

2017 Graduate and Professional Student Survey

WELLNESS

How would you describe the following?

	Poor	Fair	Good	Very good	Excellent	Total
Your overall physical health	2.4%	13.9%	34.0%	33.8%	15.8%	100.0%
	73	425	1038	1031	483	3050
Your overall mental health	5.9%	19.3%	33.1%	28.0%	13.7%	100.0%
	178	588	1007	851	415	3039
Your overall diet	6.4%	22.6%	36.5%	26.4%	8.0%	100.0%
	194	686	1108	802	243	3033

In the past month, how often did you have difficulty sleeping (e.g., intermittent sleep, difficulty falling asleep, waking earlier than intended)?

Never	Rarely	Sometimes	Most of the time	Always	Total
9.2%	27.2%	42.8%	17.2%	3.6%	100.0%
278	826	1299	522	109	3034

In an average week, on how many days did you do the following?

	0	1	2	3	4	5	6	7	Total
Engage in moderate-intensity physical activity for at least 30 minutes	9.5%	15.0%	19.1%	17.3%	11.7%	13.2%	5.9%	8.2%	100.0%
	290	456	580	526	354	402	179	250	3037
Engage in vigorous-intensity cardio or aerobic exercise for at least 20 minutes	27.4%	21.9%	17.1%	16.1%	7.4%	5.8%	2.9%	1.3%	100.0%
	832	665	519	489	223	176	88	40	3032
Do 8-10 strength training exercises for 8-12 repetitions each	48.0%	15.5%	12.5%	12.3%	5.2%	4.0%	1.6%	1.1%	100.0%
	1452	468	380	372	156	120	47	33	3028

For the following statements, please say whether the statement was often true, sometimes true, or never true for you in the last 12 months.

	Never	Sometimes	Often	Total
I was worried whether my food would run out before I got money to buy more	70.8%	22.1%	7.1%	100.0%
	2097	654	209	2960
The food that I bought just didn't last, and I didn't have money to get more	80.4%	15.3%	4.3%	100.0%
	2374	452	128	2954

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

	None of the time	A little of the time	Some of the time	Most of the time	All of the time	Total
Your daily life has been full of things that were interesting to you	1.3%	12.5%	34.9%	42.5%	8.7%	100.0%
	39	370	1036	1262	259	2966
You felt loved and wanted	2.2%	11.0%	24.3%	39.3%	23.2%	100.0%
	65	324	718	1161	687	2955
You have been a very nervous person	10.7%	30.2%	33.4%	18.2%	7.5%	100.0%
	316	893	990	540	222	2961
You felt depressed	22.4%	37.1%	27.6%	10.7%	2.2%	100.0%
	663	1097	815	315	64	2954
You felt tense or "high strung"	7.5%	25.1%	36.1%	23.9%	7.4%	100.0%
	221	740	1063	705	217	2946
You have been in firm control of your behavior, thoughts, emotions and feelings	1.7%	10.0%	28.2%	47.1%	13.0%	100.0%
	50	296	831	1390	382	2949
You felt you had nothing to look forward to	49.0%	27.5%	16.8%	5.4%	1.3%	100.0%
	1446	811	496	159	37	2949
You felt calm and peaceful	4.4%	22.4%	40.7%	29.3%	3.2%	100.0%
	131	663	1203	867	94	2958
You felt emotionally stable	2.6%	10.7%	29.0%	43.7%	14.1%	100.0%
	76	316	857	1292	418	2959
You felt downhearted and blue	16.3%	42.1%	31.7%	8.6%	1.3%	100.0%
	482	1247	938	256	38	2961

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

	None of the time	A little of the time	Some of the time	Most of the time	All of the time	Total
You felt so down in the dumps that nothing could cheer you up	54.6%	25.9%	14.8%	3.9%	0.8%	100.0%
	1612	764	438	116	24	2954
You have been moody or brooded about things	18.0%	39.7%	32.1%	8.6%	1.6%	100.0%
	530	1173	946	254	48	2951
You felt restless, fidgety, or impatient	15.1%	32.9%	36.3%	12.7%	2.9%	100.0%
	447	972	1070	376	86	2951
You have been anxious or worried	6.0%	29.7%	37.0%	20.8%	6.5%	100.0%
	176	876	1092	612	193	2949
You have been a happy person	1.6%	11.6%	32.1%	49.2%	5.6%	100.0%
	46	343	948	1454	165	2956
You have been in low or very low spirits	22.2%	44.7%	24.4%	7.1%	1.6%	100.0%
	654	1316	718	209	46	2943
You have felt cheerful or lighthearted	2.2%	15.5%	40.7%	37.5%	4.1%	100.0%
	64	456	1196	1100	121	2937
You have felt lonely/isolated	28.5%	32.6%	25.0%	10.4%	3.5%	100.0%
	842	963	738	308	102	2953

How would you describe your **average stress level** since the beginning of this academic year?

Very low	Low	Moderate	High	Very High	Total
1.2%	7.1%	39.4%	38.2%	14.0%	100.0%
36	207	1150	1115	409	2917

Please indicate your level of agreement or disagreement with the following statements:

	Strongly disagree	Disagree	Agree	Strongly agree	Total
I know how to access mental health services on campus	4.6%	14.0%	48.5%	32.9%	100.0%
	135	410	1418	962	2925
I would feel comfortable reaching out to mental health services if I needed them	5.0%	18.0%	49.1%	28.0%	100.0%
	146	524	1432	816	2918
I would be able to direct a friend in crisis to sources of support at UCLA	4.8%	15.5%	49.0%	30.7%	100.0%
	141	451	1427	893	2912
Mental health issues are stigmatized on campus	14.1%	53.5%	26.5%	5.9%	100.0%
	411	1553	771	170	2905