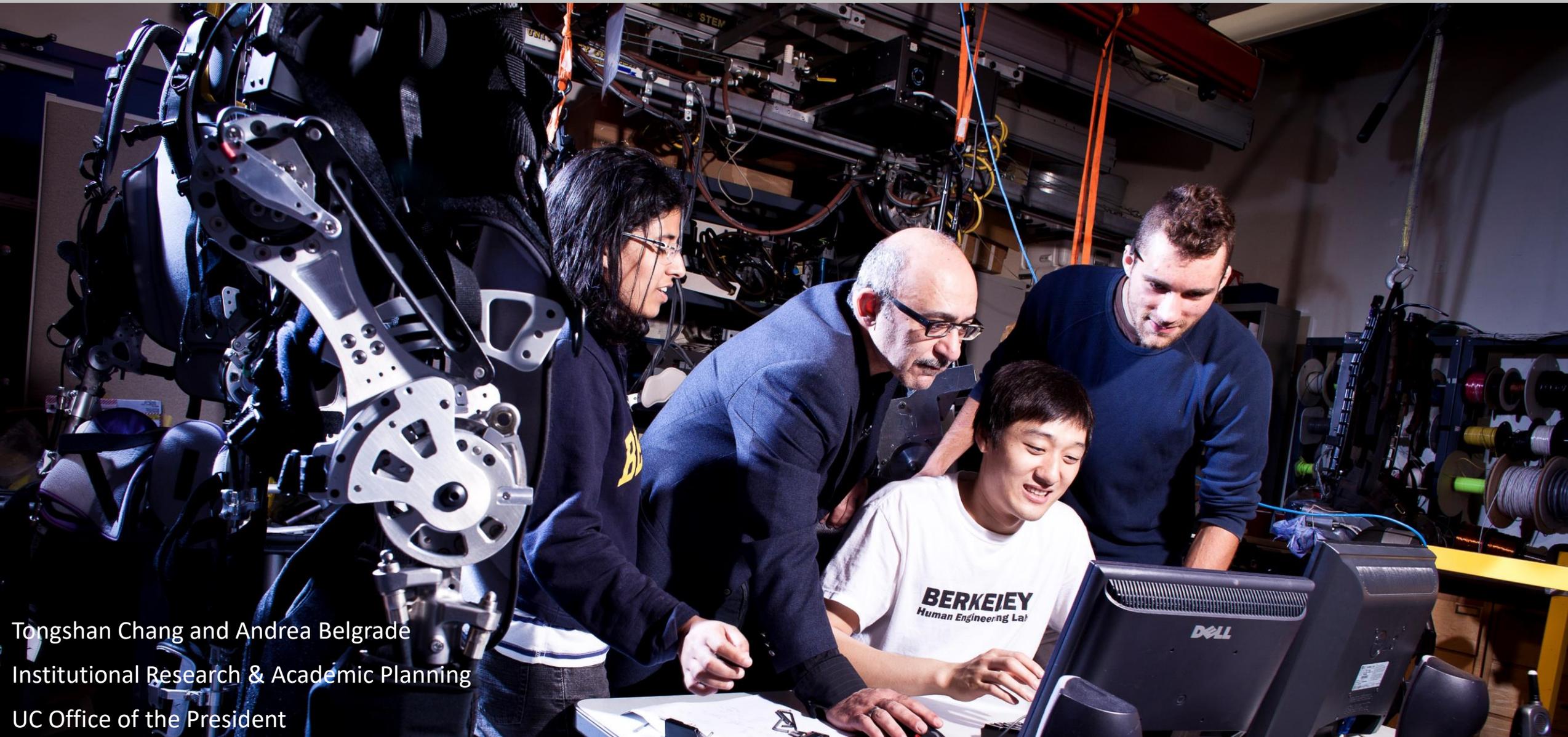


# UC Student Mental Health, Financial Confidence, and Basic Needs



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# UC systemwide student experience surveys

Student	Survey	Survey Administration	Major Topics
Undergraduates	<a href="#">UC Undergraduate Experience Survey (UCUES)</a>	2004, administered every other year and 11 times in total	<ul style="list-style-type: none"> <li>• Education experience</li> <li>• Academic and civic engagement</li> <li>• Student life and development</li> <li>• <b>Student well-being</b></li> <li>• <b>Financial situation</b></li> <li>• <b>Basic needs (2016)</b></li> </ul>
Graduate students	<a href="#">UC Graduate Well-Being Survey (GWBS)</a>	2016, administered once	<ul style="list-style-type: none"> <li>• Academic experience</li> <li>• Program climate</li> <li>• Student well-being</li> <li>• Basic needs support</li> </ul>
	<a href="#">UC Graduate Student Experience Survey (UCGSES)</a>	2021, administered every other year and twice in total	<ul style="list-style-type: none"> <li>• Quality of program, faculty and curriculum</li> <li>• Advising experience</li> <li>• Professional development</li> <li>• <b>Well-being</b></li> <li>• <b>Financial situation</b></li> <li>• <b>Basic needs</b></li> </ul>

# Student well-being questions in the 2022 UCUES and the 2023 UCGSES

The Patient Health Questionnaire-4 (PHQ-4)\*

**Over the last two weeks, how often have you been bothered by any of the following problems?**

(0-Not at all, 1-several days, 2-More than half the days, 3-Nearly every day)

- |  |   |  |
|--|---|--|
| 1. Feeling nervous, anxious, or on edge        | } | Total score $\geq 3$ suggests anxiety    |
| 2. Not being able to stop worrying             |   |  |
| 3. Feeling down, depressed, or hopeless        | } | Total score $\geq 3$ suggests depression |
| 4. Little interest or pleasure in doing things |   |  |

\*Kroenke, K., Spitzer, R. L., Williams, J. B. W., Löwe, B. [An ultra-brief screening scale for anxiety and depression: the PHQ-4](#). Psychosomatics 2009, 50 (6): 613-21.

# Financial situation questions in the 2022 UCUES and the 2023 UCGSES

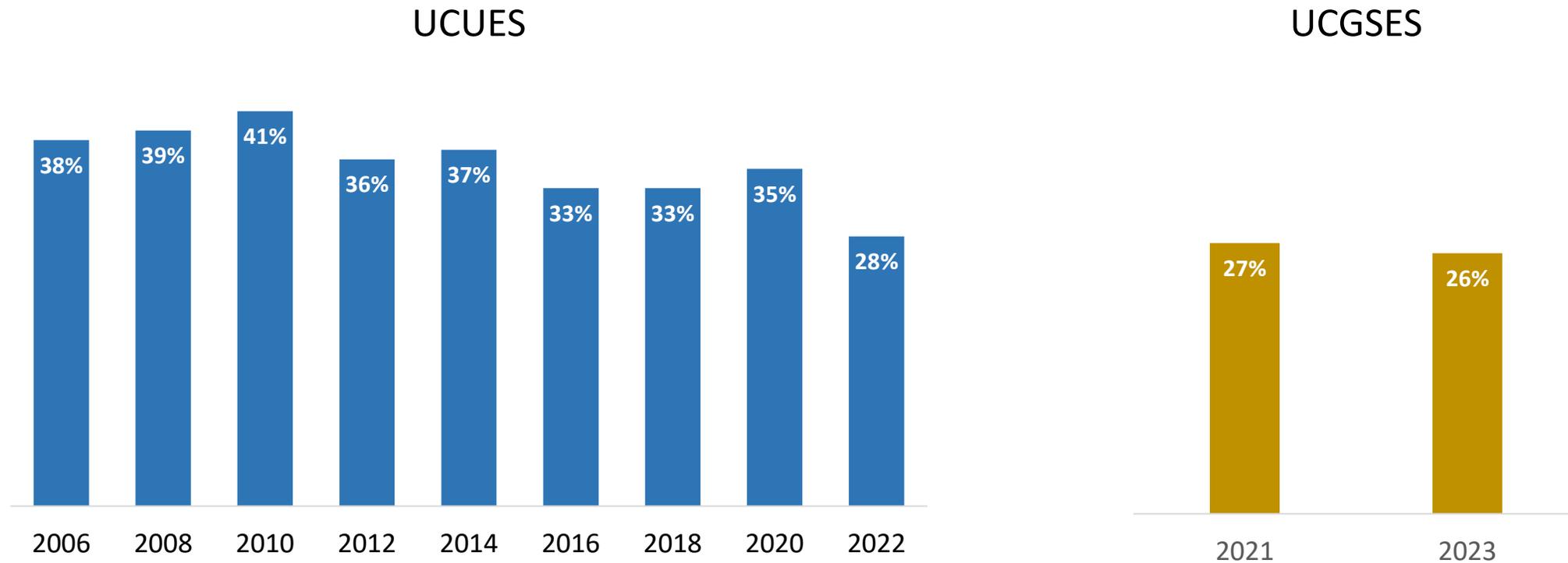
UCUES	UCGSES
<ul style="list-style-type: none"><li>• How concerned are you about paying for your undergraduate education next year?</li><li>• Worried about my debt and financial circumstances</li><li>• Cut down on personal/recreational spending to help pay for college expenses</li><li>• How concerned are you about your accumulated educational debt?</li></ul>	<ul style="list-style-type: none"><li>• I feel financially secure.</li><li>• I can get by financially without have to cut back on too many of the things that are important to me.</li><li>• Financial hardship has impeded my success in my program.</li></ul>

# Basic needs questions in the 2022 UCUES and the 2023 UCGSES

Food insecurity*	Housing insecurity
<ol style="list-style-type: none"><li>1. The food that I bought just didn't last, and I didn't have money to get more.</li><li>2. I couldn't afford to eat balanced meals.</li><li>3. Did you ever cut the size of your meals or skip meals because there wasn't enough money for food?</li><li>4. Did you ever eat less than you felt you should because there wasn't enough money for food?</li><li>5. Were you ever hungry but didn't eat because there wasn't enough money for food?</li><li>6. You indicated that you had cut the size of your meals or skipped meals because there wasn't enough money for food. How often did this happen?</li></ol>	<p>In the last 12 months, have you ever lacked a safe, regular, and adequate nighttime place to stay and sleep for any of the following lengths of time?</p> <ul style="list-style-type: none"><li><input type="radio"/> No</li><li><input type="radio"/> Yes, during Fall academic term</li><li><input type="radio"/> Yes, during Winter academic term</li><li><input type="radio"/> Yes, during Winter break</li><li><input type="radio"/> Yes, during Spring academic term</li><li><input type="radio"/> Yes, during Spring break</li><li><input type="radio"/> Yes, during Summer when taking classes</li><li><input type="radio"/> Yes, during Summer when not taking classes</li><li><input type="radio"/> Yes, during other academic holidays</li><li><input type="radio"/> Yes, but cannot recall when it occurred</li></ul>

\* The food insecurity module was developed by the U.S. Department of Agriculture,  
<https://www.ers.usda.gov/media/8282/short2012.pdf>

# Response rates\*



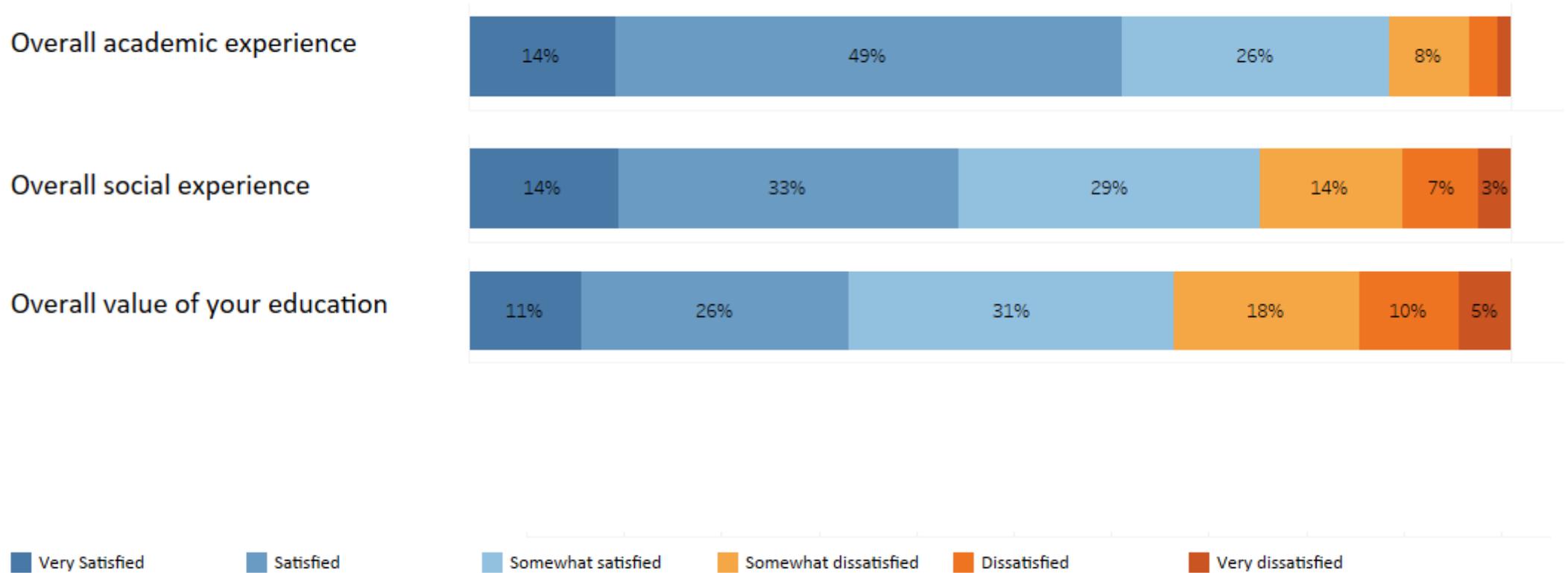
\*Response rates vary across campuses and sub-populations, but respondents are fairly representative of population.

# Data sharing and reporting\*

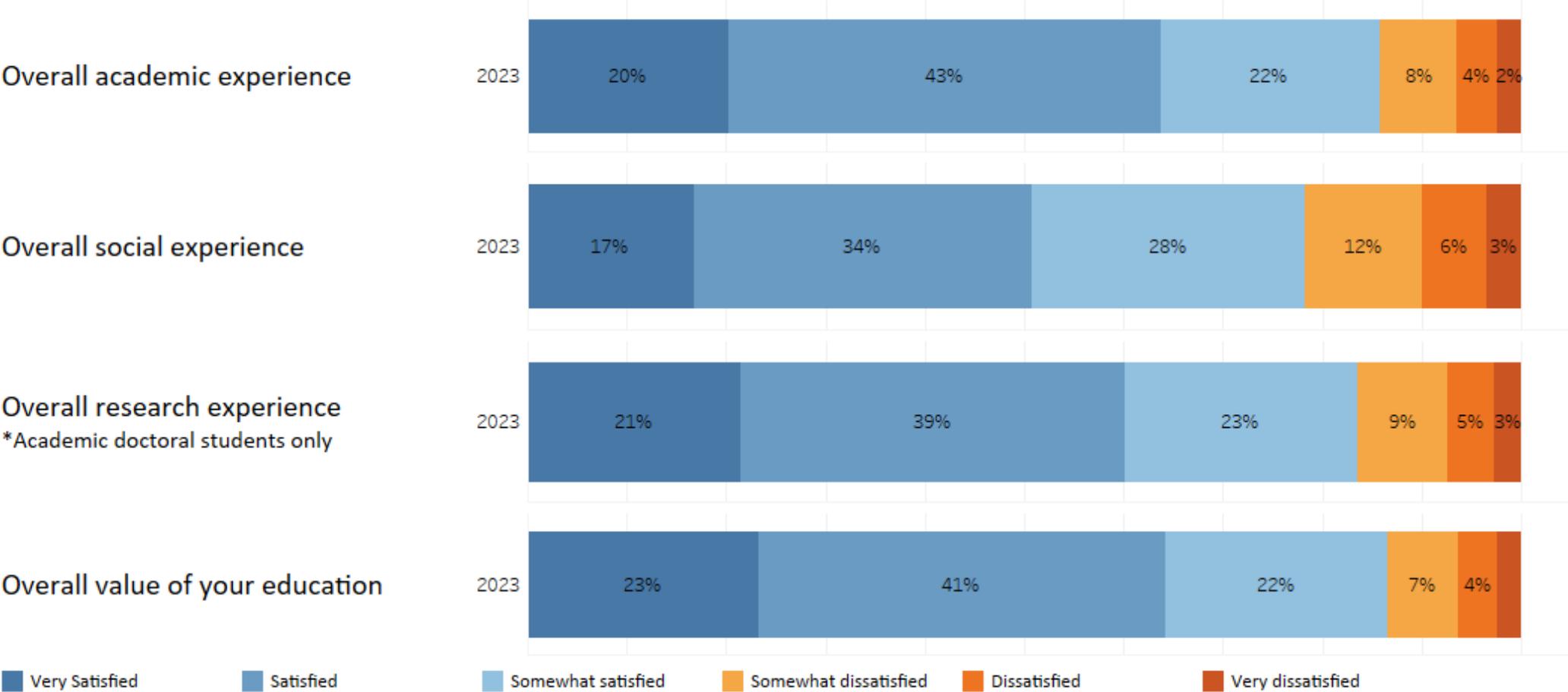
Data sharing	Data reporting
<ul style="list-style-type: none"><li>• Institutional Research and Academic Planning (IRAP) at UCOP partners with campus survey coordinators on server administration</li><li>• IRAP provides individual campus data with student identifiable information, so campuses can merge survey data with institutional data.</li><li>• IRAP provides systemwide data without student identifiable information to campuses. Campuses can conduct comparisons.</li></ul>	<ul style="list-style-type: none"><li>• Survey data dashboards on <a href="#">the UC Information Center</a></li><li>• <a href="#">UC Accountability Report</a></li><li>• Campus websites</li><li>• Research results to support decision-making</li></ul>

Student mental health, financial confidence,  
and basic needs data analysis

# Undergraduate student satisfaction

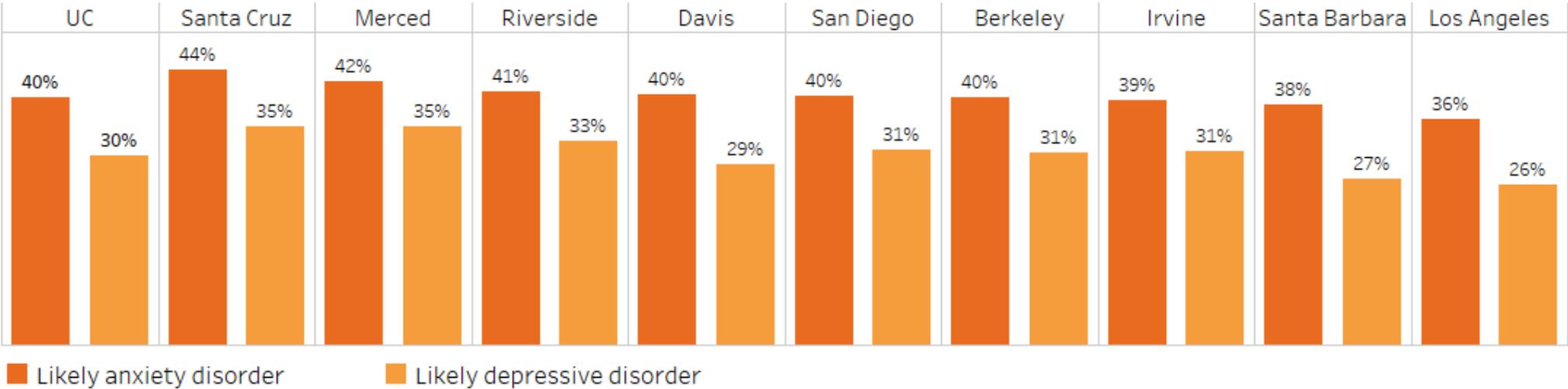


# Graduate student satisfaction

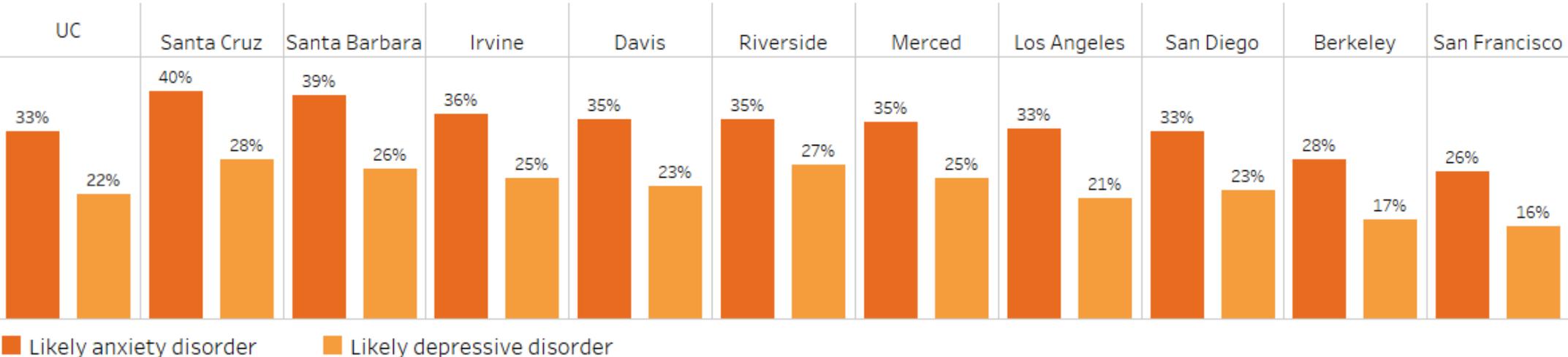


# Student mental health by campus

## Undergraduate Students



## Graduate Students

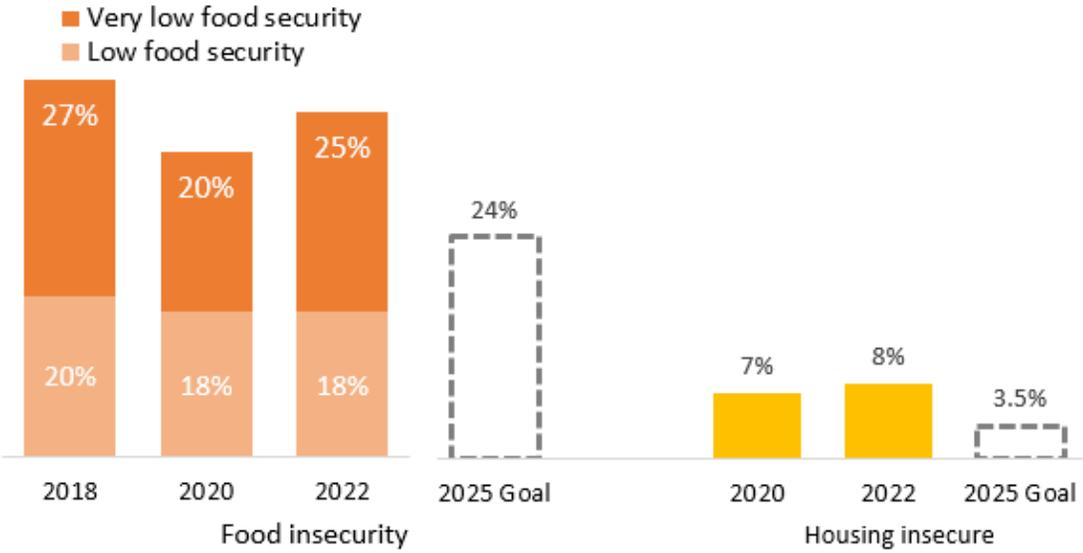


# Subpopulations experiencing more mental health challenges

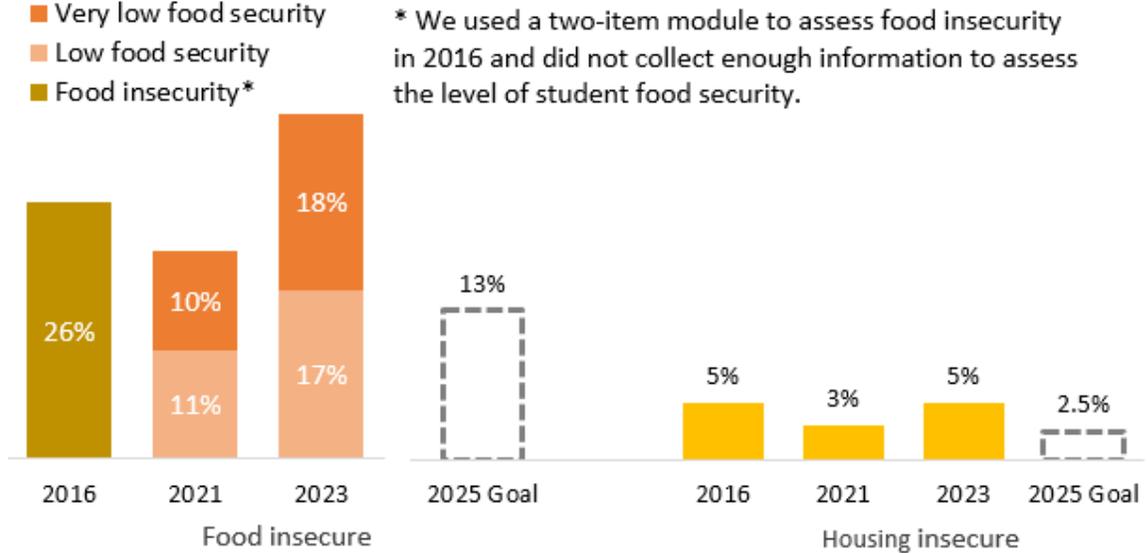
Undergraduate student subpopulation	Likely anxiety disorder	Likely depressive disorder
Parenting students who live with children part time	67%	63%
Nonbinary gender	60%	47%
American Indian	44%	35%
Arts	45%	34%
First-generation college student	43%	34%
Pell grant recipient	43%	33%
Humanities	43%	33%
Graduate student subpopulation	Likely anxiety disorder	Likely depressive disorder
Nonbinary gender	55%	36%
Parenting students who live with children part time	40%	38%
American Indian	44%	26%
Arts	43%	30%
Humanities	44%	29%

# Basic Needs

## Undergraduate student basic needs



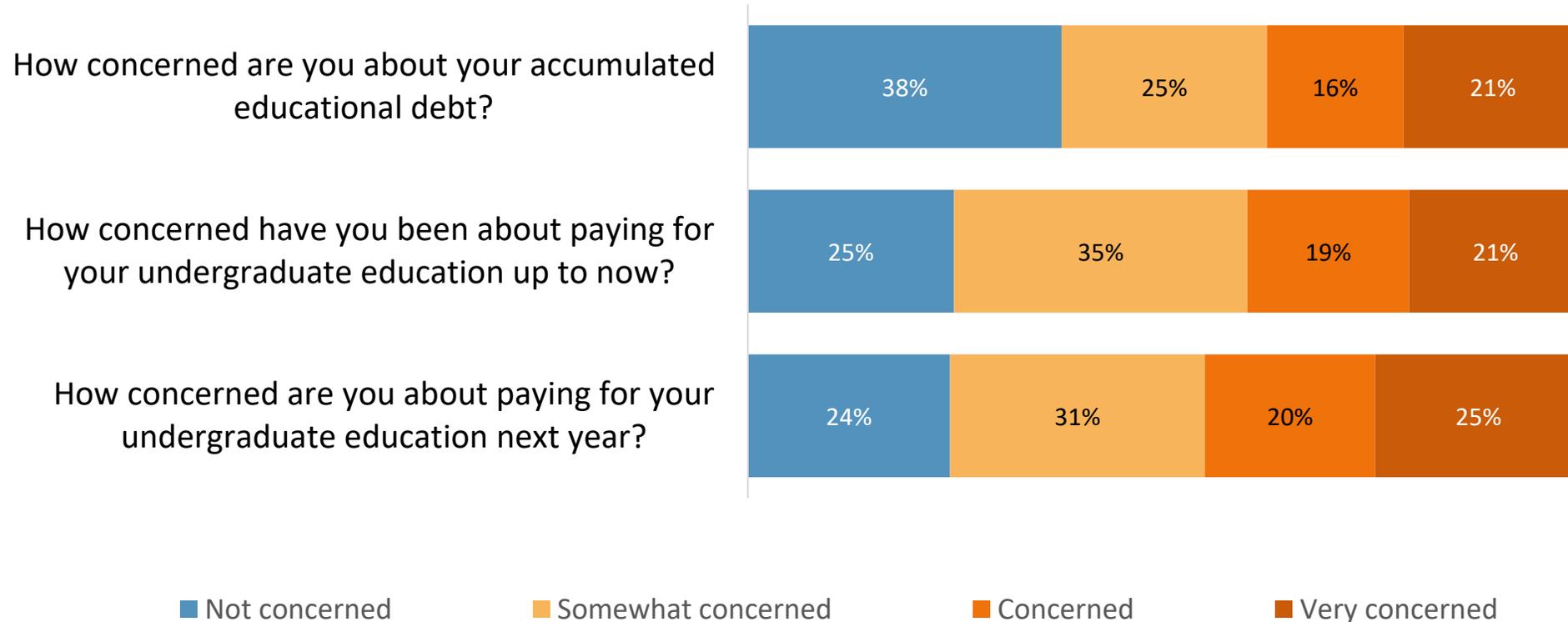
## Graduate student basic needs



# Subpopulations experiencing more basic needs challenges

Undergraduate student subpopulation	Low food security	Very low food security	Housing insecure
Parenting students who live with children part time	46%	38%	45%
Nonbinary gender	18%	36%	15%
African American	21%	37%	12%
American Indian	20%	36%	11%
Hispanic/Latino(a)	20%	36%	9%
First-generation college student	21%	34%	10%
Pell grant recipient	21%	34%	10%
Graduate student subpopulation	Low food security	Very low food security	Housing insecure
Parenting students who live with children part time	25%	31%	21%
Nonbinary gender	16%	35%	10%
African American	17%	28%	6%
First-generation college student	19%	24%	6%
International	20%	20%	7%
Chicano/Latinx	20%	23%	4%

# Undergraduate student financial situation



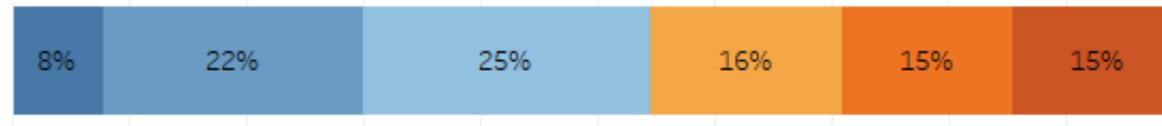
Students at UCM, UCR, and UCSC, URG students, Pell Grant recipients and first-generation students were more concerned about their financial situation.

# Graduate student financial situation

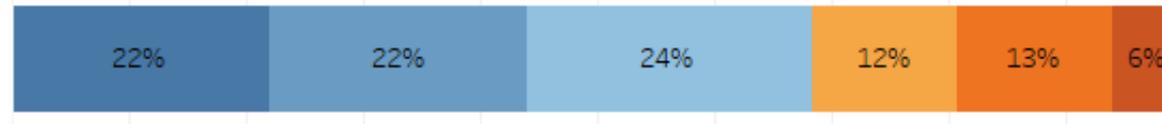
I feel financially secure



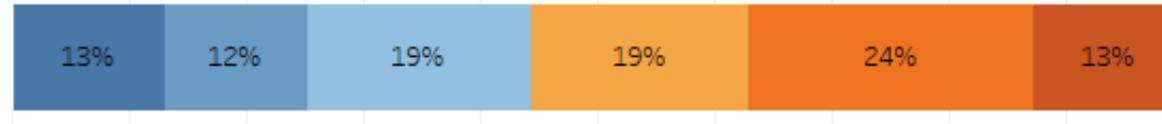
I can get by financially without having to cut back on too many of the things that are important to me



I'm worried about my financial circumstances



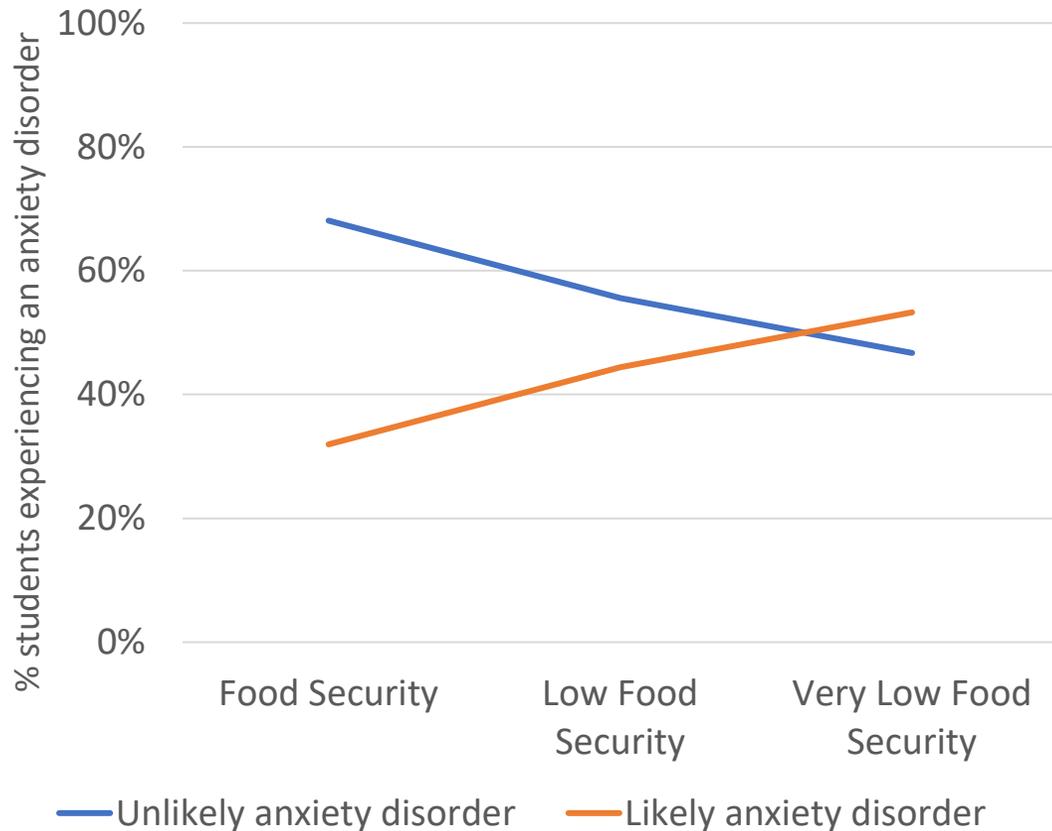
Financial hardship has impeded my success in my program



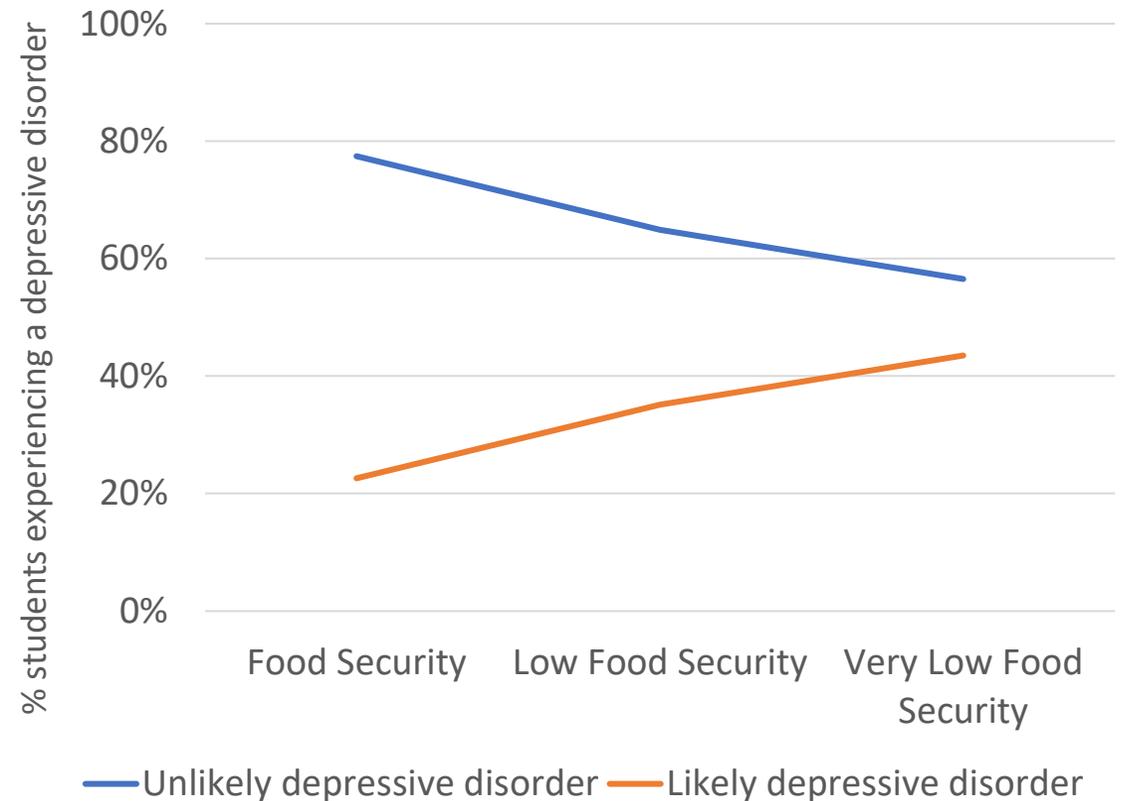
Strongly Agree    Agree    Somewhat agree    Somewhat disagree    Disagree    Strongly disagree

Students identifying as Nonbinary, African American, or Chicano/Latino, as well as students in Humanities, Arts, and Social Sciences were more concerned about their financial situation. [Link to detailed financial support report from UCGSES 2021.](#)

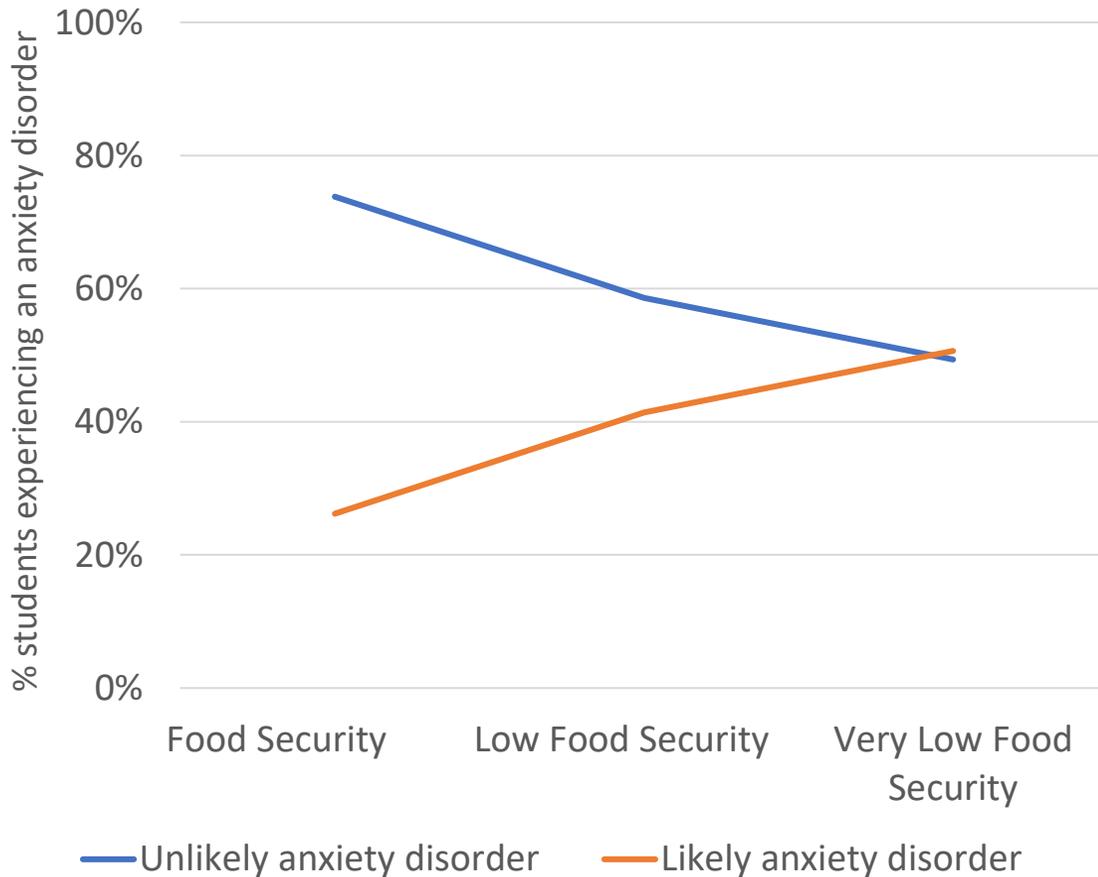
Undergraduate students experiencing greater **food** insecurity are more likely to have an **anxiety** disorder



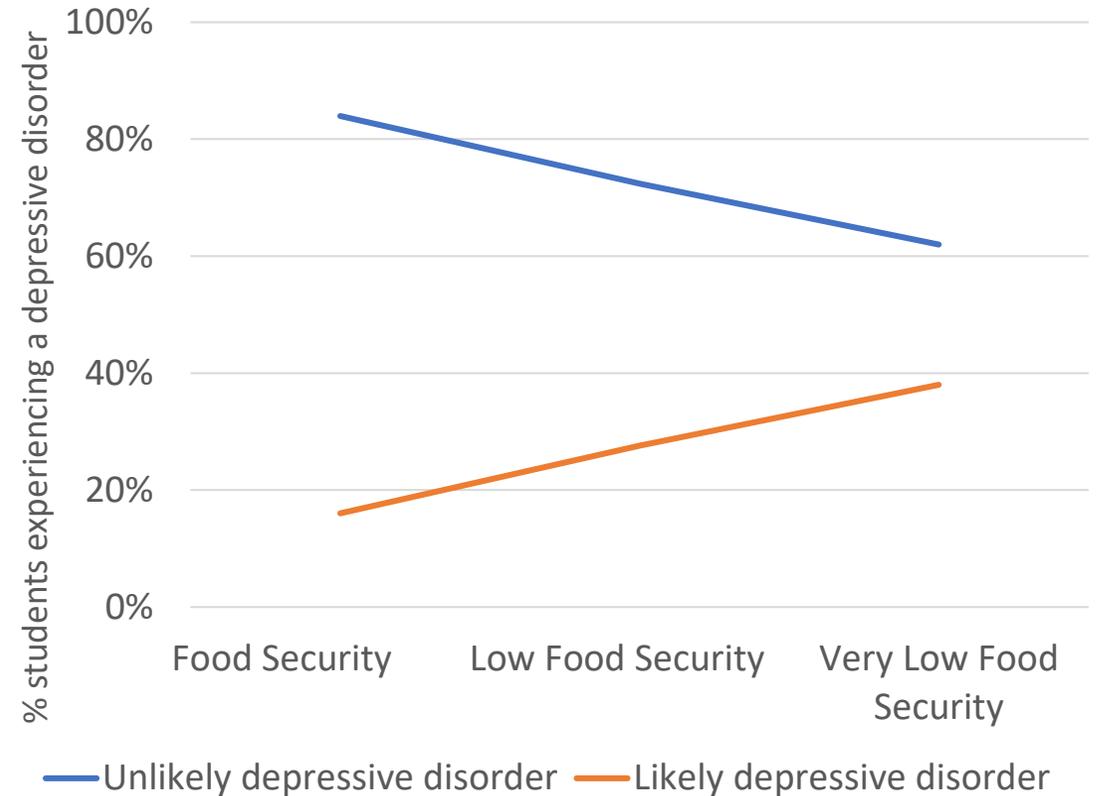
Undergraduate students experiencing greater **food** insecurity are more likely to have a **depressive** disorder



Graduate students experiencing greater **food** insecurity are more likely to have an **anxiety** disorder



Graduate students experiencing greater **food** insecurity are more likely to have a **depressive** disorder



# Summary of survey findings

- More than one third of UC students experienced a mental health issue with undergraduates being more likely to have an anxiety disorder (40%) or depressive disorder (30%) relative to graduate students (33%, 22%). Nonbinary and parenting students who stay with their children part time are among those that experience the greatest challenges to their mental health.
- Finances continue to be a major challenge for students with about three-fourths of undergraduates being at least somewhat concerned about paying for their education and two-thirds of graduate students being worried about their financial circumstances. Nearly half of graduate students reported that financial hardships impeded their academic success.
- About 45 percent of UC students experienced basic needs insecurity, with undergraduate students being more likely to experience food and housing insecurity than graduate students, and more undergraduate students reporting food insecurity in 2022 (43%) than in 2020 (38%) and more graduate students reporting food insecurity in 2023 (35%) than in 2021 (21%).
- Students experiencing food or housing insecurity are more likely to have an anxiety or depressive disorder

# Additional information about UC surveys

- [IRAP survey services website](#): IRAP's Survey Services can assist units across UCOP and the campuses that participate in UC systemwide surveys to UC students, faculty, staff, and alumni. This website provides information about all surveys IRAP administered in past 20 years and administers periodically now.
- [UCUES data dashboards](#): a landing page with a list of dashboards that present response counts and percentages for most survey questions
- [UCGSES data tables dashboard](#): a landing page with a list of dashboards that present response counts and percentages for most survey questions
- [Basic needs dashboard](#): results from undergraduate and graduate surveys on food and housing insecurity
- [UC Global Food Initiative](#): information about UC Global Food Initiative
- [Global Food Initiative: Food and Housing Security at the University of California](#)
- [Graduate and professional student advising at the University of California](#)
- [Graduate and professional students' financial support experience at the University of California](#)