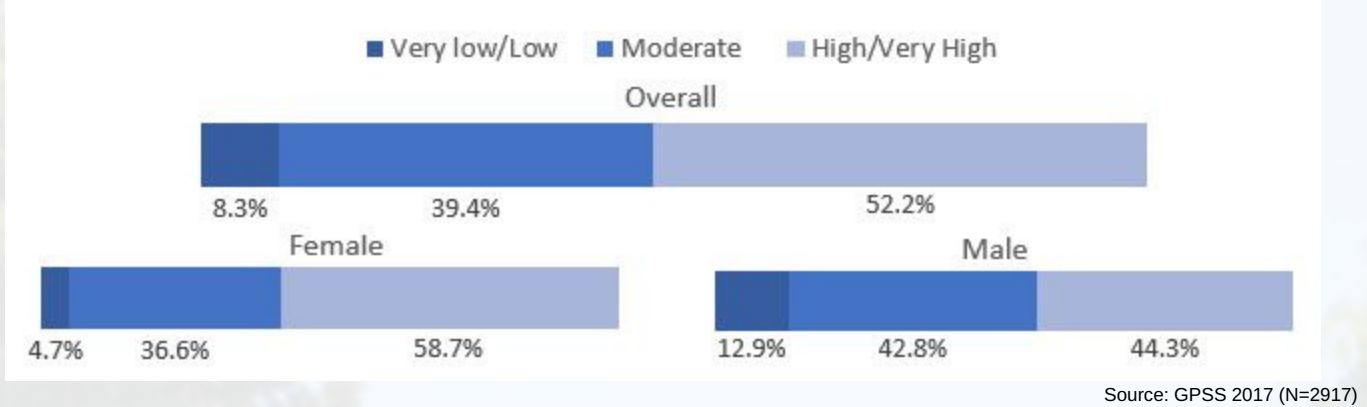




SAIRO Data Bite

Mental Well-being levels amongst graduate and professional students during the 2016-2017 academic year.

Average Stress Levels Since Beginning of Academic Year



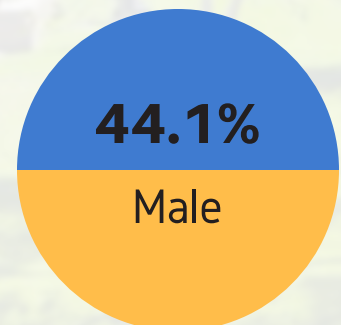
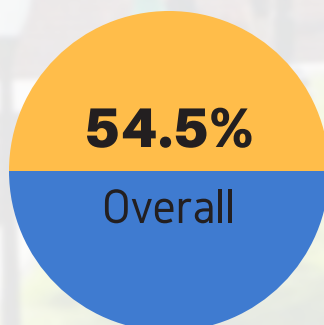
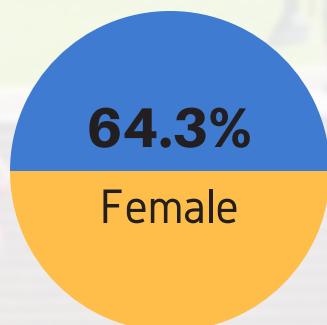
Self-Reported Emotional States

% reporting "most or all of the time"	Overall	Female	Male
You felt depressed	12.8%	14.2%	11.5%
You felt restless, fidgety, or impatient	15.7%	17.9%	13.5%
You have been anxious or worried	27.3%	33.1%	21.7%
You have been a happy person	54.8%	51.8%	57.8%
You have been in firm control of your behavior, thoughts, emotions, and feelings	60.1%	54.3%	67.4%

Source: GPSS 2017

Extent to Which Feeling Depressed, Stressed, or Upset Affected Academic Progress During the Past Year:

% reporting "significantly slowed or somewhat slowed"



Source: GPSS 2017 (N=2675)

General Comfort with Accessing Mental Health Services

% reporting "strongly agree" and "agree"

81.4% I know how to access mental health services on campus

77.1% I would feel comfortable reaching out to mental health services if I needed them

79.7% I would be able to direct friend in crisis to sources of support at UCLA

32.4% Mental Health issues are stigmatized on campus

Source: GPSS 2017