



Emotional Wellness & Mental Health in Graduate School

Graduate Student Association
Mental Health Committee
October 26, 2021

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Today

- Common experiences
- National data
- Rutgers-specific data
- Resources

Graduate Students: Common Experiences

- social isolation
- work can be abstract
- feelings of inadequacy
- worries about the job market
- suffering is part of graduate work
- financial struggles
- what else?

National College Health Assessment: Graduate Student Mental Health

- Spring 2021 reference group data
- NCHA is a comprehensive health assessment tool
- Mental health, physical health (nutrition, exercise, sleep), sexual and reproductive health, alcohol & other drug use, chronic conditions, impacts on academics

Demographics

Age

- 28.3% 21-24 years
- 41% 25-29 years
- 30.5% 30+ years

Gender

- 63.2% Cis women
- 32.9% Cis men
- 3.2% transgender/gender non-conforming

Graduate Level

- 57.3% Masters (MA, MS, MFA, MBA, etc)
- 42.7% (PhD, EdD, MD, JD, etc)

Parent or primary responsibility for someone else's child/children under 18 years old: 11.3%

Students described themselves as:

- 79.5% Straight/Heterosexual
- 0.7% Asexual
- 8.5% Bisexual
- 3.5% Gay
- 1.4% Lesbian
- 1.8% Pansexual
- 2.6% Queer
- 1.6% Questioning
- 0.5% Identity not listed above

Students described themselves as:

- 1.3% American Indian or Alaskan Native
- 23.5% Asian or Asian American
- 4.8% Black or African American
- 12.7% Hispanic or Latino/a/x
 - If Hispanic or Latino/a/x
 - 53.7% Mexican, Mexican American Chicano
 - 8.1% Puerto Rican
 - 3.5% Cuban
 - 39.5% Another Hispanic, Latino/a/x, or Spanish Origin
- 2.7% Middle Eastern/Northern African or Arab origin (MENA)
- 0.5% Native Hawaiian or Other Pacific Islander Native
- 58.7% White
- 4.6% Biracial or Multiracial
- 2.1% Identity not listed above
- If Asian or Asian American
 - 58.6% East Asian
 - 16.6% Southeast Asian
 - 26.1% South Asian
 - 1.5% Other Asian
- 25.6% First Generation students

Students agree or strongly agree that:

	Cis Men	Cis Women	Transgender/Gender non-conforming	Total
I feel that I belong at my college/University	68.4	65.1	52.4	65.7
I feel that students' health and well-being is a priority at my college/university	60.6	54.5	39.5	55.9
At my college/university, I feel that the campus climate encourages free & open discussion of students' health and well-being	62.3	56.8	41.6	58.0
At my college/university, we are a campus where we look out for each other	53.0	49.7	37.5	50.3

Receiving psychological or mental health care within the last 12 months

	Cis Men	Cis Women	Transgender/Gender non-conforming	Total
Receiving psychological or mental health care services within the last 12 months	24.6	40.8	62.0	36.2
My current campus health and/or counseling center	46.5	40.1	37.9	41.4
A mental health provider in the local community near my campus	35.2	34.5	44.1	35.3
A mental health provider in my home town	29.4	35.0	33.3	33.6
A mental health provider not described above	12.3	14.1	18.7	14.0

Negative impact on academic performance

	Cis Men	Cis Women	Transgender/ Gender non-conforming	Total
Anxiety	42.8	45.7	60.0	45.7
ADHD or ADD	57.6	66.1	74.9	64.2
Depression	50.2	51.9	63.8	52.2
Eating Disorder/Problem	25.3	23.4	27.3	24.1
PTSD	43.5	40.6	62.0	43.5
Sleep Difficulties	39.4	39.5	50.5	40.0
Stress	43.8	47.3	61.6	46.9

Kessler 6 Non-Specific Psychological Distress Score

Range 0-24

	Cis Men	Cis Women	Transgender/Gen der non-conforming	Total
No or low psychological distress (0-8)	66.1	58.0	38.6	60.0
Moderate psychological distress (9-12)	20.1	23.6	27.5	22.6
Serious psychological distress (13-24)	13.8	18.4	33.9	17.4

UCLA Loneliness Score (range 3-9)

	Cis Men	Cis Women	Transgender/Gender non-conforming	Total
Negative for loneliness (3-5)	55.9	53.0	37.6	53.5
Positive for loneliness (6-9)	44.1	47.0	62.4	46.5

Suicide Behavior Questionnaire Revised (SBQR) (range 3-18)

	Cis Men	Cis Women	Transgender/Gen der non- conforming	Total
Negative suicidal screening (3-6)	82.4	79.4	49.5	79.3
Positive suicidal screening (7-18)	17.6	20.6	50.5	20.7

Within the last 12 months, how would you rate the overall level of stress experienced?

	Cis Men	Cis Women	Transgender/Gender non-conforming	Total
No stress	2.6	0.6	1.0	1.3
Low stress	28.2	16.4	12.5	20.2
Moderate	46.3	49.1	42.2	47.9
High	22.9	33.9	44.3	30.6

Chronic Conditions: ever diagnosed with the following:

	Cis Men	Cis Women	Transgender/Gender non-conforming	Total
Add/ADHD	8.4	8.1	19.9	8.6
Anxiety	17.1	34.7	54.2	29.6
Autism Spectrum	0.7	0.4	4.3	0.7
Bipolar and related conditions	1.5	2.0	8.4	2.1
Borderline personality disorder, Avoidant personality, or another personality disorder	0.3	0.8	4.9	0.7
Depression	14.9	26.8	51.9	23.7
Eating disorders	0.9	6.2	12.3	4.7
Obsessive-compulsive and related conditions	2.0	4.6	11.3	4.0
Schizophrenia and other psychotic conditions	0.2	0.1	0.8	0.2

Got enough sleep that they felt rested

	Cis Men	Cis Women	Transgender/Gender non-conforming	Total
0 days	13.6	18.5	21.3	17.0
1-2 days	33.6	35.4	34.9	34.7
3-5 days	36.9	34.7	32.6	35.3
6-7 days	16.0	11.4	11.2	13.0



The Healthy Minds Study

2019-2020

Refining the Sample by Degree Programs

Total Sample $n = 900$, 11% response rate

Number of degree programs enrolled

- 36 students did not select a degree program
- 836 selected one program
- 27 students selected 2 programs
- 1 student selected 3 programs

Students' selection of degree programs

- Associate's ($n = 13$)
- Bachelor's ($n = 614$)
- Master's ($n = 138$)
- J.D. ($n = 0$)
- M.D. ($n = 2$)
- Ph.D. ($n = 99$)
- Online ($n = 10$)
- Other ($n = 11$)
- Non-degree ($n = 6$)
- Total ($n = 893$)
- Seven students did not respond to the question.

Final Sample

- Undergraduate students ($n = 620$, 68.9%)
- Graduate students ($n = 227$, 25.2%)
- Total $n = 847$ students
- Fifty-three students selected the following degrees: online, other, non-degree, or no selection.

Demographic characteristics

DESCRIPTION OF THE SAMPLE

Graduate Students

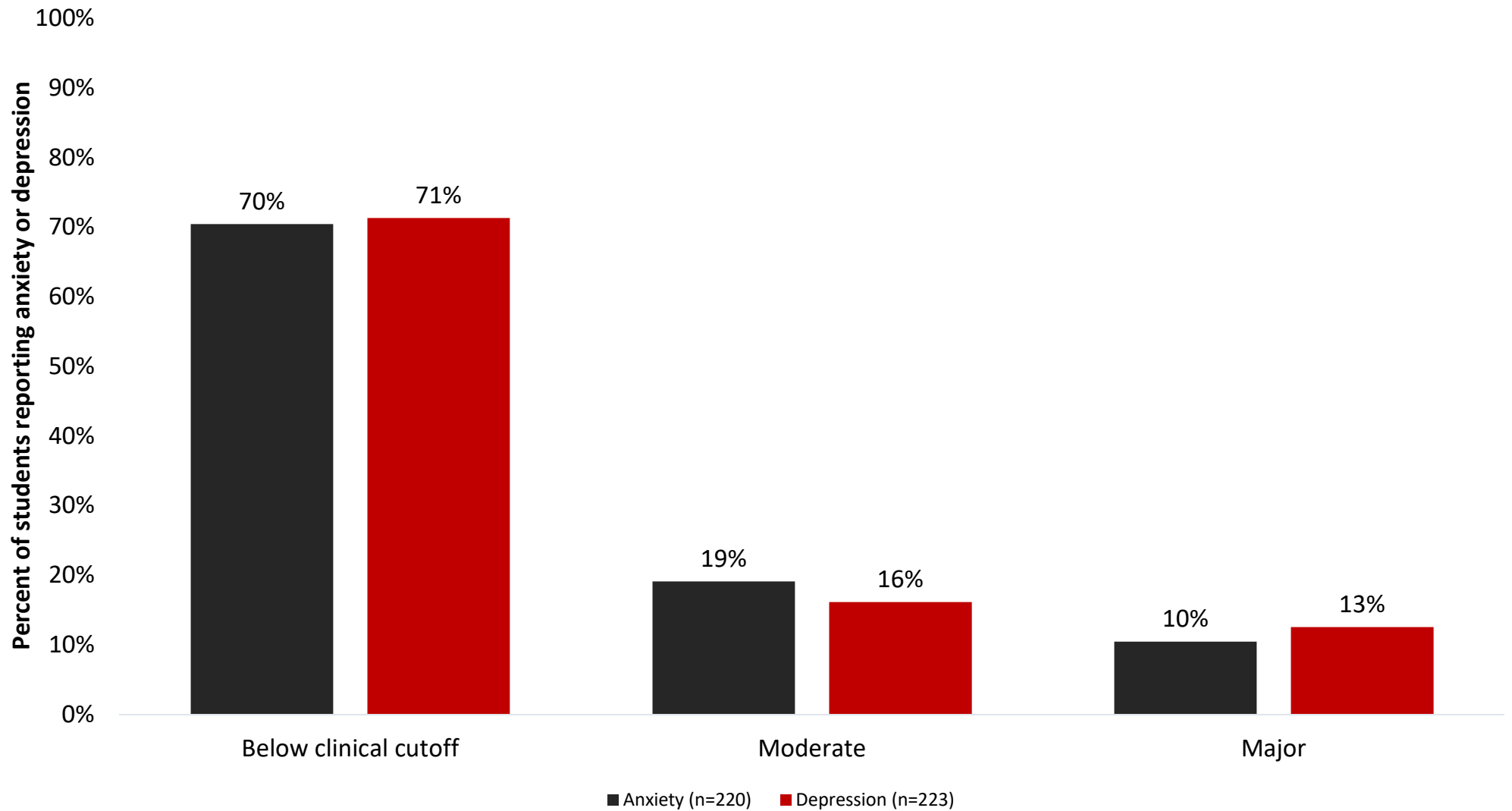
Racial Groups	N	%
White	250	47%
Asian International	33	15%
Asian Domestic	20	9%
Black	20	9%
Latinx	19	8%
Multiracial	17	8%
Other/Native American	7	3%
Middle Eastern/Arab	4	2%

Gender	N	%
Female	166	73%
Male	53	23%
QueerTrans	8	4%

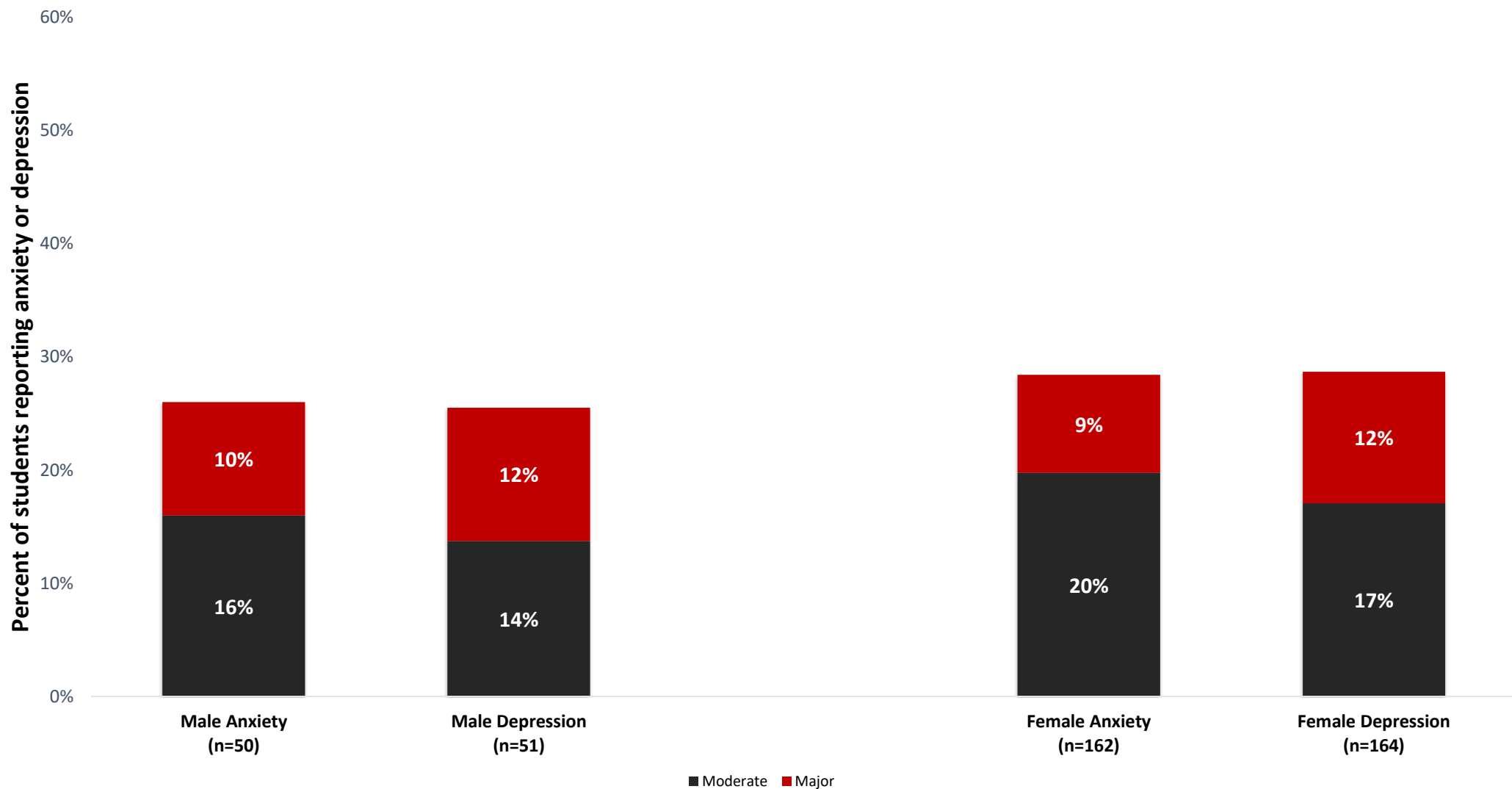
Levels of anxiety and depression

GRADUATE STUDENTS' MENTAL HEALTH

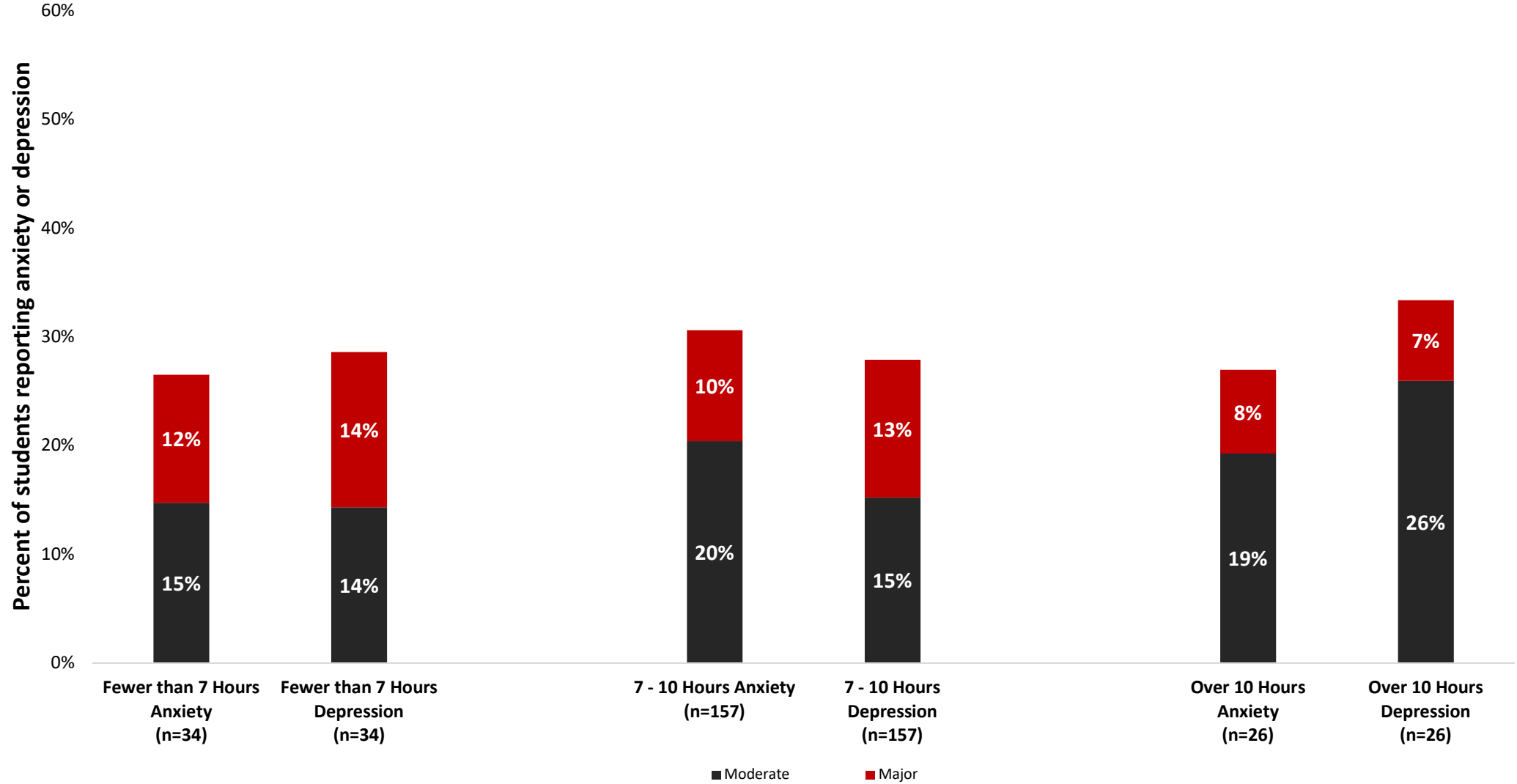
Level of Anxiety and Depression Among Graduate Students



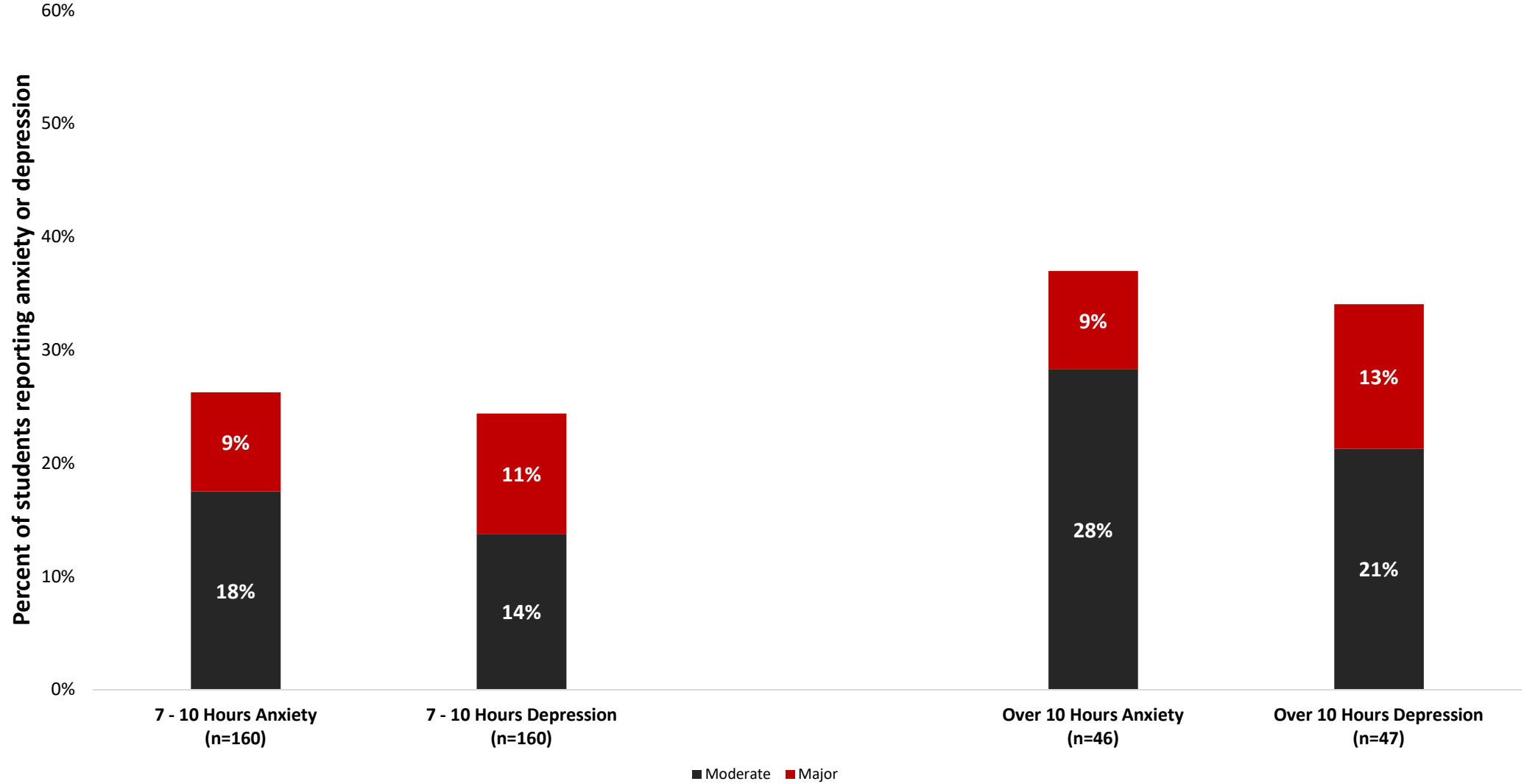
Level of Anxiety (N=212) and Depression (n=215), by Gender



Level of Anxiety and Depression, by Weekday Sleep (N=217)



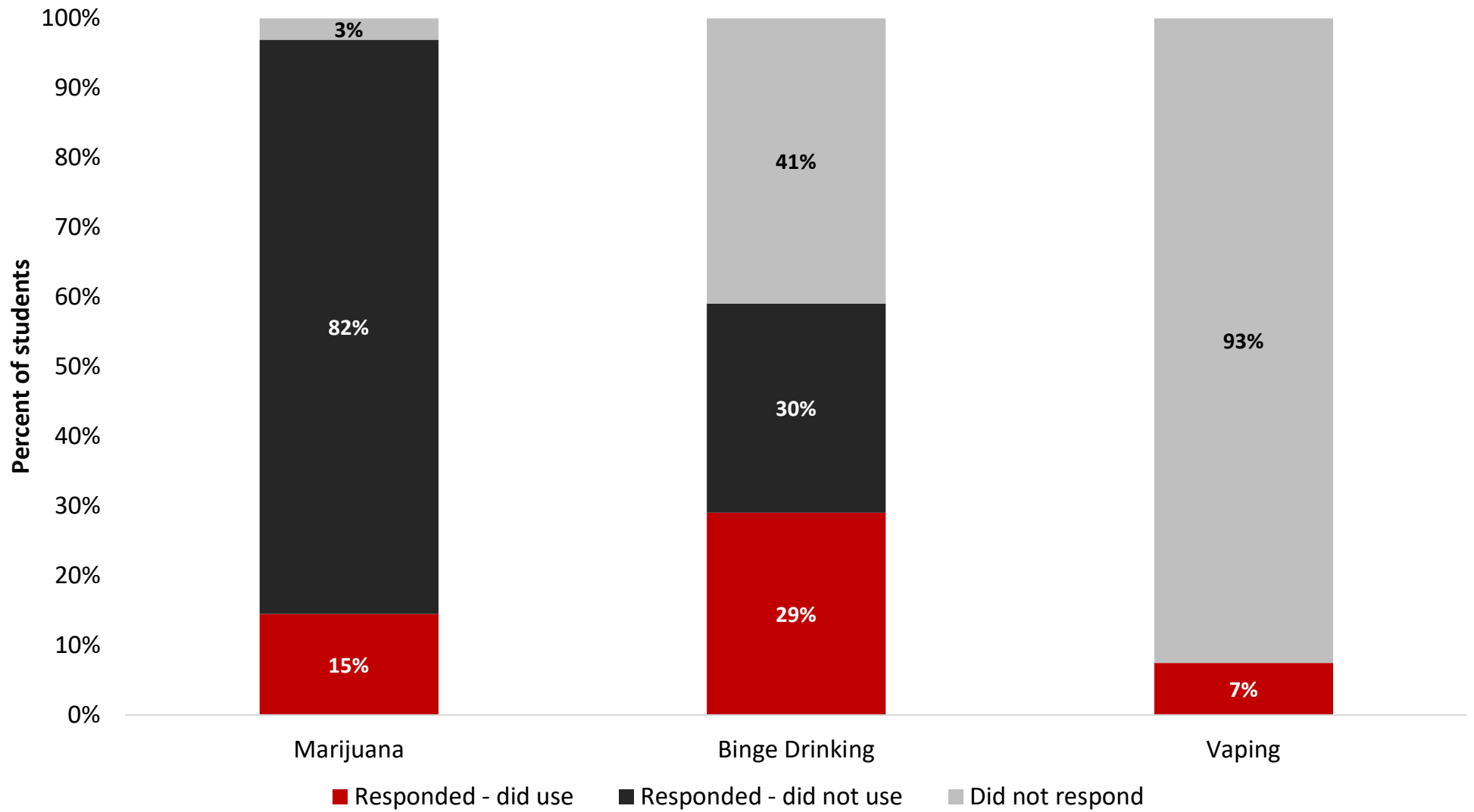
Level of Anxiety (N=206) and Depression (N=207), by Weekend Sleep



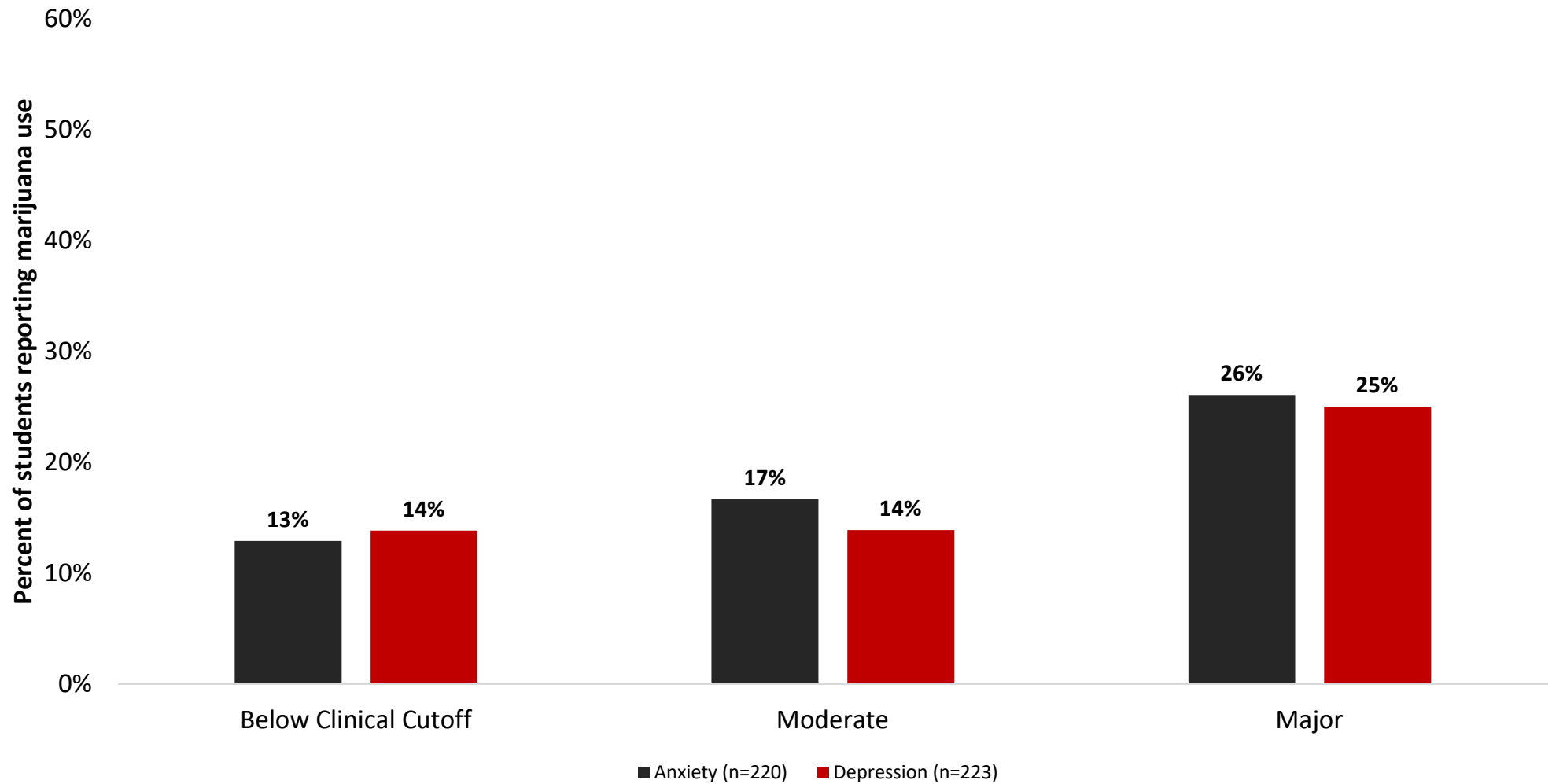
The relationship between substance use and levels of anxiety and depression.

SUBSTANCE USE AMONG GRADUATE STUDENTS

Frequency of Graduate Substance Use (N = 227)



Marijuana Use Among Graduate Students with Anxiety and Depression



Resources

- Counseling, Alcohol & Drug Assistance Program & Psychiatric Services (CAPS)
 - <http://health.rutgers.edu/medical-counseling-services/counseling/>
 - 848-932-7884
- Peer Wellness Coaches
 - <http://health.rutgers.edu/education/hope/>
- Violence Prevention & Victim Assistance
 - 848-932-1181
 - <http://vpva.rutgers.edu/>
- Dean of Students
 - <http://deanofstudents.rutgers.edu/>





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