WBRS 2019 Descriptive Statistics Tables & Figures

Demographic Items

Q81 - Hispanic, Latino, Spanish origin, Q82 - Race/ethnicity, Q83 - Sex at birth, Q84 - Gender identity, Q85 - Sexual orientation, Q86 - PT/FT student, Q87 - Hour work weekly, Q88 - Member of armed services, Q89 - First gen college student

Table 1. Descriptive statistics: Student Demographics (undergraduate[1], graduate[2])*		
Variables	*Range*	*Percentage*
Race/ethnicity	0-4	
White/European American		75.21, 75.91
Black/African American		9.89, 11,82
Asian		7.84, 7.04
Other (Native American/Hawaiian/Alaskan, Pacific Islander, some other race)		4.65, 5.23
Hispanic/Latino/Spanish origin		11.44, 4.04
Sex at birth	0-2	
Female		66.19, 62.65
Male		33.55, 37.35
Intersex		0.26, 0.00
Gender identity	0-4	
Female		53.88, 53.66
Male		37.21, 40.31
Transgender		0.43, 1.04
Gender non-conforming/binary		2.59, 1.57
Prefer not to answer		5.89, 3.40
Sexual orientation	0-1	
Heterosexual		80.08, 83.49
Lesbian/Gay/Bisexual/Pansexual/Queer/Asexual/Other		19.92, 16.51
Part-time/full-time student	0-1	
Part-time		9.14, 17.26
Full-time		90.86, 82.74
UofL Campus		
Belknap Campus		91.65, 42.78
Health Sciences Campus		4.11, 4.21
Other (Online, Shelby, Other)		4.25, 13.00
Hours of work/week	0-2	
0		26.68, 28.61
1-20		42.01, 23.88
21-30+		31.31, 47.51
Member of armed services	0-1	
No		98.58, 93.11
Yes		0.41, 6.89
First generation college student	0-1	
No		74.71, 75.12
Yes		25.29, 24.88

[1] n = 781; response rate = 15.57%
[2] n = 424; response rate = 22.14%
* Overall response rate = 17.39%

Student Well-being & Resilience Items

Physical - Q26 - Feel safe in daily life, Q29 – Have enough money to meet needs, Q53 - Number of hours of sleep per night (include footnote on daily recommended), Q63 - Move body for fitness or fun, Q64 - Number of vegetable servings/day (include footnote on daily recommended), Q69 - Knows another student affected by sexual or relational violence,

Emotional/mental – Q4 Felt cheerful in last month, Q25 – Able to concentrate, Q28 – Able to accept bodily appearance, Q30 – Satisfied with sleep, Q70-71 Known someone while at UofL who has experienced suicidal thoughts or behavior (take Q70 'Yes' % and multiply by Q71 'Yes' % (51% → .51) for Yes; subtract that number from 100 to get 'No' %.)

Social/belonging – Q 18 Have supportive and rewarding relationships, Q32 – Satisfied with support from friends, Q74 - Knows someone who dropped out of UofL due to alcohol or other substance use, Q79 - Felt they belonged to a community in past month,

Sense of purpose - Q2 Life has a clear sense of purpose, Q19 – Engaged and interested in daily activities

Resilience - Q11 – Bounces back quickly after hard times, Q13 – Doesn't take long to recover from a stressful event, Q15 – Come through difficult times with little trouble

Table 1. Descriptive statistics: Student Wellbeing & Resilience (undergraduate[1], graduate[2])*		
Variables	*Range*	*Percentage*
Physical		
Feel safe in daily life	0-2	
Not at all		1.56, 0.24
A little to moderately		27.86, 11.64
Mostly to completely		70.88, 88.13
Have enough money to meet needs	0-2	
Not at all		8.43, 5.23
A little to moderately		35.28, 32.31
Mostly to completely		56.29, 62.47
Hours of sleep per night**	0-2	
4 or less		9.00, 5.50
5-6		56.68, 55.45
7 or more		34.32, 40.05
Move body for fitness or fun	0-2	
Never to less than once per week		21.75, 16.55
1-3 times per week		45.30, 48.70
4-7 times per week		32.95, 34.75
Vegetable serving(s) per day***	0-2	
0-1		52.77, 27.90
2-3		42.73, 61.47

4-5		4.50, 10.64
Known student affected by sexual/relational violence	0-2	
No		44.85, 47.10
Yes		37.89, 33.65
Not sure/don't know		17.27, 19.19
Emotional/Mental		
Felt cheerful in last month	0-2	
None of the time		0.90, 0.95
Infrequently to some of the time		40.64, 35.69
Frequently to all of the time		58.46, 63.36
Able to concentrate	0-2	
Not at all		4.02, 1.66
A little to moderately		45.40, 35.87
Mostly to completely		50.58, 62.47
Able to accept bodily appearance	0-2	
Not at all		6.11, 5.70
A little to moderately		36.28, 34.44
Mostly to completely		57.61, 59.86
Satisfied with sleep	0-2	
Dissatisfied to very dissatisfied		44.48, 36.91
Neither satisfied nor dissatisfied		17.35, 20.24
Satisfied to very satisfied		38.17, 42.86
Known someone while at UofL who has experienced suicidal thoughts or behavior	0-1	
No		63.29, 71.78
Yes		36.71, 28.22
Social/Belonging		
Have supportive and rewarding friendships	0-2	
Slightly to strongly disagree		10.46, 5.70
Neither agree nor disagree		9.04, 5.46
Slightly to strongly agree		80.49, 88.84
Satisfied with support from friends	0-2	
Dissatisfied to very dissatisfied		14.05, 7.63
Neither satisfied nor dissatisfied		19.20, 17.18
Satisfied to very satisfied		50.78, 75.18
Known someone who dropped out of UofL due to alcohol or other substance abuse	0-1	
No		79.97, 90.05
Yes		20.03, 9.95
Felt they belonged to a community in past month	0-3	
Never		11.21, 6.62
1-2 times		17.40, 14.42
1-3 times per week		32.34, 35.46
Almost ever day to every day		39.05, 43.50
Sense of Purpose		
Life has a clear sense of purpose	0-2	

Somewhat-strongly disagree		16.62, 6.62
Neither agree nor disagree		11.60,6.38
Somewhat-strongly agree		71.78, 87.00
Engaged and interested in daily activities	0-2	
Slightly to strongly disagree		16.28, 6.66
Neither agree nor disagree		10.21, 4.99
Slightly to strongly agree		78.58, 88.37
Resilience		
Bounce back quickly after hard times	0-2	
Disagree to strongly disagree		14.98, 9.44
Neutral		18.69, 12.97
Agree to strongly disagree		66.32, 77.60
Doesn't take long to recover from a stressful event	0-2	
Disagree to strongly disagree		23.84, 16.55
Neutral		23.58, 18.91
Agree to strongly disagree		52.58, 64.54
Come through difficult times with little trouble	0-2	
Disagree to strongly disagree		28.61, 17.50
Neutral		30.03, 26.48
Agree to strongly disagree		41.36, 56.03
[1] n = 781; response rate = 15.57%		
[2] n = 424; response rate = 22.14%		
* Overall response rate = 17.39%		
**The Centers for Disease Control and Prevention (2017) recommend adults receive between 7-9 hours of sleep per night.		
***According to the USDA's Dietary Guidelines for Americans (2020), an adult consuming 2,000 calories per day should be eating 2 1/2 cups of vegetables per day.		

Student Access

Q35 – Satisfied with access to health care, Q36 – Satisfied with access to reasonably priced healthy food, Q66 - Knowledge that another student didn't have enough food for self or household. Q37 – Connected to at least one UofL mentor

Table 2. Descriptive statistics: Student Access (undergraduate[1], graduate[2])*		
Variables	*Range*	*Percentage*
Satisfied with access to health care	0-2	
Dissatisfied to very dissatisfied		13.16, 6.90
Neither satisfied nor dissatisfied		14.06, 10.00
Satisfied to very satisfied		72.77, 83.10
Satisfied with access to reasonably priced healthy food	0-2	
Dissatisfied to very dissatisfied		32.17, 15.28
Neither satisfied nor dissatisfied		16.22, 15.27
Satisfied to very satisfied		51.61, 69.45
Knowledge that another student didn't have enough food for self or household	0-2	

No		50.19, 60.28
Yes		22.27, 12.29
Not sure/don't know		27.54, 27.42
Connected to at least one UofL mentor	0-1	
No		43.30, 31.99
Yes		56.70, 68.01
[1] n = 781; response rate = 15.57% [2] n = 424; response rate = 22.14% * Overall response rate = 17.39%		

Figure 1. Top 6 Stressors Affecting Academic Performance (Q51)
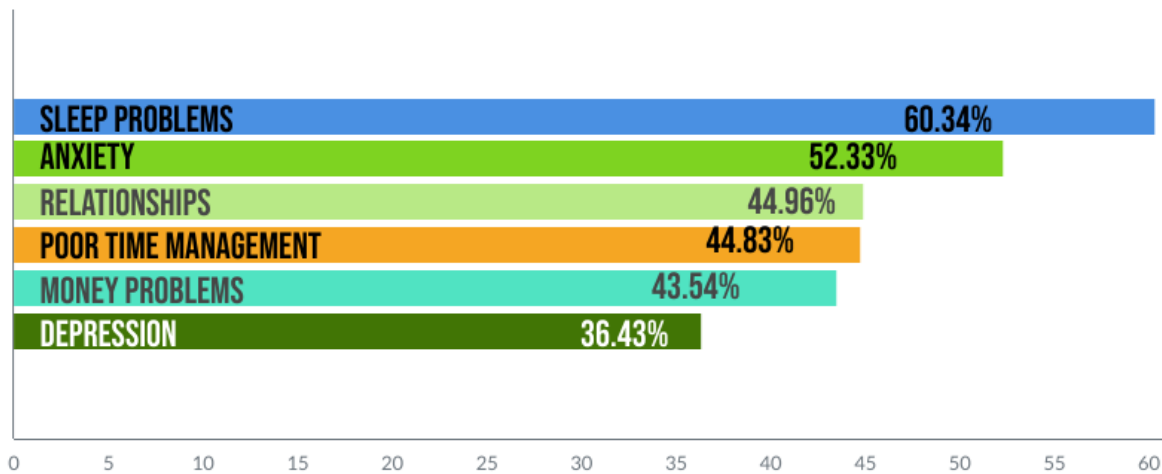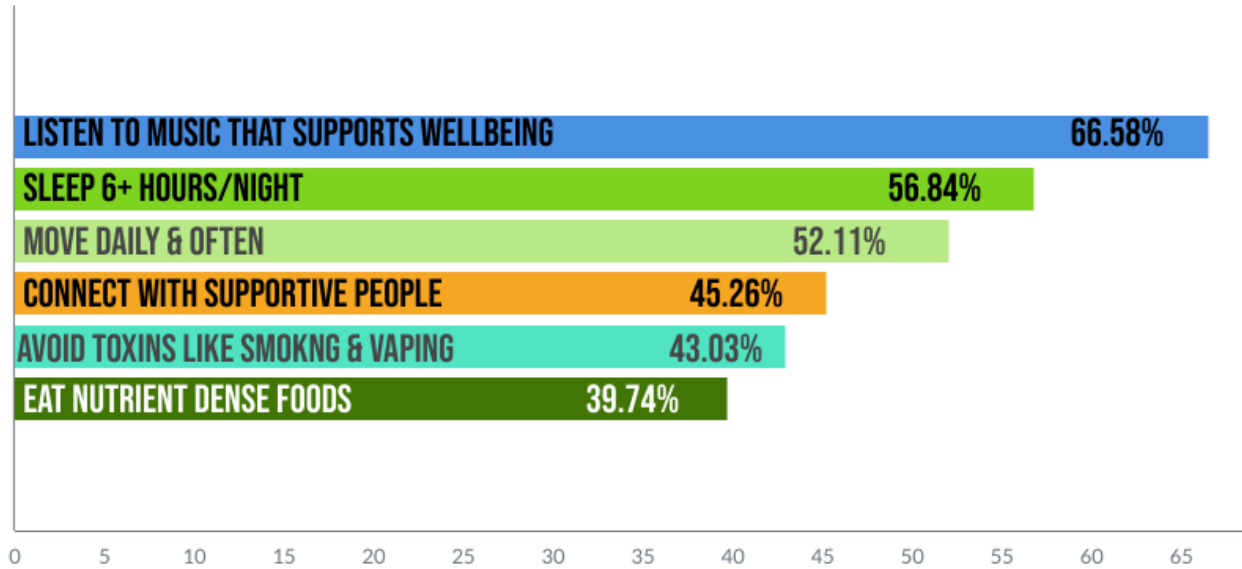

Top 6 Stressors for Students

Stressor	Percentage
SLEEP PROBLEMS	60.34%
ANXIETY	52.33%
RELATIONSHIPS	44.96%
POOR TIME MANAGEMENT	44.83%
MONEY PROBLEMS	43.54%
DEPRESSION	36.43%

Figure 2. Top 6 Activities to Build Resilience Capacity (Q90)

Top 6 Resilience-Building Skills

Activity	Percentage
LISTEN TO MUSIC THAT SUPPORTS WELLBEING	66.58%
SLEEP 6+ HOURS/NIGHT	56.84%
MOVE DAILY & OFTEN	52.11%
CONNECT WITH SUPPORTIVE PEOPLE	45.26%
AVOID TOXINS LIKE SMOKNG & VAPING	43.03%
EAT NUTRIENT DENSE FOODS	39.74%

2019 U of L WELLBEING & RESILIENCE SURVEY
Undergraduate Response Rate: 15.57% n= 781

SCHOOL OF NURSING
KENT SCHOOL OF SOCIAL WORK
OFFICE OF INSTITUTIONAL EFFECTIVENESS
SCHOOL OF PUBLIC HEALTH & INFORMATION SCIENCES
HEALTH PROMOTION, A DIVISION OF CAMPUS HEALTH SERVICES