

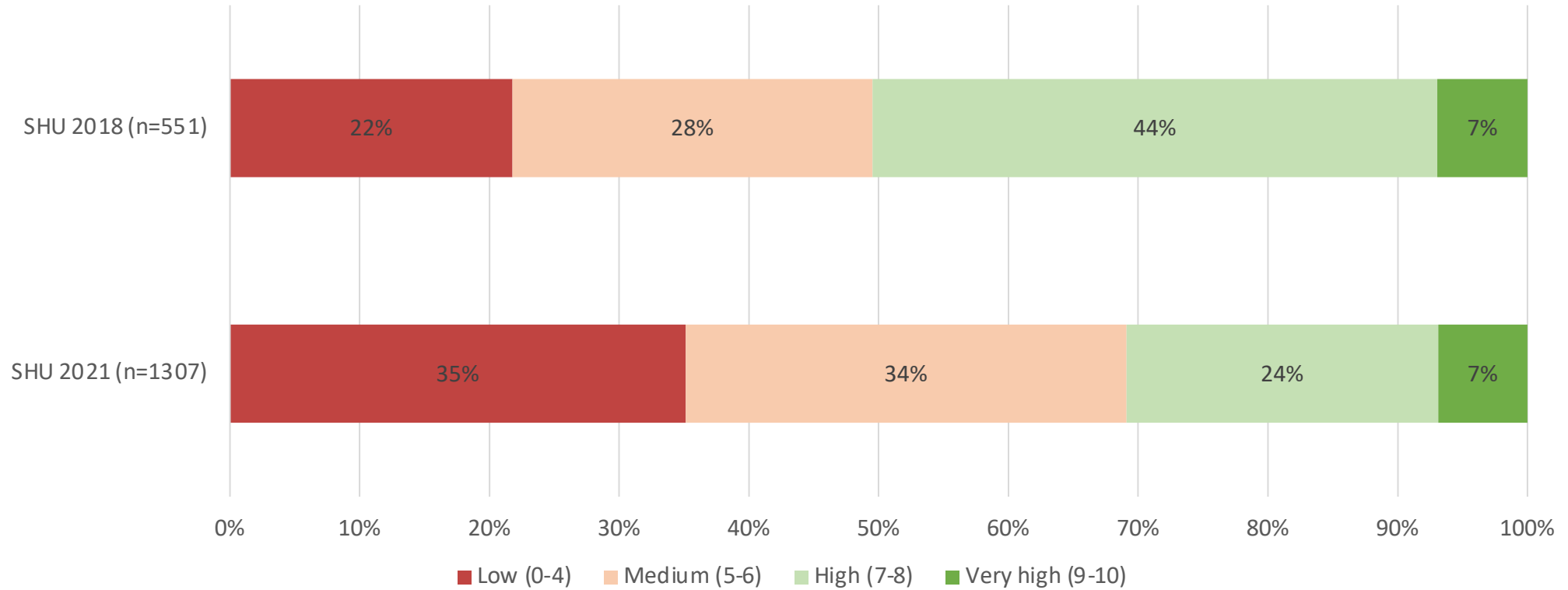
*'Being Well, Doing Well'*  
Survey Results

# Introduction

- 2021 survey (open from 25 January to 8 March 2021) received 1307 responses from Sheffield Hallam students (*referred to as 2021 throughout this presentation*)
- This survey was a replication (with small amendments) to the same 'Being Well, Doing Well' survey in 2017/18 (open from 23 October to 20 November 2017) which received 551 responses from Sheffield Hallam students (*referred to as 2018 throughout this presentation*)
- Throughout this presentation, comparisons are made between the 2021 survey and 2018 survey. Where results differ by +/- 5% or more, these are highlighted
- This presentation includes highlights, but full report is available. Please email Liz Sturge ([e.sturge@shu.ac.uk](mailto:e.sturge@shu.ac.uk)) for a copy

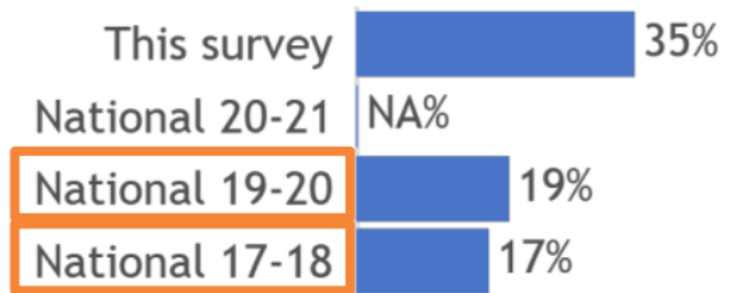
# Life Satisfaction

"Overall, how satisfied are you with your life nowadays?", by survey year



# Life Satisfaction

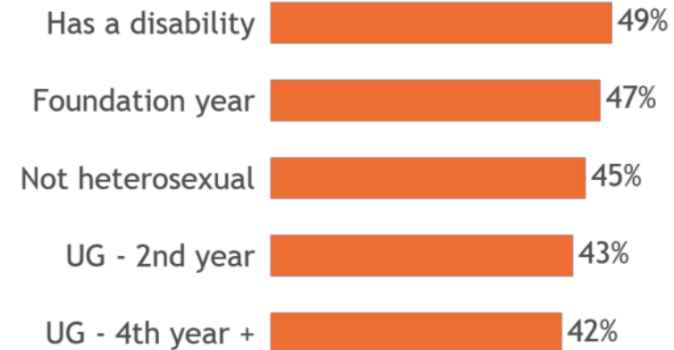
Comparing SHU to other students nationally that participated in 'Being Well, Doing Well' survey (% with low life satisfaction):



At Sheffield Hallam University for 2021 survey:

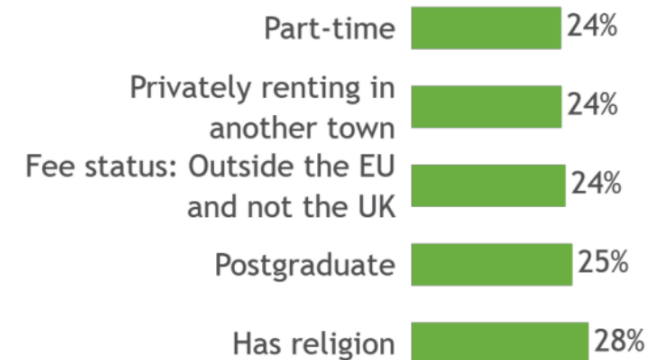
## Demographic groups with low life satisfaction

5 demographic groups who have the highest proportion of students with low life satisfaction

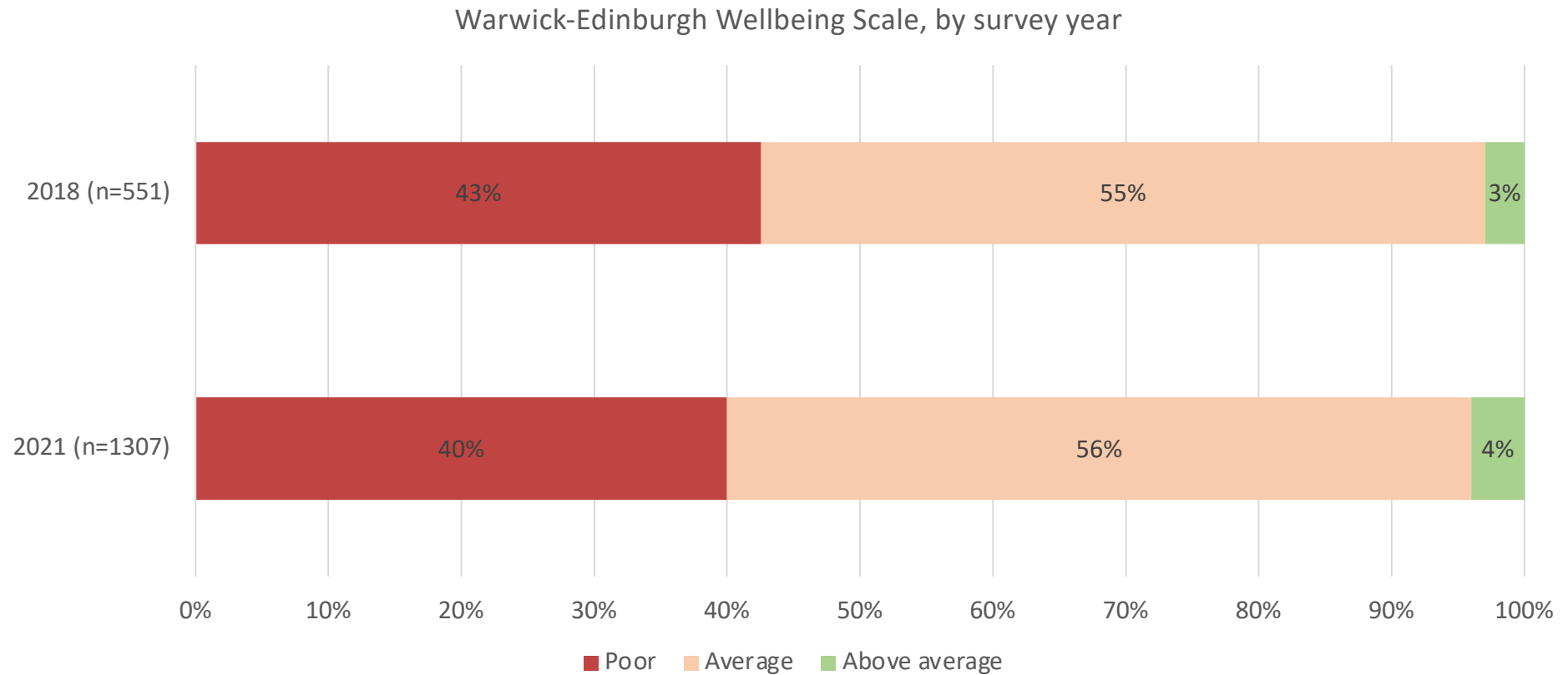


## Demographic groups with high life satisfaction

5 demographic groups who have the lowest proportion of students with low life satisfaction

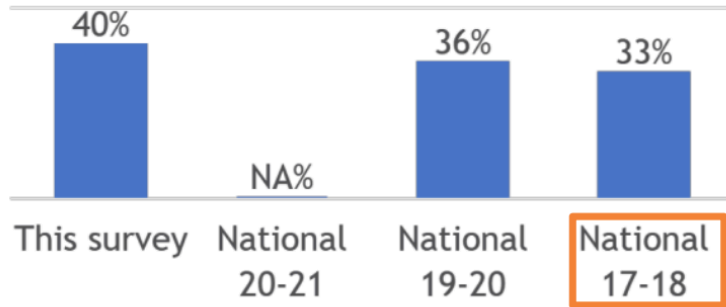


# Warwick Edinburgh Mental Wellbeing Scale



# Warwick Edinburgh Mental Wellbeing Scale

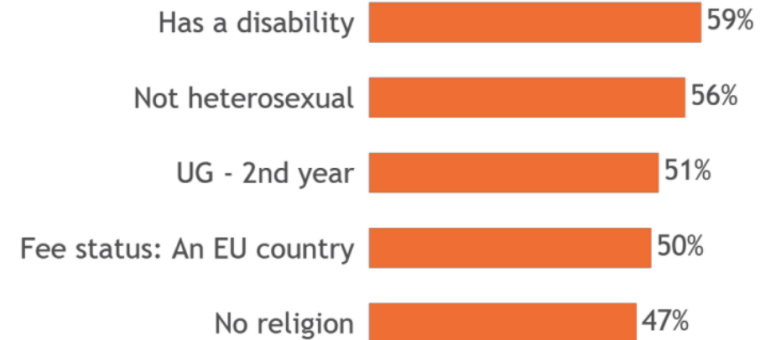
Comparing SHU to other students nationally that participated in 'Being Well, Doing Well' survey (% with poor WEMWS score):



At Sheffield Hallam University for 2021 survey:

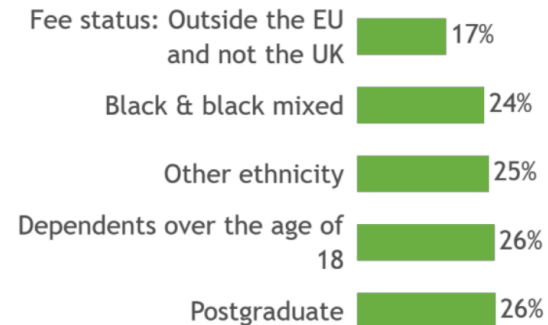
## Demographic groups with low life satisfaction

5 demographic groups who have the highest proportion of students with poor mental wellbeing



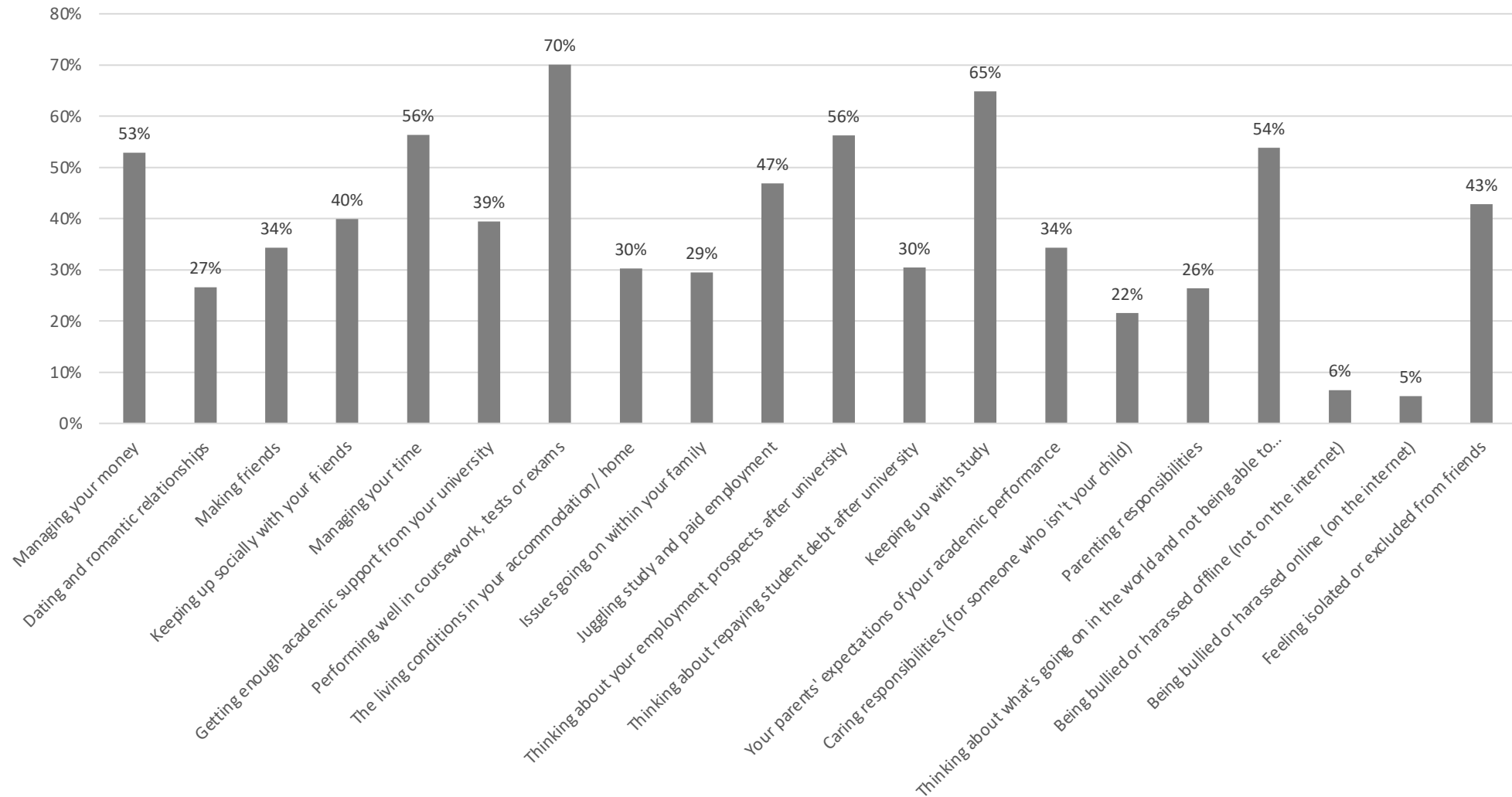
## Demographic groups with high life satisfaction

5 demographic groups who have the lowest proportion of students with poor mental wellbeing



# Causes of stress

% indicate 'Often' or 'Always' causes of stress, 2021 survey (n=1307)



# Causes of stress

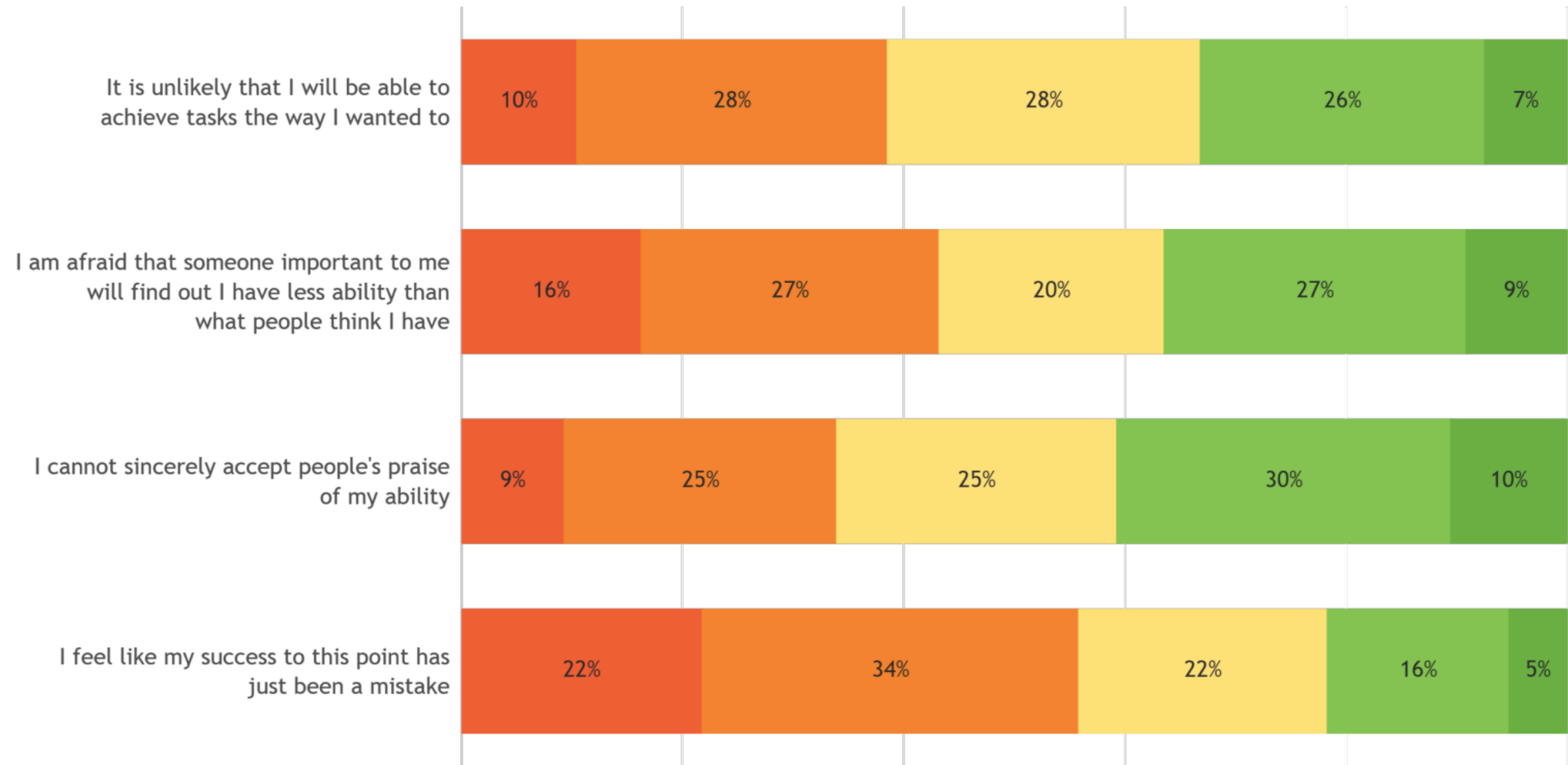
Comparing 2021 to 2018:

- **9% decrease** in % said often or always stressed about managing time
- **5% increase** in % said often or always stressed about getting enough academic support from university
- **6% increase** in % said often or always stressed thinking about employment prospects after university
- **6% increase** in % said often or always stressed from parents' expectations of academic performance
- **5% increase** in % said often or always stressed by caring responsibilities (for someone who isn't their child or ward)
- **26% increase** in % said often or always stressed thinking about what's going on in the world and not being able to change it
- **18% increase** in % said often or always stressed about feeling isolated or excluded from friends



# Imposter Syndrome \*new for 2021\*

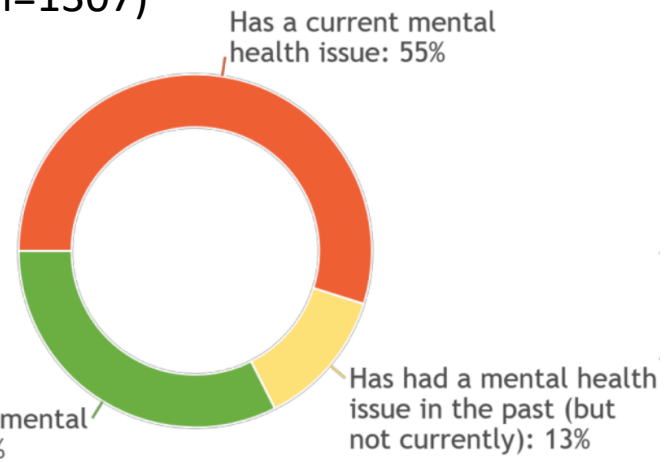
Strongly disagree Disagree Neither agree or disagree Agree Strongly agree



2021 survey respondents (n=1307)

# Mental health issues prevalence

2021 survey (n=1307)



- In 2021 – 55% respondents has current mental health issue
- In 2018 – 54% respondents had current mental health issue

## At Sheffield Hallam University for 2021 survey:

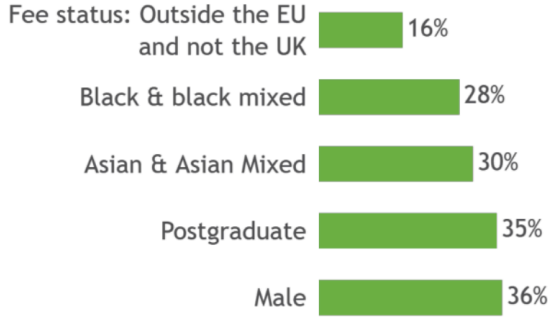
### Demographic groups most likely to have a current mental health issue

5 demographic groups which have the highest proportion of students who currently have a mental health issue.



### Demographic groups least likely to have a current mental health issue

5 demographic groups which have the lowest proportion of students who currently have a mental health issue.



# Mental health issues prevalence

| <b>I currently experience this</b>                              | <b>2021 percent</b> | <b>2018 percent</b> |
|-----------------------------------------------------------------|---------------------|---------------------|
| Anxiety                                                         | 66%                 | 61%                 |
| Depression                                                      | 41%                 | 44%                 |
| I have a condition but I don't know what it is                  | 18%                 | 14%                 |
| Panic disorder                                                  | 13%                 | 14%                 |
| Eating disorder (e.g. anorexia/ bulimia/ binge-eating disorder) | 12%                 | 12%                 |
| Obsessive compulsive disorder (OCD)                             | 11%                 | 10%                 |
| Phobia                                                          | 11%                 | 10%                 |
| Post-traumatic stress disorder (PTSD)                           | 9%                  | 6%                  |
| Attention-deficit/ hyperactivity disorder                       | 9%                  | 3%                  |
| Other                                                           | 6%                  | 5%                  |
| Personality disorder                                            | 3%                  | 3%                  |
| Bipolar disorder                                                | 2%                  | 3%                  |
| Psychotic disorder (e.g. schizophrenia, affective psychosis)    | 0%                  | 1%                  |

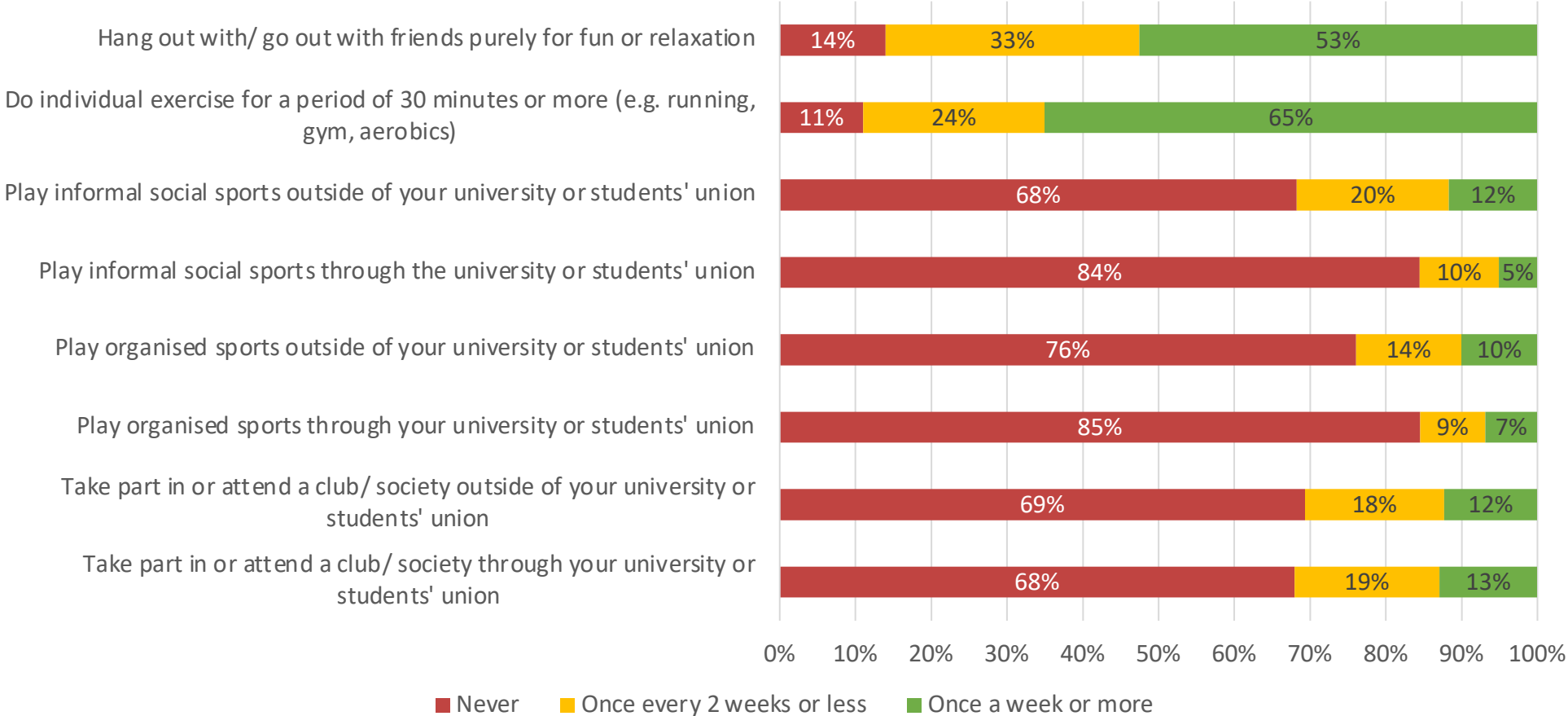
*\*of those who have ever experienced mental health issues (n=883)*

# Suicidal ideation

|               | Have you ever thought of taking your life, even if you would not really do it? | Have you ever seriously considered taking your own life? | Have you ever deliberately harmed yourself in any way but not with the intention of killing yourself? | Have you ever made an attempt to take your life? |
|---------------|--------------------------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------|
| 2018 (n=551)  | 51.4%                                                                          | -                                                        | 35.2%                                                                                                 | 11.8%                                            |
| 2021 (n=1307) | -                                                                              | 32.8%                                                    | 33.1%                                                                                                 | 11.9%                                            |

*% of respondents that said 'yes' to corresponding statements*

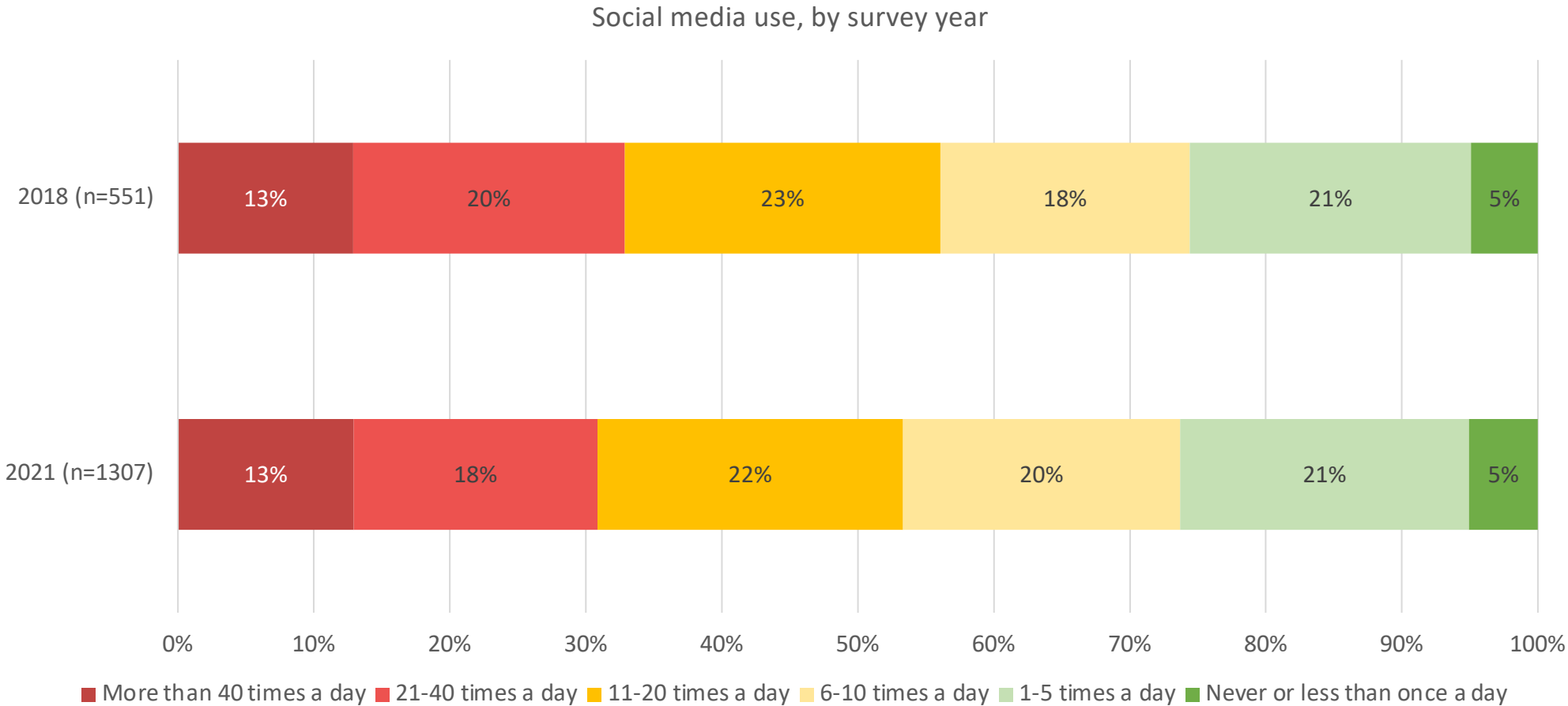
# Thinking about your typical behaviour during term-time, roughly how often do you do the following activities?



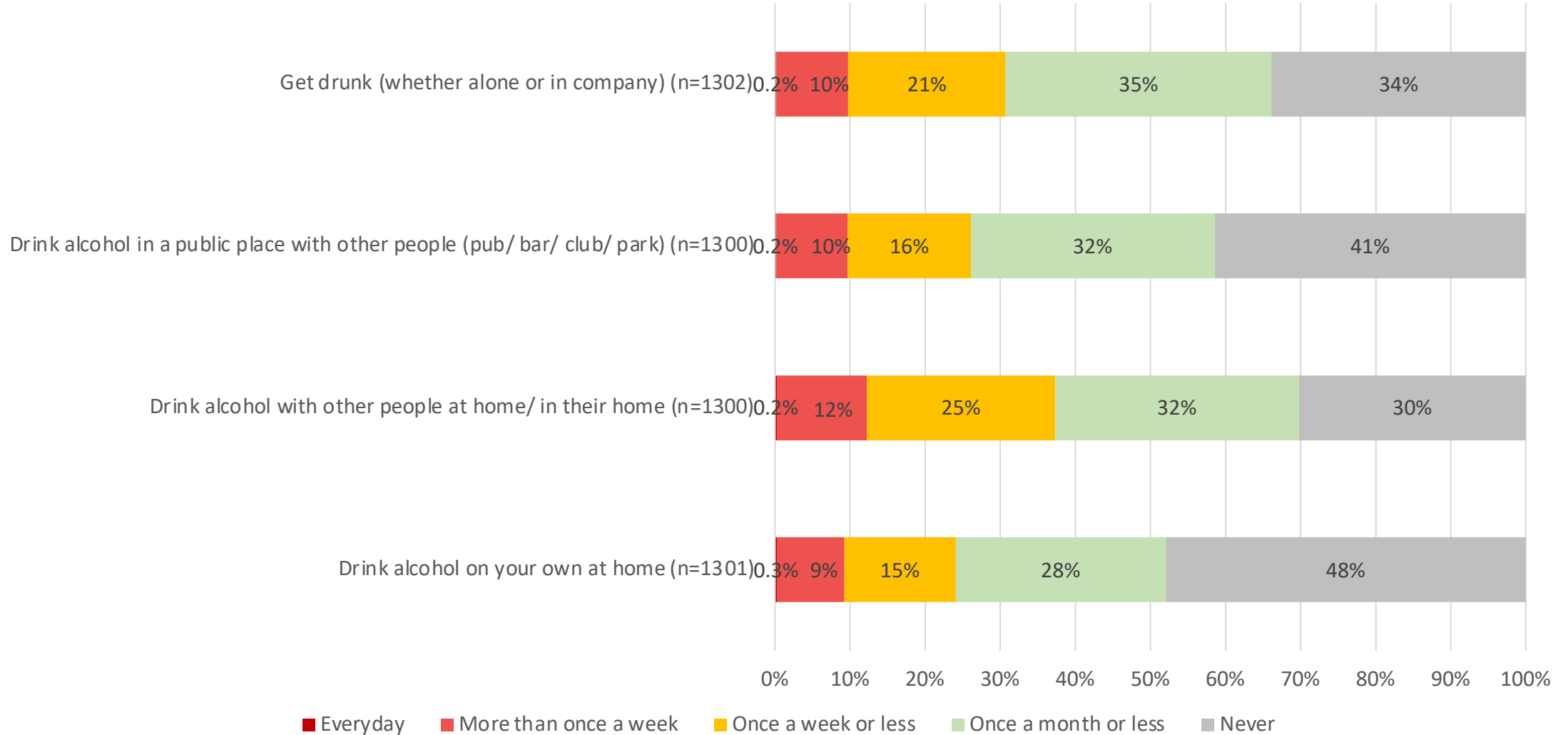
Thinking about your typical behaviour during term-time, roughly how often do you do the following activities?

- 7% **decrease** in the percent said they take part in or attend a club/ society through the university or SU once a week or more (13% - 2021, 20% - 2018)
- 5% **increase** in percent said they do individual exercise for a period of 30 minutes or more (65% - 2021, 60% - 2018)
- 11% **decrease** in percent said they hang out with or go out with friends purely for fun or relaxation

Thinking about a typical day, roughly how often do you think you use any social media platform (e.g. Instagram, Facebook, Twitter, Snapchat, YouTube etc.)?



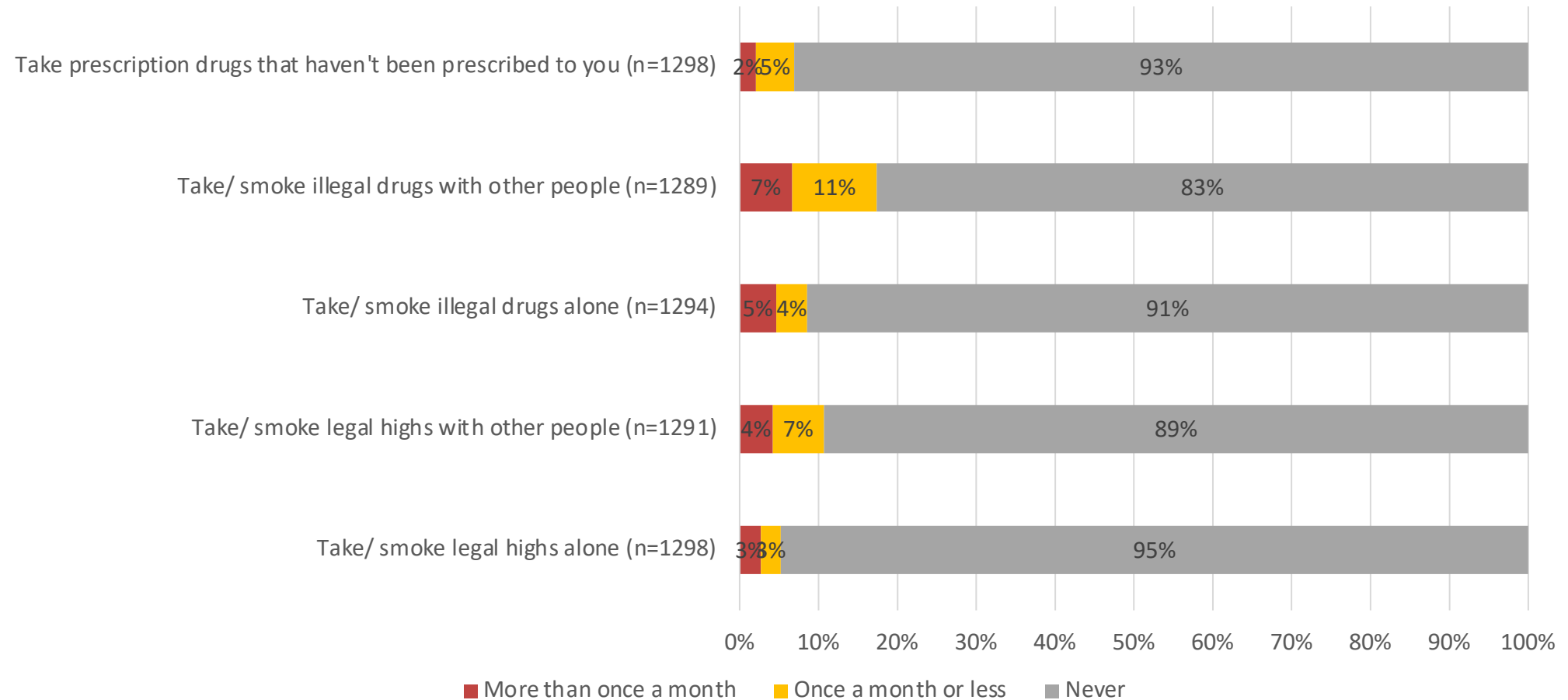
# Drinking behaviour



No significant differences between 2021 and 2018 and respondents drinking behaviours

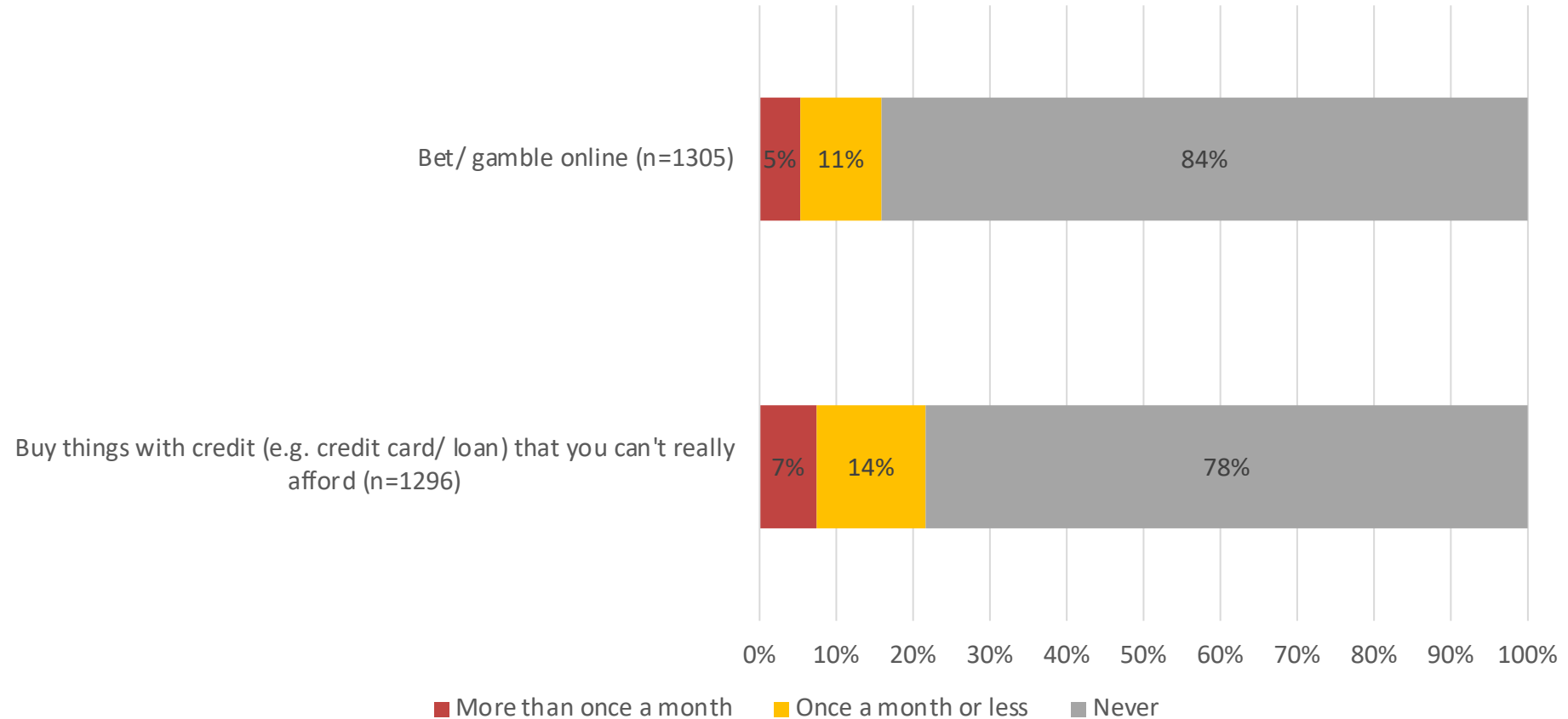


# Drugs behaviour



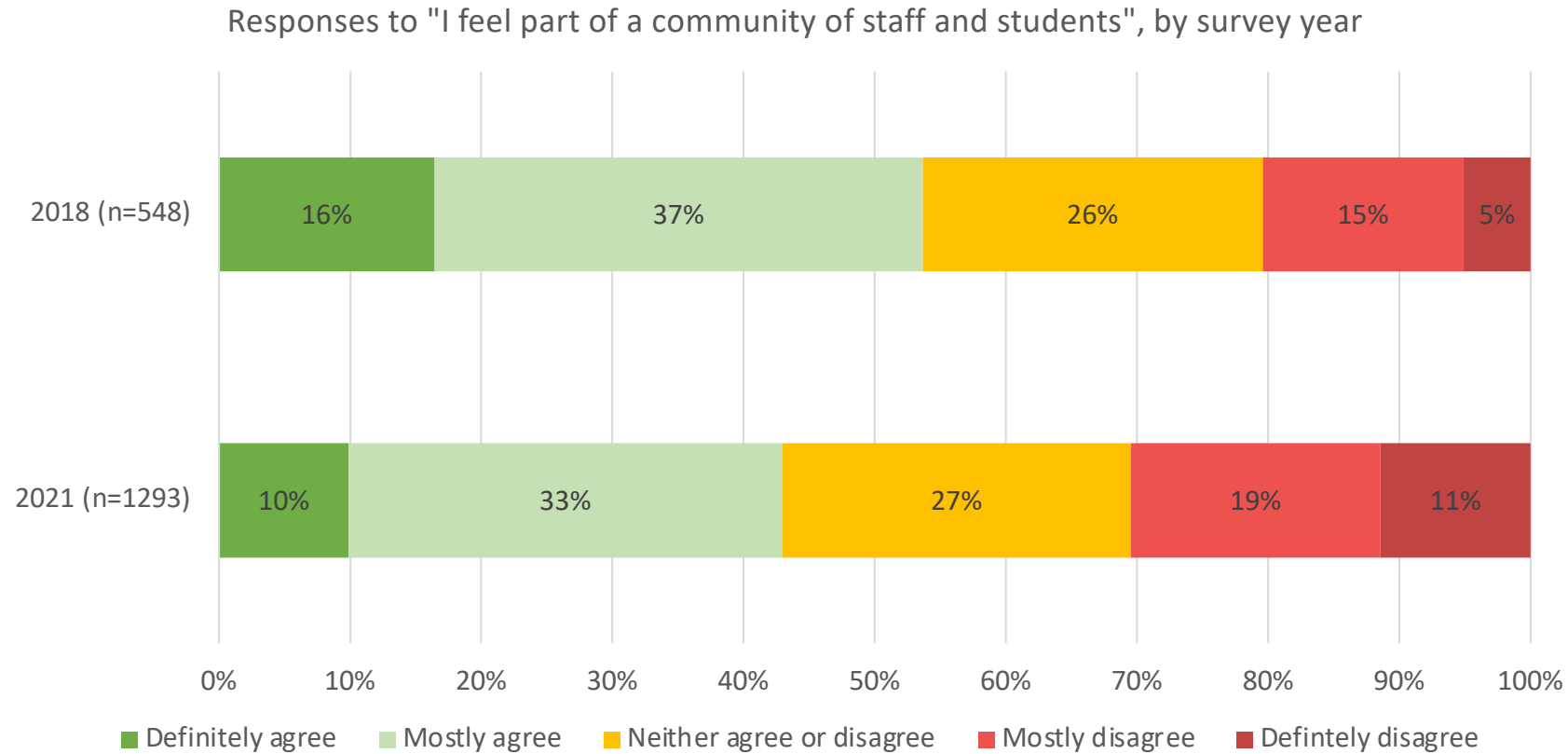
- 7% decrease in percent said they take or smoke illegal drugs with other people (18% - 2021, 24% - 2018)

# Other behaviours



- 7% decrease in percent said buy things with credit (e.g. credit card/loan) that they can't really afford (22% - 2021, 29% - 2018)

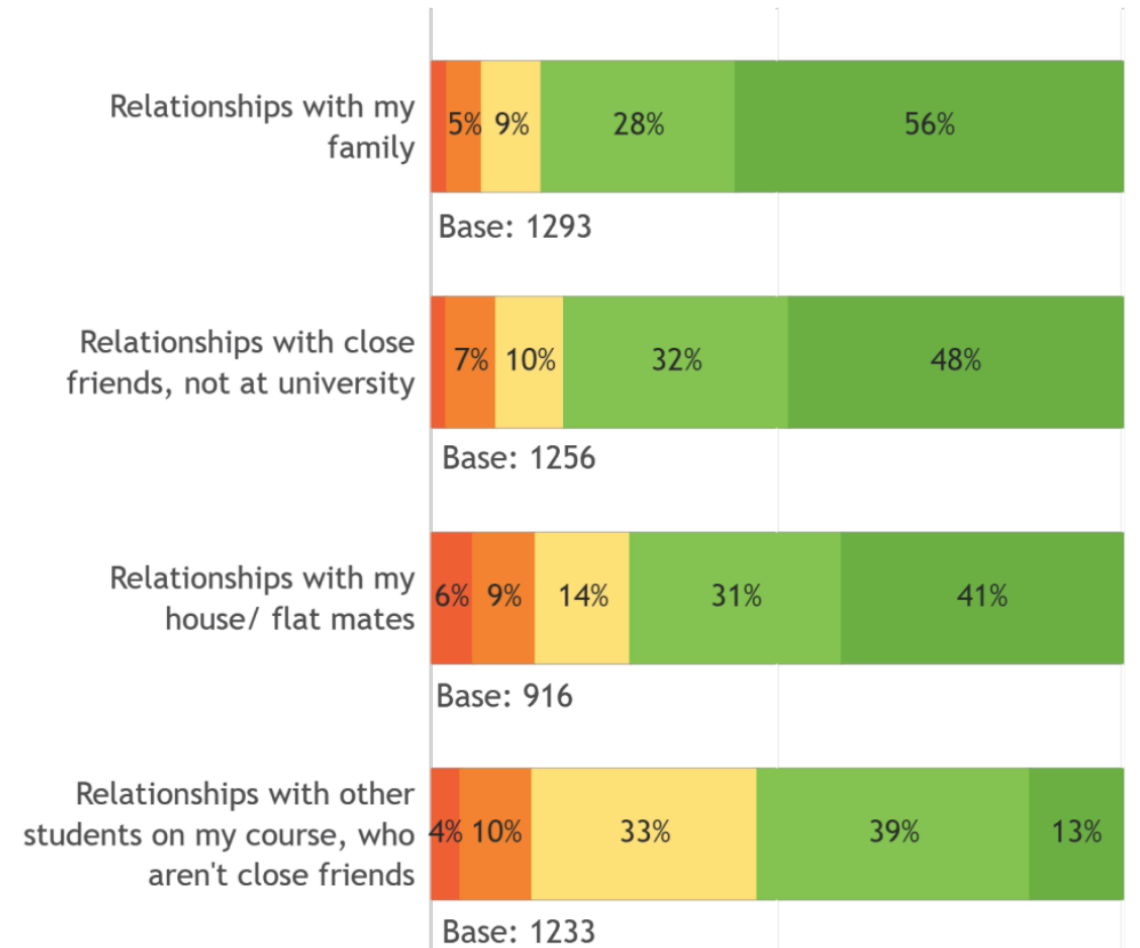
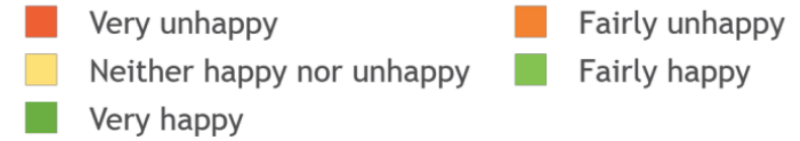
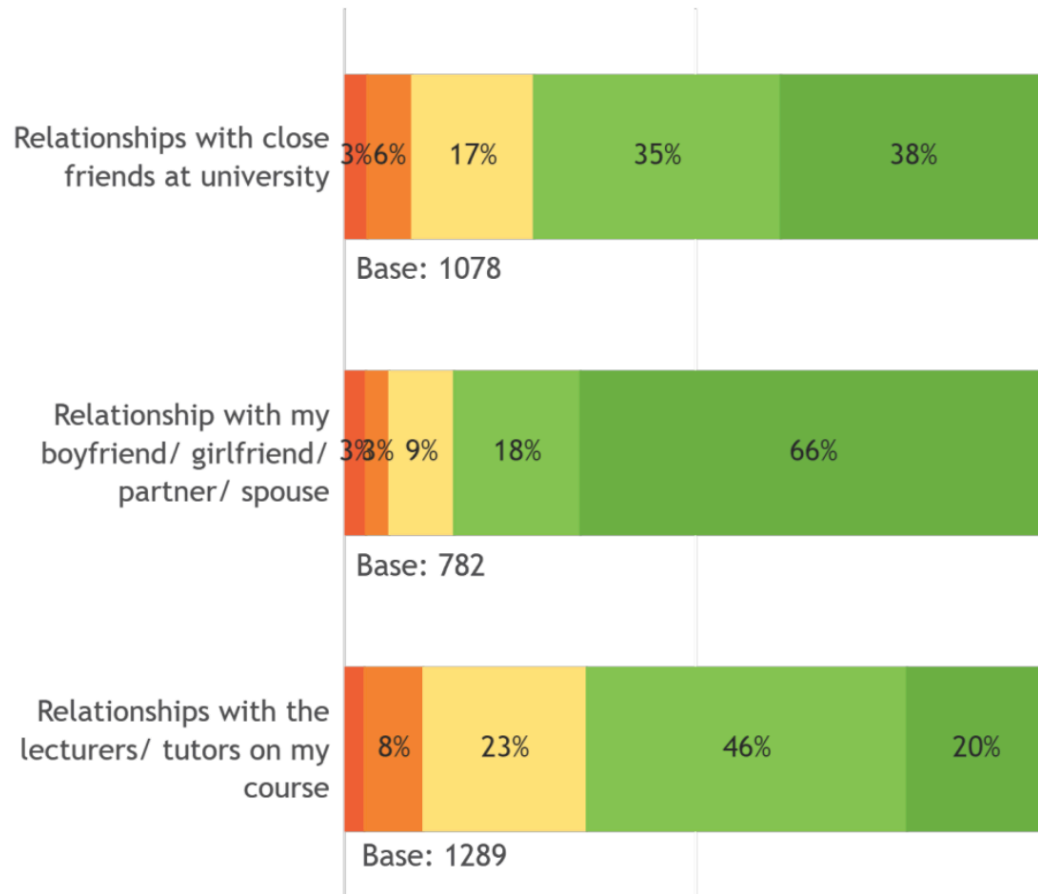
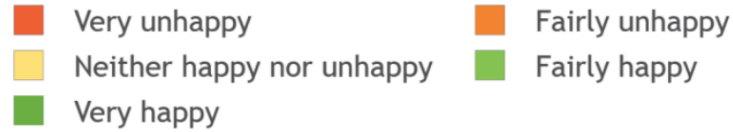
# NSS Question 21



- 11% **decrease** in percent definitely/ mostly agreed they feel part of a community of staff and students (43% - 2021, 53% - 2018)

# Relationships

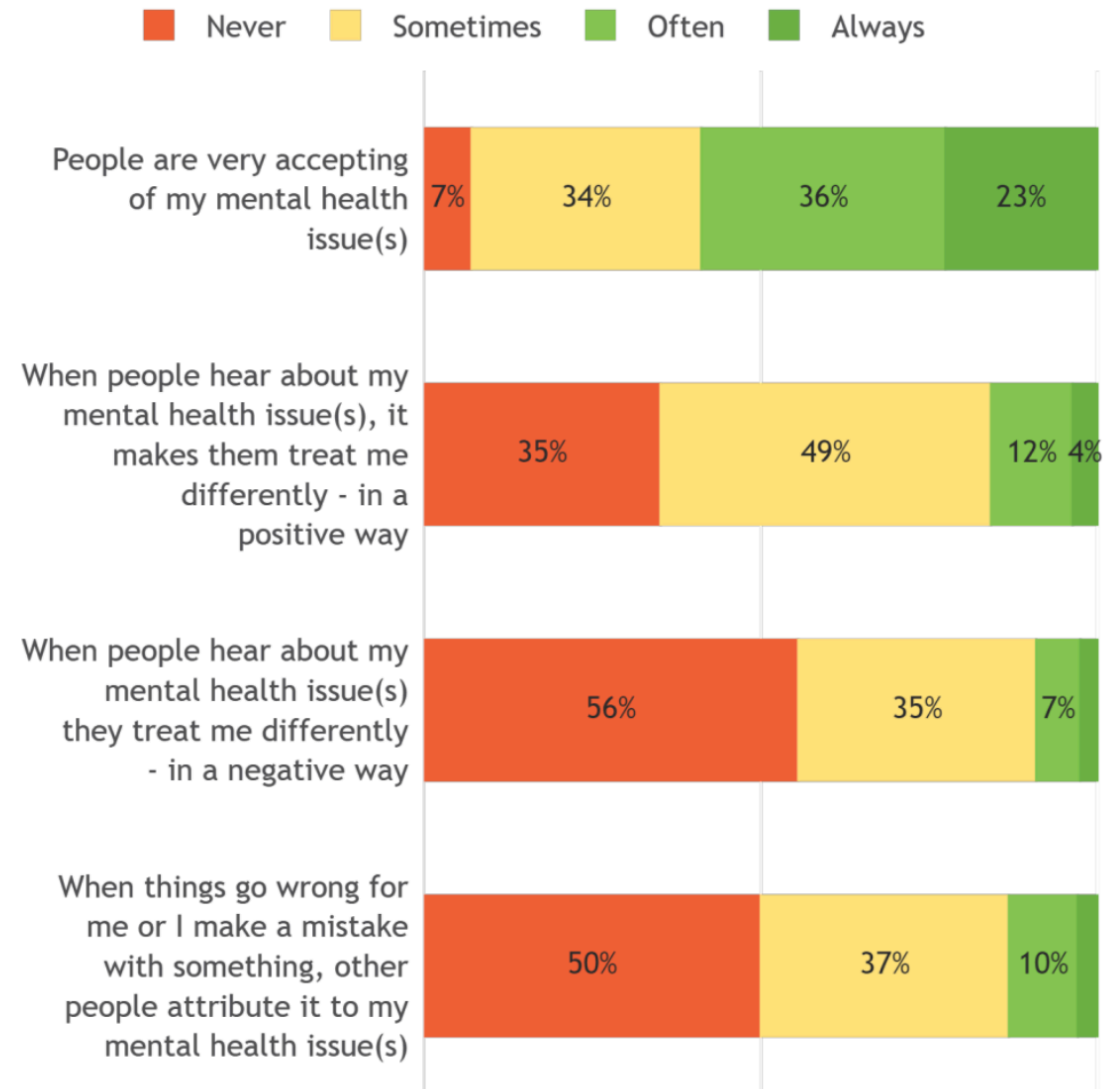
*“Thinking about the key relationships in your life, please indicate how happy or unhappy you feel about each of the relationships shown below”*



# Relationships

- 7% **decrease** in percent that fairly or very happy with their relationship with house/ flat mates (71% - 2021, 78% - 2018)
- 9% **decrease** in percent that fairly or very happy with their relationships with other students on course, who aren't close friends (53% - 2021, 64% - 2018)
- 9% **decrease** in percent fairly or very happy with relationships with close friends at university (73% - 2021, 84% - 2018)

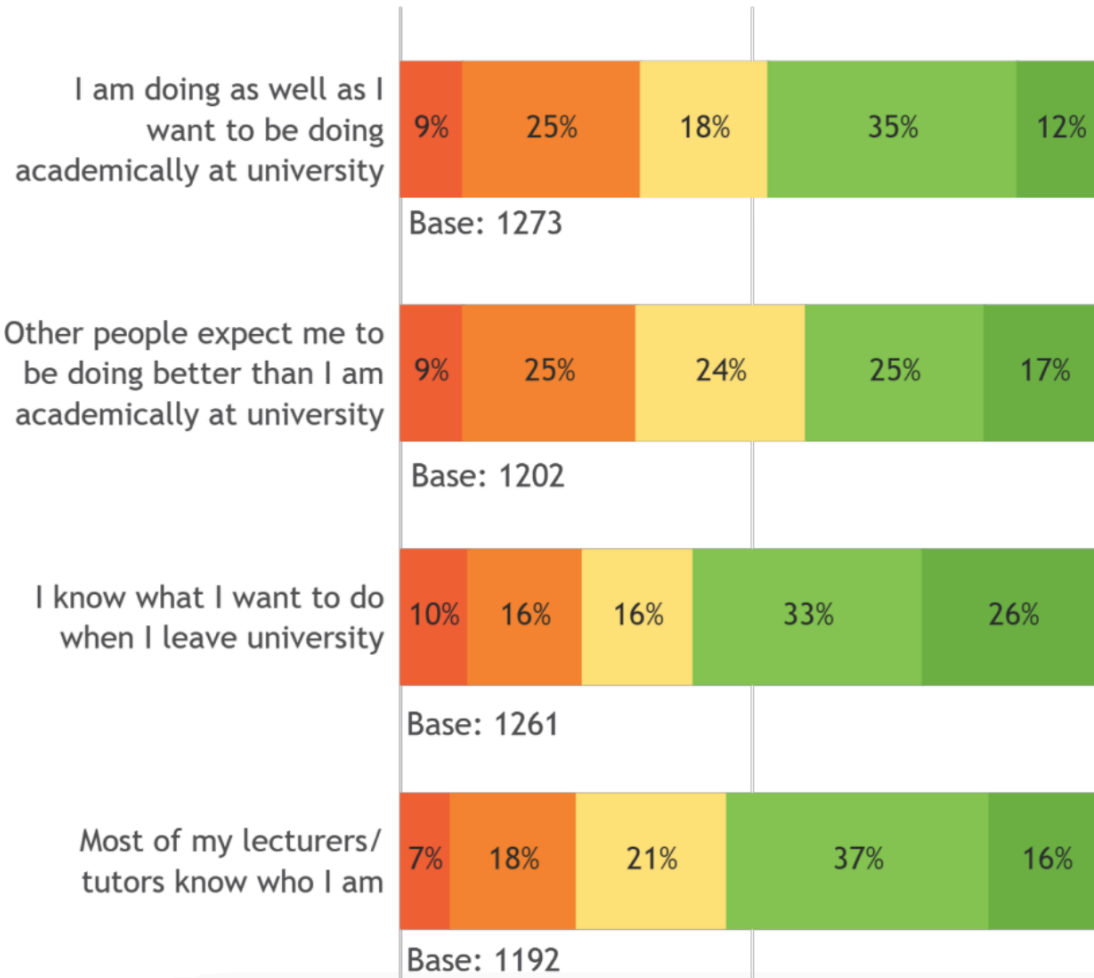
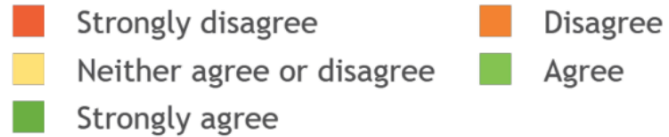
# Attitudes towards mental health



- 5% **increase** in percent often or always find people are very accepting of mental health issue(s)
- 5% **increase** in percent often or always find that when things go wrong or make mistake with something, other people attribute it to mental health issue(s)

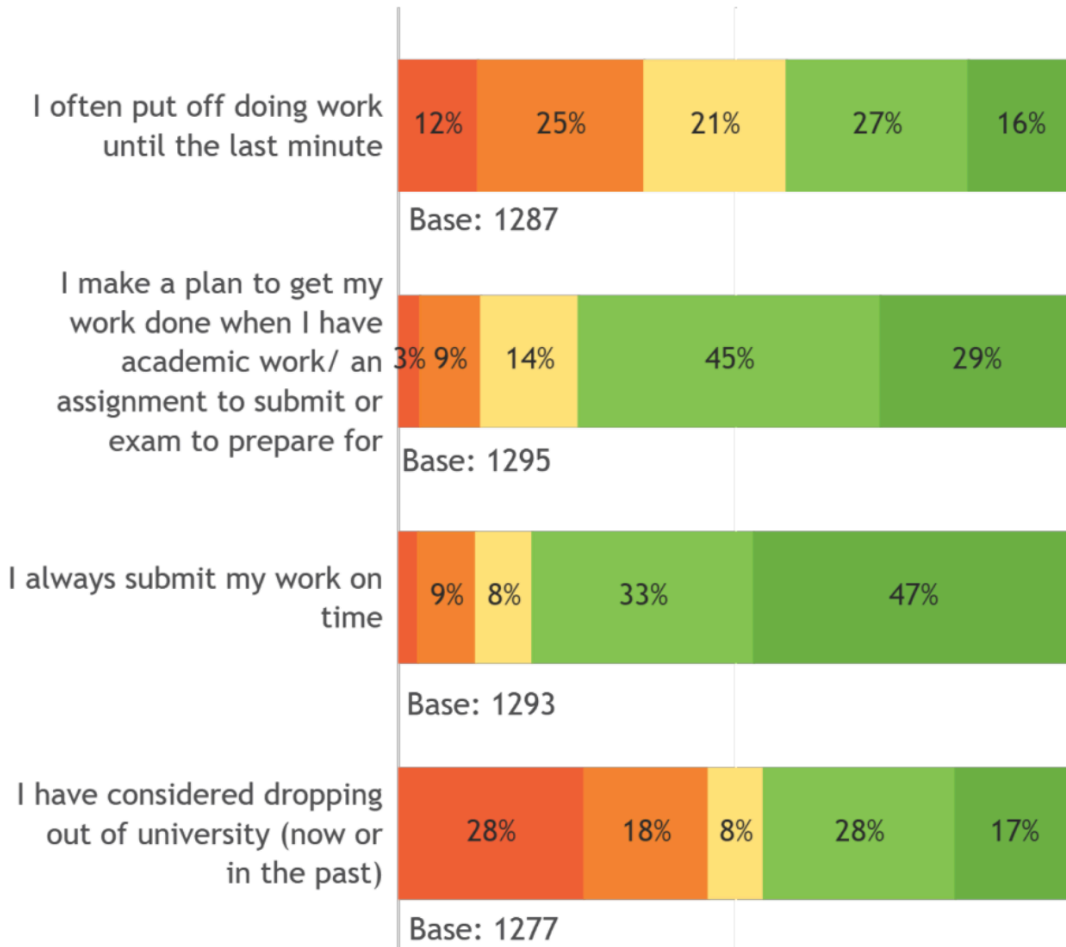
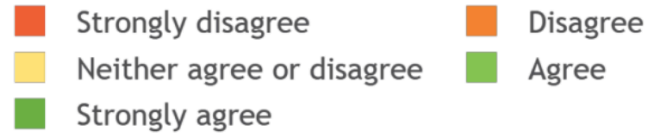
*Respondents to 2021 survey who have current or past mental health issues and have told someone about it (n=792)*

# Academic life



- 6% **increase** in percent said agree or strongly agree that they are doing as well as want to be doing academically at university (48% - 2021, 42% - 2018)
- 7% **decrease** in percent said agree or strongly agree that most of their lecturers/ tutors know who they are (54% - 2021, 61% - 2018)

# Academic life

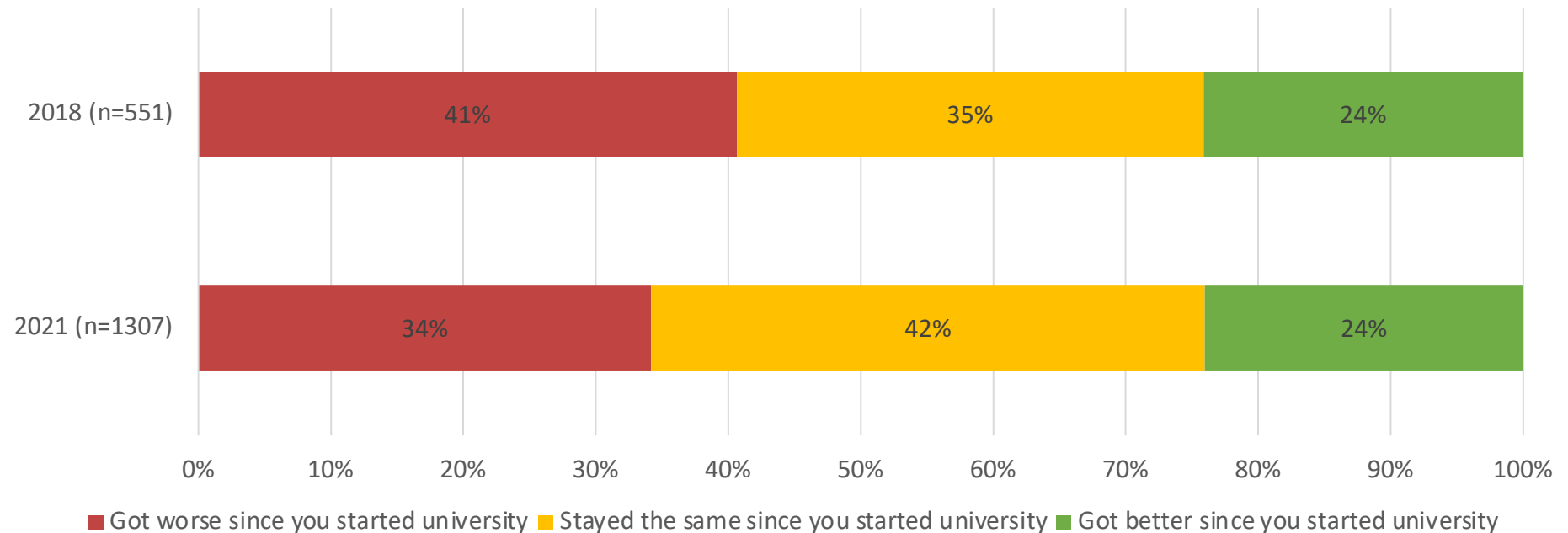


- 8% **decrease** in percent that said agree or strongly agree that they always submit work on time (80% - 2021, 88% - 2018)



# University and wellbeing

Responses to "Thinking about how you've been feeling on a day-to-day basis since you started university, compared to how you felt before you started university (at your current university on your current course), has your wellbeing...", by survey year



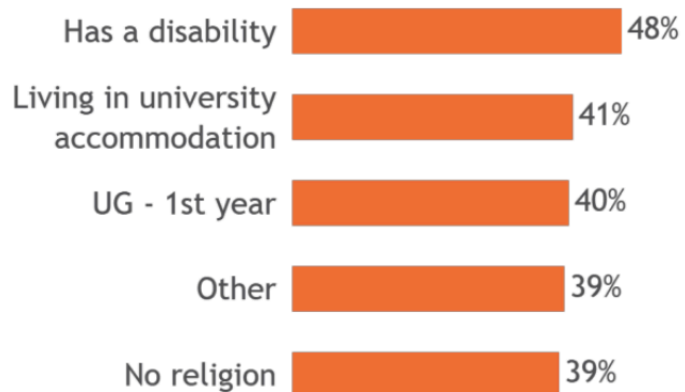
- 7% decrease in percent that indicate their wellbeing have become worse since started university at SHU (34% - 2021, 41% - 2018)

# University and wellbeing

**For 2021** *"Thinking about how you've been feeling on a day-to-day basis since you started university, compared to how you felt before you started university (at your current university on your current course), has your wellbeing..."*,

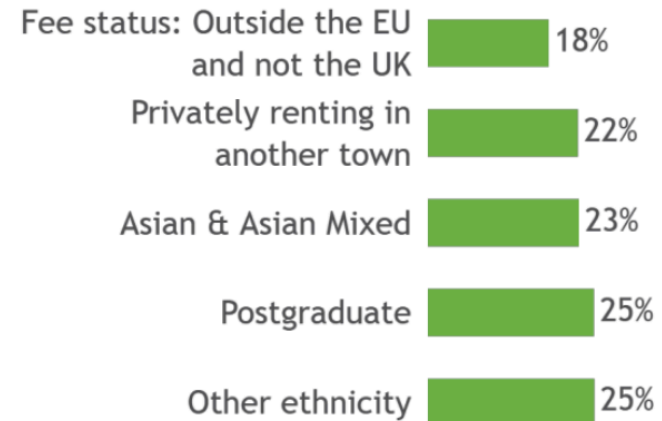
## Demographic groups with worst impact from university

5 demographic groups who have the highest proportion of students whose wellbeing has worsened since university



## Demographic groups with best impact from university

5 demographic groups who have the highest proportion of students whose wellbeing has got better since university

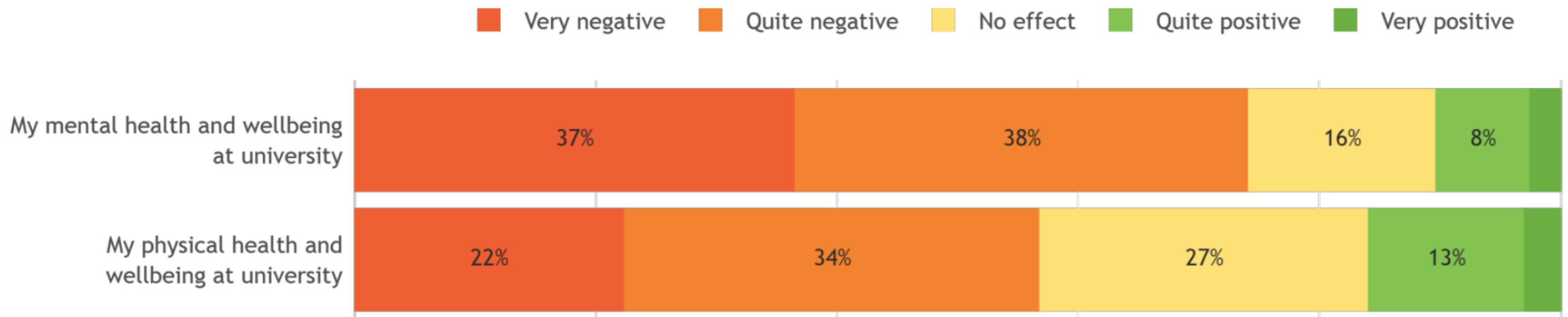


# Coronavirus and wellbeing \*new for 2021\*

## Coronavirus effect on university life

### Your students 20-21

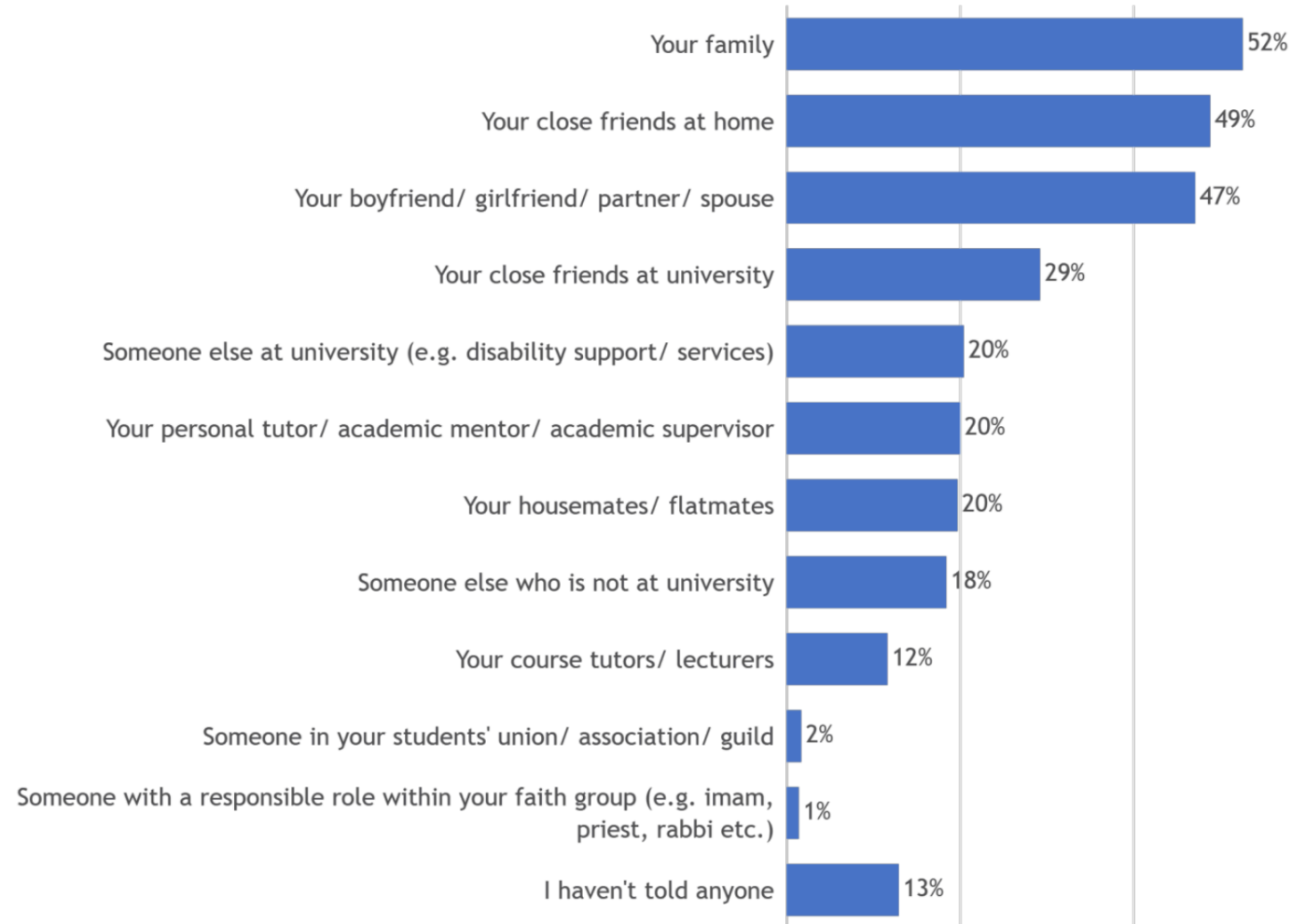
To what extent do you think that Covid-19 (the coronavirus) has had a positive or negative effect on the following aspects of your university life this academic year?



Base: All respondents to survey:1307

# Mental health

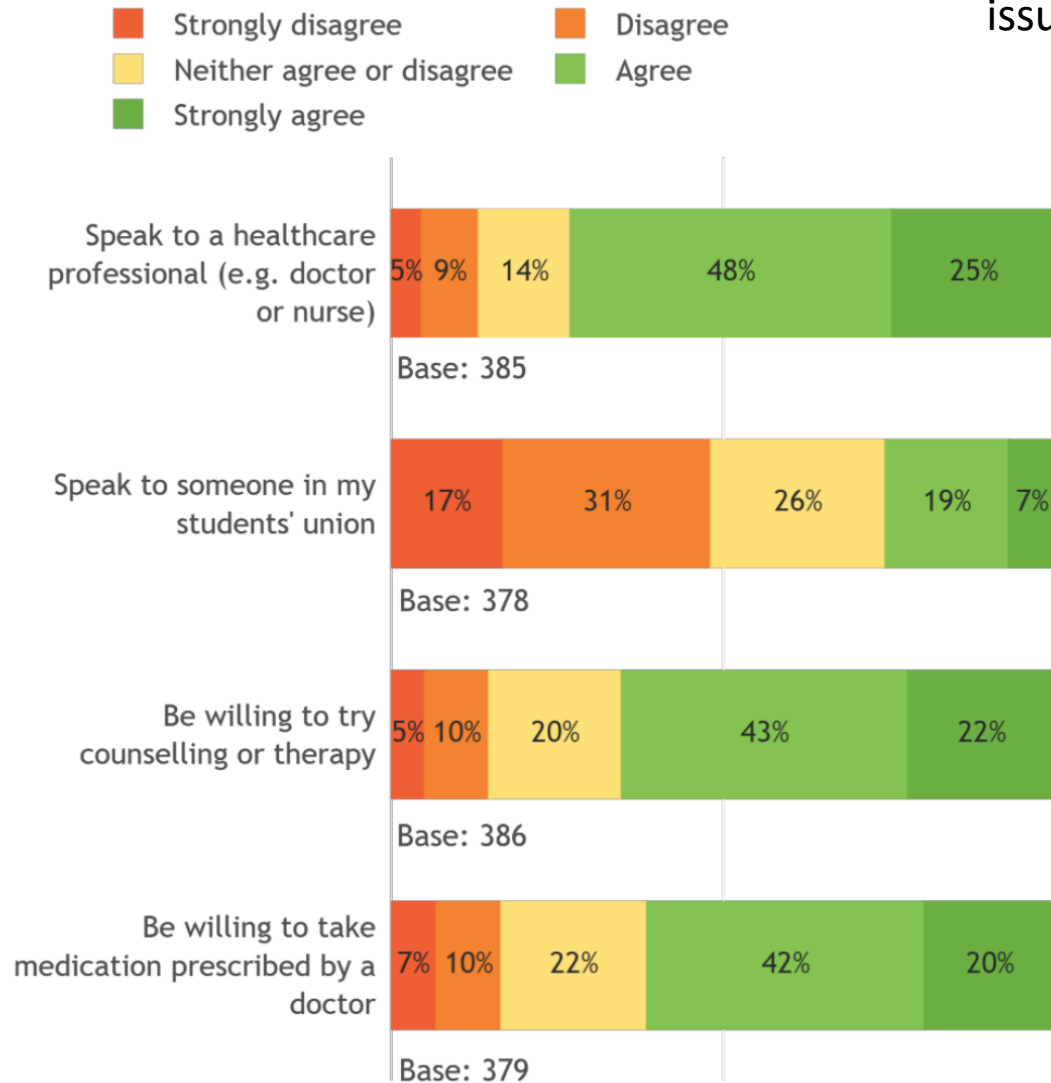
Who have you told about your mental health problems? Please select all that apply



Base: All respondents to this year's survey who have a past or current mental health issue: 694

# Mental health

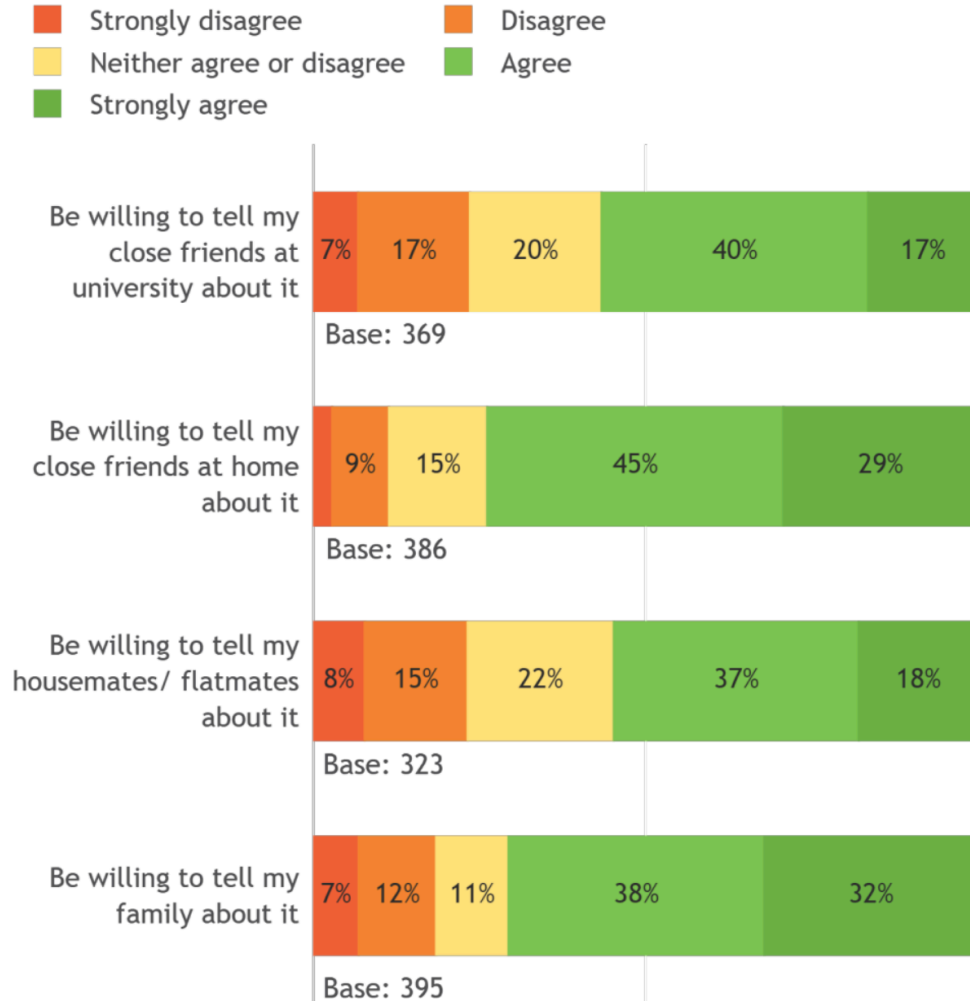
“If I began experiencing mental health problems, I would...”, of respondents that do not have current or previous mental health issue(s)



- 14% **increase** in percent that would speak to healthcare professional (73% - 2021, 59% - 2018)
- 6% **decrease** in percent that would be willing to try counselling or therapy (65% - 2021, 71% - 2018)
- 24% **increase** in percent that would be willing to take medication prescribed by a doctor (61% - 2021, 37% - 2018)

# Mental health

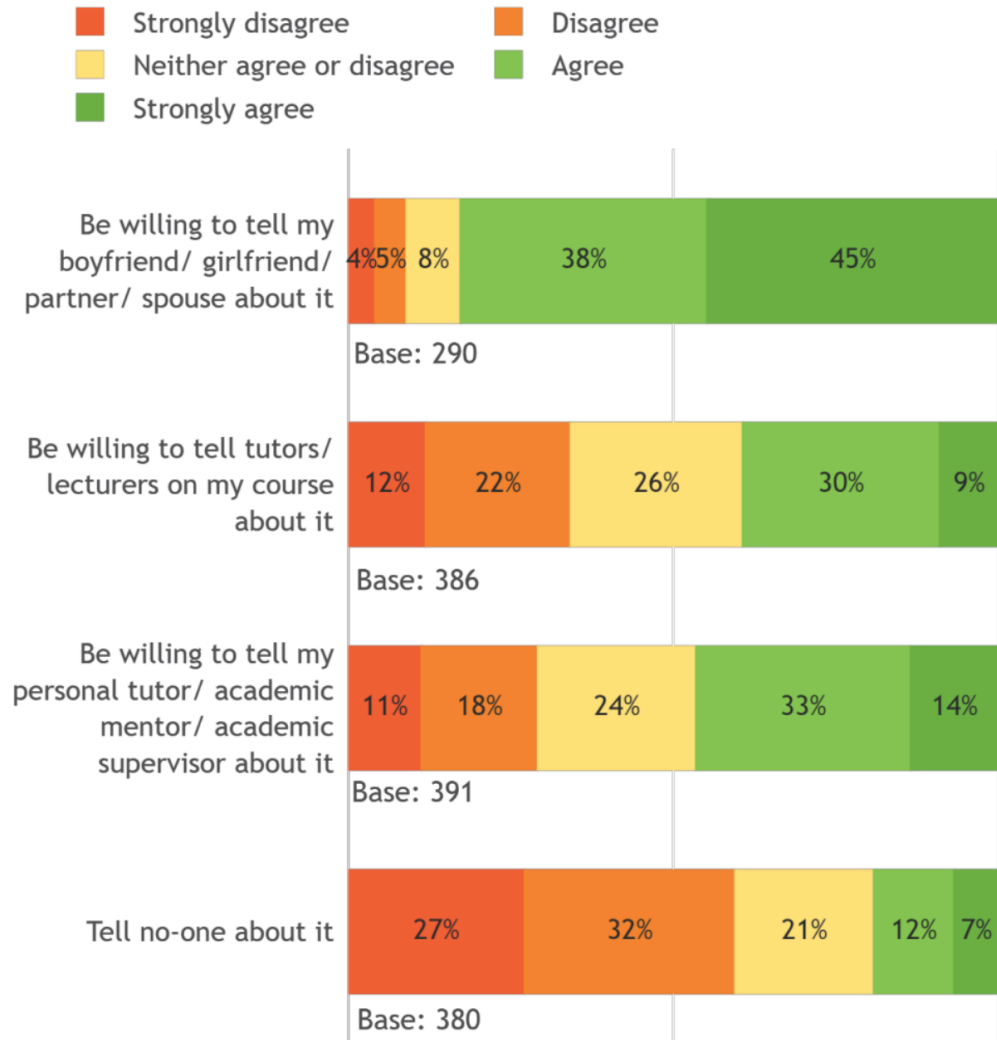
"If I began experiencing mental health problems, I would...", of respondents that do not have current or previous mental health issue(s)



- 7% **increase** in percent that would be willing to tell close friends at university about it (57% - 2021, 50% - 2018)
- 9% **increase** in percent that would be willing to tell close friends at home about it (74% - 2021, 65% - 2018)
- 9% **increase** in percent that would be willing to tell housemates/ flatmates about it (55% -2021, 46% - 2018)

# Mental health

“If I began experiencing mental health problems, I would...”, of respondents that do not have current or previous mental health issue(s)

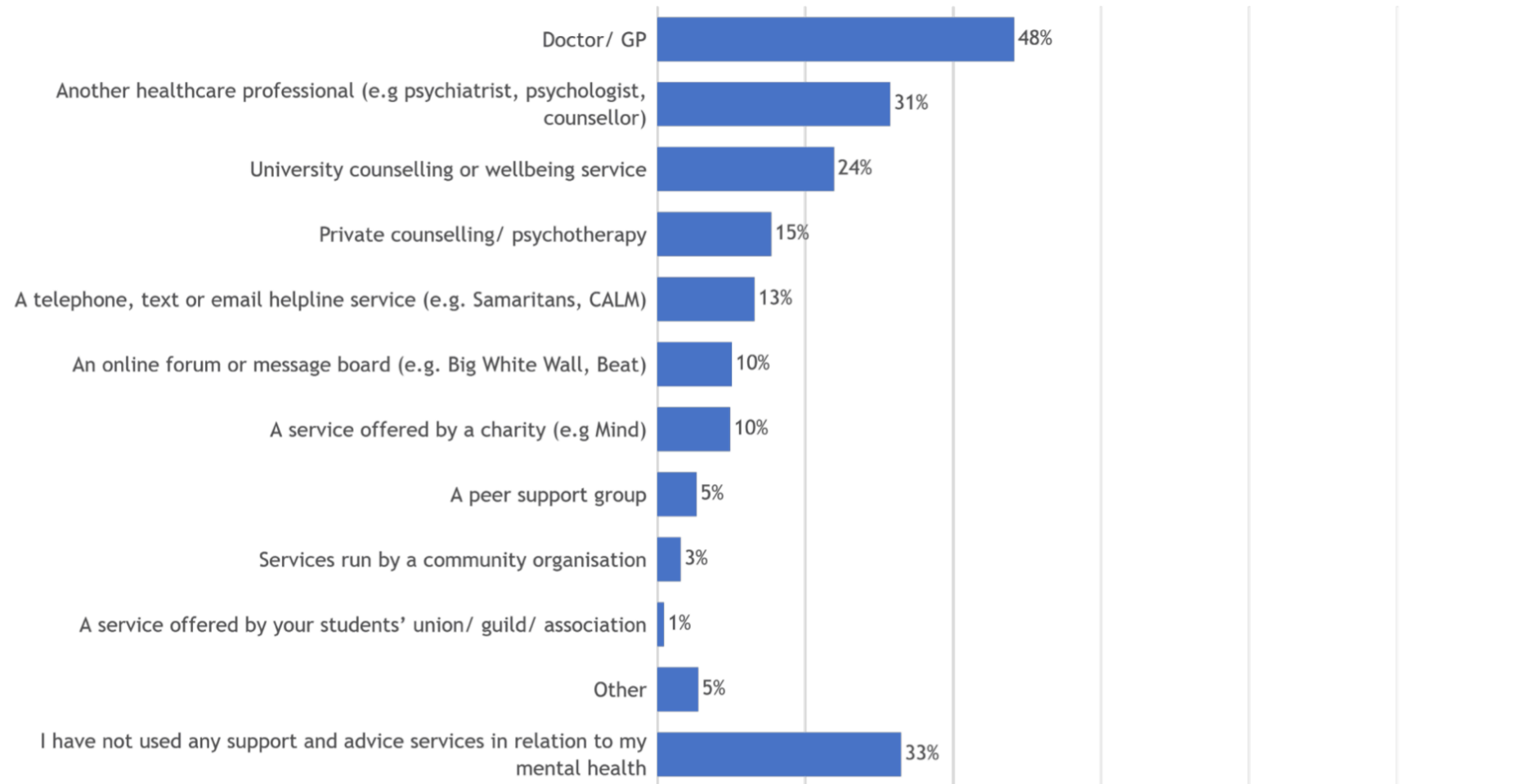


- 5% **decrease** in percent that would be willing to tell partner about it (83% - 2021, 88% - 2018)
- 10% **increase** in percent that would be willing to tell tutors/ lecturers on course about it (39% - 2021, 29% - 2018)

# Support services

## Your students 20-21

Which of the following support and advice services/ resources have you used in relation to your mental health? Please select all that apply.

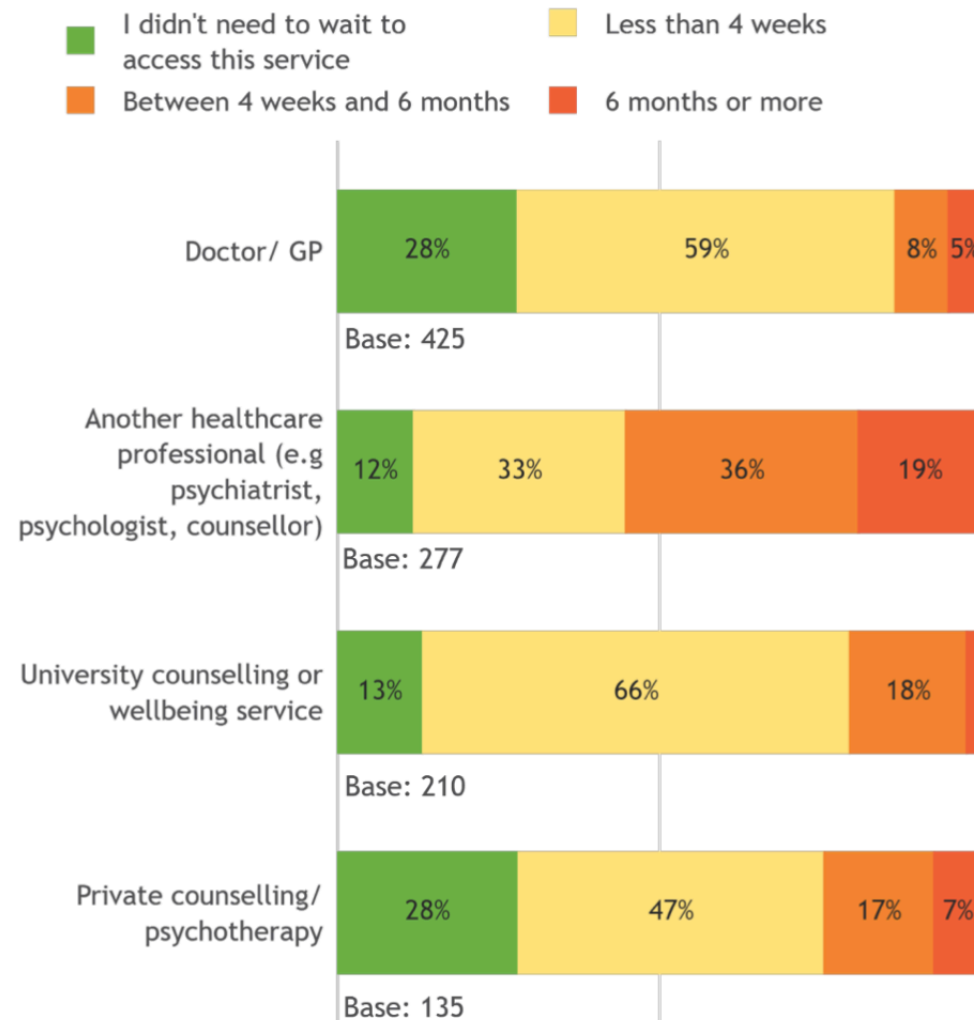


Base: All respondents to this year's survey who have a past or current mental health issue: 883



# Support services waiting times

How long did you have to wait to get your first appointment with...

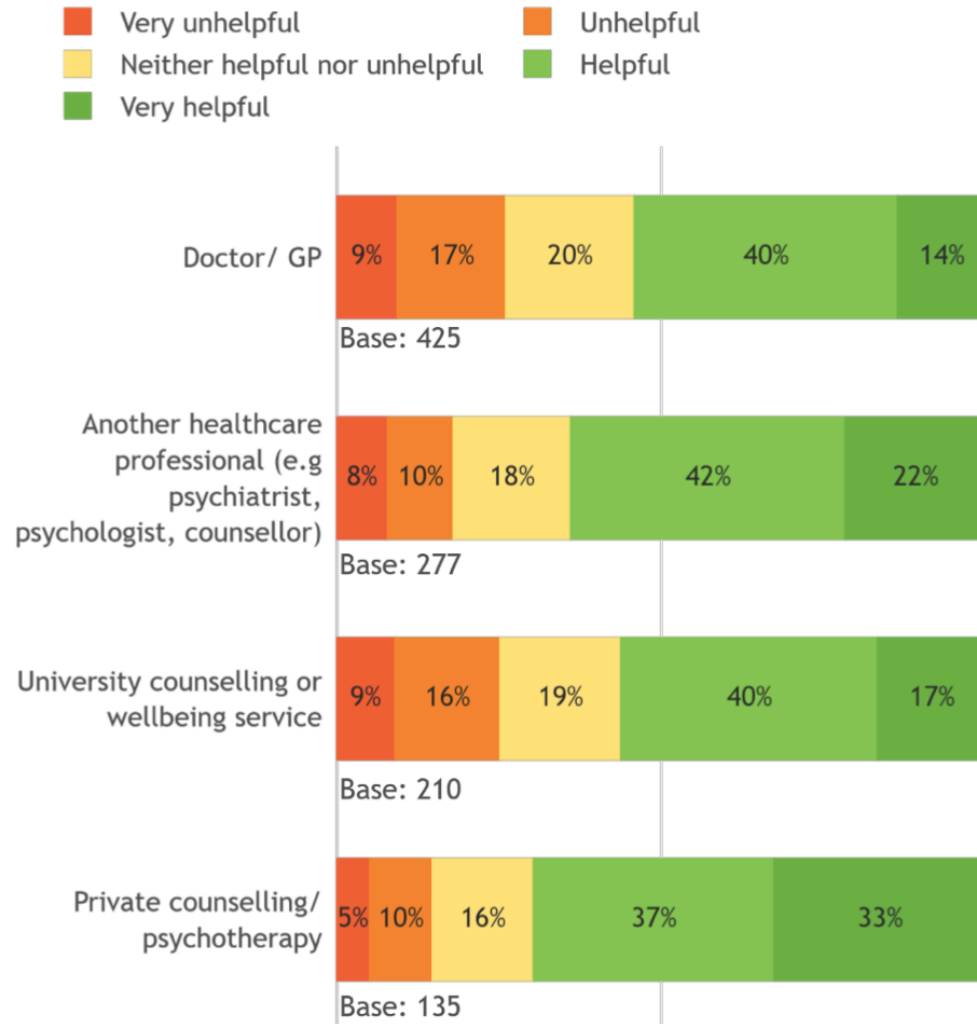


- 7% **increase** in percent who said they had to wait 4 weeks or more for appointment for doctor/ GP (13% - 2021, 6% - 2018)
- **No change** in percent who said they had to wait 4 weeks or more for appointment with University counselling or wellbeing service (20%)

*Respondents that have current or previous mental health issue and used service*

# Support services helpfulness

How helpful or unhelpful did you find your experience of these services



- 5% **decrease** in percent that found Doctor/ GP very helpful or helpful (54% - 2021, 59% - 2018)
- 9% **increase** in percent that found another healthcare professional (e.g. psychiatrist, psychologist, counsellor) very helpful or helpful (64% - 2021, 55% - 2018)
- 3% **increase** in percent that found University counselling or wellbeing service very helpful or helpful (56% - 2021, 53% - 2018)

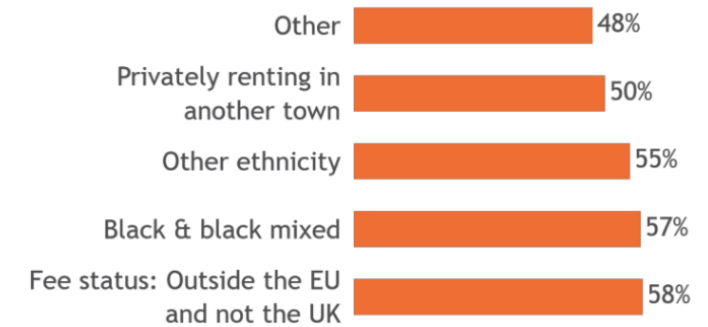
*Respondents that have current or previous mental health issue and used service*

# University support

For 2021 survey:

## Demographic groups with with the worst knowledge of university support

5 demographic groups who have the lowest proportion of students who know where to go for help

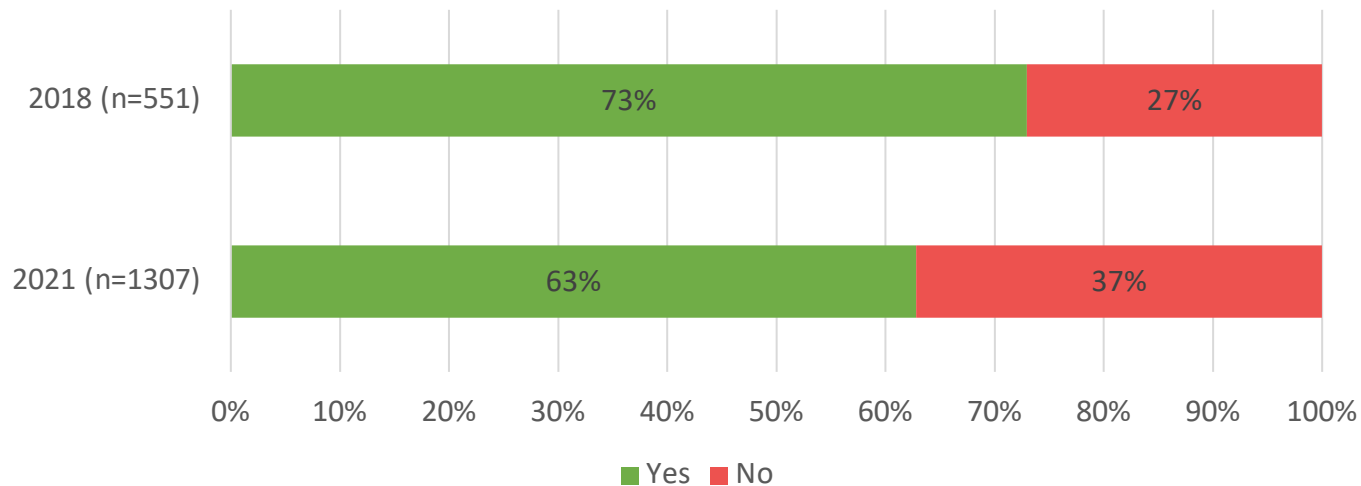


## Demographic groups with the best knowledge of university support

5 demographic groups who have the highest proportion of students who know where to go for help



Would you say you know where to go to get mental health support at your university if you needed it?



- 10% **decrease** in percent that know where to go for mental health support at the university if needed it

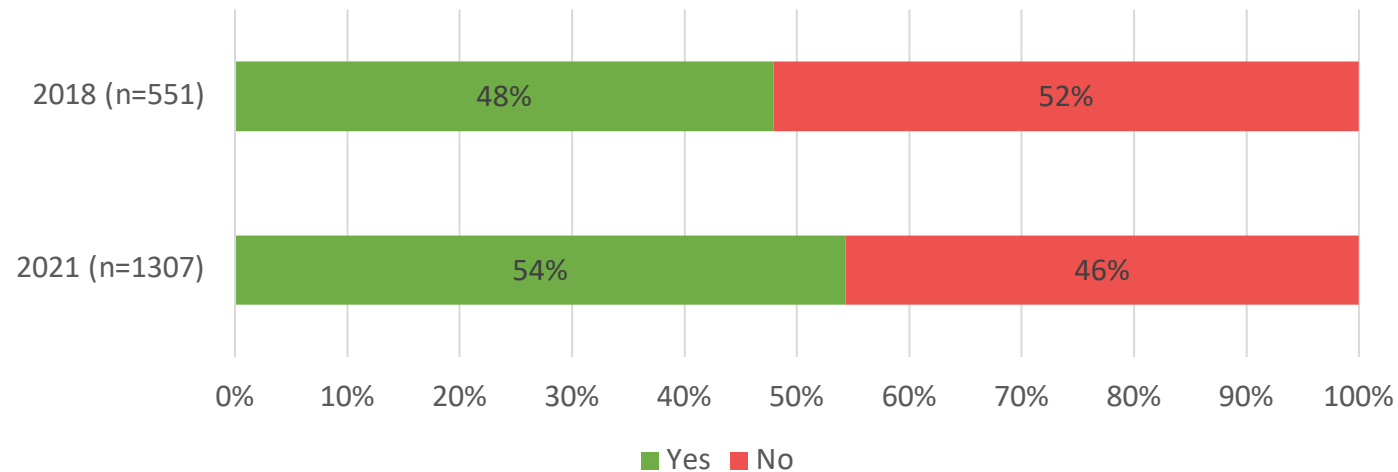
# University support

|               | My university has well publicised information about mental health support available at my institution | My students' union has well publicised information about mental health support available at my institution | Course tutors/lecturers at my university are very supportive of students experiencing mental health problems | Non-academic staff at my university are very supportive of students experiencing mental health problems | My students' union is very supportive of students experiencing mental health problems |
|---------------|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 2018 (n=551)  | 58%                                                                                                   | 46%                                                                                                        | 38%                                                                                                          | 36%                                                                                                     | 36%                                                                                   |
| 2021 (n=1307) | 55%                                                                                                   | 46%                                                                                                        | 47%                                                                                                          | 32%                                                                                                     | 35%                                                                                   |

*% of respondents that agreed or strongly agreed to corresponding statements*

# Peer support

Since being at university have you ever supported someone else who has been experiencing mental health problems?



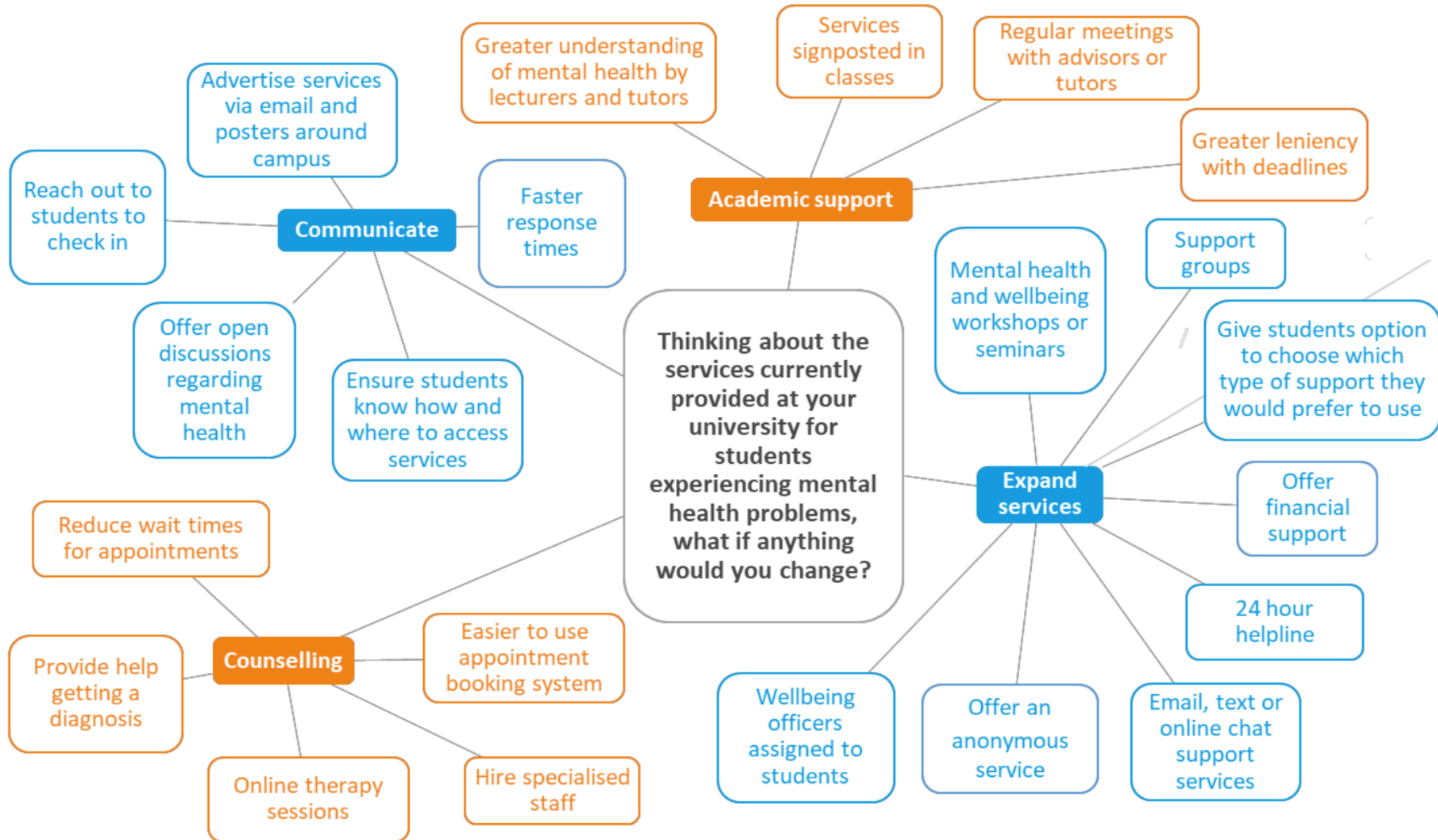
- 6% **increase** in percent that supported someone else who has experienced mental health problems since being at university (54% - 2021, 48% - 2018)

# Peer support



*Respondents that have supported someone else with mental health issue(s) since being at university (n=710)*

# Suggestions for services



# Sample Demographics

| Gender                  | 2021 Count | 2021 Percent | 2018 Count | 2018 Percent |
|-------------------------|------------|--------------|------------|--------------|
| Male                    | 376        | 29%          | 136        | 25%          |
| Female                  | 903        | 69%          | 410        | 75%          |
| Prefer to self describe | 10         | 1%           | 3          | 1%           |

| Mode of study | 2021 Count | 2021 Percent | 2018 Count | 2018 Percent |
|---------------|------------|--------------|------------|--------------|
| Full-time     | 1231       | 94%          | 522        | 95%          |
| Part-time     | 76         | 6%           | 29         | 5%           |

| Age range | 2021 Count | 2021 Percent | 2018 Count | 2018 Percent |
|-----------|------------|--------------|------------|--------------|
| 18-21     | 685        | 52%          | 342        | 62%          |
| 22-25     | 283        | 22%          | 118        | 21%          |
| 26-29     | 121        | 9%           | 20         | 4%           |
| 30-39     | 128        | 10%          | 40         | 7%           |
| 40-49     | 55         | 4%           | 23         | 4%           |
| 50-59     | 27         | 2%           | 6          | 1%           |
| 60+       | 3          | 0%           | 1          | 0%           |

| Domicile           | 2021 Count | 2021 Percent | 2018 Count | 2018 Percent |
|--------------------|------------|--------------|------------|--------------|
| UK                 | 1012       | 77%          | 510        | 93%          |
| An EU country      | 42         | 3%           | 17         | 3%           |
| Outside EU, not UK | 238        | 18%          | 23         | 4%           |

| Do you consider yourself to have a disability? |            |              |            |              |
|------------------------------------------------|------------|--------------|------------|--------------|
|                                                | 2021 Count | 2021 Percent | 2018 Count | 2018 Percent |
| Yes                                            | 214        | 16%          | 85         | 15%          |
| No                                             | 1045       | 80%          | 447        | 81%          |
| Prefer not to say                              | 48         | 4%           | 19         | 3%           |

| Which of the following best describes your sexual orientation/ preference? |            |              |            |              |
|----------------------------------------------------------------------------|------------|--------------|------------|--------------|
|                                                                            | 2021 Count | 2021 Percent | 2018 Count | 2018 Percent |
| Bisexual                                                                   | 150        | 11%          | 48         | 9%           |
| Gay/ lesbian                                                               | 48         | 4%           | 14         | 3%           |
| Heterosexual                                                               | 1007       | 77%          | 453        | 82%          |
| Other                                                                      | 34         | 3%           | 12         | 2%           |
| Prefer not to say                                                          | 68         | 5%           | 24         | 4%           |

| How would you describe your ethnicity? |            |              |            |              |
|----------------------------------------|------------|--------------|------------|--------------|
|                                        | 2021 Count | 2021 Percent | 2018 Count | 2018 Percent |
| White                                  | 917        | 70%          | 478        | 87%          |
| Black & black mixed                    | 112        | 9%           | 19         | 3%           |
| Asian & Asian mixed                    | 234        | 1800%        | 35         | 6%           |
| Other ethnicity                        | 20         | 2%           | 13         | 2%           |