

# DEMOGRAPHICS

USI MENTAL HEALTH  
DATA SUPPLEMENTAL  
REPORT

REPORT 1



# Introduction

In 2019, USI published its first national report on student mental health. Data was gathered from over three thousand students. This resulted in a large data set which could not be contained fully within a single report. These supplemental reports examine the relationships between the different questions asked and the measure capturing the stress, anxiety and depression levels of students (DASS 21, Lovibond & Lovibond, 1995).

This report explores the demographic variables in more depth than the original report.

Key findings include:

students aged 18-14 were statistically significantly more stressed & anxious than students of any other age

bisexual and queer students were statistically significantly more stressed, anxious & depressed than non-LGBQ students

students of non-European origin were statistically significantly less stressed, anxious, and depressed than those who were Irish, Northern Irish, British or of dual nationality

Of note was the very few groupings that had mean scores within the mild range (no grouping scored in the normal range):

- male students were mildly stressed
- students aged 45+ were mildly anxious & mildly depressed
- European and non-European students were mildly stressed
- students living in a home they owned were mildly stressed

On the other hand, a number of groupings had mean scores in the extremely severe range:

- non-binary students were extremely severely anxious
- queer students were extremely severely anxious
- transgender students were extremely severely anxious
- students with no stable accommodation were extremely severely anxious & extremely severely depressed

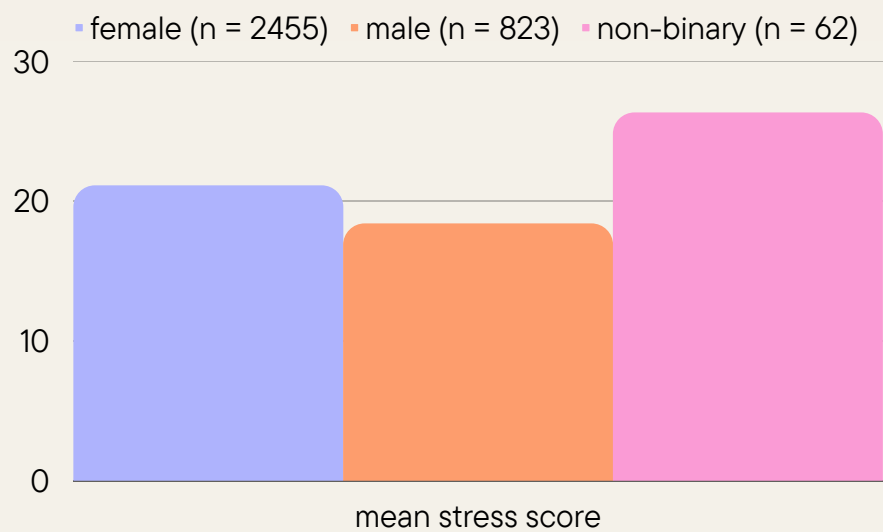
These findings point towards areas for further research and specialised support for the student population.

Please note that this data was gathered pre-COVID and thus the effects of COVID cannot be inferred from these statistics.

# Stress x gender:

Both female and non-binary students tended to be more stressed than male students. Non-binary students also tended to be more stressed than female students.

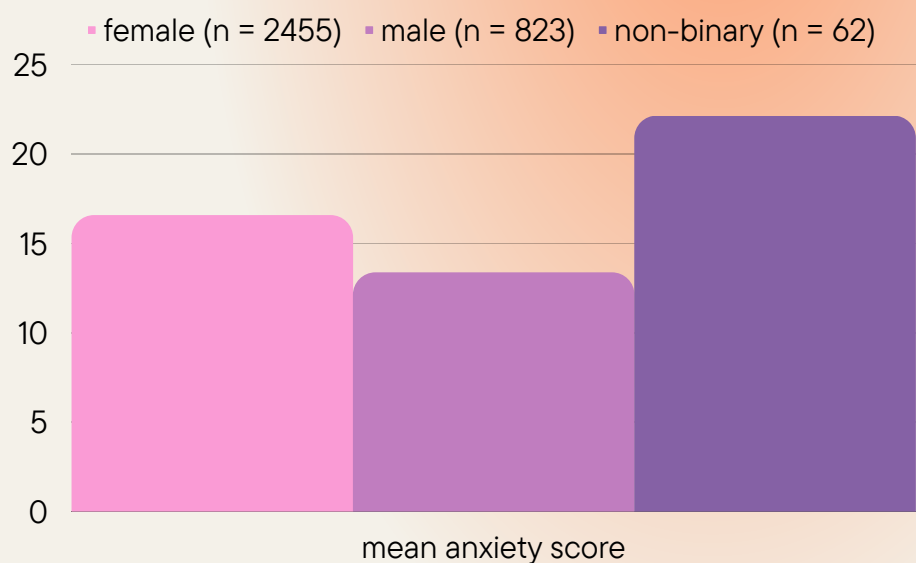
The mean stress score for female students was at moderate level. The mean stress score for male students was at the mild level. The mean stress score for non-binary students was at severe level.



# Anxiety x gender:

Both female students and non-binary students tended to be more anxious than male students. Non-binary students also tended to be more anxious than female students.

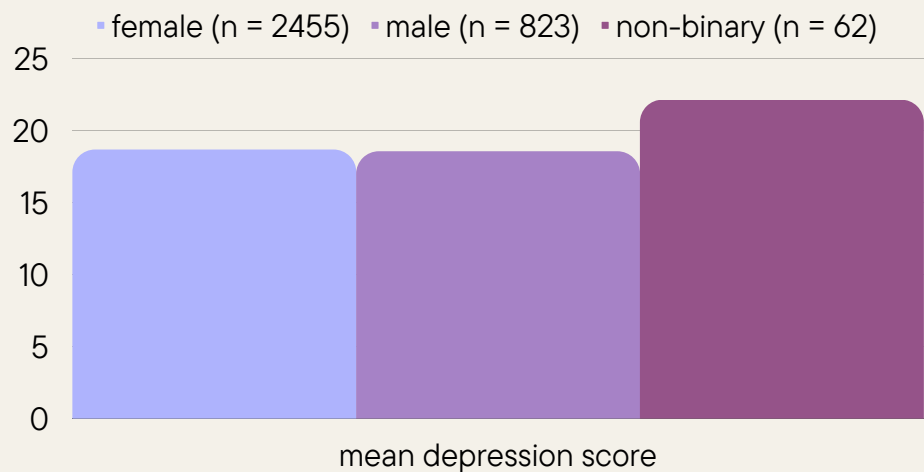
The mean anxiety score for female students was at severe level. The mean anxiety score for male students was at moderate level. The mean anxiety score for non-binary students was at extremely severe level.



# Depression x gender:

Non-binary students tended to be more depressed than male and female students.

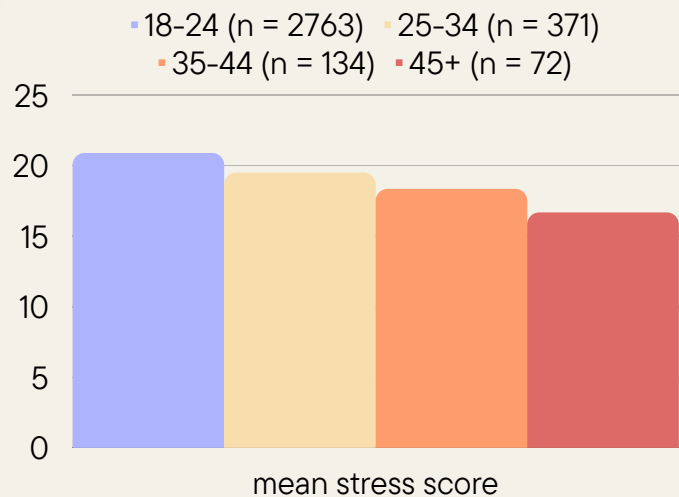
The mean depression score for female was at moderate level. The mean depression score for male students was at moderate level. The mean depression score for non-binary students was severe.



# Stress x age groups:

Students aged 18-24 tended to be more stressed than students aged 45 or over.

The mean stress score for students aged 18-24 was at moderate level. The mean stress scores for students aged 25-34 was at moderate level. The mean stress scores for students aged 35-44 was at moderate level. The mean stress scores for students aged 45 and over was at moderate level.

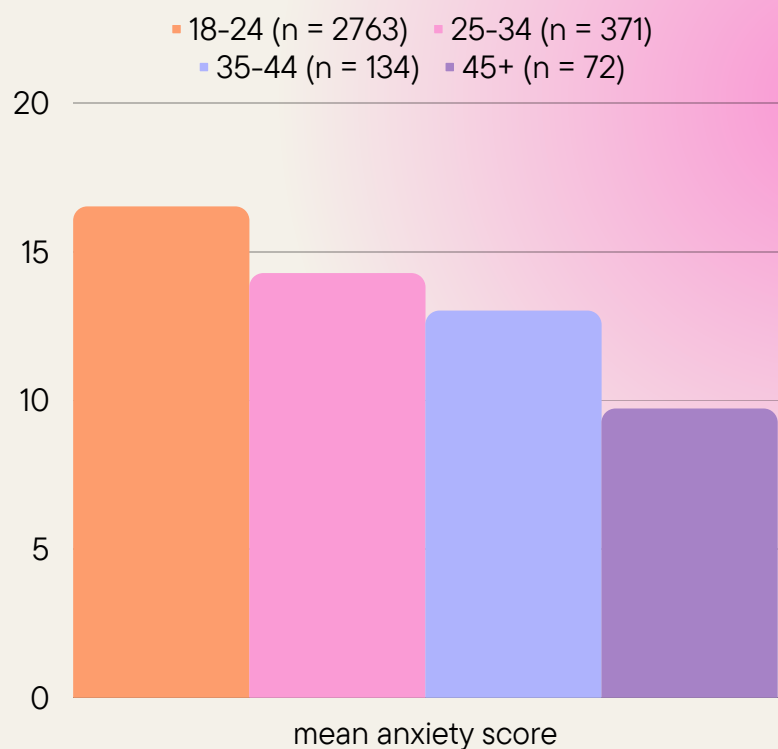




# Anxiety x age groups:

Students aged 18-24 tended to be more anxious than students aged 25-34, students aged 35-44, and students aged 45 and over. Students aged 25-34 also tended to be more anxious than students aged 45 and over.

The mean anxiety score for students aged 18-24 was at severe level. The mean anxiety score for students aged 25-34 was at moderate level. The mean anxiety score for students aged 35-44 was at moderate level. The mean anxiety score for students aged 45 and over was at mild level.

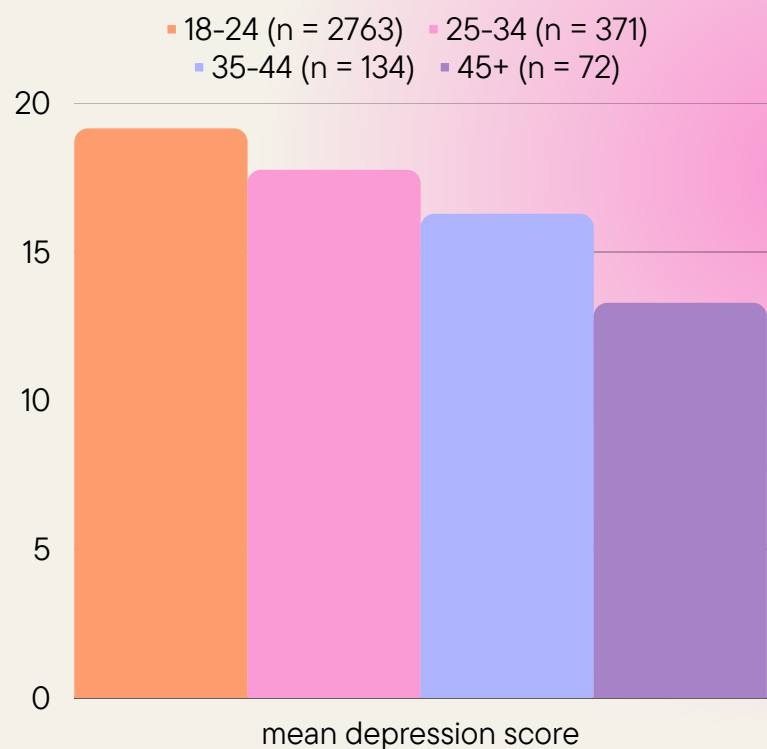




# Depression x age groups:

Students aged 18-24 tended to be more depressed than students aged 45 and over. Students aged 25-34 also tended to be more depressed than students aged 45 and over.

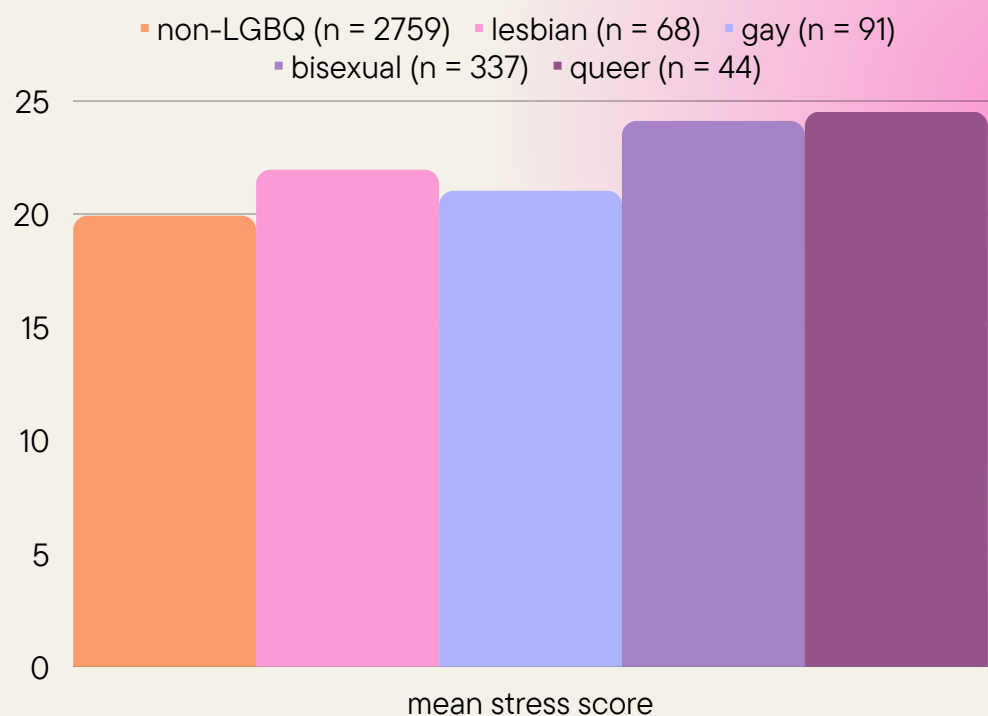
The mean depression score for students aged 18-24 was at moderate level. The mean depression score for students aged 25-34 was at moderate level. The mean depression score for students aged 35-44 was at moderate level. The mean depression score for students aged 45 and over was at mild level.



# Stress x LGBQ:

Bisexual students tended to be more stressed than non-LGBQ students. Queer students tended to be more stressed than non-LGBQ students.

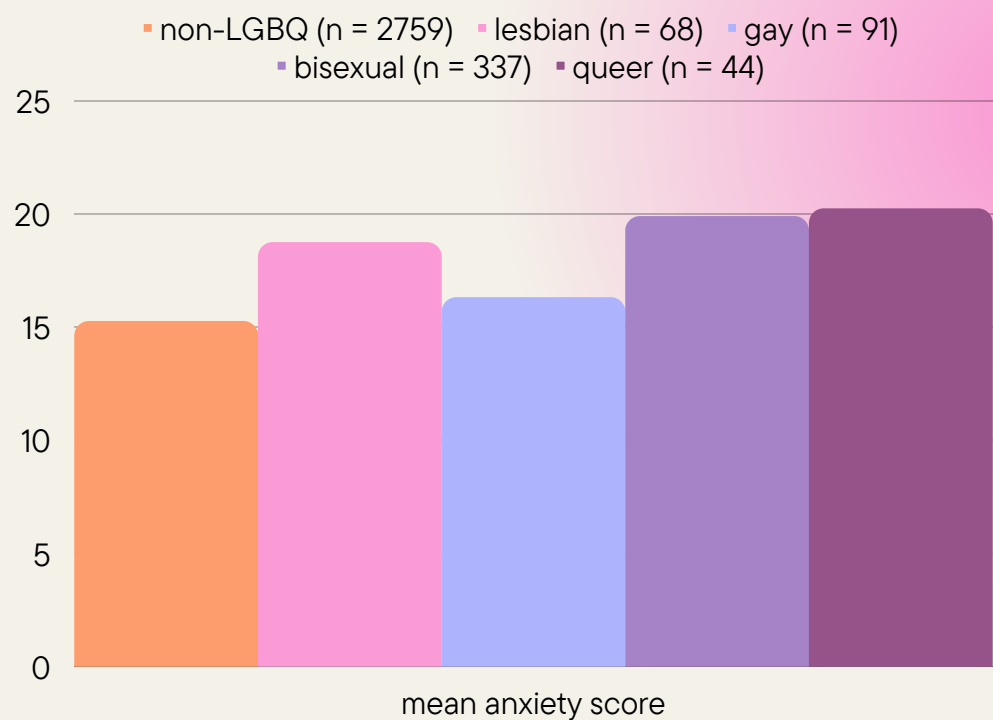
The mean stress score for non-LGBQ students was at moderate level. The mean stress score for lesbian students was at moderate level. The mean stress score for gay students was at moderate level. The mean stress score for bisexual students was at moderate level. The mean stress score for queer students was at moderate level.



# Anxiety x LGBQ:

Bisexual students tended to be more anxious than non-LGBQ students. Queer students tended to be more anxious than non-LGBQ students.

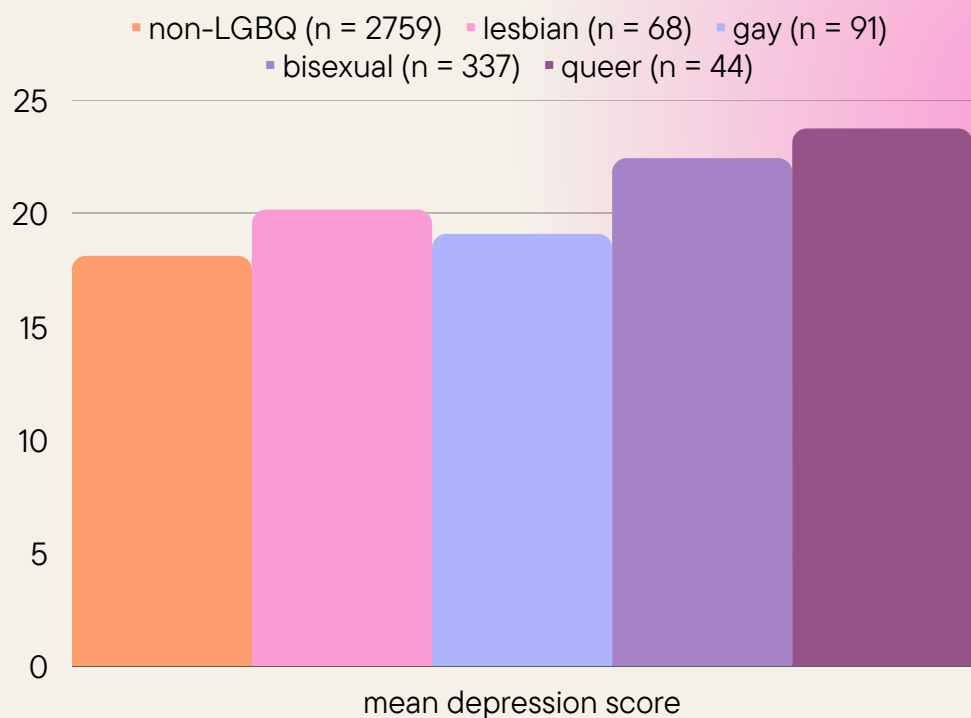
The mean anxiety score for non-LGBQ students was at severe level. The mean anxiety score for lesbian students was at severe level. The mean anxiety score for gay students was at severe level. The mean anxiety score for bisexual students was at severe level. The mean anxiety score for queer students was at extremely severe level.



# Depression x LGBTQ:

Bisexual students tended to be more depressed than non-LGBQ students. Queer students tended to be more depressed than non-LGBQ students.

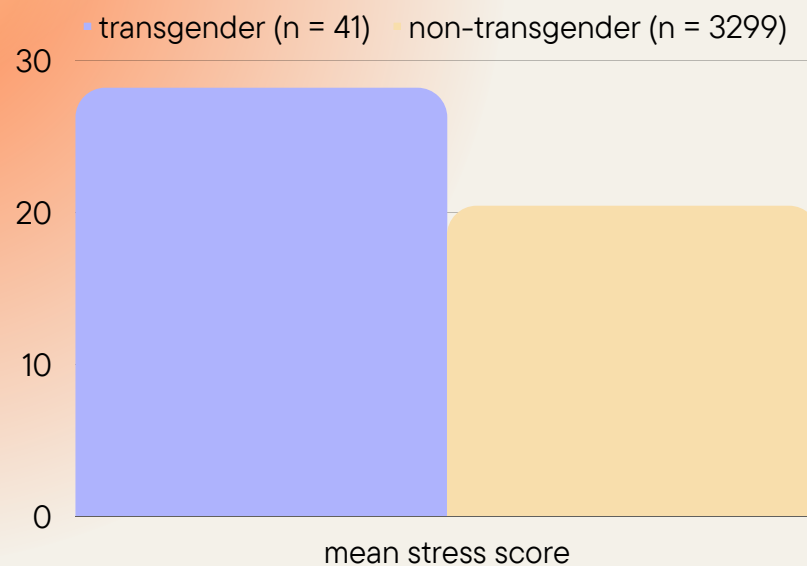
The mean depression score for non-LGBQ students was at moderate level. The mean depression score for lesbian students was at moderate level. The mean depression score for gay students was at moderate level. The mean depression score for bisexual students was at severe level. The mean depression score for queer students was at severe level.



# Stress x transgender:

Transgender students tended to be more stressed than non-transgender students.

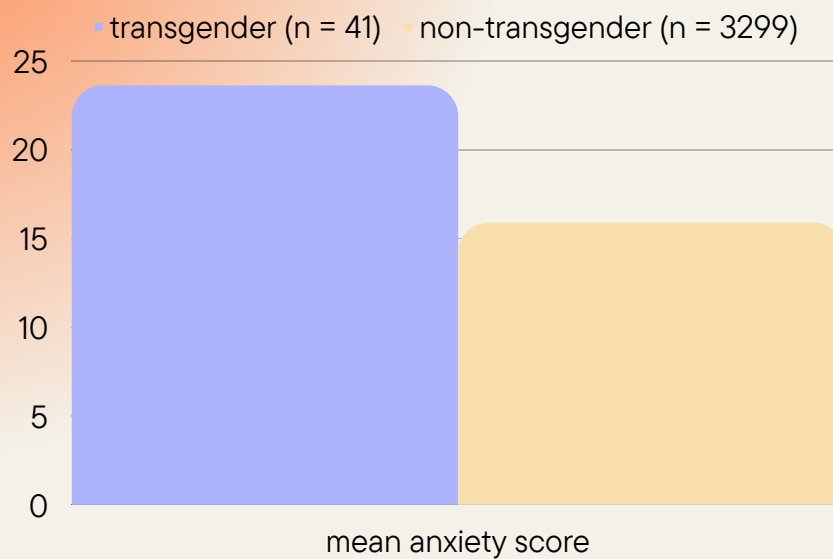
The mean stress score for transgender students was at severe level. The mean stress score for non-transgender students was at moderate level.



# Anxiety x transgender:

Transgender students tended to be more anxious than non-transgender students.

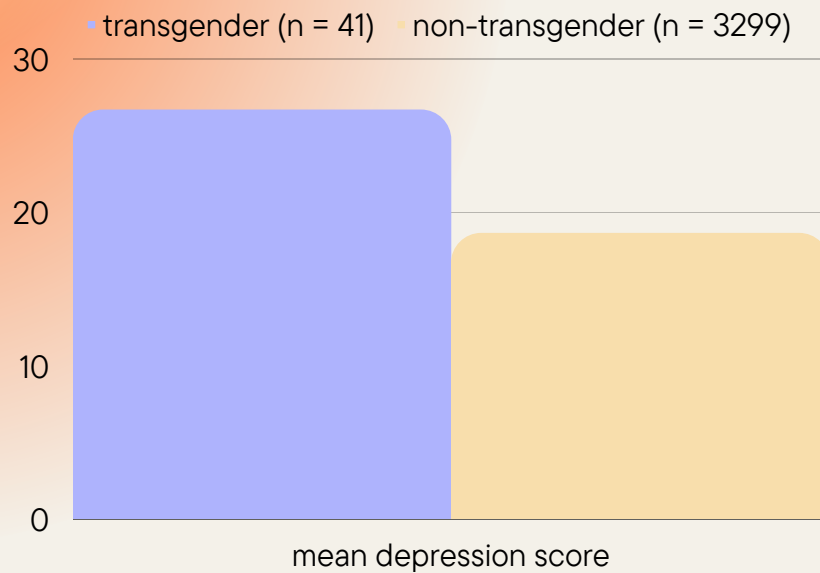
The mean anxiety score for transgender students was at extremely severe level. The mean anxiety score for non-transgender students was at moderate level.



# Depression x transgender:

Transgender students tended to be more depressed than non-transgender students.

The mean depression score for transgender students was at severe level. The mean depression score for non-transgender students was at moderate level.

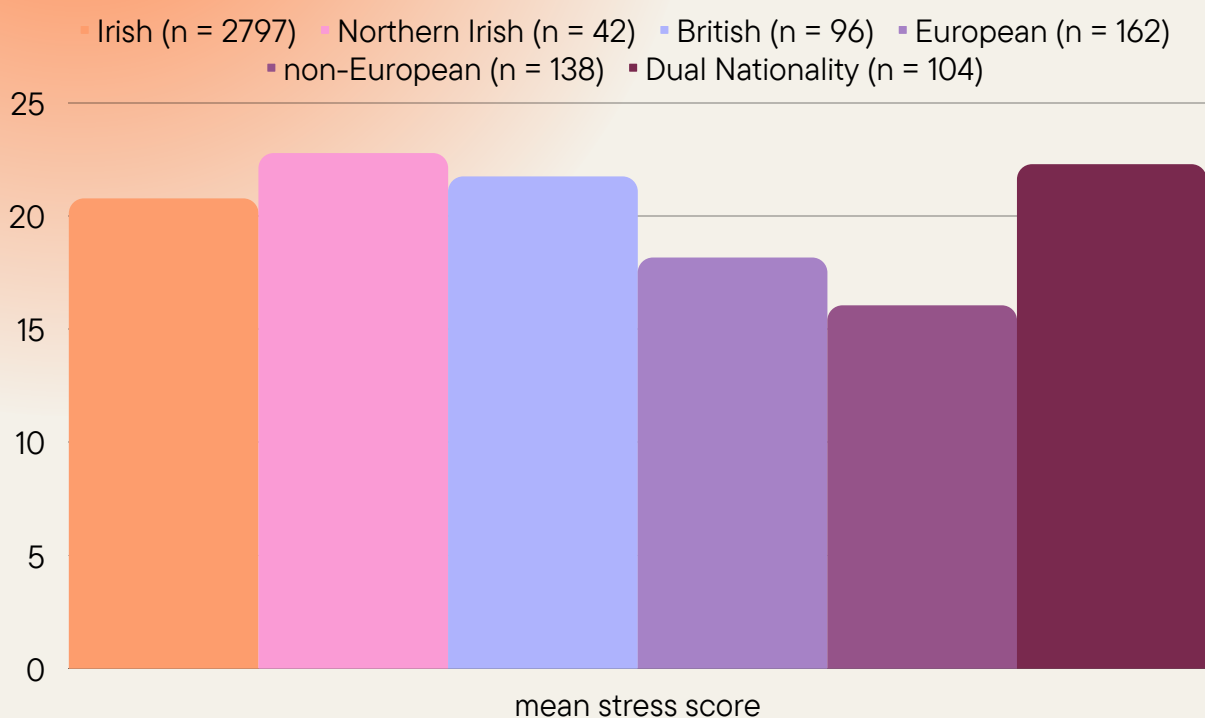




# Stress x nationality:

Irish students tended to be more stressed than non-European students. Northern Irish students tended to be more stressed than non-European students. British students tended to be more stressed than non-European students. Dual nationality students tended to be more stressed than non-European students.

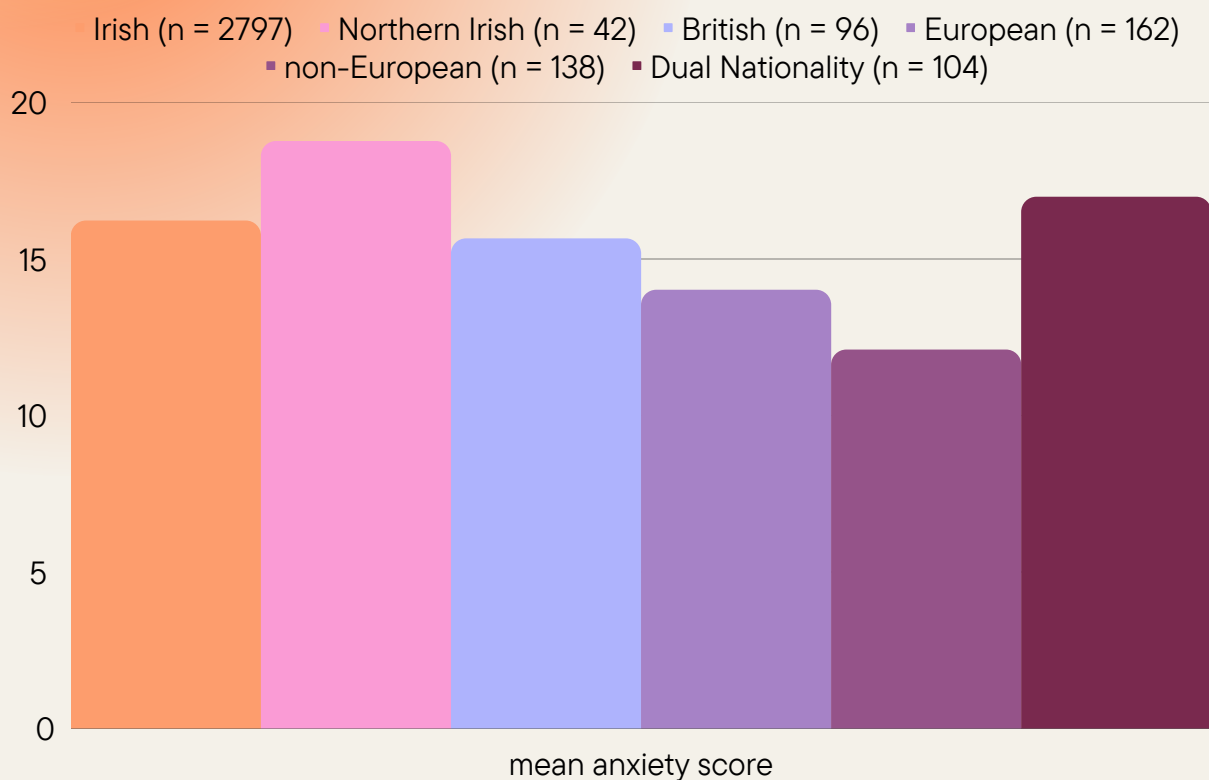
The mean stress score for Irish students was at moderate level. The mean stress score for Northern Irish students was at moderate level. The mean stress score for British students was at moderate level. The mean stress score for European students was at mild level. The mean stress score for non-European students was at mild level. The mean stress score for dual nationality students was at moderate level.



# Anxiety x nationality:

Irish students tended to be more anxious than non-European students. Northern Irish students tended to be more anxious than non-European students. Dual nationality students tended to be more anxious than non-European students.

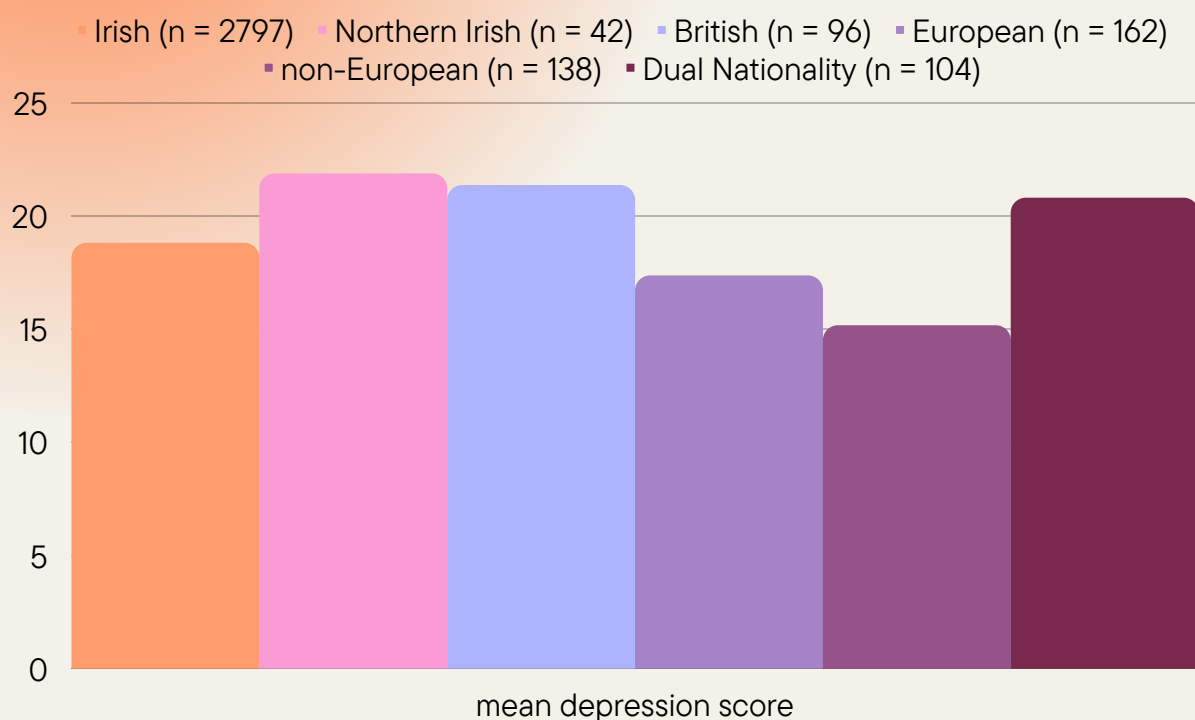
The mean anxiety score for Irish students was at severe level. The mean anxiety score for Northern Irish students was at severe level. The mean anxiety score for British students was at severe level. The mean anxiety score for European students was at moderate level. The mean anxiety score for non-European students was at moderate level. The mean anxiety score for dual nationality students was at severe level.



# Depression x nationality:

Irish students tended to be more depressed than non-European students. Northern Irish students tended to be more depressed than non-European students. British students tended to be more depressed than non-European students. Dual nationality students tended to be more depressed than non-European students.

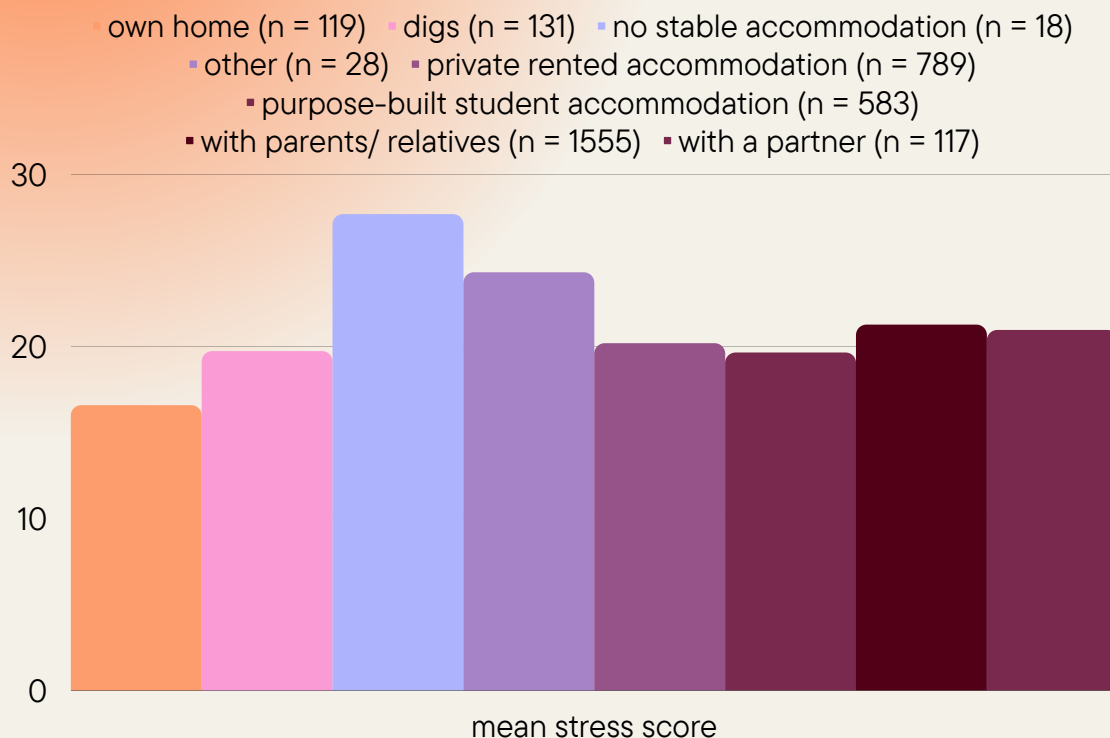
The mean depression score for Irish students was at moderate level. The mean depression score for Northern Irish students was at severe level. The mean depression score for British students was at severe level. The mean depression score for European students was at moderate level. The mean depression score for non-European students was at moderate level. The mean depression score for dual nationality students was at severe level.



# Stress x living situation:

Students with no stable accommodation tended to be more stressed than students living in a home they owned. Students with an 'other' living situation tended to be more stressed than students living in a home they owned. Students living in privately rented accommodation tended to be more stressed than students living in a home they owned. Students living with parents or relatives tended to be more stressed than students living in a home they owned.

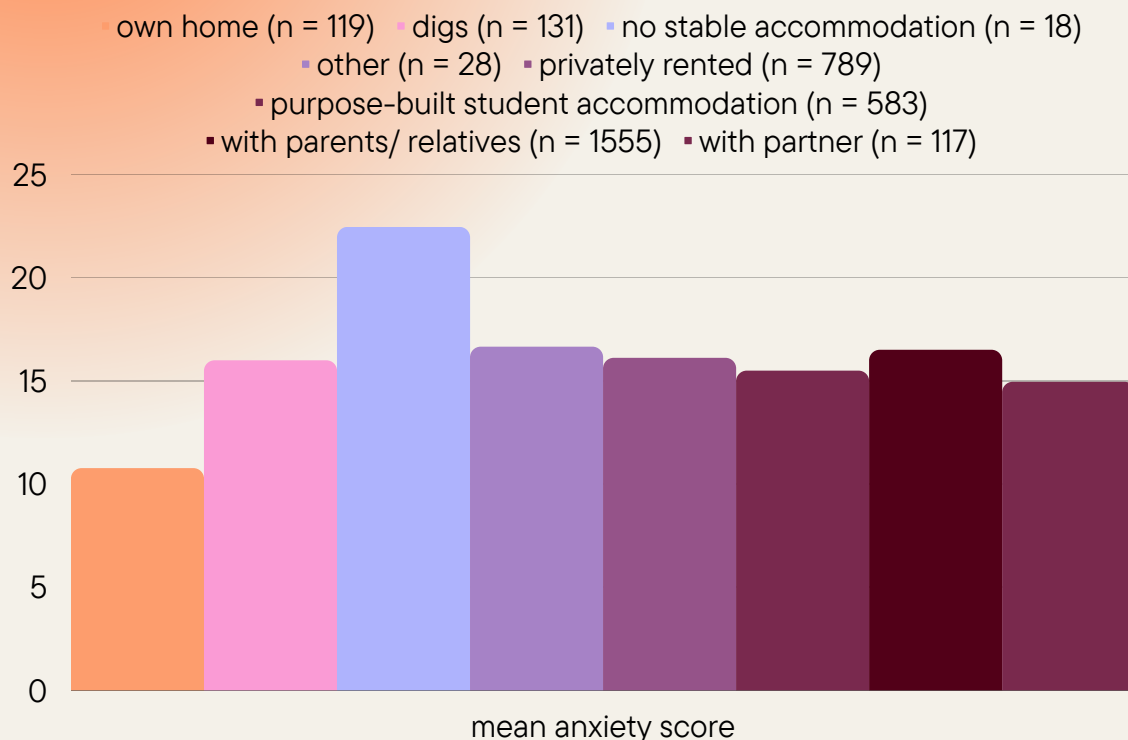
The mean stress score for students living in a home they own was at mild level. The mean stress score for students living in digs was at moderate level. The mean stress score for students with no stable accommodation was at severe level. The mean stress score for students with an 'other' living situation was at moderate level. The mean stress score for students living in privately rented accommodation was at moderate level. The mean stress score for students living in purpose-built student accommodation was at moderate level. The mean stress score for students living with parents or relatives was at moderate level. The mean stress score for students living with a partner was at moderate level.



# Anxiety x living situation:

Students living in digs tended to be more anxious than students living in a home they owned. Students with no stable accommodation tended to be more anxious than students living in a home they owned. Students living in purpose-built student accommodation tended to be more anxious than students living in a home they owned. Students living with parents or relatives tended to be more anxious than students living in a home they owned.

The mean anxiety score for students living in a home they owned was at moderate level. The mean anxiety score for students living in digs was at severe level. The mean anxiety score for students with no stable accommodation was at extremely severe level. The mean anxiety score for students living in privately rented accommodation was at severe level. The mean anxiety score for students living in purpose-built student accommodation was at severe level. The mean anxiety score for students living with parents or relatives was at severe level. The mean anxiety score for students living with a partner was at moderate level.



# Depression x living situation:

Students with no stable accommodation tended to be more depressed than students living in a home they owned, than students living in digs, than students with an 'other' living situation, than students living in privately rented accommodation, than students living in purpose-built student accommodation, than students living with parents or relatives, and more depressed than students living with a partner. Students living in privately rented accommodation tended to be more depressed than students living in a home they owned. Students living with parents or relatives tended to be more depressed than students living in a home they owned.

The mean depression score for students living in a home they owned was at moderate level. The mean depression score for students living in digs was at moderate level. The mean depression score for students with no stable accommodation was at extremely severe level. The mean depression score for students with an 'other' living situation was at moderate level. The mean depression score for students living in privately rented accommodation was at moderate level. The mean depression score for students living in purpose-built student accommodation was at moderate level. The mean depression score for students living with parents or relatives was at moderate level. The mean depression score for students living with a partner was at moderate level.

