

## What Students told us in our first survey – infographic transcript

### Infographic one transcript:

You spoke, we heard 23% of all students reported experiencing significant symptoms of anxiety. 24% of all students reported experiencing significant symptoms of depression.

“In a survey of first-year undergraduate students at Queen’s University, Canada, 33% reported experiencing anxiety, and 28% reported depression. Among 16–24-year-olds in England, 18% reported a common mental health condition (Anxiety or depressive disorder)”.

*Source: McManus et al. (2016) Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014.*

### Infographic two transcript:

You spoke, we learned there were differences in symptoms across genders. 12% of males reported anxiety whereas 30% of females reported anxiety. 15% of males reported depression and 29% of females reported depression.

“In a survey of first-year undergraduate students at Queen’s university, Canada, 20% of males, and 38% if females reported anxiety; while 20% of males, and 31% of females reported depression. Among 16—24-year-olds in England, 26& of females and 9% of males reported a common mental health condition (Almost three times as likely in females compared to males).”

*Source: McManus et al. (2016) Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014*

### Infographic three transcript:

You spoke, we heard almost 23% of students reported significant problems with their sleep.

“In a survey of first-year undergraduate students at Queen’s University, Canada, 18% reported significant problems with their sleep”.

### Infographic four transcript:

You spoke, we leaned the extent of substance use and binge drinking: 29% of students reported binge drinking at least once a week and 3% of students reported using cannabis at least once a week.

Binge drinking is associated with a number of negative health and social outcomes. Regular cannabis use is associated with cognitive problems and risk of psychosis—especially under 25 years of age.

“In a survey of first-year undergraduate students at Queen’s University, Canada, 25% of students reported drinking at least once a week, and 11% reported cannabis use at least once a week.”

#### Infographic five transcript:

You spoke, we learned there were gender differences in mental health problems.

Females more often reported anxiety and depressive disorders whereas males more often reported binge drinking regularly.

“In a survey of first—year undergraduate students at Queen’s University, Canada, similar trends were reported”.

#### Infographic six transcript:

You spoke, we learned reported rate of lifetime self-harm, suicidal attempts, and serious suicidal thoughts.

#### Lifetime suicide attempts

In a survey of first-year undergraduate students at Queen’s University, Canada, 7% of females, and 4% of males reported a suicide attempt in their lifetime.

Among 16—24 year olds in England, 13% of females, and 5% of males reported a suicide attempt in their lifetime.

#### Self-harm

In a survey of first-year undergraduate students at Queen’s University, Canada, 22% of females, and 8% of males reported they had self-harmed at some point in their life.

Among 16-24 year olds in England, 26% of females, and 10% of males reported they had self-harmed at some point in their life.

#### Suicidal thoughts

In a survey of first-year undergraduate students at Queens University, Canada, 31% of females, and 23% of males reported experiencing suicidal thoughts at some point in their life.

Among 16-year olds in England, 35% of females, and 19% of males reported experiencing suicidal thoughts at some point in their life.

*Source: McManus et al. (2016) Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014.*

#### Infographic seven transcript:

You spoke, we learned about the low rate of current treatment. 7% of Oxford's students were receiving at least some form of support or help for their mental health.

In a survey of first-year undergraduate students at Queen's University, Canada, 9% of students received support or care for their mental health.