Stress
Most university students reported experiencing stress within the last 12 months

- 58% reported more than average levels of stress
- 56% reported academics as the biggest source of student stress, especially high among younger students
- Other significant sources of stress are finances (35%), intimate relationships (34%), and career worries (31%)

Distress
Most students reported feeling overwhelmed (90%) and exhausted (88%) and some students experienced significant feelings of distress

- very sad: 68%
- very lonely: 65%
- overwhelming anxiety: 54%
- hopeless: 52%
- so depressed it was difficult to function: 36%

Mental Health Conditions
1 in 4 students reported they had been diagnosed or treated in the last 12 months for a mental health condition

- Most prevalent is anxiety disorders (22%) and depression (12%)
- Female students experience anxiety and depression more than men by almost 2:1
- 20% of students have received mental health services from UVic Health or Counselling Services

The National College Health Assessment provides a snapshot of student health habits, behaviors & perceptions. This UVic study was undertaken in the Spring of 2013 with 1454 students (32% response rate).

FEMALES AND YOUNGER AGED STUDENTS REPORTED HIGHER LEVELS OF DISTRESS

78% REPORTED THEY WOULD CONSIDER SEEKING HELP FROM A MENTAL HEALTH PROFESSIONAL

For more information about the study and full data set, please contact Dr. J. Burgess, Principal Investigator, at jburgess@uvic.ca

University Health Services website: www.health.uvic.ca