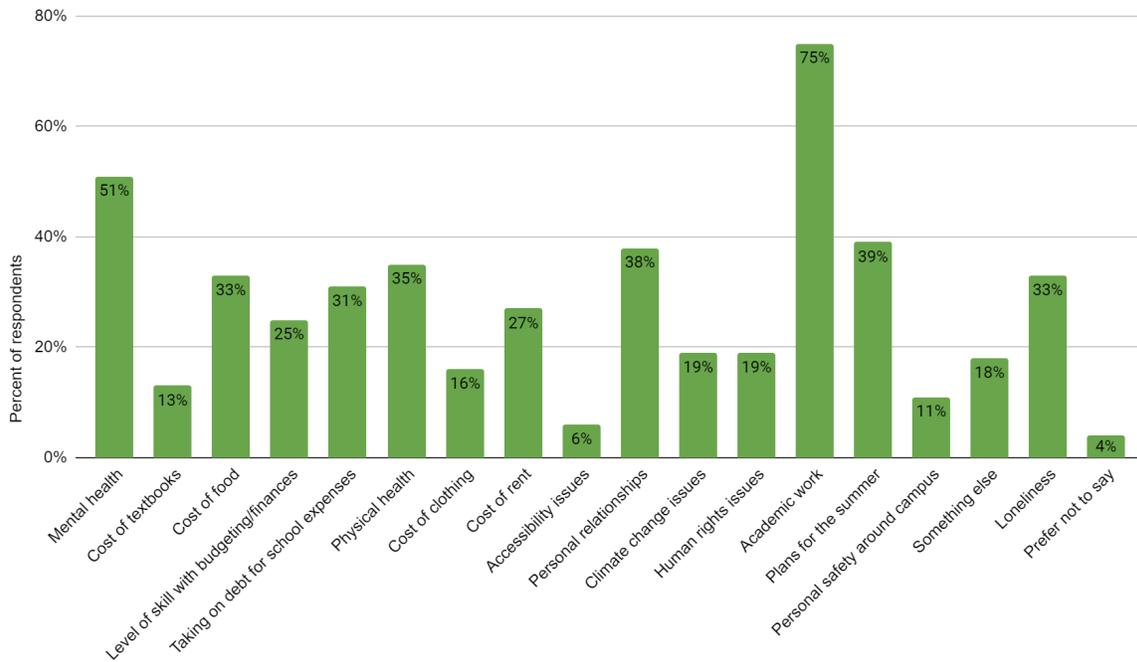
In addition to loneliness and ChatGPT use, we cross-analyzed burnout and ChatGPT use. Based on our data, 14% of those who strongly disagree with the statement "I think I'm burnt out right now" report using ChatGPT and chatbots daily. Alternatively, 58% of those who strongly agree with the statement "I think I'm burnt out right now" rarely or never use ChatGPT or chatbots.

**How often, if at all, do you use ChatGPT or chatbots? Pick the closest approximate answer.**

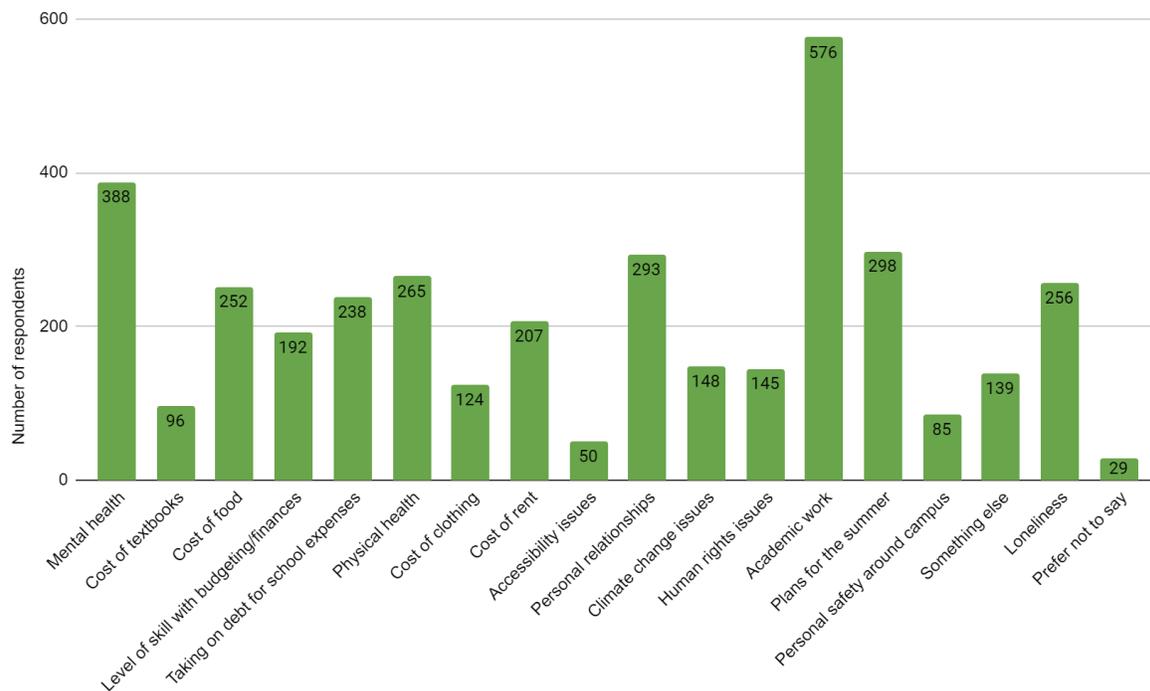


Students' top self-reported main sources of stress right now are academic work (576, 75%), mental health (388, 51%), plans for the summer (298, 39%) and personal relationships (293, 38%). The least reported sources of stress are accessibility issues (50, 6%) and personal safety around campus (85, 11%).

What are your main sources of stress right now? Choose all that apply.



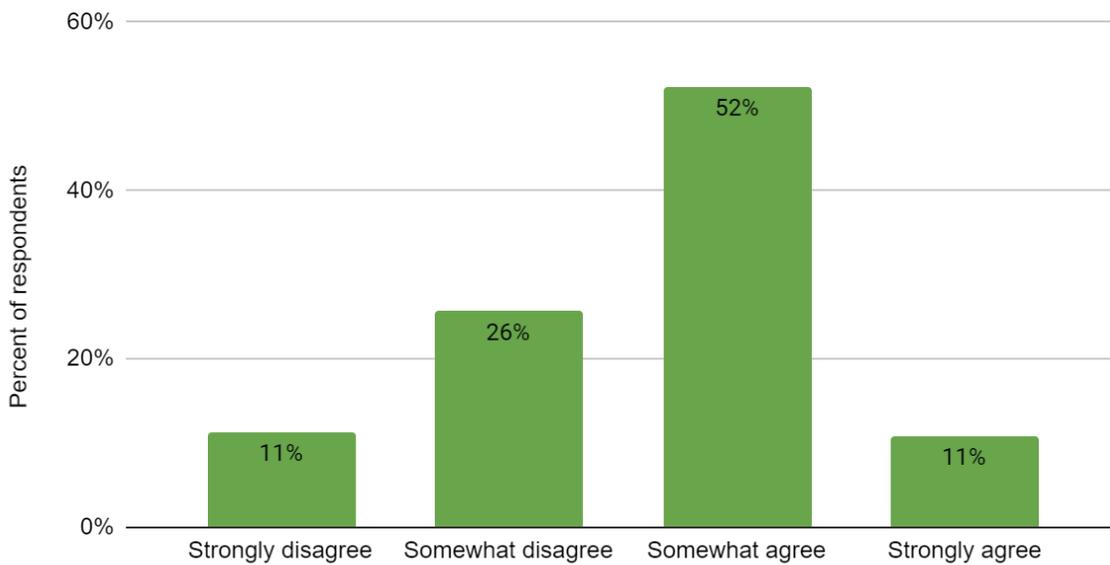
What are your main sources of stress right now? Choose all that apply.



To end the survey, the UASU asked students about places on and around campus that make them feel happy or relaxed.

52% reported that they somewhat agree with the statement “there are places on and around my campus that make me happy or relaxed”. However, 26% stated that they somewhat disagreed with the statement.

### Agree or disagree? 'There are places on and around my campus that make me happy or relaxed.'



We also asked students to list those places that make them happy and relaxed. Responses included:

- The Landing
- Rutherford and Cameron Library
- SUB
- The gym
- Cafes such as Mood Cafe and Remedy, as well as restaurants like Vegas Donair
- Dewey's on event nights such as trivia and bingo
- Campus grounds