

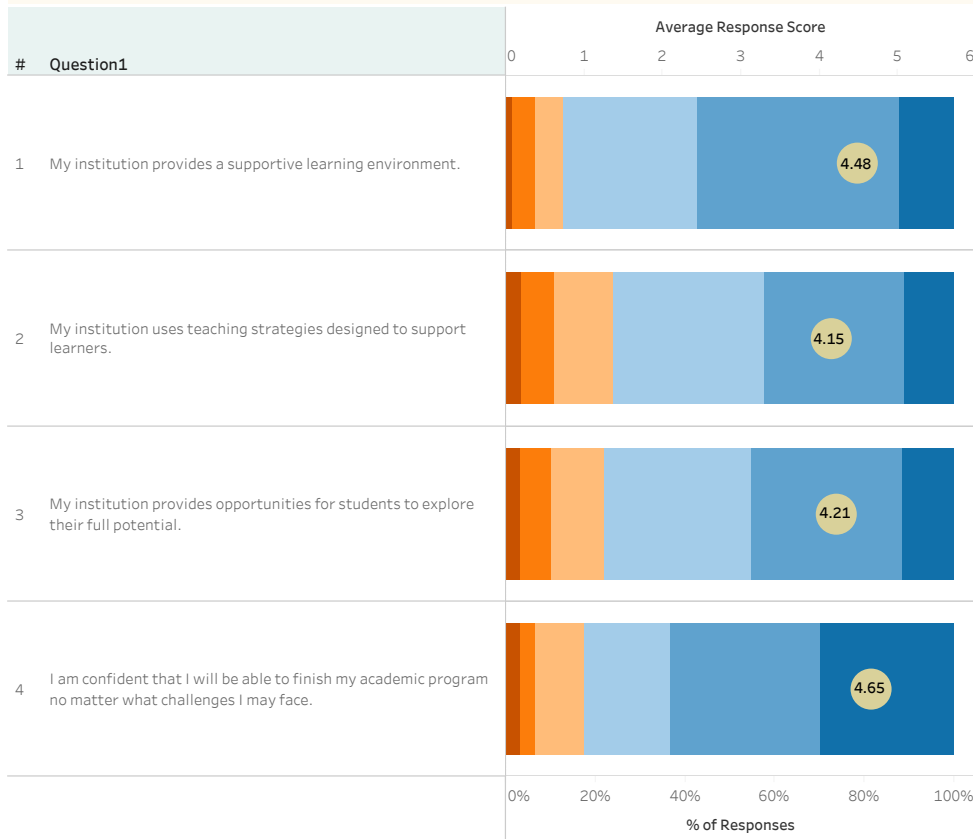
## CCWS - Spring - 2021 Academic Achievement/Experience



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Please rate your level of agreement with the following statements:



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 - 2021 Campus Climate and Student Experience

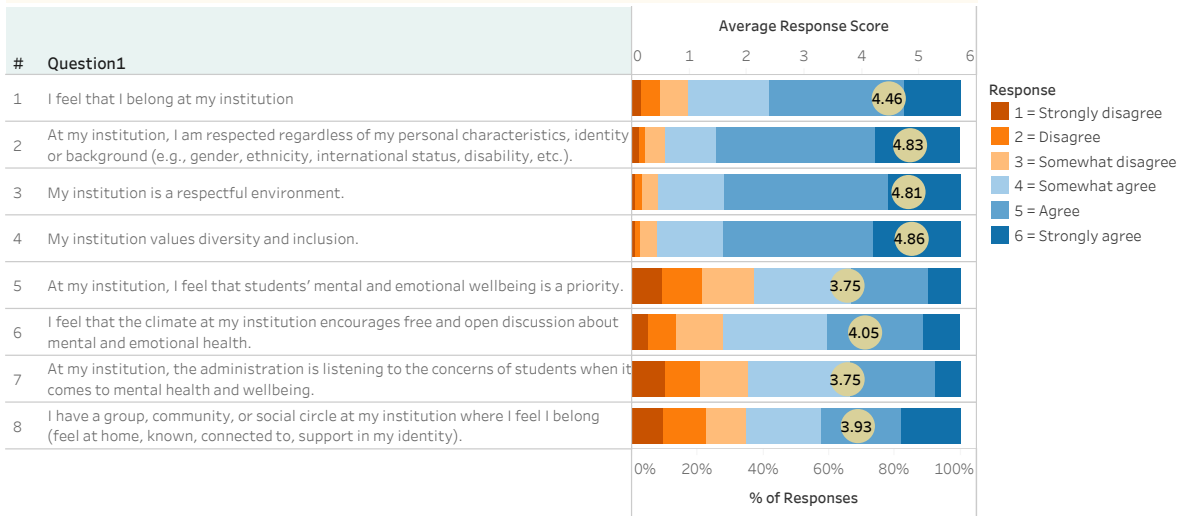


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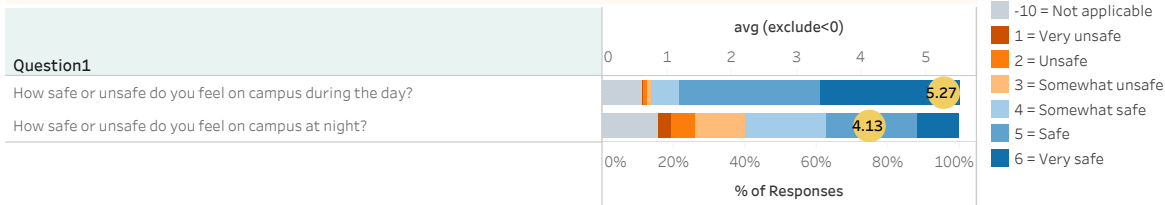
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### Campus Climate

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



### Safety



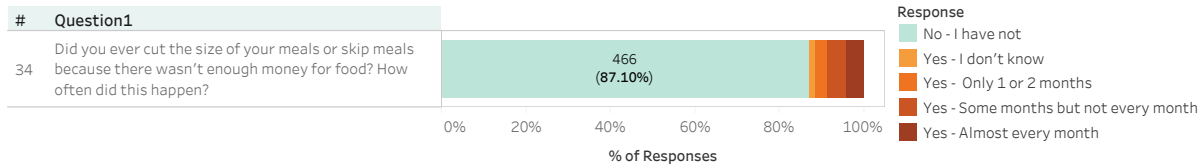
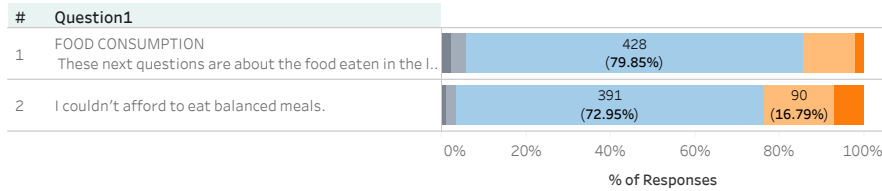
Domestic/International	All
Credential Type	All
Indigenous	All
Full-Time/Part-Time	All
New to Institution	All
Year Standing	All
Age Group	All
Gender	All
Ethnicity	All
Average Grade	All
Finance Stress	All
Born in Canada	All
Parents Born Outside of Can..	All
Disability	All

## CCWS - Spring - 2021 Food Security 6-Item

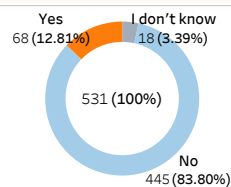


Canadian Campus  
Wellbeing Survey

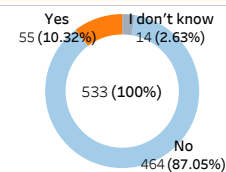
Bien-être sur les  
campus canadiens



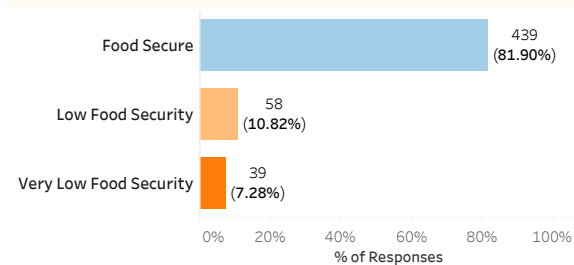
Did you ever eat less than you felt you should because there wasn't enough money for food?



Were you ever hungry but didn't eat because there wasn't enough money for food?



### 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 - 2021 Health Service Utilization and Help-Seeking

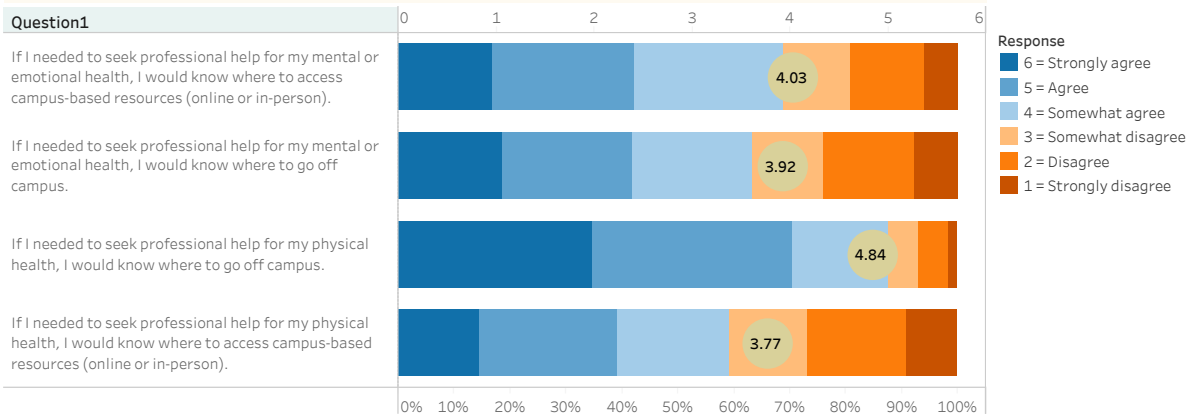


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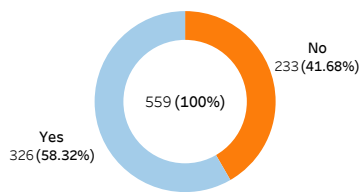
### Awareness

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



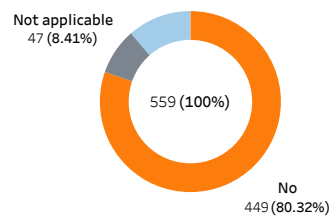
### Awareness - Outreach Efforts

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)?



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 - 2021 Health Service Utilization and Help-Seeking



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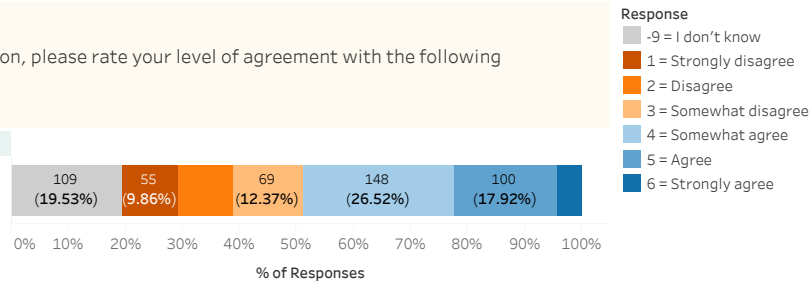
### Support

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

Sample Size = 558

#### Question1

There is a good support system at my institution for students going through difficult times.



### Seek Help

If you were experiencing serious emotional distress, whom would you talk to about this? Select all that apply.

Sample Size = 559



As this is a 'Select all that apply' question, the percentages may not add up to 100%.

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 - 2021 Mental Health Assets

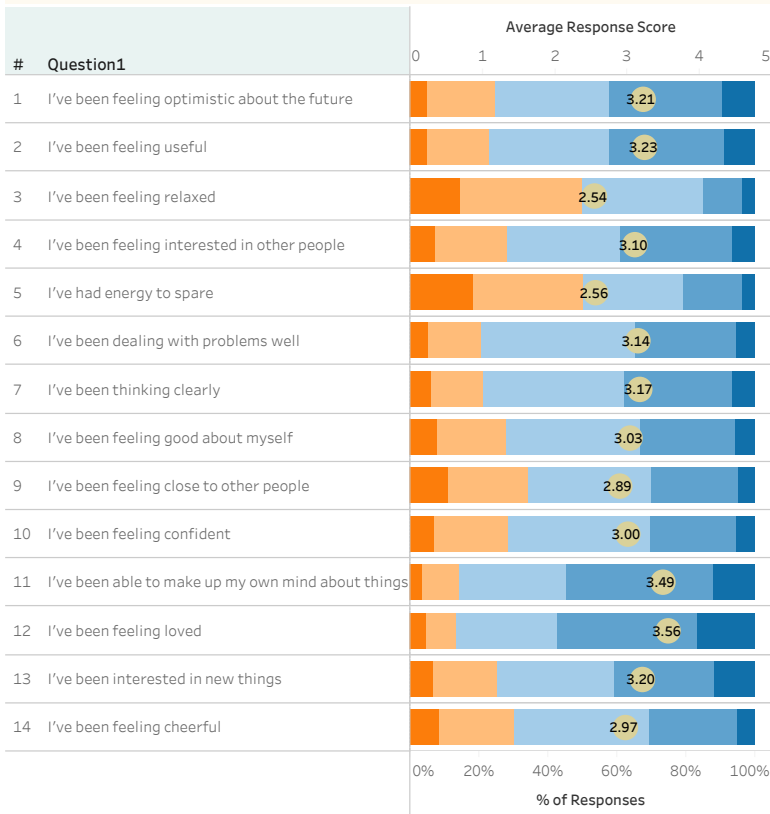


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### Mental Wellbeing

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

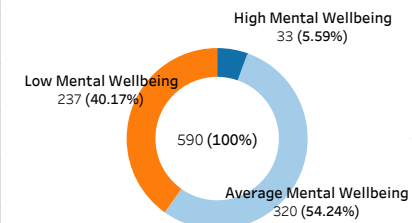


#### Response

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

### Mental Wellbeing Total

Sample Size = 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

## CCWS - Spring - 2021 Mental Health Assets

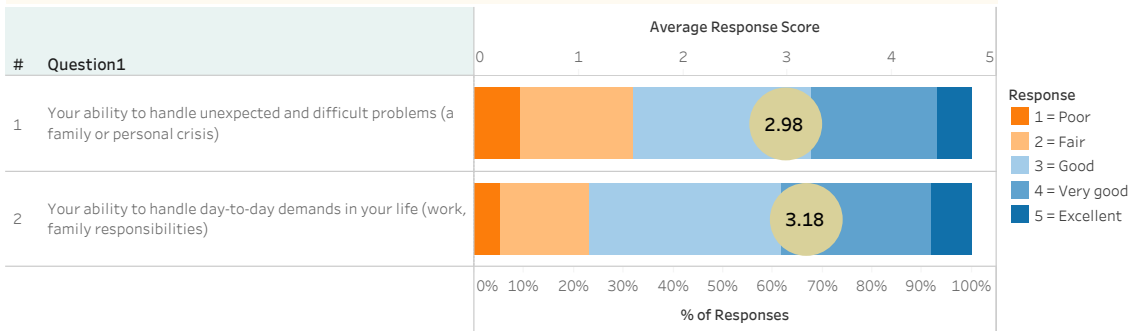


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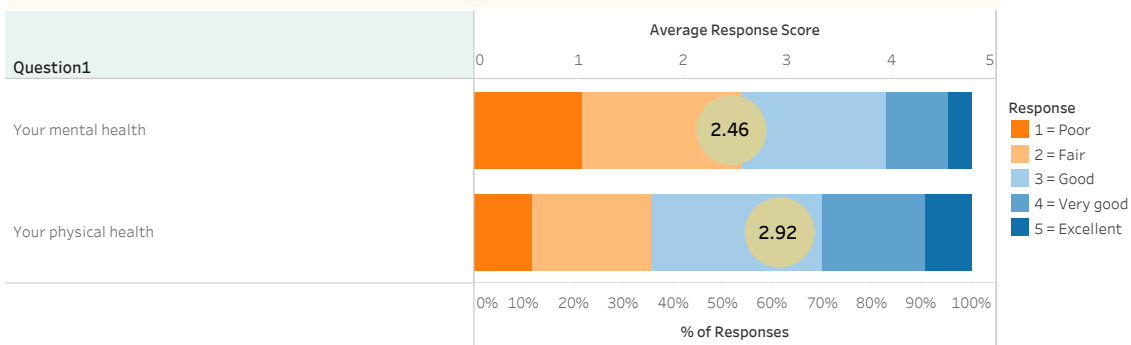
### Resilience

In general, how would you rate:



### Health

In general, how would you rate:



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 - 2021 Mental Health Assets

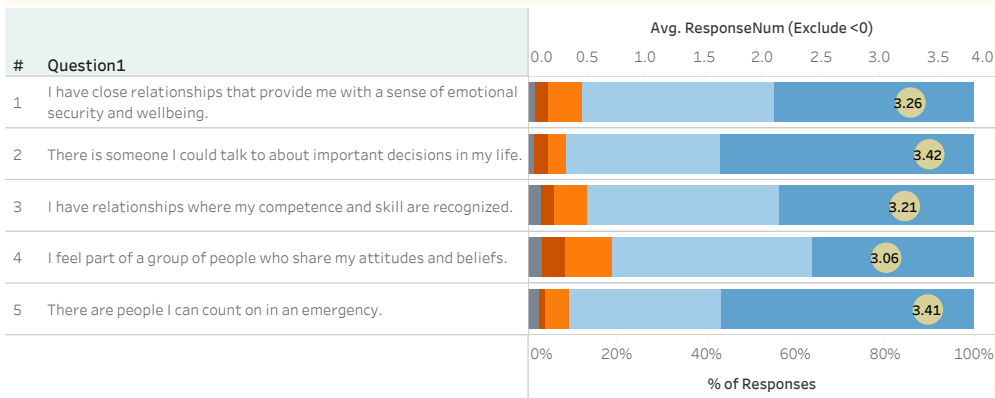


Canadian Campus  
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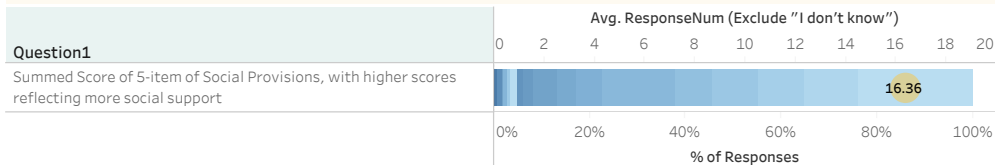
### Social Provision

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.



### 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

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 - 2021 Mental Health

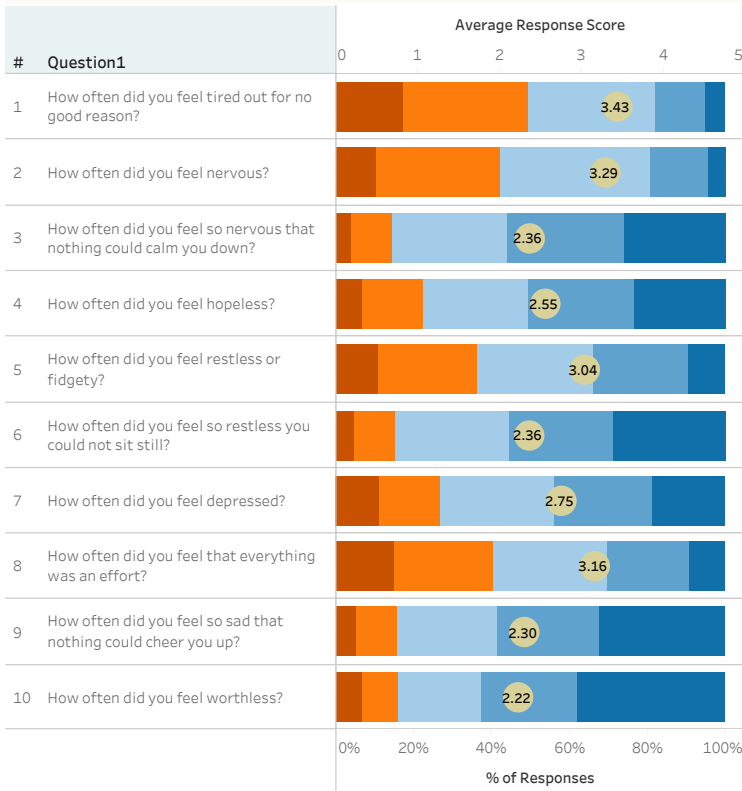


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### Mental Distress

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:

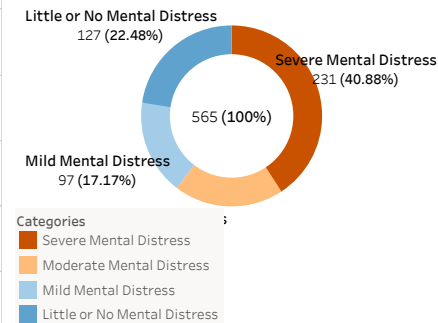


#### Response

- 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 = 565



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 - 2021 Mental Health

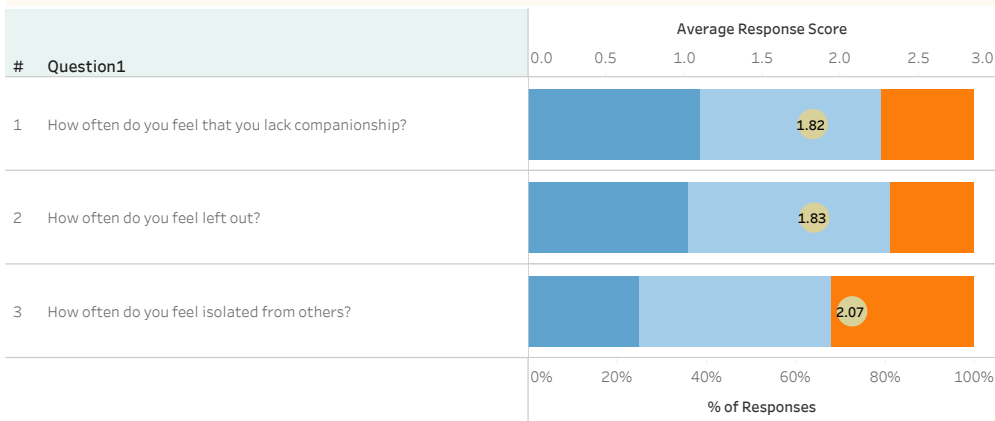


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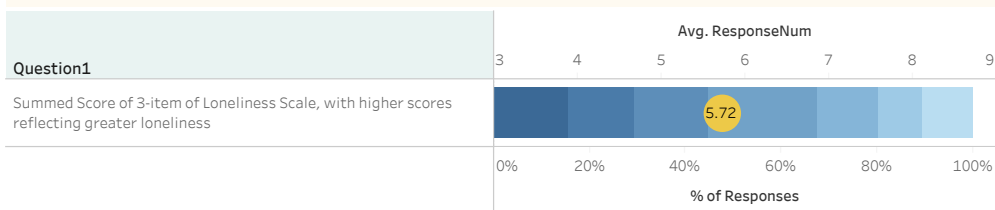
### Loneliness

These questions are about how you feel about different aspects of your life. For each one, select how often you feel that way.



### Loneliness Total

Sample Size = 561



Summed Score of 3-items of Loneliness, with higher scores reflecting more loneliness

(Reference: <https://static1.squarespace.com/static/5b855bd5cef372d1e9a8ef0e/t/5ccc5008b208fcd615da0870/1556893704715/Measuring+Loneli-ness+Scale+SEOAT.pdf>)

3-5 = Not lonely

6-9 = Lonely

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 - 2021 Mental Health

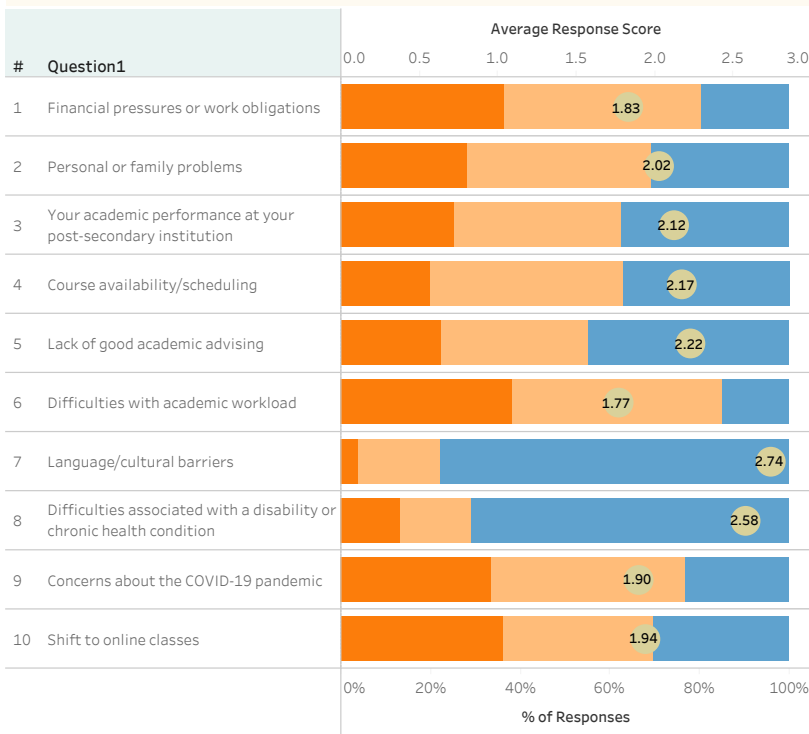


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### Stress

Please indicate the degree to which the following factors pose, or have posed, an obstacle to your academic progress:

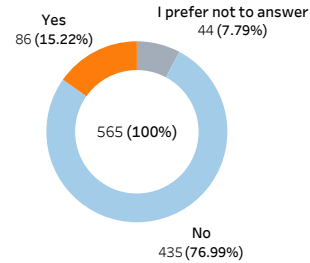


#### Response

1 = A major obstacle    2 = A minor obstacle    3 = Not an obstacle

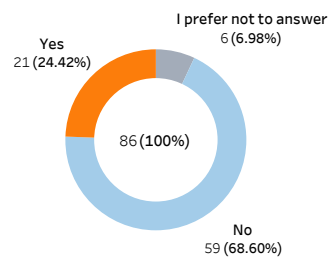
### Suicidal Ideation

In the past 12 months, have you ever seriously contemplated suicide?



### Suicidal Planning

In the past 12 months, have you ever made a plan to seriously attempt suicide?



This question Suicidal Planning is displayed only to the students who answer 'Yes' to the question Suicidal Ideation.

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 - 2021 Physical Health/Health Behaviours

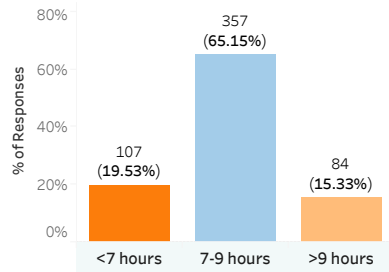


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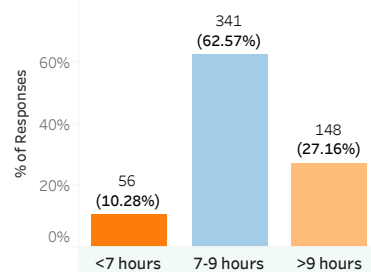
### Average sleep per day on Weekdays

Sample Size = 548



### Average sleep per day on Weekends

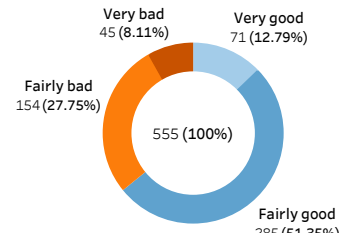
Sample Size = 545



### Sleep Quality

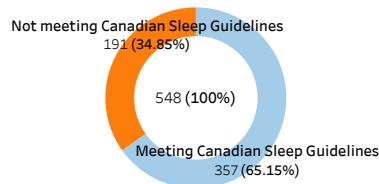
During the past week, how would you rate your sleep quality overall (how well you sleep)?

Sample Size = 555



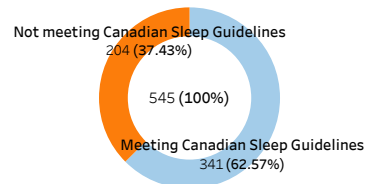
### Weekdays Sleep

Categorized based on hours spent per day during weekdays on sleep.  
Sample Size = 548



### Weekends Sleep

Categorized based on hours spent per day during weekends on sleep.  
Sample Size = 545



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 - 2021 Physical Health/Health Behaviours



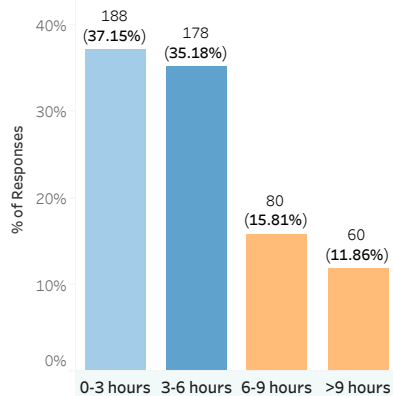
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### Recreational Screen Time

Average time spent per day on watching TV or using a computer, tablet or smartphone during free time (including time spent watching DVDs, videos, playing computer games, Xbox, PlayStation, iPod, YouTube, Facebook or other social networking tools, emailing and using the Internet. Not including time spent on a computer at work or at school).

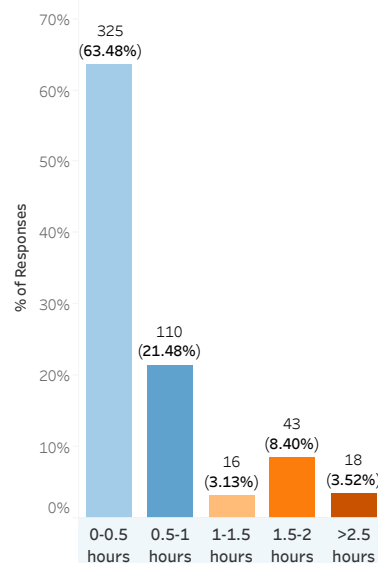
Sample Size = 506



### Sedentary Transportation Time

Average time spent per day sitting and driving in a car, bus, or train

Sample Size = 512

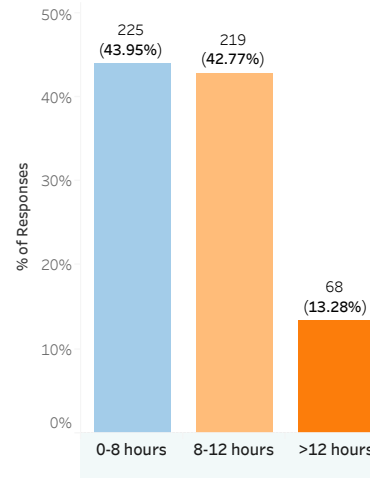


### Sit Time

Average time spent sitting during the full day? (Including time spent at school or work, at home, while doing course work, and during leisure time.

This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television).

Sample Size = 512



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 - 2021 Physical Health/Health Behaviours

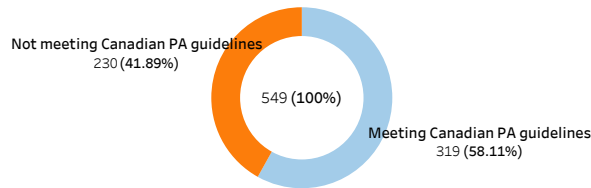


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### Physical Activity

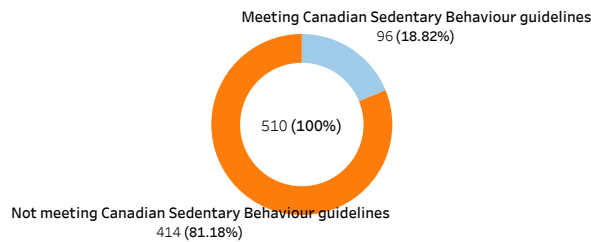
Categorized based on average time spent per week on vigorous and moderate physical activity  
Sample Size = 549



Time spent on vigorous and moderate physical activity  
>150 min/week = Meeting Canadian Health 24 Hours PA guidelines  
< 150 min/week = Not meeting Canadian Health 24 Hours Canadian PA guidelines

### Sedentary Behaviour

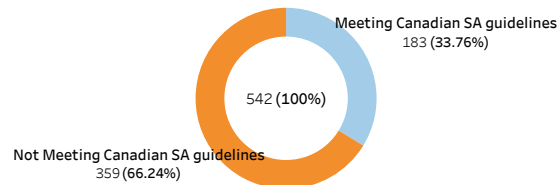
Categorized based on total Sit and Recreation Screen Time  
Sample Size = 510



Total Sit and Recreation Screen Time  
Total Sit Time <= 8 hours/day AND Recreation Screen time <= 3 hours/day = Meeting Canadian Health 24 hours Sedentary Behaviour guidelines  
Total Sit Time > 8 hours/day AND Recreation Screen time > 3 hours/day = Not Meeting Canadian Health 24 hours Sedentary Behaviour guidelines

### Muscle Strengthening Activities

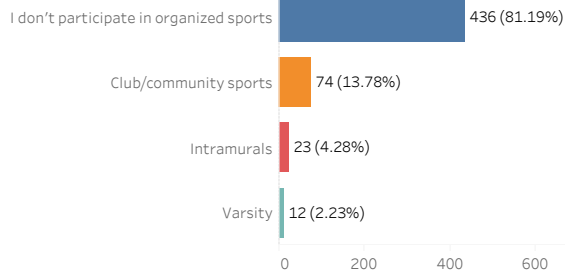
Categorized based on day(s) spent per week on muscle strengthening activity  
Sample Size = 542



Days spent on muscle strengthening activities using major muscle groups in a week  
>=2 days/week = Meeting Canadian Health 24 Hours SA guidelines  
<2 days/week = Not meeting Canadian Health 24 Hours SA guidelines

### Sports

Within the last 12 months, have you participated in organized sports at any of the following levels? Select all that apply.  
Sample Size = 537



As this is a 'Select all that apply' question, the percentages may not add up to 100%.

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 - 2021 Sexual Health

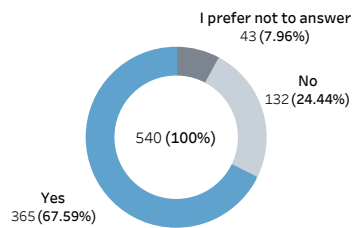


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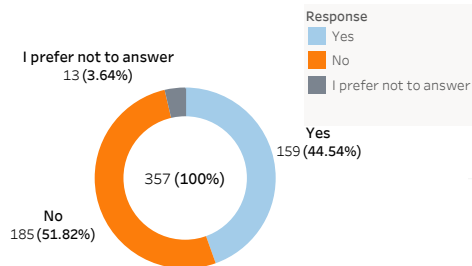
### Sex Ever

Have you ever had sexual intercourse?



### Protection

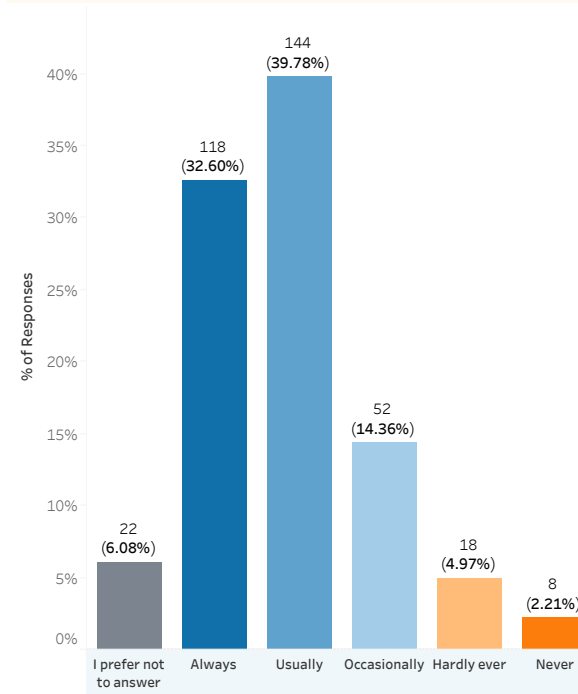
Do you or your partner(s) usually use a condom or other protective barrier (e.g., dam, glove) when you have sexual intercourse?



### Satisfaction

Do you find your sexual relationship(s) with your partner(s) satisfactory?

Sample Size = 362



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 - 2021 Substance Use

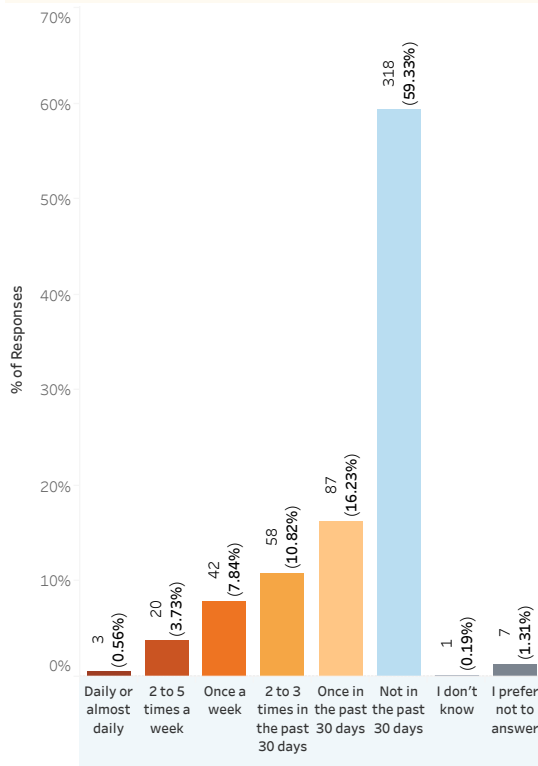


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Wellbeing Survey

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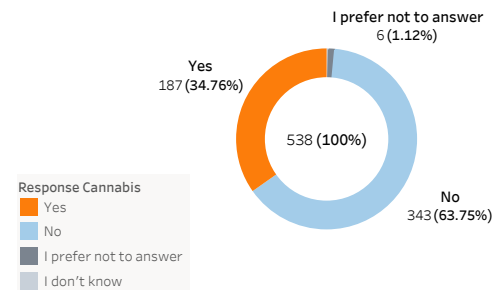
### Alcohol Use

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?  
Sample Size = 536



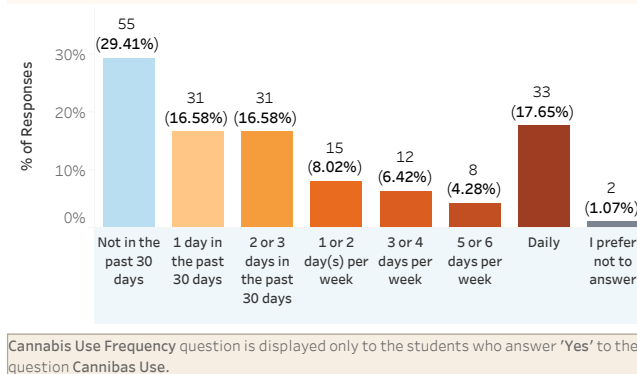
### Cannabis Use

In the past 12 months, have you used cannabis?



### Cannabis Use Frequency

In the past 30 days, how often did you use cannabis?  
Sample Size = 187



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



## CCWS - Spring - 2021 Substance Use



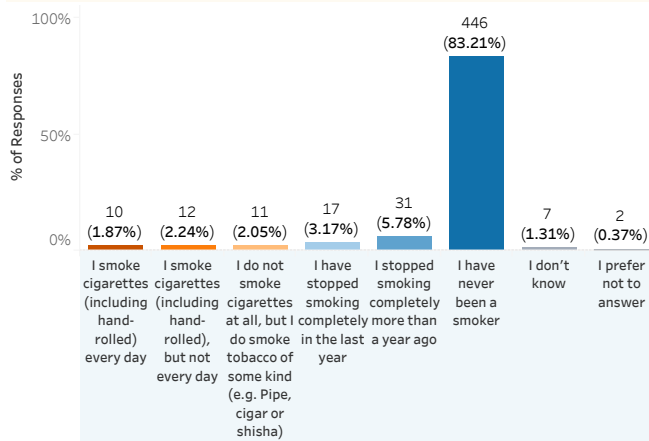
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### Tobacco Use

Which of the following best applies to you?

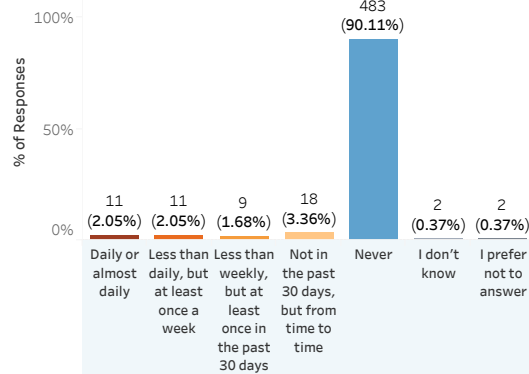
Sample Size = 536



### E-Cigarette Use

During the past 30 days, how often did you use an e-cigarette or a vaping device?

Sample Size = 536



### E-Cigarette Type

#### Question1

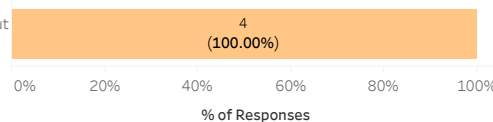
On how many of the past 30 days did you vape an e-liquid with nicotine?



On how many of the past 30 days did you vape cannabis/marijuana?



On how many of the past 30 days, did you vape just flavouring (without nicotine)?



#### Response

- <8 days
- 8-14 days
- 15-21 days
- >21 days

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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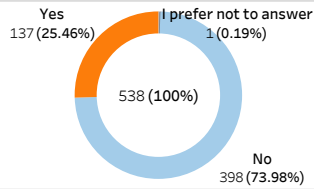


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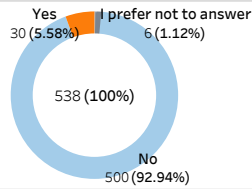
### Pain Relievers Use

In the past 12 months, have you used any pain relievers?



### Stimulants Use

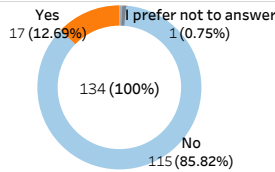
In the past 12 months, have you used any stimulants?



Response  
■ Yes  
■ No  
■ I prefer not to answer  
■ I don't know

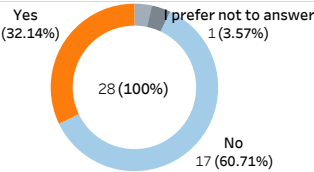
### Pain Relievers Reason

During the past 12 months, have you used pain relievers for reasons other than for pain relief? For example, to help you sleep, to feel better, to improve your mood, to cope with stress, for the experience, for the feeling they caused, to feel numb, or for any other reason.



### Stimulants Reason

During the past 12 months, did you use stimulants for reasons other than why they are recommended? For example, to cram for exams, to stay up all night to finish a project, to decrease your appetite, for the experience, to get high or for any other reason

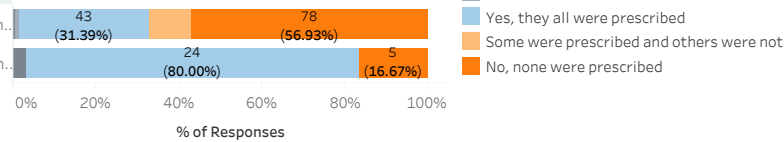


### Prescription

#### Question1

During the past 12 months, were the pain relievers you h...

During the past 12 months, were all the stimulants you h...



Response  
■ I prefer not to answer  
■ I don't know  
■ Yes, they all were prescribed  
■ Some were prescribed and others were not  
■ No, none were prescribed

The questions on Reason and Prescription are displayed only to the students who respond 'Yes' option to the Use questions

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