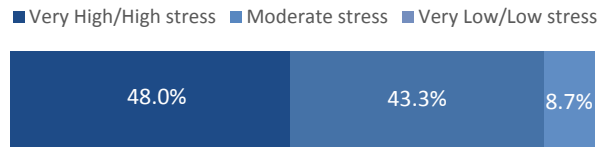


# WELLNESS SERIES: UNDERGRADUATE STRESS LEVELS

## Stress Levels

Participants were asked to describe their stress level since the beginning of the academic year from “very low stress” to “very high stress” on a scale of 1-5. Of all undergraduate student respondents, 48% reported having high or very high stress (Figure 1).

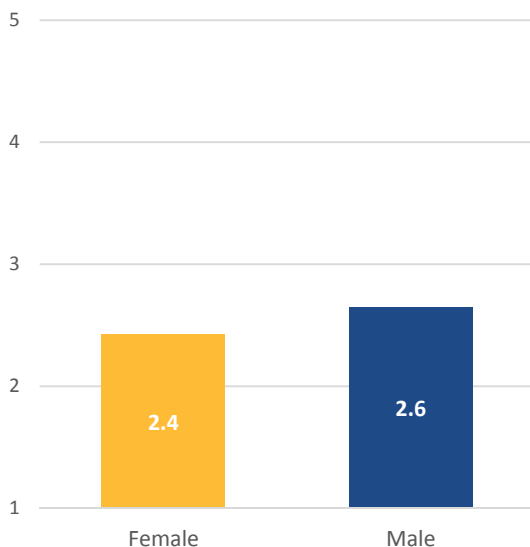
**Figure 1. Stress Levels**



## Comparison by Gender

When the mean stress scores were calculated and compared on the basis of gender (Figure 2), there were no significant differences.

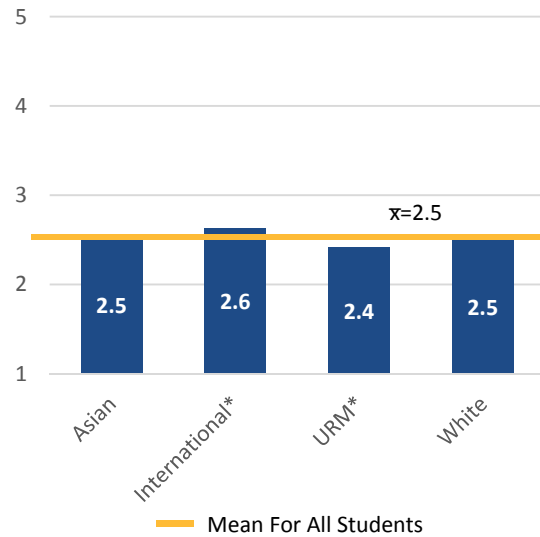
**Figure 2. Gender Mean Comparison for Stress Levels**



## Comparison by Race/Ethnicity

International and URM students reported significantly higher levels of stress when compared to all undergraduate respondents ( $p < .05$ ). No significant difference was reported between the levels of stress reported by White or Asian students when compared to the mean for all respondents (Figure 3).

**Figure 3. Race/Ethnicity Mean Comparison for Stress Levels**



Note: UCUES 2014 data was used for this brief. Analysis of the data primarily included frequencies and descriptive statistics. To understand group differences by gender and race/ethnicity, we conducted t-tests. The average for each race/ethnicity was compared to the overall average in order to determine if the average of each group (Asian, International, URM, and White) differed respective to the overall mean. Significance was calculated and reported as follows: one asterisk (\*)  $p < 0.05$ , two asterisks (\*\*)  $p < 0.01$ .

For accompanying information including participant demographics, survey methodology, and additional undergraduate wellness series briefs please visit: <http://www.sairo.ucla.edu/2014-Wellness>.