



TOPLINE & METHODOLOGY

College Student Mental Wellness Advocacy Coalition/Ipsos – Thriving College Students Index

Conducted by Ipsos and the College Student Mental Wellness Advocacy Coalition
A survey of currently enrolled college students (ages 18+)

Interview dates: October 10-31, 2022

Number of interviews: 18,168

NOTE: All results show percentages among all respondents, unless otherwise labeled. Reduced bases are unweighted values.

*NOTE: * = less than 0.5%, - = no respondents*

Annotated Questionnaire:

1. On a scale from 0 to 10 where 10 represents the best possible life for you and 0 represents the worst possible life for you. Which number represents how you personally feel at this time?

	Total (n=18,168)
0 – Worst life	*
1	1%
2	2%
3	6%
4	10%
5	13%
6	19%
7	24%
8	17%
9	6%
10 – Best life	2%
Don't know	*
I prefer not to answer	*
Mean	6.18

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2. Using the same 0 to 10 scale, where 10 is your best life and 0 is your worst life, which number represents how you think you will feel in the future, say 5 years from now?

	Total
0 – Worst life	*
1	*
2	1%
3	1%
4	2%
5	5%
6	8%
7	17%
8	29%
9	22%
10 – Best life	10%
Don't know	3%
I prefer not to answer	*
Mean	7.68

3. **[If reports that they will feel better in the future than currently]** You previously reported that you think you will feel better in the future than you do now. Why?

[Open-ended responses provided separately]

4. **[If reports that they will feel worse in the future than currently]** You previously reported that you think you will feel worse in the future than you do now. Why?

[Open-ended responses provided separately]

5. **[If reports that they will feel the same in the future as they currently do]** You previously reported that you think you will feel the same in the future than you do now. Why?

[Open-ended responses provided separately]

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6. Which of the following words or phrases best describes how you are feeling today? You can choose all that apply.

	Total
Tired or exhausted	67%
Stressed out	55%
Anxious/worried	49%
Overwhelmed	47%
Have trouble concentrating	40%
Hopeful	29%
Happy	28%
Numb/not feeling much of anything	25%
Antisocial/do not want to be around people	25%
Social/friendly	24%
Frustrated	22%
Motivated/energized	19%
Sad	19%
Curious	11%
Angry	6%
Other/something else	3%
No answer	*

7. How often, if at all, would you say that you feel each of the emotions listed below?

Total All the Time/Often Summary Table

	Total
Stressed out	70%
Anxious/worried	63%
Overwhelmed	61%
Have trouble concentrating	52%
Happy	50%
Social/Friendly	47%
Curious	46%
Hopeful	42%
Frustrated	35%
Motivated/energized	30%
Antisocial/do not want to be around people	30%
Numb/not feeling much of anything	29%
Sad	29%
Angry	12%
Other/something else	77%

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7. How often, if at all, would you say that you feel each of the emotions listed below?
(Continued)

a. Happy

	Total
All the time	5%
Often	46%
Sometimes	40%
Rarely	8%
Never	1%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	<i>50%</i>
<i>Rarely / Never (Net)</i>	<i>9%</i>

b. Social/Friendly

	Total
All the time	8%
Often	39%
Sometimes	41%
Rarely	11%
Never	1%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	<i>47%</i>
<i>Rarely / Never (Net)</i>	<i>12%</i>

c. Motivated/energized

	Total
All the time	3%
Often	27%
Sometimes	48%
Rarely	20%
Never	2%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	<i>30%</i>
<i>Rarely / Never (Net)</i>	<i>22%</i>

d. Hopeful

	Total
All the time	9%
Often	33%
Sometimes	42%
Rarely	14%
Never	1%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	<i>42%</i>
<i>Rarely / Never (Net)</i>	<i>15%</i>

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7. How often, if at all, would you say that you feel each of the emotions listed below?
(Continued)

e. Anxious/worried

	Total
All the time	23%
Often	40%
Sometimes	28%
Rarely	7%
Never	1%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	63%
<i>Rarely / Never (Net)</i>	8%

f. Antisocial/do not want to be around people

	Total
All the time	5%
Often	25%
Sometimes	43%
Rarely	21%
Never	5%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	30%
<i>Rarely / Never (Net)</i>	26%

g. Overwhelmed

	Total
All the time	18%
Often	43%
Sometimes	31%
Rarely	7%
Never	1%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	61%
<i>Rarely / Never (Net)</i>	8%

h. Curious

	Total
All the time	12%
Often	34%
Sometimes	40%
Rarely	12%
Never	2%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	46%
<i>Rarely / Never (Net)</i>	14%

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7. How often, if at all, would you say that you feel each of the emotions listed below?
(Continued)

i. Stressed out

	Total
All the time	23%
Often	46%
Sometimes	25%
Rarely	5%
Never	1%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	<i>70%</i>
<i>Rarely / Never (Net)</i>	<i>5%</i>

j. Numb/not feeling much of anything

	Total
All the time	7%
Often	22%
Sometimes	33%
Rarely	27%
Never	10%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	<i>29%</i>
<i>Rarely / Never (Net)</i>	<i>38%</i>

k. Frustrated

	Total
All the time	5%
Often	29%
Sometimes	48%
Rarely	16%
Never	1%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	<i>35%</i>
<i>Rarely / Never (Net)</i>	<i>17%</i>

l. Sad

	Total
All the time	5%
Often	25%
Sometimes	48%
Rarely	21%
Never	2%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	<i>29%</i>
<i>Rarely / Never (Net)</i>	<i>23%</i>

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7. How often, if at all, would you say that you feel each of the emotions listed below?
(Continued)

m. Angry

	Total
All the time	2%
Often	10%
Sometimes	37%
Rarely	44%
Never	7%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	12%
<i>Rarely / Never (Net)</i>	51%

n. Have trouble concentrating

	Total
All the time	18%
Often	34%
Sometimes	35%
Rarely	11%
Never	2%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	52%
<i>Rarely / Never (Net)</i>	13%

o. Other/something else

	Total
All the time	32%
Often	45%
Sometimes	16%
Rarely	6%
Never	-
Prefer not to answer	1%
<i>All the time / Often (Net)</i>	77%
<i>Rarely / Never (Net)</i>	6%

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8. How much do you agree or disagree with the statement “I see my mental health as an important component of my overall health and wellbeing”.

	Total
Strongly agree	75%
Somewhat agree	18%
Don't agree or disagree	3%
Somewhat disagree	2%
Strongly disagree	3%
Prefer not to answer	*
<i>Strongly / Somewhat agree (Net)</i>	92%
<i>Somewhat / Strongly disagree (Net)</i>	4%

9. Over the past month or so, how would you describe your mental health?

	Total
Very good	10%
Somewhat good	30%
Neutral	19%
Somewhat poor	27%
Very poor	12%
Prefer not to answer	*
<i>Very / Somewhat good (Net)</i>	40%
<i>Somewhat / Very poor</i>	40%

10. How much do you agree or disagree with each of the following statements?

Total Strongly / Somewhat Agree Summary Table

	Total
If I needed professional help with my mental health, I would be able to find it	71%
I feel comfortable talking about my mental health with those closest to me	67%
I know where to find free information about mental health	65%
I have searched for information on how to improve my mental health	64%
I laughed and smiled a lot yesterday	62%
I could easily find a therapist, counselor, or mental health provider that understands my background and experiences	53%
I could easily find the time needed for mental health treatment in my daily schedule	42%
I don't feel comfortable talking about my mental health with others	42%
I don't feel like I need mental health treatment or help right now	36%

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10. How much do you agree or disagree with each of the following statements? *(Continued)*

a. I don't feel like I need mental health treatment or help right now

	Total
Strongly agree	15%
Somewhat agree	21%
Don't agree or disagree	19%
Somewhat disagree	23%
Strongly disagree	20%
Prefer not to answer	1%
<i>Strongly / Somewhat agree (Net)</i>	<i>36%</i>
<i>Somewhat / Strongly disagree (Net)</i>	<i>43%</i>

b. I laughed and smiled a lot yesterday

	Total
Strongly agree	26%
Somewhat agree	36%
Don't agree or disagree	14%
Somewhat disagree	15%
Strongly disagree	9%
Prefer not to answer	*
<i>Strongly / Somewhat agree (Net)</i>	<i>62%</i>
<i>Somewhat / Strongly disagree (Net)</i>	<i>24%</i>

c. I feel comfortable talking about my mental health with those closest to me

	Total
Strongly agree	29%
Somewhat agree	38%
Don't agree or disagree	10%
Somewhat disagree	15%
Strongly disagree	8%
Prefer not to answer	1%
<i>Strongly / Somewhat agree (Net)</i>	<i>67%</i>
<i>Somewhat / Strongly disagree (Net)</i>	<i>22%</i>

d. If I needed professional help with my mental health, I would be able to find it

	Total
Strongly agree	33%
Somewhat agree	38%
Don't agree or disagree	12%
Somewhat disagree	12%
Strongly disagree	4%
Prefer not to answer	1%
<i>Strongly / Somewhat agree (Net)</i>	<i>71%</i>
<i>Somewhat / Strongly disagree (Net)</i>	<i>16%</i>

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10. How much do you agree or disagree with each of the following statements? *(Continued)*

- e. I could easily find the time needed for mental health treatment in my daily schedule

	Total
Strongly agree	13%
Somewhat agree	29%
Don't agree or disagree	15%
Somewhat disagree	27%
Strongly disagree	16%
Prefer not to answer	1%
<i>Strongly / Somewhat agree (Net)</i>	<i>42%</i>
<i>Somewhat / Strongly disagree (Net)</i>	<i>42%</i>

- f. I know where to find free information about mental health

	Total
Strongly agree	29%
Somewhat agree	36%
Don't agree or disagree	14%
Somewhat disagree	13%
Strongly disagree	7%
Prefer not to answer	1%
<i>Strongly / Somewhat agree (Net)</i>	<i>65%</i>
<i>Somewhat / Strongly disagree (Net)</i>	<i>20%</i>

- g. I could easily find a therapist, counselor, or mental health provider that understands my background and experiences

	Total
Strongly agree	22%
Somewhat agree	31%
Don't agree or disagree	19%
Somewhat disagree	18%
Strongly disagree	10%
Prefer not to answer	1%
<i>Strongly / Somewhat agree (Net)</i>	<i>53%</i>
<i>Somewhat / Strongly disagree (Net)</i>	<i>28%</i>

- h. I have searched for information on how to improve my mental health

	Total
Strongly agree	29%
Somewhat agree	35%
Don't agree or disagree	15%
Somewhat disagree	13%
Strongly disagree	8%
Prefer not to answer	1%
<i>Strongly / Somewhat agree (Net)</i>	<i>64%</i>
<i>Somewhat / Strongly disagree (Net)</i>	<i>21%</i>

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10. How much do you agree or disagree with each of the following statements? *(Continued)*

i. I don't feel comfortable talking about my mental health with others

	Total
Strongly agree	13%
Somewhat agree	29%
Don't agree or disagree	19%
Somewhat disagree	25%
Strongly disagree	14%
Prefer not to answer	1%
<i>Strongly / Somewhat agree (Net)</i>	<i>42%</i>
<i>Somewhat / Strongly disagree (Net)</i>	<i>39%</i>

11. How often, if at all, do you go to the following sources for information about mental health?

Total All the time / Often Summary Table

	Total
Your friends	39%
The internet, websites, online articles	31%
Your parent(s)/guardian(s)	27%
Other important figures in your life (coaches, pastors, family friends)	20%
Social media	15%
Your doctor	14%
Mental health and/or wellness apps	10%
The teachers or counselors at your college or university	8%

a. Your friends

	Total
All the time	11%
Often	28%
Sometimes	34%
Rarely	17%
Never	9%
Prefer not to answer	1%
<i>All the time / Often (Net)</i>	<i>39%</i>
<i>Rarely / Never (Net)</i>	<i>26%</i>

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11. How often, if at all, do you go to the following sources for information about mental health? *(Continued)*

b. Your parent(s)/guardian(s)

	Total
All the time	9%
Often	17%
Sometimes	25%
Rarely	23%
Never	25%
Prefer not to answer	1%
<i>All the time / Often (Net)</i>	<i>27%</i>
<i>Rarely / Never (Net)</i>	<i>48%</i>

c. Your doctor

	Total
All the time	3%
Often	10%
Sometimes	21%
Rarely	25%
Never	39%
Prefer not to answer	1%
<i>All the time / Often (Net)</i>	<i>14%</i>
<i>Rarely / Never (Net)</i>	<i>64%</i>

d. The internet, websites, online articles

	Total
All the time	8%
Often	24%
Sometimes	34%
Rarely	20%
Never	14%
Prefer not to answer	1%
<i>All the time / Often (Net)</i>	<i>31%</i>
<i>Rarely / Never (Net)</i>	<i>34%</i>

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11. How often, if at all, do you go to the following sources for information about mental health? *(Continued)*

e. The teachers or counselors at your college or university

	Total
All the time	2%
Often	6%
Sometimes	15%
Rarely	25%
Never	51%
Prefer not to answer	1%
<i>All the time / Often (Net)</i>	<i>8%</i>
<i>Rarely / Never (Net)</i>	<i>77%</i>

f. Other important figures in your life (coaches, pastors, family friends)

	Total
All the time	5%
Often	15%
Sometimes	25%
Rarely	24%
Never	30%
Prefer not to answer	1%
<i>All the time / Often (Net)</i>	<i>20%</i>
<i>Rarely / Never (Net)</i>	<i>54%</i>

g. Social media

	Total
All the time	3%
Often	12%
Sometimes	26%
Rarely	27%
Never	31%
Prefer not to answer	1%
<i>All the time / Often (Net)</i>	<i>15%</i>
<i>Rarely / Never (Net)</i>	<i>58%</i>

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11. How often, if at all, do you go to the following sources for information about mental health? *(Continued)*

h. Mental health and/or wellness apps

	Total
All the time	2%
Often	8%
Sometimes	20%
Rarely	26%
Never	44%
Prefer not to answer	1%
<i>All the time / Often (Net)</i>	<i>10%</i>
<i>Rarely / Never (Net)</i>	<i>69%</i>

12. **[If selects they go to resource at least rarely in Q11]** Now for each of the below, think about how much you TRUST them as sources of information about mental health.

Total A lot / A fair amount Summary Table **[Base varies by resource]**

	Total
Your doctor	85%
Your friends	83%
Your parent(s)/guardian(s)	79%
The teachers or counselors at your college or university	69%
Other important figures in your life (coaches, pastors, family friends)	69%
The internet, websites, online articles	57%
Mental health and/or wellness apps	57%
Social media	30%

a. Your friends

	Total (N=16,431)
A lot	32%
A fair amount	51%
Not very much	13%
Not at all	1%
Not sure	2%
Prefer not to answer	*
<i>A lot / A fair amount (Net)</i>	<i>83%</i>
<i>Not at all / Not sure (Net)</i>	<i>4%</i>

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12. **[If selects they go to resource at least rarely in Q11]** Now for each of the below, think about how much you TRUST them as sources of information about mental health.
(Continued)

b. Your parent(s)/guardian(s)

	Total (N=13,568)
A lot	43%
A fair amount	36%
Not very much	15%
Not at all	3%
Not sure	2%
Prefer not to answer	1%
<i>A lot / A fair amount (Net)</i>	<i>79%</i>
<i>Not at all / Not sure (Net)</i>	<i>5%</i>

c. Your doctor

	Total (N=10,853)
A lot	46%
A fair amount	39%
Not very much	9%
Not at all	2%
Not sure	3%
Prefer not to answer	1%
<i>A lot / A fair amount (Net)</i>	<i>85%</i>
<i>Not at all / Not sure (Net)</i>	<i>5%</i>

d. The internet, websites, online articles

	Total (N=15,450)
A lot	8%
A fair amount	49%
Not very much	31%
Not at all	7%
Not sure	5%
Prefer not to answer	*
<i>A lot / A fair amount (Net)</i>	<i>57%</i>
<i>Not at all / Not sure (Net)</i>	<i>12%</i>

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12. **[If selects they go to resource at least rarely in Q11]** Now for each of the below, think about how much you TRUST them as sources of information about mental health.
(Continued)

- e. The teachers or counselors at your college or university

	Total (N=8,695)
A lot	19%
A fair amount	50%
Not very much	21%
Not at all	5%
Not sure	5%
Prefer not to answer	1%
<i>A lot / A fair amount (Net)</i>	69%
<i>Not at all / Not sure (Net)</i>	9%

- f. Other important figures in your life (coaches, pastors, family friends)

	Total (N=12,673)
A lot	21%
A fair amount	48%
Not very much	20%
Not at all	4%
Not sure	5%
Prefer not to answer	1%
<i>A lot / A fair amount (Net)</i>	69%
<i>Not at all / Not sure (Net)</i>	10%

- g. Social media

	Total (N=12,415)
A lot	4%
A fair amount	26%
Not very much	48%
Not at all	17%
Not sure	5%
Prefer not to answer	*
<i>A lot / A fair amount (Net)</i>	30%
<i>Not at all / Not sure (Net)</i>	22%

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12. **[If selects they go to resource at least rarely in Q11]** Now for each of the below, think about how much you TRUST them as sources of information about mental health.
(Continued)

h. Mental health and/or wellness apps

	Total (N=10,103)
A lot	11%
A fair amount	46%
Not very much	30%
Not at all	6%
Not sure	6%
Prefer not to answer	1%
<i>A lot / A fair amount (Net)</i>	<i>57%</i>
<i>Not at all / Not sure (Net)</i>	<i>13%</i>

13. How much do you agree or disagree with each of the following statements?

Total Strongly / Somewhat Agree Summary Table

	Total
My friends would be supportive if I told them I was getting mental health treatment	87%
I know how to help a friend who's upset or depressed	74%
I know how to help a friend who has talked about hurting themselves	63%
My friends and I talk regularly about mental health	55%
I fear I may be judged by others if I talk openly about my mental health	46%

a. I know how to help a friend who's upset or depressed

	Total
Strongly agree	24%
Somewhat agree	50%
Don't agree or disagree	12%
Somewhat disagree	10%
Strongly disagree	3%
Prefer not to answer	1%
<i>Strongly / Somewhat agree (Net)</i>	<i>74%</i>
<i>Somewhat / Strongly disagree (Net)</i>	<i>13%</i>

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13. How much do you agree or disagree with each of the following statements?

- b. My friends would be supportive if I told them I was getting mental health treatment

	Total
Strongly agree	61%
Somewhat agree	26%
Don't agree or disagree	9%
Somewhat disagree	2%
Strongly disagree	1%
Prefer not to answer	1%
<i>Strongly / Somewhat agree (Net)</i>	<i>87%</i>
<i>Somewhat / Strongly disagree (Net)</i>	<i>3%</i>

- c. I know how to help a friend who has talked about hurting themselves

	Total
Strongly agree	23%
Somewhat agree	39%
Don't agree or disagree	15%
Somewhat disagree	15%
Strongly disagree	7%
Prefer not to answer	1%
<i>Strongly / Somewhat agree (Net)</i>	<i>63%</i>
<i>Somewhat / Strongly disagree (Net)</i>	<i>21%</i>

- d. My friends and I talk regularly about mental health

	Total
Strongly agree	19%
Somewhat agree	35%
Don't agree or disagree	18%
Somewhat disagree	17%
Strongly disagree	10%
Prefer not to answer	1%
<i>Strongly / Somewhat agree (Net)</i>	<i>55%</i>
<i>Somewhat / Strongly disagree (Net)</i>	<i>27%</i>

- e. I fear I may be judged by others if I talk openly about my mental health

	Total
Strongly agree	16%
Somewhat agree	30%
Don't agree or disagree	18%
Somewhat disagree	21%
Strongly disagree	15%
Prefer not to answer	1%
<i>Strongly / Somewhat agree (Net)</i>	<i>46%</i>
<i>Somewhat / Strongly disagree (Net)</i>	<i>35%</i>

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14. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health.

Total All the Time/Often Summary Table

	Total
Listening to music	81%
Socializing/talking with friends or family	64%
Watching TV or movies	59%
Spend time outside (walking, connecting with nature)	41%
Getting a good (7-9 hours) night's sleep	39%
Exercising	36%
Eating healthy with proper nutrition	35%
Taking care of or playing with a pet	31%
Engaging with your faith	21%
Reading a book	19%
Meditating (practicing mindfulness)	11%
Journaling	11%
Volunteering	11%

- a. Listening to music

	Total
All the time	44%
Often	38%
Sometimes	14%
Rarely	3%
Never	1%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	<i>81%</i>
<i>Rarely / Never (Net)</i>	<i>4%</i>

- b. Spend time outside (walking, connecting with nature)

	Total
All the time	11%
Often	29%
Sometimes	36%
Rarely	18%
Never	5%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	<i>41%</i>
<i>Rarely / Never (Net)</i>	<i>23%</i>

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14. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. *(Continued)*

c. Meditating (practicing mindfulness)

	Total
All the time	3%
Often	8%
Sometimes	19%
Rarely	30%
Never	40%
Prefer not to answer	1%
<i>All the time / Often (Net)</i>	<i>11%</i>
<i>Rarely / Never (Net)</i>	<i>69%</i>

d. Socializing/talking with friends or family

	Total
All the time	22%
Often	42%
Sometimes	27%
Rarely	7%
Never	1%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	<i>64%</i>
<i>Rarely / Never (Net)</i>	<i>8%</i>

e. Getting a good (7-9 hours) night's sleep

	Total
All the time	12%
Often	27%
Sometimes	32%
Rarely	22%
Never	7%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	<i>39%</i>
<i>Rarely / Never (Net)</i>	<i>28%</i>

f. Eating healthy with proper nutrition

	Total
All the time	9%
Often	27%
Sometimes	39%
Rarely	19%
Never	6%
Prefer not to answer	1%
<i>All the time / Often (Net)</i>	<i>35%</i>
<i>Rarely / Never (Net)</i>	<i>26%</i>

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14. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. *(Continued)*

g. Taking care of or playing with a pet

	Total
All the time	15%
Often	16%
Sometimes	21%
Rarely	18%
Never	29%
Prefer not to answer	1%
<i>All the time / Often (Net)</i>	<i>31%</i>
<i>Rarely / Never (Net)</i>	<i>47%</i>

h. Exercising

	Total
All the time	14%
Often	23%
Sometimes	31%
Rarely	22%
Never	10%
Prefer not to answer	1%
<i>All the time / Often (Net)</i>	<i>36%</i>
<i>Rarely / Never (Net)</i>	<i>32%</i>

i. Reading a book

	Total
All the time	5%
Often	14%
Sometimes	26%
Rarely	28%
Never	26%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	<i>19%</i>
<i>Rarely / Never (Net)</i>	<i>54%</i>

j. Journaling

	Total
All the time	3%
Often	8%
Sometimes	19%
Rarely	25%
Never	44%
Prefer not to answer	1%
<i>All the time / Often (Net)</i>	<i>11%</i>
<i>Rarely / Never (Net)</i>	<i>69%</i>

TOPLINE & METHODOLOGY

14. Please indicate the amount of time you have spent doing the following activities during the past month to support your mental health. *(Continued)*

k. Volunteering

	Total
All the time	2%
Often	9%
Sometimes	22%
Rarely	28%
Never	38%
Prefer not to answer	1%
<i>All the time / Often (Net)</i>	<i>11%</i>
<i>Rarely / Never (Net)</i>	<i>66%</i>

l. Watching TV or movies

	Total
All the time	19%
Often	40%
Sometimes	27%
Rarely	10%
Never	3%
Prefer not to answer	*
<i>All the time / Often (Net)</i>	<i>59%</i>
<i>Rarely / Never (Net)</i>	<i>13%</i>

m. Engaging with your faith

	Total
All the time	8%
Often	13%
Sometimes	19%
Rarely	18%
Never	39%
Prefer not to answer	3%
<i>All the time / Often (Net)</i>	<i>21%</i>
<i>Rarely / Never (Net)</i>	<i>57%</i>

15. Have you done anything else in the past month to support your mental health?

	Total
Yes (please specify) <i>[Open-ended responses provided separately]</i>	31%
No	69%

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16. [If reports they have done something else in past month to support mental health in Q15] Please indicate the amount of time you have spent doing what you just mentioned in the past month.

	Total
All the time	22%
Often	45%
Sometimes	27%
Rarely	7%
<i>All the time / Often (Net)</i>	<i>66%</i>
<i>Rarely / Never (Net)</i>	<i>34%</i>

17. How would you describe your personal connection to your residential community?

	Total
It's my home away from home	6%
Very connected	9%
Neutral	34%
Little connection	33%
No connection	18%
<i>It's my home away from home / Very connected (Net)</i>	<i>15%</i>
<i>Little / No connection (Net)</i>	<i>51%</i>

18. Does your residential community provider communicate and promote opportunities to engage socially with other residents or staff members?

	Total
Yes, all the time	31%
Yes, but infrequently	33%
I'm unsure	28%
No, my residential community doesn't promote socializing with others	8%
<i>Yes (Net)</i>	<i>64%</i>

19. Do you think your residential community can support your mental wellbeing?

	Total
Yes	28%
No	29%
Not sure	43%

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20. **[If reports that “Yes” residential community can support mental wellbeing in Q19]**
 You answered that “Yes” your residential community can support your mental wellbeing.
 What types of things can your residential community do to support your mental health and wellbeing?

[Open-ended responses provided separately]

21. About how frequently do you engage with each of the following?

Total A few times a week or more often Summary

	Total
Instagram	87%
Snapchat	78%
Youtube	74%
TikTok	69%
Facebook	42%
Twitter	39%
Reddit	22%
WeChat	4%
Other/Not Listed	27%

- a. Instagram

	Total
Several times a day	52%
Once a day	22%
A few times a week	13%
Once a month	3%
Less than once a month	3%
Never	8%
<i>A few times a week or more often (Net)</i>	<i>87%</i>
<i>Less than once a month / never (Net)</i>	<i>10%</i>

- b. Facebook

	Total
Several times a day	11%
Once a day	13%
A few times a week	18%
Once a month	10%
Less than once a month	12%
Never	36%
<i>A few times a week or more often (Net)</i>	<i>42%</i>
<i>Less than once a month / never (Net)</i>	<i>48%</i>

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21. About how frequently do you engage with each of the following? (Continued)

c. Twitter

	Total
Several times a day	15%
Once a day	10%
A few times a week	15%
Once a month	8%
Less than once a month	11%
Never	42%
<i>A few times a week or more often (Net)</i>	<i>39%</i>
<i>Less than once a month / never (Net)</i>	<i>52%</i>

d. TikTok

	Total
Several times a day	49%
Once a day	11%
A few times a week	9%
Once a month	3%
Less than once a month	3%
Never	25%
<i>A few times a week or more often (Net)</i>	<i>69%</i>
<i>Less than once a month / never (Net)</i>	<i>28%</i>

e. Snapchat

	Total
Several times a day	53%
Once a day	16%
A few times a week	10%
Once a month	3%
Less than once a month	3%
Never	15%
<i>A few times a week or more often (Net)</i>	<i>78%</i>
<i>Less than once a month / never (Net)</i>	<i>19%</i>

f. YouTube

	Total
Several times a day	31%
Once a day	17%
A few times a week	26%
Once a month	12%
Less than once a month	7%
Never	7%
<i>A few times a week or more often (Net)</i>	<i>74%</i>
<i>Less than once a month / never (Net)</i>	<i>14%</i>

TOPLINE & METHODOLOGY

21. About how frequently do you engage with each of the following? (Continued)

g. Reddit

	Total
Several times a day	5%
Once a day	5%
A few times a week	12%
Once a month	11%
Less than once a month	14%
Never	53%
<i>A few times a week or more often (Net)</i>	<i>22%</i>
<i>Less than once a month / never (Net)</i>	<i>67%</i>

h. WeChat

	Total
Several times a day	2%
Once a day	1%
A few times a week	2%
Once a month	1%
Less than once a month	2%
Never	93%
<i>A few times a week or more often (Net)</i>	<i>4%</i>
<i>Less than once a month / never (Net)</i>	<i>95%</i>

i. Other/Not Listed

	Total
Several times a day	9%
Once a day	7%
A few times a week	12%
Once a month	4%
Less than once a month	5%
Never	64%
<i>A few times a week or more often (Net)</i>	<i>27%</i>
<i>Less than once a month / never (Net)</i>	<i>68%</i>

22. Have you ever received mental health treatment from a therapist, counselor, doctor, or other mental health professional? If so, where have you gotten this treatment?

	Total
Yes, in my hometown	36%
Yes, on my college campus from a professional employed by the campus	18%
Yes, online (i.e. BetterHelp)	10%
Yes, somewhere else	5%
No, I've never gotten mental health treatment	46%
<i>Yes (Net)</i>	<i>54%</i>

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23. Have YOU ever been diagnosed by a doctor or other qualified professional with any of the following mental health conditions?

	Total
Anxiety Disorder	34%
Depression	29%
ADD / ADHD	15%
Eating disorder	8%
Post-traumatic stress disorder (PTSD)	7%
Obsessive compulsive disorder (OCD)	6%
Mood Disorder	4%
Bipolar Disorder	3%
Substance use disorder	1%
Other mental health condition not included above	4%
None of these	49%
Prefer not to answer	5%
<i>Yes, has been diagnosed with a mental health condition (Net)</i>	46%



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About the Study

These are the findings of an Ipsos poll conducted between October 10-31, 2022. For this survey, a sample of 18,168 currently enrolled college students age 18+ from the continental U.S. and Canada was interviewed online in English, Spanish and French.

The sample for this study was provided by the College Student Mental Wellness Advocacy Coalition members who conducted email outreach to residents.



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About Ipsos

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