

| <b>Mental Health at UNR During the Pandemic Survey<br/>General Results</b> |  |       |  |
|--|--|-------|--|
|  |  |       |  |
|  | 154 total responses  |       |  |
|  | 19479 total enrolled in Spring 2021  |       |  |
|  | Margin of error = 8%, with 95% confidence  |       |  |
|  | * Acceptable margin of error is 4%~8% at 95% confidence  |       |  |
|  |  |       |  |
|  | Breakdown of percentages may not total to 100% due to rounding errors.   |       |  |
|  | All answers are sorted from most picked to least picked.   |       |  |
|  |  |       |  |
|  | (* ) Indicates an answer that was manually inputted by the respondent via the provided "Other" option                |       |  |
|  |  |       |  |
| <b>Section 1</b>   |  |       |  |
|  |  |       |  |
| <b>1</b>   | <b>What gender do you identify as?</b>   |       |  |
|  | Female   | 61.7% |  |
|  | Male   | 33.1% |  |
|  | Non-binary   | 3.2%  |  |
|  | Prefer not to say  | 1.3%  |  |
|  | Not sure (*)   | 0.6%  |  |
|  |  |       |  |
| <b>2</b>   | <b>How would you describe the impact of the COVID-19 pandemic on your mental health?</b>                             |       |  |
|  | Somewhat negative  | 53.2% |  |
|  | Extremely negative   | 41.6% |  |
|  | Very little/no impact  | 3.2%  |  |
|  | Somewhat positive  | 1.9%  |  |
|  | Extremely positive   | 0.0%  |  |
|  |  |       |  |
| <b>3</b>   | <b>Do you believe that the University is doing enough to support the mental health of students?</b>                  |       |  |
|  | I don't know what the University is doing to support the mental health of students                                   | 39.6% |  |
|  | No   | 35.1% |  |
|  | I know what the University is doing, but I don't know if it's enough   | 20.8% |  |
|  | Yes  | 4.5%  |  |
|  |  |       |  |
| <b>4</b>   | <b>Do you feel that University administration and faculty were prepared for an event like the COVID-19 pandemic?</b> |       |  |
|  | No   | 87.7% |  |
|  | I don't know/Unsure  | 7.8%  |  |
|  | Yes  | 4.5%  |  |
|  |  |       |  |
| <b>5</b>   | <b>Did you ever catch COVID-19?</b>  |       |  |
|  | No   | 69.5% |  |
|  | Yes  | 18.8% |  |
|  | I don't know/Unsure  | 11.7% |  |
|  |  |       |  |

|                             |  |       |  |  |
|-----------------------------|--|-------|--|--|
| <b>6</b>                    | <b>Where are you living in the Spring 2021 semester?</b>   |       |  |  |
|                             | Off campus, in Reno, Nevada  | 67.3% |  |  |
|                             | On campus  | 15.0% |  |  |
|                             | Off campus, outside of Reno, Nevada  | 14.4% |  |  |
|                             | I do not have stable housing   | 3.3%  |  |  |
|                             |  |       |  |  |
| <b>7</b>                    | <b>Where did you live in the Fall 2020 semester?</b>   |       |  |  |
|                             | Off campus, in Reno, Nevada  | 86.4% |  |  |
|                             | On campus  | 22.4% |  |  |
|                             | Off campus, outside of Reno, Nevada  | 8.6%  |  |  |
|                             | I did not have stable housing  | 0.7%  |  |  |
|                             | I was not a student at UNR in the Fall 2020 semester   | 0.0%  |  |  |
|                             |  |       |  |  |
| <b>8</b>                    | <b>Where did you live in the Spring 2020 semester after the transition to fully online classes?</b>  |       |  |  |
|                             | Off campus, in Reno, Nevada  | 44.4% |  |  |
|                             | Off campus, outside of Reno, Nevada  | 30.1% |  |  |
|                             | I was not a student at UNR in the Spring 2020 semester   | 19.0% |  |  |
|                             | On campus  | 5.2%  |  |  |
|                             | I did not have stable housing  | 1.3%  |  |  |
|                             |  |       |  |  |
| <b>9</b>                    | <b>Do you live on your own or with others?</b>   |       |  |  |
|                             | I live with roommates that are not family  | 55.2% |  |  |
|                             | I live with family members   | 37.7% |  |  |
|                             | I live alone   | 7.1%  |  |  |
|                             |  |       |  |  |
| <b>Section 2 (optional)</b> |  |       |  |  |
|                             | <i>Respondents were led to this optional section if they stated that they experienced a "Somewhat negative" or "Extremely negative" impact on their mental health in their response to question 2.</i> |       |  |  |
|                             |  |       |  |  |
| <b>10</b>                   | <b>Which of the following has negatively impacted your mental health? Please select all that apply. (**)</b>   |       |  |  |
|                             | <i>(**) Respondents were allowed to select more than one answer.</i>   |       |  |  |
|                             | Inability to see friends, family, or significant others in-person  | 88.4% |  |  |
|                             | Loss of "normal" access to public spaces   | 87.7% |  |  |
|                             | Maintaining grades in classes  | 87.0% |  |  |
|                             | Changes in relationships with friends, family, or significant others   | 76.7% |  |  |
|                             | Introspection as a result of the pandemic  | 60.3% |  |  |
|                             | Evolution of relationship with political climate   | 56.8% |  |  |
|                             | News coverage of current events  | 56.2% |  |  |
|                             | Changes in prospects of career path/future   | 47.9% |  |  |
|                             | Challenges in paying for utilities or other bills  | 35.6% |  |  |
|                             | Challenges in housing  | 30.8% |  |  |
|                             | Death or illness of you or a loved one due to COVID-19   | 22.6% |  |  |
|                             | Challenges in getting/buying food  | 19.9% |  |  |
|                             | My mental health has not been negatively impacted  | 6.8%  |  |  |
|                             | Depression, toxic home environments (*)  | 0.7%  |  |  |
|                             | Developed anxiety from the pandemic (*)  | 0.7%  |  |  |

|           |   |       |  |                 |
|-----------|---|-------|--|-----------------|
|           | Widespread ideological possession (*)   | 0.7%  |  |                 |
|           | Loss of regular outlets including breaks like spring break (*)  | 0.7%  |  |                 |
|           | Prefer not to respond   | 0.7%  |  |                 |
|           |   |       |  |                 |
| <b>11</b> | <b>Have YOU had an education-related challenge at any time since the beginning of the COVID-19 pandemic?</b>  |       |  |                 |
|           | <i>"An education-related challenge might include but is not limited to: ideas of dropping out or taking a break from college, changing your major, disinterest for college, etc."</i> |       |  |                 |
|           | Yes   | 82.2% |  |                 |
|           | No  | 17.8% |  |                 |
|           |   |       |  |                 |
| <b>12</b> | <b>Do you know SOMEONE ELSE that had an education-related challenge at any time since the beginning of the COVID-19 pandemic?</b>   |       |  |                 |
|           | Yes   | 89.7% |  |                 |
|           | Maybe   | 6.8%  |  |                 |
|           | No  | 3.4%  |  |                 |
|           |   |       |  |                 |
| <b>13</b> | <b>Have you or someone you know taken a break from University completely (i.e. unenrolled from all classes) during the pandemic?</b>  |       |  |                 |
|           | Yes   | 67.8% |  |                 |
|           | No  | 26.7% |  |                 |
|           | Unsure/I don't know   | 5.5%  |  |                 |
|           |   |       |  |                 |
| <b>14</b> | <b>How would you describe your current coping with the circumstances surrounding the COVID-19 pandemic?</b>   |       |  |                 |
|           | <i>"I have been coping..."</i>  |       |  |                 |
|           | Somewhat badly  | 34.2% |  | (Badly = 49.7%) |
|           | Neither well nor badly  | 29.5% |  | (Well = 21.4%)  |
|           | Somewhat well   | 19.2% |  |                 |
|           | Extremely badly   | 15.1% |  |                 |
|           | Extremely well  | 2.1%  |  |                 |
|           |   |       |  |                 |
| <b>15</b> | <b>Have YOU increased your use of alcohol, nicotine, and/or other recreational drugs to cope with changes that have come with the pandemic?</b>                                       |       |  |                 |
|           | No  | 50.0% |  |                 |
|           | Yes   | 50.0% |  |                 |
|           |   |       |  |                 |
| <b>16</b> | <b>Do you know of SOMEONE ELSE who has increased their use of alcohol, nicotine, and/or other recreational drugs to cope with changes that have come with the pandemic?</b>           |       |  |                 |
|           | Yes   | 77.4% |  |                 |
|           | No  | 22.6% |  |                 |
|           |   |       |  |                 |
| <b>17</b> | <b>Have you used any resources offered by the University to support those hit hard by the COVID-19 pandemic?</b>  |       |  |                 |
|           | No  | 49.3% |  |                 |
|           | Yes   | 35.6% |  |                 |
|           | Unsure/I don't know   | 15.1% |  |                 |
|           |   |       |  |                 |

### Section 3 (optional)

Respondents were led to this optional section if they stated that they experienced a "Somewhat positive" or "Extremely positive" impact on their mental health in their response to question 2.

#### 18 What have you been able to do as a result of the changes that have come with the COVID-19 pandemic? Please select all that apply. (\*\*)

(\*\*) Respondents were allowed to select more than one answer.

|   |      |
|---|------|
| Do more exercise/physical activities                                  | 100% |
| Changes in relationships with friends, family, and significant others | 67%  |
| Engaged in more wellness techniques                                   | 33%  |
| Evolution of relationship with political climate                      | 33%  |
| nicotine and caffeine addiction lol (*)                               | 33%  |
| Started new hobbies   | 0%   |
| Become more spiritual/religious                                       | 0%   |
| Volunteered at more places  | 0%   |
| Started a business  | 0%   |
| My mental health has not been positively impacted                     | 0%   |
| Prefer not to say   | 0%   |

#### 19 Have YOU had an education-related challenge at any time since the beginning of the COVID-19 pandemic?

"An education-related challenge might include but is not limited to: ideas of dropping out or taking a break from college, changing your major, disinterest for college, etc."

|     |       |
|-----|-------|
| No  | 66.7% |
| Yes | 33.3% |

#### 20 Do you know SOMEONE ELSE that had an education-related challenge at any time since the beginning of the COVID-19 pandemic?

|       |       |
|-------|-------|
| Yes   | 66.7% |
| No    | 33.3% |
| Maybe | 0.0%  |

#### 21 Have you or someone you know taken a break from University completely (i.e. unenrolled from all classes) during the pandemic?

|                     |       |
|---------------------|-------|
| Yes                 | 33.3% |
| No                  | 33.3% |
| Unsure/I don't know | 33.3% |

#### 22 How would you describe your current coping with the circumstances surrounding the COVID-19 pandemic?

"I have been coping..."

|                        |       |
|------------------------|-------|
| Neither well nor badly | 33.3% |
| Somewhat badly         | 33.3% |
| Somewhat well          | 33.3% |
| Extremely badly        | 0.0%  |
| Extremely well         | 0.0%  |

|                             |   |        |  |  |
|-----------------------------|---|--------|--|--|
|                             |   |        |  |  |
| <b>23</b>                   | <b>Have YOU decreased your use of alcohol, nicotine, and/or other recreational drugs to cope with changes that have come with the pandemic?</b>                                 |        |  |  |
|                             | No  | 100.0% |  |  |
|                             | Yes   | 0.0%   |  |  |
| <b>24</b>                   | <b>Do you know of SOMEONE ELSE who has increased their use of alcohol, nicotine, and/or other recreational drugs to cope with changes that have come with the pandemic?</b>     |        |  |  |
|                             | Yes   | 66.7%  |  |  |
|                             | No  | 33.3%  |  |  |
| <b>25</b>                   | <b>Have you used any resources offered by the University to support those hit hard by the COVID-19 pandemic?</b>  |        |  |  |
|                             | No  | 100.0% |  |  |
|                             | Yes   | 0.0%   |  |  |
|                             | Unsure/I don't know   | 0.0%   |  |  |
| <b>Section 4 (optional)</b> |   |        |  |  |
|                             | <i>This section collected the contact information and comments of respondents. Due to privacy concerns, we are not sharing the contents of this section with third parties.</i> |        |  |  |
|                             |   |        |  |  |
|                             | <i>Last updated 2021 April 14, 2:24 AM PT.</i>  |        |  |  |