

MENTAL HEALTH QUESTIONNAIRE RESULTS



ANXIETY AND STRESS

Most of us reported that we were feeling abnormally overwhelmed or stressed.

- **62.9%** of us have felt **overwhelming anxiety or stress** this school-year (fig. 1)
- **70.3%** of us felt very overwhelmed or stressed about our studies.
- A third of us feel like we don't manage in a healthy way.

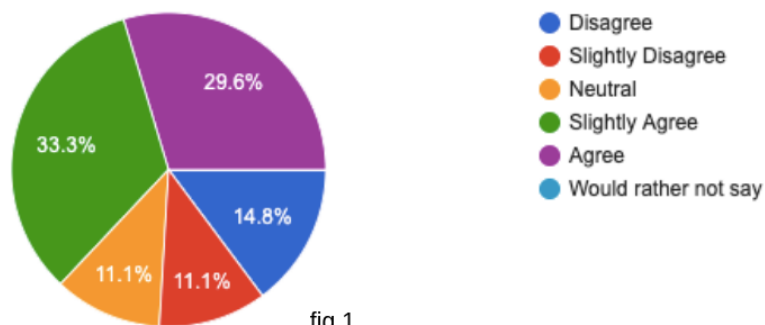


fig.1

MENTAL WELL-BEING

Most of us felt like we were doing okay before the start of studies, but we're feeling a little less okay now.

- 80.8% of us felt like our mental health was good or excellent before studying
- Now, along with overwhelming stress and anxiety, **46.2%** have had **extreme mood swings** or have felt **hopeless** (fig.2)
- **62.9%** feel **fatigued** and aren't getting enough sleep.

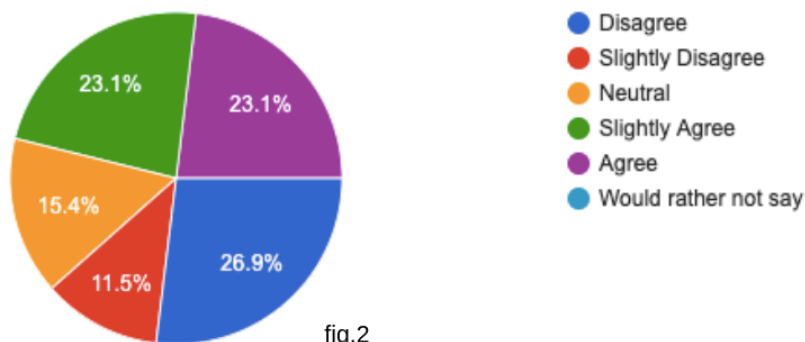


fig.2

SUPPORT

Not all of us feel like we're getting the support we need, from our peers or from the university, and would like LU Social to focus on well-being and support.

- **61%** of us aren't really aware of how others in our class are doing
- **22%** of us feel **under-supported**
- and **77.8%** of us don't know where we could get psychological/emotional support from LU.