

## 2010 Student Affairs Graduate and Professional Student Survey

### WELLNESS

Please indicate how much time in the past month you have felt the following...

	Never	%	Rarely	%	Sometimes	%	Most of the time	%	Always	%
Your daily life has been full of things that were interesting to you.	29	0.7	255	6.5	1,242	31.6	1,819	46.3	586	14.9
You felt loved and wanted.	49	1.3	294	7.5	1,057	27.1	1,554	39.8	948	24.3
You have been a very nervous person.	353	9.0	1,215	31.0	1,448	36.9	679	17.3	225	5.7
You felt depressed	727	18.5	1,435	36.6	1,315	33.5	370	9.4	74	1.9
You felt tense or "high strung"	211	5.4	827	21.1	1,685	43.0	921	23.5	275	7.0
You have been in firm control of your behavior, thoughts, emotions, and feelings	34	0.9	209	5.3	945	24.1	1,939	49.5	788	20.1
You felt you had nothing to look forward to	1,576	40.3	1,297	33.1	741	18.9	245	6.3	54	1.4
You felt calm and peaceful	92	2.4	624	16.0	1,637	41.9	1,372	35.1	186	4.8
You felt emotionally stable	35	0.9	267	6.8	971	24.8	1,893	48.4	742	19.0
You felt downhearted and blue	660	17.0	1,508	38.7	1,331	34.2	345	8.9	49	1.3
You felt so down in the dumps that nothing could cheer you up	2,127	54.6	1,024	26.3	550	14.1	159	4.1	33	0.8
You have been moody or brooded about things	602	15.5	1,493	38.4	1,356	34.8	380	9.8	62	1.6
You felt restless, fidgety, or impatient	446	11.5	1,235	31.8	1,585	40.8	515	13.2	106	2.7
You have been anxious or worried	238	6.1	1,001	25.7	1,658	42.5	790	20.3	214	5.5
You have been a happy person	30	0.8	253	6.5	1,111	28.5	2,089	53.6	411	10.6
You have been in low or very low spirits	837	21.7	1,713	44.3	1,000	25.9	256	6.6	59	1.5
You have felt cheerful or lighthearted	53	1.4	356	9.1	1,508	38.7	1,739	44.6	245	6.3
You have felt lonely/isolated	1,014	26.0	1,239	31.8	1,101	28.2	401	10.3	146	3.7
During this academic year, how often have your negative thoughts/emotions interfered with your academic progress?	576	14.7	1,458	37.3	1,444	37.0	367	9.4	62	1.6

Data Source: 2010 Student Affairs Graduate and Professional Student Survey