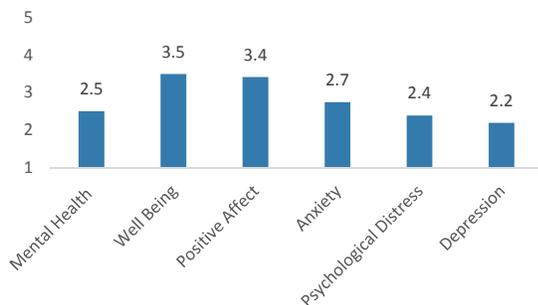


WELLNESS SERIES: GRADUATE MENTAL HEALTH

RAND Mental Health Measures

To understand students' mental wellness, students were asked to answer 17 items on a measure developed by RAND (click here for more information about RAND Measure). Items were on a 5 point scales with responses 1=Never; 2=Rarely; 3=Sometimes; 4=Most of the time and 5 = Always. The items were then collapsed into six main categories (see Figure 1). The first three categories: mental health, wellbeing and positive affect, tell us about students' positive mental wellness scores. The bottom three, Anxiety, Psychological Distress and Depression, give the score of negative mental state. The average scores for graduate and professional students fell between "sometimes" and "most of the time" on the collapsed positive mental wellness categories. The negative mental wellness score average was also lower among graduate and professional student respondents.

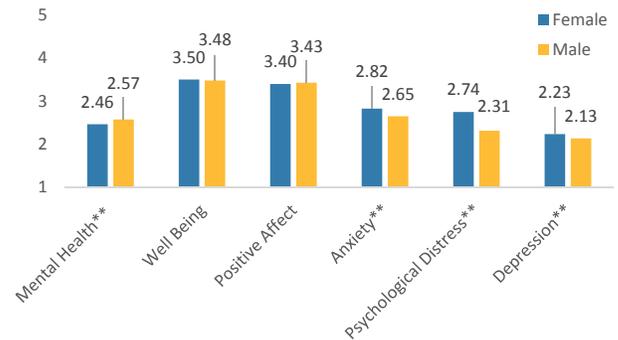
Figure 1. RAND Mental Health Measures for Graduate and Professional Students



Comparison by Gender

When comparing the RAND mental health items by gender, no significant differences were found between male and female respondents for the positive mental health outcomes such as well-being and positive affect (Figure 2). However, female students were significantly more likely to report higher rates of anxiety ($p < 0.01$), psychological distress ($p < 0.01$) and depression ($p < 0.01$).

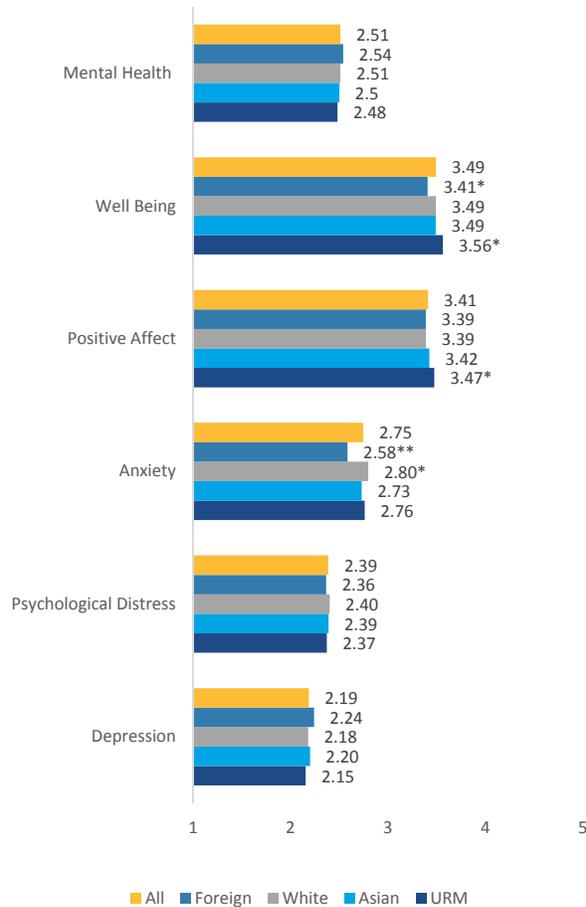
Figure 2. RAND Mental Health Measures by Gender



Comparison by Race/Ethnicity

Analyses were conducted to examine if scores differed between racial/ethnic groups versus the overall means on the mental wellness categories (see Figure 3). No significant differences emerged on the basis of the aggregated mental health score. Similarly, no significant differences were found for psychological distress and depression scores. Foreign students reported significantly lower scores on their ratings of well-being ($p = 0.05$) and anxiety ($p = 0.01$) when compared to all respondents. White students reported significantly higher levels of anxiety ($p = 0.05$) and URM students reported significantly higher levels of positive affect ($p = 0.05$) and well-being ($p = 0.05$).

Figure 3. RAND Mental Health Measures by Race/Ethnicity.



Note: Graduate and Professional Student Survey 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>.