



**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**

Graduate Happiness and Well-Being Survey

Spring 2017

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Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Mission

The mission of the Graduate Professional Council is to improve the lives of all graduate and professional students. In pursuit of this mission, the Council has undertaken and conducted a comprehensive report of graduate happiness and well being, in order to learn how best to help the graduate community at the University of Missouri.



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Overview

Top Predictors of Life Satisfaction	<ol style="list-style-type: none">1. <u>Depression/Anxiety</u>2. <u>Health: Sleeping, Eating</u>3. Advisor Relationship4. Department Climate5. Exercise6. Student Status (graduate vs. professional)7. Gender
Campus Safety Concerns	<ol style="list-style-type: none">1. Theft (33% of students)2. Sexual Assault (31% of students)3. Physical Assault (24% of students)4. Harassment (24% of students)5. Identity-Based Violence (13% of students)6. These safety concerns overwhelmingly reported by women
Advisor Relationships	<ol style="list-style-type: none">1. Advisor relationships more positive for graduate students2. Advisor relationships more positive for men
Importance of Well-Being	<ol style="list-style-type: none">1. Measuring and assessing well-being metrics is vital for helping graduate and professional students in the most effective way possible.
GPC Initiatives	<ol style="list-style-type: none">1. Promote physical health and healthy habits2. Provide students with food—focus on at-risk students3. Given interest indicated in the survey, provide students with programming to socialize, make friends, and date.4. Identify co-morbid predictors <p>Promote use of mental health services and mental health programming</p>



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Survey Content Overview

Items listed in order that they appeared in the survey

Measure	Sub-measure
Informed Consent	<i>Participants given rationale and need for the survey, told their rights, and invited to participate</i>
Demographics	<i>Student Status and degree; 3 items</i>
	<i>Age</i>
	<i>Gender Identity</i>
	<i>Racial Identity</i>
	<i>Marriage Status</i>
	<i>Parental Status</i>
	<i>Child Care; 4 items</i>
Achievement Orientation	<i>10-item aggregate measure</i>
Life Satisfaction	<i>5-item aggregate measure</i>
Meaning in Life (MIL)	<i>Presence of MIL; 5-item sub-measure</i>
	<i>Search for MIL; 5-item sub-measure</i>
Basic Needs	<i>Living Conditions; 4 items</i>
	<i>Campus conditions; 5 items</i>
	<i>Campus Safety Concerns (select all that apply)</i>
	<i>Safety around students, faculty, and police</i>
	<i>Health: Sleeping, eating, and illness</i>
	<i>Landlord and Rental; 3 items</i>
	<i>Special Needs; 10 items</i>
Well-Being Maintenance	<i>Where to acquire health services; 3-items</i>



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	<i>Use of counseling services and mental health; 5-items</i>
	<i>Exercise and socialization</i>
	<i>Alcohol Use; 3 items</i>
	<i>Cannabis Use; 3 items</i>
	<i>Friends and Dating; 5 items</i>
Academic Success	<i>Academic Advisor—5 items</i>
	<i>Degree Completion—6 items</i>
Department Climate	<i>5 items</i>
Finance	<i>Income 5 items</i>
	<i>Debt 1 item</i>
	<i>Debt Worry 1 item</i>
Mental Health	<i>Depression—CES scale; 10 items</i>
	<i>Anxiety—GAD7; 7 items</i>
Sensitive Demographics	<i>Political Orientation; 1 item</i>
	<i>Sexuality; 1 item</i>
	<i>Religiosity and affiliation; 2 items</i>
Feedback	<i>Survey comments; 2 items</i>
Debriefing	<i>Students thank for their time, and offered a chance to win one of three \$100 prizes to the Mizzou Store</i>



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Demographics and Participation

Data Cleaning

Three responders were eliminated from the data set due to insincere responses and off-topic, rude comments.

Three other rude commenters were identified, but were analyzed, as responses appeared sincere.

One responder was eliminated due to not completing most of the survey (99%) despite submission at the end.

Two participants indicated their age was "2" and one participant indicated "100". The rest of responses appeared sincere, therefore age was deleted for these three participants but the rest of their responses were analyzed.

Nine additional numbers were deleted from the question "average number of hours of sleep per night". These numbers were "28", "65", "56", "50", "45", "45", "40", "42" and "6@". Presumably, these were typos. Finally, all ranges provided in the "average number of hours of sleep per night" were averaged.

Raw Data

Total number of respondents (complete + partial): 1507

Cleaned Data

Total Complete Respondents: 1258

- 1,026 graduate students (16.5% of total graduate student population)

- 229 professional students (19.3% of total professional student population)

Domestic Students: 1124 (89.6% of survey respondents)

International Students: 130 (10.4% of survey respondents)

Data Analyzed

Only completed sincere surveys were analyzed in the report below (N=1254)

Demographics



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What is your degree program?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Doctorate (Ph.D.)	513	40.9	41.0	41.0
	Masters (MA, MS, MBA, MArch, LLM, etc.)	509	40.6	40.7	81.7
	Professional (MD, JD, DVM, etc.)	229	18.3	18.3	100.0
	Total	1251	99.8	100.0	
Missing	System	3	.2		
Total		1254	100.0		

How do you describe yourself?

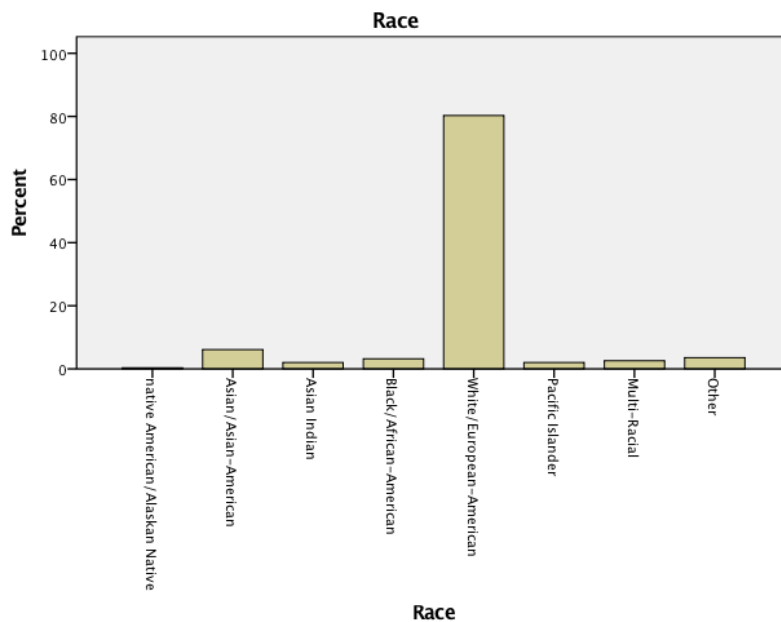
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Man	369	29.4	29.4	29.4
	Woman	864	68.9	69.0	98.4
	Transgender man	1	.1	.1	98.5
	Other	17	1.4	1.4	99.8
	Transgender woman	2	.2	.2	100.0
	Total	1253	99.9	100.0	
Missing	System	1	.1		
Total		1254	100.0		

Race



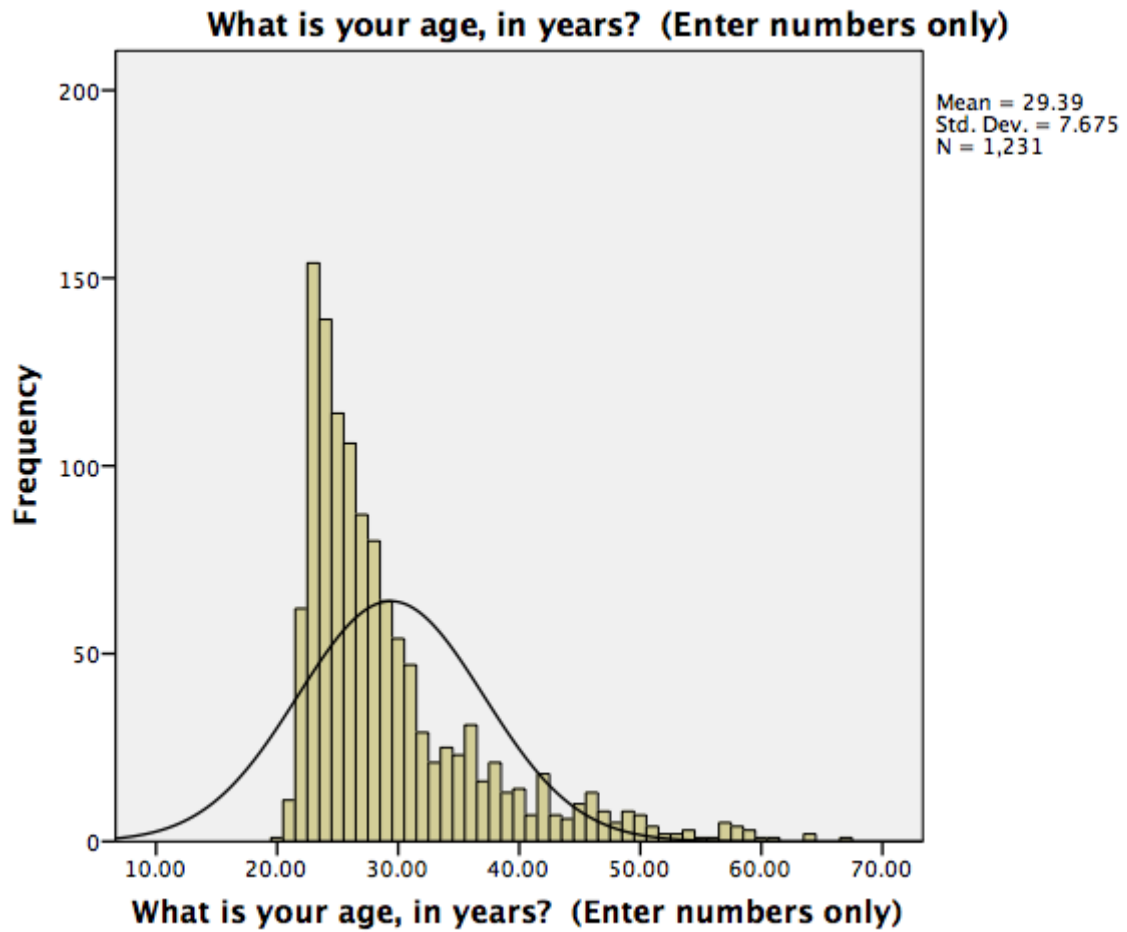
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		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	native American/Alaskan Native	4	.3	.3	.3
	Asian/Asian-American	76	6.1	6.1	6.4
	Asian Indian	25	2.0	2.0	8.4
	Black/African-American	40	3.2	3.2	11.6
	White/European-American	1003	80.0	80.3	91.9
	Pacific Islander	25	2.0	2.0	93.9
	Multi-Racial	32	2.6	2.6	96.5
	Other	44	3.5	3.5	100.0
	Total	1249	99.6	100.0	
	Missing System	5	.4		
Total		1254	100.0		



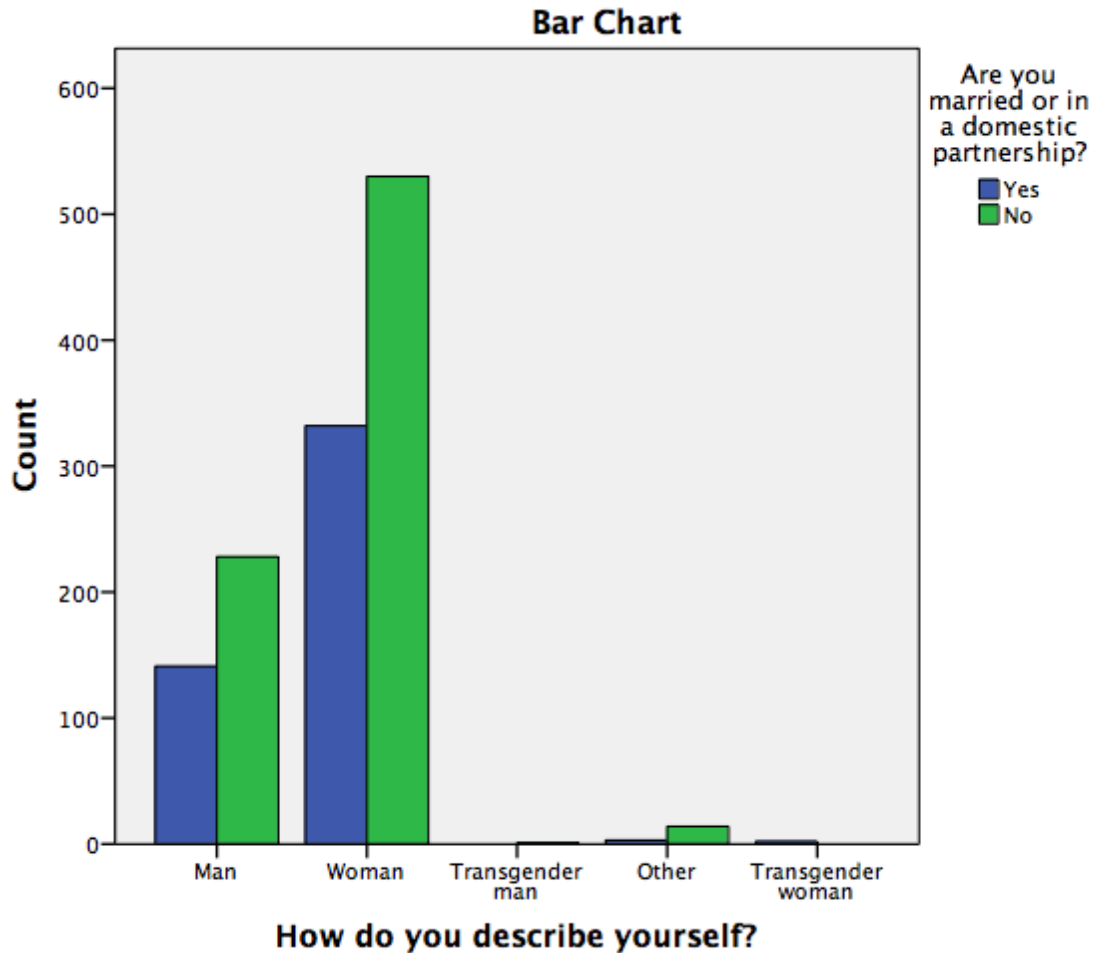
Age

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Graduate and Professional Student Happiness and Well-Being Survey Spring 2017



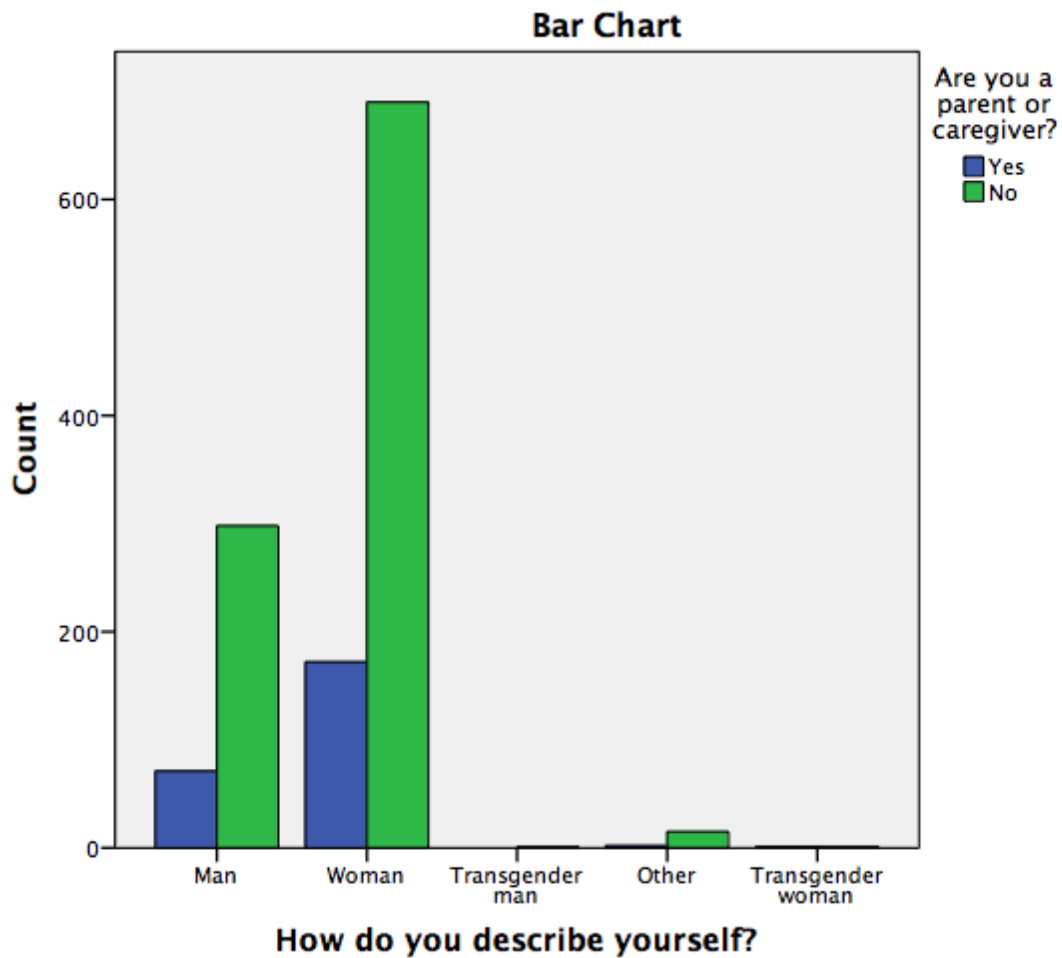
Are you married or in a domestic partnership?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	478	38.1	38.2	38.2
	No	774	61.7	61.8	100.0
	Total	1252	99.8	100.0	
Missing	System	2	.2		
Total		1254	100.0		



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Parent and Caregiver Status



Are you a parent or caregiver?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	246	19.6	19.6	19.6
	No	1006	80.2	80.4	100.0
	Total	1252	99.8	100.0	
Missing	System	2	.2		
Total		1254	100.0		

Field of Study



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Broadly speaking, what is your primary field of study?

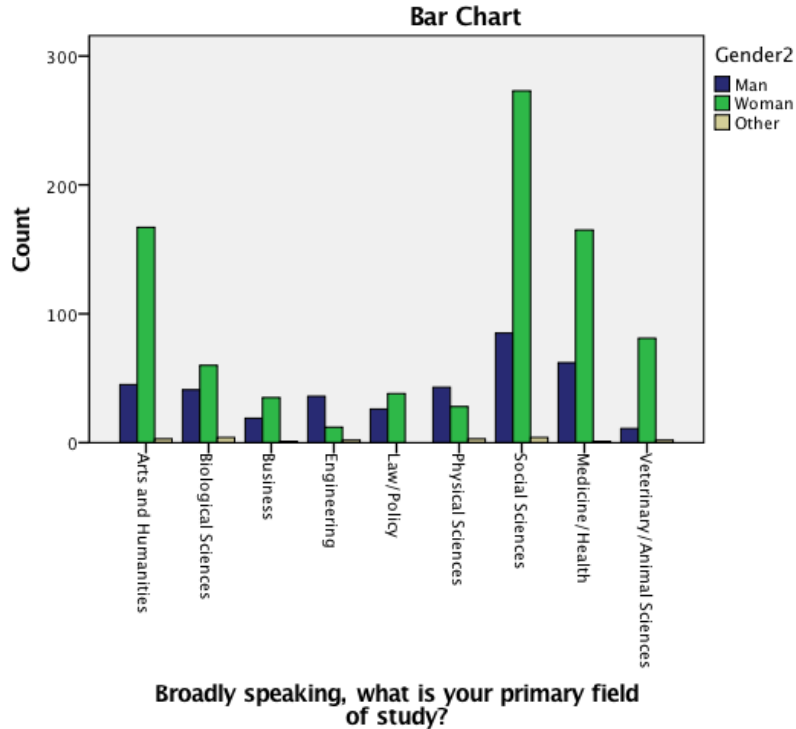
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Arts and Humanities	215	17.1	17.2	17.2
	Biological Sciences	105	8.4	8.4	25.6
	Business	55	4.4	4.4	30.0
	Engineering	51	4.1	4.1	34.1
	Law/Policy	64	5.1	5.1	39.3
	Physical Sciences	74	5.9	5.9	45.2
	Social Sciences	362	28.9	29.0	74.2
	Medicine/Health	228	18.2	18.3	92.5
	Veterinary/Animal Sciences	94	7.5	7.5	100.0
	Total	1248	99.5	100.0	
Missing System		6	.5		
Total		1254	100.0		



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Field of Study—Breakdown by Gender

		Man	Woman	Other	Total
Broadly speaking, what is your primary field of study?	Arts and Humanities	45	167	3	215
	Biological Sciences	41	60	4	105
	Business	19	35	1	55
	Engineering	36	12	2	50
	Law/Policy	26	38	0	64
	Physical Sciences	43	28	3	74
	Social Sciences	85	273	4	362
	Medicine/Health	62	165	1	228
	Veterinary/Animal Sciences	11	81	2	94
Total		368	859	20	1247

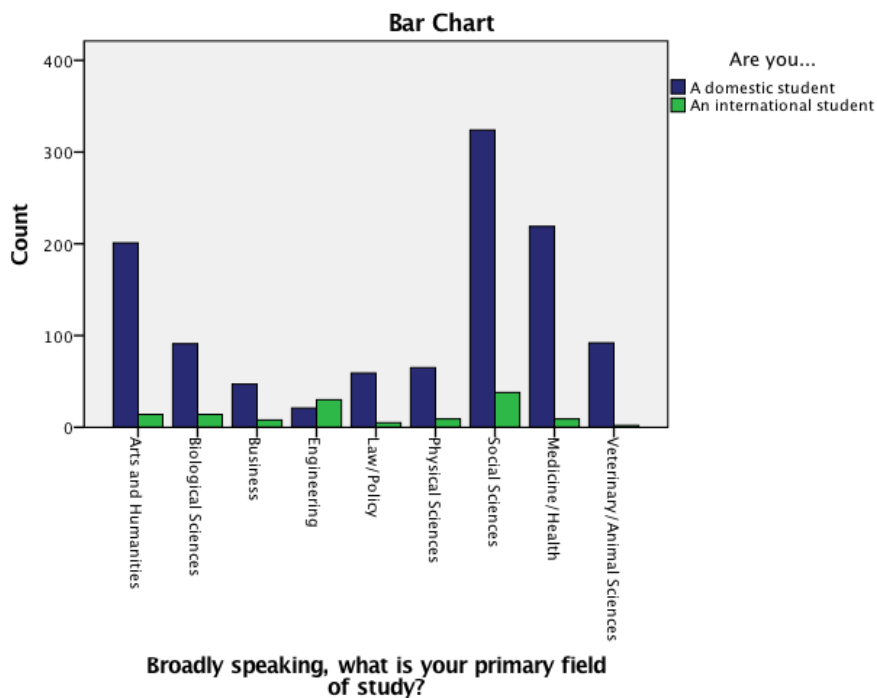




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Field of Study—Breakdown by Student Type

		A domestic student	An international student	
Broadly speaking, what is your primary field of study?	Arts and Humanities	201	14	215
	Biological Sciences	91	14	105
	Business	47	8	55
	Engineering	21	30	51
	Law/Policy	59	5	64
	Physical Sciences	65	9	74
	Social Sciences	324	38	362
	Medicine/Health	219	9	228
	Veterinary/Animal Sciences	92	2	94
Total		1119	129	1248





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Career Plans

What type of career do you plan on pursuing after graduation?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Academia	497	39.6	39.8	39.8
	Industry	291	23.2	23.3	63.0
	Non-profit	153	12.2	12.2	75.3
	Government	131	10.4	10.5	85.8
	Entrepreneurship	41	3.3	3.3	89.0
	Other (please list)	137	10.9	11.0	100.0
	Total	1250	99.7	100.0	
Missing	System	4	.3		
Total		1254	100.0		

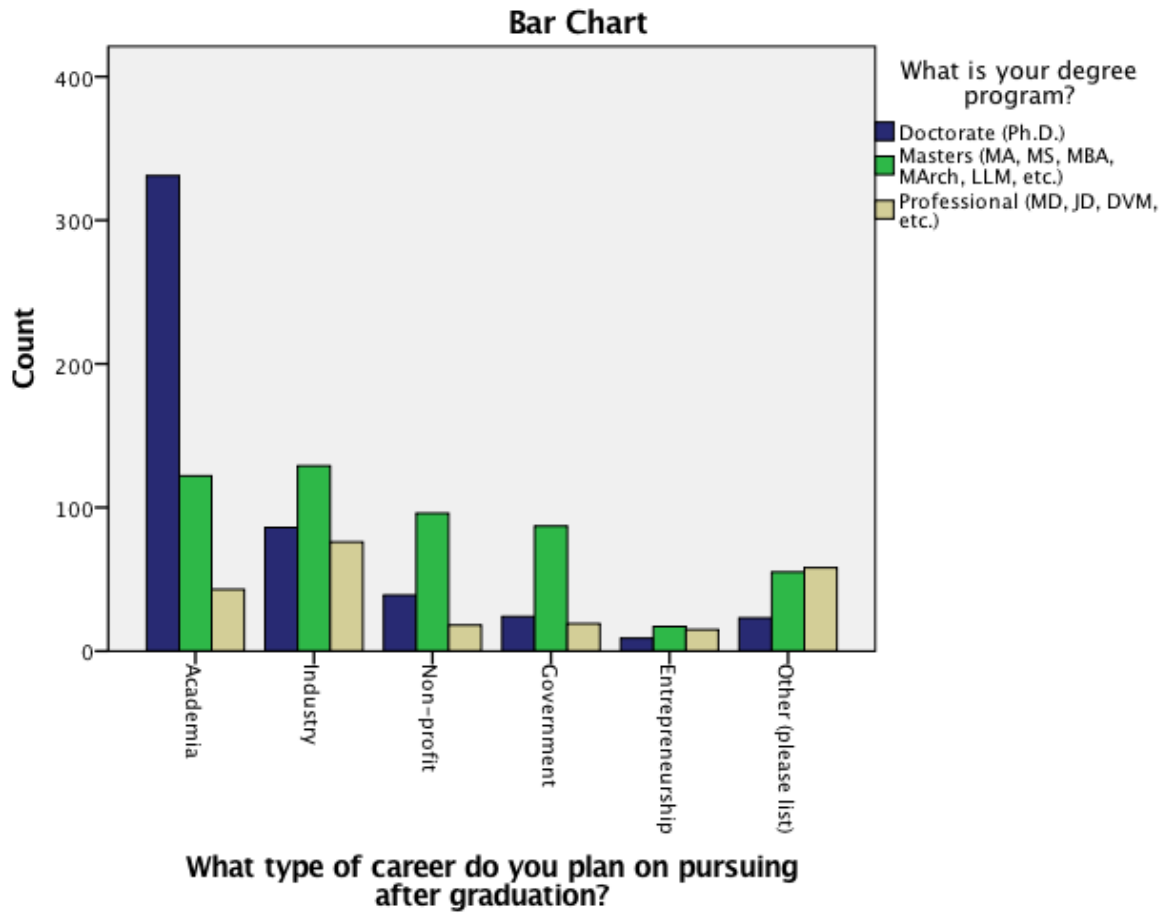


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Career Plans—Breakdown by Degree Type

		Doctorate (Ph.D.)	Masters (MA, MS, MBA, MArch, LLM, etc.)	Professional (MD, JD, DVM, etc.)	Total
What type of career do you plan on pursuing after graduation?	Academia	331	122	43	496
	Industry	86	129	76	291
	Non-profit	39	96	18	153
	Government	24	87	19	130
	Entrepreneurship	9	17	15	41
	Other (please list)	23	55	58	136
Total		512	506	229	1247

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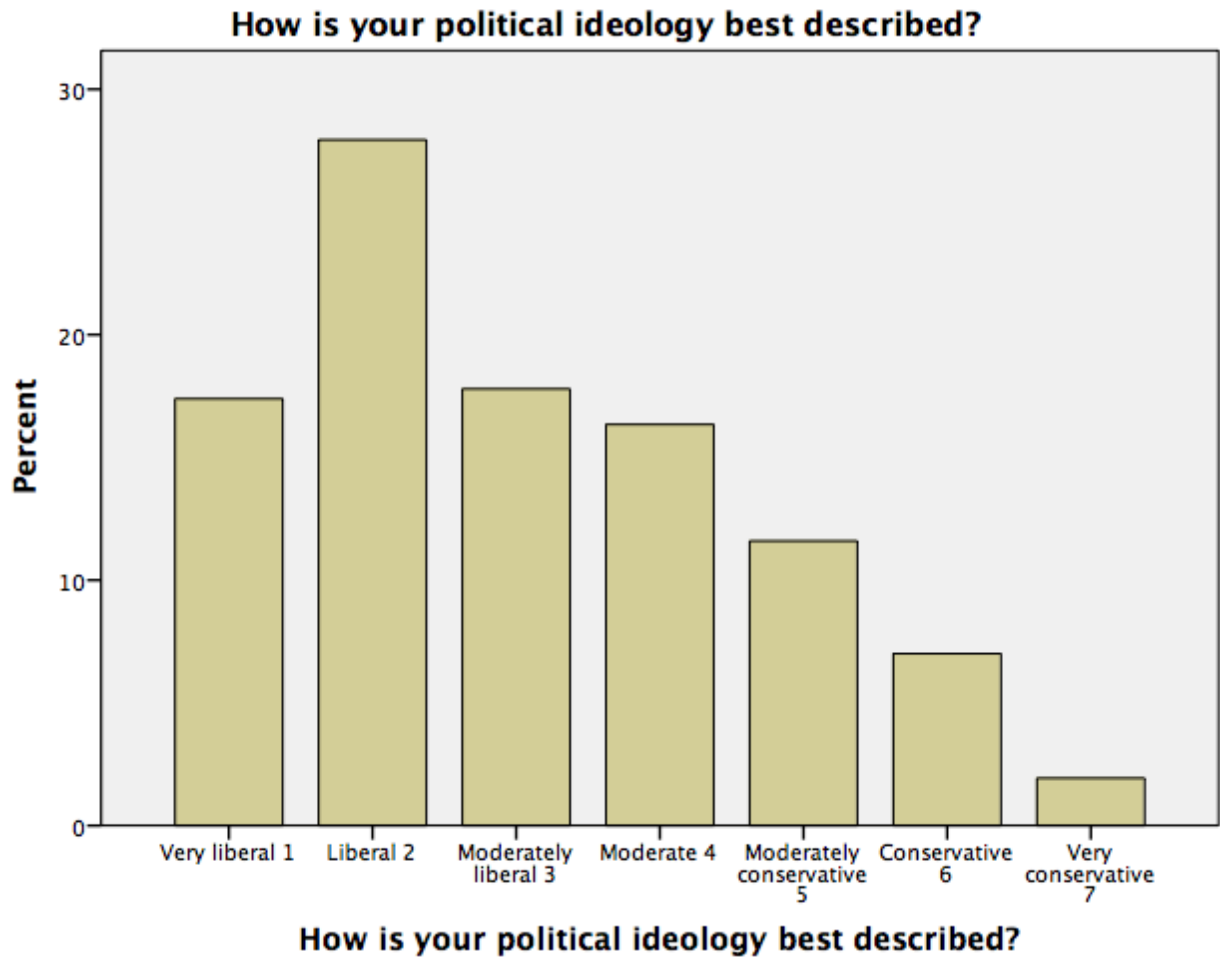




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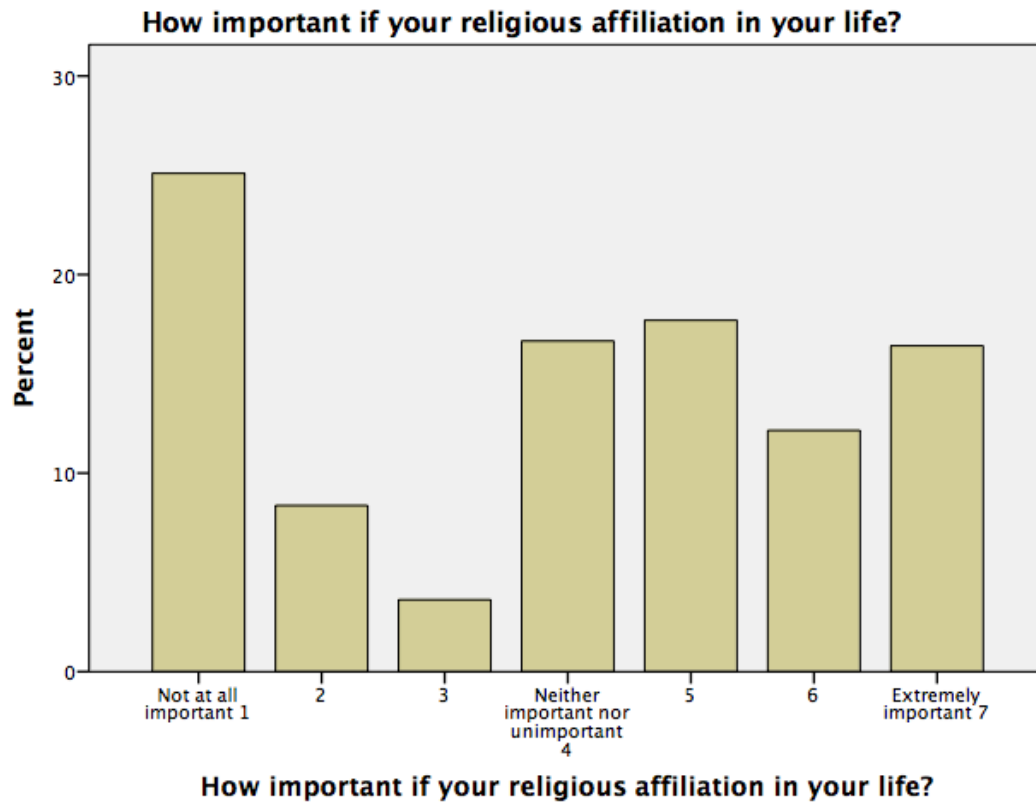
Politics, Religion, and Sexuality

Political Orientation



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Religion

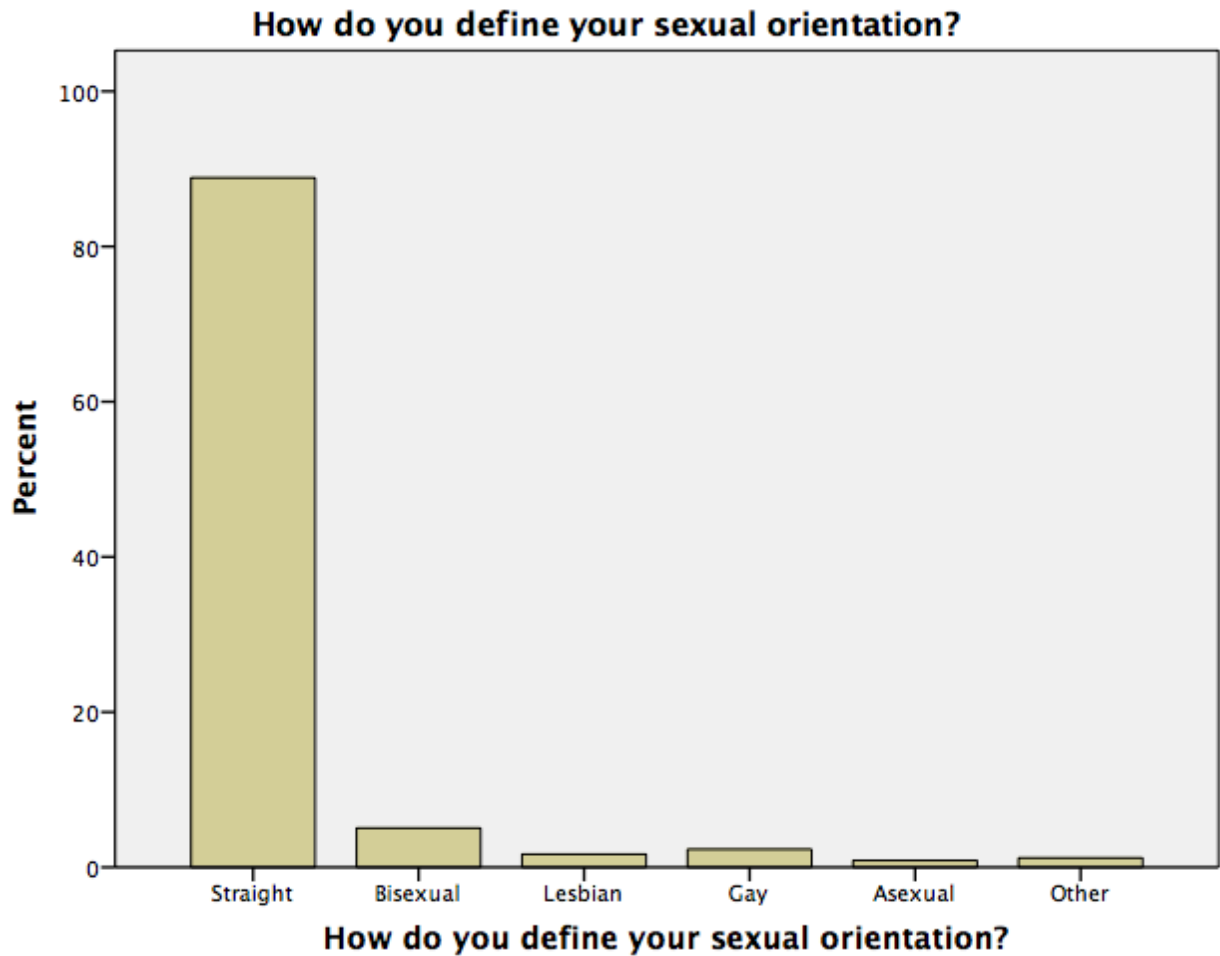


-Breakdown of Religious Identity

Rel. Identity	N
Catholic/Orthodox	203
Protestant	366
Latter Day Saint, or Mormon	13
Jewish	21
Hindu	25
Buddhist	36
Muslim	26
Pagan	11
Native A. religious tradition	2
Agnostic	256
Atheist	225
Other	139

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Sexuality





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Sexuality—Breakdown by Gender

		Man	Woman	Other	Total
How do you define your sexual orientation?	Straight	330	773	5	1108
	Bisexual	6	55	2	63
	Lesbian	0	20	1	21
	Gay	26	2	1	29
	Asexual	1	4	5	10
	Other	2	7	6	15
Total		365	861	20	1246



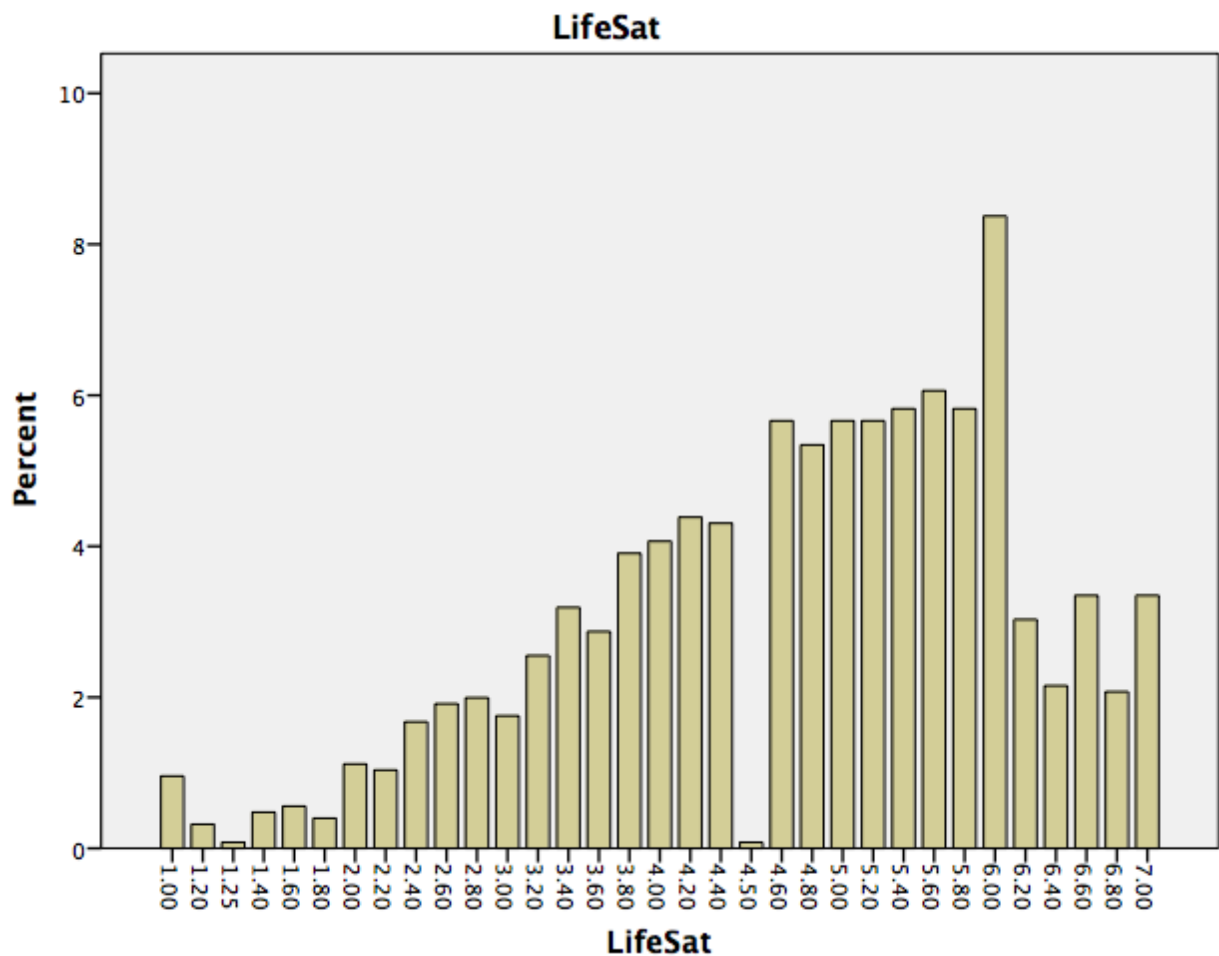
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Well-Being

How well are graduate and professional students?

-In short, life satisfaction and presence of meaning in life is not very different from averages seen in other populations. This is a good sign, however it's important to point out that a) global ratings are often resilient to change—it's pretty easy to agree or highly rate general terms about ones' life b) People also tend to be fairly mentally resilient. So, it doesn't necessarily diminish the challenging and hardships grad students are or may be undergoing.

M=4.77





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Life Satisfaction—Breakdown by Professional Students vs. Graduate Students

Professional Students report higher life satisfaction ($t=2.1$, $p=0.03$)

Group Statistics

	Are you a...	N	Mean	Std. Deviation	Std. Error Mean
LifeSatisfaction	Professional student	223	4.9534	1.27342	.08527
	Graduate student	1030	4.7351	1.35319	.04216

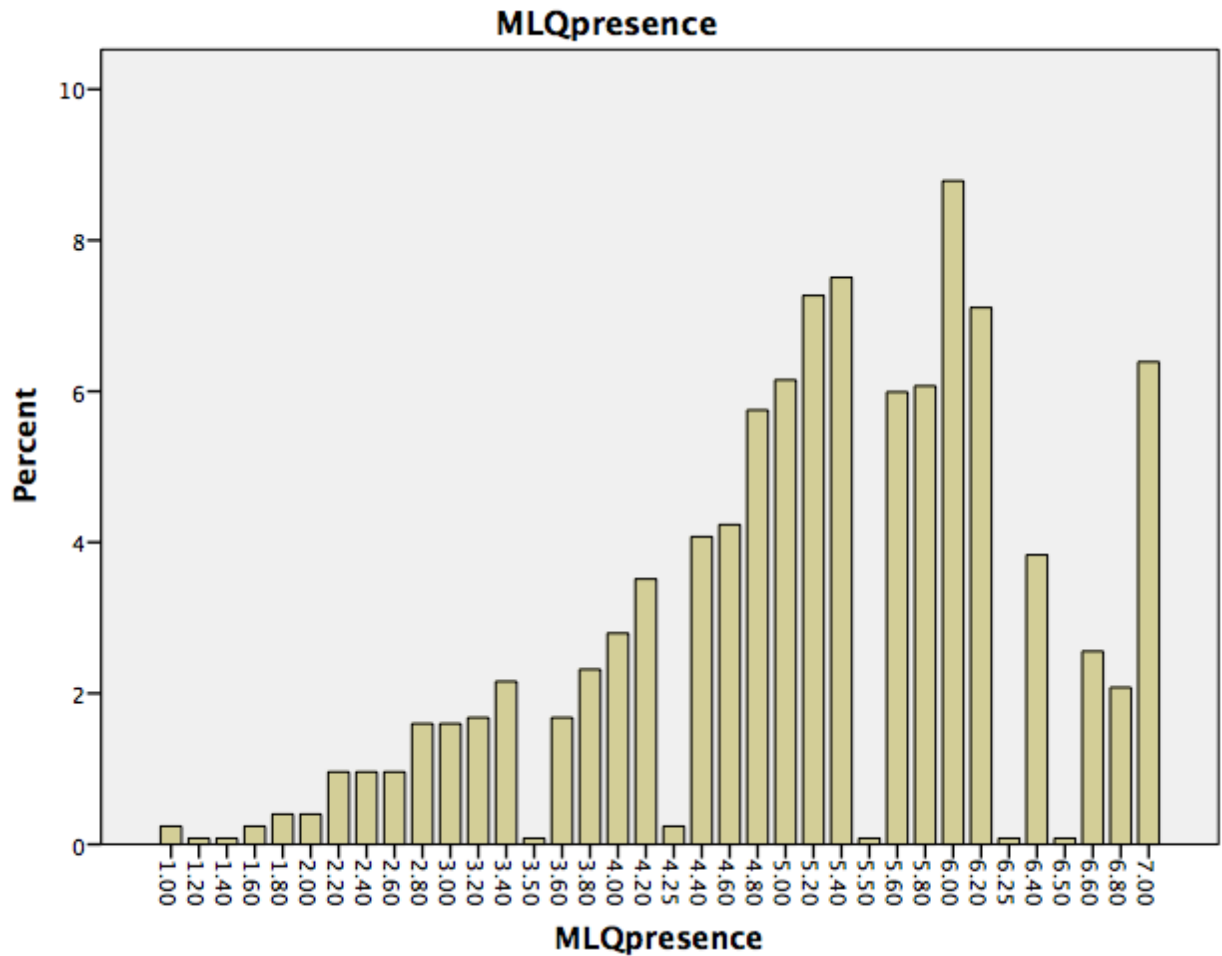
-No sig. life satisfaction differences based on gender ($t=-0.53$, $p=0.60$)

Group Statistics

	How do you describe yourself?	N	Mean	Std. Deviation	Std. Error Mean
LifeSatisfaction	Man	369	4.7054	1.33150	.06932
	Woman	864	4.8239	1.32668	.04513

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Reported presence of Meaning in Life





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Most people report a great presence of meaning in their lives. Note the sizable tail, however, of people reporting low presence of meaning. In general, low rates of meaning are typically associated with poor life events and depression.

Correlations

		MLQpresence	MLQsearch	LifeSat
MLQpresence	Pearson Correlation	1	-.333**	.612**
	Sig. (2-tailed)		.000	.000
	N	1252	1252	1252
MLQsearch	Pearson Correlation		1	-.255**
	Sig. (2-tailed)			.000
	N		1252	1252

** . Correlation is significant at the 0.01 level (2-tailed).



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Meaning in Life—Professional Students vs. Graduate Students

-As with Life Satisfaction, there is not a sig. difference based on gender. However, there is based on grad/prof. student status ($t=2.1, p=0.04$).

Group Statistics

	Are you a...	N	Mean	Std. Deviation	Std. Error Mean
MLQpresenc e	Professional student	223	5.2895	1.08231	.07248
	Graduate student	1028	5.1171	1.23472	.03851

Group Statistics

	How do you describe yourself?	N	Mean	Std. Deviation	Std. Error Mean
MLQpresenc e	Man	368	5.1360	1.24550	.06493
	Woman	863	5.1755	1.17784	.04009

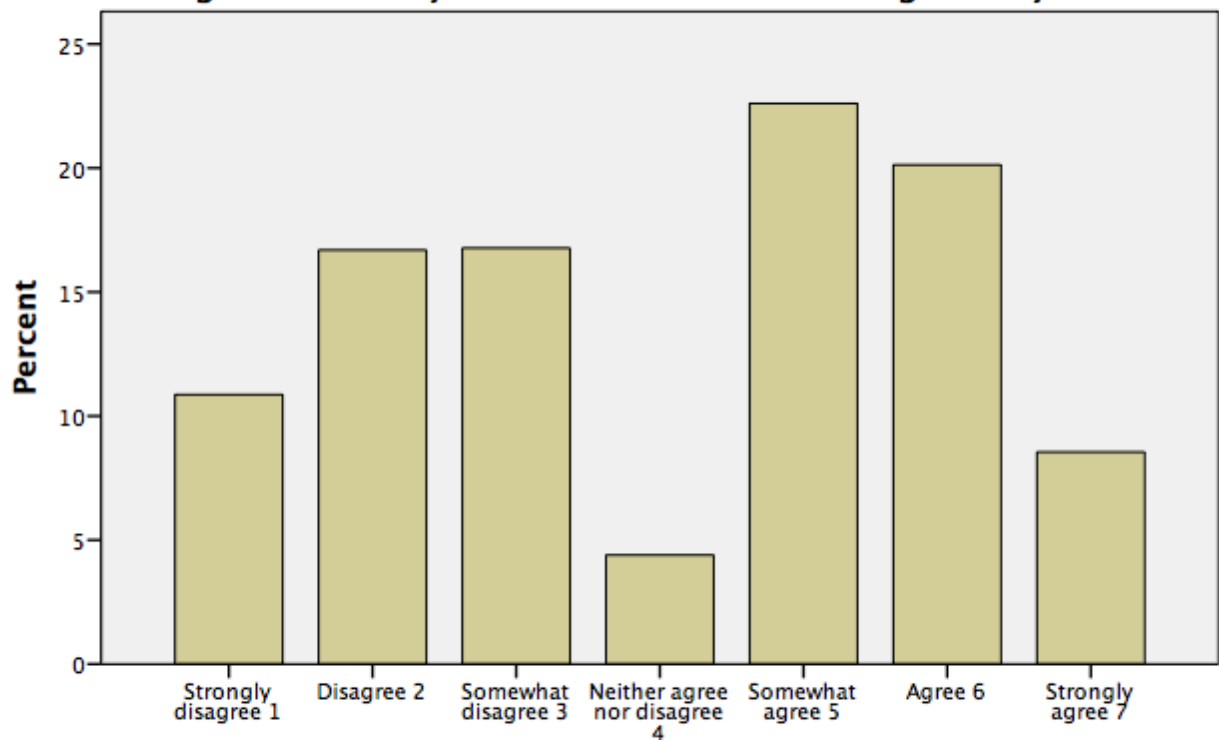


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Basic Needs

Had enough sleep

Please indicate how much you agree or disagree with each of the following statements. –Over the past week, I’ve had enough sleep at night to feel fully alert and well-rested during the day



Please indicate how much you agree or disagree with each of the following statements. –Over the past week, I’ve had enough sleep at night to feel fully alert and well-rested during the day



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Have enough sleep—breakdown by student type

Group Statistics

	Are you...	N	Mean	Std. Deviation	Std. Error Mean
I've had enough sleep at night to feel fully alert and well-rested during the day	A domestic student	1122	4.00	1.897	.057
	An international student	130	4.55	1.868	.164

Domestic students report having less sleep than international students ($t=3.15$, $p=0.002$)

Have enough sleep—breakdown by gender

Group Statistics

	Gender2	N	Mean	Std. Deviation	Std. Error Mean
I've had enough sleep at night to feel fully alert and well-rested during the day	Man	368	4.16	1.823	.095
	Woman	863	4.03	1.930	.066

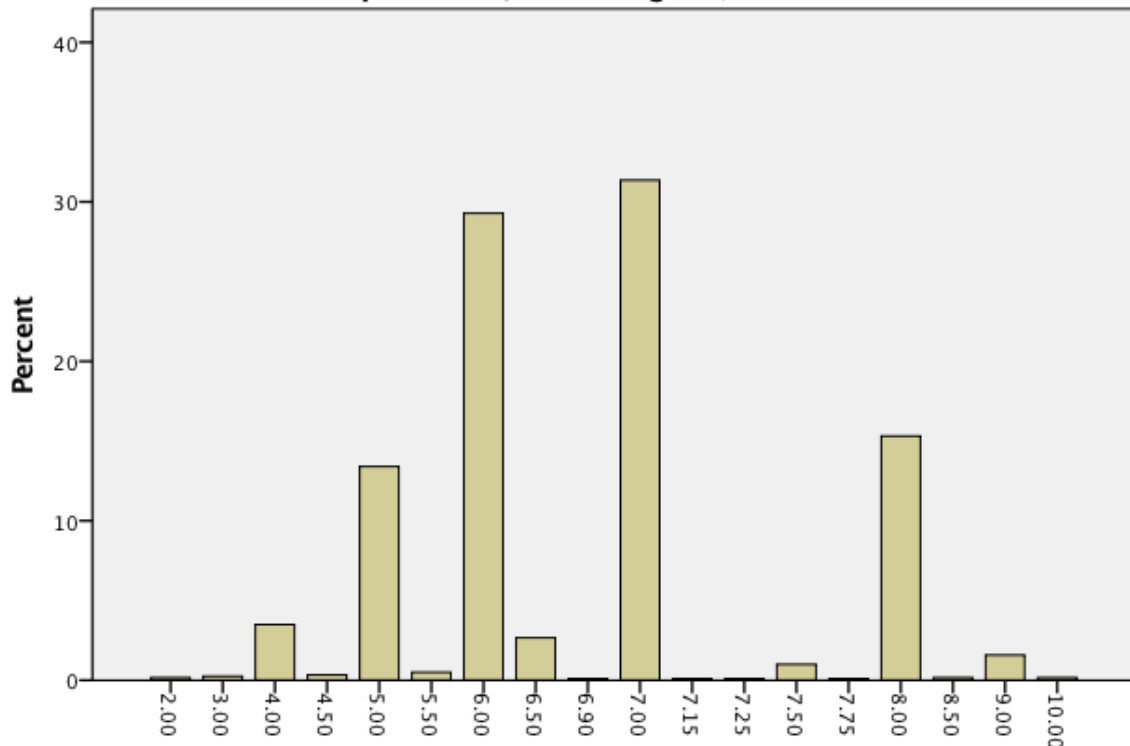
Reported sleep did not vary by gender

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Average hours slept

	N	Minimum	Maximum	Mean	Std. Deviation
About how many hours of sleep were you able to get each night over the past week, on average? (E...	1202	2.00	10.00	6.4851	1.11232
Valid N (listwise)	1202				

About how many hours of sleep were you able to get each night over the past week, on average? (E...



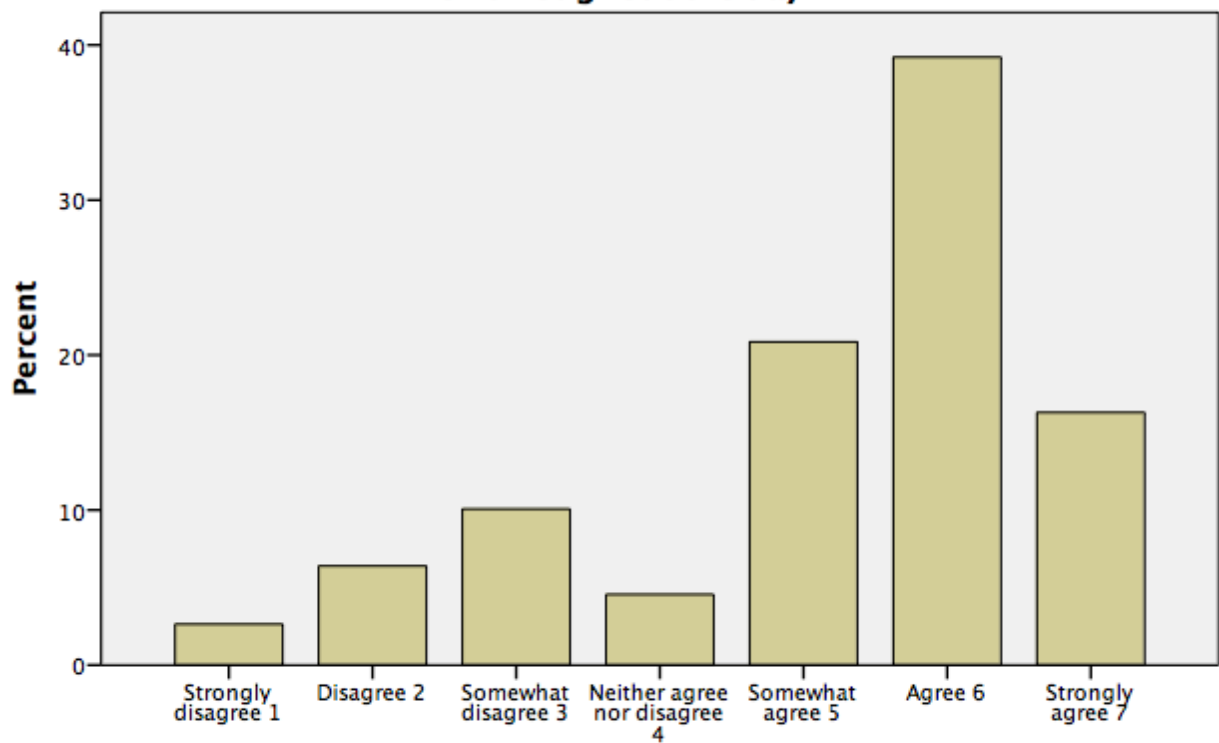
About how many hours of sleep were you able to get each night over the past week, on average? (E...

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Had enough to eat

N	Valid	1252
	Missing	2
Mean		5.17
Median		6.00
Std. Deviation		1.569

Please indicate how much you agree or disagree with each of the following statements. –Over the past week, I’ve eaten enough to feel well throughout the day



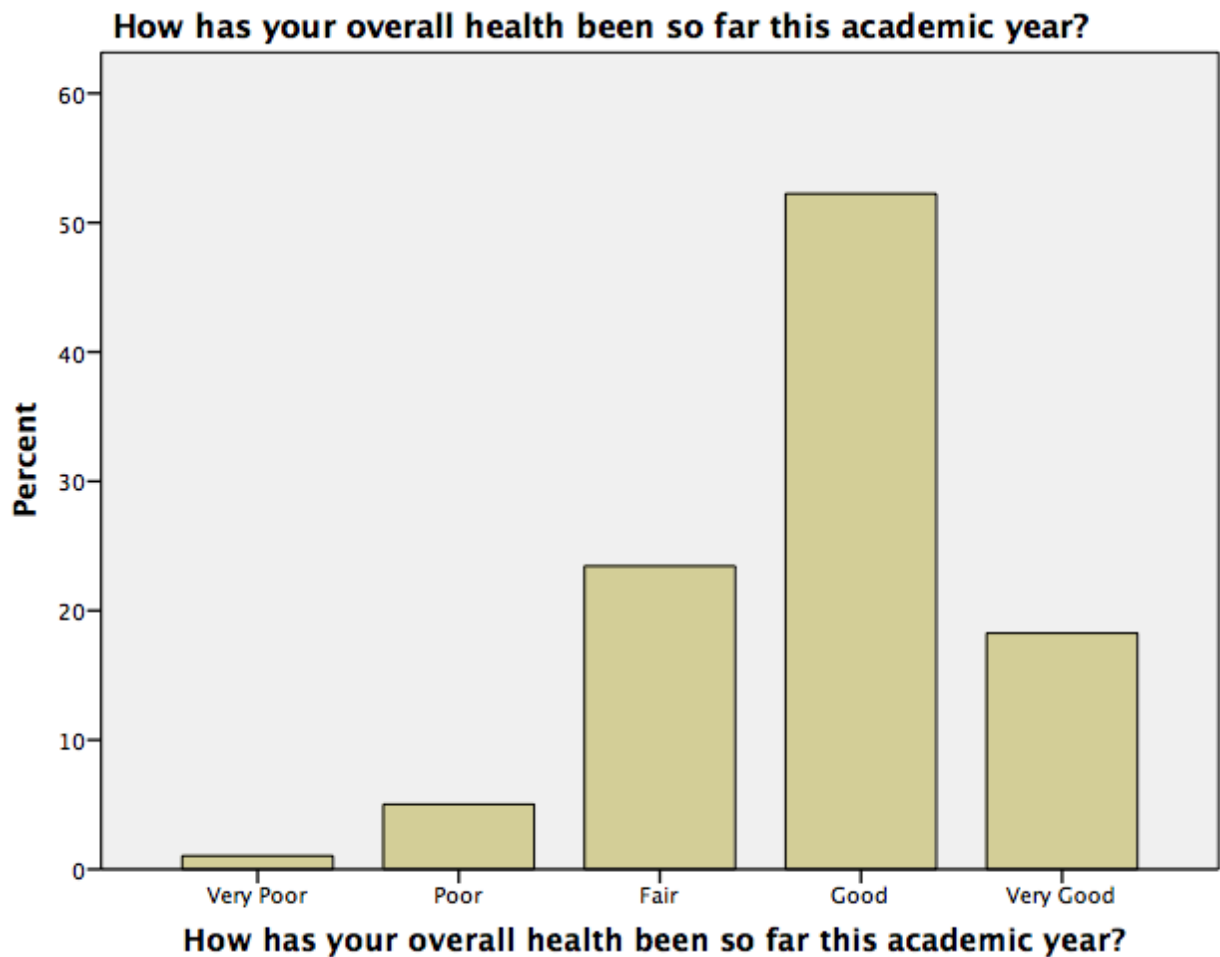
Please indicate how much you agree or disagree with each of the following statements. –Over the past week, I’ve eaten enough to feel well throughout the day



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Overall health

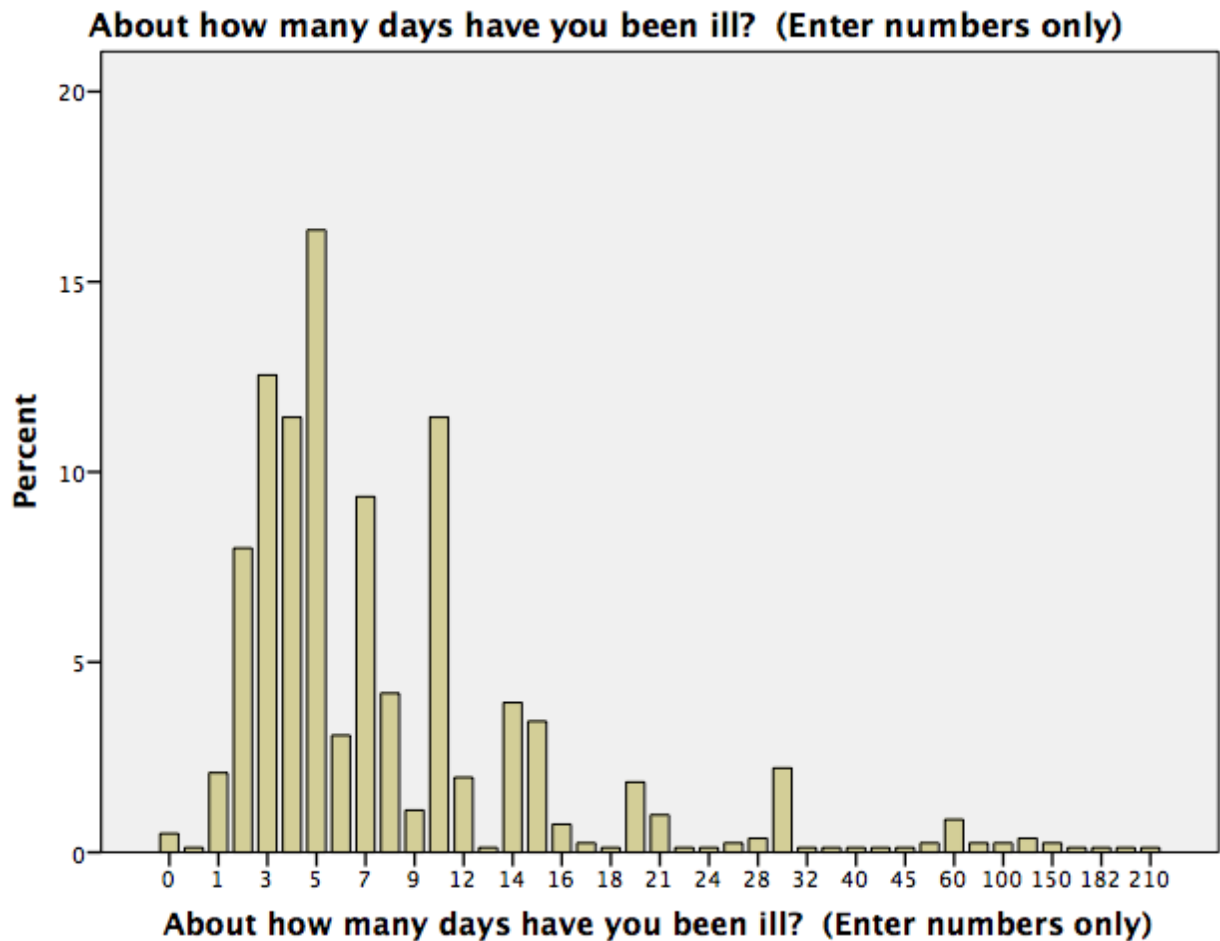
N	Valid	1254
	Missing	0
Mean		3.82
Median		4.00
Std. Deviation		.824





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Number of days sick



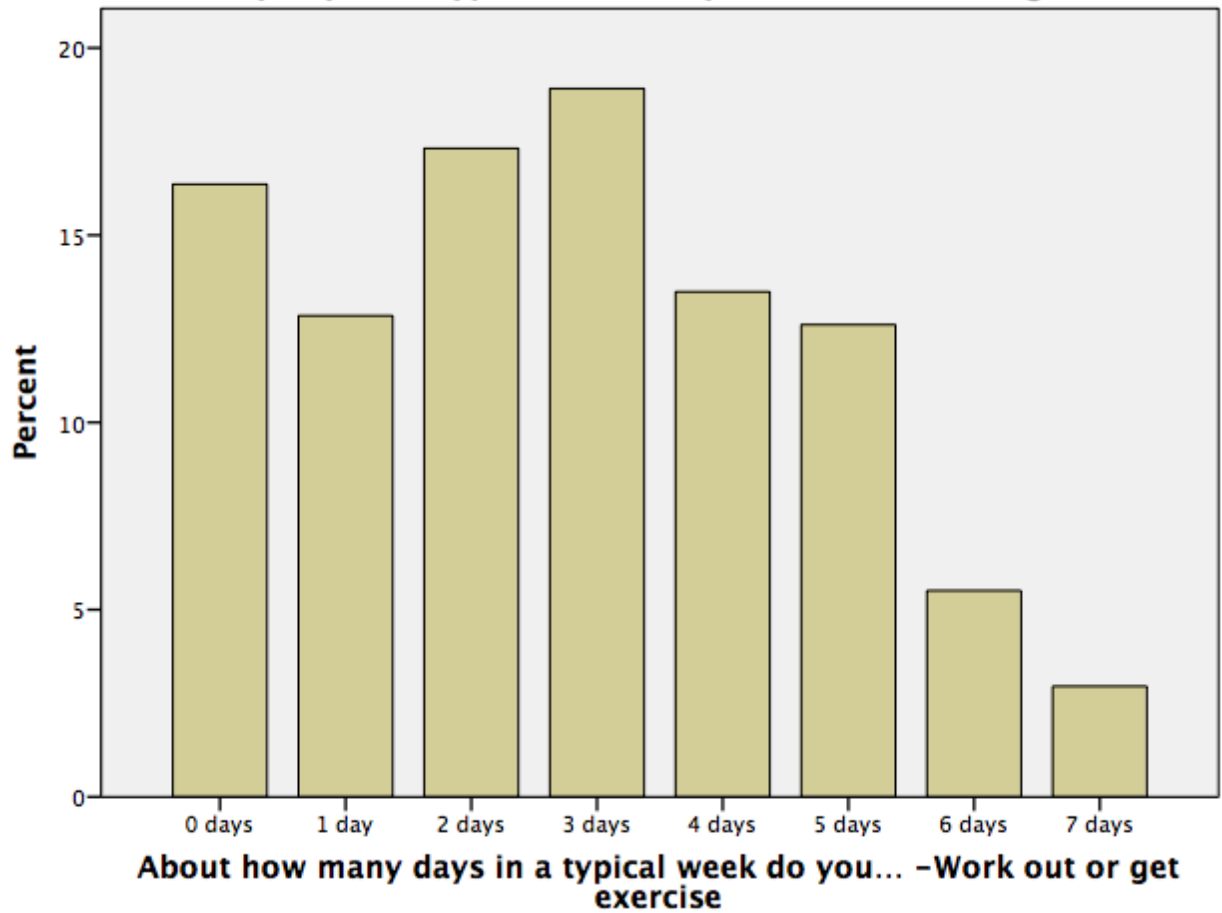
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Exercise

M=3.75

SD=1.93

About how many days in a typical week do you... -Work out or get exercise





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Socialization

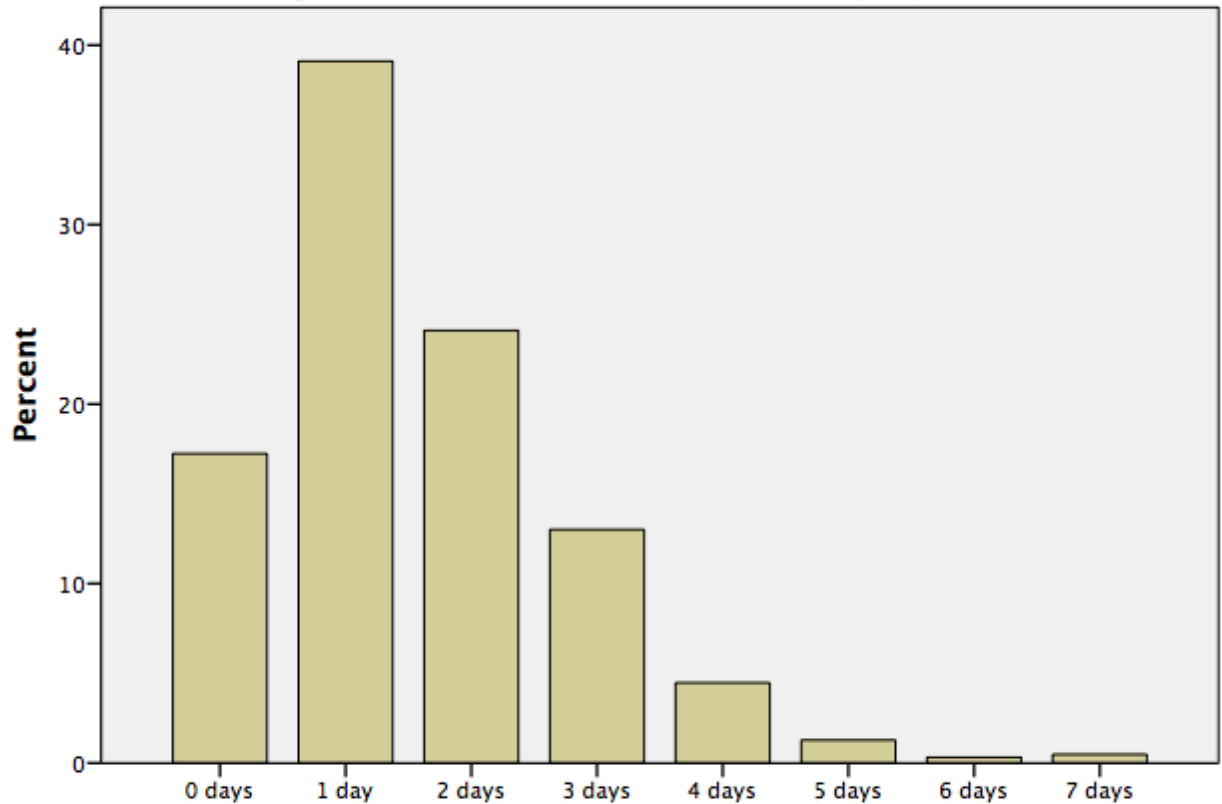
N	Valid	1253
	Missing	1
Mean		2.56
Median		2.00
Std. Deviation		1.217

**About how many days in a typical week do you
participate in social outings with friends for
non-academic purposes**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0 days	216	17.2	17.2	17.2
	1 day	490	39.1	39.1	56.3
	2 days	302	24.1	24.1	80.4
	3 days	163	13.0	13.0	93.5
	4 days	56	4.5	4.5	97.9
	5 days	16	1.3	1.3	99.2
	6 days	4	.3	.3	99.5
	7 days	6	.5	.5	100.0
	Total	1253	99.9	100.0	
Missing	System	1	.1		
Total		1254	100.0		

**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**

About how many days in a typical week do you... -Participate in social outings with friends for non-academic purposes



About how many days in a typical week do you... -Participate in social outings with friends for non-academic purposes



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

N	Valid	1252
	Missing	2
Mean		3.40
Median		3.00
Std. Deviation		1.873

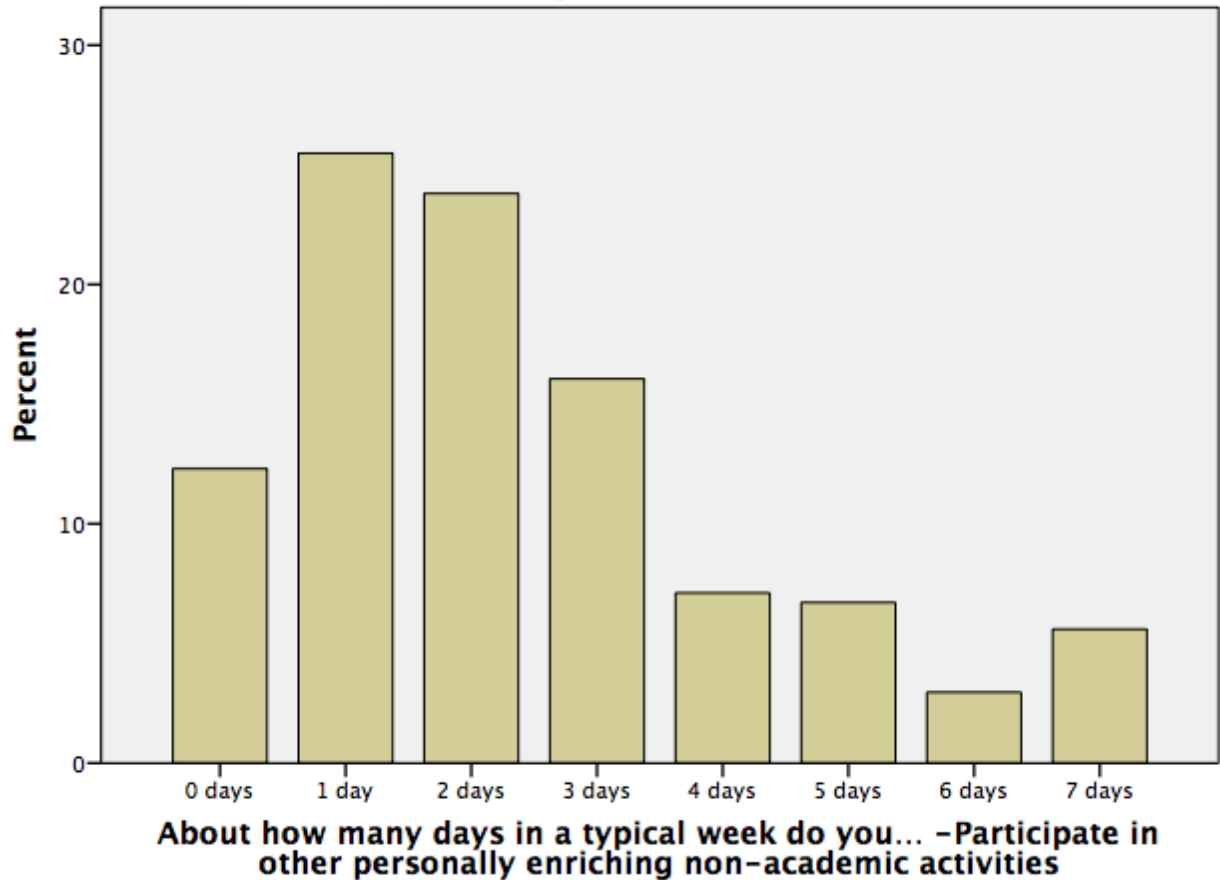
About how many days in a typical week do you participate in other personally enriching non-academic activities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0 days	154	12.3	12.3	12.3
	1 day	319	25.4	25.5	37.8
	2 days	298	23.8	23.8	61.6
	3 days	201	16.0	16.1	77.6
	4 days	89	7.1	7.1	84.7
	5 days	84	6.7	6.7	91.5
	6 days	37	3.0	3.0	94.4
	7 days	70	5.6	5.6	100.0
	Total	1252	99.8	100.0	
Missing	System	2	.2		
Total		1254	100.0		



**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**

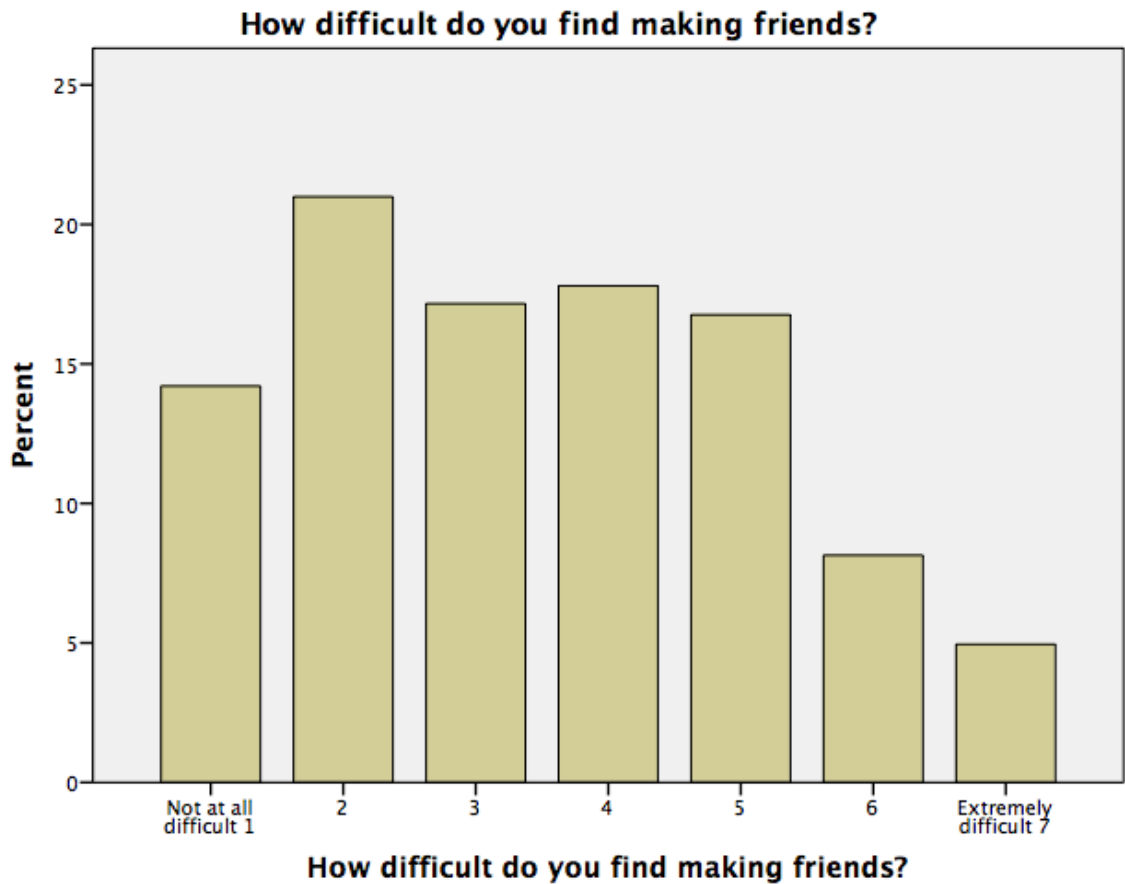
About how many days in a typical week do you... -Participate in other personally enriching non-academic activities



**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**

Dating and Relationships

Making friends





Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Making friends—Breakdown by student Type

Group Statistics

	Are you...	N	Mean	Std. Deviation	Std. Error Mean
How difficult do you find making friends?	A domestic student	1123	3.44	1.726	.052
	An international student	130	3.66	1.602	.141

Finding friends trends towards being more difficult for international students. However, this was not significantly different ($t=1.49$, $p=0.14$).

Making friends—Breakdown by Gender

Group Statistics

	Gender2	N	Mean	Std. Deviation	Std. Error Mean
How difficult do you find making friends?	Man	369	3.26	1.687	.088
	Woman	863	3.53	1.714	.058

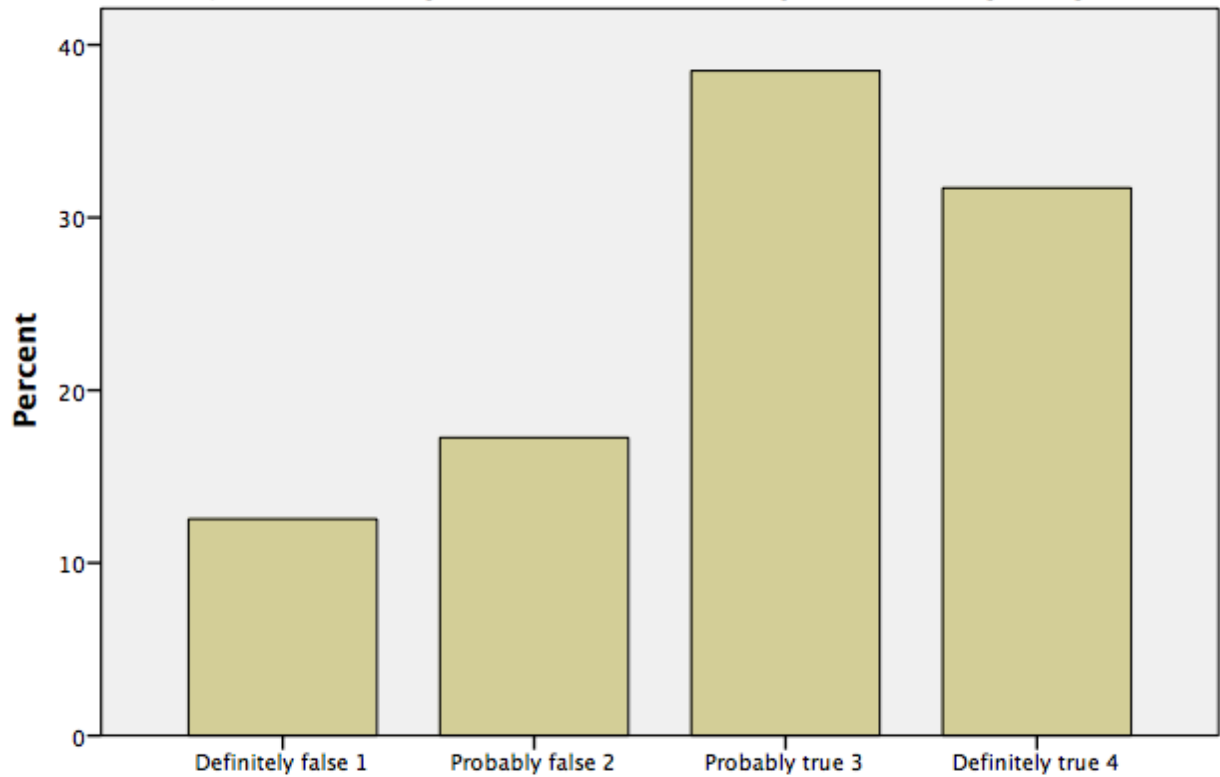
Women report significantly greater difficulty making friends compared to men ($t=2.51$, $p=0.12$).



**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**

if sick, could find someone to help with daily chores

**Please indicate whether the following statements are true or false for you.-
If I were sick, I could easily find someone to help me with my daily chores**



**Please indicate whether the following statements are true or false for
you.-If I were sick, I could easily find someone to help me with my
daily chores**



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

If sick, could find someone to help with daily chores—Breakdown by student type

Are you...	N	Mean	Std. Deviation	Std. Error Mean
A domestic student	1122	2.92	.988	.029
An international student	130	2.64	.980	.086

Domestic student report being able to find help more easily than international students ($t=3.13$, $p=0.002$).

If sick, could find someone to help with daily chores—Breakdown by gender

Gender2	N	Mean	Std. Deviation	Std. Error Mean
Man	368	2.89	.970	.051
Woman	863	2.91	.998	.034

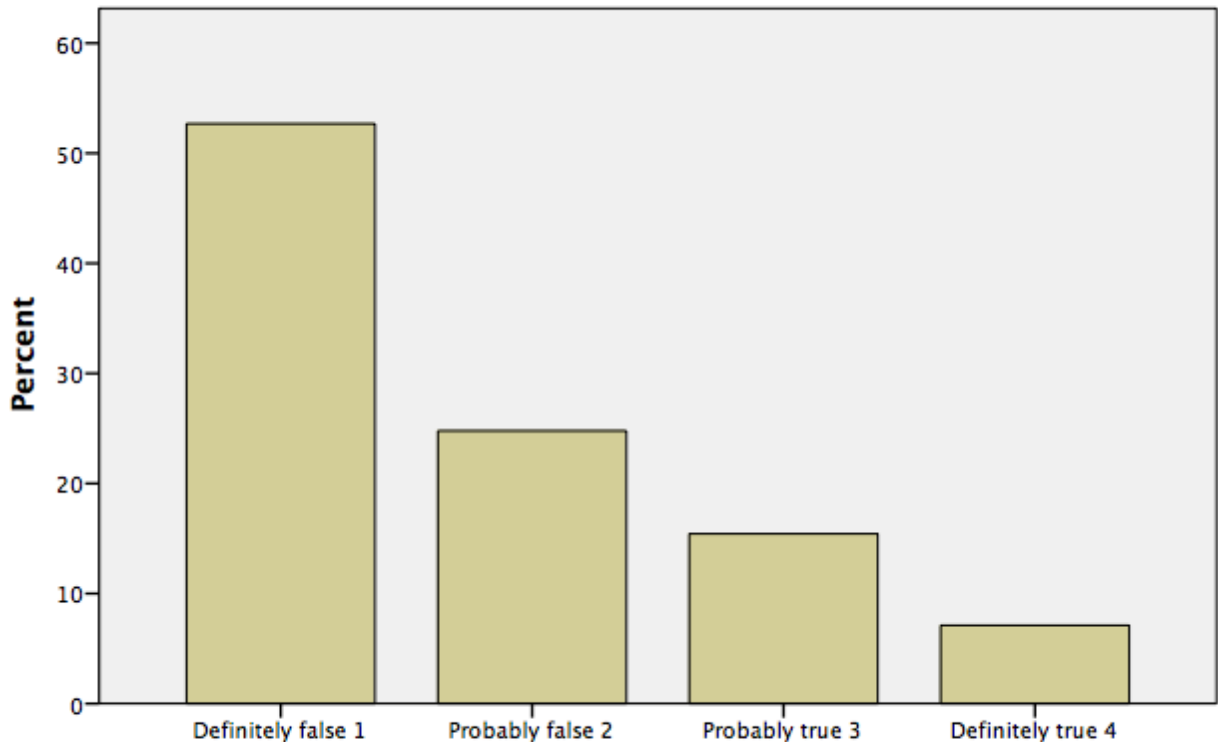
This did not vary by gender, however ($t=0.41$, $p=0.68$)



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

I feel there is no one I can share private worries and fears with

**Please indicate whether the following statements are true or false for you.-
I feel that there is no one I can share my most private worries and fears
with**



**Please indicate whether the following statements are true or false for
you.-I feel that there is no one I can share my most private worries
and fears with**

Correlation:

Correlations

	Find help if sick	Share fears/worries
Find help if sick		
Pearson	1	-.386**
Correlation		
Sig. (2-tailed)		.000
N	1252	1251

** . Correlation is significant at the 0.01 level (2-tailed).



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

I feel there is no one I can share private worries and fears with—breakdown by student type

Are you...	N	Mean	Std. Deviation	Std. Error Mean
A domestic student	1121	1.73	.948	.028
An international student	130	2.08	.969	.085

Domestic student report ability to share worries and fears more easily than international students ($t=3.83$, $p<0.001$).

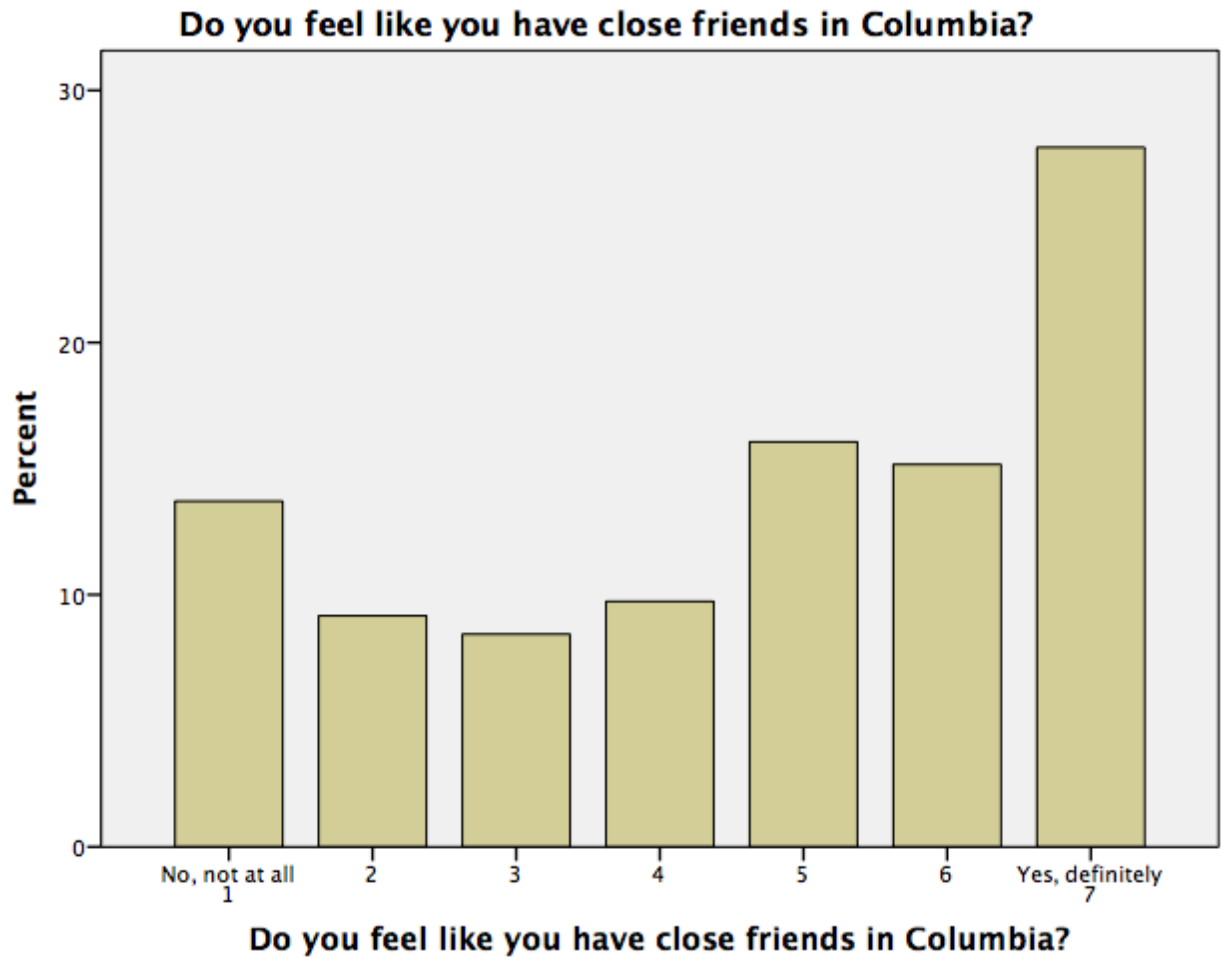
I feel there is no one I can share private worries and fears with—breakdown by gender

Gender2	N	Mean	Std. Deviation	Std. Error Mean
Man	367	1.81	.995	.052
Woman	863	1.74	.937	.032

Men and women report comparable ability to share worries and fears with others ($t=1.11$, $p=0.26$).

**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**

Friends in Columbia





Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Friends in Columbia—By student type

Group Statistics

	Are you...	N	Mean	Std. Deviation	Std. Error Mean
Do you feel like you have close friends in Columbia?	A domestic student	1104	4.63	2.152	.065
	An international student	129	4.55	2.023	.178

Domestic and International students report friends in Columbia at comparable rates ($t=0.38$, $p=0.71$).

Friends in Columbia—By gender

Group Statistics

	Gender2	N	Mean	Std. Deviation	Std. Error Mean
Do you feel like you have close friends in Columbia?	Man	366	4.64	2.106	.110
	Woman	846	4.62	2.148	.074

No difference between men and women ($t=0.18$, $p=0.86$).



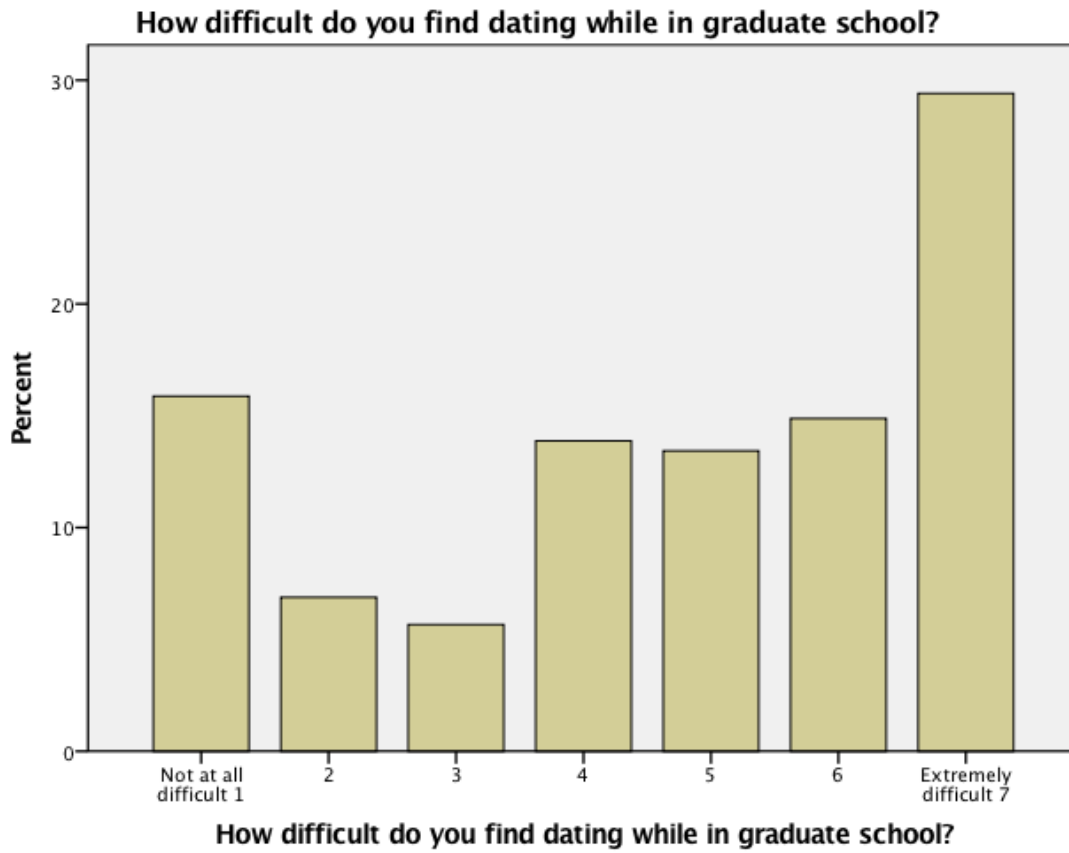
Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Dating

N	Valid	901
	Missing	353
Mean		4.64
Median		5.00
Std. Deviation		2.174

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Not at all difficult 1	143	11.4	15.9	15.9
	2	62	4.9	6.9	22.8
	3	51	4.1	5.7	28.4
	4	125	10.0	13.9	42.3
	5	121	9.6	13.4	55.7
	6	134	10.7	14.9	70.6
	Extremely difficult 7	265	21.1	29.4	100.0
	Total	901	71.9	100.0	
Missing	System	353	28.1		
Total		1254	100.0		

**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**





Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Dating—Breakdown by student type

Are you...	N	Mean	Std. Deviation	Std. Error Mean
A domestic student	794	4.62	2.200	.078
An international student	107	4.84	1.972	.191

International students trend towards having a more difficult time dating, but the difference is not significantly different ($t=1.09$, $p=0.32$).

Dating—Breakdown by gender

Gender2	N	Mean	Std. Deviation	Std. Error Mean
Man	282	4.43	2.191	.130
Woman	604	4.75	2.161	.088

Women report more difficulty in dating ($t=2.03$, $p=0.04$).



**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**

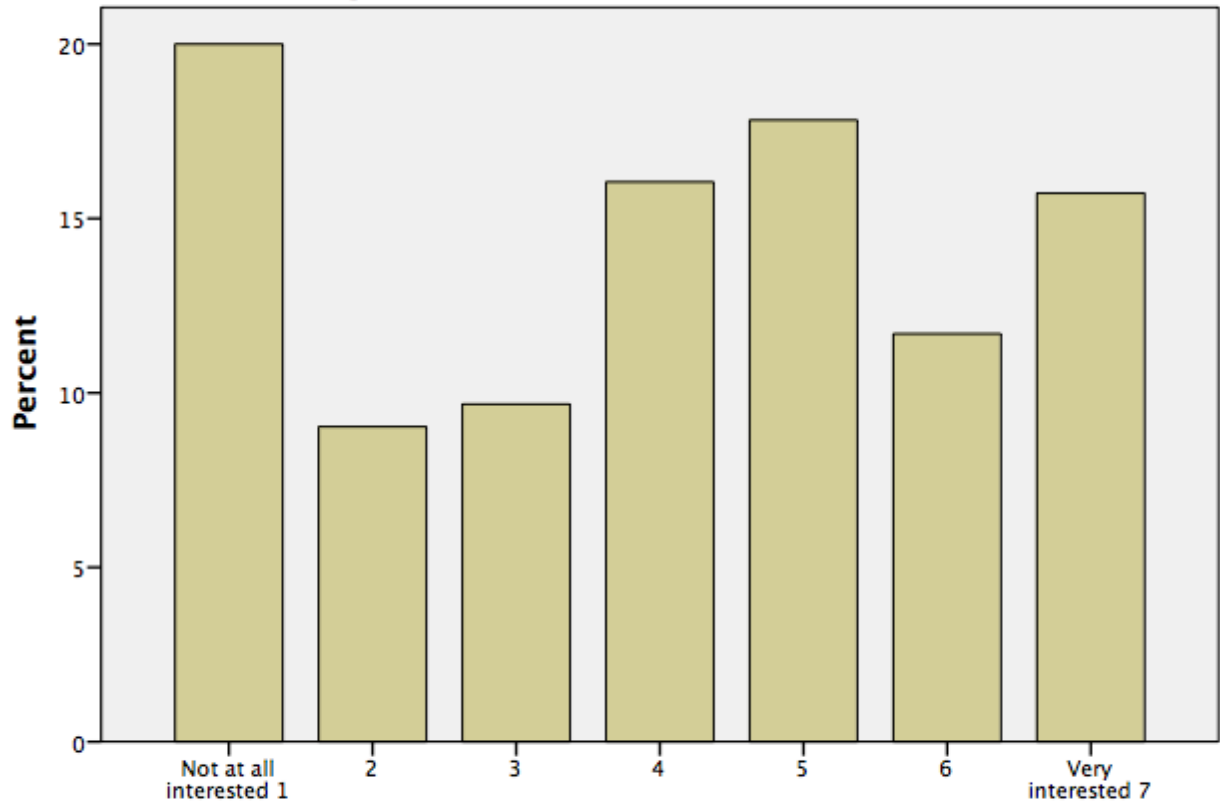
NotDating

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I am not currently dating (e.g., I have a partner, do not currently have time, etc.)	901	71.9	93.3	93.3
	I have no interest in romantic relationships	65	5.2	6.7	100.0
	Total	966	77.0	100.0	
Missing	System	288	23.0		
Total		1254	100.0		



**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**

How interested would you be in a program or event to help meet other graduate students for...-Friends

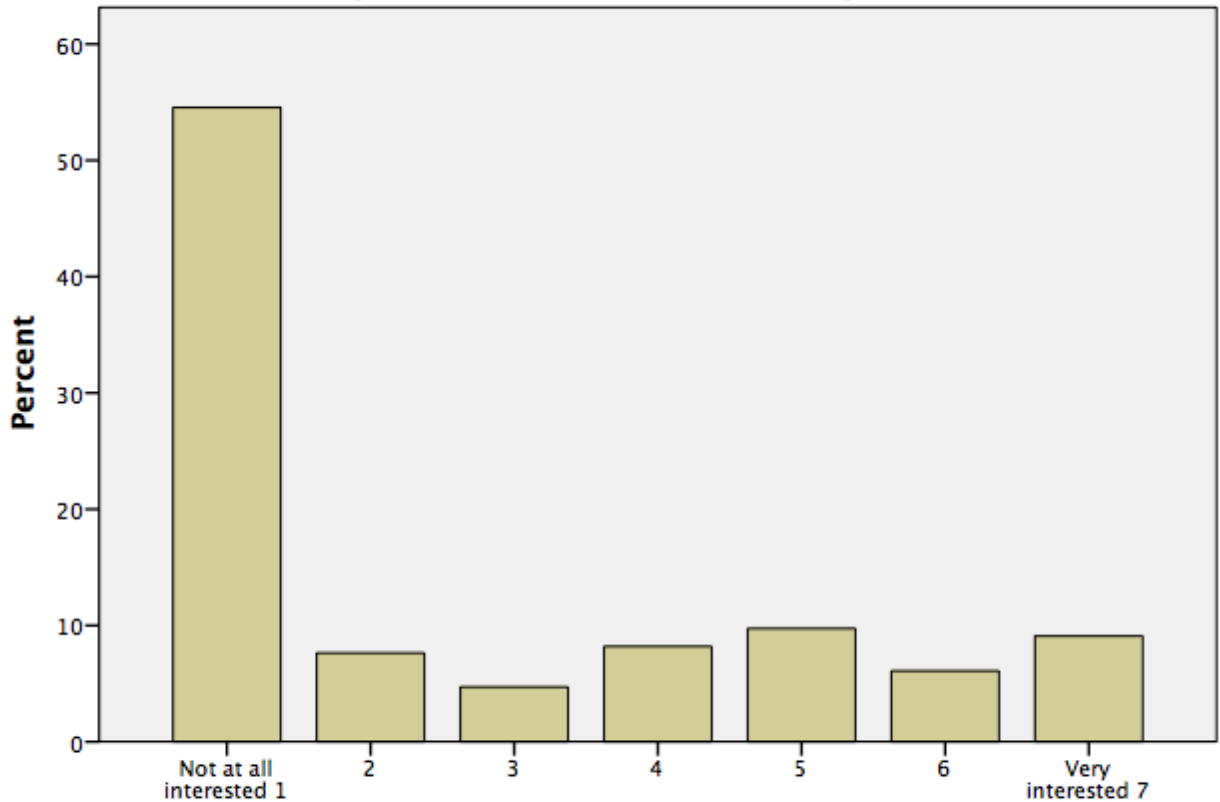


How interested would you be in a program or event to help meet other graduate students for...-Friends



**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**

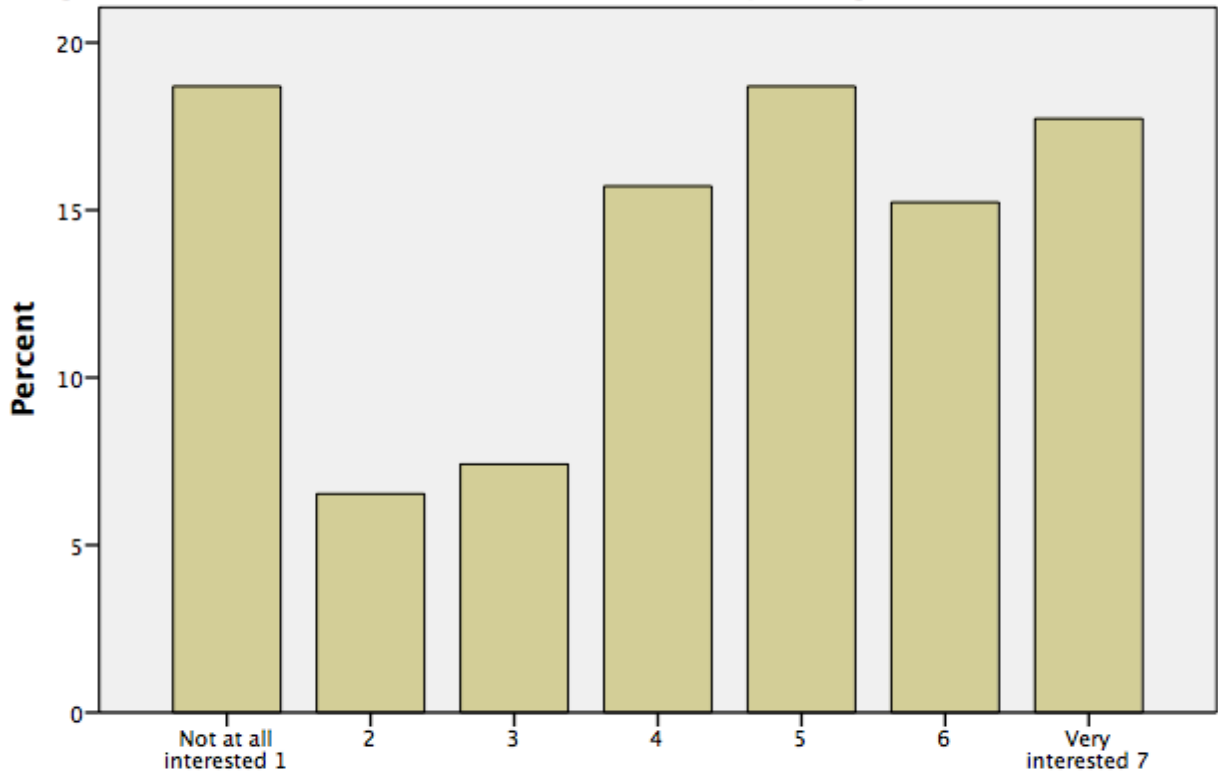
How interested would you be in a program or event to help meet other graduate students for...-Dating



How interested would you be in a program or event to help meet other graduate students for...-Dating

**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**

How interested would you be in a program or event to help meet other graduate students for...-Social activities (sports, games, clubs, etc.)



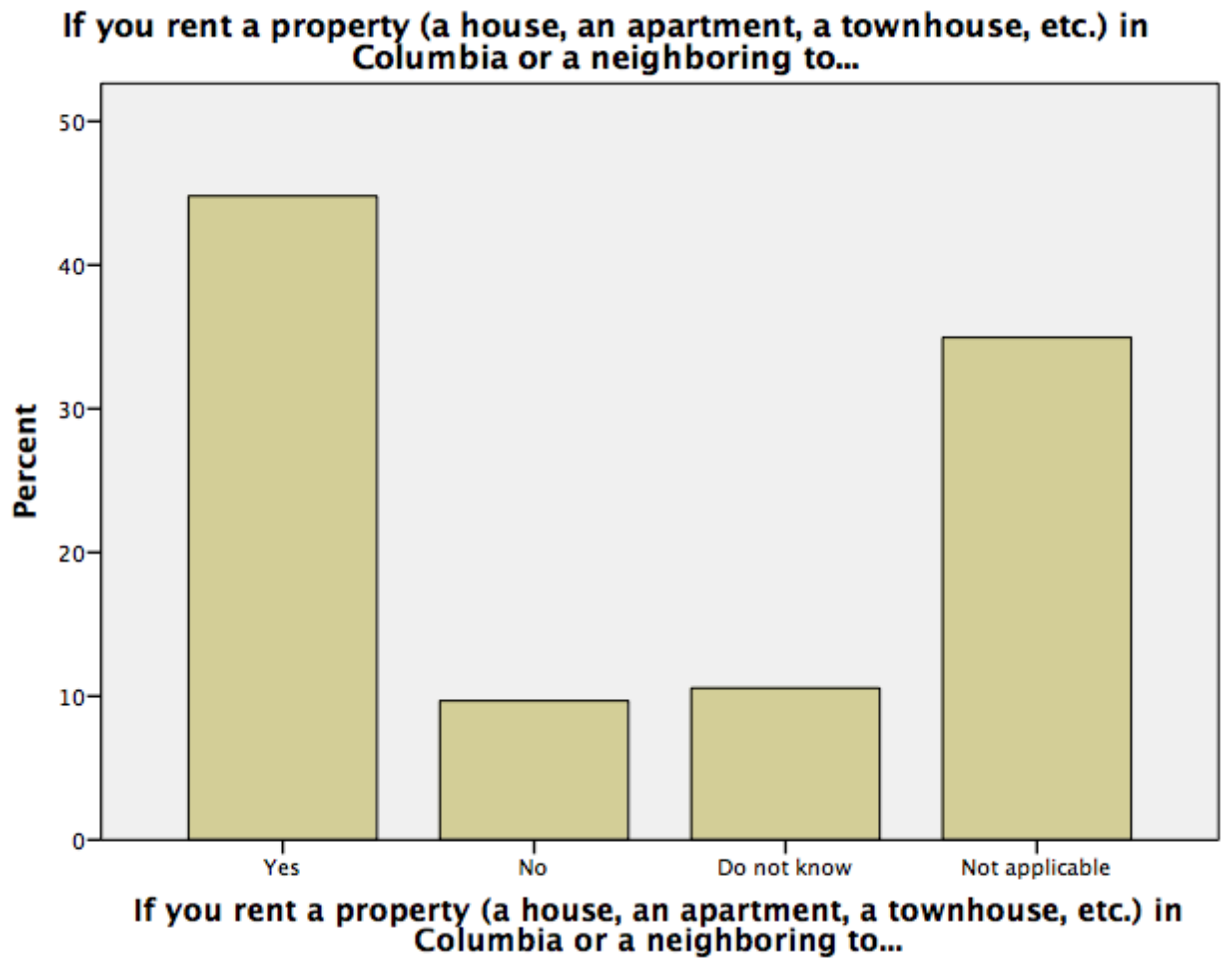
How interested would you be in a program or event to help meet other graduate students for...-Social activities (sports, games, clubs, etc.)



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Renting and landlord violations

Given due advance notice



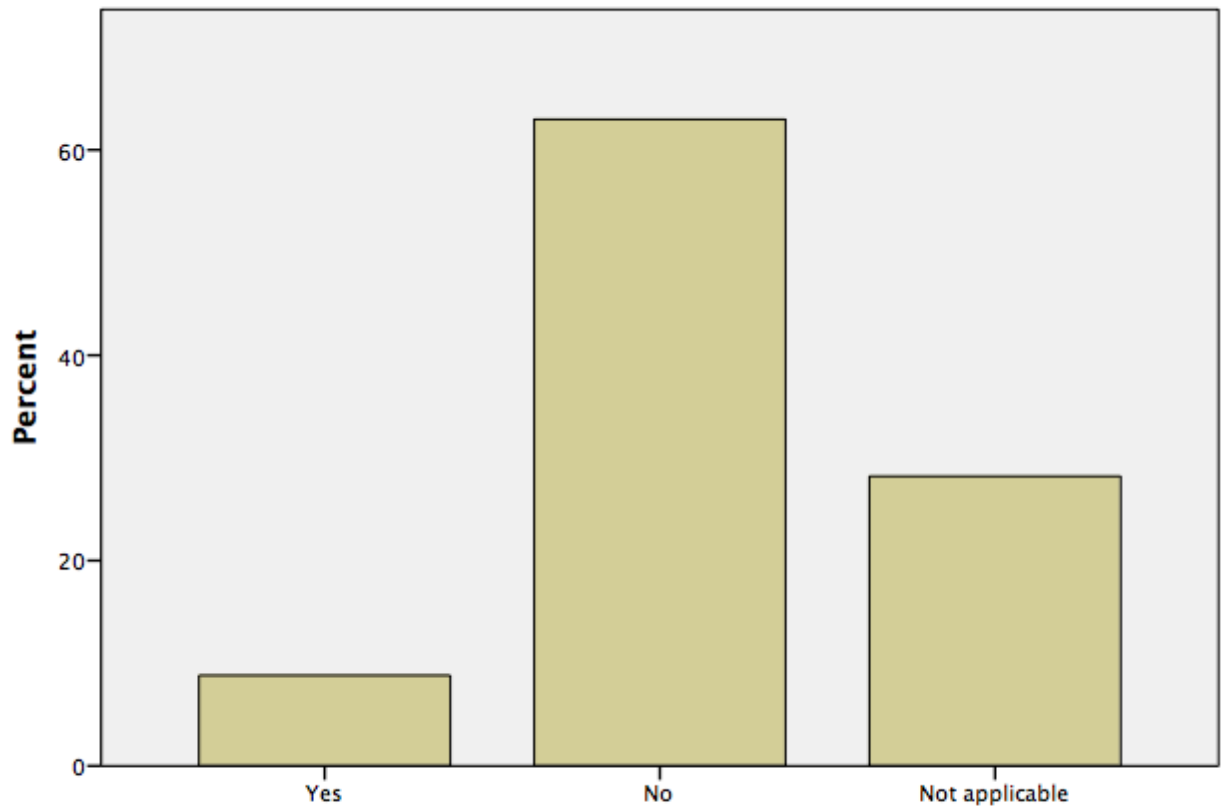
-9.5% of men and 11% of women report NOT receiving due notice—no gender difference evident



**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**

Inappropriately charge to see a property

Have you ever had to pay a rental agency a fee (i.e. \$25, \$50, or \$75) to see and conduct a walk...



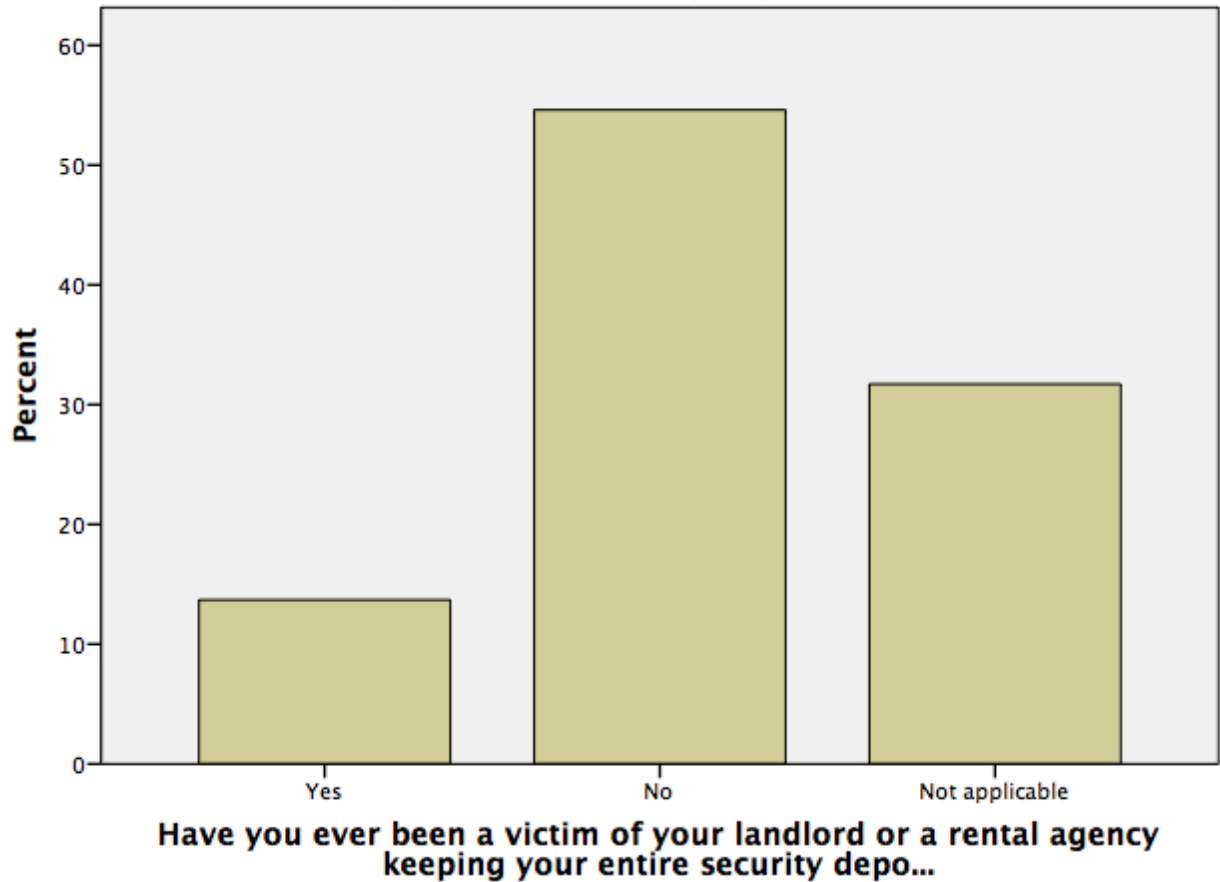
**Have you ever had to pay a rental agency a fee (i.e. \$25, \$50, or \$75)
to see and conduct a walk...**



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Inappropriately keeping security deposit

Have you ever been a victim of your landlord or a rental agency keeping your entire security depo...



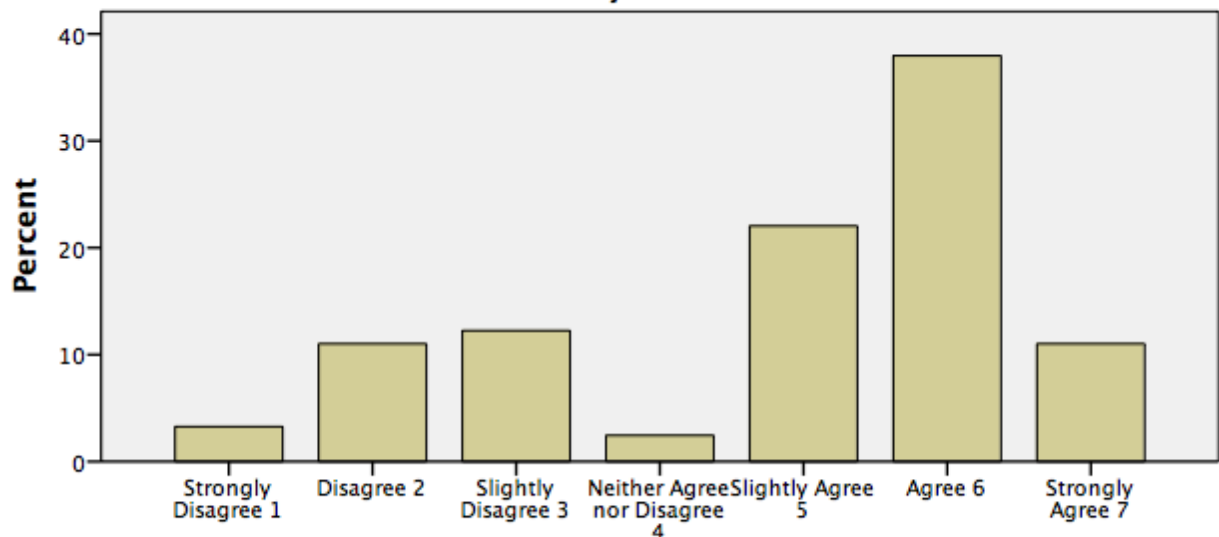


Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Student Parents and Parenting Needs

Ability to balance work and family life

If you are a parent or caregiver, please indicate how much you agree or disagree with each of the...–I'm able to balance my work and my family life



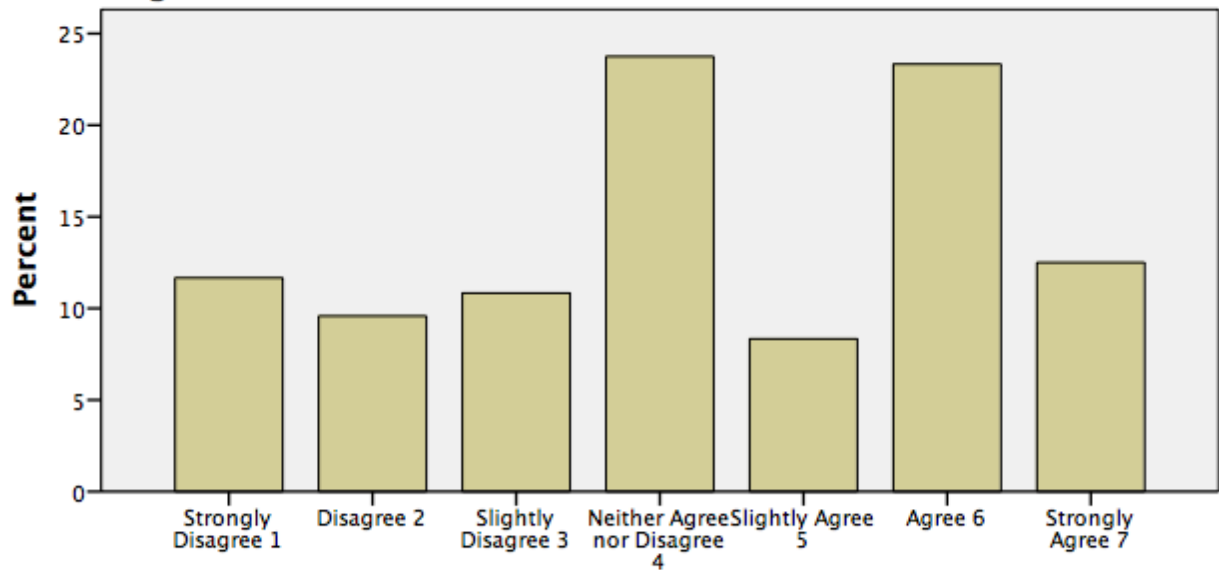
If you are a parent or caregiver, please indicate how much you agree or disagree with each of the...–I'm able to balance my work and my family life



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Access to affordable childcare

If you are a parent or caregiver, please indicate how much you agree or disagree with each of the...-I have access to affordable childcare



If you are a parent or caregiver, please indicate how much you agree or disagree with each of the...-I have access to affordable childcare



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

These correlations indicate that there is a positive relationship between gross household income and ability to afford childcare, as well as with other metrics. Importantly, however, these correlations are modest.

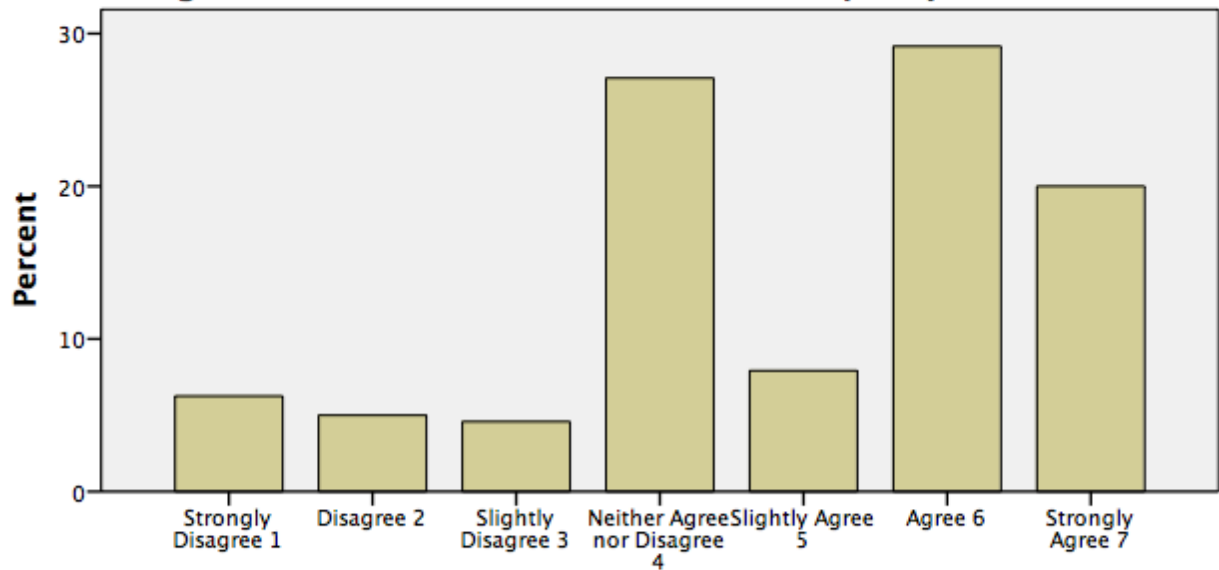
Gross household Income	1
	1240
Affordable	.216**
	.001
	237
Work-Life Balance	.115
	.075
	242
Quality Care	.310**
	.000
	237
Sufficient Care	.181**
	.005
	237



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Access to quality childcare

If you are a parent or caregiver, please indicate how much you agree or disagree with each of the...-I have access to quality childcare

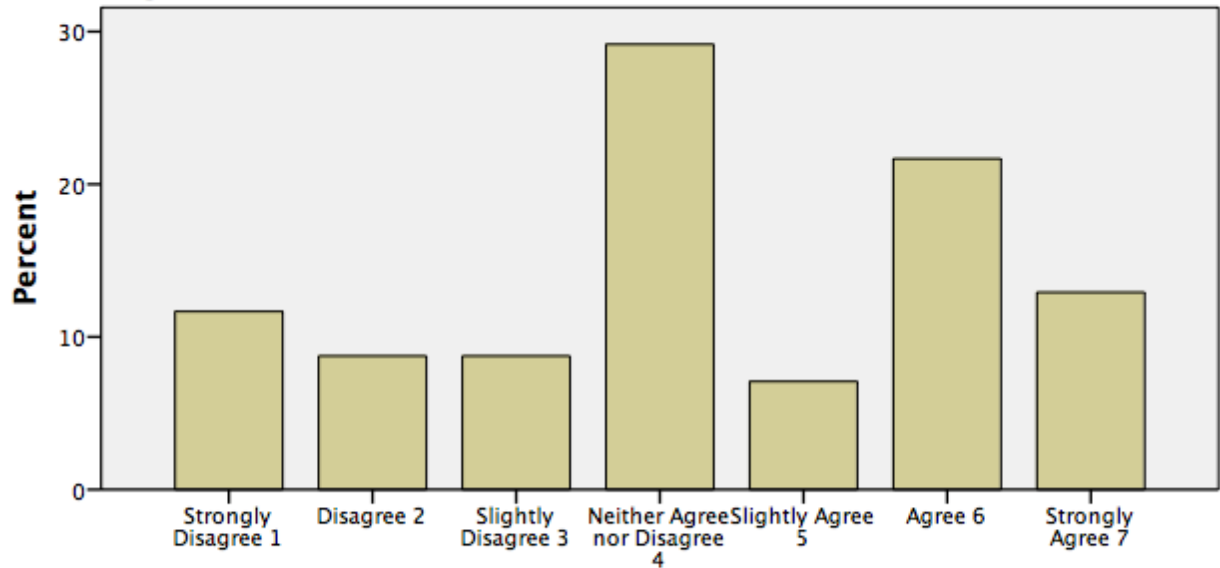


If you are a parent or caregiver, please indicate how much you agree or disagree with each of the...-I have access to quality childcare

**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**

Sufficient childcare

If you are a parent or caregiver, please indicate how much you agree or disagree with each of the...-There is sufficient childcare available



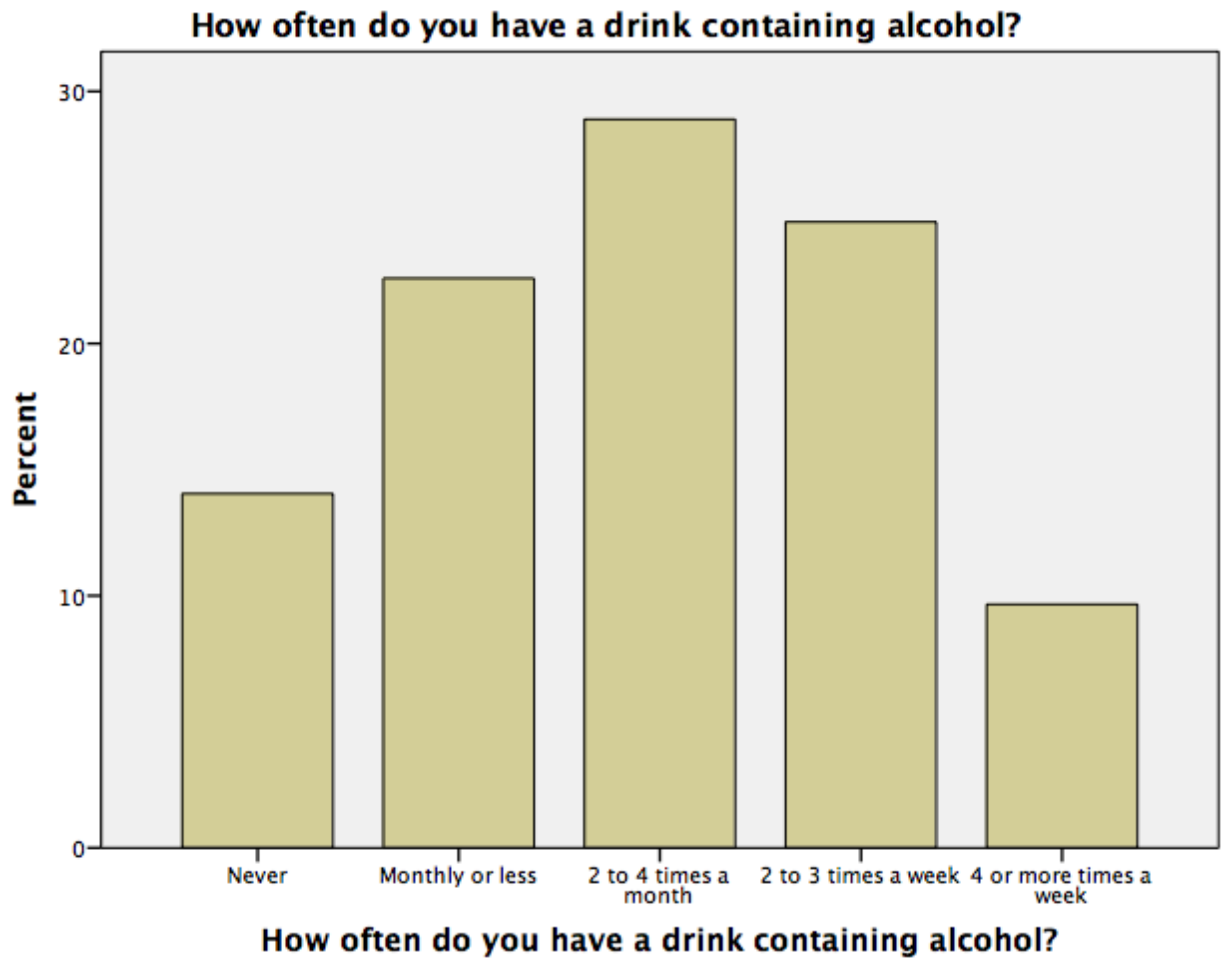
If you are a parent or caregiver, please indicate how much you agree or disagree with each of the...-There is sufficient childcare available



**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**

Substance Use

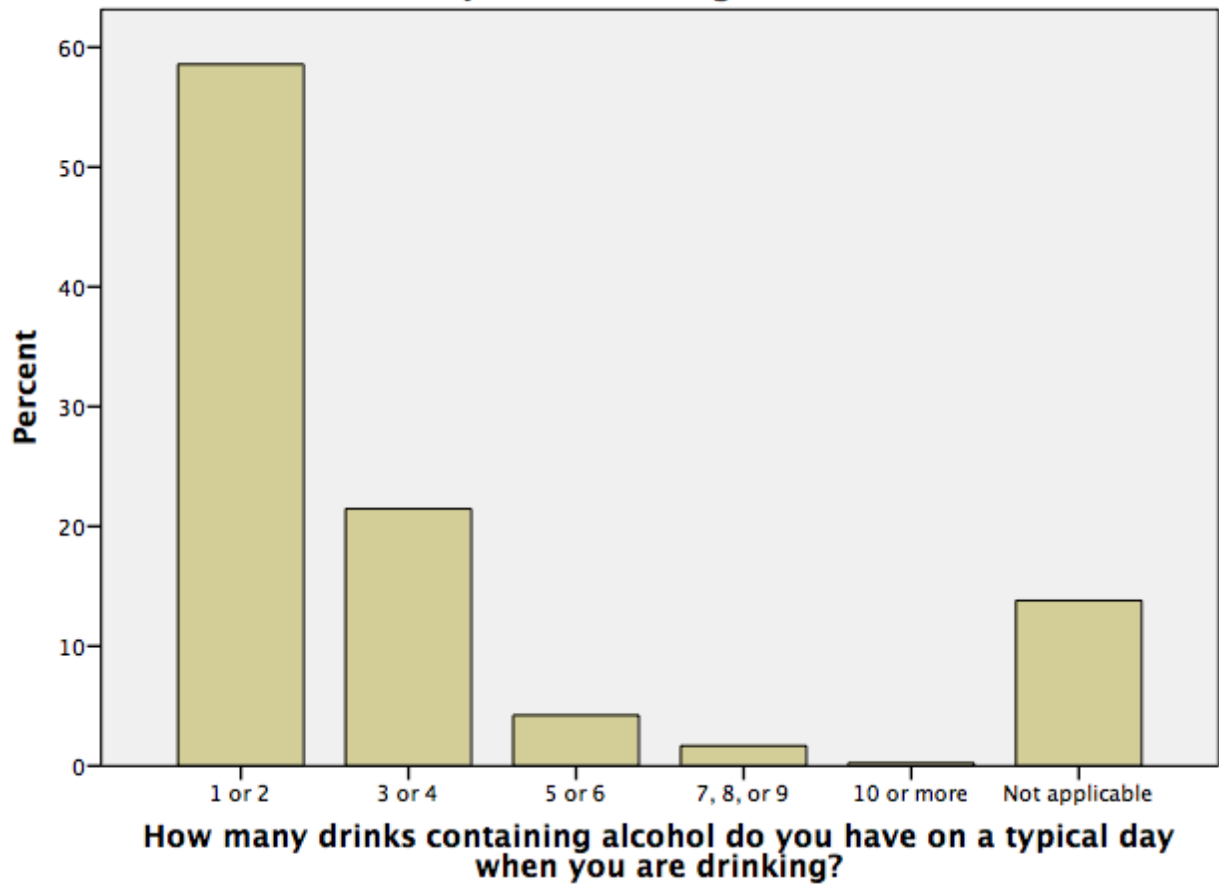
Alcohol



**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**

Number of drinks in a typical day when drinking

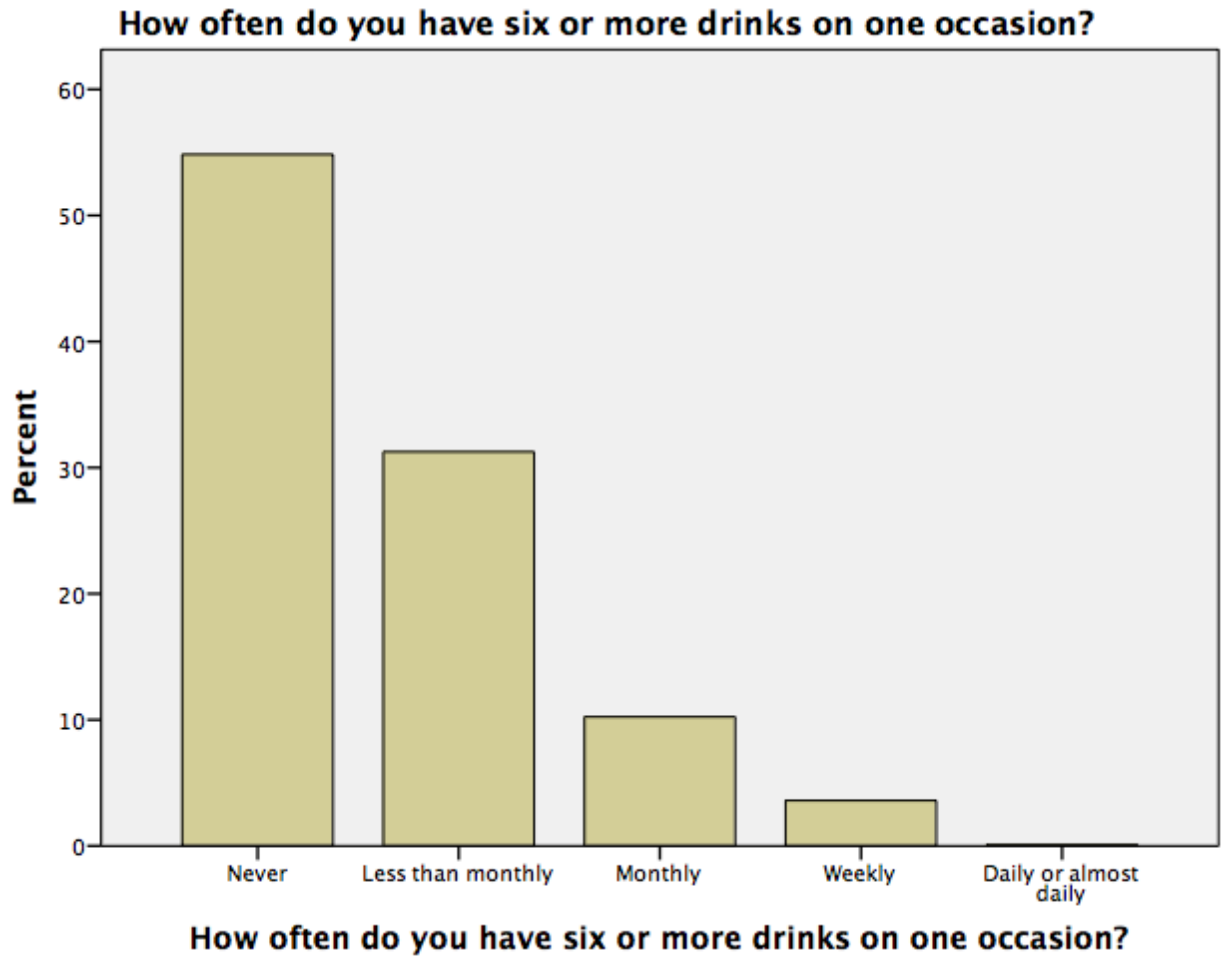
How many drinks containing alcohol do you have on a typical day when you are drinking?





Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

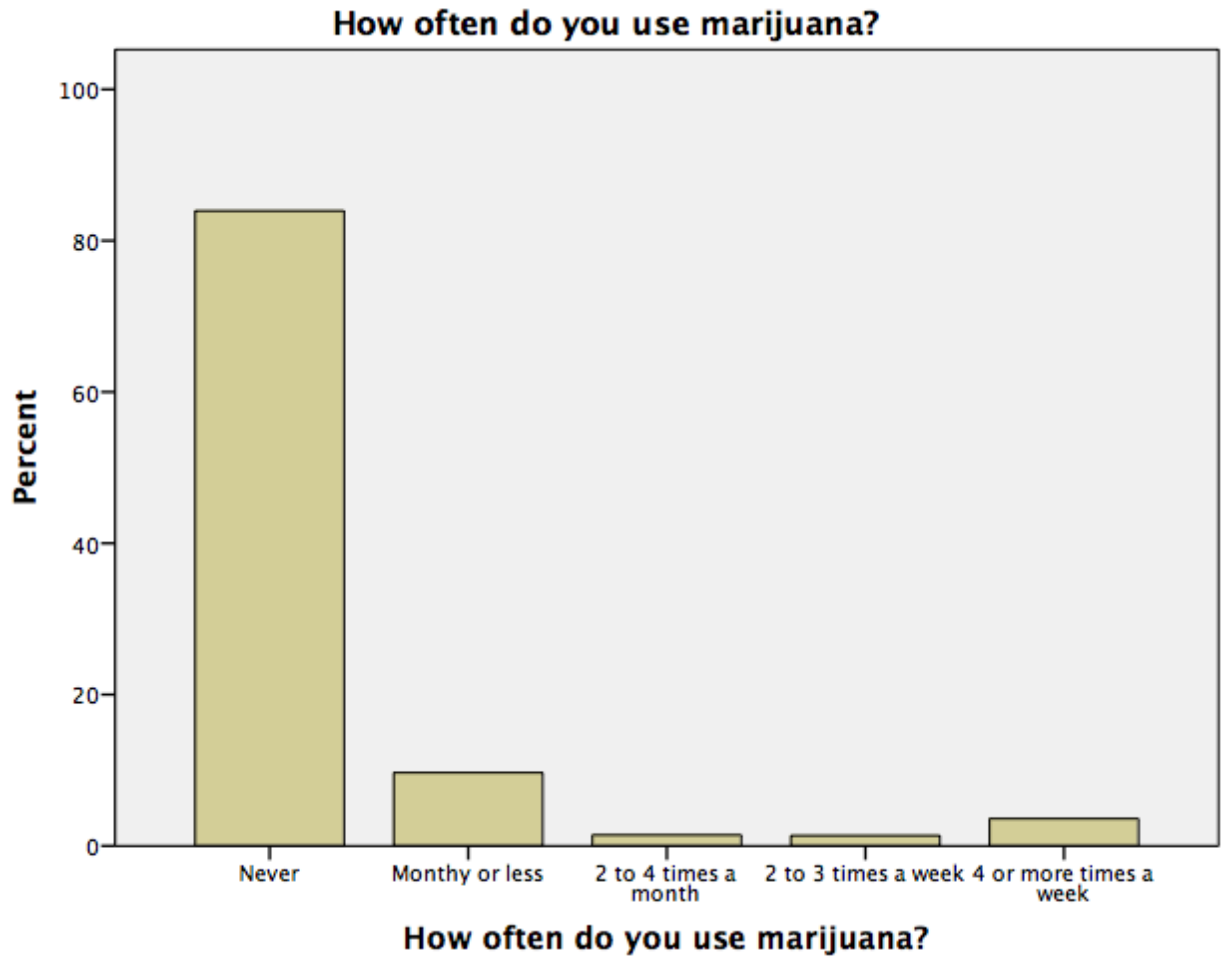
Binge Drinking





Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

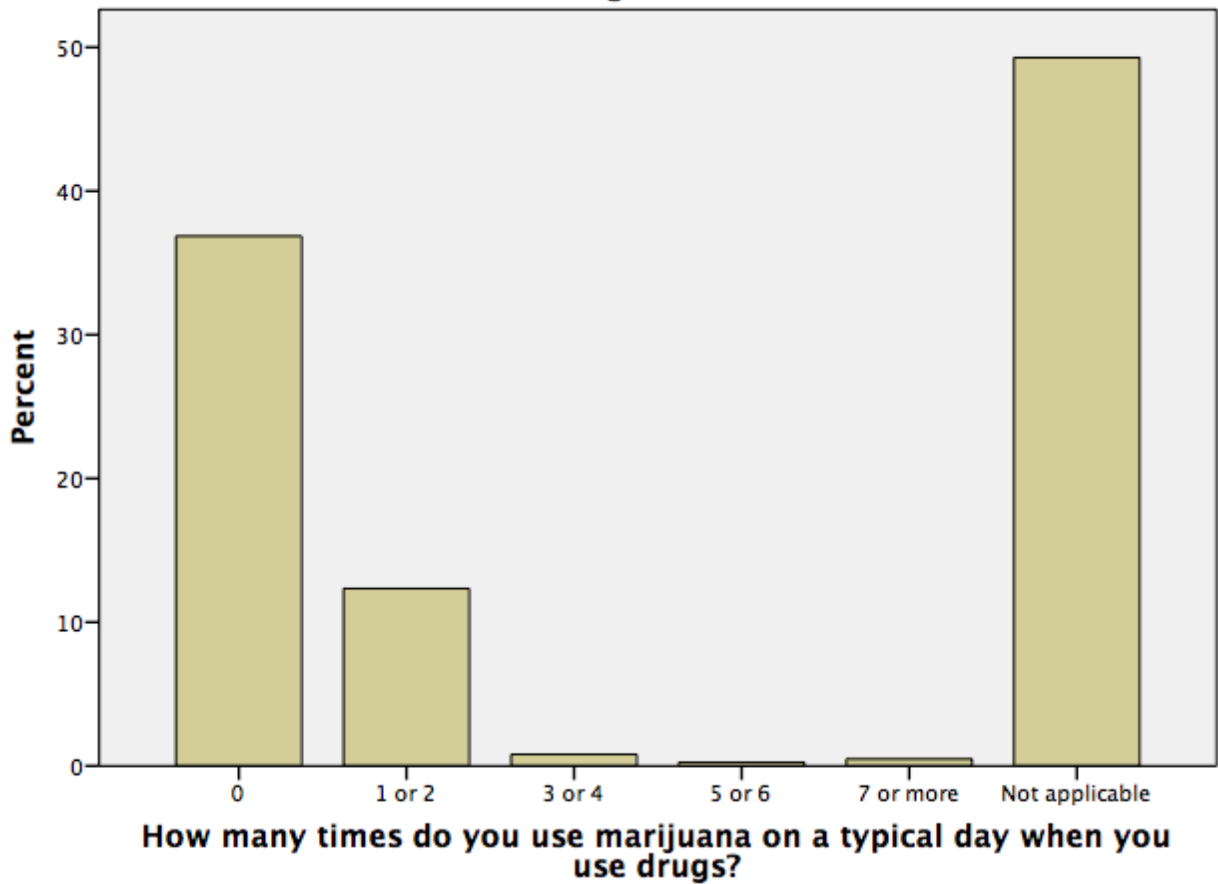
Cannabis use



**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**

Use rate on typical day when using Cannabis

How many times do you use marijuana on a typical day when you use drugs?

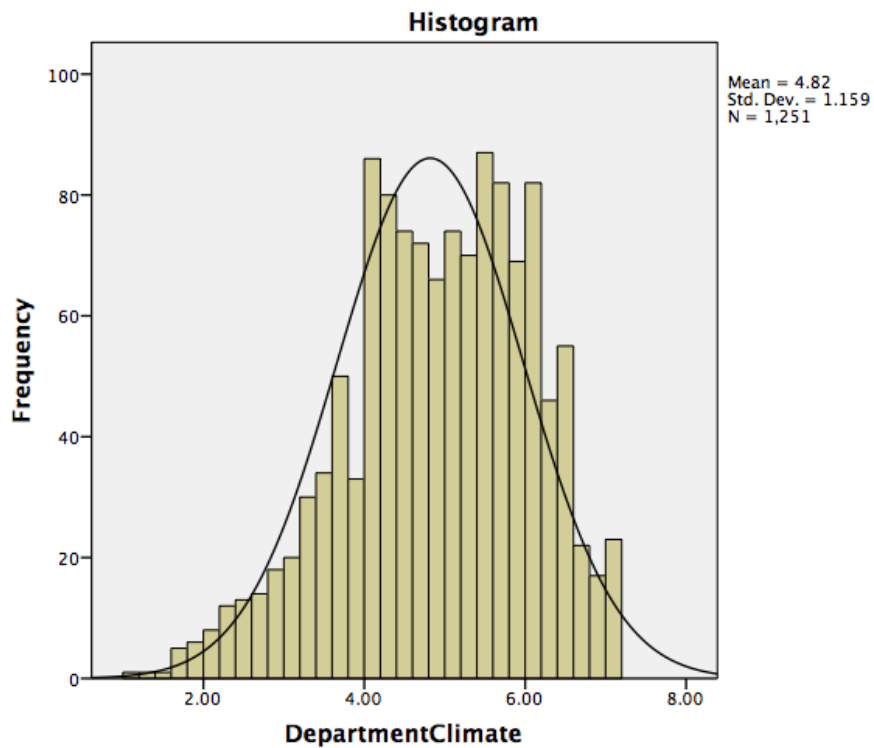


Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Department and Advisor Climate

Department Climate

N	Valid	1251
	Missing	3
Mean		4.8192
Median		5.0000
Std. Deviation		1.15937
Skewness		-.411
Std. Error of Skewness		.069
Kurtosis		-.227
Std. Error of Kurtosis		.138





Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Does Department climate vary by gender?

Non-significant, yet marginal trend ($t=1.67$, $p=0.09$). Men report better departmental climate.

Group Statistics

	How do you describe yourself?	N	Mean	Std. Deviation	Std. Error Mean
DepartmentClimate	Man	369	4.9148	1.12528	.05858
	Woman	861	4.7945	1.16647	.03975

Does Department climate vary by student type?

Apparently, yes ($t=-2.21$, $p=0.03$). Graduate students report better department climates.

Group Statistics

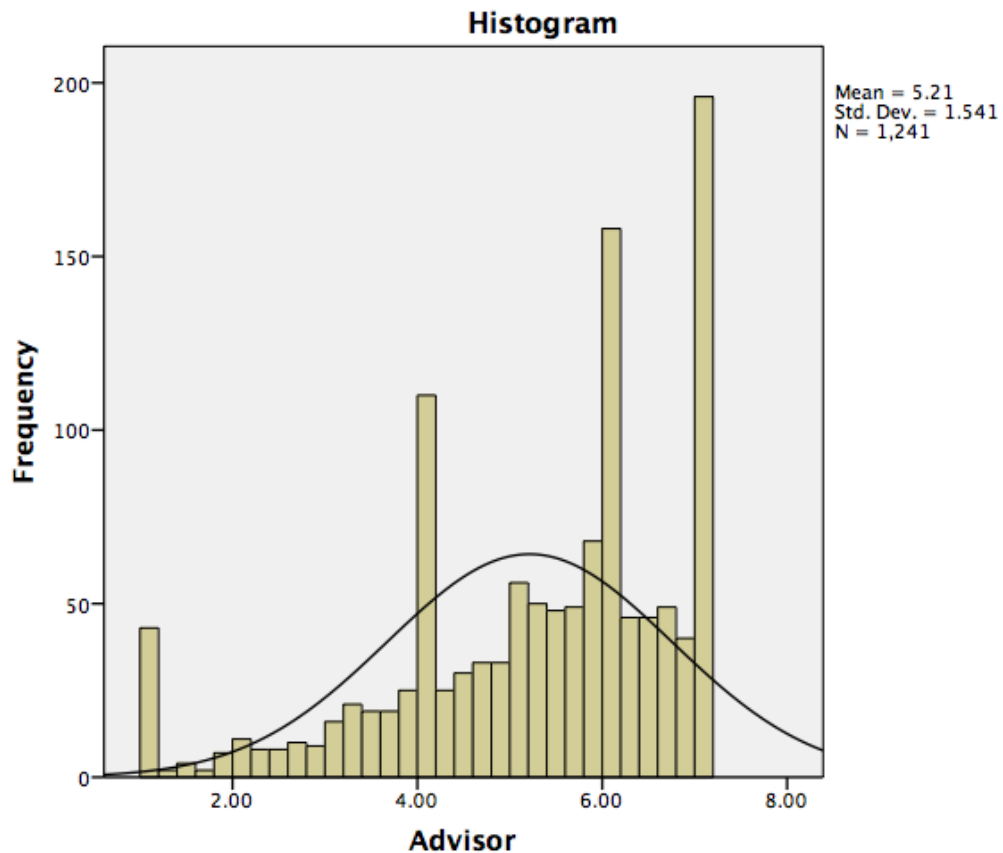
	Are you a...	N	Mean	Std. Deviation	Std. Error Mean
DepartmentClimate	Professional student	223	4.6668	1.16219	.07783
	Graduate student	1027	4.8550	1.15380	.03600

**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**

Relationship with Advisor

Advisor

N	Valid	1241
	Missing	13
Mean		5.2139
Median		5.6000
Std. Deviation		1.54113
Skewness		-.937
Std. Error of Skewness		.069
Kurtosis		.354
Std. Error of Kurtosis		.139





Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Does Advisor vary by gender?

Yes. Men report better overall relationships with their advisor ($t=-3.3$, $p=0.001$)

Group Statistics

	How do you describe yourself?	N	Mean	Std. Deviation	Std. Error Mean
Advisor	Man	368	5.4291	1.42119	.07408
	Woman	852	5.1224	1.58252	.05422

-Does Advisor vary by student type?

Yes, very clearly ($t=-5.15$, $p<.001$). Graduate students report better relationships with advisors.

Group Statistics

	Are you a...	N	Mean	Std. Deviation	Std. Error Mean
Advisor	Professional student	213	4.7268	1.55609	.10662
	Graduate student	1027	5.3174	1.51773	.04736



**Graduate and Professional Student Happiness and Well-Being Survey
Spring 2017**

Correlation between Department and Advisor

Correlations

	Department Climate	Advisor
Pearson Correlation	1	.381**
Sig. (2-tailed)		.000
N	1251	1238

** . Correlation is significant at the 0.01 level (2-tailed).



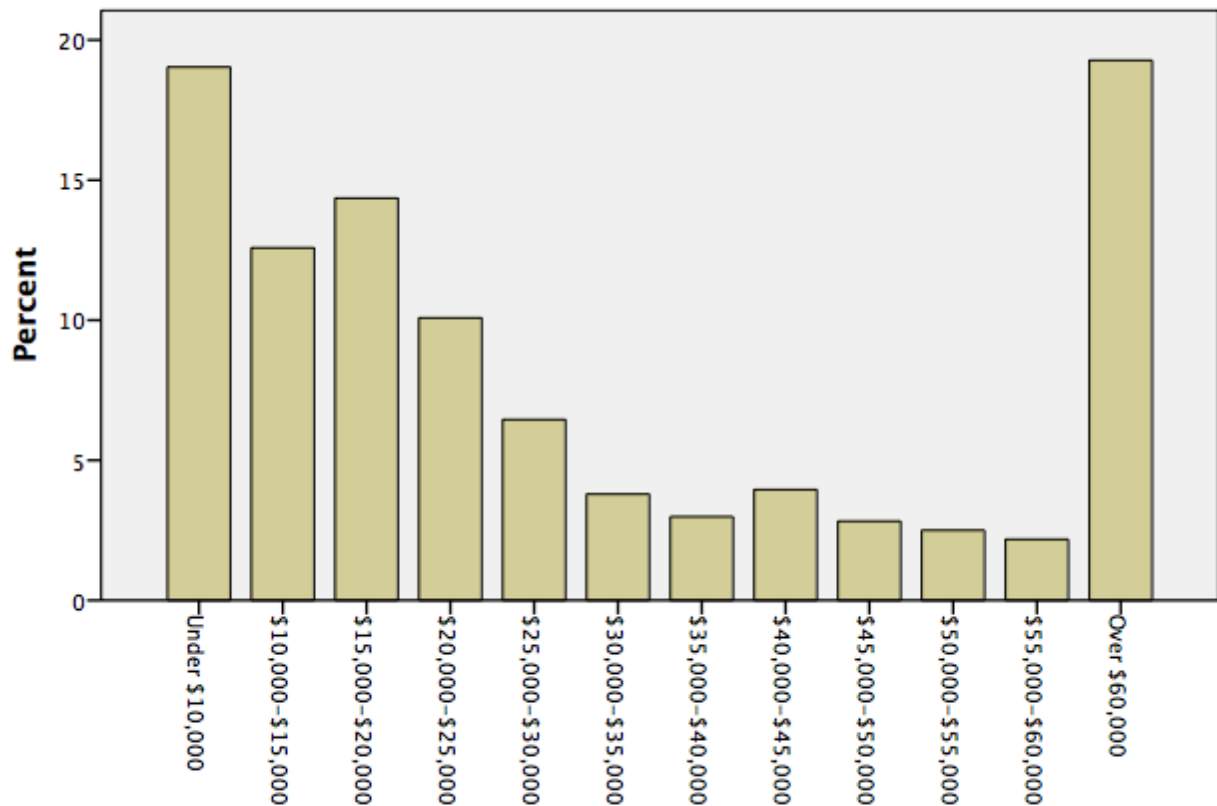
Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Funding, costs, and Debt

Income

N	Valid	1240
	Missing	14
Mean		5.41
Median		4.00
Std. Deviation		4.064
Skewness		.598
Std. Error of Skewness		.069

Please select the category that best reflects your current, gross household income.



Please select the category that best reflects your current, gross household income.



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Funding

How are people funded?

	Grants	Loans	Wages	Tuition Remission	Savings	Parents	Employer	Other
Grads (N=1030)	197 (19%)	242 (24%)	523 (51%)	465 (45%)	235 (23%)	137 (13%)	122 (12%)	124 (12%)
Professional (N=223)	16 (7%)	163 (73%)	55 (25%)	7 (3%)	48 (22%)	58 (26%)	8 (4%)	21 (9%)
Total	213	405	578	473	283	195	130	145



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Debt—Students have a lot of it

N	Valid	947
	Missing	307
Mean		57.4097
Median		32.0000
Std. Deviation		62.58294
Skewness		1.102
Std. Error of Skewness		.079
Kurtosis		.003
Std. Error of Kurtosis		.159
Range		200.00
Minimum		.00
Maximum		200.00

The end of this scale was placed at \$200,000. Several students commented that their debt exceeded (or would exceed) \$200,000. Therefore, this scale was inappropriately curtailed in length.



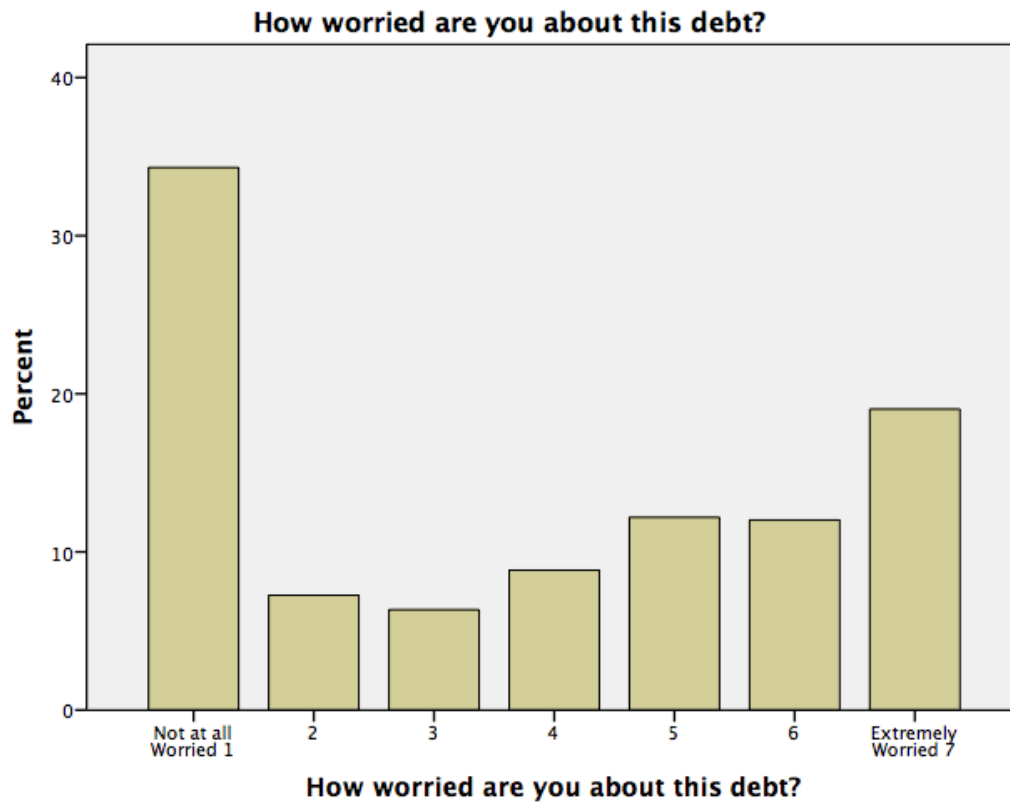
Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Debt Worry

N	Valid	1198
	Missing	56
Mean		3.70
Median		4.00
Std. Deviation		2.381
Skewness		.113
Std. Error of Skewness		.071
Kurtosis		-1.594
Std. Error of Kurtosis		.141
Range		6
Minimum		1
Maximum		7



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017





Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Are there differences in gender and grad/professional status based regarding debt and debt worry?

Group Statistics

	How do you describe yourself?	N	Mean	Std. Deviation	Std. Error Mean
About how much debt	Man	291	52.4742	62.51732	3.66483
	Woman	643	59.5956	62.62268	2.46960
How worried are you about this debt?	Man	356	3.43	2.293	.122
	Woman	824	3.81	2.405	.084

There may be a difference between men and women (non-significant but trending). Women seem to have more debt and are more worried about their debt (sig.). (p=0.09)

Group Statistics

	Are you a...	N	Mean	Std. Deviation	Std. Error Mean
About how much debt	Professional student	201	126.2488	67.40199	4.75417
	Graduate student	745	38.8336	46.18414	1.69206
How worried are you about this debt?	Professional student	221	4.61	2.179	.147
	Graduate student	976	3.48	2.375	.076

Professional students are both in far more debt and are significantly more worried about the debt that they have. (t=6.82, p<.001)



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Campus Safety

How safe do people feel around different groups of people? Breakdown by gender

		Report					
Gender2		In general, how safe do you feel around each of the following groups?– Graduate/Professional students	In general, how safe do you feel around each of the following groups?– Non-students	In general, how safe do you feel around each of the following groups?– Columbia police	In general, how safe do you feel around each of the following groups?– Campus police	In general, how safe do you feel around each of the following groups?– Undergraduate students	In general, how safe do you feel around each of the following groups?– Faculty
Man	Mean	6.31	5.16	5.43	5.50	5.61	6.23
	N	366	366	366	366	366	367
	Std. Deviation	.869	1.274	1.515	1.408	1.145	.893
Woman	Mean	6.12	4.56	5.47	5.50	5.14	6.01
	N	853	850	848	849	848	852
	Std. Deviation	.902	1.331	1.355	1.291	1.292	.972
Other	Mean	5.40	3.85	3.70	3.75	4.15	5.05
	N	20	20	20	20	20	20
	Std. Deviation	1.536	1.040	2.029	1.970	1.461	1.356
Total	Mean	6.17	4.72	5.43	5.47	5.26	6.06
	N	1239	1236	1234	1235	1234	1239
	Std. Deviation	.914	1.341	1.433	1.357	1.278	.970



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

How safe do people feel around different groups of people? Breakdown by Race

		Report					
Race		In general, how safe do you feel around each of the following groups?~ Graduate/Pr ofessional students	In general, how safe do you feel around each of the following groups?~ Non- students	In general, how safe do you feel around each of the following groups?~ Columbia police	In general, how safe do you feel around each of the following groups?~ Campus police	In general, how safe do you feel around each of the following groups?~ Undergradua te students	In general, how safe do you feel around each of the following groups?~ Faculty
native American/Alaskan Native	Mean	5.00	4.75	3.25	3.50	5.00	5.25
	N	4	4	4	4	4	4
	Std. Deviation	1.155	.957	2.217	2.082	1.155	.957
Asian/Asian-American	Mean	6.03	4.41	5.55	5.63	5.22	6.07
	N	76	76	76	76	76	75
	Std. Deviation	1.045	1.277	1.321	1.187	1.271	1.131
Asian Indian	Mean	6.00	4.08	5.28	5.28	4.80	5.76
	N	25	25	25	25	25	25
	Std. Deviation	.957	1.187	1.542	1.542	1.384	1.128
Black/African-American	Mean	5.92	4.74	4.49	4.87	5.05	5.64
	N	39	39	39	39	38	39
	Std. Deviation	.807	1.390	1.571	1.625	1.293	.932
White/European-American	Mean	6.20	4.76	5.51	5.52	5.30	6.11
	N	991	988	986	987	987	992
	Std. Deviation	.884	1.336	1.382	1.318	1.251	.930
Pacific Islander	Mean	5.92	4.20	4.52	4.72	4.60	5.80
	N	25	25	25	25	25	25
	Std. Deviation	.954	1.443	1.388	1.242	1.354	.866
Multi-Racial	Mean	6.16	4.78	5.56	5.75	5.31	5.94
	N	32	32	32	32	32	32
	Std. Deviation	1.110	1.184	1.605	1.545	1.424	1.190
Other	Mean	6.20	5.07	4.95	5.18	5.27	5.86
	N	44	44	44	44	44	44
	Std. Deviation	1.025	1.531	1.765	1.632	1.561	1.231
Total	Mean	6.17	4.72	5.43	5.47	5.26	6.06
	N	1236	1233	1231	1232	1231	1236
	Std. Deviation	.910	1.342	1.434	1.358	1.278	.970



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

How safe do people feel around different groups of people? Breakdown by Domestic/International Students

Are you...		In general, how safe do you feel around each of the following groups?– Graduate/Pr ofessional students	In general, how safe do you feel around each of the following groups?– Non- students	In general, how safe do you feel around each of the following groups?– Columbia police	In general, how safe do you feel around each of the following groups?– Campus police	In general, how safe do you feel around each of the following groups?– Undergradua te students	In general, how safe do you feel around each of the following groups?– Faculty
A domestic student	Mean	6.18	4.76	5.44	5.46	5.28	6.08
	N	1111	1108	1106	1107	1106	1112
	Std. Deviation	.900	1.338	1.424	1.356	1.260	.941
An international student	Mean	6.05	4.44	5.37	5.54	5.13	5.92
	N	129	129	129	129	129	128
	Std. Deviation	1.014	1.340	1.511	1.364	1.422	1.181
Total	Mean	6.17	4.72	5.43	5.47	5.26	6.06
	N	1240	1237	1235	1236	1235	1240
	Std. Deviation	.913	1.341	1.433	1.356	1.278	.969



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

How safe do people feel around different groups of people? Breakdown by Degree type

What is your degree program?		In general, how safe do you feel around each of the following groups?~ Graduate/Pr ofessional students	In general, how safe do you feel around each of the following groups?~ Non- students	In general, how safe do you feel around each of the following groups?~ Columbia police	In general, how safe do you feel around each of the following groups?~ Campus police	In general, how safe do you feel around each of the following groups?~ Undergradua te students	In general, how safe do you feel around each of the following groups?~ Faculty
Doctorate (Ph.D.)	Mean	6.27	4.74	5.36	5.45	5.26	6.10
	N	511	509	509	509	508	511
	Std. Deviation	.854	1.375	1.548	1.435	1.308	.938
Masters (MA, MS, MBA, MArch, LLM, etc.)	Mean	5.95	4.69	5.35	5.37	5.29	5.89
	N	497	496	494	495	495	497
	Std. Deviation	1.011	1.288	1.350	1.311	1.218	1.071
Professional (MD, JD, DVM, etc.)	Mean	6.41	4.76	5.75	5.72	5.20	6.35
	N	229	229	229	229	229	229
	Std. Deviation	.699	1.377	1.292	1.240	1.342	.696
Total	Mean	6.16	4.72	5.43	5.47	5.26	6.06
	N	1237	1234	1232	1233	1232	1237
	Std. Deviation	.914	1.340	1.432	1.356	1.278	.970



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Campus safety concerns

	Valid		Cases Missing		Total	
	N	Percent	N	Percent	N	Percent
Physical assault	303	24.2%	951	75.8%	1254	100.0%
Sexual assault	389	31.0%	865	69.0%	1254	100.0%
Verbal assault	252	20.1%	1002	79.9%	1254	100.0%
Abduction	79	6.3%	1175	93.7%	1254	100.0%
Theft	412	32.9%	842	67.1%	1254	100.0%
Stalking	143	11.4%	1111	88.6%	1254	100.0%
Harassment	306	24.4%	948	75.6%	1254	100.0%
Identity-based violence	158	12.6%	1096	87.4%	1254	100.0%

Campus safety concerns—reported by frequency. Breakdown by Gender.

	Men	Women	Other
Physical assault	38	260	5
Sexual assault	10	370	9
Verbal assault	46	197	9
Abduction	5	73	1
Theft	91	314	7
Stalking	14	127	2
Harassment	48	248	10
Identity-based violence	51	99	8



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Special Needs

Have you ever used the disability center?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	64	5.1	5.1	5.1
	No	1185	94.5	94.9	100.0
	Total	1249	99.6	100.0	
Missing	System	5	.4		
Total		1254	100.0		



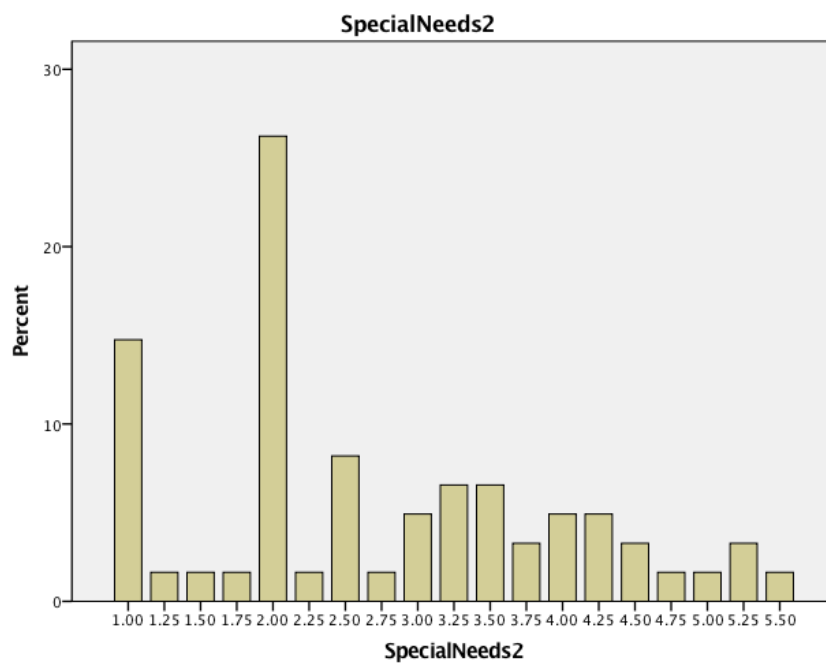
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Trouble Accessing University websites and resources

Statistics

SpecialNeeds2

N	Valid	61
	Missing	1193
Mean		2.7213
Median		2.5000
Std. Deviation		1.25175
Skewness		.430
Std. Error of Skewness		.306
Kurtosis		-.718
Std. Error of Kurtosis		.604
Range		4.50
Minimum		1.00
Maximum		5.50





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Mental Health

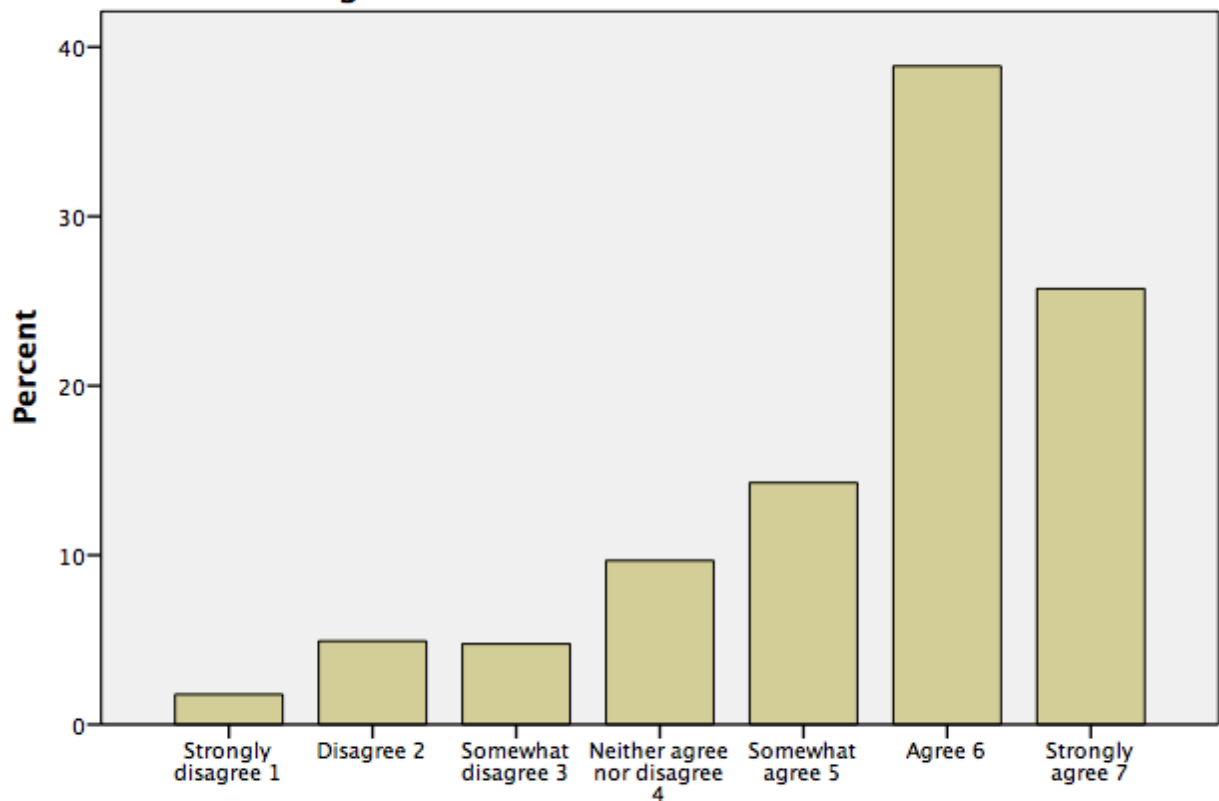
Do students know where to go?

Health needs

M=5.49

SD=1.48

Please indicate how much you agree or disagree with each of the following statements. I know wher...-Health need



Please indicate how much you agree or disagree with each of the following statements. I know wher...-Health need

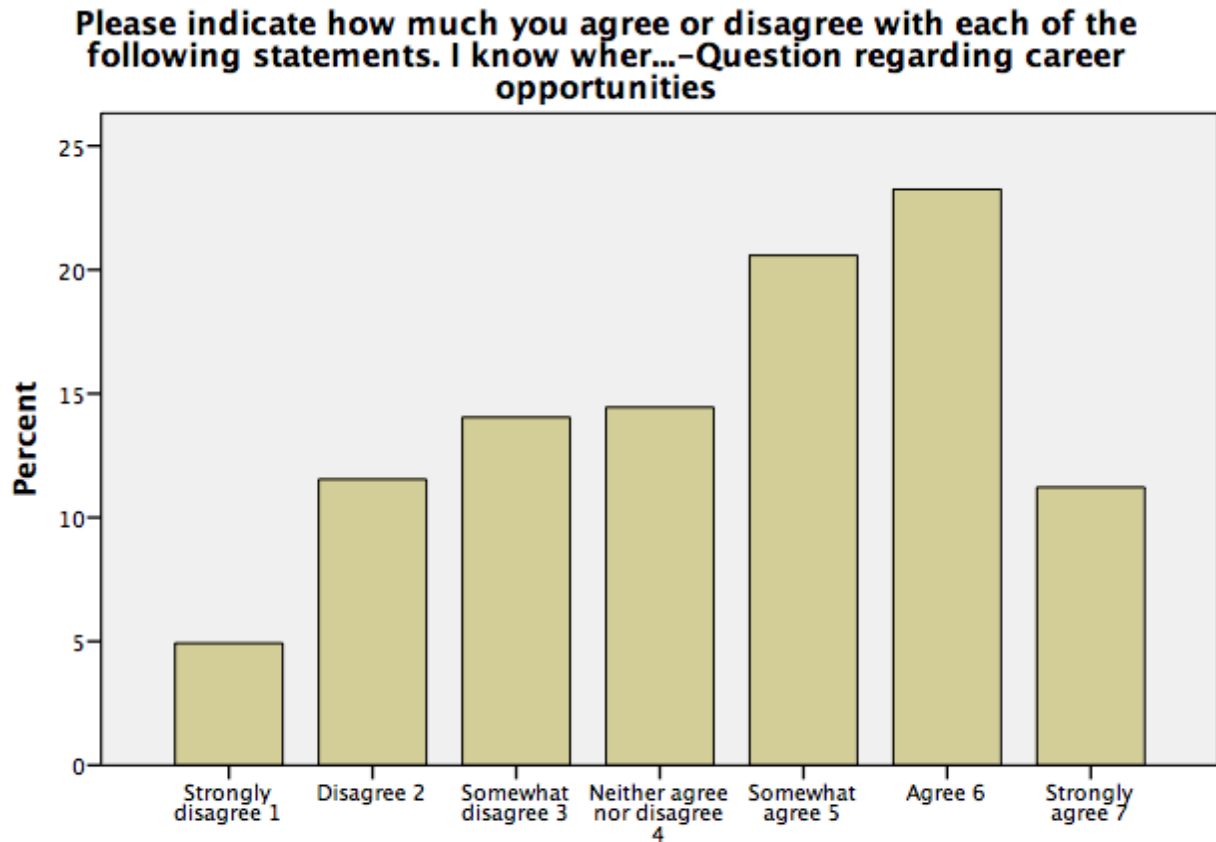


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Career Services

M=4.49

SD=1.572



Please indicate how much you agree or disagree with each of the following statements. I know wher...-Question regarding career opportunities



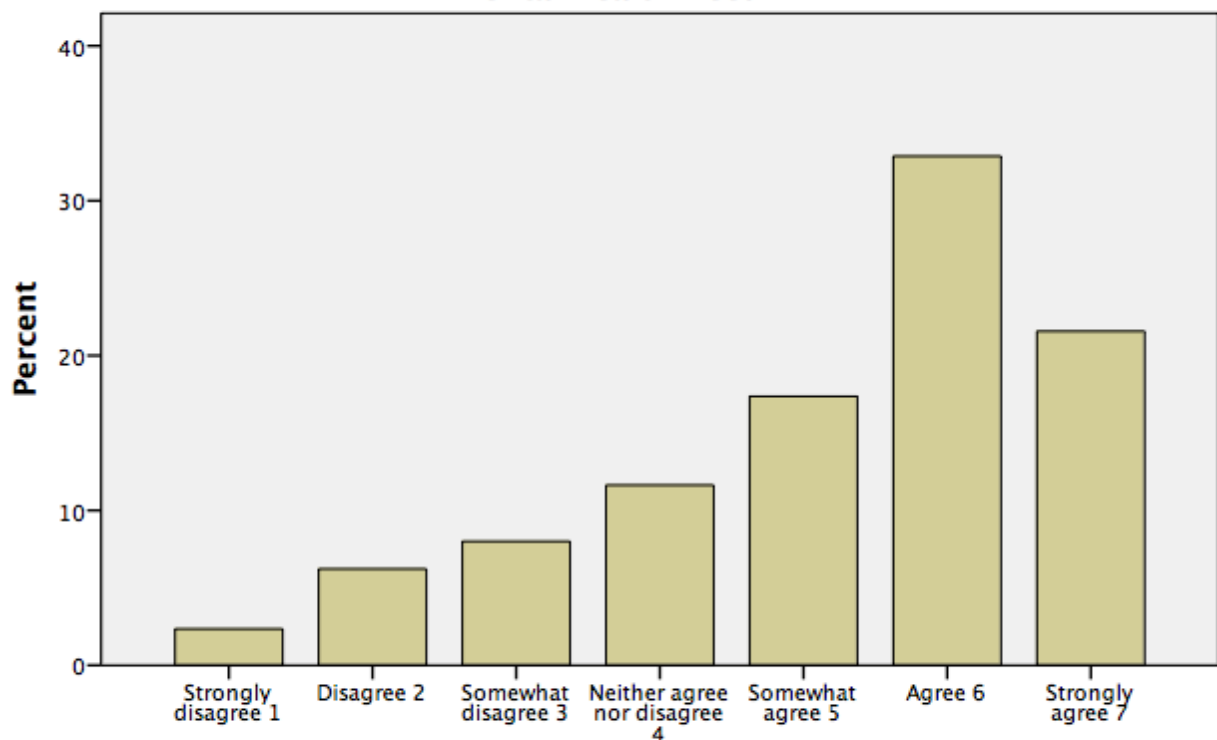
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Mental Health

M=5.20

SD=1.59

Please indicate how much you agree or disagree with each of the following statements. I know when...-Counseling, psychological or other mental health need



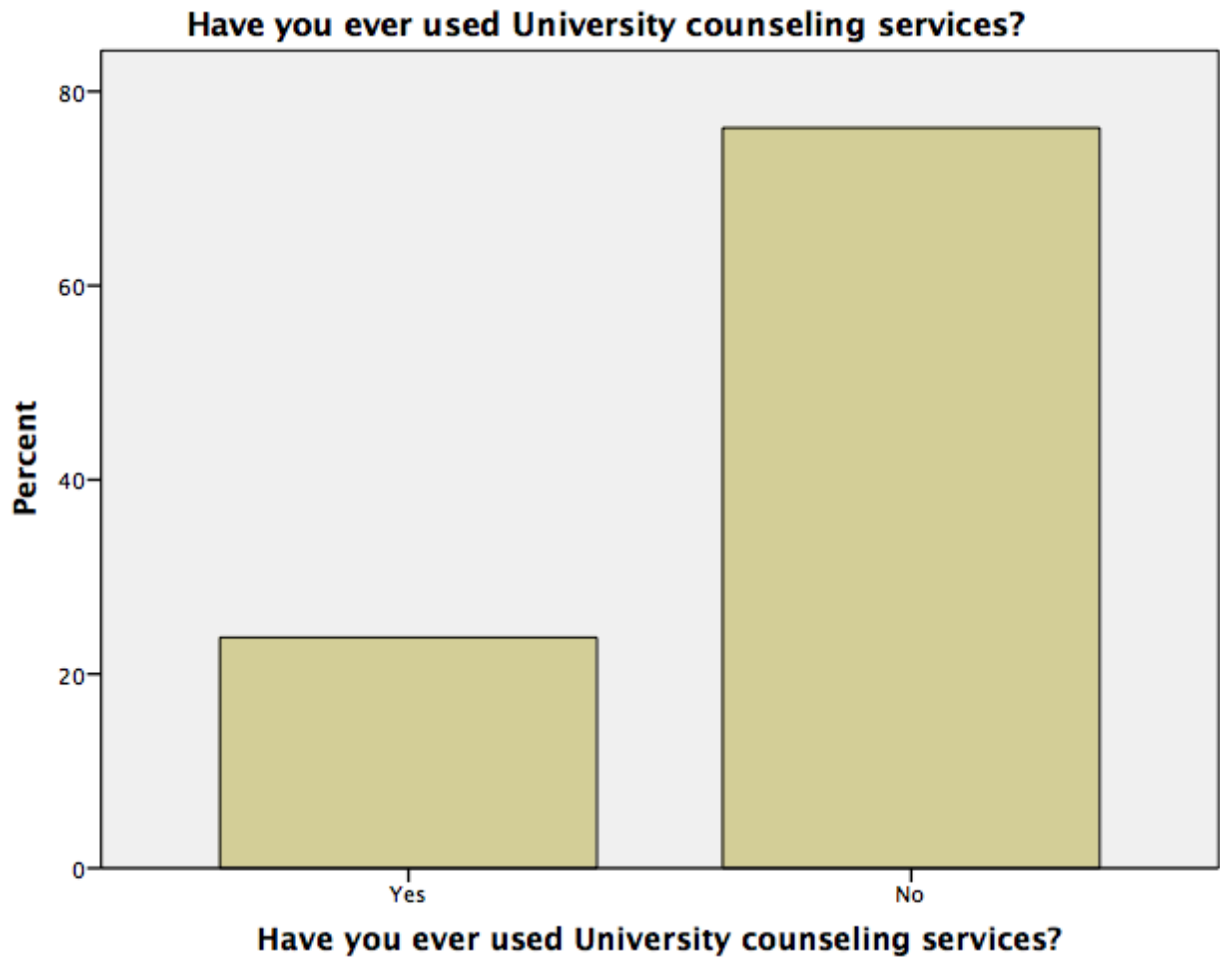
Please indicate how much you agree or disagree with each of the following statements. I know when...-Counseling, psychological or other mental health need



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Use of counseling services

Have used





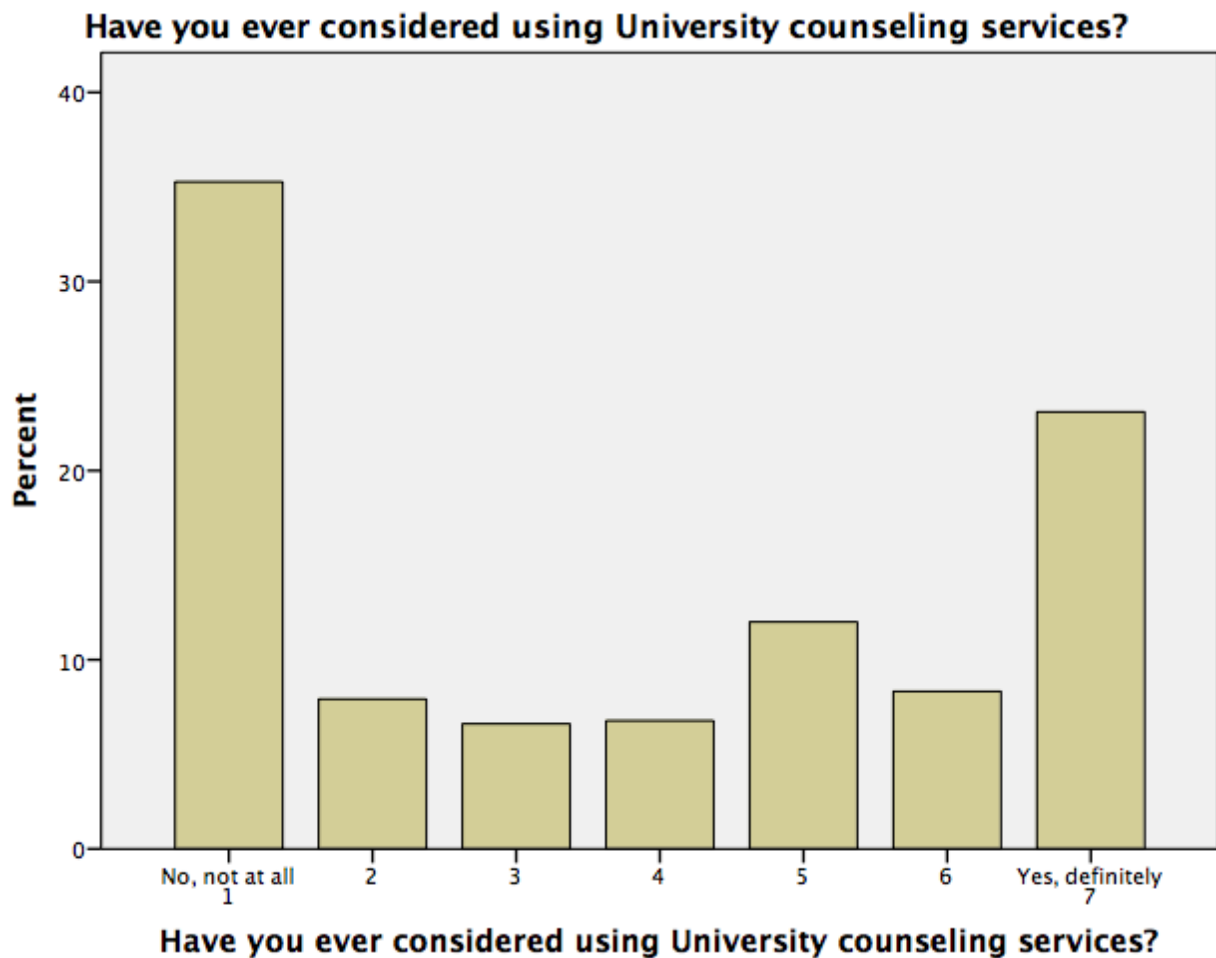
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Considered using counseling services

M=3.70

SD=2.4

Note: Highly kurtotic: 1.63



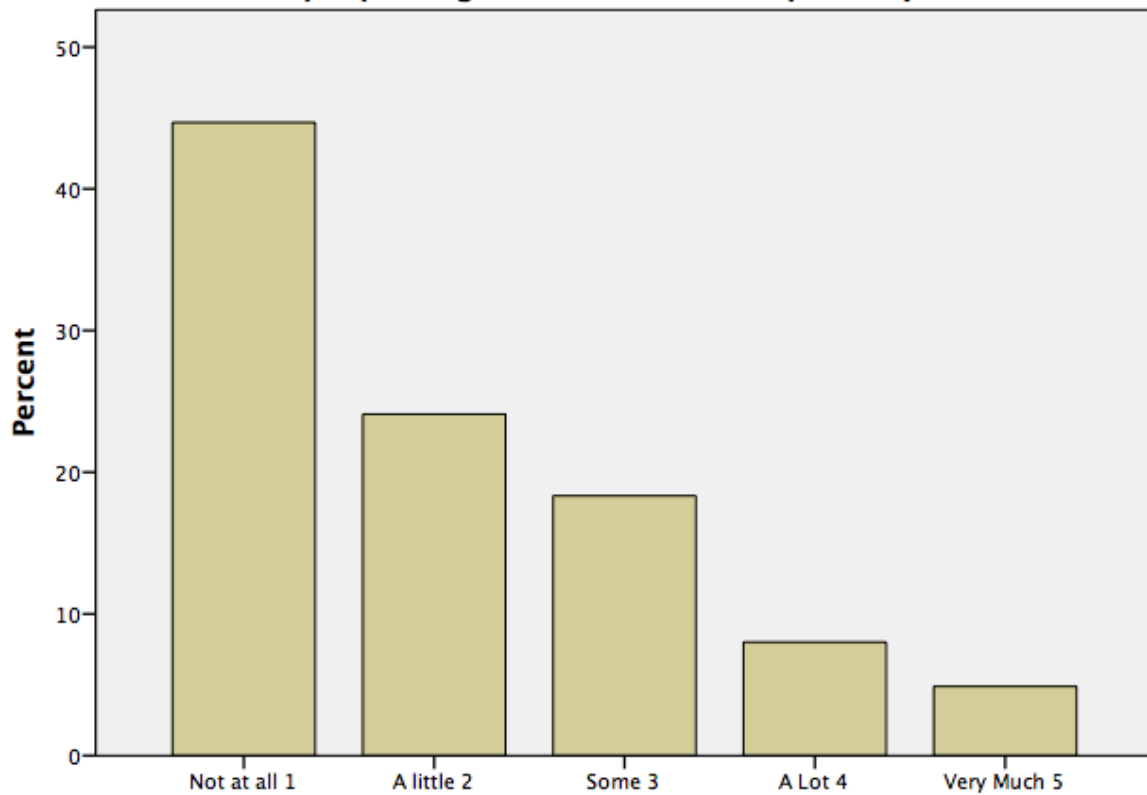
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Afraid to seek help for mental health

M=2.04

SD=1.18

I am afraid of what people might think if I seek help for my mental health.



I am afraid of what people might think if I seek help for my mental health.



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Predictors of Life Satisfaction and Meaning in Life

Life Satisfaction predictors

Sleeping, eating, exercising, income, advisor relationship, gender, and student status

Sleeping and eating were highly inter-correlated. Therefore, they were combined into a single health metric titled “SleepEat”.

First, full model (includes interaction terms). What we see is a marginal main effect of eating, and gender. There is an interaction ($p=0.03$) between gender and exercise. No other interaction terms are even close to statistically significant.

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	4.501	.315		14.269	.000
	Exercise	-.189	.210	-.143	-.900	.368
	SleepEat	.439	.215	.330	2.042	.041
	Gender2	.221	.116	.077	1.898	.058
	Grad/Professional	-.430	.120	-.123	-3.570	.000
	Advisor	.100	.021	.116	4.712	.000
	DepAnx	-.790	.144	-.591	-5.469	.000
	Gender*SleepEat	-.048	.082	-.065	-.590	.556
	Grad*SleepEat	-.106	.086	-.149	-1.236	.217
	Gender*Exercise	.156	.071	.209	2.199	.028
	Grad*Exercise	-.026	.089	-.037	-.290	.772
	Household income	-.037	.053	-.115	-.708	.479
	Gender*Income	.009	.018	.051	.475	.635
	Grad*Income	.029	.022	.177	1.344	.179
	Gender*DepAnx	.119	.081	.159	1.466	.143

a. Dependent Variable: Life Satisfaction



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If interaction terms are dropped, health (sleeping, eating) are significant predictors along with grad/professional status, advisor relationship, and a marginal effect of gender. Furthermore, we have a marginal interaction between gender and exercise. The largest predictors, by far, is depression and anxiety, though the full model indicated that it does not interact with gender or grad/professional status.

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	6.222	.243		25.580	.000
	Exercise	-.203	.122	-.153	-1.666	.096
	SleepEat	.165	.036	.124	4.551	.000
	Gender	.267	.069	.092	3.890	.000
	Grad/Professional	-.242	.084	-.069	-2.890	.004
	Advisor	.094	.021	.109	4.487	.000
	DepAnx	-.115	.007	-.461	-17.105	.000
	GenderExercise	.139	.069	.185	2.020	.044

a. Dependent Variable: LifeSat

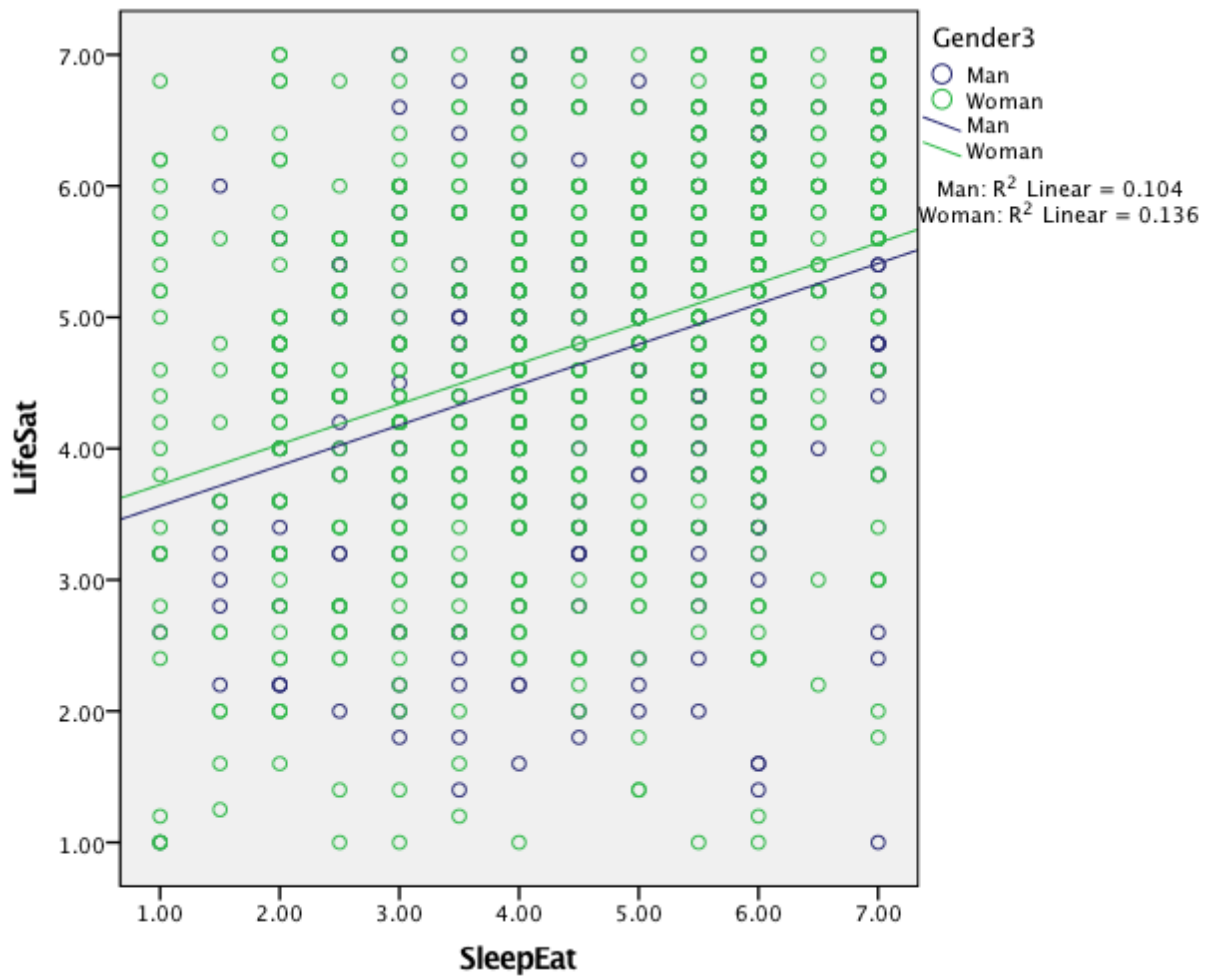


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Let's graph these out:

Health (sleeping and eating) as a predictor

Additionally, we see there is no movement between gender here.

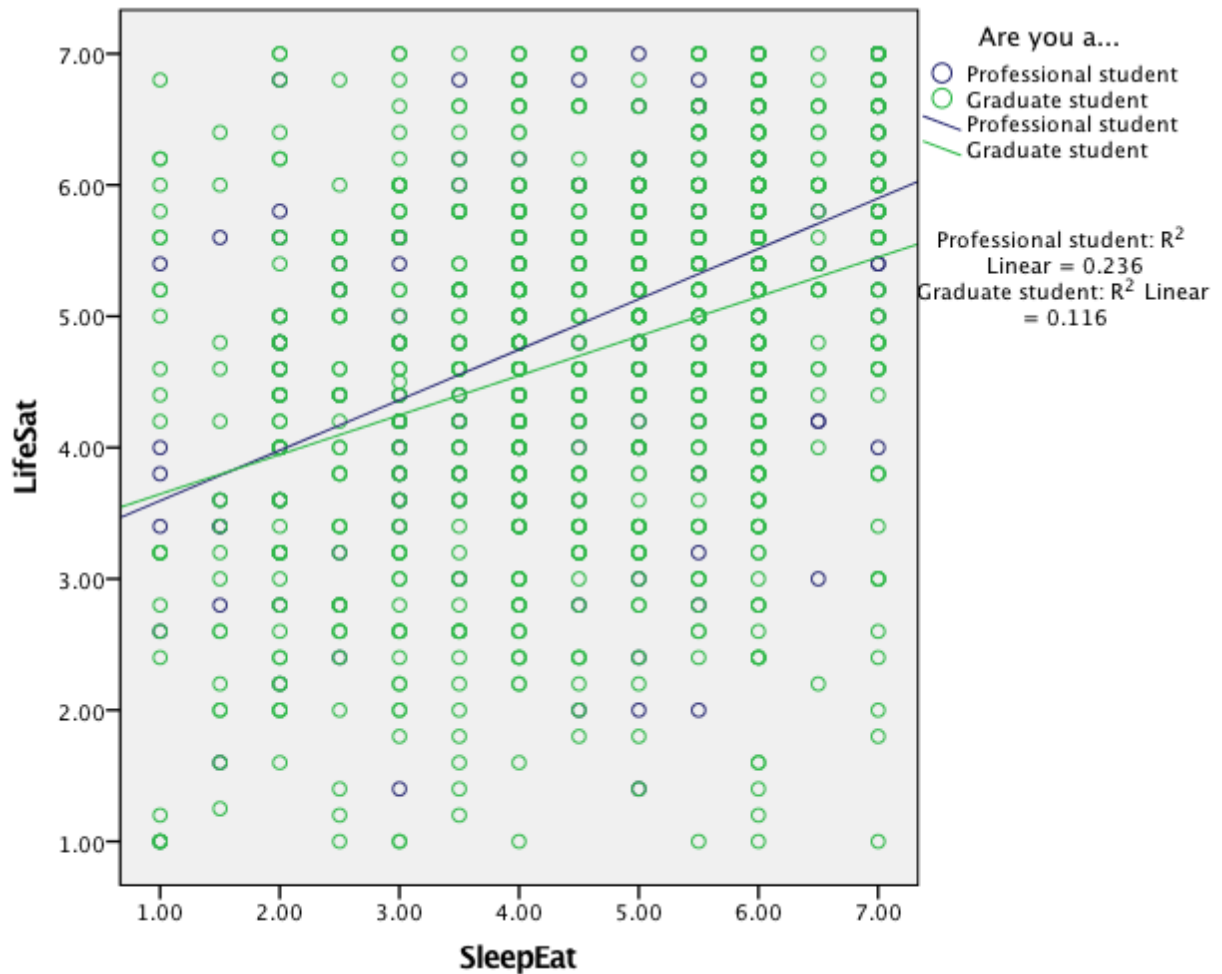




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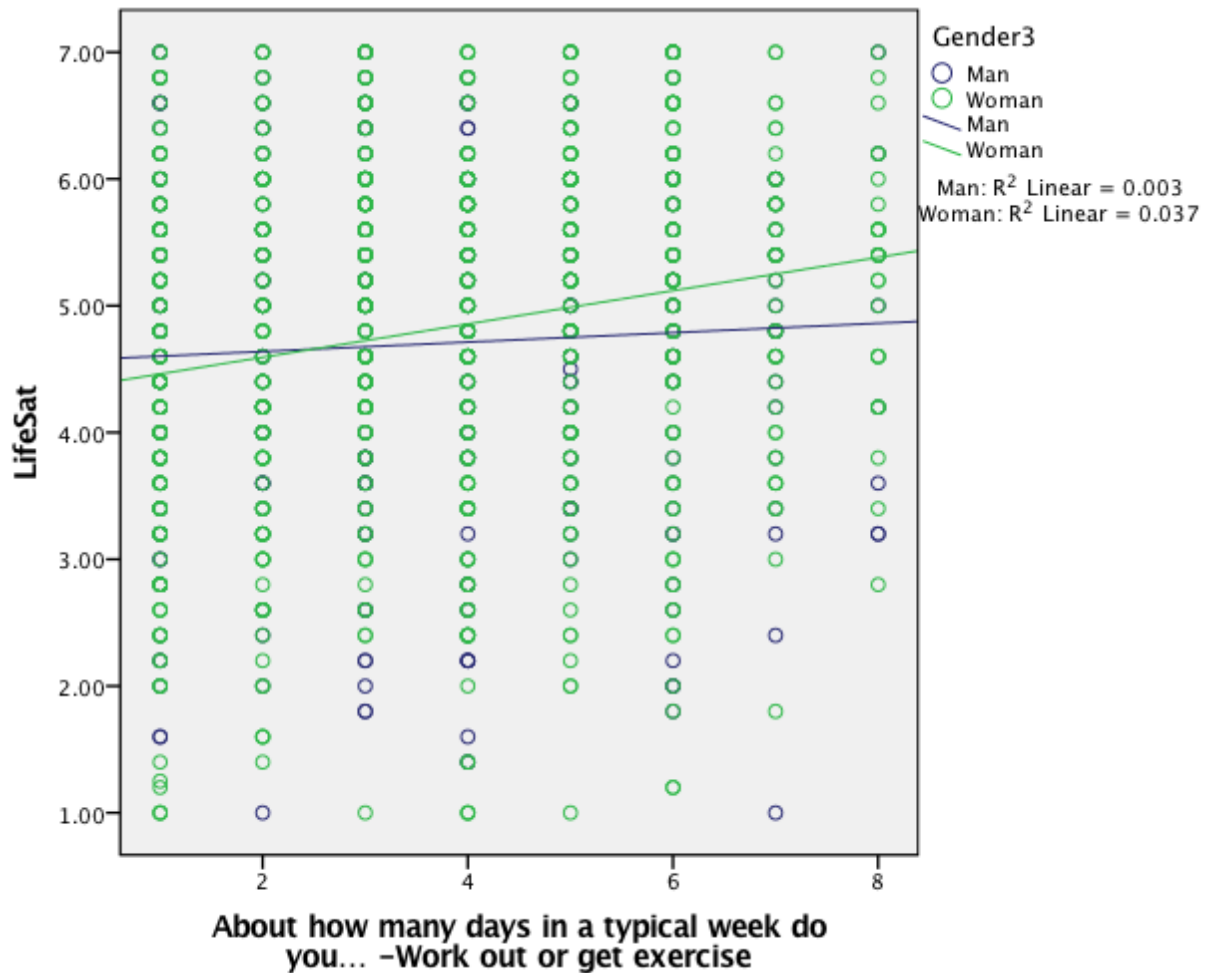
We see a trend such that prof. students have higher life satisfaction if they sleep and eat well. Those who do not, regardless of student type do poorly.

Eating as predictor



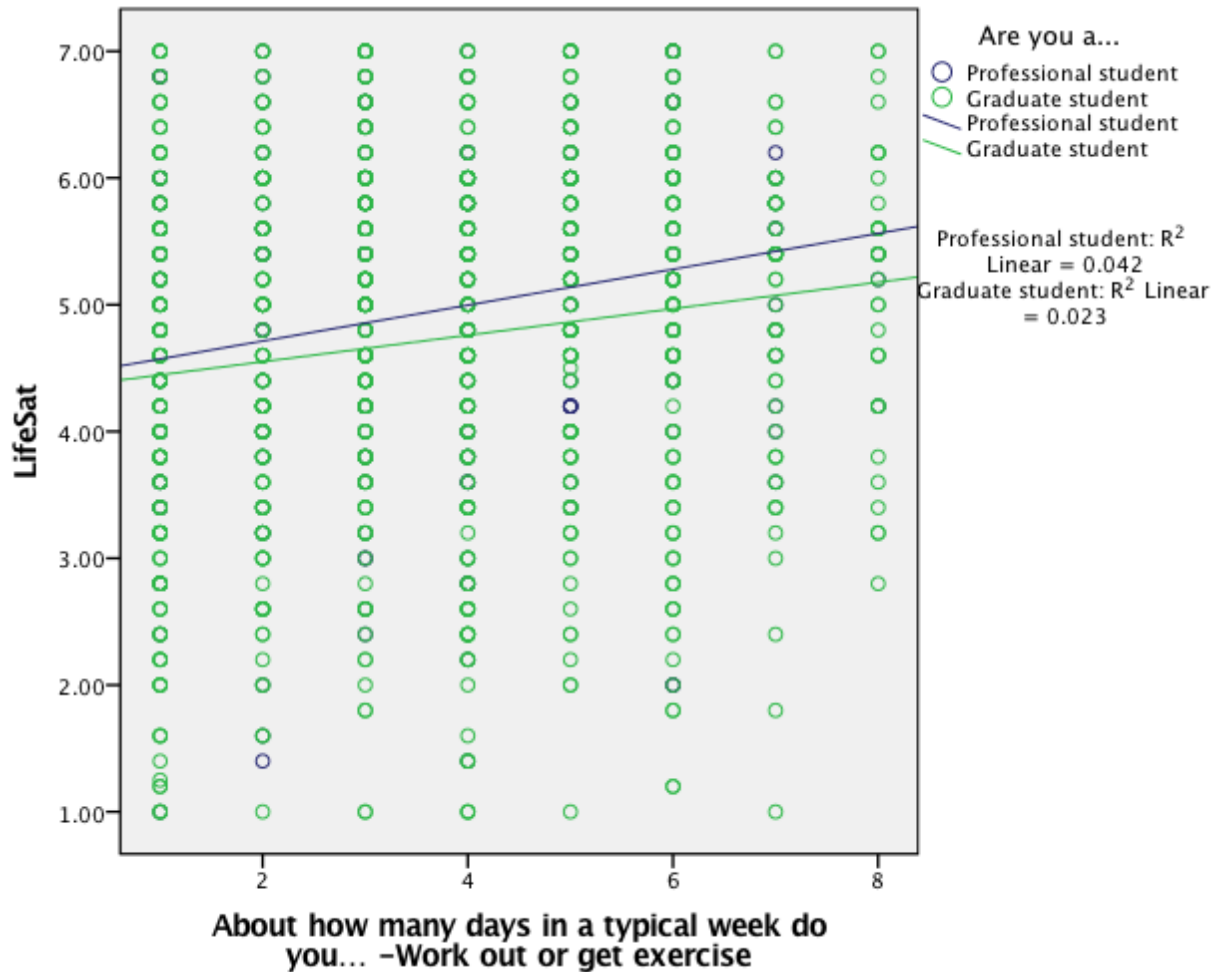
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Exercise as predictor



Here, the marginal interaction between exercise and gender is evident. At higher rates of exercise, women experience greater life satisfaction relative to men.

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Although we see the continued trend of professional students reporting greater life satisfaction than graduate students, we do not see them interacting in the model.



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Depression and Anxiety

Group Statistics

	How do you describe yourself?	N	Mean	Std. Deviation	Std. Error Mean
Depression	Man	367	19.7221	5.70965	.29804
	Woman	863	20.2723	6.14547	.20919
Anxiety	Man	365	12.6493	4.88919	.25591
	Woman	857	13.8985	5.54381	.18937

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
Depression	Equal variances assumed	3.279	.070	-1.467	1228	.143	-.55024	.37509	-1.28611	.18564
	Equal variances not assumed			-1.511	739.274	.131	-.55024	.36413	-1.26509	.16462
Anxiety	Equal variances assumed	12.171	.001	-3.731	1220	.000	-1.24917	.33482	-1.90605	-.59228
	Equal variances not assumed			-3.924	773.203	.000	-1.24917	.31836	-1.87412	-.62422

Although men and women do not report differences in depression, women report sharply higher anxiety compared to men.



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Depression and Anxiety—Breakdown by Graduate/Professional student status

Group Statistics					
	Are you a...	N	Mean	Std. Deviation	Std. Error Mean
Depression	Professional student	222	19.4234	6.10252	.40957
	Graduate student	1028	20.3356	6.05116	.18873
Anxiety	Professional student	220	13.4045	5.59639	.37731
	Graduate student	1022	13.6204	5.37968	.16828

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Depression	Equal variances assumed	.225	.636	-2.034	1248	.042	-.91218	.44851	-1.79210	-.03226
	Equal variances not assumed			-2.023	321.694	.044	-.91218	.45097	-1.79939	-.02496
Anxiety	Equal variances assumed	.782	.377	-.536	1240	.592	-.21581	.40273	-1.00591	.57429
	Equal variances not assumed			-.522	312.141	.602	-.21581	.41313	-1.02869	.59707

Here, we see graduate students reporting higher rates of depression compared with professional students, but not anxiety.



Graduate and Professional Student Happiness and Well-Being Survey Spring 2017

Depression and Anxiety—Breakdown by Race

Report

DepAnx

Race	Mean	N	Std. Deviation
Native American/Alaskan Native	16.7500	4	5.54527
Asian/Asian-American	16.4605	76	5.15866
Asian Indian	19.3800	25	7.28194
Black/African-American	16.7750	40	5.84846
White/European-American	16.7260	1000	5.26590
Pacific Islander	18.6200	25	6.04201
Multi-Racial	18.0625	32	4.94119
Other	18.1023	44	5.73806
Total	16.8856	1246	5.36428

Notably, the low rate of participation among racial minorities makes drawing conclusion difficult. However, the trends suggest that multi-racial, Asian Indian, Pacific Islander, and “other” students have higher rates of depression/anxiety relative to other students.