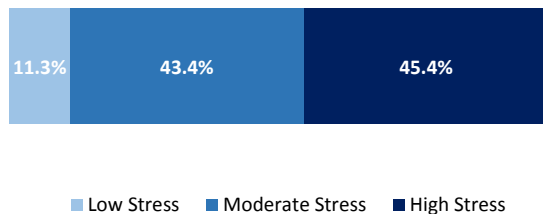


WELLNESS SERIES: GRADUATE STRESS AND IMPACTS

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 graduate and professional student respondents, 45.5% reported having high or very high stress (Figure 1).

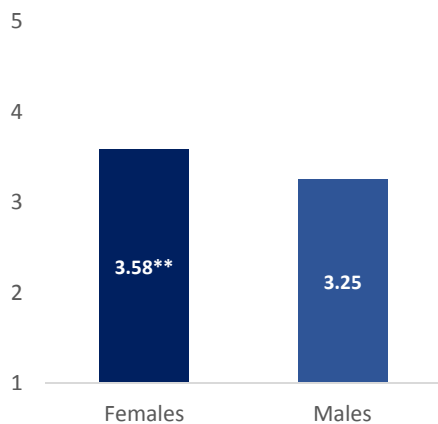
Figure 1: Graduate and Professional Student Stress Levels



Comparison by Gender

When the mean stress scores were calculated and compared on the basis of gender (Figure 2), the data indicated that female students experienced significantly higher levels of stress than their male counterparts ($p < 0.01$).

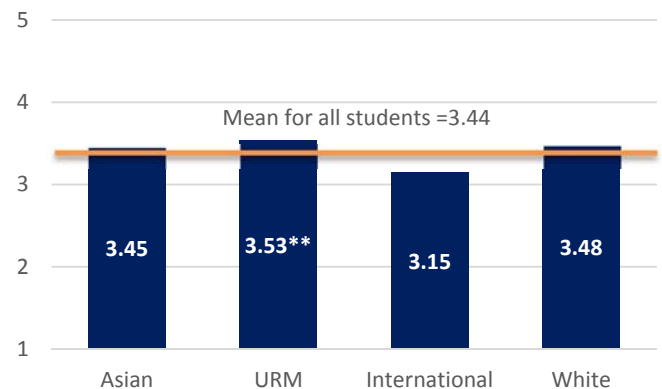
Figure 2. Stress levels by Gender



Comparison by Race/Ethnicity

Underrepresented minority students reported significantly higher levels of stress when compared to all graduate and professional student respondents ($p < 0.01$). No significant difference was reported between the levels of stress reported white or Asian students when compared to the overall sample means (Figure 3).

Figure 3. Stress levels 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>.