Student Mind Project

Survey Report

11.04.2023

Overview

- Background
- Preliminary Notes
- Respondent Overview
- Mental Health Status – Overall
- Mental Health Status – By socio-economic factors
- Discrimination Experience
- Assault Experience
- Psychological Support
- University Psychological Support

Background

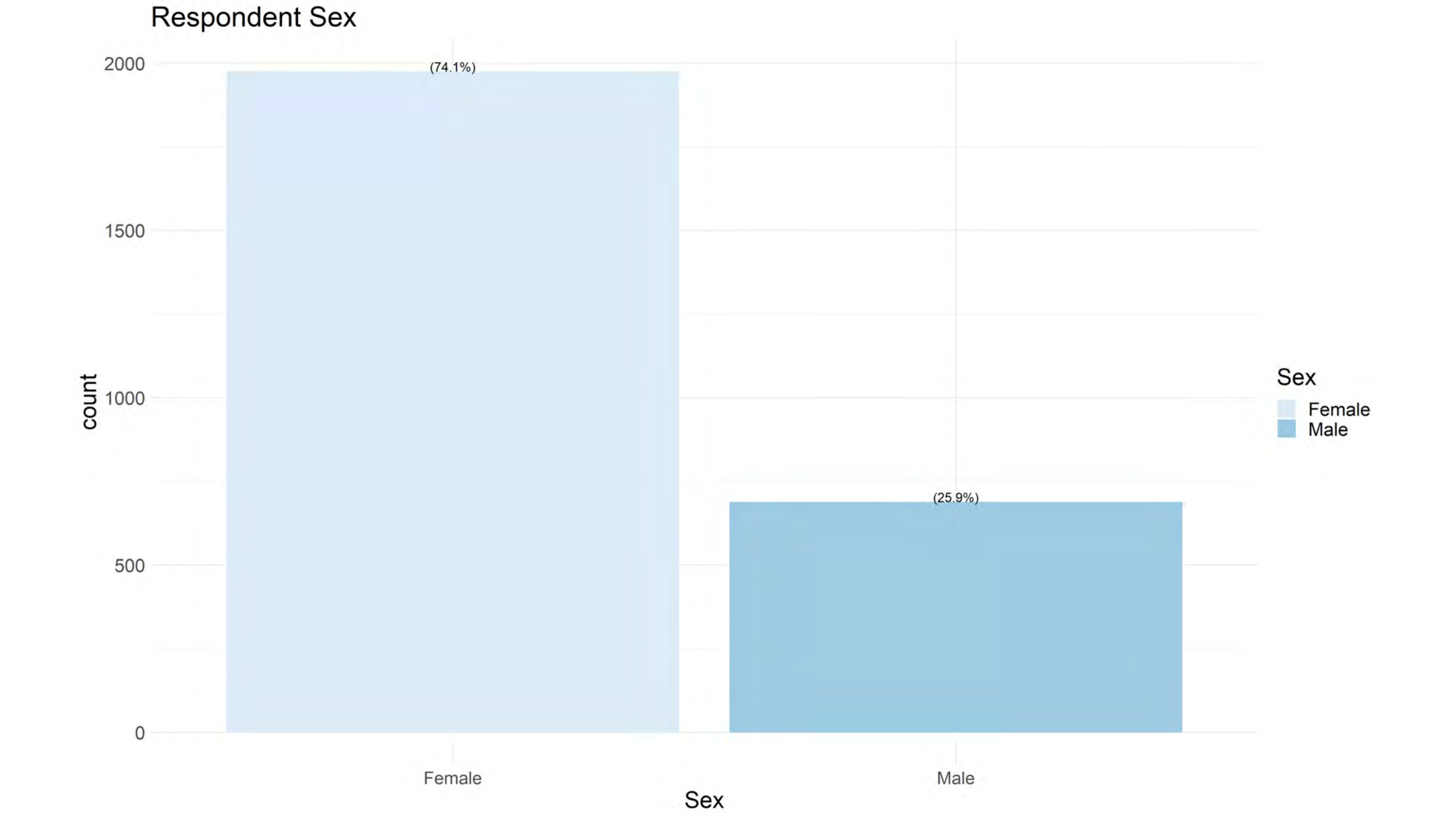
- The COVID pandemic raised awareness for mental health struggles in all areas of life.
- In October and November 2021, a Swiss-wide survey was conducted to get an estimate for the mental health status of students. An emphasis was also put on assessing correlations with different socio-economic factors.
- This report summarizes some of the most relevant findings.

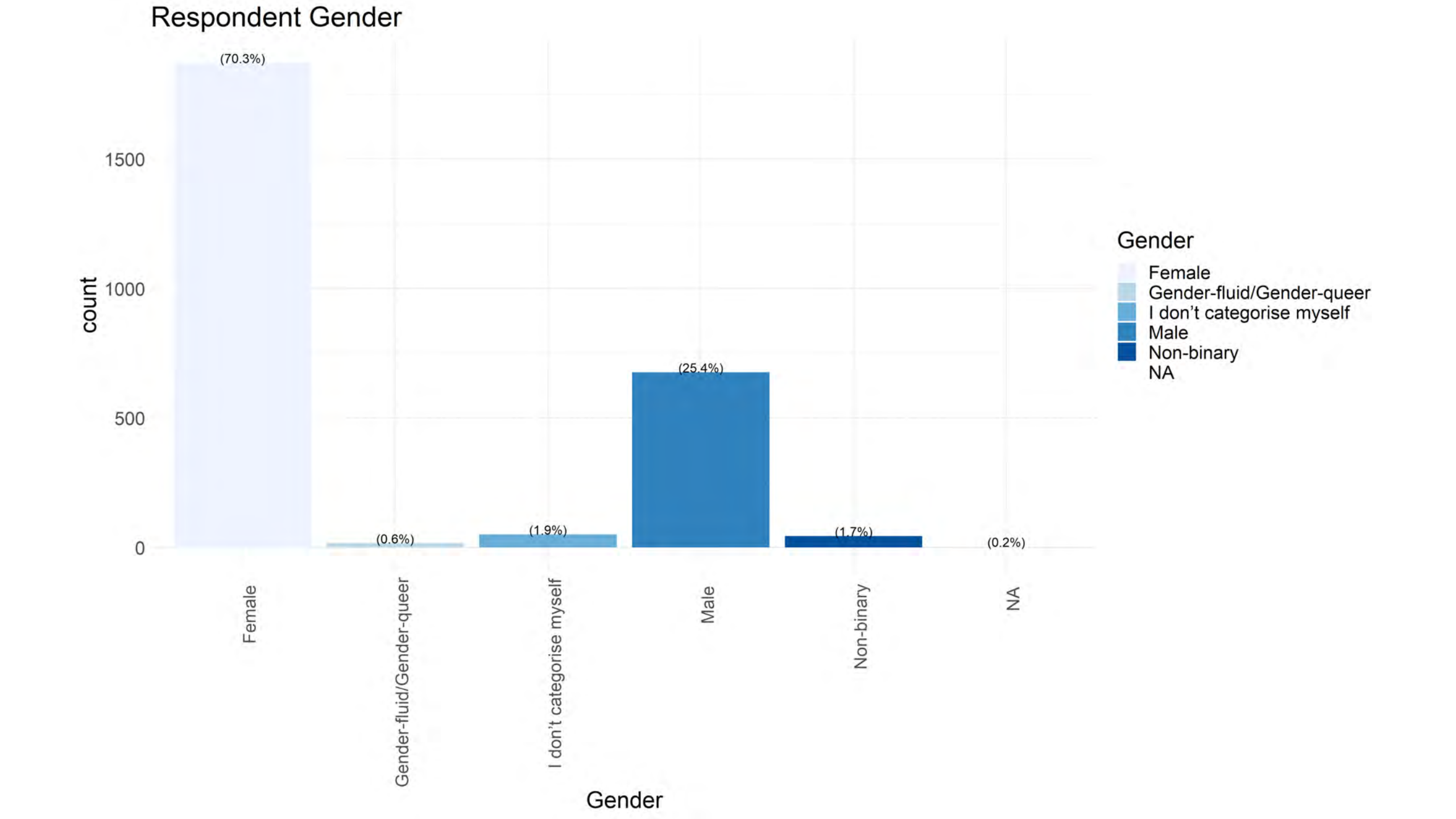
Preliminary Notes

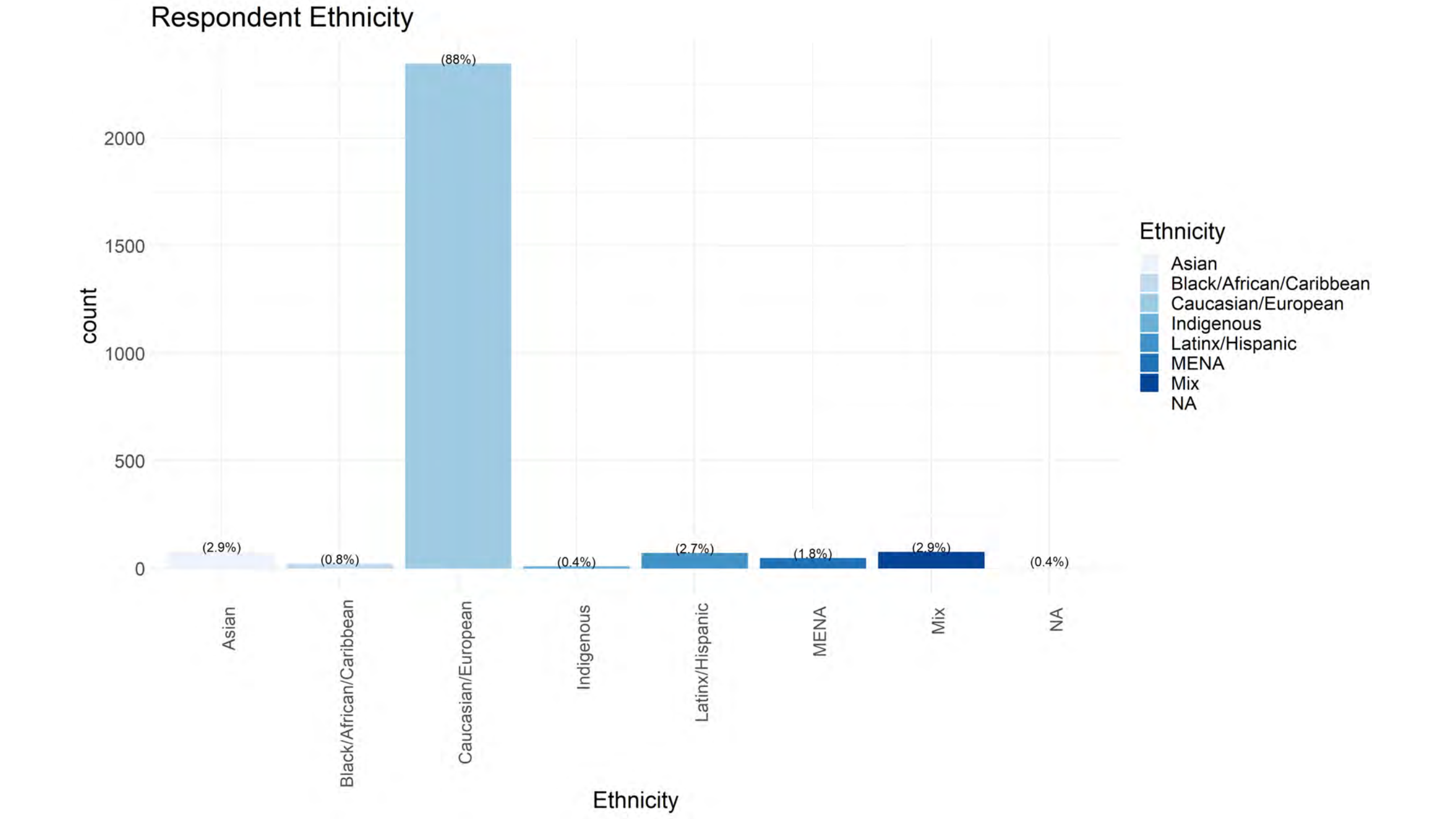
- The survey was conducted during COVID times (higher education institutions were open). Therefore, variables such as loneliness or depression might have been elevated.
- Nevertheless, other aspects such as the correlation between socio-economics factors and mental wellbeing are likely to be stable over time.
- The survey respondents are not fully representative of all Swiss students (e.g., 74% or respondents are female). It is also reasonable to assume that people with a connection to mental health issues were more likely to complete the survey.

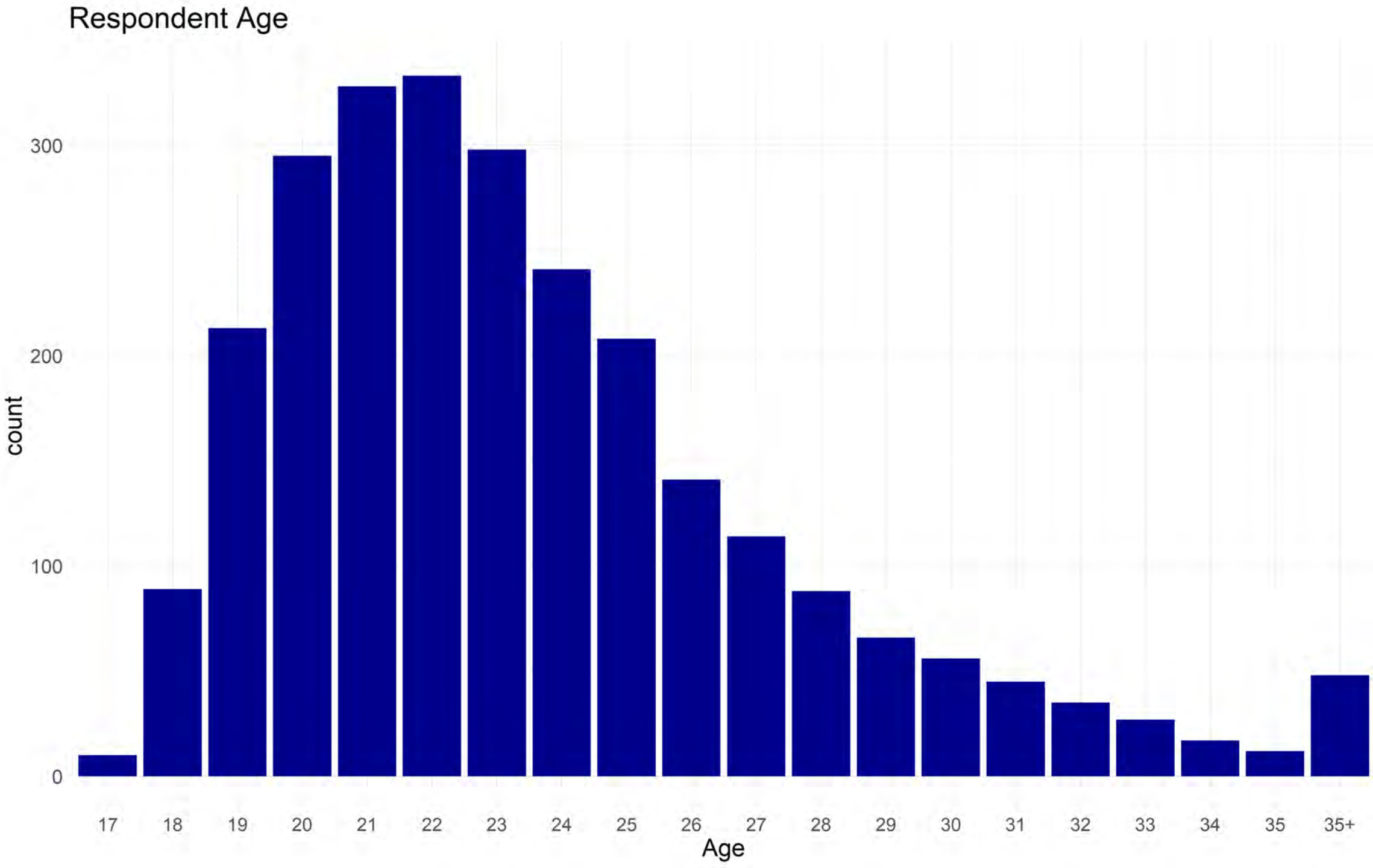
Respondent Overview

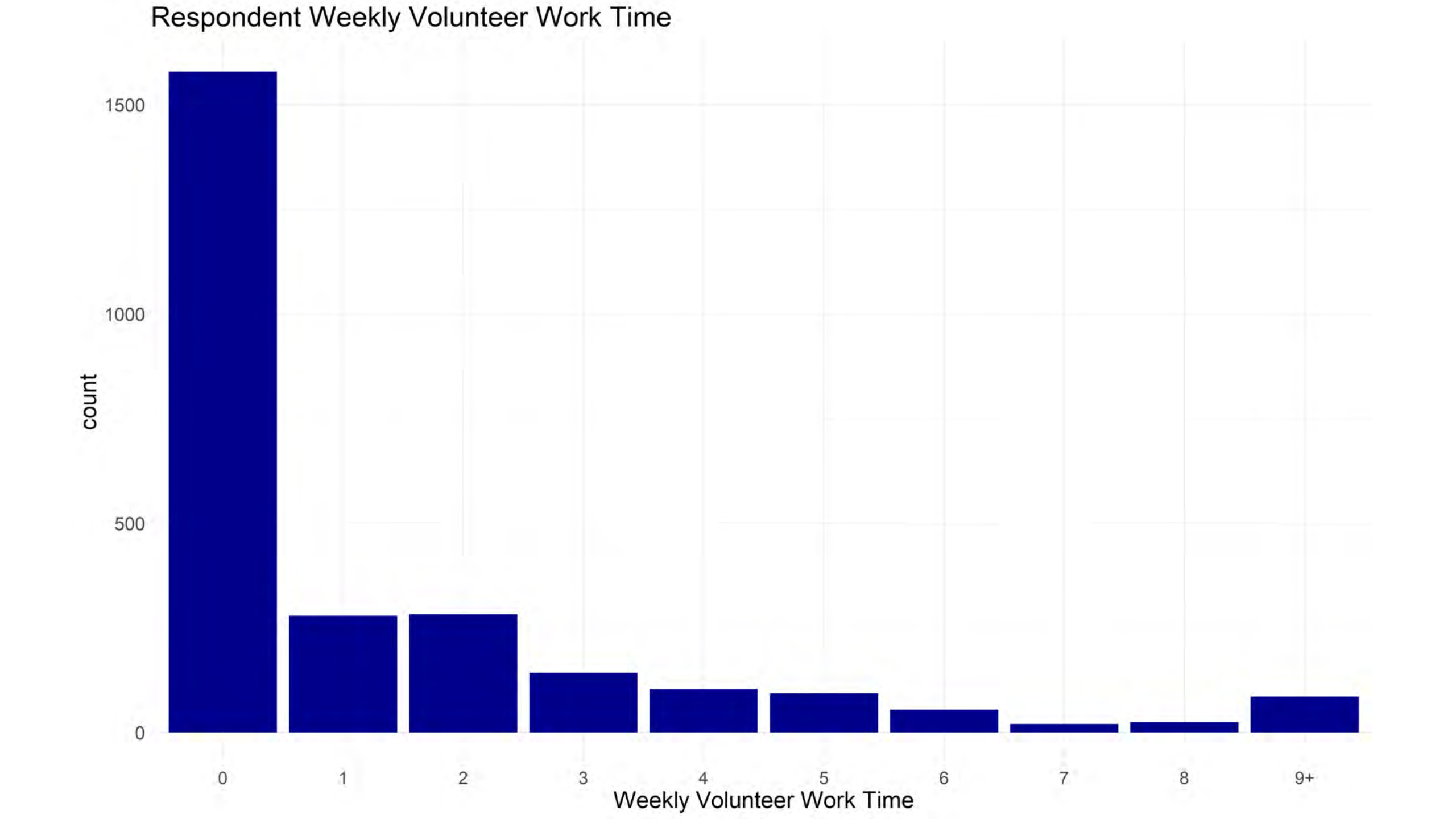
- 2932 responses were recorded in total
- 2664 responses remained after filtering (failed to complete control question or submitted survey in less than 5 minutes)
- The following graphs display a summary of respondents according to different socio-economic factors

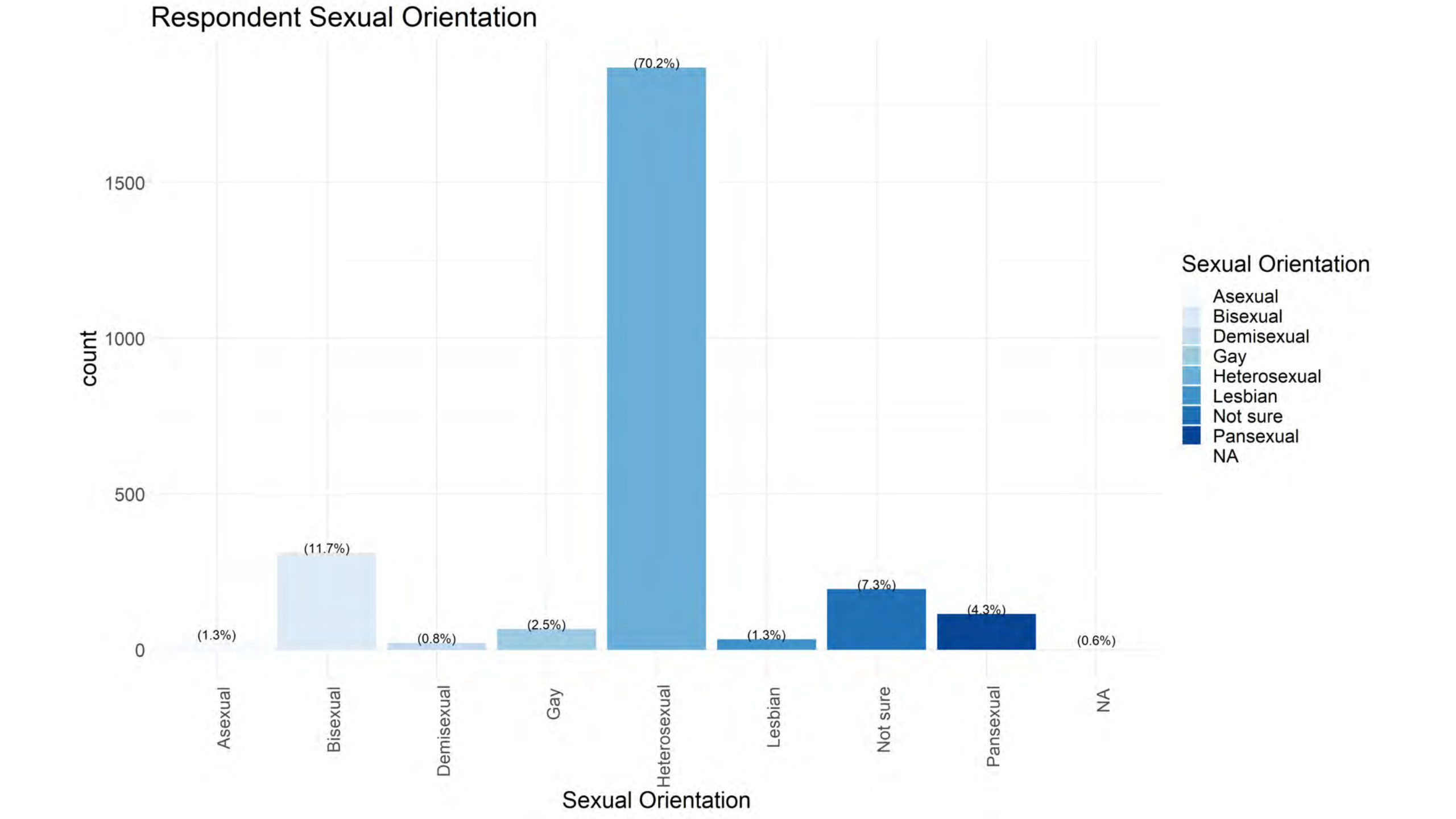

Respondent Sex
2000
1500
1000
500
0
count
(74.1%)
(25.9%)
Female
Male
Sex
Sex
Female
Male


Respondent Gender
(70.3%)
(0.6%)
(1.9%)
(25.4%)
(1.7%)
(0.2%)
1500
1000
500
0
count
Female
Gender-fluid/Gender-queer
I don't categorise myself
Male
Non-binary
NA
Gender
Gender
Female
Gender-fluid/Gender-queer
I don't categorise myself
Male
Non-binary
NA


Respondent Ethnicity
count
2000
1500
1000
500
0
(88%)
(2.9%)
(0.8%)
(0.4%)
(2.7%)
(1.8%)
(2.9%)
(0.4%)
Asian
Black/African/Caribbean
Caucasian/European
Indigenous
Latinx/Hispanic
MENA
Mix
NA
Ethnicity
Ethnicity
Asian
Black/African/Caribbean
Caucasian/European
Indigenous
Latinx/Hispanic
MENA
Mix
NA

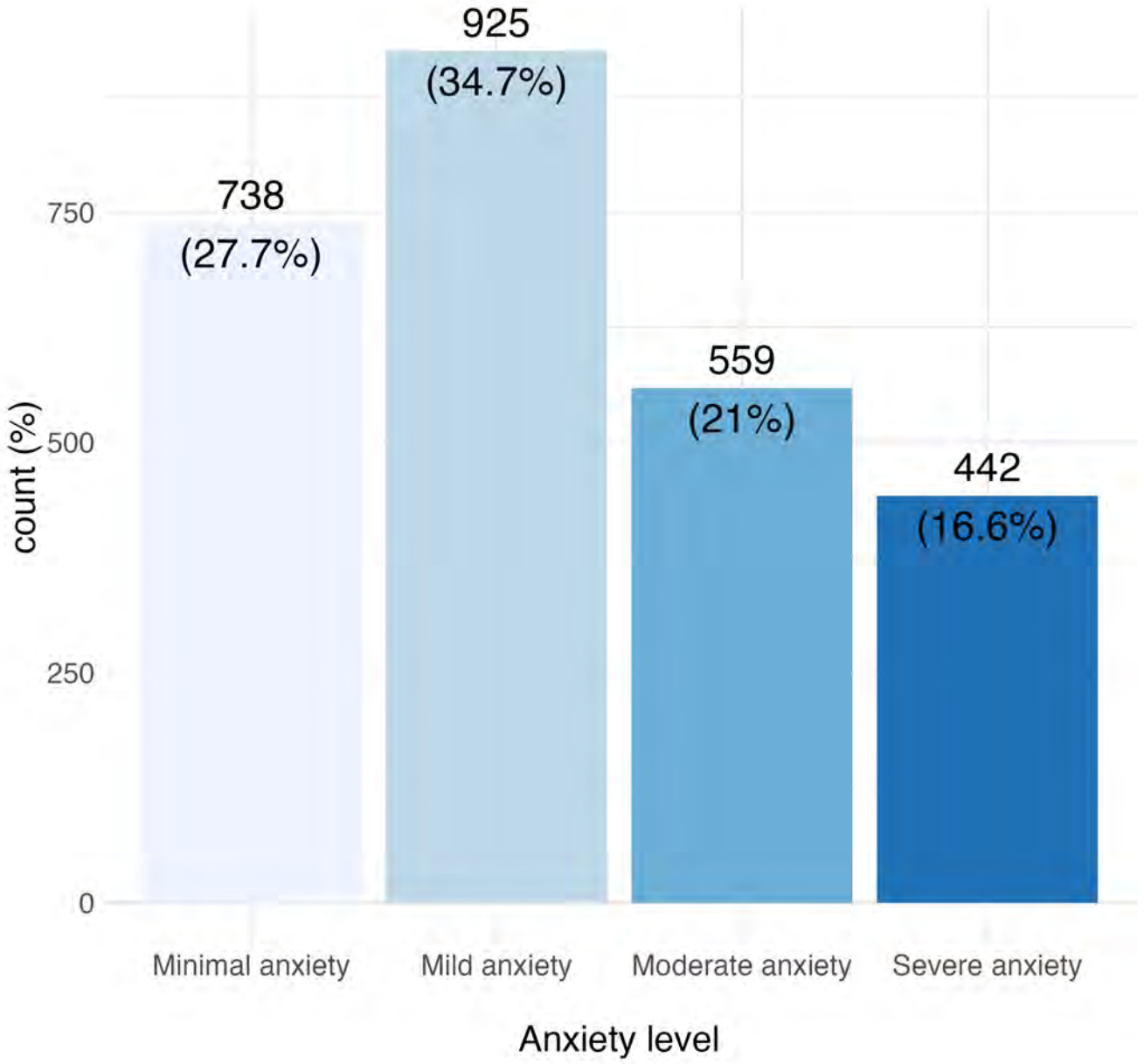

Respondent Age
count
300
200
100
0
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31
32
33
34
35
35+
Age


Respondent Weekly Volunteer Work Time
1500
1000
500
0
count
0
1
2
3
4
5
6
7
8
9+
Weekly Volunteer Work Time

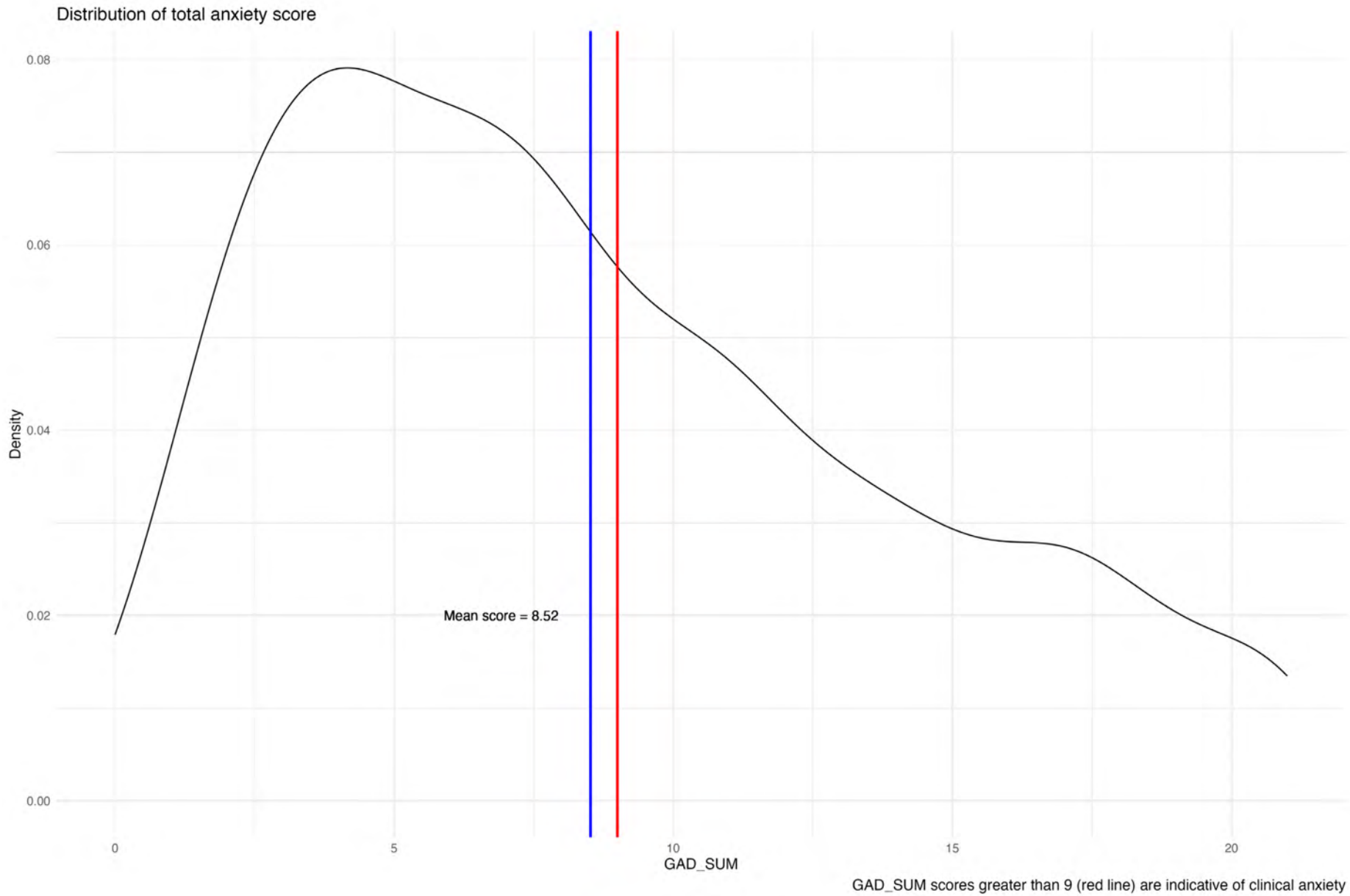

Respondent Sexual Orientation
count
1500
1000
500
0
(1.3%)
(11.7%)
(0.8%)
(2.5%)
(70.2%)
(1.3%)
(7.3%)
(4.3%)
(0.6%)
Asexual
Bisexual
Demisexual
Gay
Heterosexual
Lesbian
Not sure
Pansexual
NA
Sexual Orientation
Sexual Orientation
Asexual
Bisexual
Demisexual
Gay
Heterosexual
Lesbian
Not sure
Pansexual
NA

Mental Health – Overall

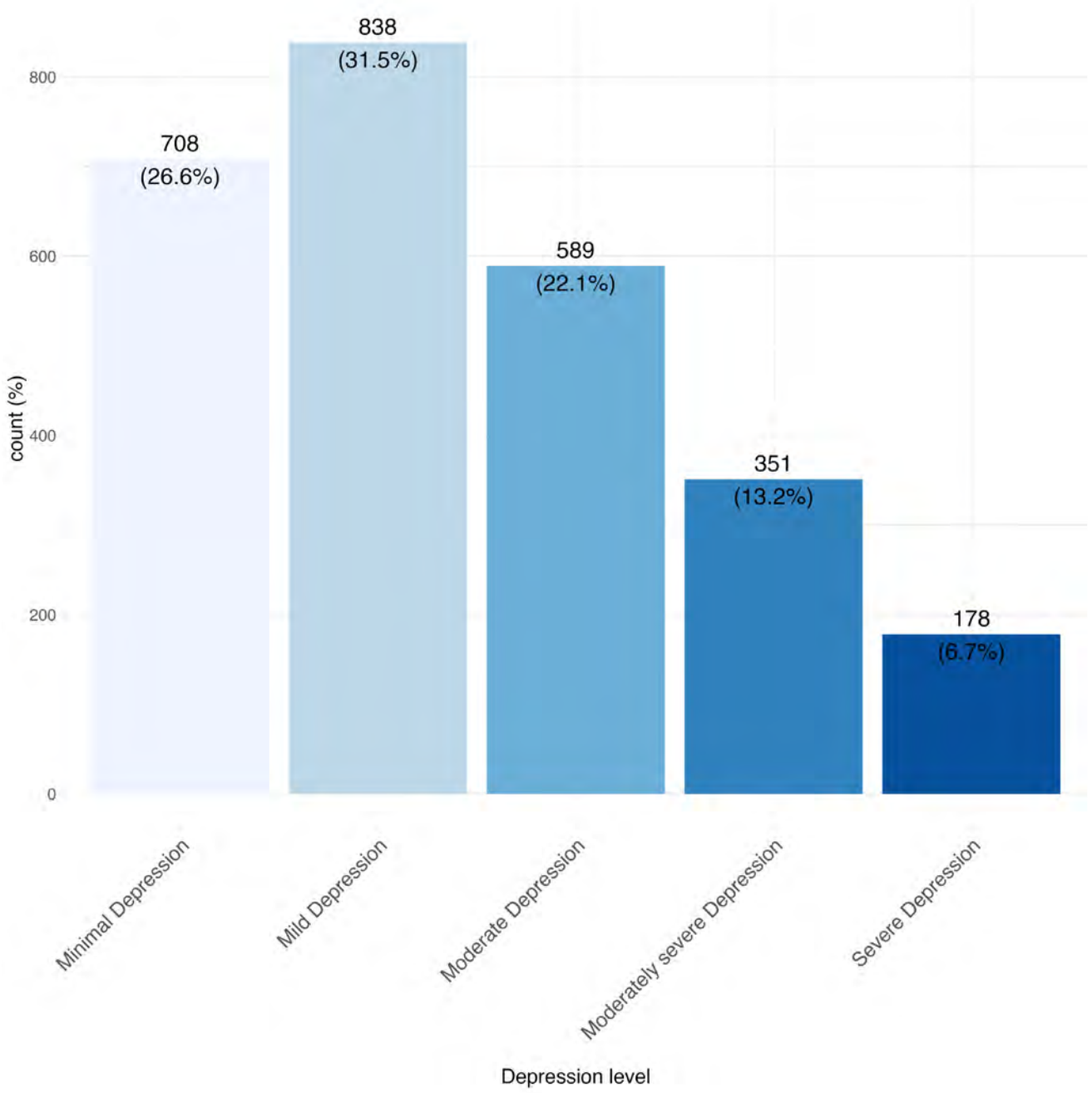
Anxiety


925
(34.7%)
738
(27.7%)
559
(21%)
442
(16.6%)
750
500
250
0
count (%)
Minimal anxiety
Mild anxiety
Moderate anxiety
Severe anxiety
Anxiety level

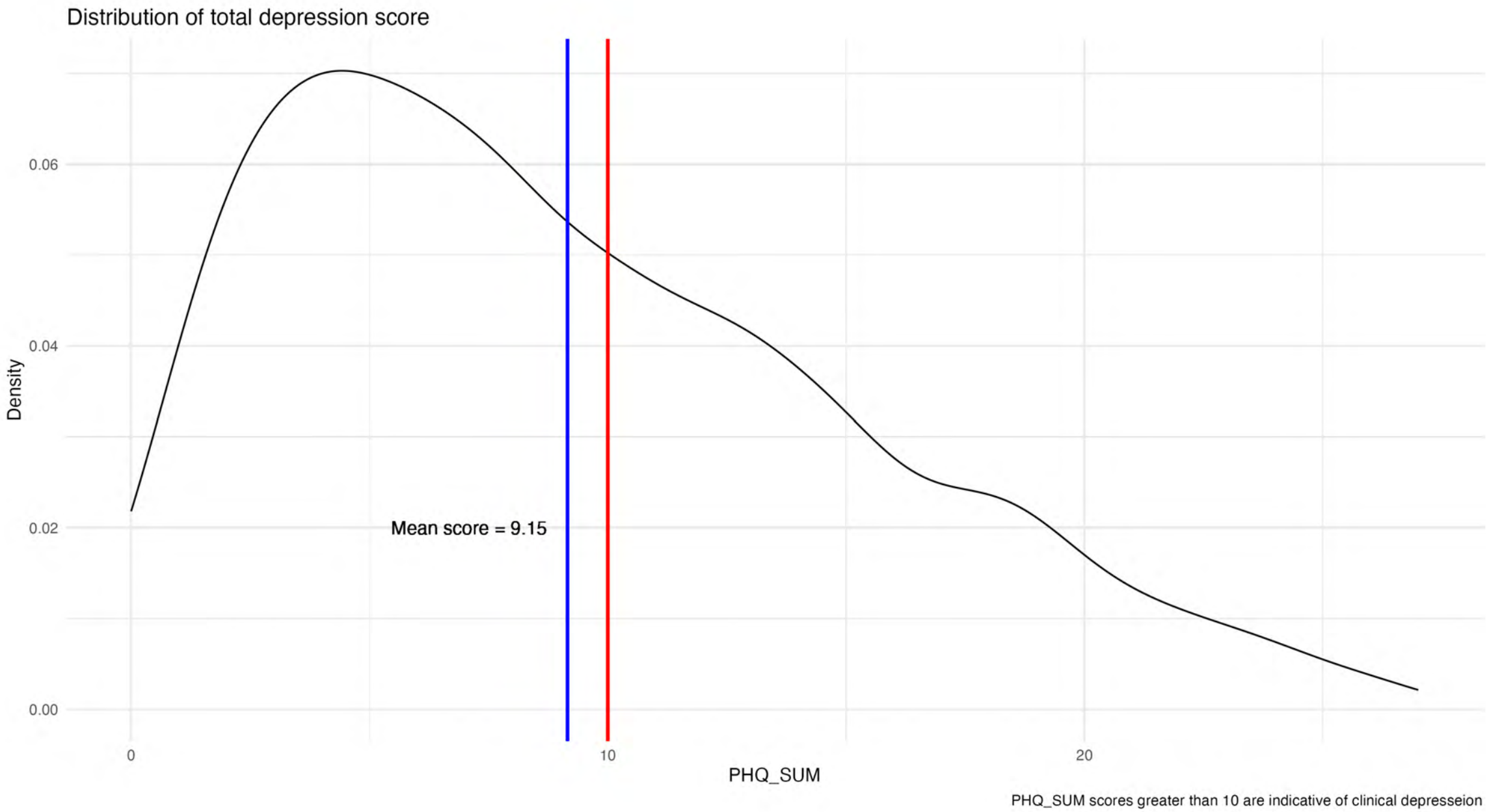
Mean anxiety score of participants is 8.52
Values greater than 9 indicates clinical anxiety



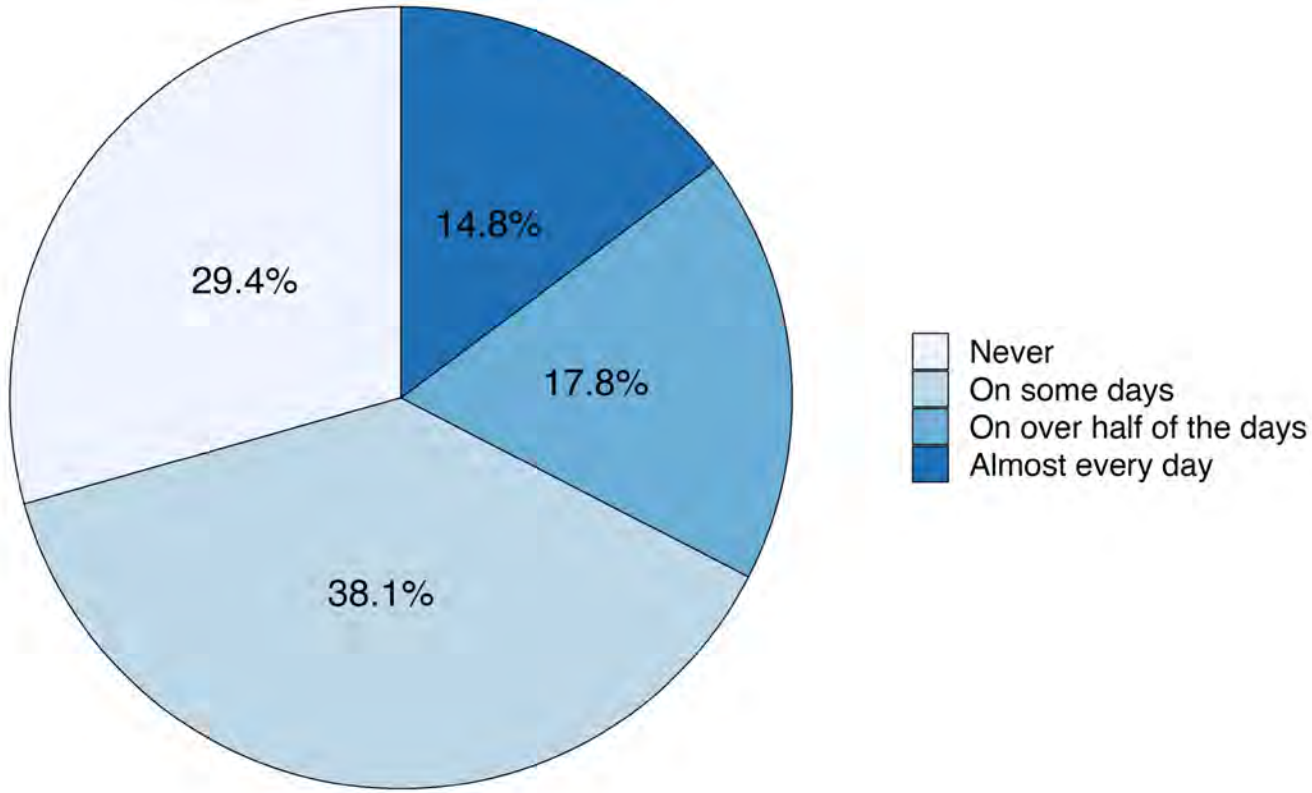
Depression


838
(31.5%)
708
(26.6%)
589
(22.1%)
351
(13.2%)
178
(6.7%)
800
600
400
200
0
count (%)
Minimal Depression
Mild Depression
Moderate Depression
Moderately severe Depression
Severe Depression
Depression level

Mean anxiety score of participants is 9.15
Values greater than 10 indicates clinical depression

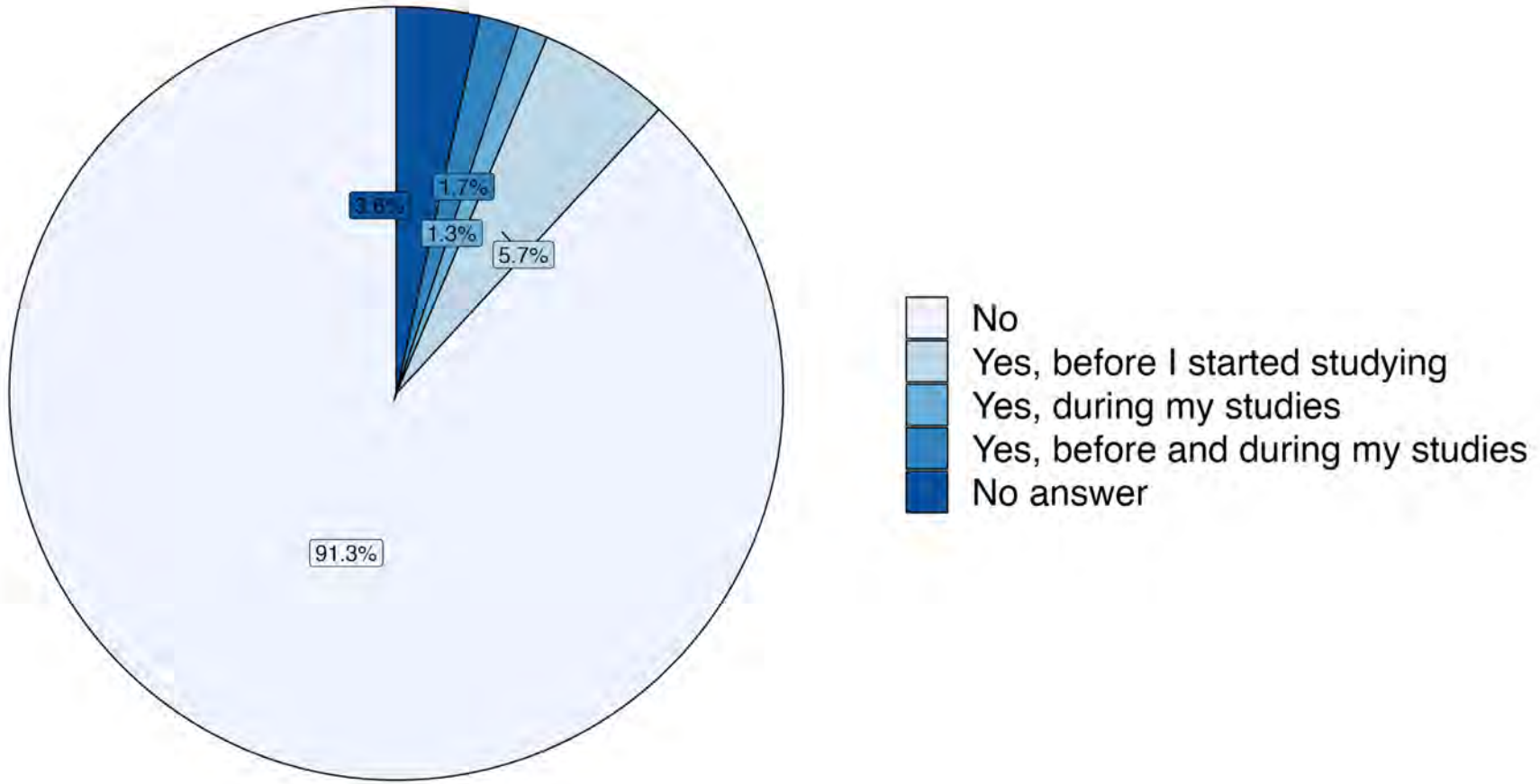


How often have you felt lonely over the past 2 weeks?



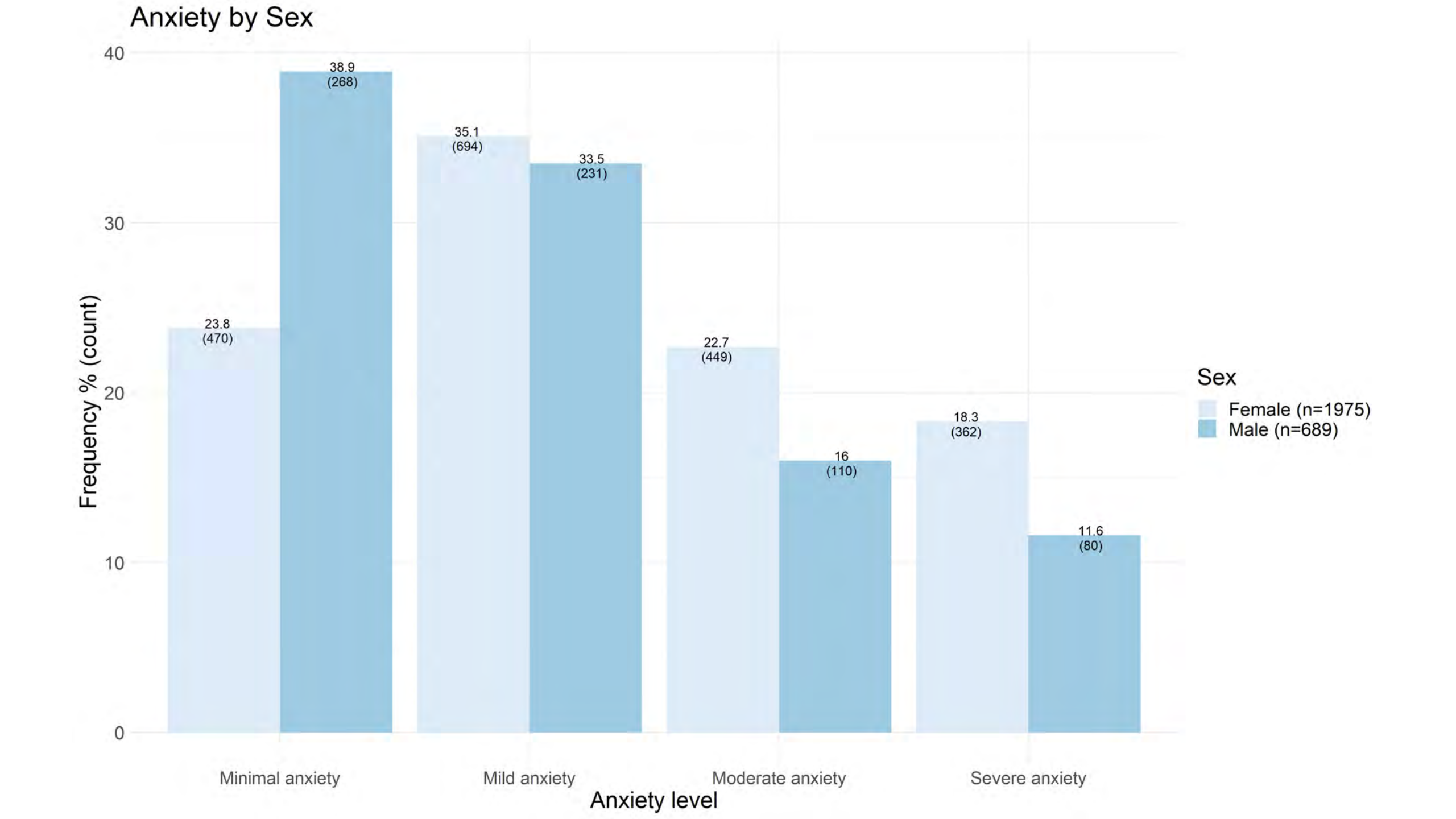
N = 2458

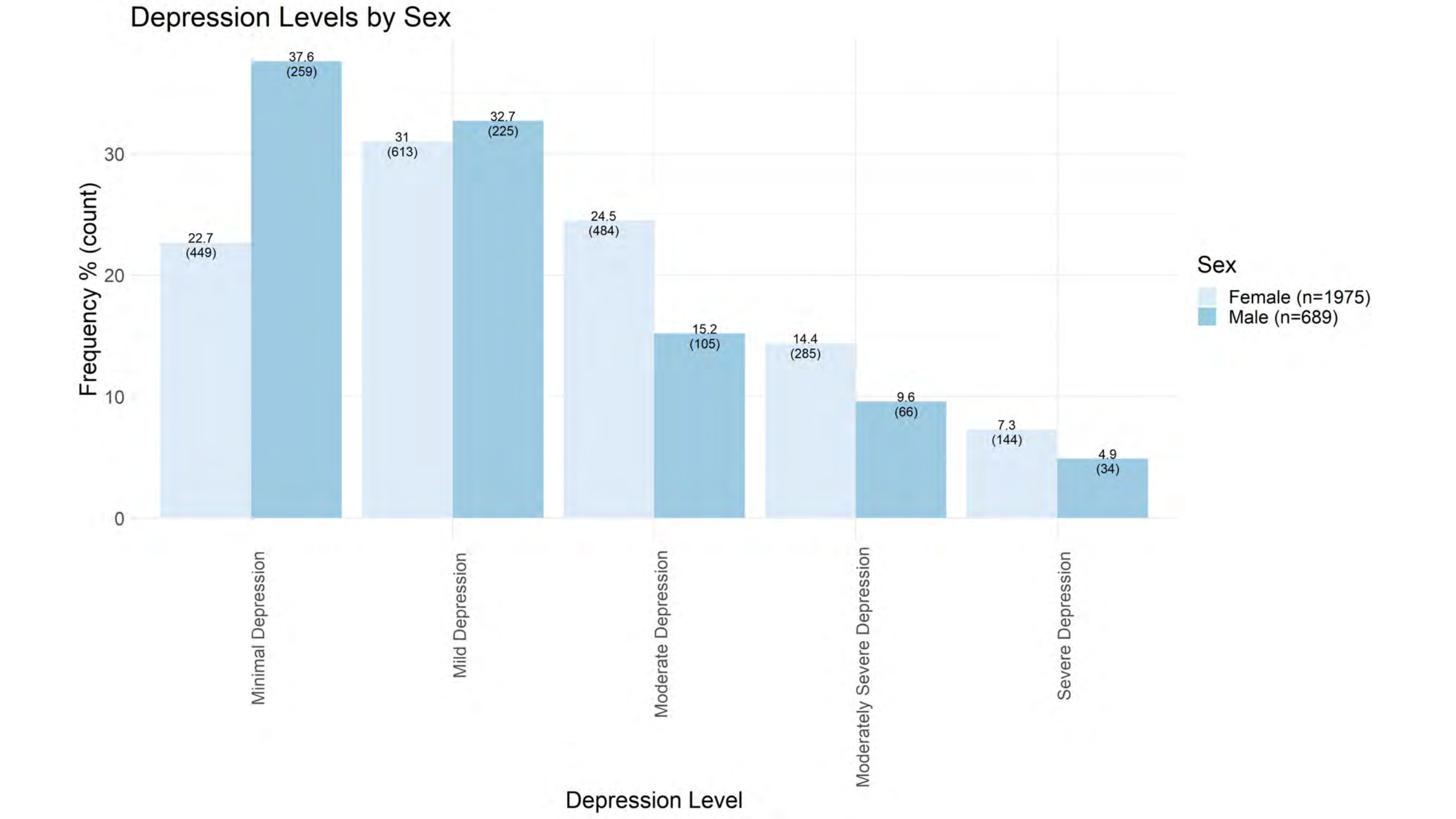
Have you ever tried to take your own life?

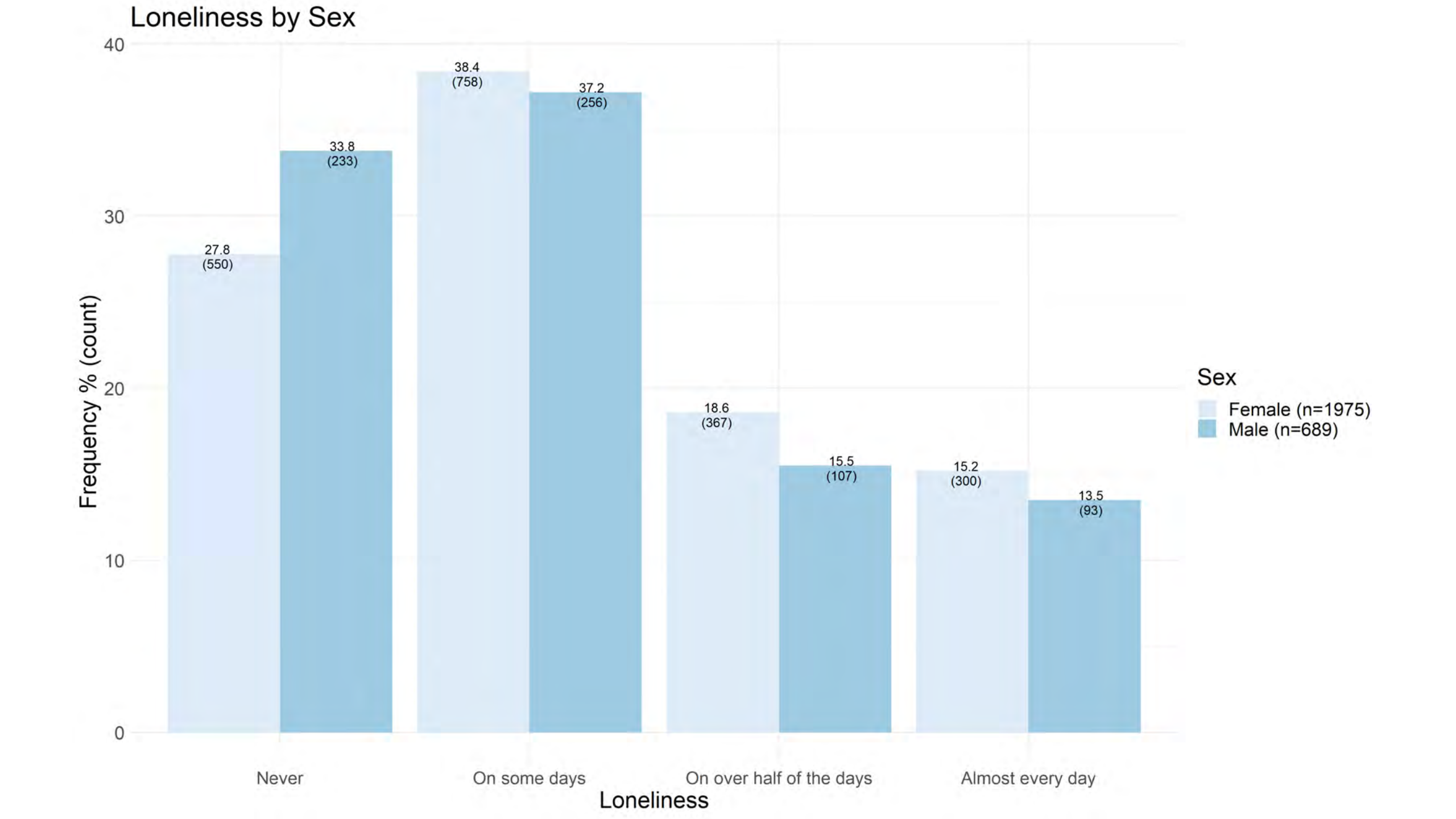


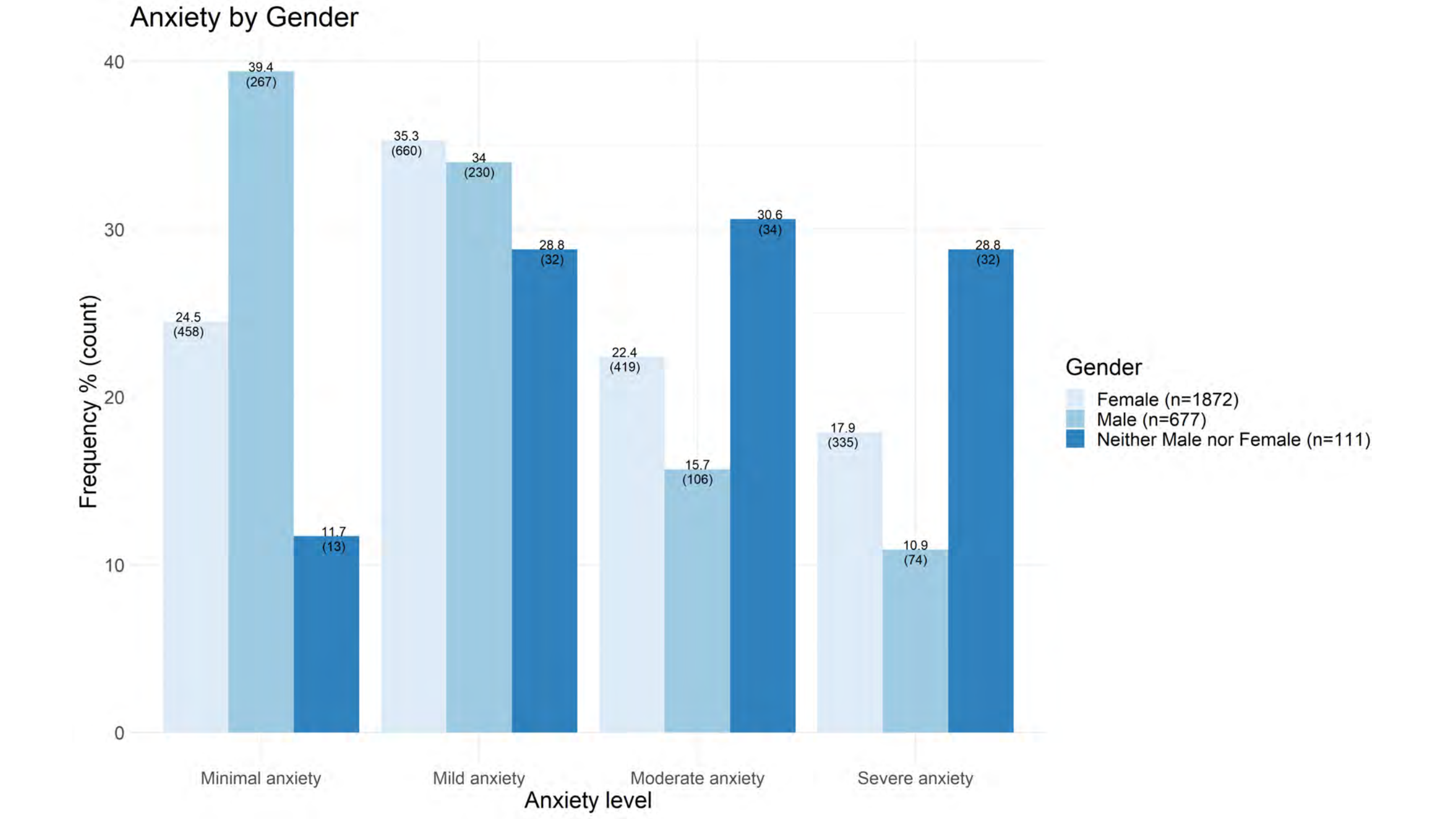
N = 2458

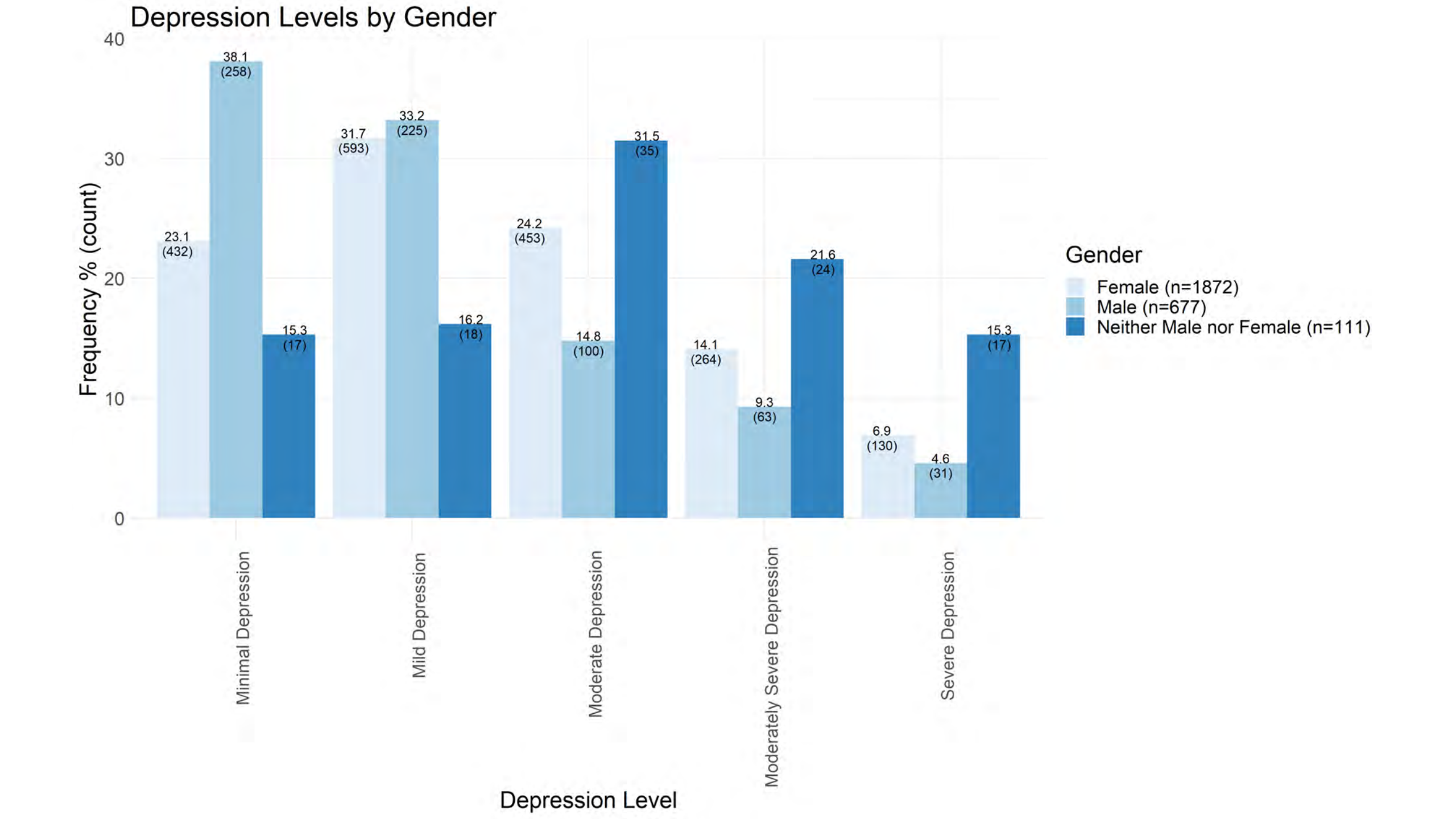
Mental Health – By Socio-Economic Factors

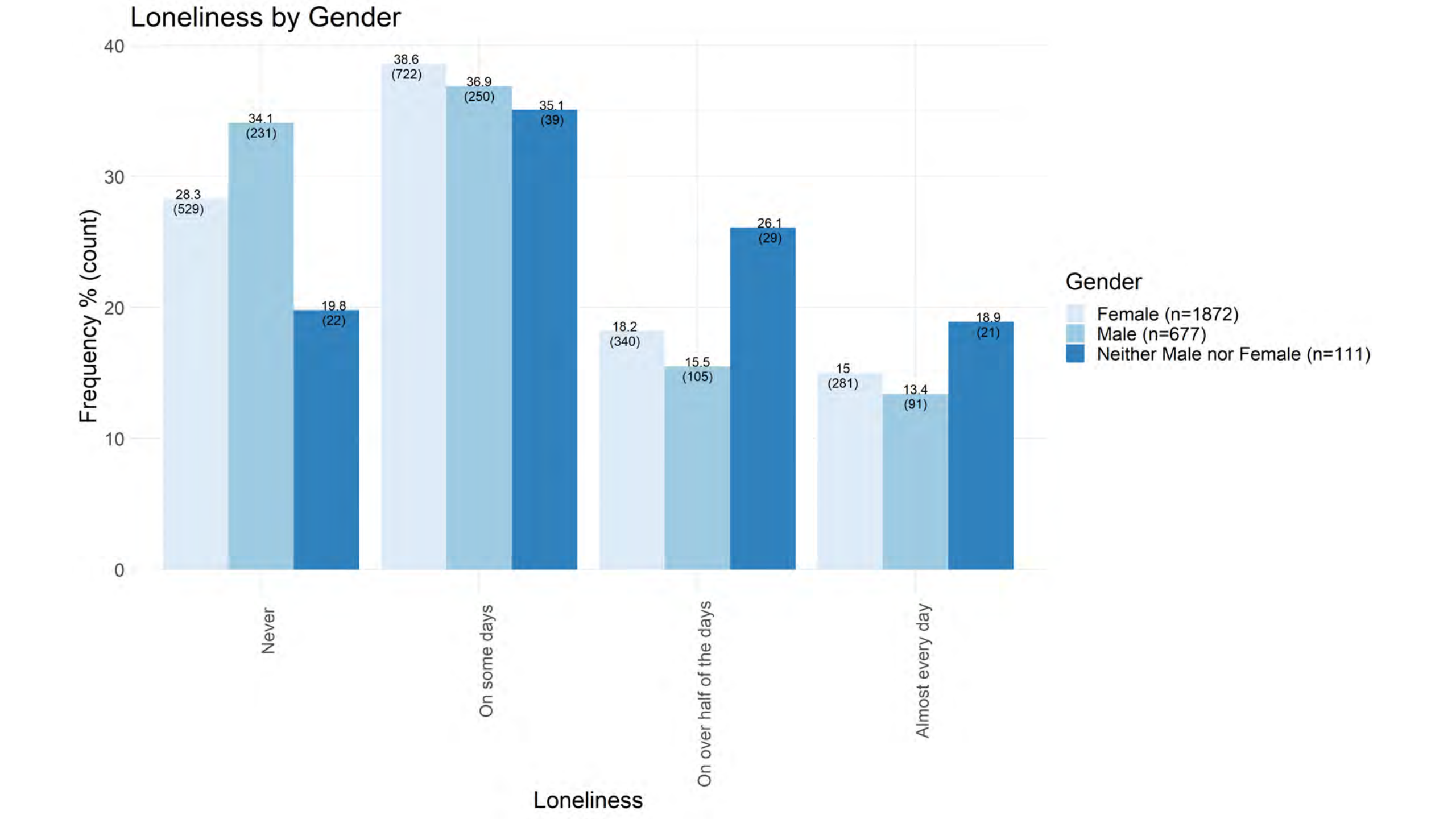

Anxiety by Sex
Frequency % (count)
40
30
20
10
0
38.9
(268)
35.1
(694)
33.5
(231)
23.8
(470)
22.7
(449)
16
(110)
18.3
(362)
11.6
(80)
Minimal anxiety
Mild anxiety
Moderate anxiety
Severe anxiety
Anxiety level
Sex
Female (n=1975)
Male (n=689)

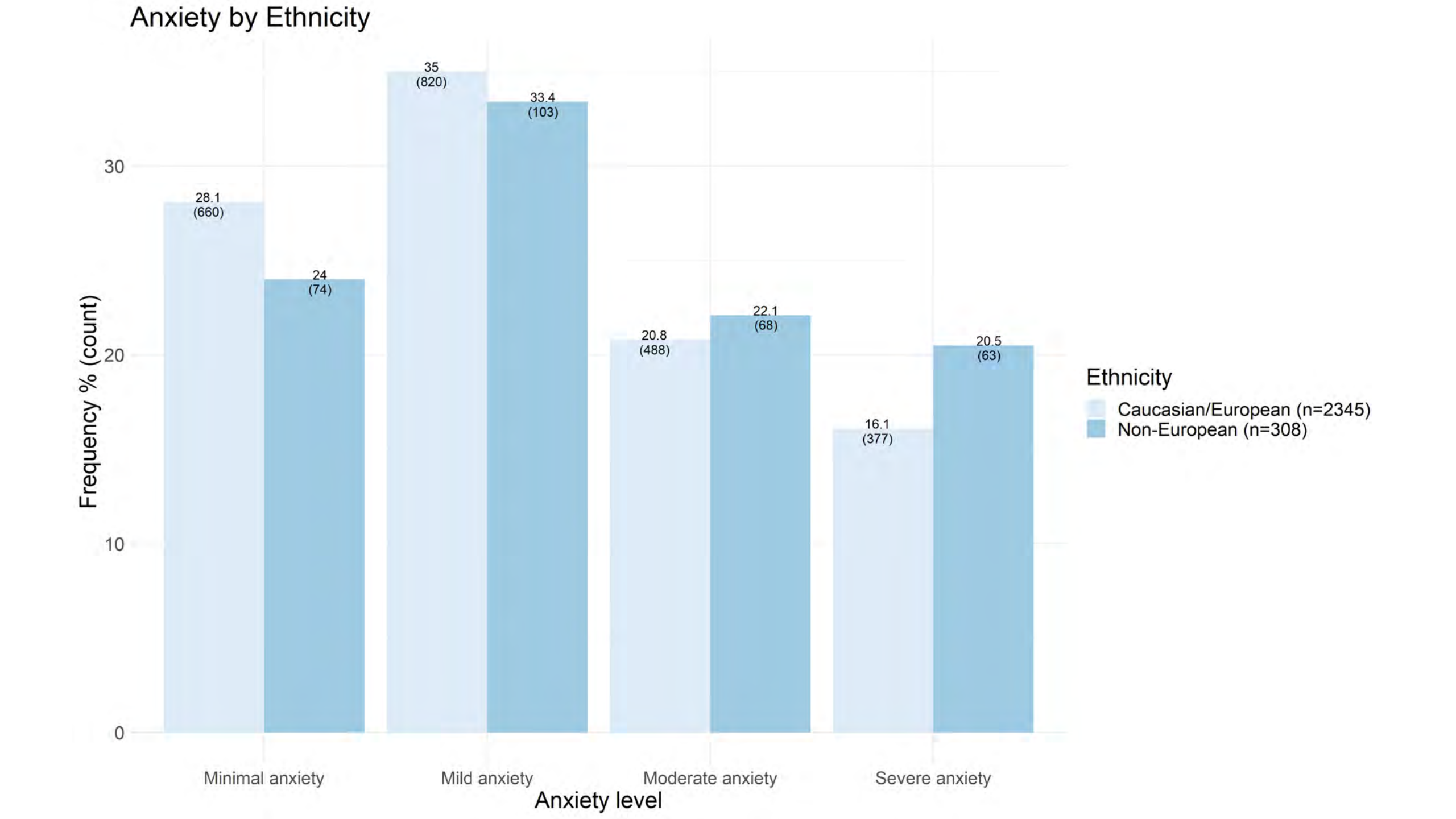

Depression Levels by Sex
Frequency % (count)
0
10
20
30
22.7
(449)
37.6
(259)
31
(613)
32.7
(225)
24.5
(484)
15.2
(105)
14.4
(285)
9.6
(66)
7.3
(144)
4.9
(34)
Minimal Depression
Mild Depression
Moderate Depression
Moderately Severe Depression
Severe Depression
Depression Level
Sex
Female (n=1975)
Male (n=689)

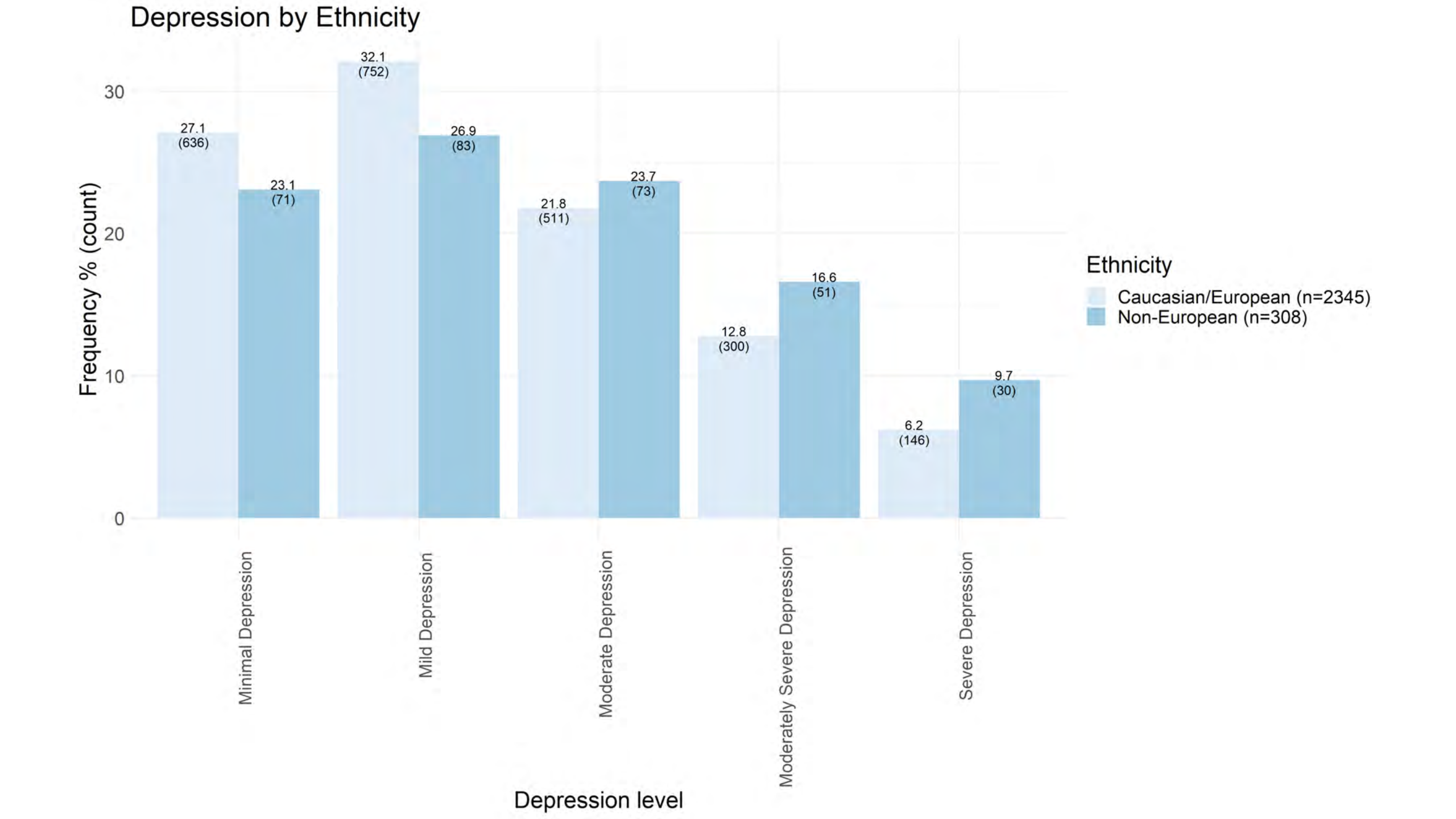

Loneliness by Sex
40
30
20
10
0
Frequency % (count)
27.8
(550)
33.8
(233)
38.4
(758)
37.2
(256)
18.6
(367)
15.5
(107)
15.2
(300)
13.5
(93)
Never
On some days
On over half of the days
Almost every day
Loneliness
Sex
Female (n=1975)
Male (n=689)

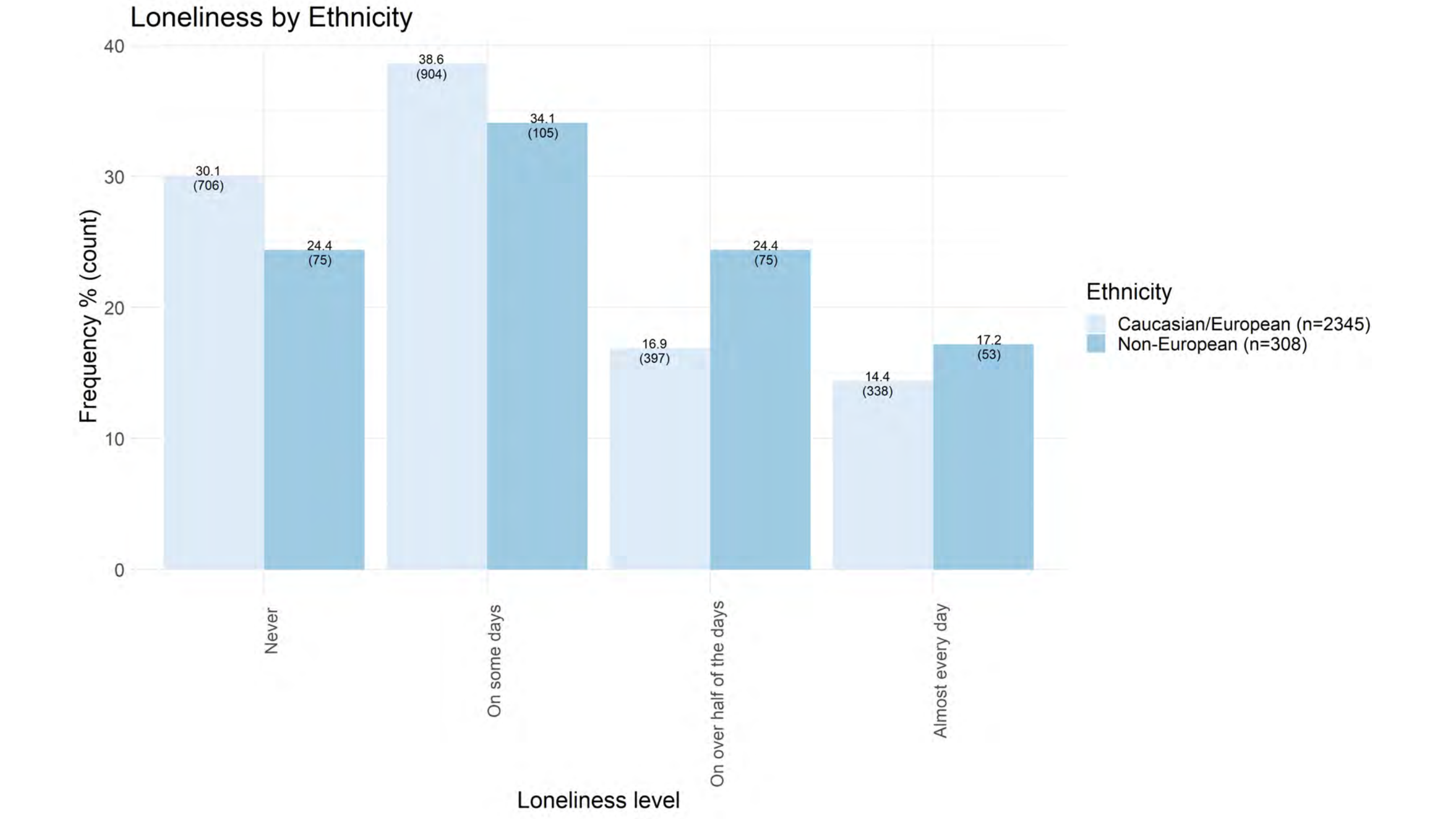

Anxiety by Gender
Frequency % (count)
40
30
20
10
0
39.4
(267)
24.5
(458)
11.7
(13)
35.3
(660)
34
(230)
28.8
(32)
22.4
(419)
15.7
(106)
30.6
(34)
17.9
(335)
10.9
(74)
28.8
(32)
Minimal anxiety
Mild anxiety
Moderate anxiety
Severe anxiety
Anxiety level
Gender
Female (n=1872)
Male (n=677)
Neither Male nor Female (n=111)

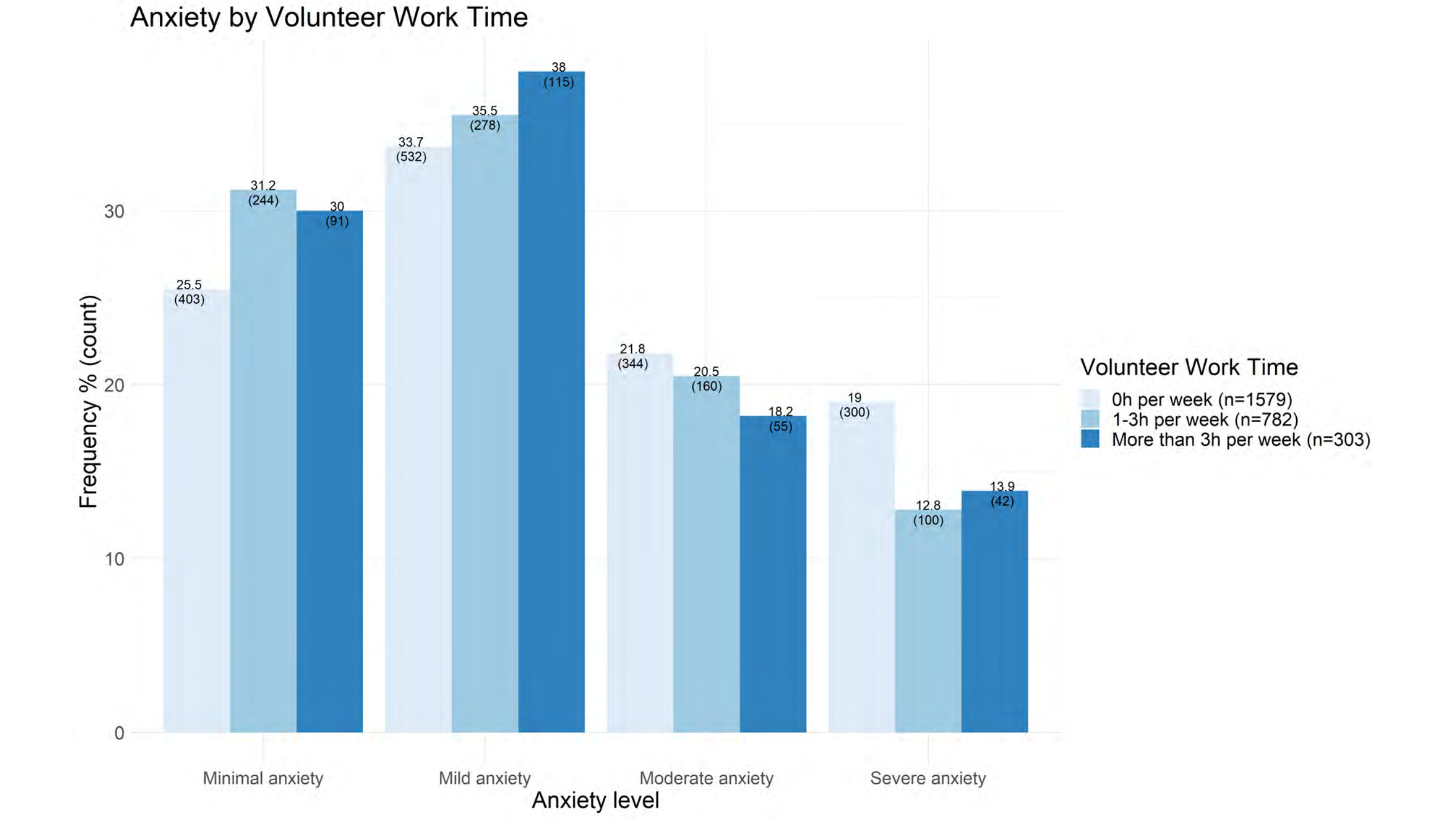

Depression Levels by Gender
Frequency % (count)
40
30
20
10
0
23.1
(432)
38.1
(258)
15.3
(17)
31.7
(593)
33.2
(225)
16.2
(18)
24.2
(453)
14.8
(100)
31.5
(35)
14.1
(264)
9.3
(63)
21.6
(24)
6.9
(130)
4.6
(31)
15.3
(17)
Minimal Depression
Mild Depression
Moderate Depression
Moderately Severe Depression
Severe Depression
Depression Level
Gender
Female (n=1872)
Male (n=677)
Neither Male nor Female (n=111)

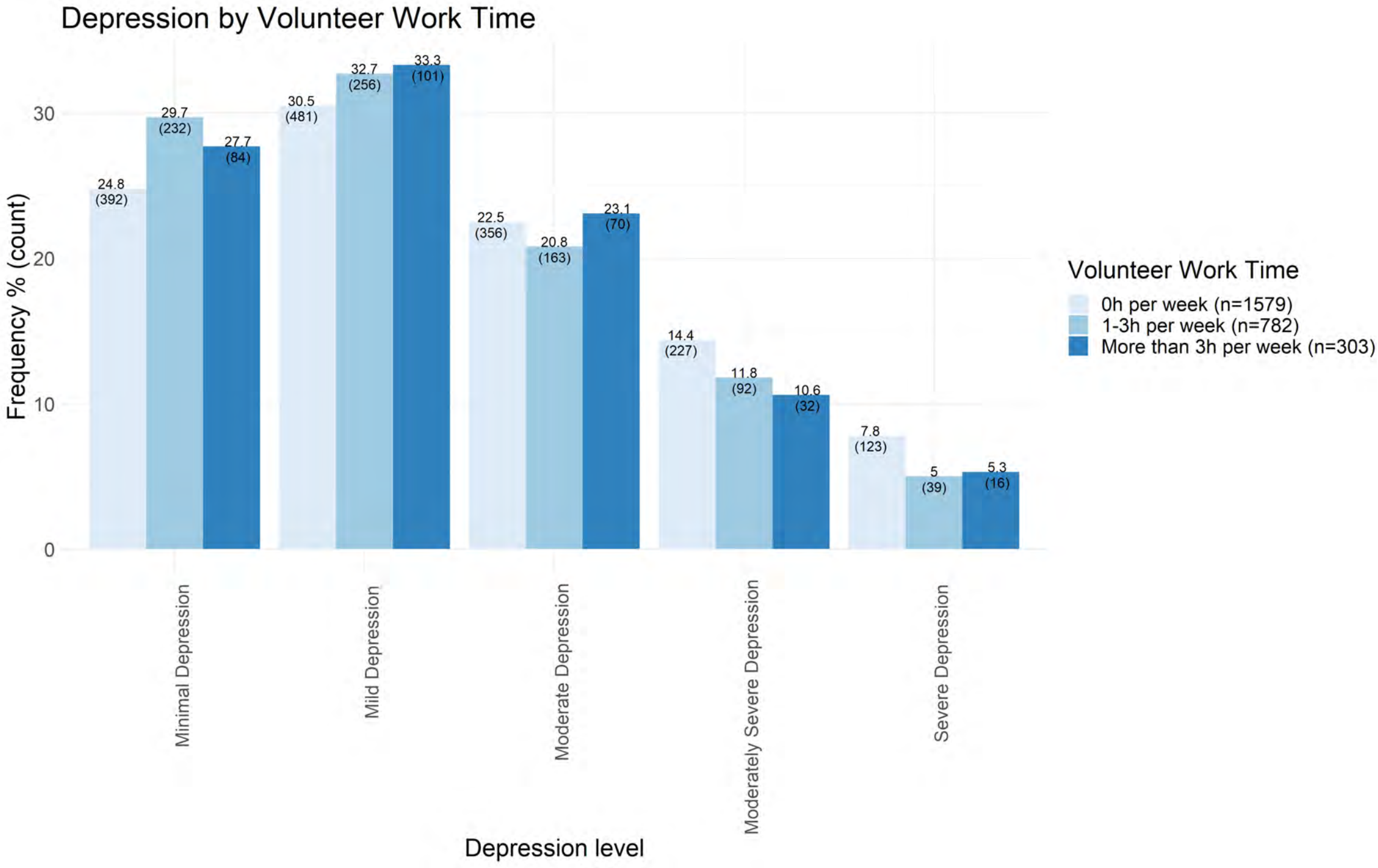

Loneliness by Gender
Frequency % (count)
40
30
20
10
0
28.3
(529)
34.1
(231)
19.8
(22)
38.6
(722)
36.9
(250)
35.1
(39)
18.2
(340)
15.5
(105)
26.1
(29)
15
(281)
13.4
(91)
18.9
(21)
Never
On some days
On over half of the days
Almost every day
Loneliness
Gender
Female (n=1872)
Male (n=677)
Neither Male nor Female (n=111)

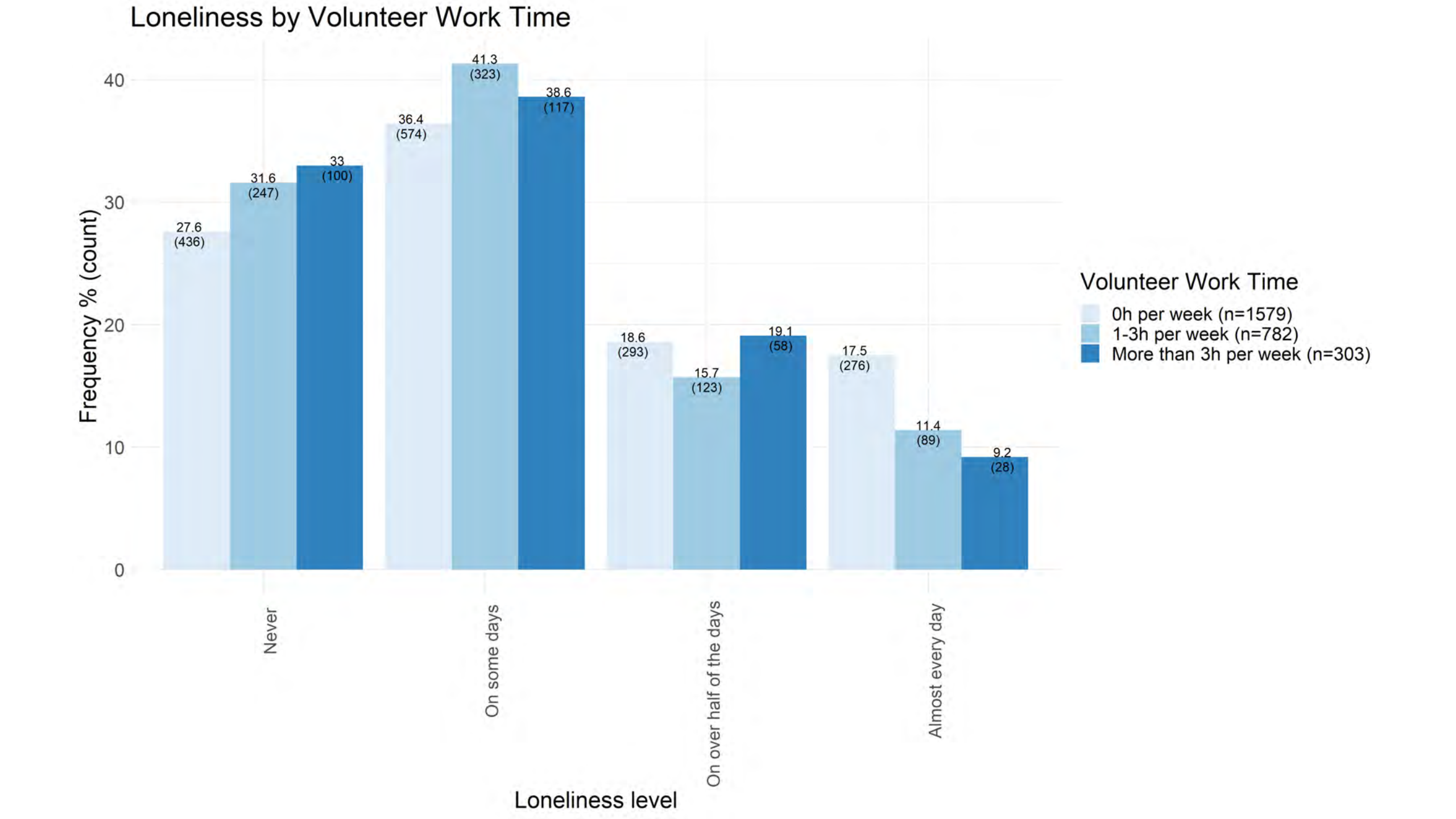

Anxiety by Ethnicity
Frequency % (count)
0
10
20
30
28.1
(660)
24
(74)
35
(820)
33.4
(103)
20.8
(488)
22.1
(68)
16.1
(377)
20.5
(63)
Minimal anxiety
Mild anxiety
Moderate anxiety
Severe anxiety
Anxiety level
Ethnicity
Caucasian/European (n=2345)
Non-European (n=308)

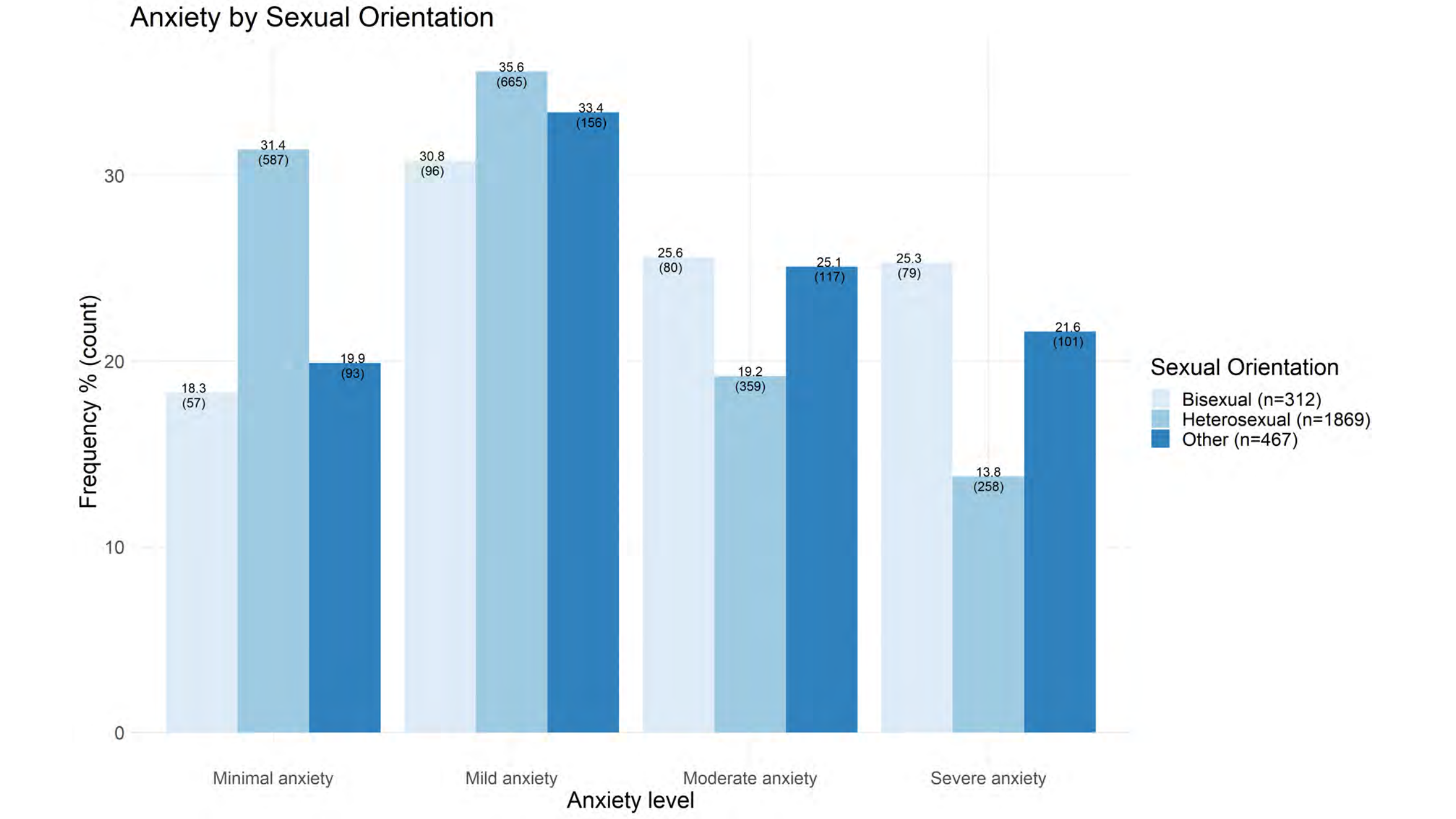

Depression by Ethnicity
Frequency % (count)
30
20
10
0
27.1
(636)
23.1
(71)
32.1
(752)
26.9
(83)
21.8
(511)
23.7
(73)
12.8
(300)
16.6
(51)
6.2
(146)
9.7
(30)
Minimal Depression
Mild Depression
Moderate Depression
Moderately Severe Depression
Severe Depression
Depression level
Ethnicity
Caucasian/European (n=2345)
Non-European (n=308)

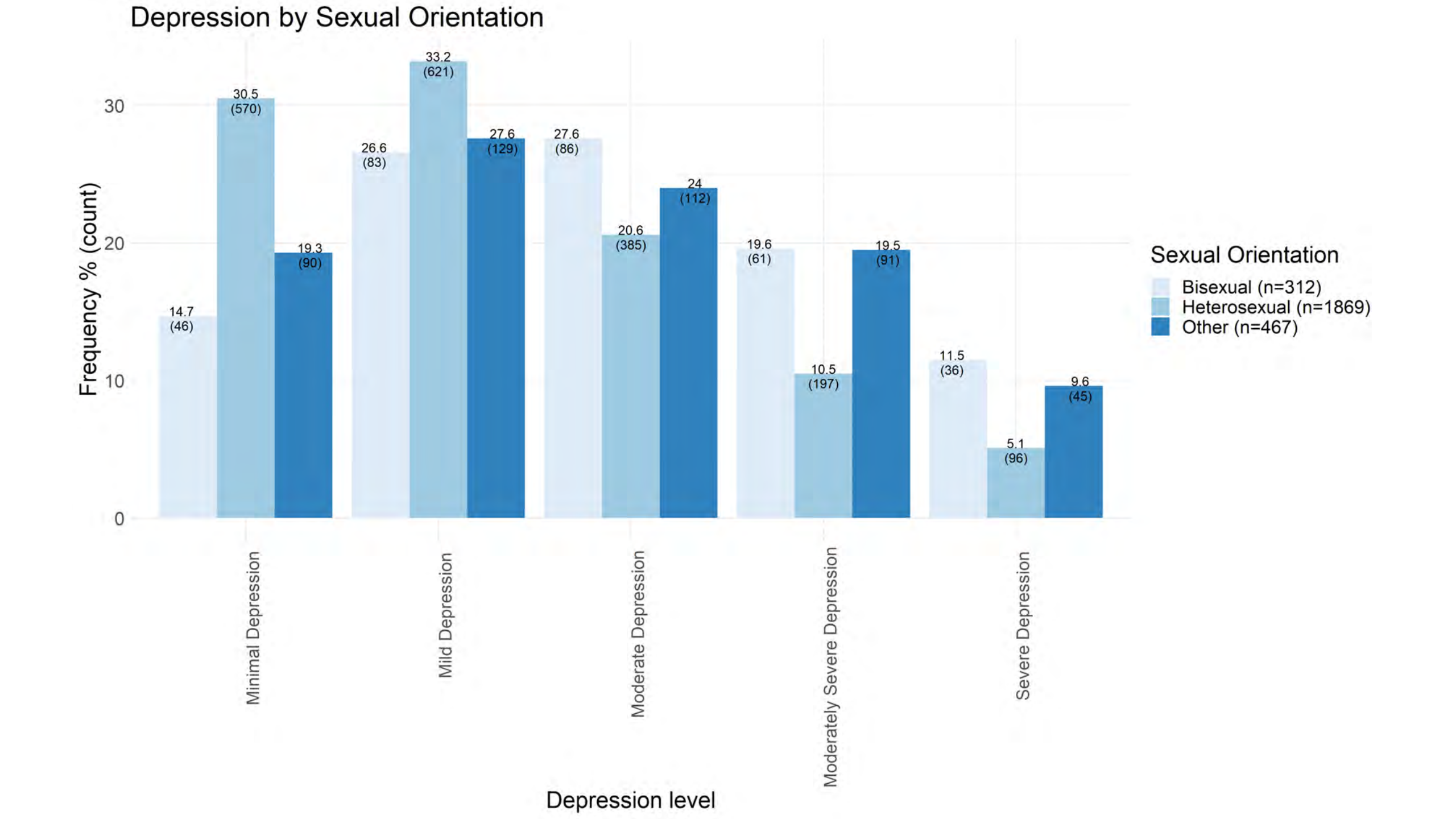

Loneliness by Ethnicity
Frequency % (count)
40
30
20
10
0
30.1
(706)
24.4
(75)
38.6
(904)
34.1
(105)
16.9
(397)
24.4
(75)
14.4
(338)
17.2
(53)
Never
On some days
On over half of the days
Almost every day
Loneliness level
Ethnicity
Caucasian/European (n=2345)
Non-European (n=308)

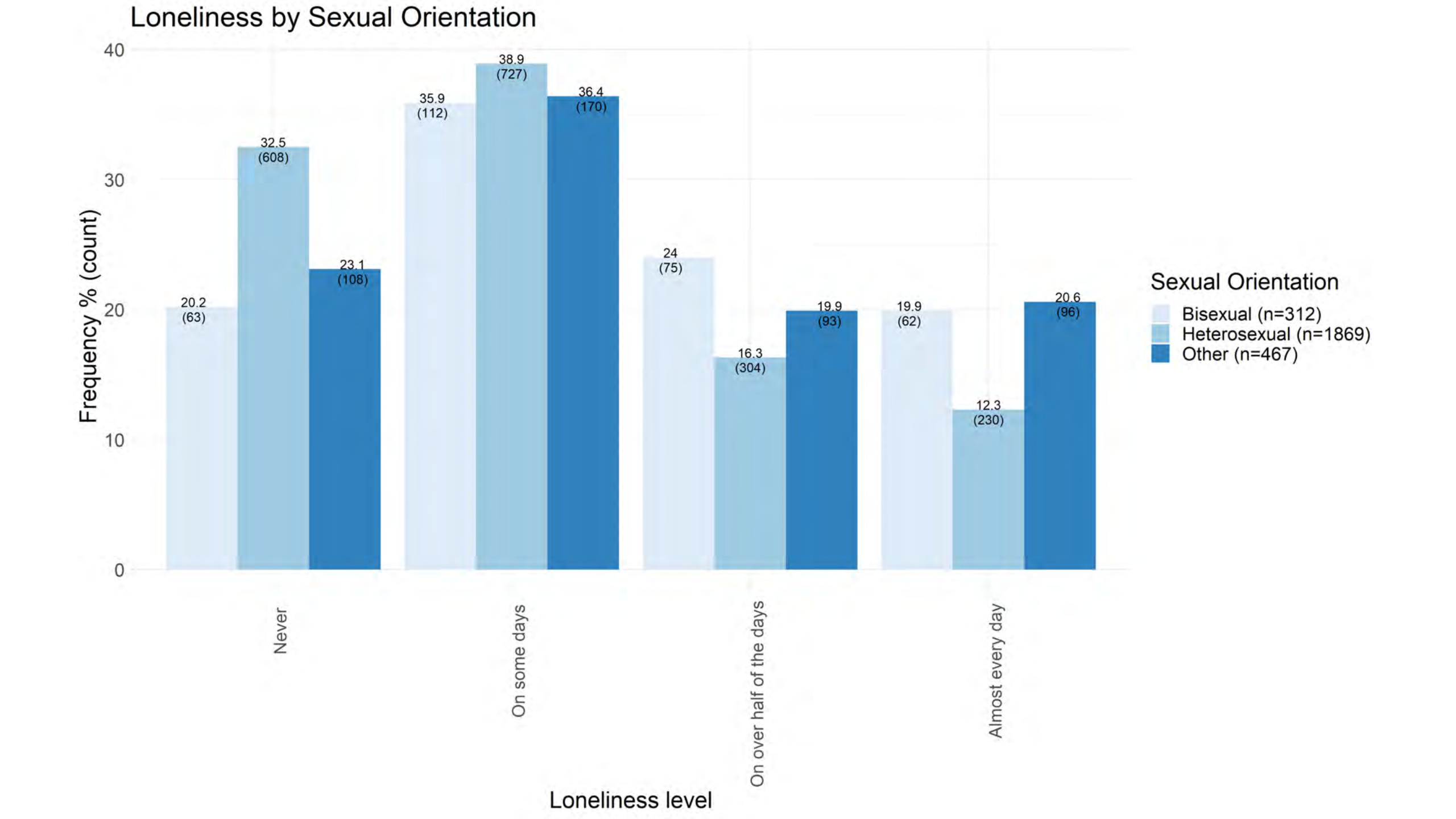

Anxiety by Volunteer Work Time
Frequency % (count)
0
10
20
30
25.5
(403)
31.2
(244)
30
(91)
33.7
(532)
35.5
(278)
38
(115)
21.8
(344)
20.5
(160)
18.2
(55)
19
(300)
12.8
(100)
13.9
(42)
Minimal anxiety
Mild anxiety
Moderate anxiety
Severe anxiety
Anxiety level
Volunteer Work Time
0h per week (n=1579)
1-3h per week (n=782)
More than 3h per week (n=303)


Depression by Volunteer Work Time
Frequency % (count)
30
20
10
0
24.8
(392)
29.7
(232)
27.7
(84)
30.5
(481)
32.7
(256)
33.3
(101)
22.5
(356)
20.8
(163)
23.1
(70)
14.4
(227)
11.8
(92)
10.6
(32)
7.8
(123)
5
(39)
5.3
(16)
Minimal Depression
Mild Depression
Moderate Depression
Moderately Severe Depression
Severe Depression
Depression level
Volunteer Work Time
0h per week (n=1579)
1-3h per week (n=782)
More than 3h per week (n=303)

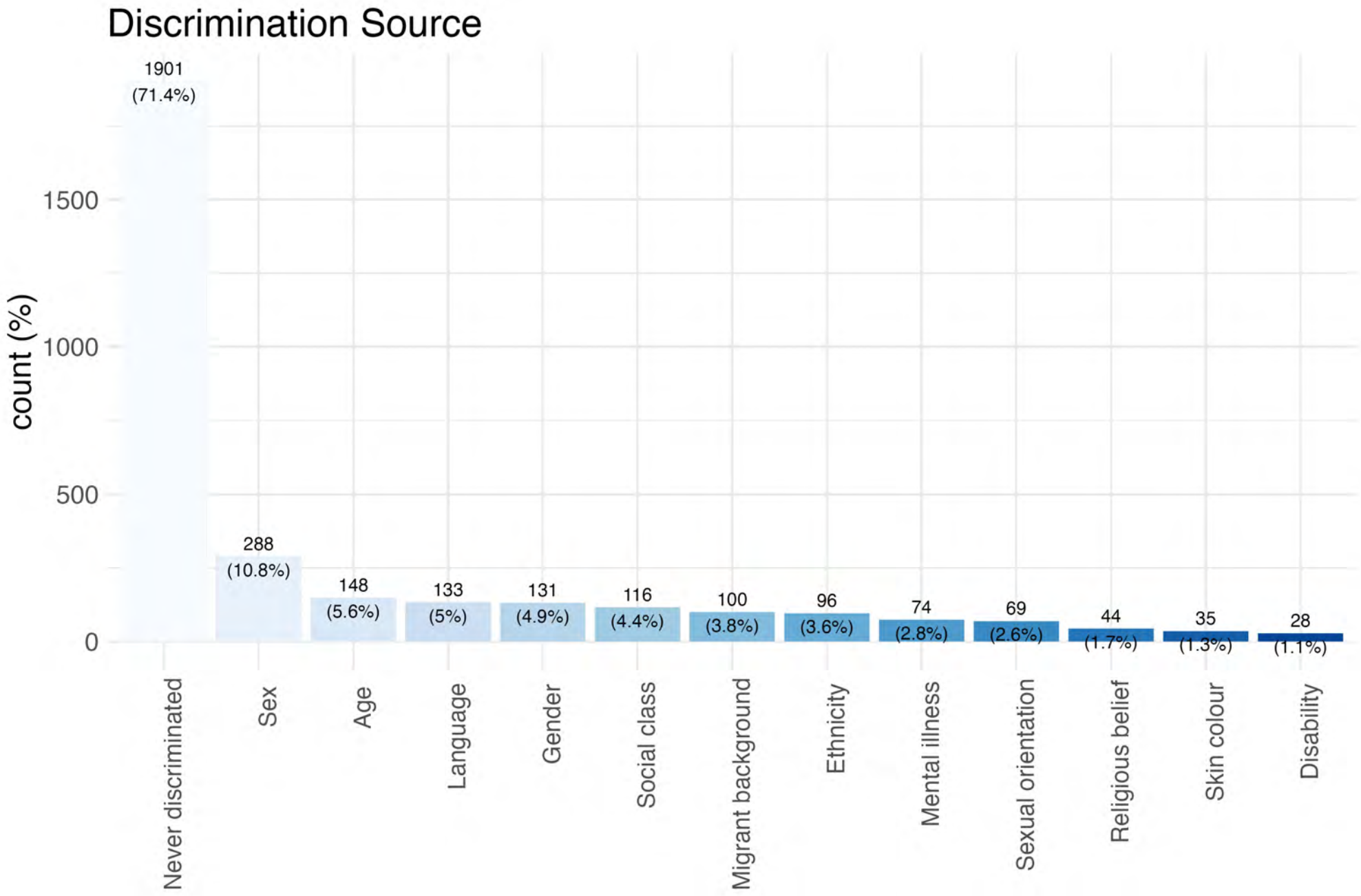

Loneliness by Volunteer Work Time
Frequency % (count)
40
30
20
10
0
27.6
(436)
31.6
(247)
33
(100)
36.4
(574)
41.3
(323)
38.6
(117)
18.6
(293)
15.7
(123)
19.1
(58)
17.5
(276)
11.4
(89)
9.2
(28)
Never
On some days
On over half of the days
Almost every day
Loneliness level
Volunteer Work Time
0h per week (n=1579)
1-3h per week (n=782)
More than 3h per week (n=303)

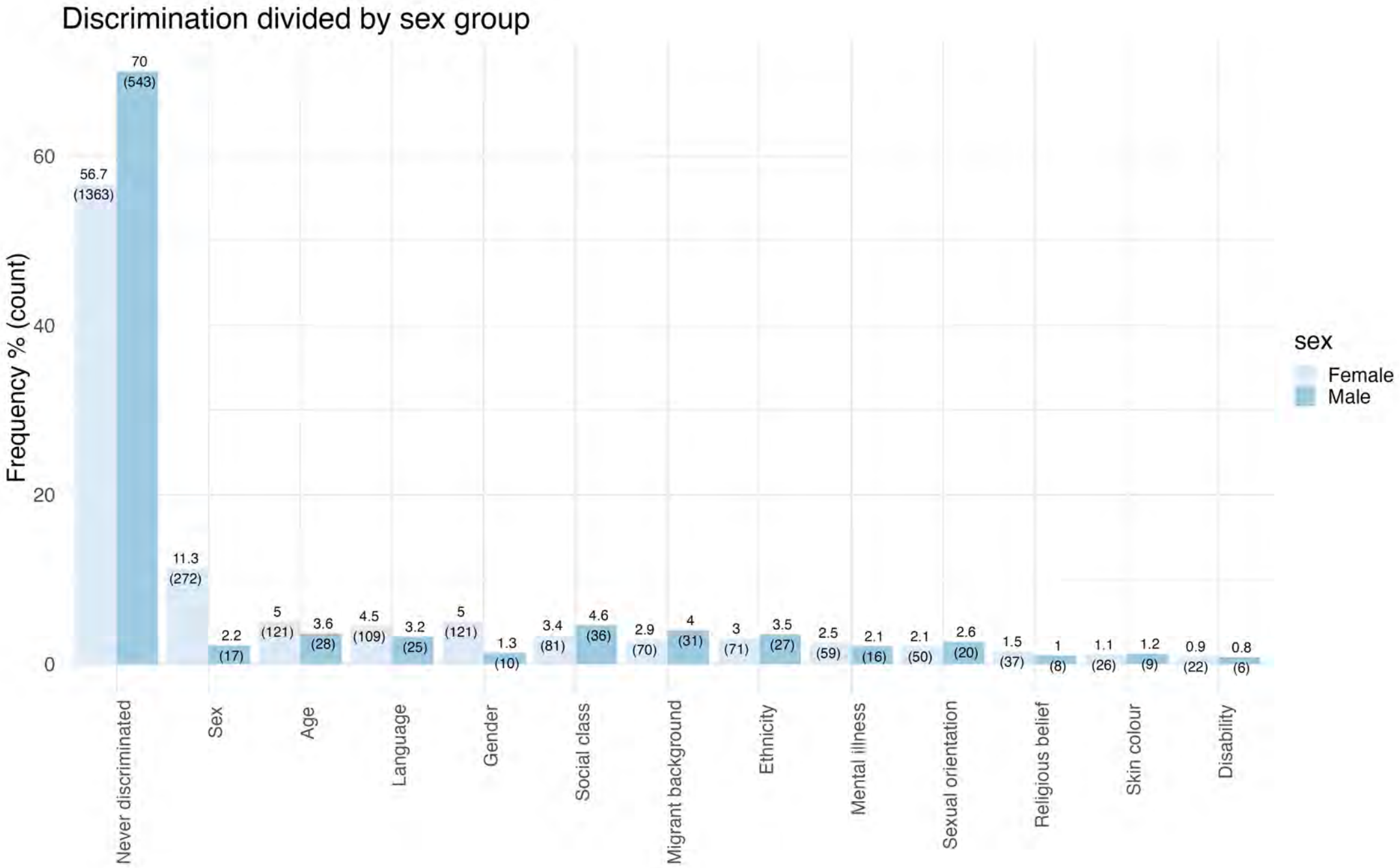

Anxiety by Sexual Orientation
Frequency % (count)
0
10
20
30
18.3
(57)
31.4
(587)
19.9
(93)
30.8
(96)
35.6
(665)
33.4
(156)
25.6
(80)
19.2
(359)
25.1
(117)
25.3
(79)
13.8
(258)
21.6
(101)
Minimal anxiety
Mild anxiety
Moderate anxiety
Severe anxiety
Anxiety level
Sexual Orientation
Bisexual (n=312)
Heterosexual (n=1869)
Other (n=467)

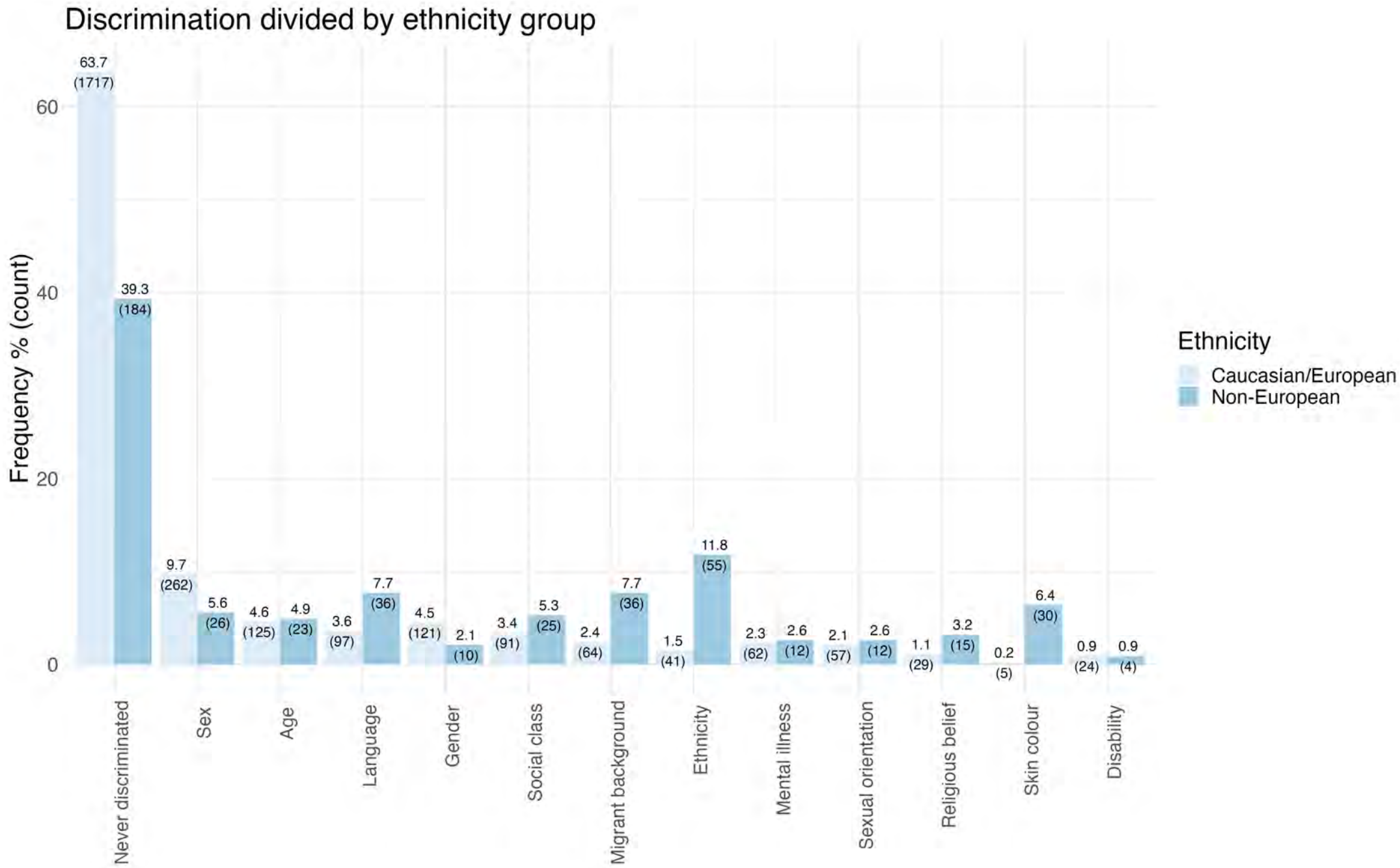

Depression by Sexual Orientation
Frequency % (count)
0
10
20
30
14.7
(46)
30.5
(570)
19.3
(90)
26.6
(83)
33.2
(621)
27.6
(129)
27.6
(86)
20.6
(385)
24
(112)
19.6
(61)
10.5
(197)
19.5
(91)
11.5
(36)
5.1
(96)
9.6
(45)
Minimal Depression
Mild Depression
Moderate Depression
Moderately Severe Depression
Severe Depression
Depression level
Sexual Orientation
Bisexual (n=312)
Heterosexual (n=1869)
Other (n=467)


Loneliness by Sexual Orientation
Frequency % (count)
40
30
20
10
0
20.2
(63)
32.5
(608)
23.1
(108)
35.9
(112)
38.9
(727)
36.4
(170)
24
(75)
16.3
(304)
19.9
(93)
19.9
(62)
12.3
(230)
20.6
(96)
Never
On some days
On over half of the days
Almost every day
Loneliness level
Sexual Orientation
Bisexual (n=312)
Heterosexual (n=1869)
Other (n=467)

Discrimination Experience

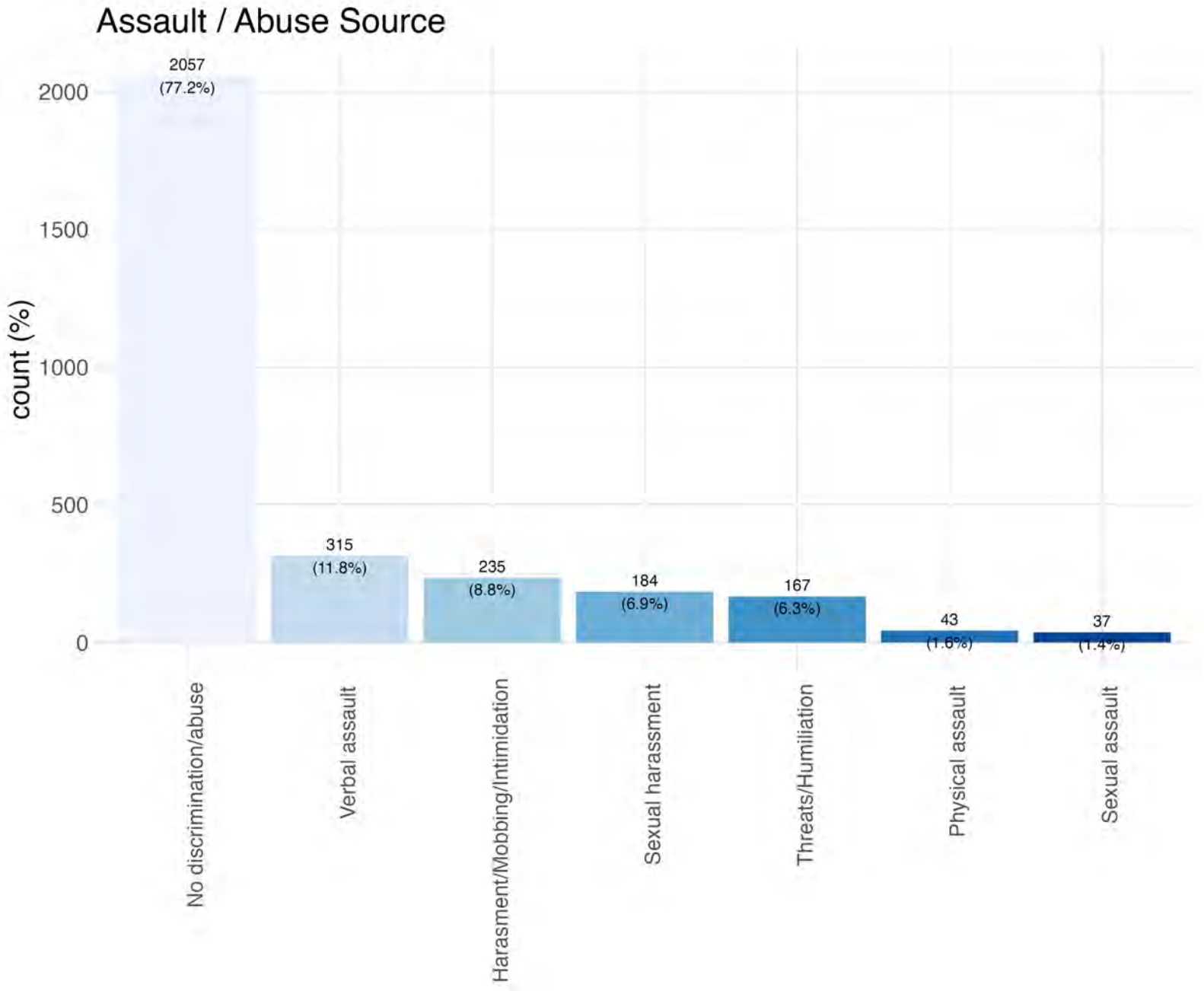

Discrimination Source
count (%)
0
500
1000
1500
1901
(71.4%)
288
(10.8%)
148
(5.6%)
133
(5%)
131
(4.9%)
116
(4.4%)
100
(3.8%)
96
(3.6%)
74
(2.8%)
69
(2.6%)
44
(1.7%)
35
(1.3%)
28
(1.1%)
Never discriminated
Sex
Age
Language
Gender
Social class
Migrant background
Ethnicity
Mental illness
Sexual orientation
Religious belief
Skin colour
Disability

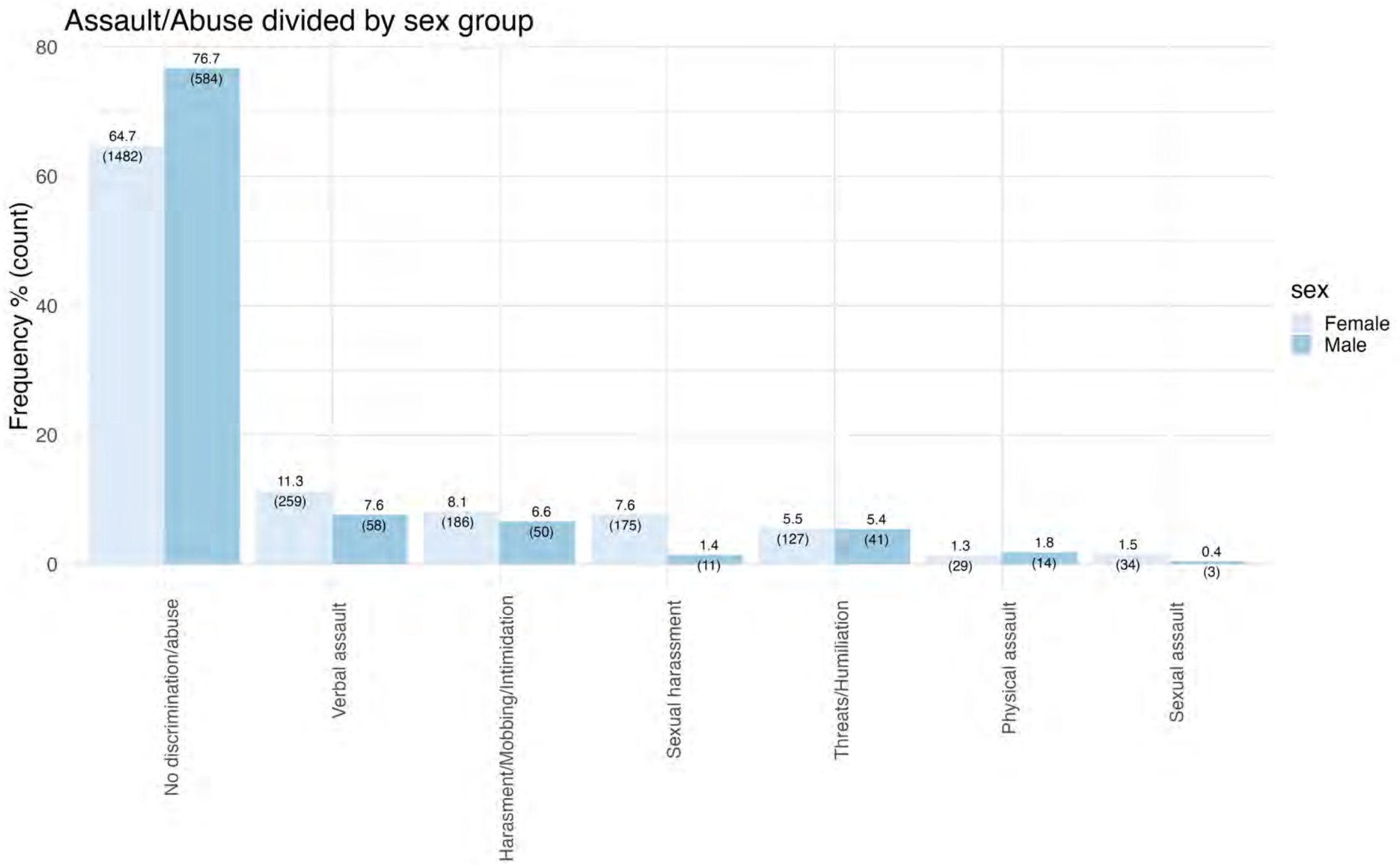

Discrimination divided by sex group
Frequency % (count)
0
20
40
60
56.7 (1363)
70 (543)
11.3 (272)
2.2 (17)
5 (121)
3.6 (28)
4.5 (109)
3.2 (25)
5 (121)
1.3 (10)
3.4 (81)
4.6 (36)
2.9 (70)
4 (31)
3 (71)
3.5 (27)
2.5 (59)
2.1 (16)
2.1 (50)
2.6 (20)
1.5 (37)
1 (8)
1.1 (26)
1.2 (9)
0.9 (22)
0.8 (6)
Never discriminated
Sex
Age
Language
Gender
Social class
Migrant background
Ethnicity
Mental illness
Sexual orientation
Religious belief
Skin colour
Disability
sex
Female
Male

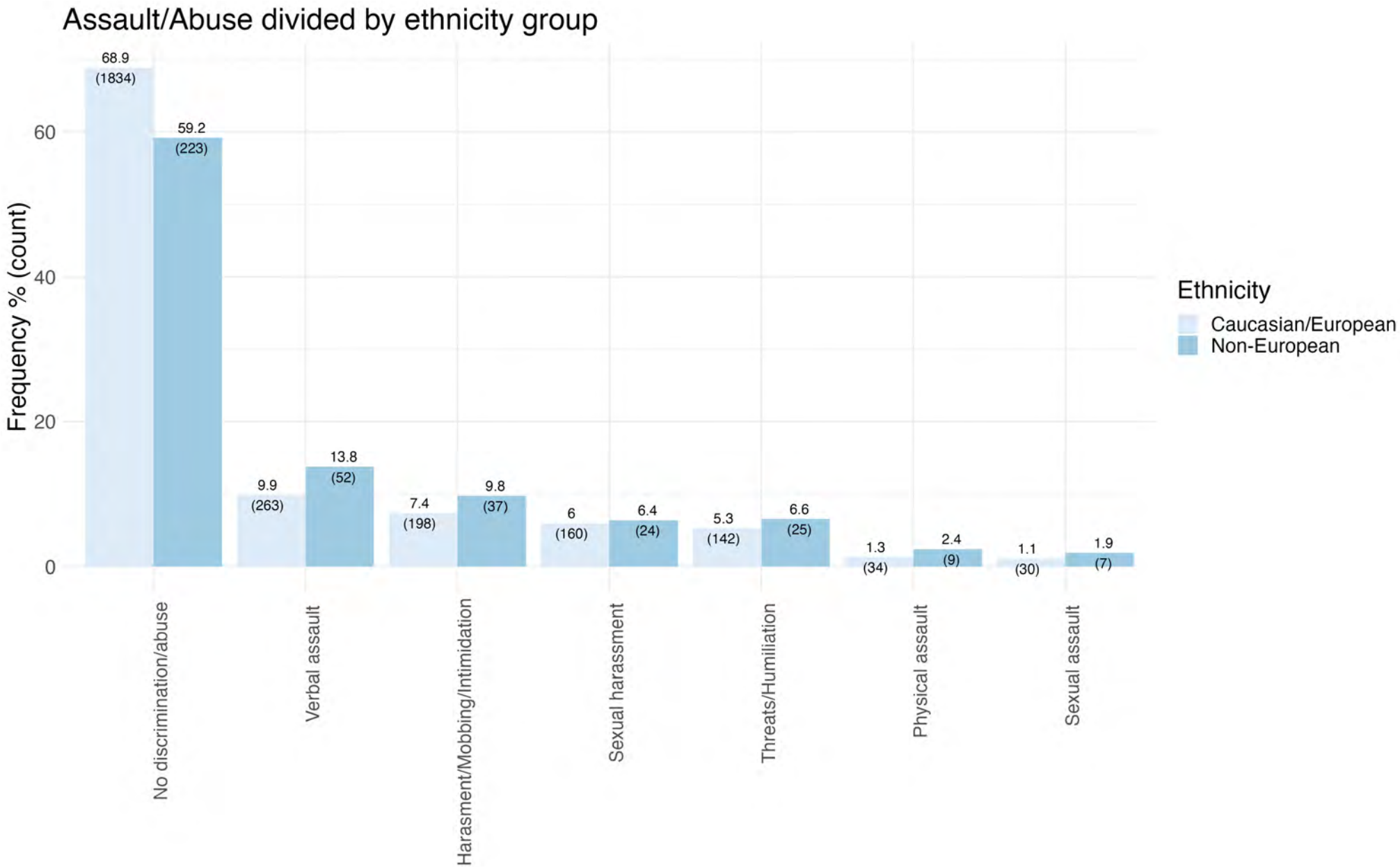

Discrimination divided by ethnicity group
Frequency % (count)
0
20
40
60
63.7 (1717)
39.3 (184)
9.7 (262)
5.6 (26)
4.6 (125)
4.9 (23)
3.6 (97)
7.7 (36)
4.5 (121)
2.1 (10)
3.4 (91)
5.3 (25)
2.4 (64)
7.7 (36)
1.5 (41)
11.8 (55)
2.3 (62)
2.6 (12)
2.1 (57)
2.6 (12)
1.1 (29)
3.2 (15)
0.2 (5)
6.4 (30)
0.9 (24)
0.9 (4)
Never discriminated
Sex
Age
Language
Gender
Social class
Migrant background
Ethnicity
Mental illness
Sexual orientation
Religious belief
Skin colour
Disability
Ethnicity
Caucasian/European
Non-European

Assault Experience

All the participants

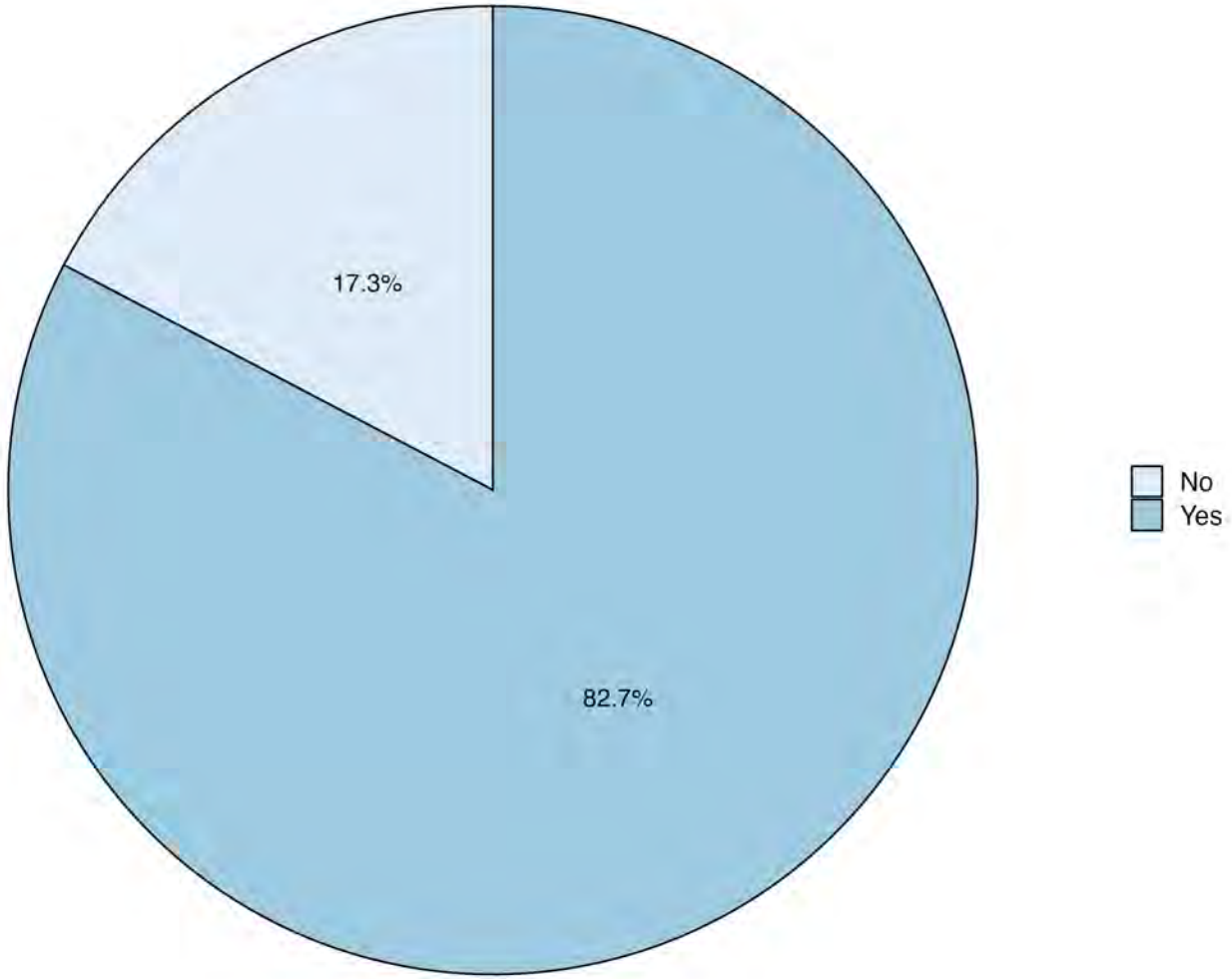



Assault/Abuse divided by sex group
Frequency % (count)
80
60
40
20
0
64.7
(1482)
76.7
(584)
11.3
(259)
7.6
(58)
8.1
(186)
6.6
(50)
7.6
(175)
1.4
(11)
5.5
(127)
5.4
(41)
1.3
(29)
1.8
(14)
1.5
(34)
0.4
(3)
No discrimination/abuse
Verbal assault
Harasment/Mobbing/Intimidation
Sexual harassment
Threats/Humiliation
Physical assault
Sexual assault
sex
Female
Male


Assault/Abuse divided by ethnicity group
Frequency % (count)
0
20
40
60
68.9
(1834)
59.2
(223)
9.9
(263)
13.8
(52)
7.4
(198)
9.8
(37)
6
(160)
6.4
(24)
5.3
(142)
6.6
(25)
1.3
(34)
2.4
(9)
1.1
(30)
1.9
(7)
No discrimination/abuse
Verbal assault
Harasment/Mobbing/Intimidation
Sexual harassment
Threats/Humiliation
Physical assault
Sexual assault
Ethnicity
Caucasian/European
Non-European

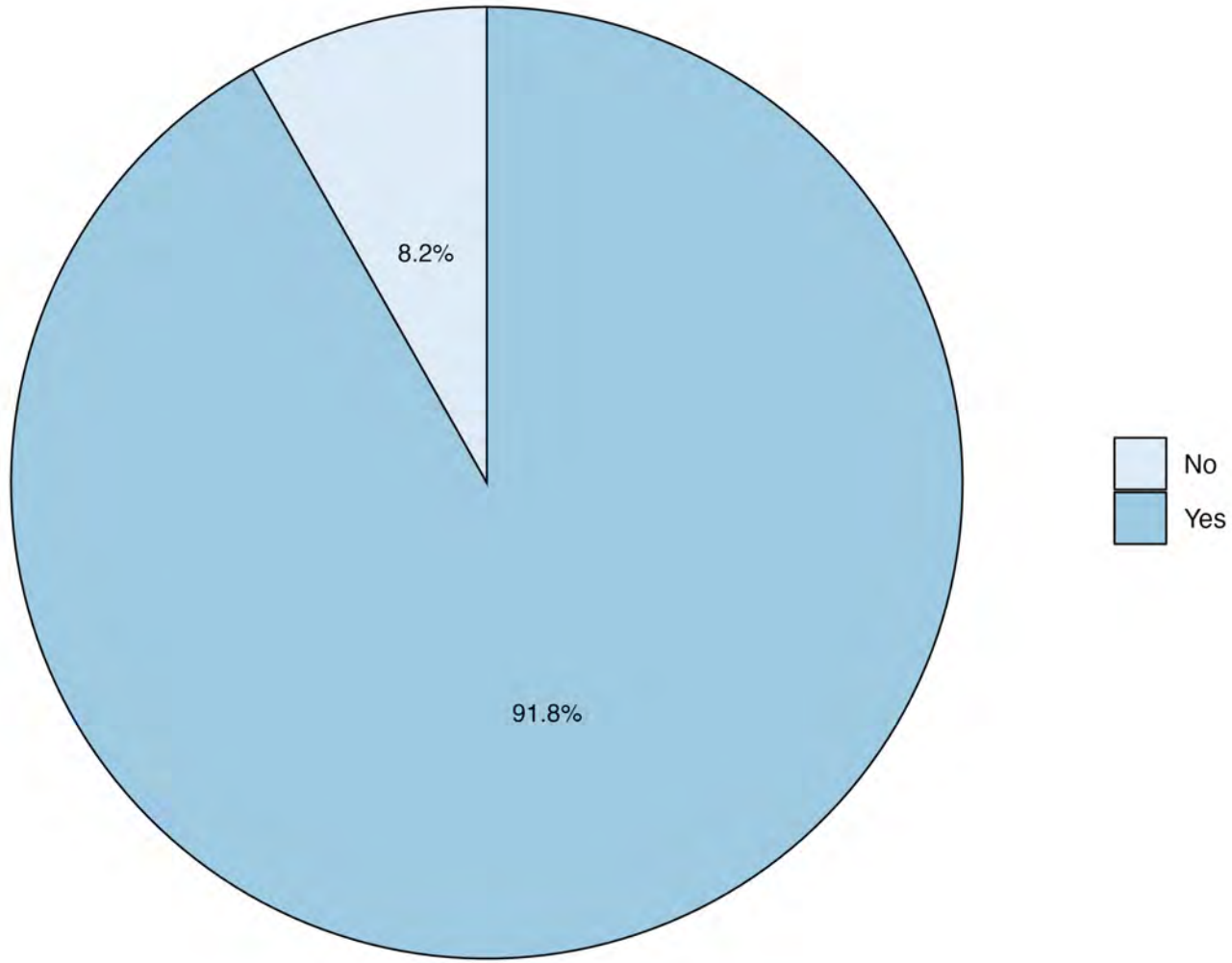
Psychological Support

Have you ever experienced mental health problems during your studies?

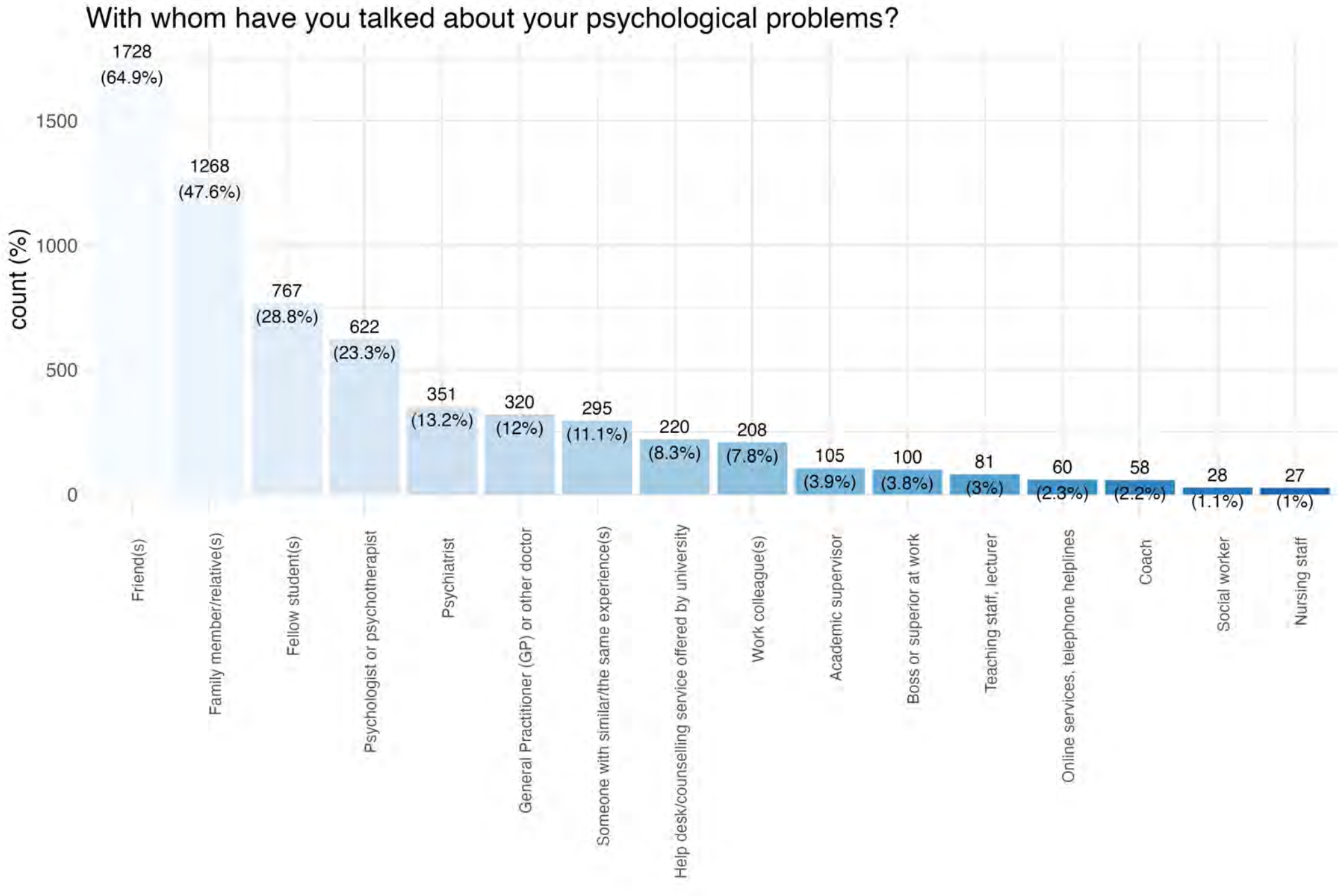


N = 2664

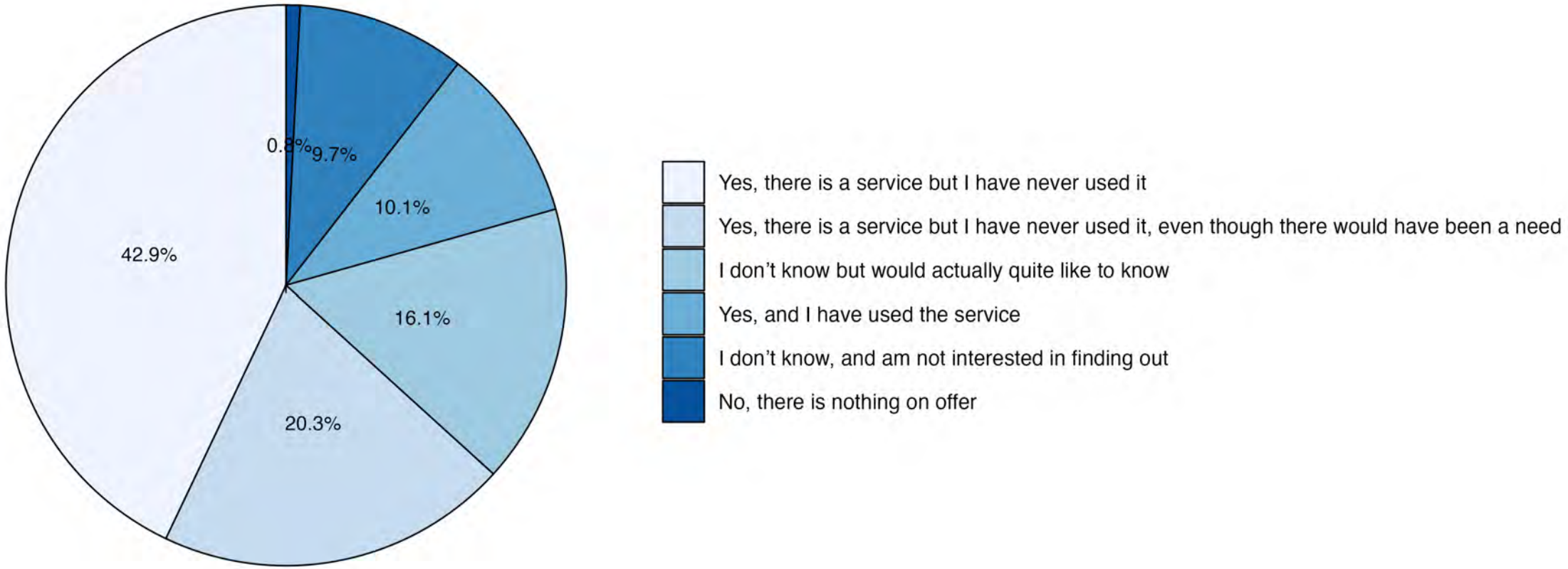
Have you ever talked about your problem with anyone?



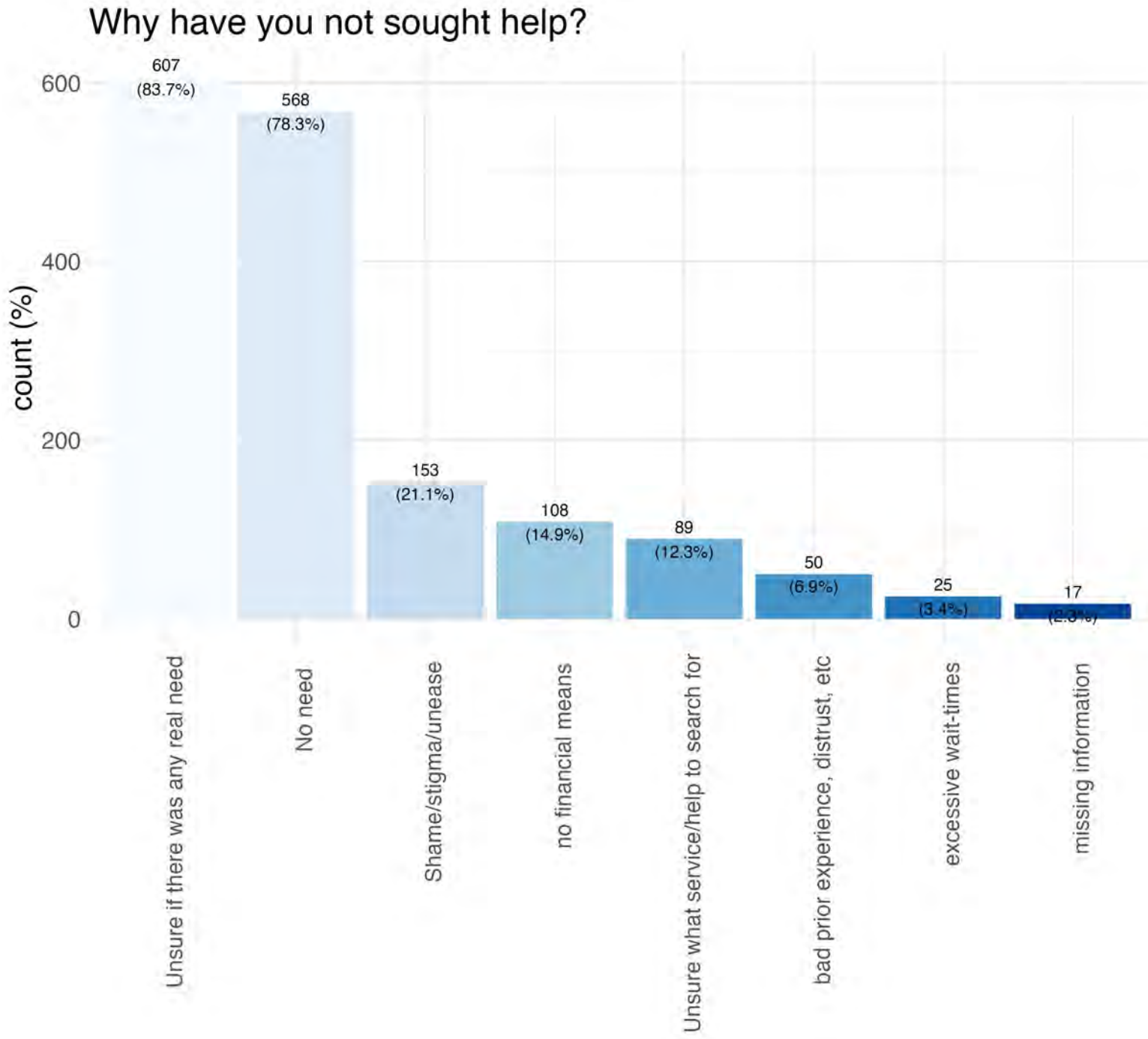
N = 2664


With whom have you talked about your psychological problems?
count (%)
0
500
1000
1500
1728 (64.9%)
1268 (47.6%)
767 (28.8%)
622 (23.3%)
351 (13.2%)
320 (12%)
295 (11.1%)
220 (8.3%)
208 (7.8%)
105 (3.9%)
100 (3.8%)
81 (3%)
60 (2.3%)
58 (2.2%)
28 (1.1%)
27 (1%)
Friend(s)
Family member/relative(s)
Fellow student(s)
Psychologist or psychotherapist
Psychiatrist
General Practitioner (GP) or other doctor
Someone with similar/the same experience(s)
Help desk/counselling service offered by university
Work colleague(s)
Academic supervisor
Boss or superior at work
Teaching staff, lecturer
Online services, telephone helplines
Coach
Social worker
Nursing staff

Have you ever felt the need for psychological help during your studies?

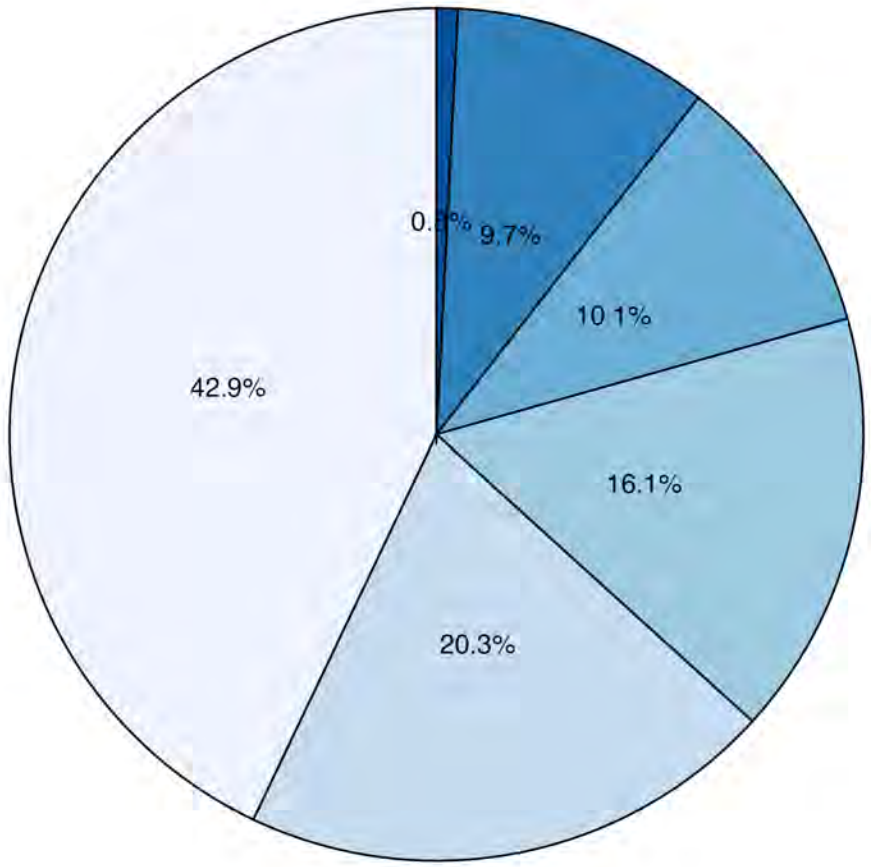


N = 2664


Why have you not sought help?
count (%)
600
400
200
0
607
(83.7%)
568
(78.3%)
153
(21.1%)
108
(14.9%)
89
(12.3%)
50
(6.9%)
25
(3.4%)
17
Unsure if there was any real need
No need
Shame/stigma/unease
no financial means
Unsure what service/help to search for
bad prior experience, distrust, etc
excessive wait-times
missing information

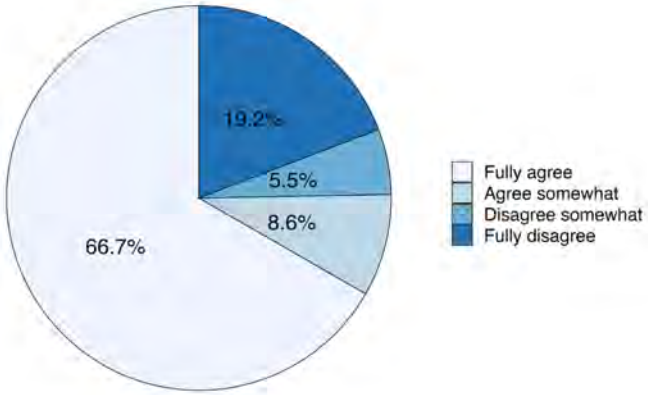
University
Psychological Support

Do you know if there is psychological counseling at your university / college?



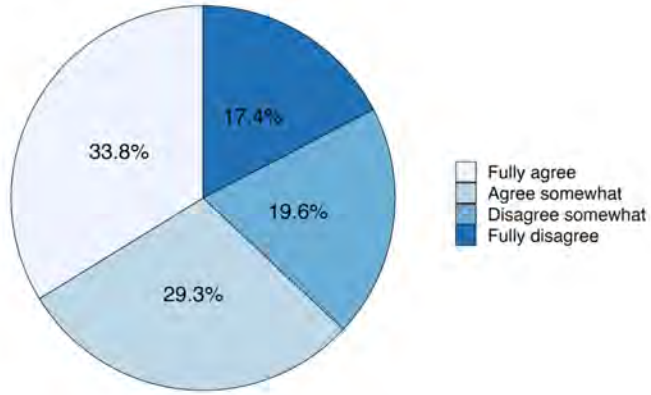
N = 2664

Service cost



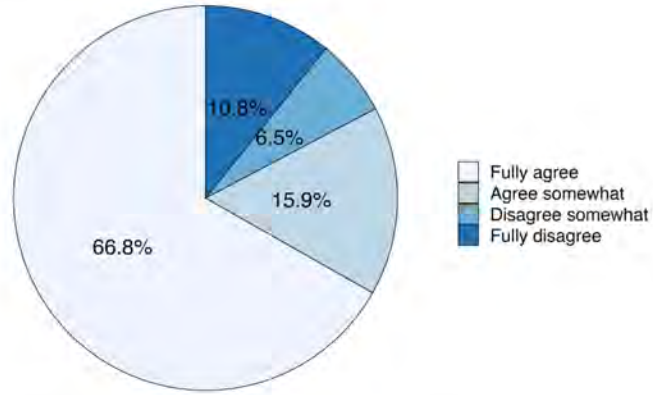
The offer is free of charge (N = 474)

Service satisfaction



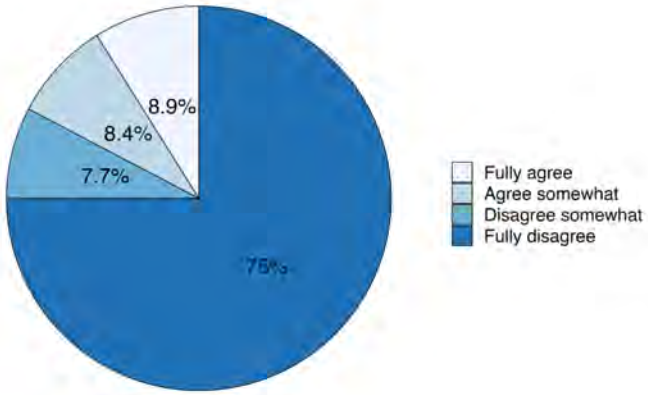
The offer has met my expectations. (N = 317)

Appointment time



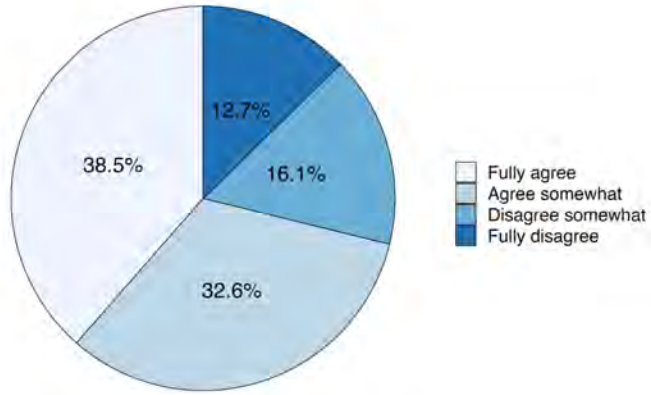
I got an appointment within 4 weeks (N = 352)

Service affordibility



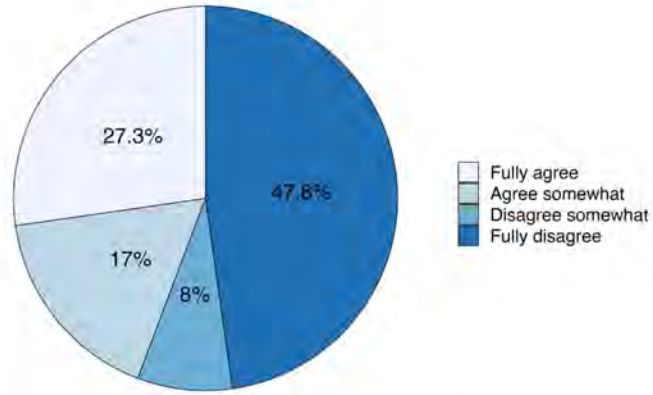
I can't afford the offer. (N = 416)

Service satisfaction



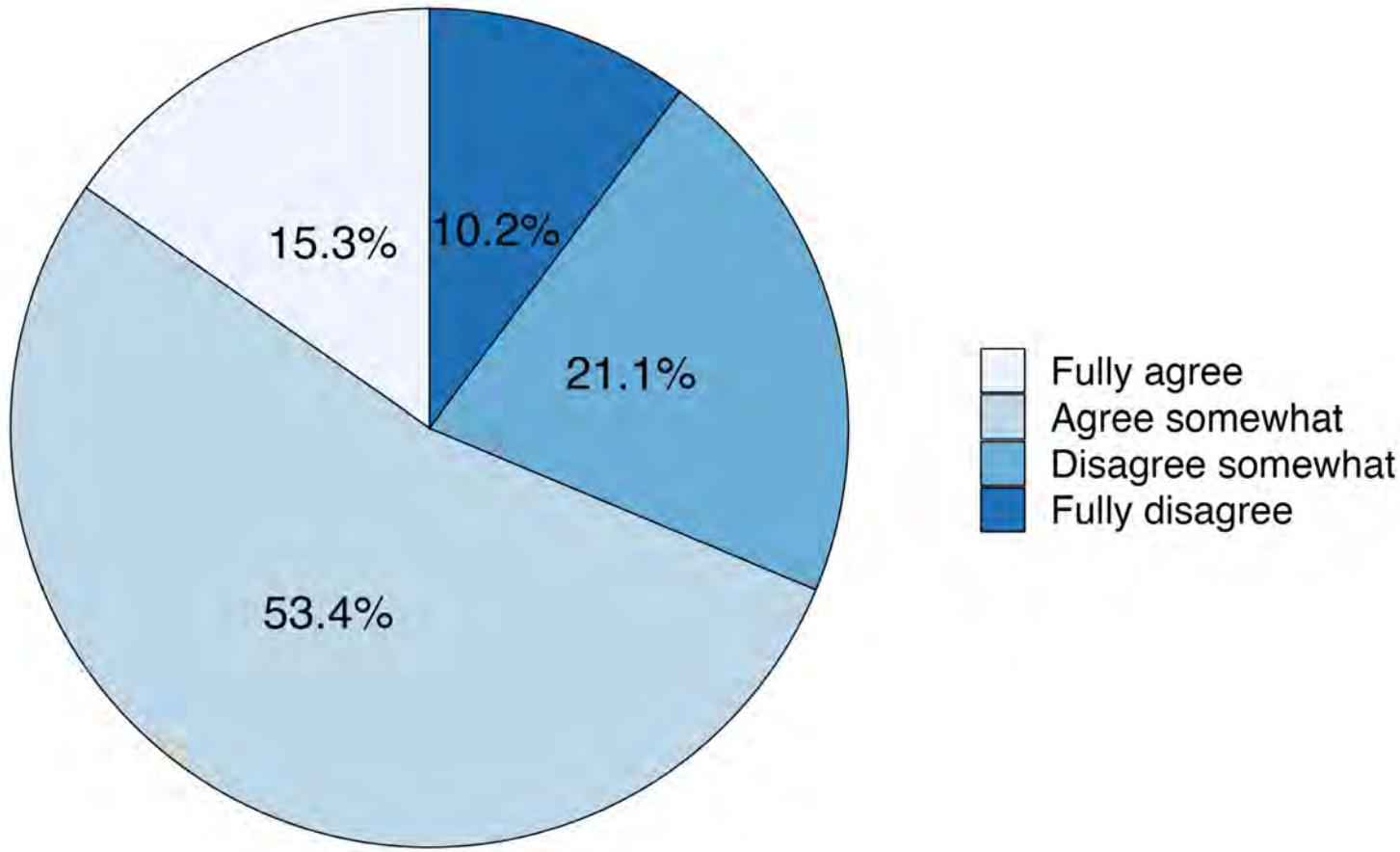
have had a good experience with the offer. (N = 322)

Service referral



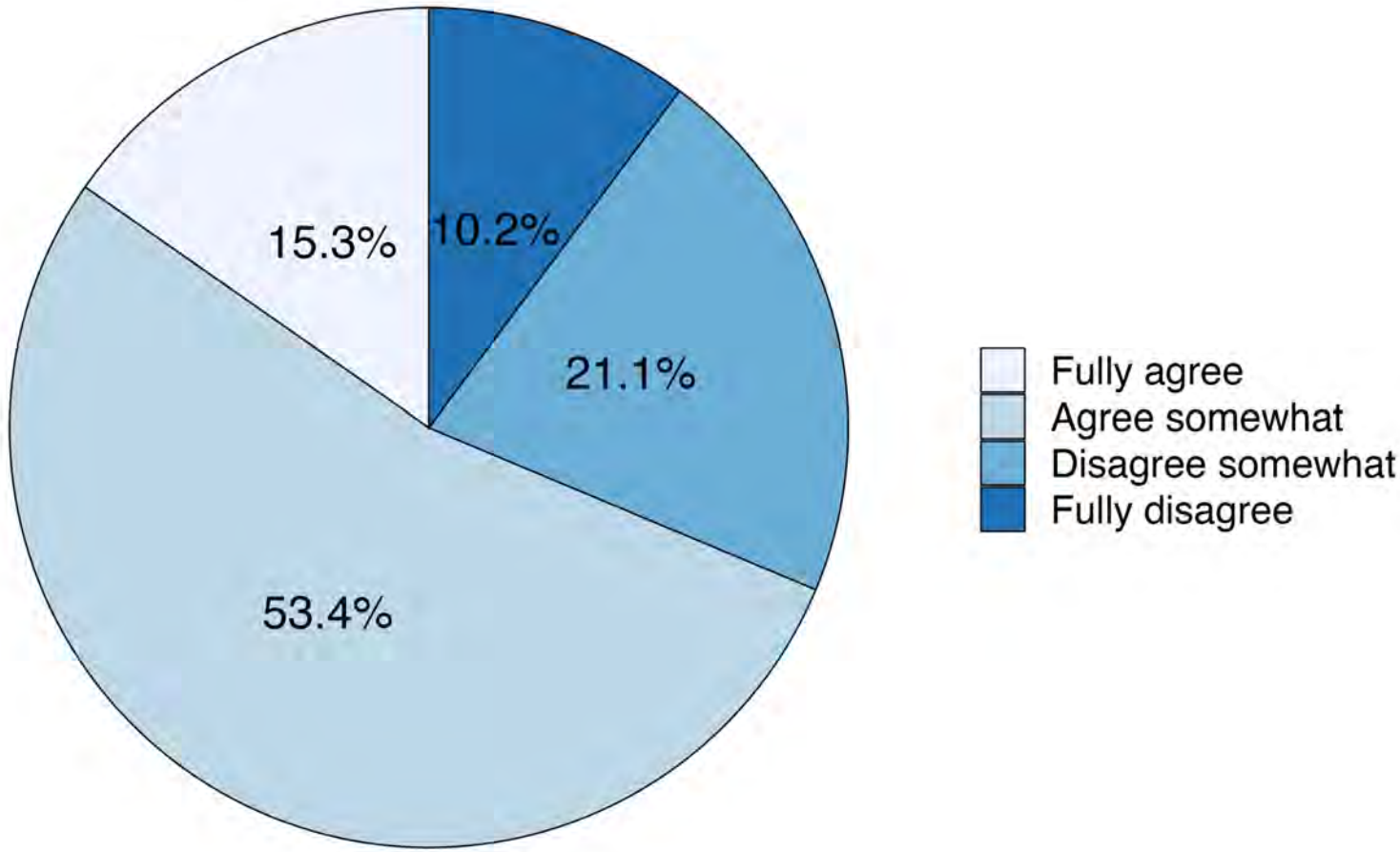
I have been referred to other services. (N = 289)

My university/college offers me the framework conditions, to have a healthy life.



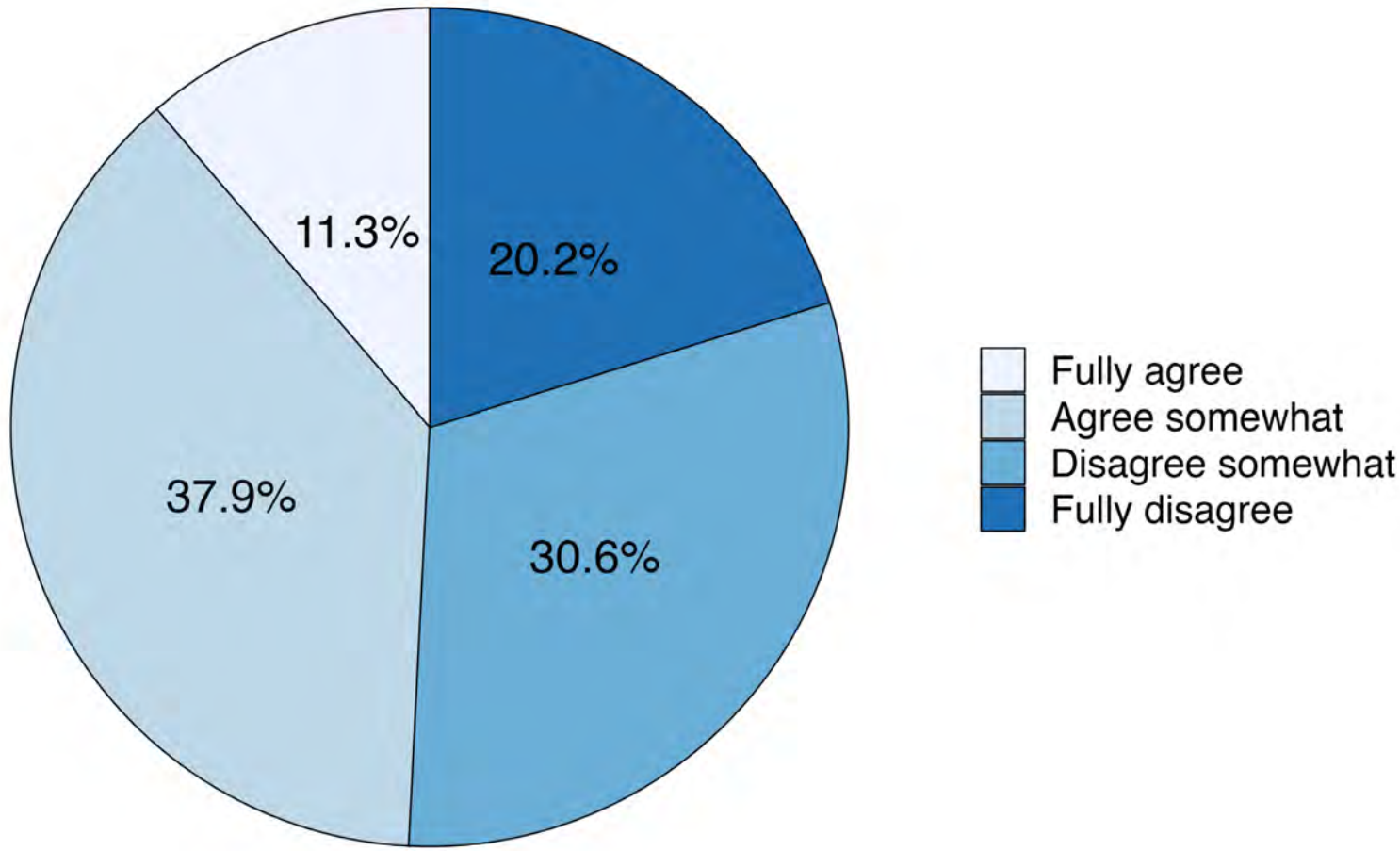
N = 2521

My university/college supports me in maintaining a healthy study-work-life balance.



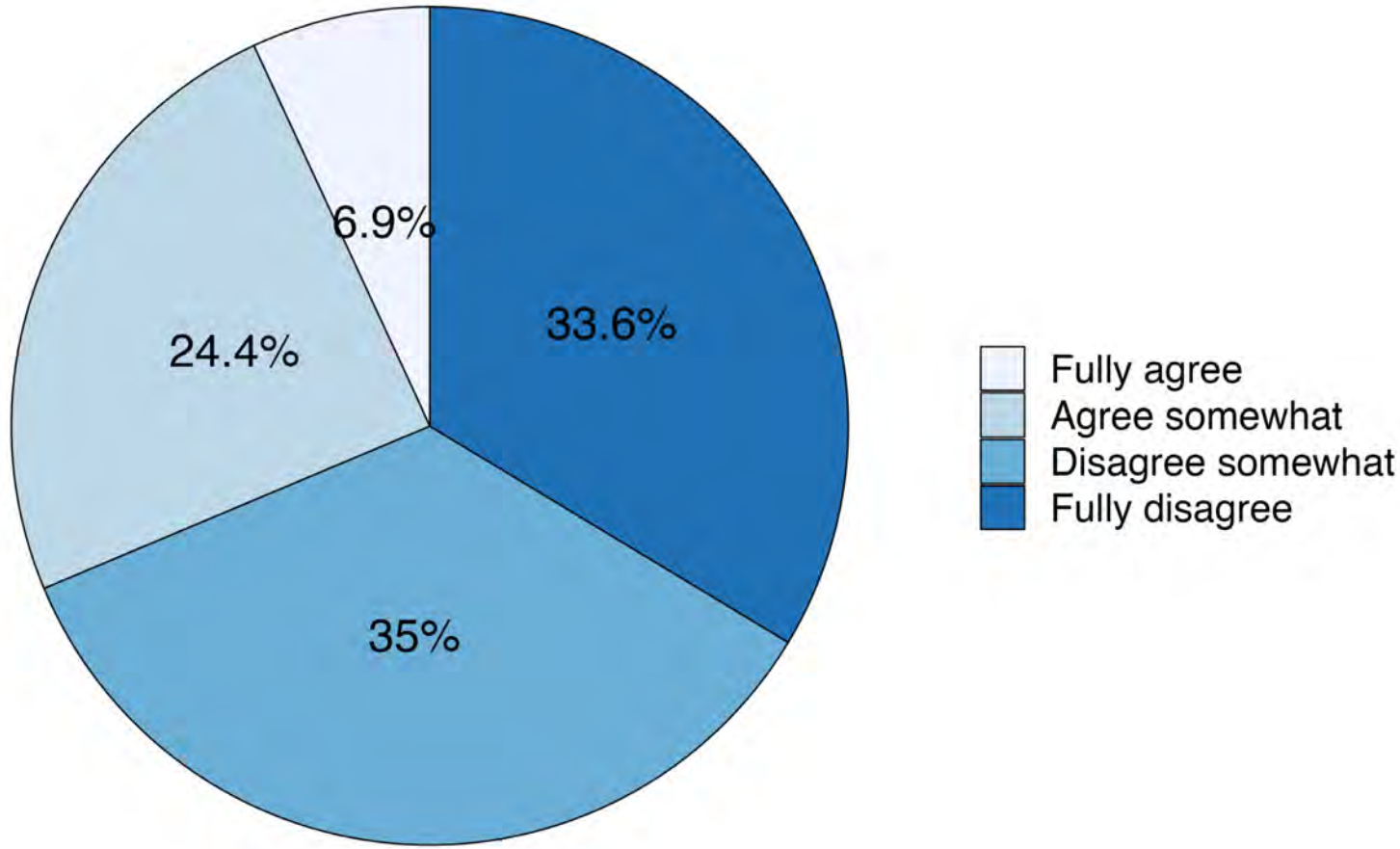
N = 2521

My university/college encourages me to take care of my mental health



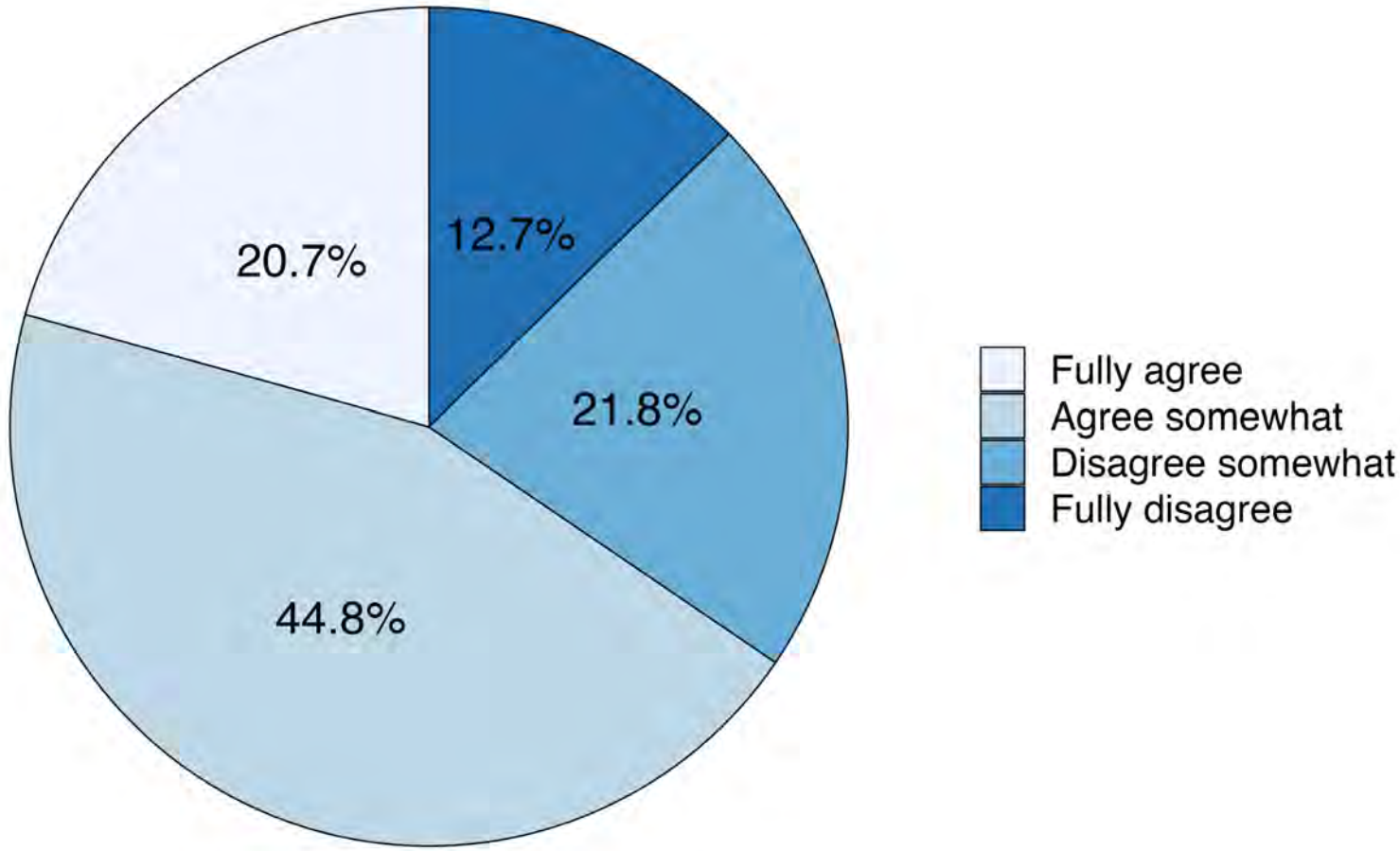
N = 2433

I feel comfortable talking about my mental health issues at university/college



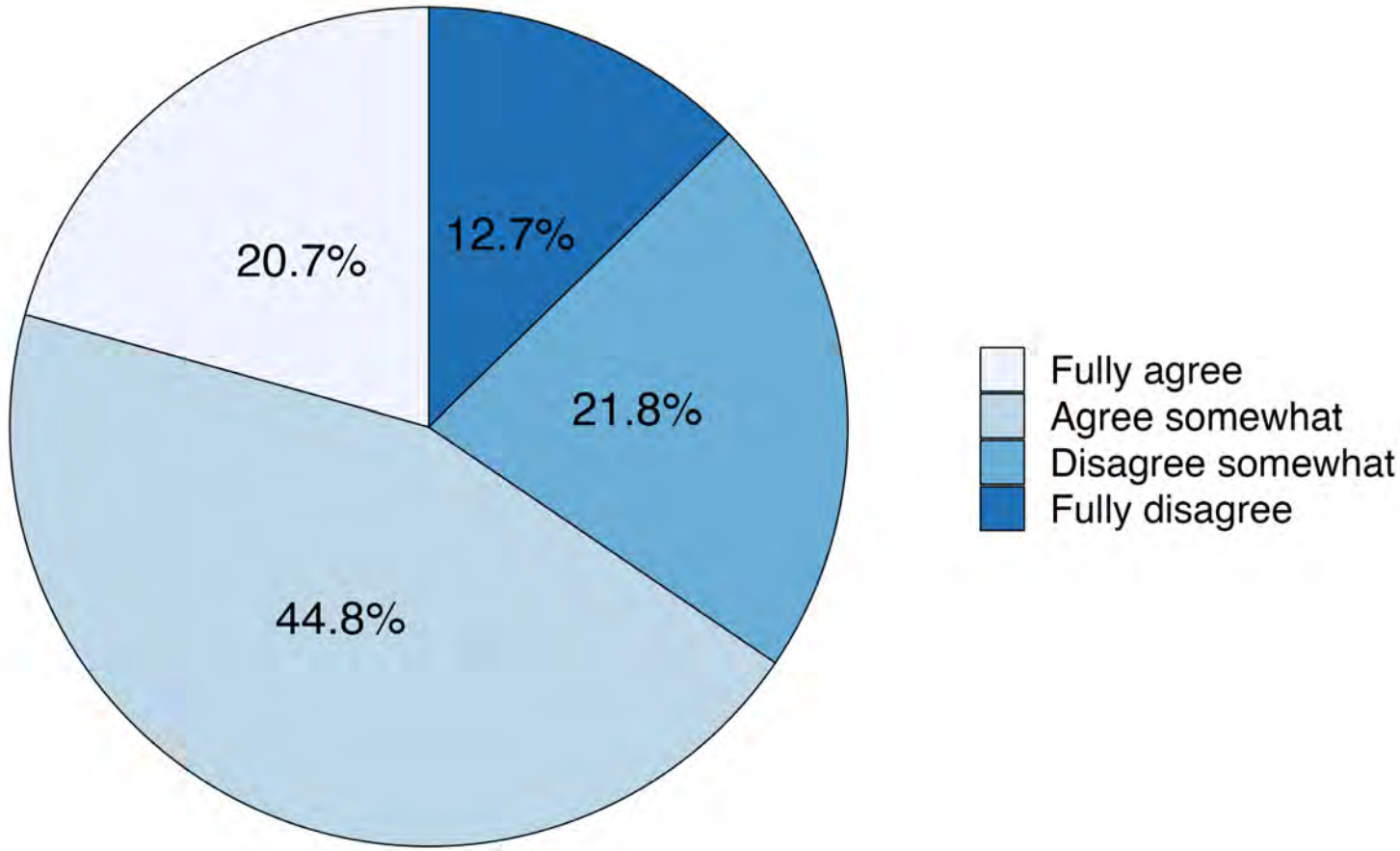
N = 2243

I would never talk about my mental-health problems in a university setting



N = 2458

My university/college supports/encourages me to set up a social network at my place of study



N = 2458