

# CCWS - Spring - 2021 Mental Health Assets

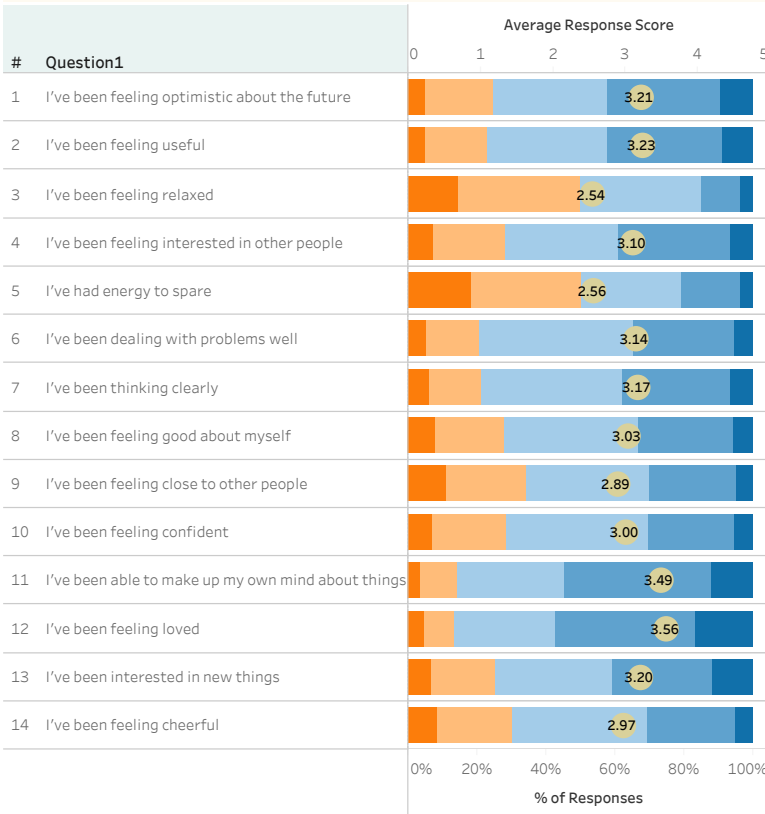


Canadian Campus  
Wellbeing Survey

Bien-être sur les  
campus canadiens

## Mental Wellbeing

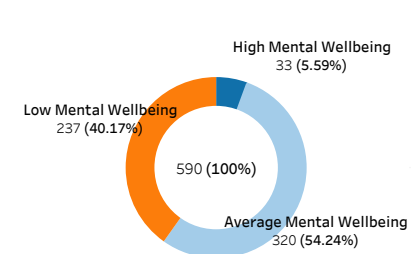
Please choose the box that best describes your experience of each over the last 2 weeks.



**Response**  
 1 = None of the time  
 2 = Rarely  
 3 = Some of the time  
 4 = Often  
 5 = All of the time

## Mental Wellbeing Total

Sample Size = 590



**Categories**  
 High Mental Wellbeing  
 Average Mental Wellbeing  
 Low Mental Wellbeing

Summed Score of 14-items of mental wellbeing, with higher scores reflecting greater wellbeing. (Reference: <https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/using/how-to/>)

<40 = Low Mental Wellbeing  
 41-58 = Average Mental Wellbeing  
 59-70 = High Mental Wellbeing

Domestic/International	All
Credential Type	All
Indigenous	All
Full-Time/Part-Time	All
New to Institution	All
Year Standing	All
Age Group	All
Gender	All
Ethnicity	All
Average Grade	All
Finance Stress	All
Born in Canada	All
Parents Born Outside of Can..	All
Disability	All

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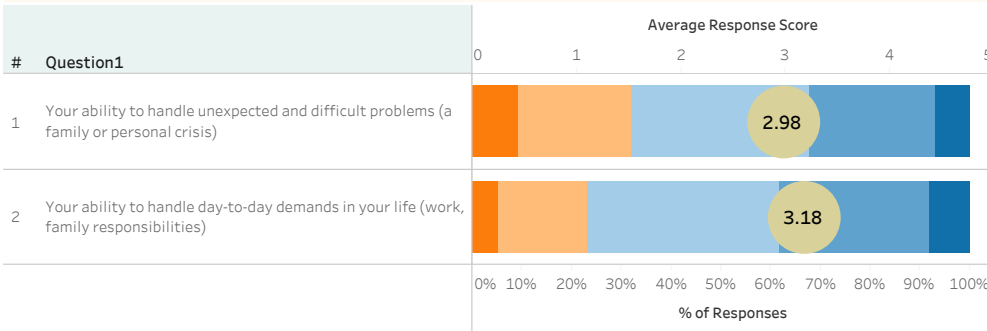


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## Resilience

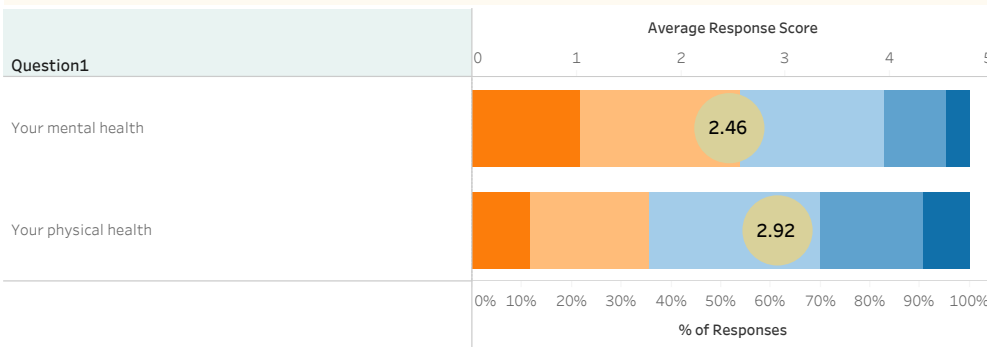
In general, how would you rate:



Response  
 1 = Poor  
 2 = Fair  
 3 = Good  
 4 = Very good  
 5 = Excellent

## Health

In general, how would you rate:



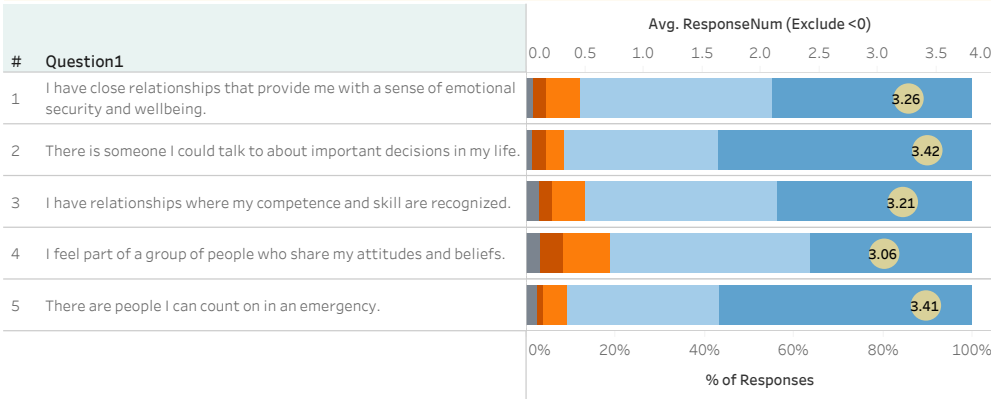
Response  
 1 = Poor  
 2 = Fair  
 3 = Good  
 4 = Very good  
 5 = Excellent

- Domestic/International  
All
- Credential Type  
All
- Indigenous  
All
- Full-Time/Part-Time  
All
- New to Institution  
All
- Year Standing  
All
- Age Group  
All
- Gender  
All
- Ethnicity  
All
- Average Grade  
All
- Finance Stress  
All
- Born in Canada  
All
- Parents Born Outside of Can..  
All
- Disability  
All



Social Provision

The next questions are about your current relationships with friends, family members, co-workers, community members, and so on. Please indicate to what extent each statement describes your current relationships with other people.

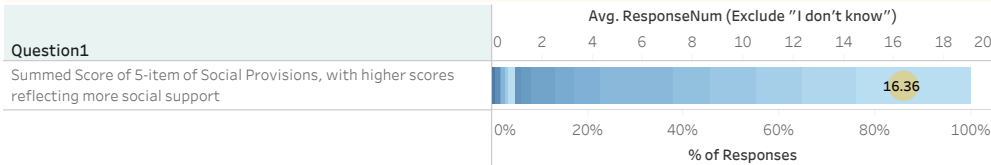


Response  
 4 = Strongly agree  
 3 = Agree  
 2 = Disagree  
 1 = Strongly disagree  
 -9 = I don't know

- Domestic/International  
All
- Credential Type  
All
- Indigenous  
All
- Full-Time/Part-Time  
All
- New to Institution  
All
- Year Standing  
All
- Age Group  
All
- Gender  
All
- Ethnicity  
All
- Average Grade  
All
- Finance Stress  
All
- Born in Canada  
All
- Parents Born Outside of Can..  
All
- Disability  
All

Social Provision Total

Sample Size = 578



Summed Score of 5-items of Social Provision Scale, with higher scores reflecting more social support  
 (Reference: <https://www.canada.ca/en/public-health/services/reports-publications/health-promotion-chronic-disease-prevention-canada-research-policy-practice/vol-39-no-12-2019/original-quantitative-research-social-provisions-scale.html>)  
 >15 = High levels of social support  
 =<15 = Lower levels of social support