



In Spring 2019, a survey was developed for the Health and Wellness Center to measure feelings of anxiety and depression experienced by students on campus. The survey was confidential and given on a voluntary basis. A total of 46 students responded to the survey.

<b>Q1. Anxiety: Over the last 2 weeks, how often have you been bothered by the following problems?</b>	<b>Nearly every day</b>	<b>More than half the days</b>	<b>Several days</b>	<b>Not at all</b>
Feeling nervous, anxious or on edge	30.6%	27.8%	27.8%	13.9%
Not being able to stop or control worrying	19.4%	27.8%	33.3%	19.4%
Worrying too much about different things	30.6%	27.8%	25.0%	16.7%
Trouble relaxing	22.2%	16.7%	30.6%	30.6%
Being so restless that it is hard to sit still	13.9%	16.7%	25.0%	44.4%
Becoming easily annoyed or irritable	30.6%	22.2%	19.4%	27.8%
Feeling afraid as if something awful might happen	33.3%	8.3%	30.6%	27.8%

<b>Q2. How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?</b>	<b>Choice Count</b>	
Somewhat difficult	58%	19
Very difficult	18%	6
Not at all difficult	15%	5
Extremely difficult	9%	3
Total		33

<b>Q3. Depression - Over the last 2 weeks, how often have you been bothered by the following problems?</b>	<b>Not at all</b>	<b>Several days</b>	<b>More than half the days</b>	<b>Nearly every day</b>
Little interest or pleasure in doing things	33.3%	41.7%	13.9%	11.1%
Feeling down, depressed, or hopeless	27.8%	38.9%	22.2%	11.1%
Trouble falling or staying asleep, or sleeping too much	25.0%	27.8%	16.7%	30.6%
Feeling tired or having little energy	19.4%	25.0%	16.7%	38.9%
Poor appetite or overeating	30.6%	16.7%	25.0%	27.8%
Feeling bad about yourself - or that you are a failure or have let yourself or your family down	25.0%	36.1%	16.7%	22.2%
Trouble concentrating on things, such as reading the newspaper or watching television	36.1%	25.0%	19.4%	19.4%
Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	50.0%	22.2%	19.4%	8.3%
Thoughts that you would be better off dead or of hurting yourself in some way	61.1%	22.2%	8.3%	8.3%

OPTIONAL: If you wish to be contacted by the Health & Wellness Center regarding these results, please provide your SID in the space below.

- A total of six students contacted the health and wellness center to seek an appointment.