

Undergraduate Mental Health & Well-Being

Of undergraduate students responding to **mental health** questions on UCUES,

61%



said feeling depressed, stressed, and upset was at least occasionally an obstacle to their schoolwork or academic success.

n=1,854

56%



said they at least agree with the statement 'I feel I have to sacrifice my health in order to stay on top of my academic responsibilities.'

n=1,137

78%



stated they were at least somewhat confident in knowing how to access counseling and psychological services.

n=3,716

Over the last two weeks, how often have you been bothered by any of the following problems?
(Students selecting at least several days to nearly every day)

Little interest or pleasure in doing things (n=3,991)



61%

Feeling down, depressed, or hopeless (n=3,988)



57%

Not being able to stop worrying (n=3,988)



65%

Feeling lonely or isolated (n=3,984)



57%

Feeling nervous, anxious, or on edge (n=3,987)



77%

% feeling nervous, anxious, or on edge at least several days to nearly every day by demographic groups*:

By Gender

- Transgender: **90%**
- Non-Binary/Different Identity: **81%**
- Women: **80%**

By Race/Ethnicity

- International: **80%**
- Multiracial: **79%**
- Hispanic/Latine: **78%**

By Other Characteristics

- First-Gen BA: **78%**
- Disability or condition**: **88%**

*Displaying only groups with a higher percentage than the overall respondent percentage (77%).

** 'Disability or condition' is derived from the question: Do you have any conditions or disabilities that significantly affect your experience as a student at [University Name], including how you learn or perform academically, interact with others, or access campus?



80%

of respondents stated they were at least somewhat confident in knowing how to access healthcare on campus

n=3,715

% at least somewhat confident in knowing where to access healthcare by demographic groups*:

By Gender

- Non-Binary/Different Identity: **70%**
- Transgender: **78%**
- Women: **79%**

By Race/Ethnicity

- Multiracial: **77%**
- Asian: **78%**
- Hispanic/Latine: **79%**

By Other Characteristics

- Disability or condition**: **75%**

*Displaying only groups with a lower percentage than the overall respondent percentage (80%).

** 'Disability or condition' is derived from the question: Do you have any conditions or disabilities that significantly affect your experience as a student at [University Name], including how you learn or perform academically, interact with others, or access campus?

83% 

at least agree with the statement 'the campus promotes health and well-being'.

n=3,729

84% 

feel at least somewhat confident that they can promote their own health and well-being.

n=3,723

86% 

feel at least somewhat confident they can manage any health problems they may have.


n=3,717

Of undergraduate students responding to questions capturing time-use in **self-care activities**,

64% 


slept an average of at least 7 hours per night on weeknights.

n=1,894

63% 

spent at least 6 hours in a typical week socializing with friends.

n=1,149

84% 

spent at least 1 to 5 hours a week on physical exercise, recreational sports, or physically active hobbies.

n=1,137



To request additional information, please visit www.sairo.ucla.edu. Last updated 03/19/2025.