

# CCWS - Spring - 2023 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 - 2023 Campus Climate and Student Experience

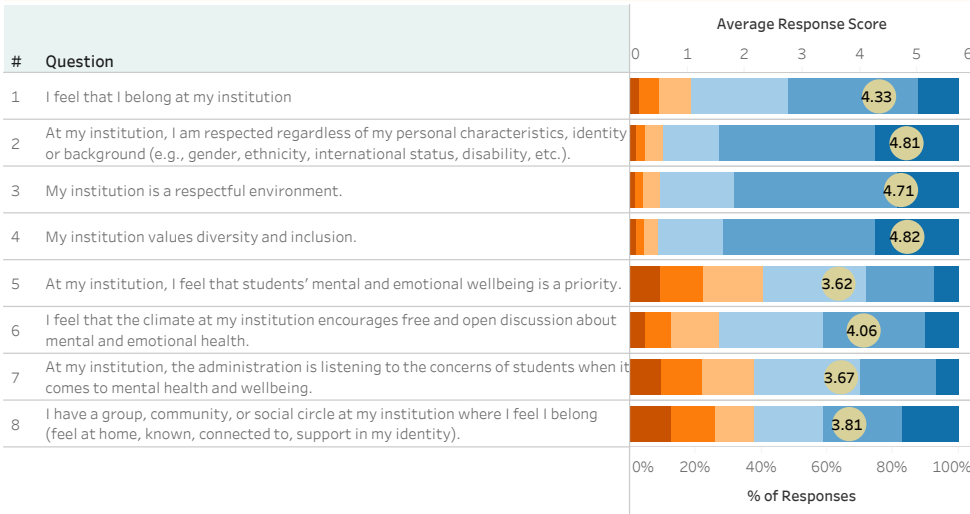


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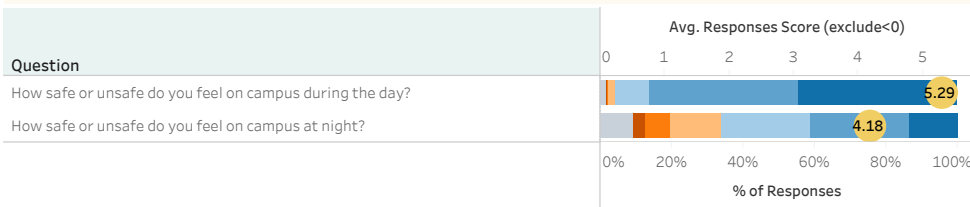
## Campus Climate

Based on your experience at your institution, 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

## Safety



**Response**  
 -10 = Not applicable  
 1 = Very unsafe  
 2 = Unsafe  
 3 = Somewhat unsafe  
 4 = Somewhat safe  
 5 = Safe  
 6 = Very safe

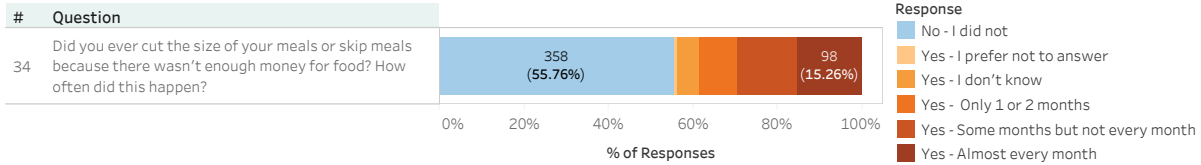
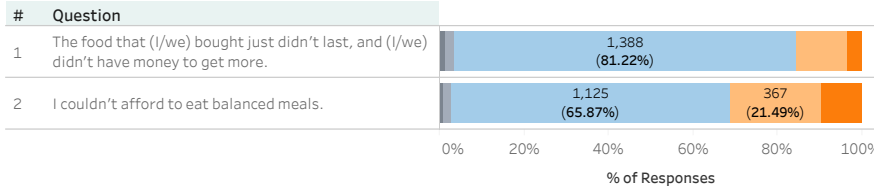
- Domestic/International  
All
- Credential Type  
All
- Indigenous  
All
- Full-Time/Part-Time  
All
- New to Institution  
All
- Year Standing  
All
- Age Group  
All
- Gender  
All
- Ethnicity  
All
- Average Grade  
All
- Finance Stress  
All
- Born in Canada  
All
- Parents Born Outside of Can..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

# CCWS - Spring - 2023 Food Security 6-Item

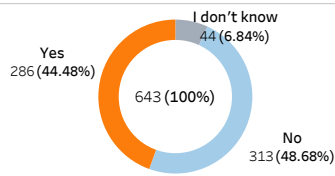


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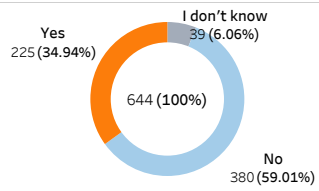
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Did you ever eat less than you felt you should because there wasn't enough money for food?

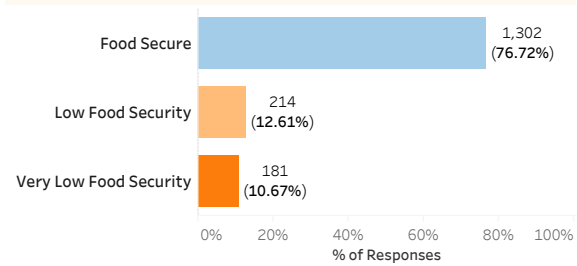


Were you ever hungry but didn't eat because you couldn't afford enough food?



## Overall Food Security - 6-Item

Sample Size = 1,697



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 - 2023 Health Service Utilization and Help-Seeking

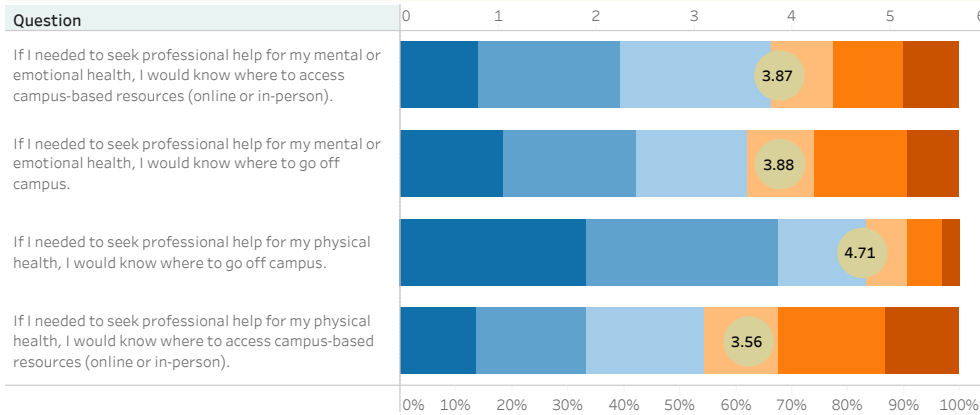


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## Awareness

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

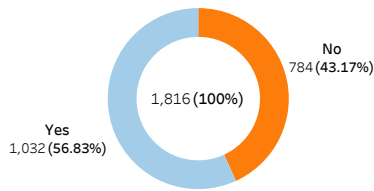


**Response**  
 6 = Strongly agree  
 5 = Agree  
 4 = Somewhat agree  
 3 = Somewhat disagree  
 2 = Disagree  
 1 = Strongly disagree

- 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

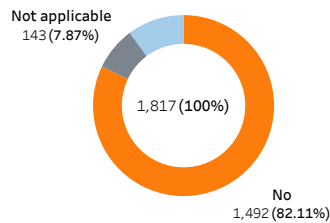
## Awareness - Outreach Efforts

Are you aware of mental health outreach efforts at your institution (such as educational programs, awareness events, anti-stigma campaigns, screening days)?



## Use Health Services

Do you use campus health services for your primary care (such as routine check-ups with a doctor)?



# CCWS - Spring - 2023 Mental Health Assets

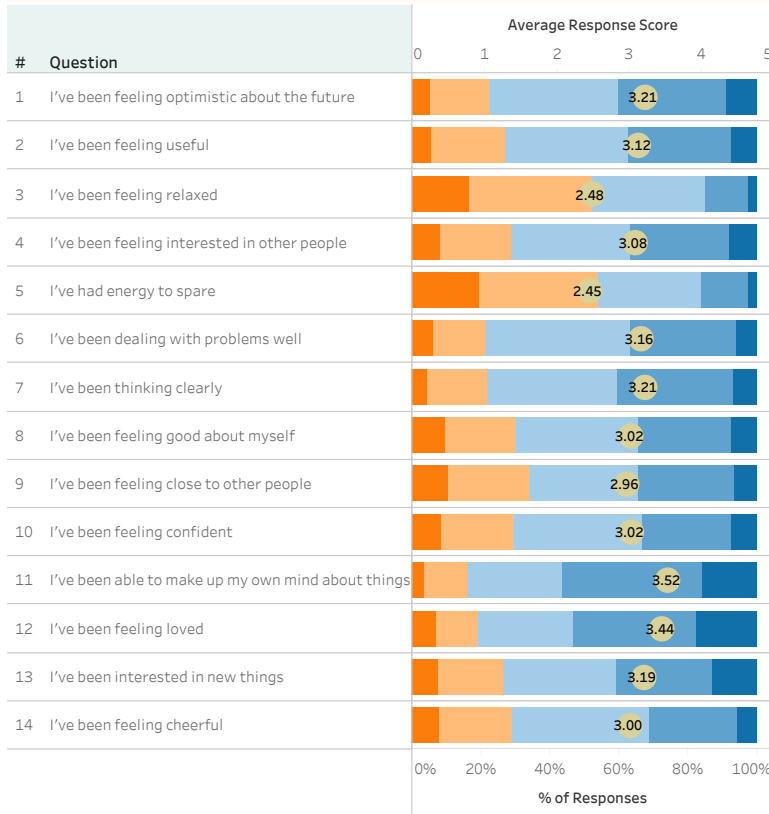


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## Mental Wellbeing

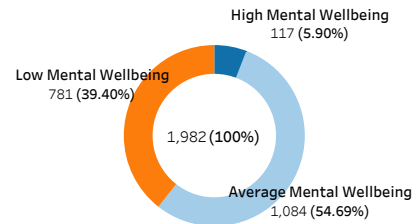
Please choose the box that best describes your experience of each over the last 2 weeks.



**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 = 1,982



**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 - 2023 Mental Health

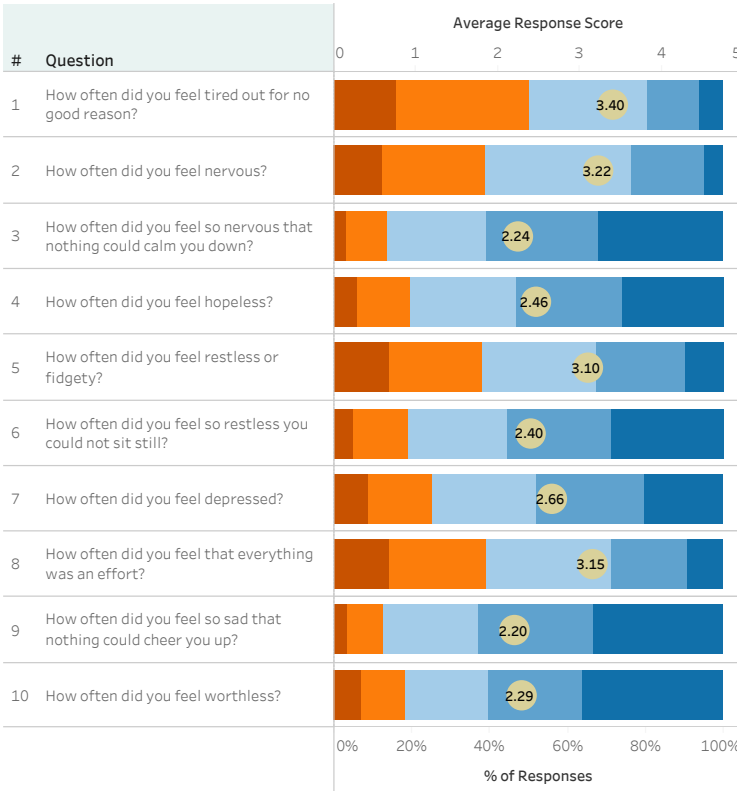


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## Mental Distress

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:

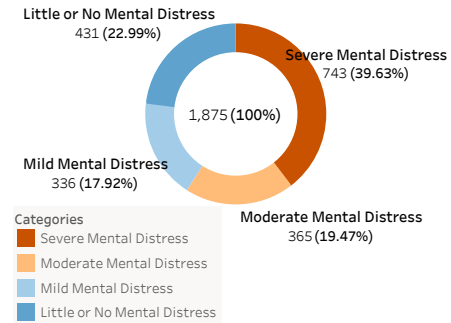


### Response

- 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 = 1,875



### 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](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 - 2023 Physical Health/Health Behaviours

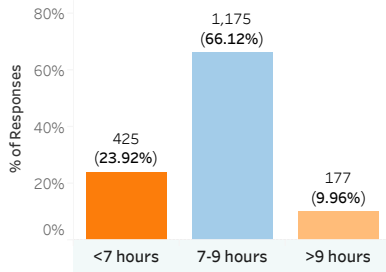


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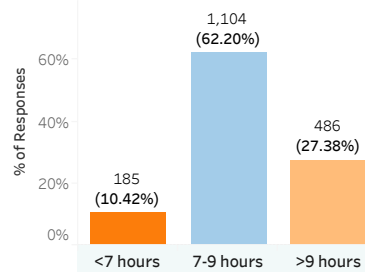
## Average sleep per day on Weekdays

Sample Size = 1,777



## Average sleep per day on Weekends

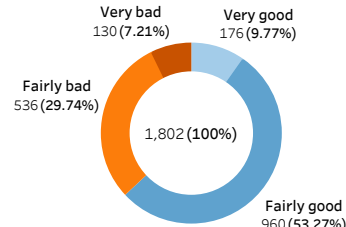
Sample Size = 1,775



## Sleep Quality

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

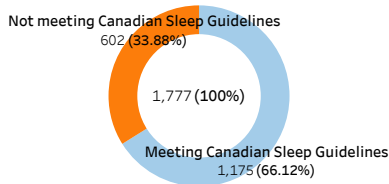
Sample Size = 1,802



## Weekdays Sleep

Categorized based on hours spent per day during weekdays on sleep.

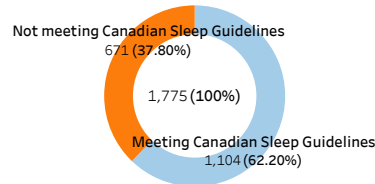
Sample Size = 1,777



## Weekends Sleep

Categorized based on hours spent per day during weekends on sleep.

Sample Size = 1,775



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 - 2023 Sexual Health

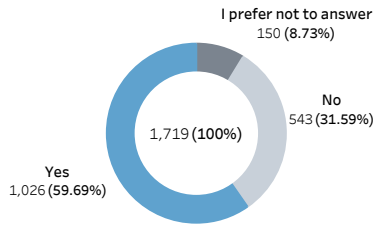


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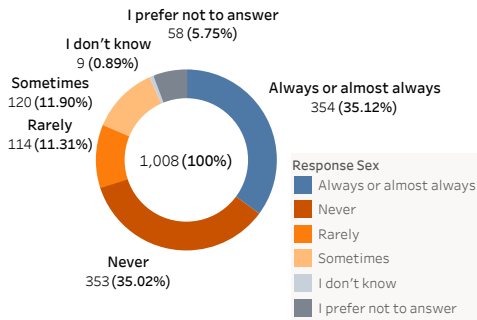
## Sex Ever

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



## Protection

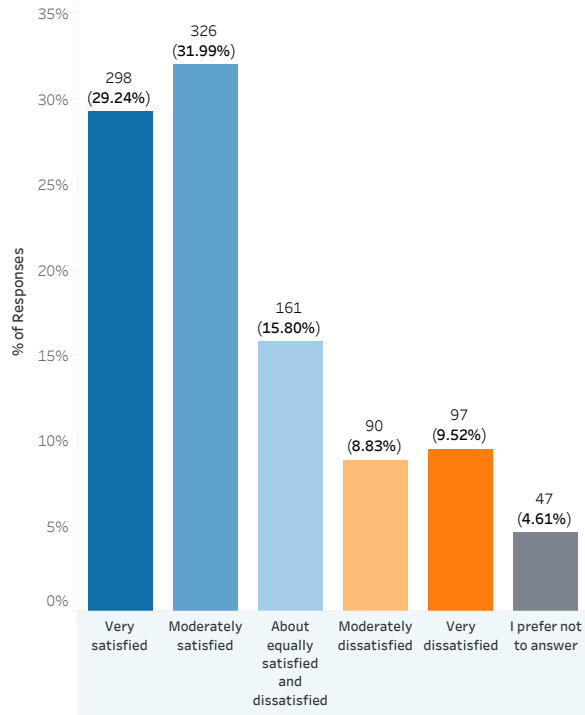
How often do you or your partner(s) use a protective barrier (e.g., external or internal condom, dam, glove) when you engage in sexual activity?



## Satisfaction

How satisfied are you with your overall sexual life?

Sample Size = 1,019



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 - 2023 Substance Use



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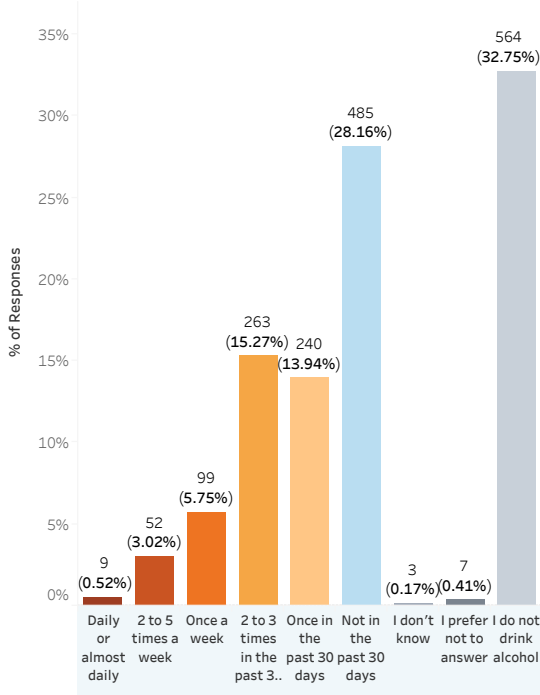
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## Alcohol Use

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?

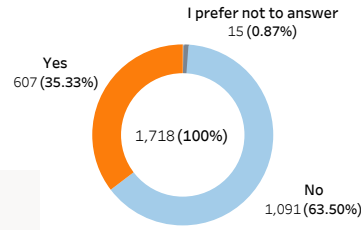
"On one occasion" means at the same time or within a couple of hours of each other.

Sample Size = 1,722



## Cannabis Use

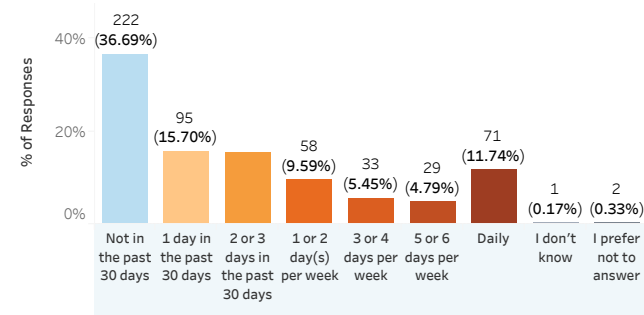
During the past 12 months, have you used cannabis?



## Cannabis Use Frequency

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

Sample Size = 605



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