

Overview and Key Findings

Distributed on the UASU Perks platform from March 11 to March 22, this survey reached 1301 respondents. Credit for survey design and much of the analysis goes to Alisha Bhakri, BA/18, BComm/21.

$\frac{1}{3}$ of respondents reported constant severe stress this semester (Winter 2021). A similar number of students selected the next highest level of stress on a 5-point scale, for a total of 72% reporting high or severe stress levels. While students reported high stress across the board, stress levels were highest in Nursing, Arts, Campus Saint-Jean, women and gender minorities, and disabled students.

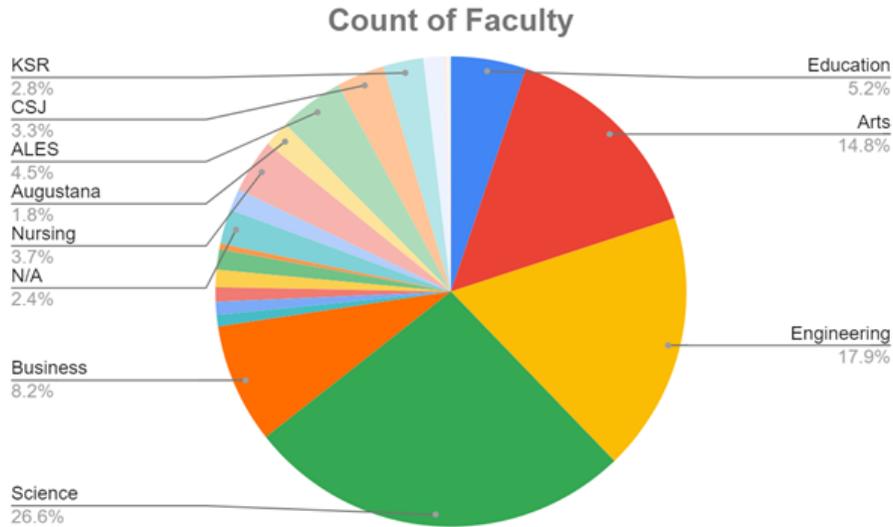
$\frac{1}{3}$ of respondents said that stress had a major impact on their mental health in Winter 2021. A similar proportion selected the next highest response, for a total of 63% in the top two response bands. While students reported high impact across the board, stress was most likely to affect mental health in Arts, Nursing, Augustana, Campus Saint-Jean, women and gender minorities, and disabled students. A Pearson correlation coefficient of 0.707 confirms the obvious strong relationship between stress levels and the impact of stress on mental health in Winter 2021.

The most common employment arrangement in our sample was working from home. $\frac{2}{3}$ of the students who worked from home said that it had caused them significant stress. 17% of respondents reported significant stress from unemployment.

Students named several UASU services and events as making a difference in their stress levels in the past. The standout leaders were Week of Welcome and movie nights (each named by roughly 200 students). The Peer Support Centre, trivia nights, and board game rooms/nights also featured heavily.

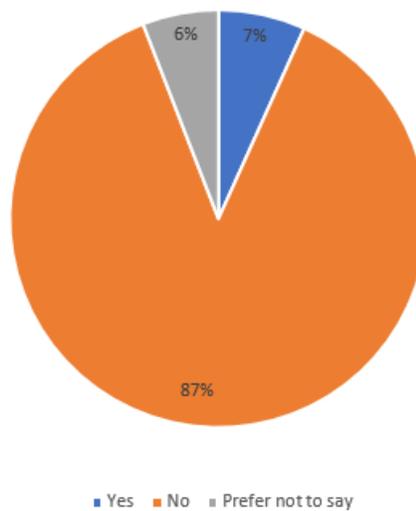
Demographic Overview

This survey saw disproportionately high participation from students in Engineering, Science, and Business, but most faculties were reasonably well represented.

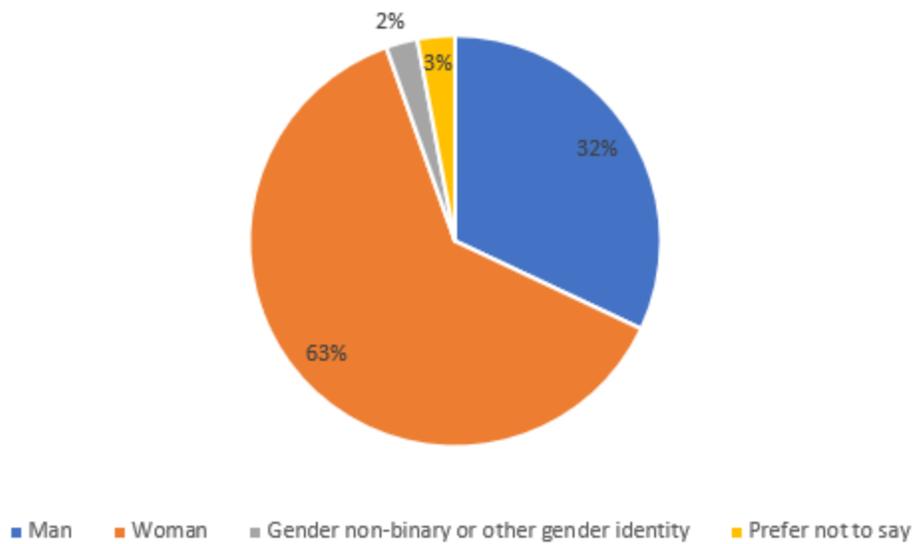


Roughly 300 respondents did not specify their faculty and are not represented in this chart.

Do you identify as differently abled or a student with a disability?

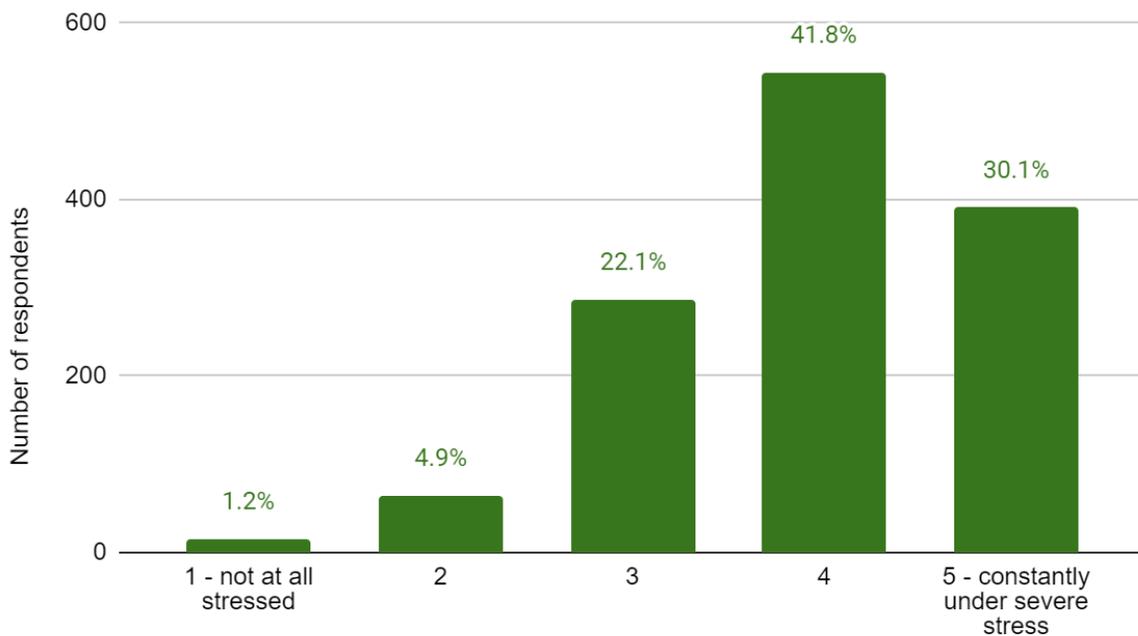


What is your gender?



“On a scale of 1 to 5, how stressed did you feel this semester?” [1 = not at all stressed, 5 = constantly under severe stress]

1/3 of respondents identified as being constantly under severe stress. 72% selected the top two stress levels.

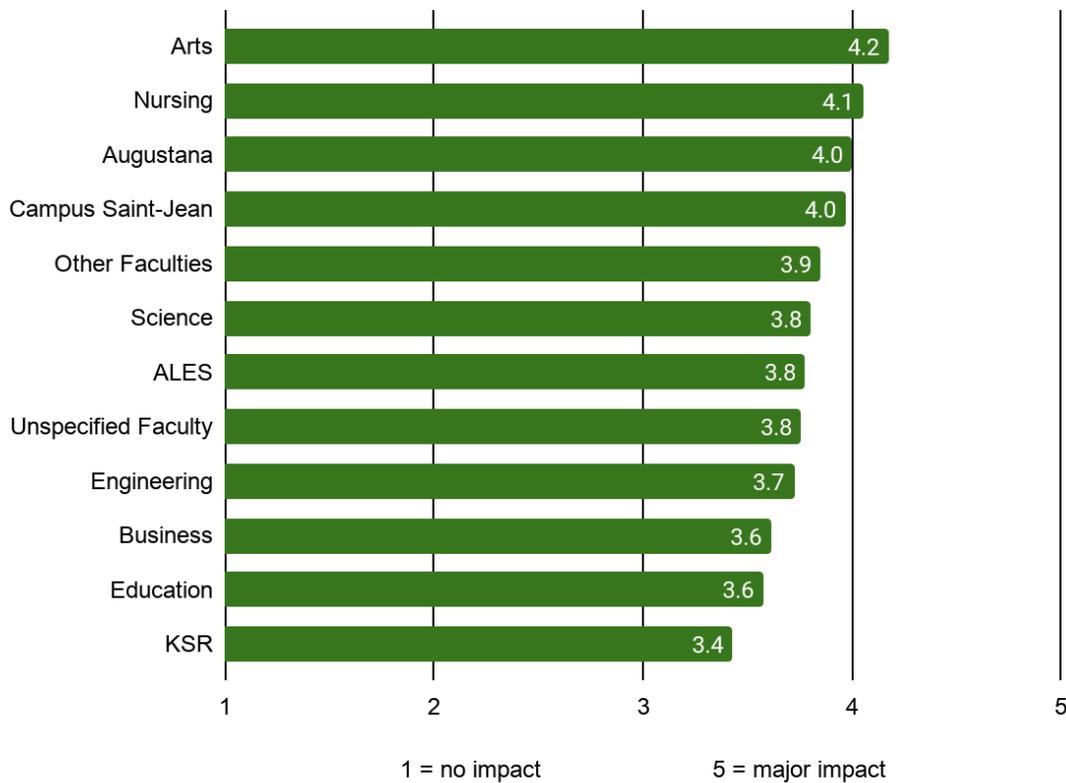


“On a scale of 1 to 5, has stress been impacting your mental health this semester?” [1 = stress has not been impacting my mental health this semester / 5 = stress has been having a major impact on my mental health this semester]

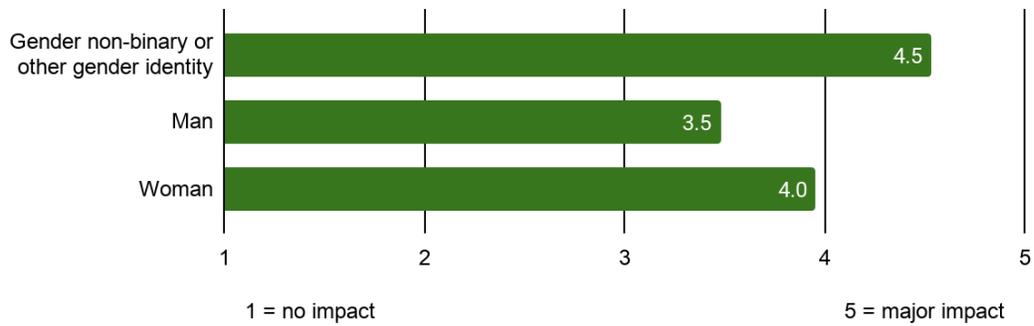
1/3 of respondents said that stress had a major impact on their mental health in Winter 2021. A similar proportion selected the next highest response, for a total of 63% in the top two response bands.

It’s important to note that this question discusses the impact of stress levels on mental health in the Winter 2021 semester, not in general.

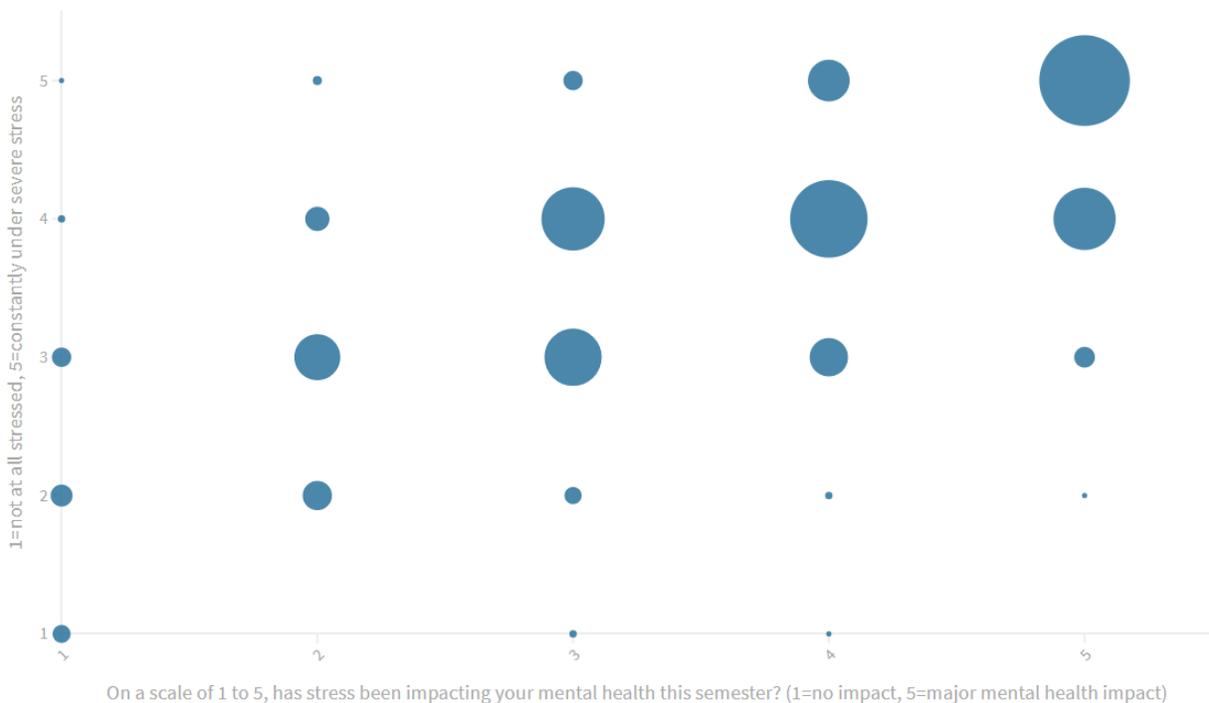
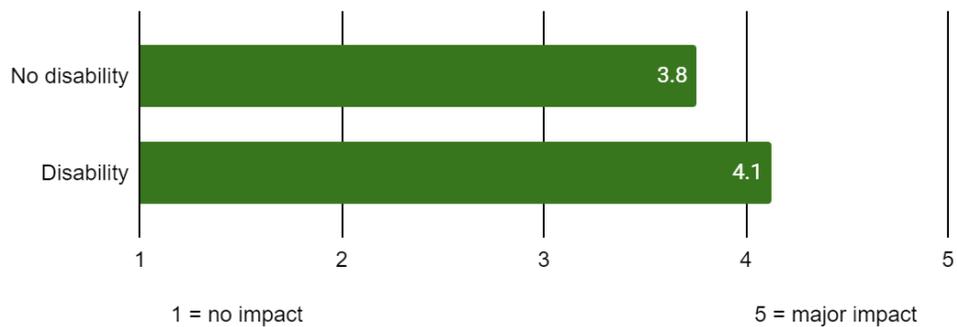
Average impact of stress on mental health, out of 5



Average impact of stress on mental health, out of 5



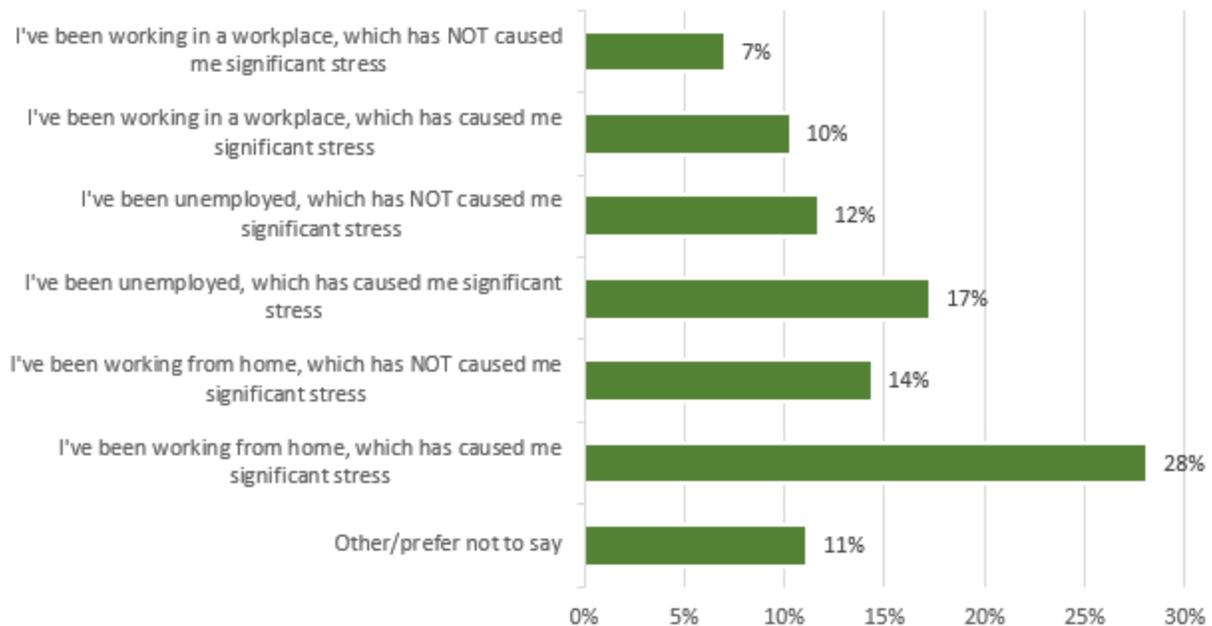
Average impact of stress on mental health, out of 5



Note that very few students report stress without significant mental health impacts. A Pearson correlation coefficient of 0.707 establishes this strong relationship.

Stress and Employment

Which one of these comes closest to your experience this semester during COVID-19?



“Have any of these student events/services helped you deal with stress in the past?”

Many student events and services have seen significant changes during COVID-19. Students shared their experiences and opinions in that context.

Over 200 students (out of 1300, many of whom hadn't been students before COVID-19) cited Week of Welcome (WOW) as helping them deal with stress. A similar number mentioned movie nights. WOW and movie nights were by far the most commonly cited events/services.

The Peer Support Centre, board game rooms/nights, and trivia nights were also popular choices.