

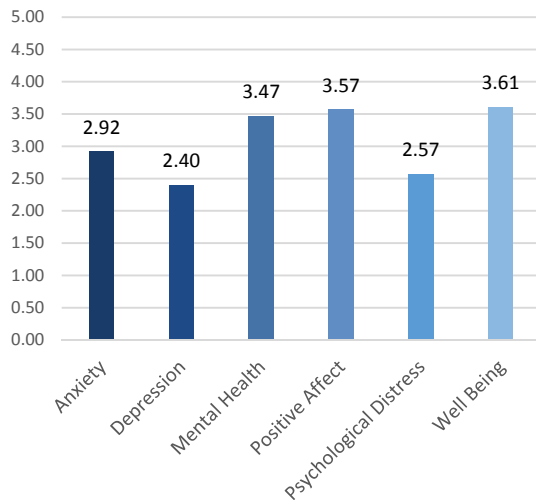
WELLNESS SERIES: RAND MENTAL HEALTH MEASURES

RAND Mental Health Measures

To understand students' mental wellness, students were asked to answer 17 items by Rand Measure. Items were on a 5 point scale 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 three categories: mental health, well-being and positive affect, tell us about students' positive mental wellness scores. Anxiety, Psychological Distress and Depression, give the score of negative mental state.

Overall, UCLA undergraduate students rated themselves as between "sometimes" and "Most of the time" on the spectrum. They rated themselves between "rarely" and "sometimes" on having anxiety, psychological distress and depression. It is important to note that students reported a higher average on having anxiety than depression.

Figure 1. RAND Mental Health Measures

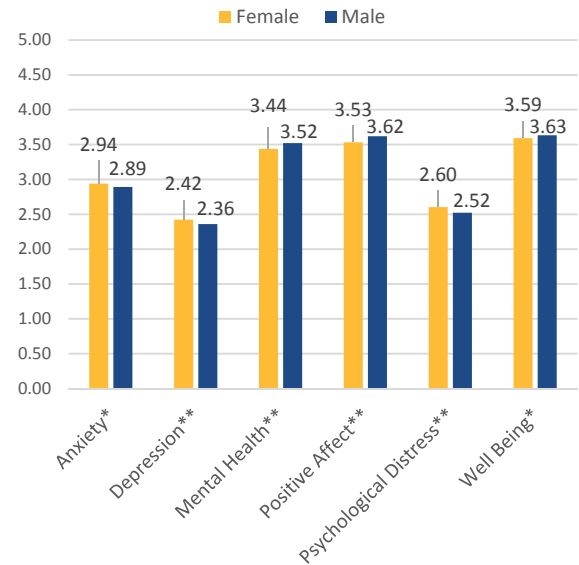


Comparison by Gender

When comparing the RAND mental health items by gender, significant differences were found between male and female respondents across all categories (Figure 2). Females scored higher in the negative mental state categories while males scored higher on the positive mental state categories. Female students were significantly more likely to report

higher rates of anxiety ($p < .05$), depression ($p < .01$) and psychological distress ($p < .01$). Male students reported significantly higher rates of overall mental health ($p < .01$), positive affect ($p < .01$), and well-being ($p < .05$).

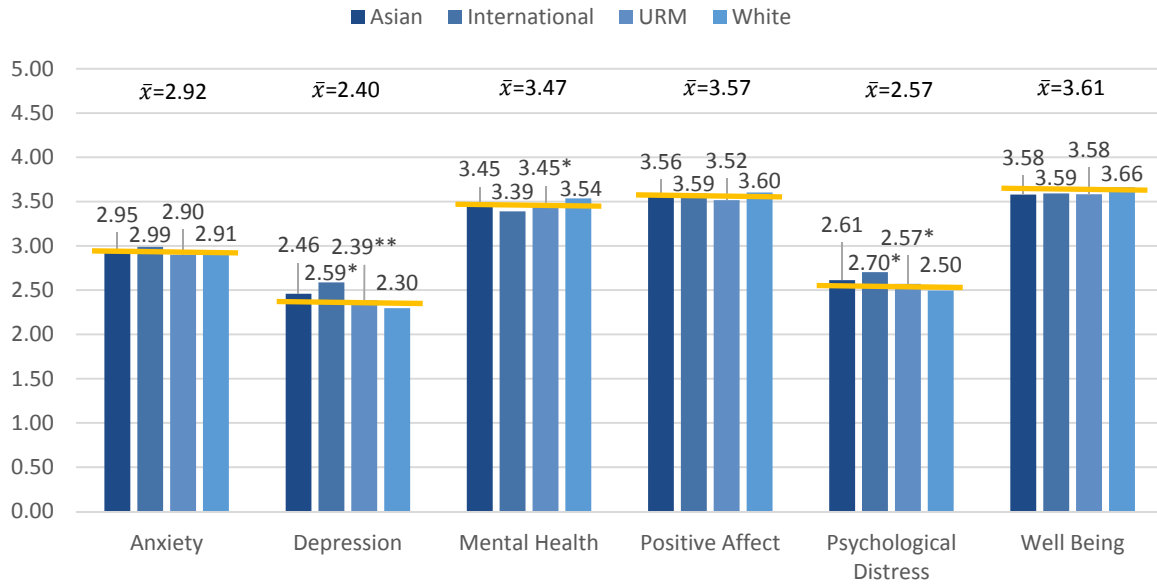
Figure 2. Gender Mean Comparison of RAND Mental Health Measures



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 for anxiety or positive affect scores. Asian students reported significantly higher scores on their ratings of depression ($p < .05$) and psychological distress ($p < .05$) when compared to all respondents. International students reported significantly higher levels of depression ($p < .01$) and psychological distress ($p < .05$) while reporting significantly lower levels of overall mental health ($p < .05$) when compared to all respondents. White students reported significantly higher levels of overall mental health ($p < .01$) and well-being ($p < .05$) while reporting lower levels of depression ($p < .01$) and psychological distress ($p < .01$) compared to all participants. No significant differences were found between URM students and all respondents across all categories.

Figure 3. Race/Ethnicity Mean Comparison of RAND Mental Health Measures



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>.