Fall 2020 Survey Update

UNIVERSITY OF NOTRE DAME

DIVISION OF STUDENT AFFAIRS

Student Well-Being
MCDONALD CENTER

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Fall 2020 Survey Update

ABOUT THE SURVEYS

The McDonald Center for Student Well-Being (McWell) performs ongoing data collection to uncover the most pressing health and well-being needs of Notre Dame students. Two surveys were developed for the 2020-2021 Fall Semester to measure **attitudes**, **behaviors, and campus norms**, and establish trend data to monitor several key health indicators. More surveys will be launched in the future.

METHODOLOGY

All Notre Dame students were invited to participate in the Fall surveys. There were over 7,000 responses to the Return to Campus Survey (June 22-July 1), and over 3,700 responses to the Fall Follow-Up Survey (September 21-30).

CAMPUS NORMS: ATTITUDES TOWARD PREVENTIVE BEHAVIORS

Several questions were asked regarding attitudes and behaviors for key Coronavirus preventive measures. More students indicated in the Fall Follow-Up Survey than the Return to Campus Survey that it is their responsibility to practice important COVID-19 preventive strategies.

98% of students believe it is their responsibility to **follow health and safety guidelines** (was 90%).

96% of students believe it is their responsibility to wear a mask to protect others (was 88%).

98% of students believe it is their responsibility to wash their hands frequently to protect others (was 98%).

93% of students believe it is their responsibility to practice physical distancing to protect others (was 79%).

95% of students believe it is their responsibility to avoid large gatherings to reduce the spread of COVID-19 (new question).

Stay tuned!

Additional surveys will be launched in the future. Please continue to complete these brief assessments to help us better serve you.

CAMPUS NORMS: PREVENTIVE MEASURES BEHAVIOR

The Fall Follow-Up Survey assessed actual behavior for the preventive measures. These trends will continue to be monitored in future surveys.

98% of students often or always follow health and safety guidelines.

98% of students often or always wear a mask to protect others.

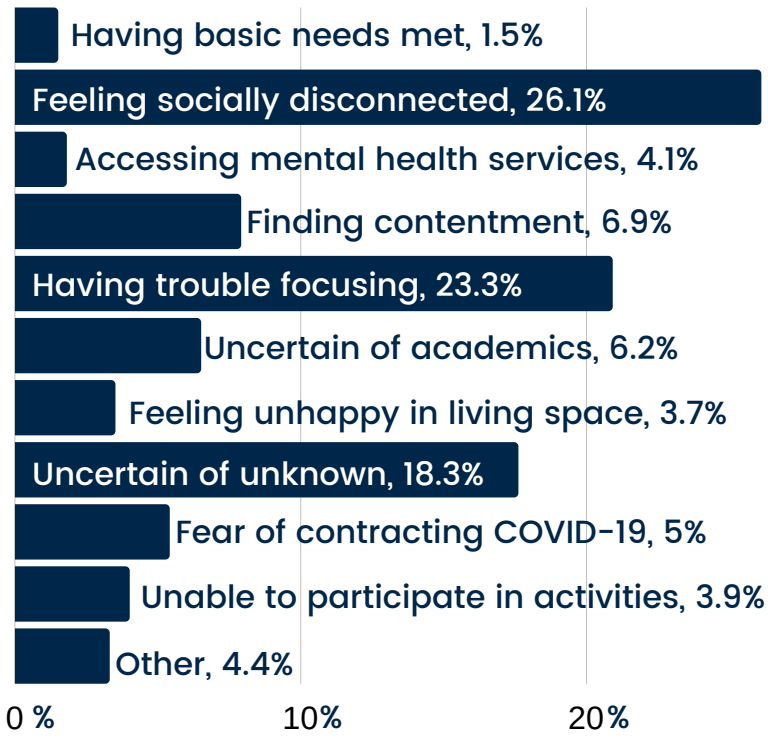
96% of students often or always wash their hands frequently to protect others.

88% of students often or always practice physical distancing to protect others.

94% of students often or always avoid large gatherings to reduce the spread of COVID-19.

Largest gap between attitude and behavior

COVID-RELATED STRESSORS



TOP 3 CHALLENGES TO WELL-BEING

	Undergraduate	Graduate
#1	Staying connected with others (21%)	Managing stress and/or mood (22%)
#2	Managing stress and/or mood (20%)	Staying connected with others (19%)
#3	Keeping up with academic demands (15%)	Getting enough physical activity (15%)

MENTAL HEALTH AND EMOTIONAL WELL-BEING

The Fall Follow-Up Survey included two validated instruments: the UCLA Loneliness Scale and the Kessler Psychological Distress Scale - two instruments that were also on the National College Health Assessment that was implemented in Fall 2019. Data from these scales have been compared to data from Fall 2019, and will continue to be monitored and tracked over time.

Data from the Kessler scale **suggest an increase in mental health symptoms** this fall, while rates of loneliness, based on the UCLA Loneliness Scale, have remained fairly steady.

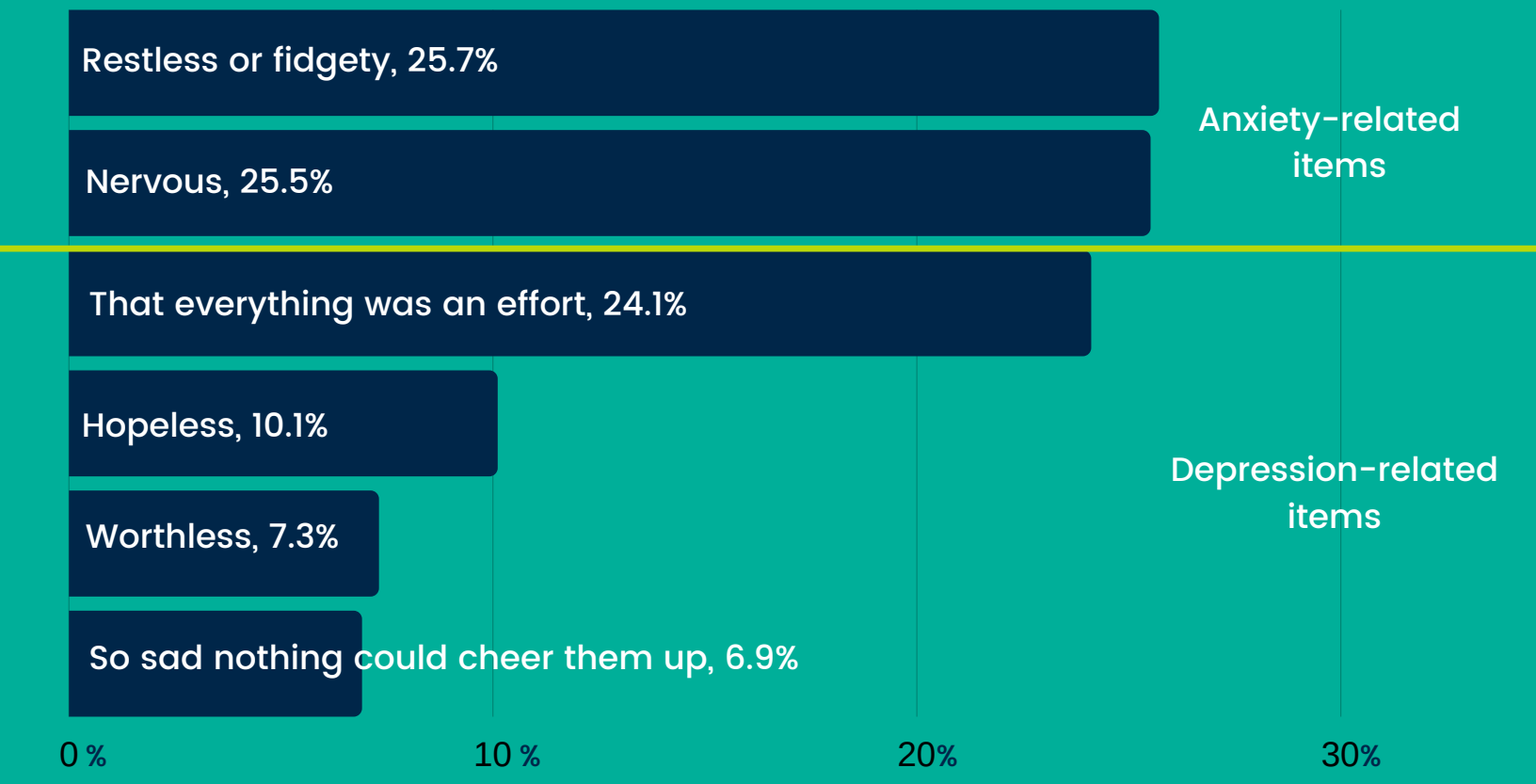
Overall, the number of students categorized as being in 'serious' or 'moderate' distress has risen by about 10% since last fall. While it may not feel like it under this immense strain, recent research (e.g., McGinty et al., 2020) shows that these shifts in mental health may be an expected response to these unprecedented times. Notre Dame students are not alone in experiencing these trends. Encouragingly, however, Notre Dame students continue to be at levels of distress that are at or below the levels reported by other college students across the country (NCHA data, 2019). Future surveys will dive deeper into emotional well-being and continue to be monitored in order to optimally address the growing mental health needs.

KESSLER SCORING CATEGORIES

Total scores from the Kessler Scale can be categorized into different levels of distress. Percentages of students who scored in each category this fall:

KESSLER INDIVIDUAL ITEMS

Percentage of students who felt this 'most' or 'all' of the time in the past 30 days*



*Past 30 days from survey participation

ALCOHOL USAGE AND SOCIALIZING

The Fall Follow-Up Survey asked a few questions regarding alcohol use and socializing, which is information that the McDonald Center for Student Well-Being regularly assesses and explores.

28% of students self-identify as being a **nondrinker**.

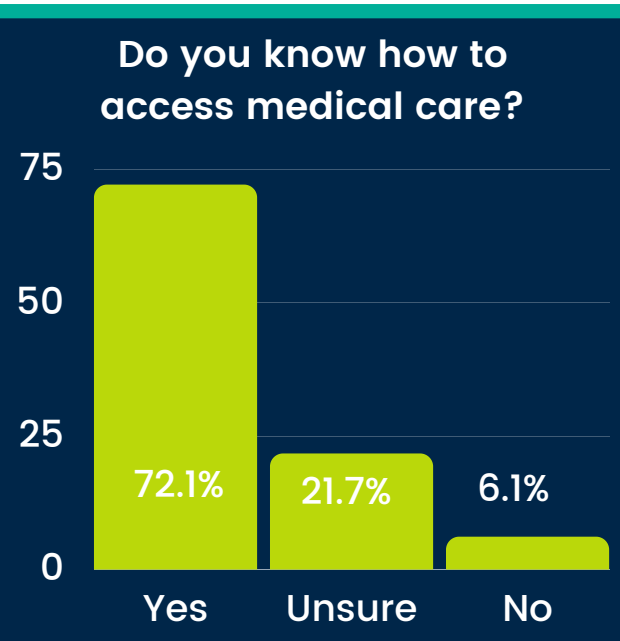
36% of students indicate that their drinking behavior **has decreased** this semester.

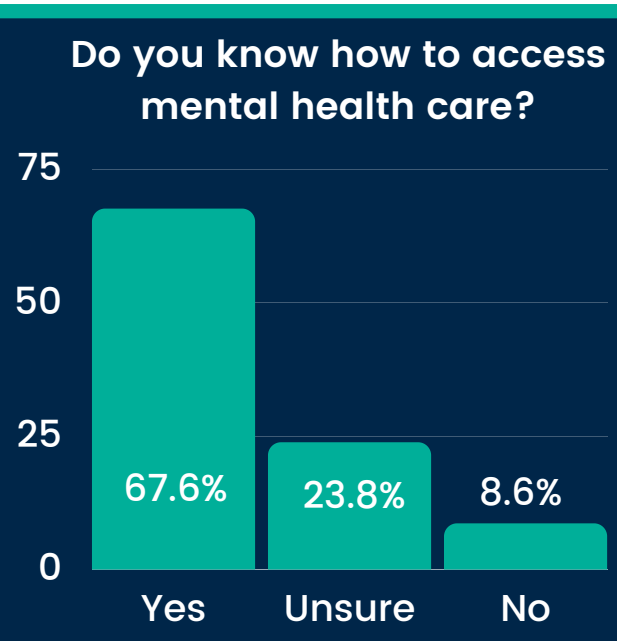
79% of students **chose not to drink, or did so in a lower-risk way** the last time they were in a social setting.

The majority of students (83%) **prefer to hang out with friends who take COVID-19 safety precautions seriously** and practice them regularly.

KNOWLEDGE OF CAMPUS RESOURCES

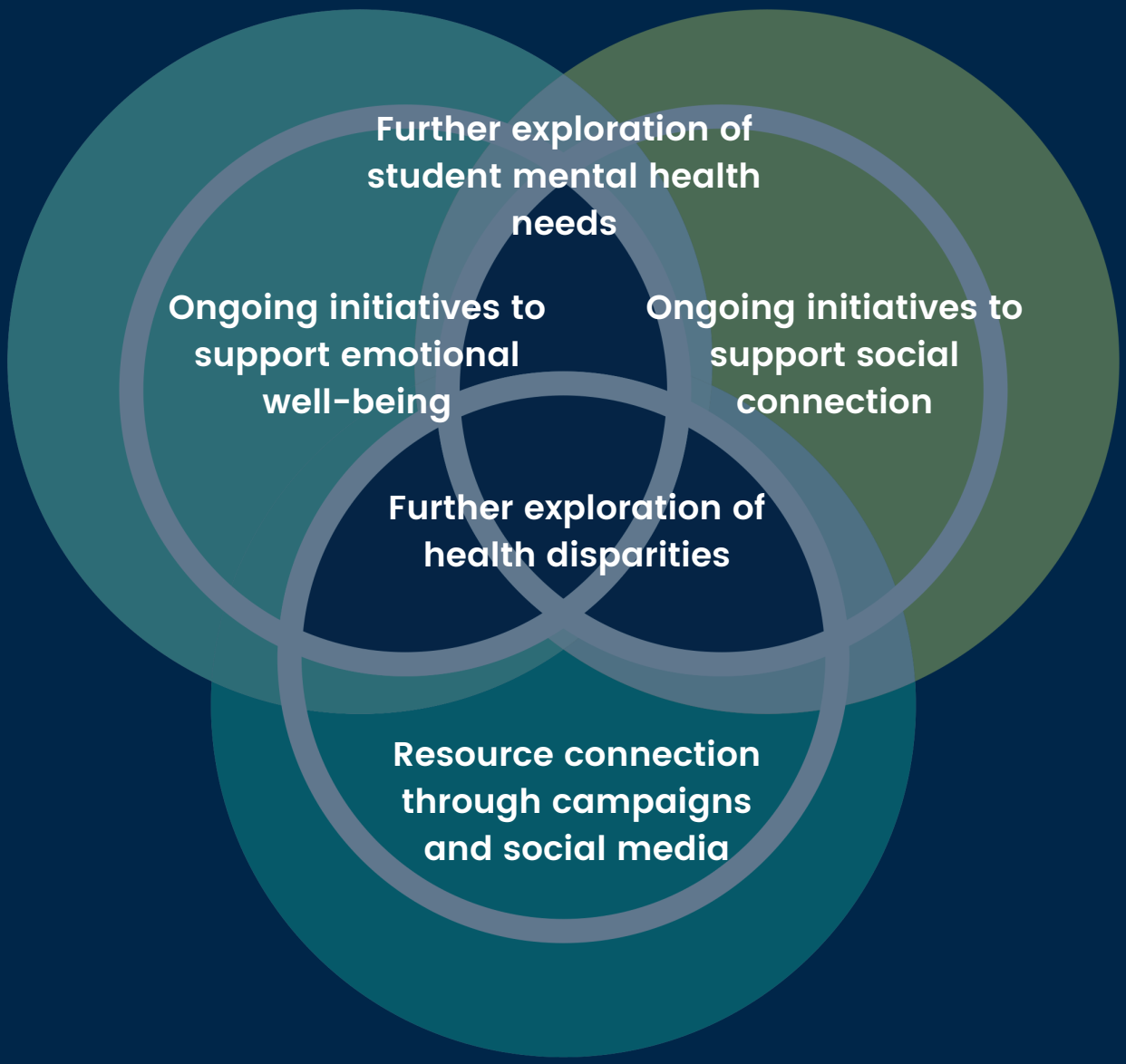
The Fall Follow-Up Survey asked several questions related to campus resources. The majority of students know how to access both medical and mental health care, though less than half (45.8%) indicated a very high or high knowledge of health and wellness resources overall, which suggests room for improvement.





LOOKING AHEAD: ACTION STEPS FROM THE MCDONALD CENTER FOR STUDENT WELL-BEING

There has never been a more critical time to have regular insight into student health and well-being, and you can expect the McDonald Center for Student Well-Being to continue to regularly conduct pulse-check assessments in the future. Here are a few of our focal areas for the spring, inspired by the information gathered from ND students this fall.



Need access to a campus resource? Visit:
https://here.nd.edu/contacts/students/

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