

CCWS - Spring - 2022 Academic Achievement/Experience



Canadian Campus
Wellbeing Survey

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Please rate your level of agreement with the following statements:



Response
 1 = Strongly disagree
 2 = Disagree
 3 = Somewhat disagree
 4 = Somewhat agree
 5 = Agree
 6 = Strongly agree

- 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

CCWS - Spring - 2022 Campus Climate and Student Experience

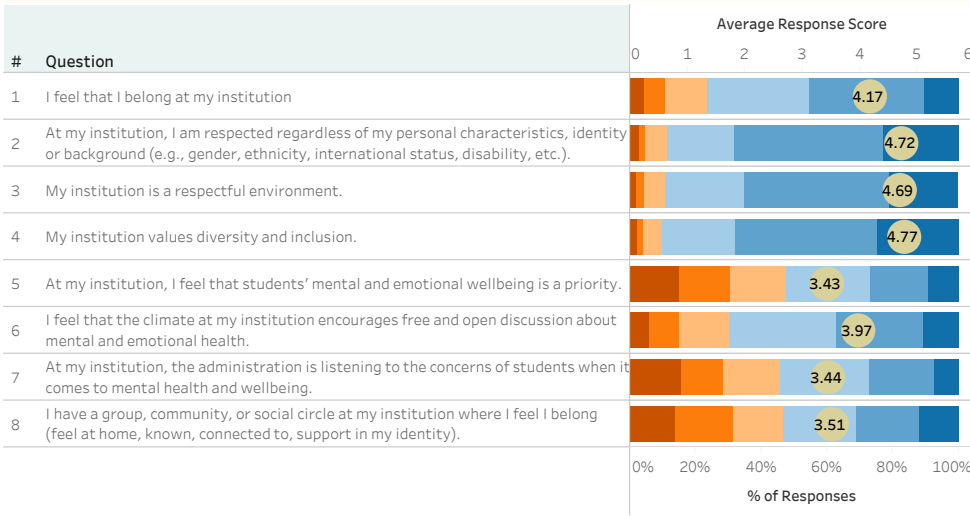


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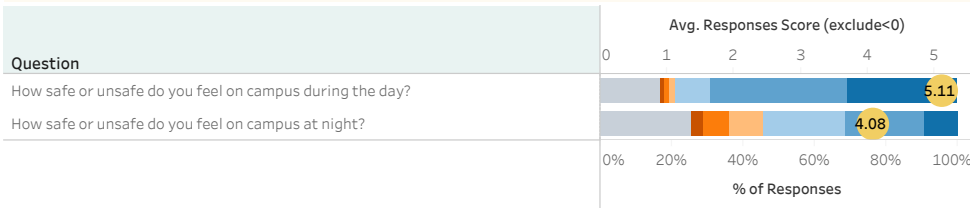
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Campus Climate

Based on your experience at your institution, please rate your level of agreement with the following statements.



Safety



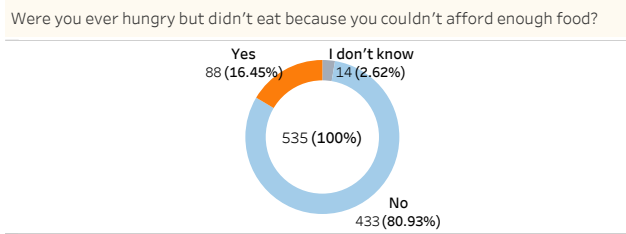
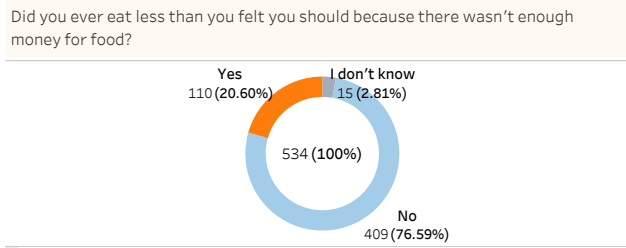
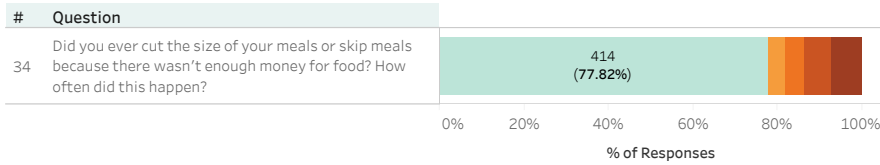
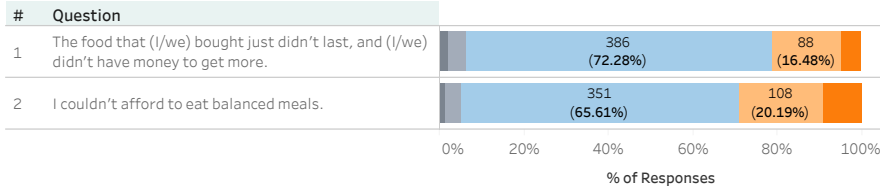
- Domestic/International
All
- Credential Type
All
- Indigenous
All
- Full-Time/Part-Time
All
- New to Institution
All
- Year Standing
All
- Age Group
All
- Gender
All
- Ethnicity
All
- Average Grade
All
- Finance Stress
All
- Born in Canada
All
- Parents Born Outside of Can..
All
- Disability
All

CCWS - Spring - 2022 Food Security 6-Item



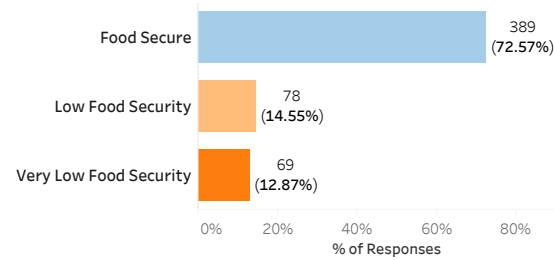
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Overall Food Security - 6-Item

Sample Size = 536



The food security scale used in the CCWS is the US Household Food Security Survey 6-item Short Form Survey. The 6 individual questions are scored and then summed together and the total score is used to determine the level of food security. (Lower scores indicate greater level of food insecurity)
 0-1: Food Secure
 2-4: Low Food Security
 5-6: Very Low Food Security

- 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 Ca.: All
- Disability: All

CCWS - Spring - 2022 Mental Health Assets

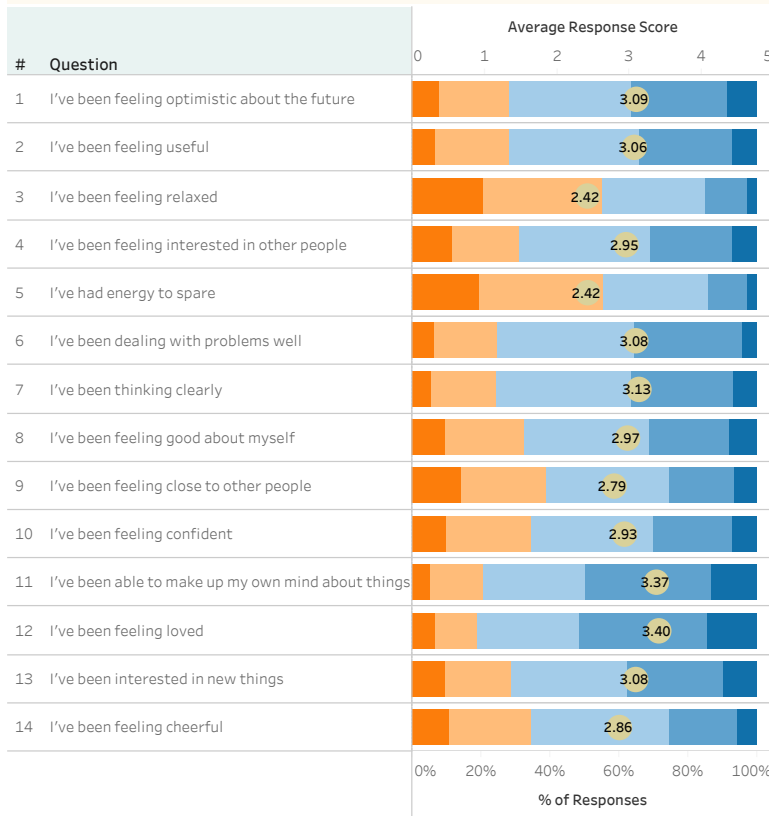


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Mental Wellbeing

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

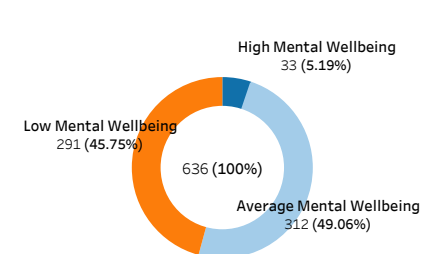


Response

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

Mental Wellbeing Total

Sample Size = 636



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

CCWS - Spring - 2022 Mental Health

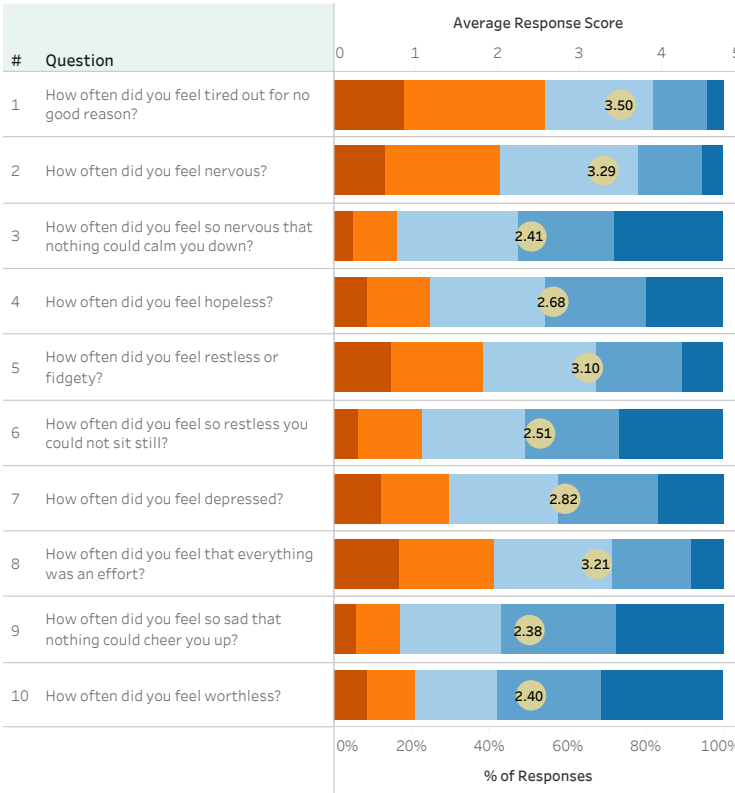


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Mental Distress

These questions concern how you have been feeling over the past 30 days. Choose the answer that best represents how you have been feeling. During the last 30 days:



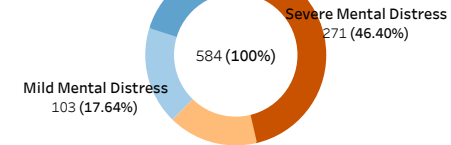
Response

- 5 = All of the time
- 4 = Most of the time
- 3 = Some of the time
- 2 = A little of the time
- 1 = None of the time

Mental Distress Total

Sample Size = 584

Little or No Mental Distress
117 (20.03%)



- ### Categories
- Severe Mental Distress
 - Moderate Mental Distress
 - Mild Mental Distress
 - Little or No Mental Distress

Summed Score of 10-items of K10, with higher scores reflecting more mental distress (Reference: https://www.tac.vic.gov.au/files-to-move/media/upload/k10_english.pdf)

- <20 = Little or No Mental Distress
- 20-24 = Mild Mental Distress
- 25-29 = Moderate Mental Distress
- 30-50 = Severe Mental Distress

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

CCWS - Spring - 2022 Physical Health/Health Behaviours

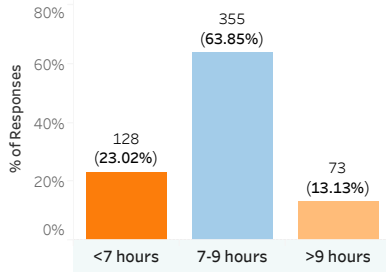


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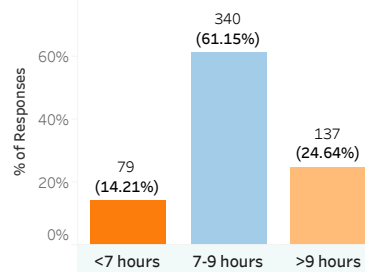
Average sleep per day on Weekdays

Sample Size = 556



Average sleep per day on Weekends

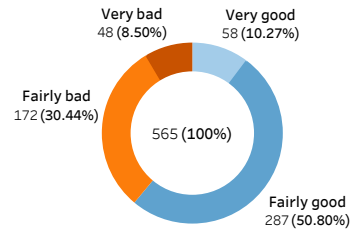
Sample Size = 556



Sleep Quality

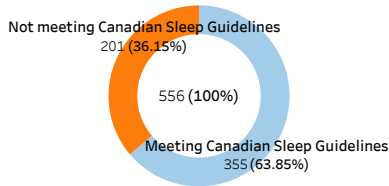
During the past week, how would you rate your sleep quality overall (how well you sleep)?

Sample Size = 565



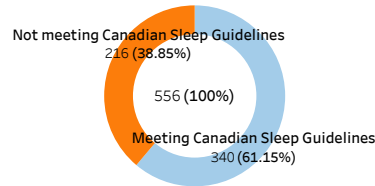
Weekdays Sleep

Categorized based on hours spent per day during weekdays on sleep.
Sample Size = 556



Weekends Sleep

Categorized based on hours spent per day during weekends on sleep.
Sample Size = 556



Hours spent on sleep per day during weekdays
7-9 hours = Meeting Canadian Health 24 Hours Sleep Guidelines
<7 hours or > 9 hours = Not meeting Canadian Health 24 Hours Sleep Guidelines

Hours spent on sleep per day during weekends
7-9 hours = Meeting Canadian Health 24 Hours Sleep Guidelines
<7 hours or > 9 hours = Not meeting Canadian Health 24 Hours Sleep Guidelines

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

CCWS - Spring - 2022 Sexual Health

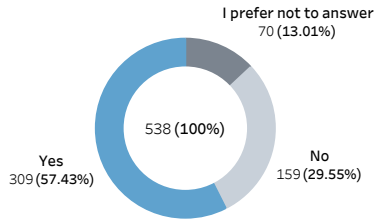


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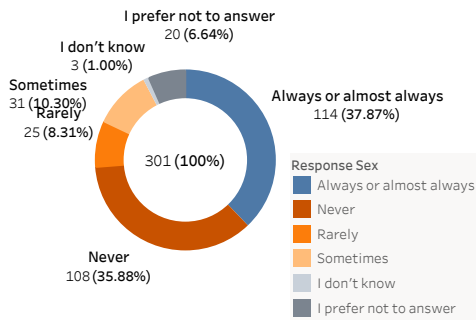
Sex Ever

Have you ever engaged in sexual activity? (including manual, digital, oral, vaginal, or anal)



Protection

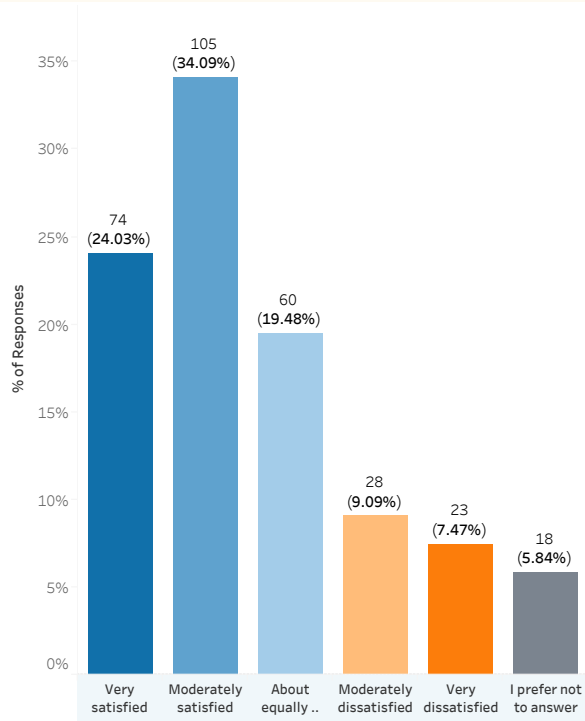
How often do you or your partner(s) use a protective barrier (e.g., external or internal condom, dam, glove) when you engage in sexual activity?



Satisfaction

How satisfied are you with your overall sexual life?

Sample Size = 308



The questions Protection and Satisfaction are displayed only to the students who answer 'Yes' to the question Sex Ever.

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

CCWS - Spring - 2022 Substance Use



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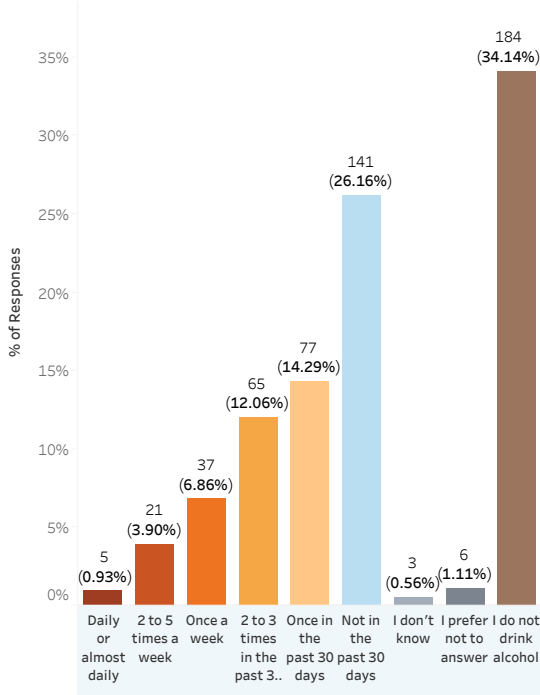
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Alcohol Use

During the past 30 days, how often have you had 4 or more drinks (female sex) OR 5 or more drinks (male sex) on one occasion?

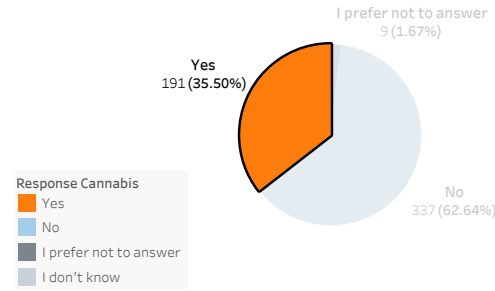
“On one occasion” means at the same time or within a couple of hours of each other.

Sample Size = 539



Cannabis Use

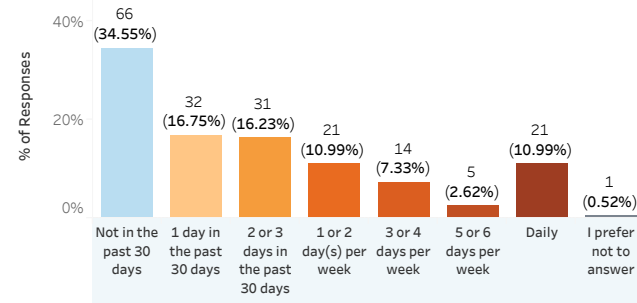
During the past 12 months, have you used cannabis?



Cannabis Use Frequency

In the past 30 days, how often did you use cannabis?

Sample Size = 191



Cannabis Use Frequency question is displayed only to the students who answer 'Yes' to the question Cannabis Use.

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