



Canadian Campus
Wellbeing Survey

Bien-être sur les
campus canadiens

Deployment of the Canadian Campus Wellbeing Survey (CCWS): Saskatchewan – Spring 2023

Final Report for Healthy Campus Saskatchewan and the Saskatchewan Ministry of Advanced Education Technical Report Series

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Introduction

Over two million young adults attend post-secondary institutions in Canada. This can be a time of great excitement, independence and growth – but students also face substantial increases in health-risk behaviour, including poor mental health, decreased physical activity, increased substance abuse, poor nutrition, and stress. Now more than ever, we are facing a mental health challenge on Canadian campuses. This was greatly amplified during the COVID-19 pandemic and it is important to monitor progress as we recover from its impacts. Like K-12 schools, the post-secondary setting should be considered critical for health promotion. There are subsidized facilities, programs and staffing commonly available to support students increasingly through online delivery. In other words, we can intervene.

To develop or evaluate interventions at the post-secondary level, a mechanism is first required to assess the health and wellbeing of students. Collected data can be used to guide decisions about where institutional priority should be placed in terms of programs and policies, and for ongoing evaluation of those decisions. This was the motivation for creating the Canadian health and wellbeing measurement system, known as the Canadian Campus Wellbeing Survey/le sondage Bien-être sur les Campus Canadiens (CCWS-BECC – www.ccws-becc.ca; Faulkner et al., 2019).

The CCWS includes validated and reliable measures of positive mental health, and multiple risk and protective factors including school connectedness, social and emotional skills, academic performance, safety, sleep, exercise, food security, and substance use. The student level survey is a modular design with a 20-minute core CCWS survey. A technical report describing the results of the development process and the survey itself (including the francophone version) is available at www.ccws-becc.ca. The surveillance infrastructure is housed at the University of British Columbia in collaboration with the Student Experience Evaluation and Research Unit of the UBC Office of the Vice-President, Students. A vital feature of the CCWS is an improved feedback mechanism where institutions have timely access to visual representations of their data and comparative references, and the capacity to customize analyses.

The CCWS supports implementation of the 2015 *Okanagan Charter: An International Charter for Health Promoting Universities and Colleges*, which calls on higher education to embed health into everyday operations, business practices and academic mandates, as well as to lead health promotion action and collaboration (Okanagan Charter, 2016). Prioritizing student health by establishing policies and programs based on evidence will assist in placing student wellbeing at the heart of the academic enterprise. Evidence based decisions need to be anchored in meaningful data. Having a Canadian mechanism for assessing the health and wellbeing of post-secondary students is now more important than ever – we need to be able to assess the impact of the disease and its likely long-term repercussions for mental health. Such data will be essential for informing decisions about how best to help our students.

With support from Healthy Campus Saskatchewan (HCSK) and the Saskatchewan Ministry of Advanced Education, the CCWS was implemented at public post-secondary institutions across Saskatchewan in spring 2021 and 2023. This report provides aggregated results from the provincial deployment of the CCWS in Saskatchewan in spring 2023. Institutions received their own data and can compare to the consortium of Saskatchewan institutions, without institutional identification. By transcending institutional boundaries in the name of student wellbeing, institutions will be supported in identifying programs, policies and practices that are effectively improving student wellbeing on one campus – and it provides the rationale and evidence to implement similar practices to other campus and community programs.

Methods

Recruitment

Post-secondary institution partners (n = 11) were invited to take part through their involvement with HCSK. Institutions wishing to take part were directed to contact the CCWS team. Some institutions deployed together, meaning that they collected data using the same survey, but had several campuses as part of their cohort file so that they could filter the data.

Data Collection

Institutions were able to deploy the survey during spring 2023. In total 11 surveys were deployed. The 11 institutions leading each survey deployment most often chose to include several campus locations in their cohort file. This resulted in the survey being sent to students from 16 of the HCSK partner post-secondary institutions overall. Deployment windows ranged from January 26 to May 17, 2023.

The CCWS is administered via the UBC Survey Tool, a cloud database service provisioned by Qualtrics. The steps involved in the deployment process were adapted from the B.C. Student Housing Demand Survey. The institutions were given the choice to deploy the survey using one of two mail-out options: 1) Proxy mail-out using aliased email addresses (institution creates aliased email addresses of students in their sample, and provides them to CCWS who sends out survey email invitations and reminders to students), or 2) self-managed mail-outs (CCWS provides unique survey links to the institutions based on their sample size and institution sends out the survey email invitations and reminders to the students). Both mail-out options ensure that the responses cannot be linked to the students' personal information by the institution or by CCWS. In Saskatchewan, seven (64%) of the surveys were deployed using the self-managed mail out option and the remainder used the aliased mail-out option.

CCWS has provided recommendations for institutions to choose their desired sample size based on the size of the institution. Smaller institutions have been recommended to choose a relatively larger proportion of their student population to be surveyed.

Students selected to be invited to the survey were sent an information letter via email, with their unique survey link. The average length of the survey window across institutions was 22 days (SD = 9.9 days). Students were also sent reminder emails during their survey window, with the number of reminders being chosen by the institution. Ten participating Saskatchewan institutions sent 3 reminder emails; one Saskatchewan institution sent 2 reminder emails.

Across the 11 surveys, 36,905 students were invited to complete the online survey. A total of 3301 of these students responded to the survey (8.9%). Average response rate by institution is 14.5%. Out of 3301 students who responded to the survey, 2,614 students completed the survey (reached the last page of the survey), and the remaining 687 students partially completed the survey. Providing incentives to the students who complete CCWS is optional at an institutional level. Eight of the deployed surveys offered some kind of incentives to complete CCWS, with average response rate of 14.18% (fully and partial finished). Response rates for each survey ranged from 3.8% to 31.5%. Three institutions which did not offer any incentive obtained an average response rate of 15.4% (ranged from 5.1% to 31.5%). Technical difficulties were experienced by some institutions which may have impacted response rates. For example, some institutions sent out the same survey link to all students rather than a unique link to each student

while doing self-managed mail out. This report includes data from both partial and fully completed surveys.

Measures

Institutional Cohort Variables

Institutions submitted institution-specific cohort variables that were linked to self-report survey responses, including: Subject of Studies, Domestic/International status, Credential Type, Program Start Date, New or returning student, Full-time/part-time status, Program and Faculty of study, Campus attended, Year standing, Cumulative grade point average, and Indigeneity. Some of these cohort variables were not applicable to some institutions.

Student Self-Report Measures

The CCWS includes nine core modules: campus climate/student experience, mental health assets, mental health deficits, health service utilization and help-seeking, physical health/health behaviours, academic achievement, substance use, food security, and sexual health. The students also self-reported demographics. Each are described briefly below. For more details, the survey and development report can be found online (<https://www.ccws-becc.ca/resources>).

1) Campus Climate and Student Experience

Eight items were used to assess campus climate and student experience (e.g., *'I feel that I belong at my institution.'*). Response options were on a 6-point Likert-scale from 1 (strongly disagree) to 6 (strongly agree). Two items assessed feelings of safety on campus during the day and at night. The response options ranged from 1 (very safe) to 6 (very unsafe), and we included a 'Not applicable' and 'I don't know' option.

2) Academic Achievement/Experience

Three items were used to assess institutional learning environment (e.g., *'My institution provides a supportive learning environment'*) and one item assessed confidence to overcome academic challenges (*'I am confident that I will be able to finish my degree no matter what challenges I may face'*), each on a 6-point Likert-scale from Strongly disagree (1) to Strongly agree (6).

3) Mental Health Assets

Emotional, social and psychological wellbeing were assessed using the Warwick-Edinburgh Mental Well-being Scale (WEMWBS; Tennant et al., 2007). The WEMWBS consists of 14-items that are all positively worded and relate to the main components (eudemonic and hedonic) of mental wellbeing. The items are summed to provide a single score ranging from 14 to 70 with higher scores reflecting greater wellbeing. Single scores can also be categorized into groups: low mental wellbeing (<40), average mental wellbeing (41-58), and high mental wellbeing (59-70).

Resilience (control and self-efficacy coping) to overcome challenges were measured using Canadian Community Health Survey (CCHS) questions, on a 5-point Likert scale from 1 (poor) to 5 (excellent). Global self-rated mental and physical wellbeing from the CCHS were measured using the same scale.

Social relationships and support were assessed using a 5-item social provisions measure (Statistics Canada, 2021). Each item was scored on a 4-point scale from strongly agree (4) to strongly disagree (1). A cut-off of 15 or higher indicates high levels of social support (Orpana et al., 2019).

4) Mental Health Deficits

To measure symptomology of depression and anxiety, we used the 10-item Kessler Psychological Distress Scale (K10) to yield a global measure of distress that a person had experienced over the past month (Kessler et al., 2002). Higher scores are reflective of more mental distress. Summed scores are categorized into groups: little or no mental distress (<20), mild mental distress (20-24), moderate mental distress (25-29), and severe mental distress (30-50).

The sources of perceived stress and extent of impact on academic progress items are consistent with the 8-items in the 2017 National Survey of Student Experience (<http://nsse.indiana.edu/>), rated as 'as major obstacle' (1), 'a minor obstacle' (2), or 'not an obstacle' (3). Two additional items with potential sources of stress were added due to the COVID-19 pandemic (Concerns about the COVID-19 pandemic; Shift to online classes). Two items assessed suicidal ideation ('*have you ever seriously contemplated suicide?*') and planning ('*have you ever made a plan to seriously attempt suicide?*') over the past 12 months (Response options: yes (1), no (2), prefer not to answer (3)).

The 3-item Loneliness Scale (Hughes et al., 2004) measured perceived loneliness. Higher scores reflected being lonelier.

5) Health Service Utilization and Help Seeking

Knowledge of mental health services and physical health services available on- and off-campus were measured in 4 items, with response options ranging from Strongly agree (1) to Strongly disagree (6). Perceptions of support systems on campus (response options from strongly agree (1) to strongly disagree (6)) and awareness of mental health outreach efforts on campus (Response options: No (0) and Yes (1)) were also asked. Student use of campus health services for primary care (such as routine check-ups with a doctor) was also assessed (Response options: Yes (1)/No (0)). One question assessed help-seeking intentions and we modified response options to include 'professional clinicians', 'I don't know anyone to talk to about this', and 'I prefer not to talk to anyone about this'.

Three items on attitudes towards seeking help for mental health were added to better align CCWS content with the [National Standard of Canada for Mental-Health and Well-Being for Post-Secondary Students](#): "If you had a serious emotional problem, would you..." (definitely go for professional help, probably go for professional help, probably not go for professional help, definitely not go for professional help), "How comfortable would you feel talking about personal problems with a professional?" (Very comfortable, somewhat comfortable, not very comfortable, not at all comfortable), and "How embarrassed would you be if your friends knew you were getting professional help for an emotional problem?" (very embarrassed, somewhat embarrassed, not very embarrassed, not at all embarrassed).

6) Physical Health/Health Behaviours

Sleep

Time to sleep and wake up on weekdays and weekends were assessed using drop-down response options at every half hour. Total sleep on weekdays and weekend days were calculated from these 4-

items. Quality of sleep was assessed using 1-item (*'During the past week, how would you rate your sleep quality overall (how well you sleep)?'*), from Very good (1) to Very bad (4).

Physical Activity

Time spent in vigorous and moderate physical activity (average hours/week) were derived from the International Physical Activity Questionnaire (IPAQ; Murphy et al., 2017). Days spent doing muscle strengthening activities was measured using a single item (Yore et al., 2007).

Participation in organized sport (varsity, club/community sports/intramurals/none) over the last year was assessed in 1-item.

Sedentary Behaviour/Screen Time

Three individual questions assessed recreational screen use (watching TV, using computers during leisure), sedentary transportation, and total sitting time (in hours, minutes).

7) Substance Use

Alcohol

Binge drinking over the last month was assessed using one question that asked students to report how many times over the past 30 days they consumed 4 or more (female sex) or 5 or more (male sex) drinks on one occasion. Response options ranged from Daily or almost daily (1) to Not in the past 30 days (6). There were also a 'I don't know' and 'I prefer not to answer' response options available. The response option 'I do not drink alcohol' was added since the 2021 survey.

Tobacco Use

Tobacco-use (cigarette smoking and e-cigarette use) questions included 5-items from the Canadian Postsecondary Education Alcohol and Drug Use Survey 2018 (CPADS; courtesy of Health Canada).

Cannabis

Previous year and previous month cannabis use were also from the CPADS.

Other Drugs

Three items each assessed whether pain relievers and stimulants were used, prescribed and used for reasons other than their intended use over the past 12 months.

8) Food Security

Six items from the Canadian Community Health Survey (CCHS) Household Food Security Survey Module assessed food security (physical availability of food, economic and physical access to food, food utilization, and stability of these dimensions over time). 'I don't know' and 'I prefer not to answer' response options were included. The 6-items are scored and summed (lower scores indicate greater level of food insecurity), and categorized to determine the level of food insecurity: food secure (0-1), low food security (2-4), very low food security (5-6). The 18-item version of the food security module (Statistics Canada, 2020) was included for all Saskatchewan institutions in 2023. This version allows for better assessment of the food insecurity status of students with children without increasing the survey time burden for the majority of respondents, while still allowing for comparisons with the 6-item survey data.

9) Sexual Health

Safer sex practice questions (condom and protective barrier use) were measured in two items. Sexual satisfaction was measured using a single item (rating from very satisfied to very dissatisfied). A 'prefer not to answer' option was available for all three sexual health questions. These questions were updated since the 2021 deployment and are not directly comparable.

10) Demographic Measures for the Questionnaire

Self-report demographic measures in the CCWS included: age (in years), ethnicity including Canadian Indigenous group), immigrant status, place of residence, mode and length of commute to campus, cumulative grade, hours of paid employment, gender identity, trans experience, sexual identity, relationship status, disabilities, parent education. Students were also asked if they were currently or recently had been participating in a co-op placement, practicum, residency, or study abroad term. Two questions about whether students were living in the province where their institution is location, and whether their living situation was different than planned due to COVID-19 pandemic, were also included.

11) Additional Questions

Each institution had the opportunity to add up to 5 institution-specific questions. HCSK decided to include the same three questions in all surveys, with the remaining two questions determined by individual institutions. The additional questions selected by HCSK were: *'I have struggled with the following substances and/or behaviours (select all that apply)'* (response options: social media overuse, caffeine, nicotine, disordered eating, alcohol, self-harming, cannabis, cocaine, stimulants, MDMA, hallucinogens, opioids, inhalants, steroids); *'During your time as a student did you experience any of the following (select all that apply)'* (response options: a verbal threat, an emotionally abusive intimate relationship, sexual touching without your consent, stalking, gender-based threats/violence, a physical assault (non-sexual), race-based threats/violence, sexual penetration without your consent, a sexually abusive intimate relationship, a physically abusive intimate relationship, none of the above); *'I have experienced stigma or shame when disclosing to others about problematic substance use, behavioural issues (disordered eating, self-harm), or mental illness'* (response options: strongly disagree, disagree, agree, strongly agree, does not apply to me).

Data Analysis

This report provides aggregated descriptive results of student self-report data. HCSK was also provided access to a Saskatchewan provincial Tableau dashboard whereby core measures could be further explored by institutional cohort and demographic variable filters. This includes an additional dashboard with results from both 2021 and 2023.

Results

Participants

Institutions

Of the 11 institutions that led a survey deployment, 2 were universities, and 9 were colleges or technical and vocational institutions. Most of the institutions included several campus locations ($n=62$) in their deployment including some from other HCSK post-secondary partner institutions not counted within the participating eleven. This resulted in the survey being sent to students from 16 of the HCSK partner post-secondary institutions overall. Total student enrolment at the 11 institutions ranged from <1000 ($n = 2$), 1001-5000 students ($n = 5$), 5001-10000 students ($n = 1$), 10,001-20,000 students ($n = 1$), and 20,001-40,000 students ($n = 2$). The enrolment for one institution was not provided.

Students

Based on the cohort variables submitted by institutions, the majority of the students were domestic (81.55%), full-time (85.64%), returning (42.41%; not reported for 35.17%), and the majority of students had first year standing (51.59%). Thirty-nine percent were enrolled in a bachelor's degree program and 10.81% were Indigenous (see Table 1). Not all institutions provided this information (see Table 1).

The sample of respondents was generally a good representation of the cohort of students who were invited to complete the survey (see Table 1). The sample of respondents reflects the composition of the cohort well in terms of student residency (domestic/international). The students who are new to institutions are slightly over-represented in the sample (cohort: 19.51%, sample: 22.45%). The sample of respondents reflects the composition of the cohort well in terms of indigeneity. The sample was slightly over-representative of full-time students (cohort: 81.1%, sample: 85.64%), and under-representative of part-time students (cohort: 17.8%, sample: 13.94%). When looking at the credential type, the sample of respondents was an overall good representation of the cohort, with slight over-representation of students enrolled in doctorate, diploma, associate degree, development, certificate and other programs, and a slight under-representation of students enrolled in bachelor's, master's degree, and apprenticeship programs.

The full list of self-report demographic characteristics for the 3301 participating students can be found in Table 2. Student mean age was 27.4 years ($SD= 9.6$ years; median age = 24 years), with about 40% of respondents ≤ 24 years. The majority of students identified as a woman (69.08%), followed by a man (26.98%), and non-binary person (1.88%). A high percentage of students identified as heterosexual/straight (71.65%), and as not having trans experience (94.87%). More students reported being single (42.25%) than in a relationship (29.38%). Forty-nine percent of students identified their cultural background as White, followed by Indigenous peoples of Canada (13.40%), and South Asian (11.46%). Of the student who self-reported as Indigenous, 96.00% identified as First Nations. The majority of respondents (66.35%) were Canadian born, 33.12% were born outside of Canada, and some respondents declined to answer (0.5%).

Table 1. Student demographic characteristics based on institutional cohort variables

	Cohort	Sample		Cohort	Sample
Domestic/ International			Full-Time/ Part-Time		
	N = 36905	N = 3301		N = 36905	N = 3301
	%	%		%	%
Domestic	81.8	81.55	Full-Time	81.1	85.64
International	18.2	18.45	Part-Time	17.8	13.94
			Not reported	0.03	0.45
New to Institution			Credential Type		
	N = 36905	N = 3301		N = 36905	N = 3301
	%	%		%	%
Yes	19.5	22.45	ADGR	0.03	0.12
			ADIP	0.45	0.39
No	46.2	42.41	APPR	6.62	5.24
Not reported	34.3	35.17	BACH	45.38	39.29
			CERT	17.03	19.45
Indigenous			DEVL	0.83	2.00
	N = 26424	N = 3301	DIPL	14.11	18.66
	%	%	DOCT	1.49	1.94
Yes	16.1	10.81	GRCT	0.18	0.09
No	81.9	50.26	MAST	6.45	5.18
Not reported	2.0	38.93	NONE	1.21	0.79
			OTHR	4.88	5.54
			PDCT	0.01	0.03
			Not reported	1.32	1.27
Year Standing					
	N = 36905	N = 3301			
	%	%			
1	47.3	51.59			
2	17.7	16.93			
3	11.5	9.15			
4	11.4	7.18			
Not reported (N/A)	0.6	1.27			
Null	11.4	13.87			

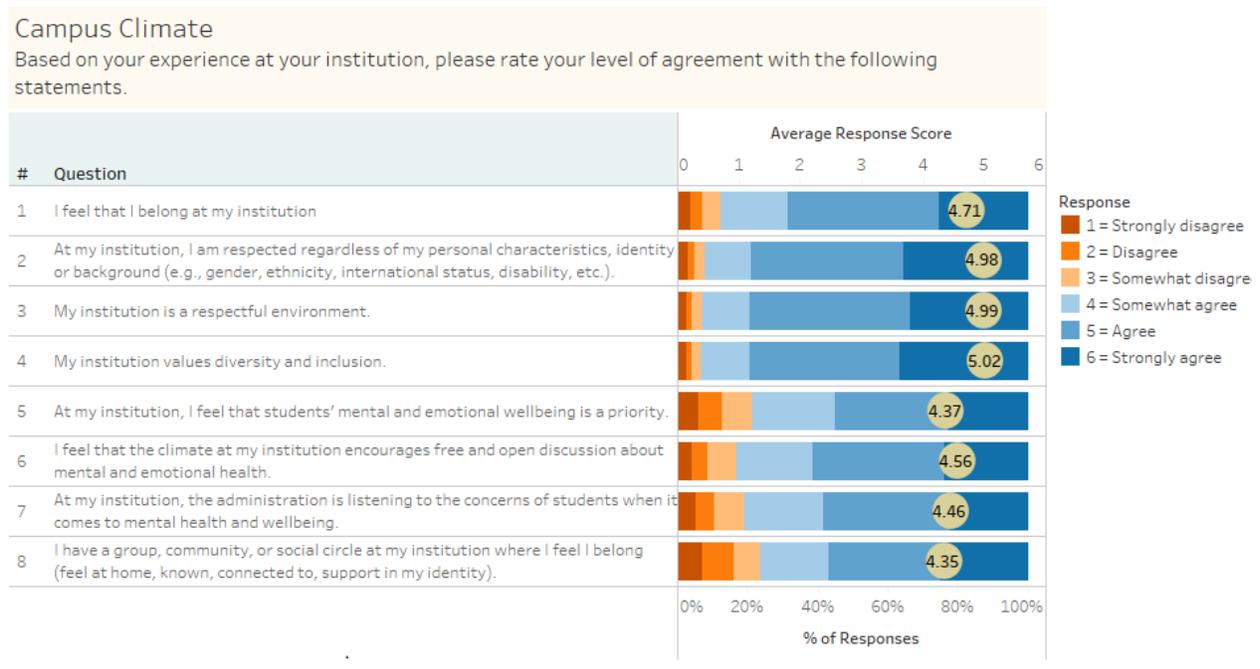
Sixty-four percent of students reported their parent(s)/guardian(s) having completed a college program or higher. Most students (83.16%) reported living off-campus and the most common mode of transportation to commute to campus was by vehicle (alone; 41.68%) followed by public transit (21.00%), with more than half (68.15%) of those trips taking 30 minutes or less. Half (50.77%) of the students self-reported their average cumulative grade as A- or higher. Fifty-seven percent of students did not have paid employment, and of those who did, the average number of hours they worked per week was 19.4 hours (SD=11.9). The majority of students (64.82%) reported having no disability or ongoing medical condition, and the most common disability reported was a mental health condition (64.07%).

Core Measures

1) Campus Climate and Student Experience

Frequency data for campus climate and student experience items can be found in Figure 1. The majority of students reported ‘somewhat agreement’ or higher to all 8-items. The majority of students reported feeling a sense of belonging, feeling respected, and that mental health is an institutional priority. Only 2.01% of students reported feeling somewhat to very unsafe on campus during the day, compared to 13.75% at night.

Figure 1. Response frequencies for campus climate and student experience items



2) Academic Achievement/Experience

Over half of the students agreed or strongly agreed with statements regarding their institution having a supportive learning environment (means ranged from 4.60 to 4.82 across the 4-items; see Figure 2).

Figure 2. Response frequencies for academic achievement and experience



3) Mental Health Assets

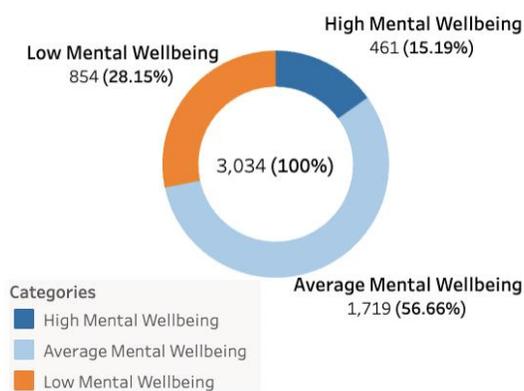
With regards to student resilience, the majority of students reported having a good to excellent ability to handle day-to-day demands (78.16%), and unexpected difficulties (73.16%).

Table 3 displays frequencies and means for all 14-items of the WEMWBS mental wellbeing measure. Students categorized as having high, average and low mental wellbeing were 15.19%, 56.66%, and 28.15%, respectively (see Figure 3).

Table 3. Descriptive statistics for mental wellbeing over than last 2 weeks (14-item Warwick-Edinburgh Mental Wellbeing Scale)

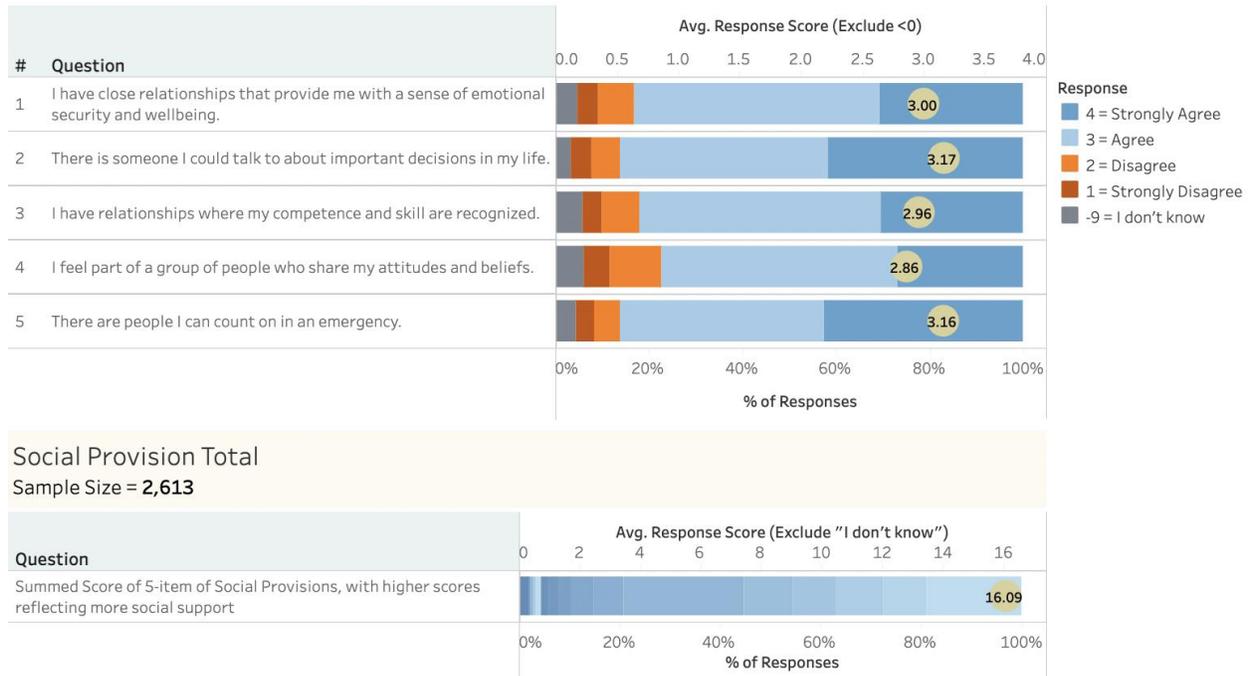
	N	Mean	SD	None of the time = 1	Rarely = 2	Some of the time = 3	Often = 4	All of the time = 5
I've been feeling optimistic about the future.	3118	3.58	1.03	3.11%	11.13%	30.98%	34.54%	20.24%
I've been feeling useful.	3108	3.53	1.04	3.38%	12.58%	29.70%	35.91%	18.44%
I've been feeling relaxed.	3109	2.91	1.15	11.48%	26.34%	31.78%	20.04%	10.36%
I've been feeling interested in other people.	3099	3.24	1.09	6.55%	18.10%	32.40%	30.43%	12.52%
I've had energy to spare.	3107	2.82	1.18	14.03%	28.42%	28.19%	20.15%	9.21%
I've been dealing with problems well.	3108	3.40	0.97	3.99%	11.45%	37.19%	35.71%	11.6 %
I've been thinking clearly.	3104	3.44	0.97	2.90%	12.40%	35.21%	36.34%	13.1 %
I've been feeling good about myself.	3105	3.39	1.10	5.41%	15.88%	29.86%	32.46%	16.3 %
I've been feeling close to other people.	3102	3.25	1.09	6.67%	17.86%	31.62%	31.43%	12.41%
I've been feeling confident.	3107	3.37	1.08	5.15%	15.55%	32.67%	30.74%	15.90%
I've been able to make up my own mind about things.	3102	3.72	0.97	2.68%	7.96%	25.37%	42.62%	21.37%
I've been feeling loved.	3099	3.68	1.04	3.48%	9.42%	26.43%	37.08%	23.59%
I've been interested in new things.	3105	3.50	1.13	5.15%	14.40%	26.92%	32.46%	21.06%
I've been feeling cheerful.	3107	3.35	1.06	5.18%	14.87%	33.73%	31.93%	14.29%

Figure 3. Proportion of students categorized as having high, average or low mental wellbeing (based on summed WEMWBS scores)



The majority of students agreed or strongly agreed with the 5 social provision items (see Figure 4). The average summed score for social provision was 16.09, suggesting that on average students had high levels of social support (Orpana et al., 2019).

Figure 4. Response frequencies and average score for social provisions measure



4) Mental Health

Table 4 displays frequencies and means for all 10-items in the K10 mental wellbeing measure. Twenty-eight percent (28.11%) of students were classified as having either little or no mental distress, followed by mild mental distress (20.36%), moderate mental distress (17.93%; see Figure 5). Thirty-three percent of students self-reported severe mental distress. Institutional variability for severe mental distress category of students was 9.6% (interquartile range). That is, prevalence of severe mental distress varied between approximately 19.5% and 45.4%. There was some variation by type of institution: Regional Colleges (N = 7) – 26.1%; Universities (N = 2) – 43.4%.

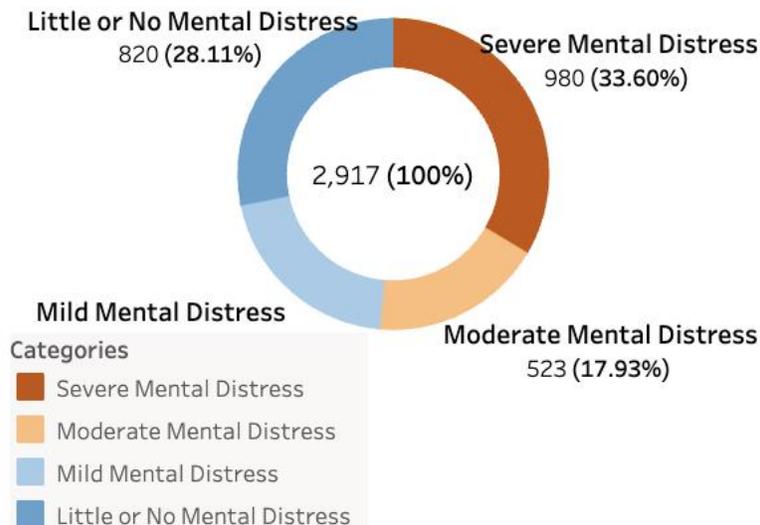
Almost sixty percent of students reported feeling that they lacked companionship, felt left out, and/or felt isolated from others some of the time or often. The mean loneliness score was 5.33 (see figure 7), with a median score of 5. Scores of 3-5 suggest that a participant was not lonely, while scores of 6-9 suggest that a participant feels lonely.

Twelve percent of students reported seriously contemplating suicide over the last 12 months, and 10.43% preferred not to answer. Of those who experienced suicidal ideation, 33.33% reported making a plan for attempting suicide, and 11.58% preferred not to answer (see Figure 8).

Table 4. Descriptive statistics for psychological distress over the last 30 days (10-item Kessler Psychological Distress Scale)

	N	Mean	SD	None of the time = 1	A little of the time = 2	Some of the time = 3	Most of the time = 4	All of the time = 5
How often did you feel tired out for no good reason?	2959	3.22	1.17	8.75 %	18.05 %	31.06 %	26.90 %	15.24 %
How often did you feel nervous?	2952	3.00	1.09	9.08 %	22.63 %	36.59 %	22.46 %	9.25 %
How often did you feel so nervous that nothing could calm you down?	2956	2.18	1.12	35.52 %	27.10 %	24.83 %	8.80 %	3.76 %
How often did you feel hopeless?	2954	2.30	1.16	30.87 %	28.47 %	25.08 %	10.39 %	5.18 %
How often did you feel restless or fidgety?	2955	2.85	1.24	16.51 %	24.13 %	28.76 %	18.61 %	11.98 %
How often did you feel so restless you could not sit still?	2952	2.35	1.22	31.78 %	25.85 %	23.92 %	12.13 %	6.33 %
How often did you feel depressed?	2953	2.5	1.21	25.03 %	28.31 %	25.70 %	13.58 %	7.38 %
How often did you feel that everything was an effort?	2947	2.93	1.22	13.74 %	24.57 %	28.71 %	20.77 %	12.22 %
How often did you feel so sad that nothing could cheer you up?	2951	2.16	1.13	36.06 %	28.67 %	22.53 %	8.71%	4.03 %
How often did you feel worthless?	2943	2.11	1.22	42.98 %	23.14 %	19.27 %	8.73 %	5.88 %

Figure 5. Proportion of students categorized as having severe, moderate, mild or little/no mental distress (based on summed K10 scores)



Sources of perceived stress and extent of impact on academic progress are displayed in Figure 6. The majority of students rated each source of stress as a minor obstacle or not an obstacle at all. However, financial pressure was one variable which was selected as a minor or major obstacle by most participants (84.34%).

Figure 6. Response frequencies for sources of perceived stress items



Figure 7. Response frequencies and average score for 3-item loneliness scale

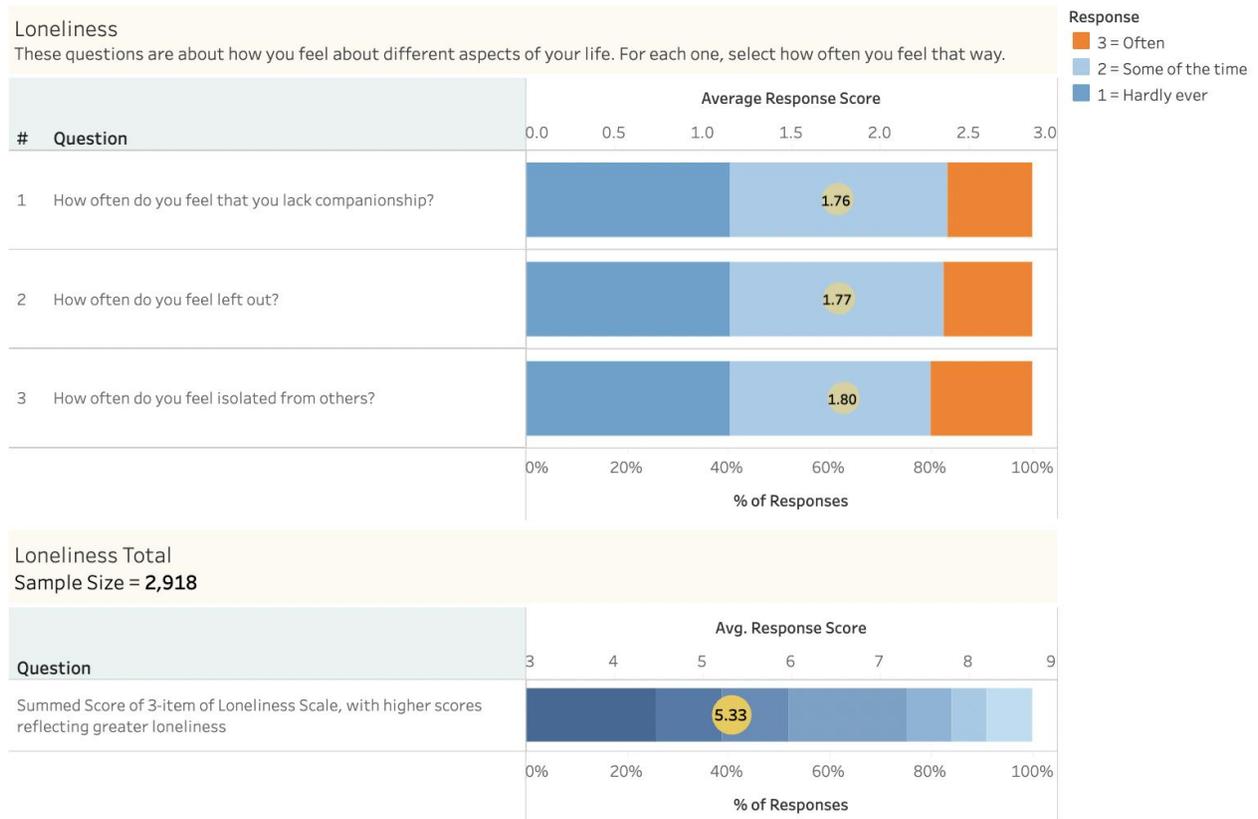
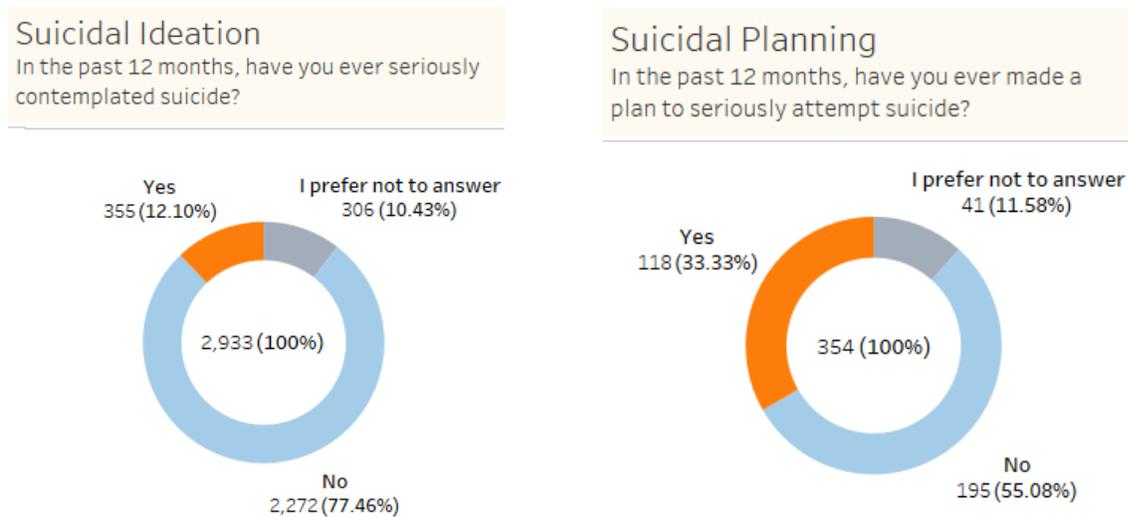


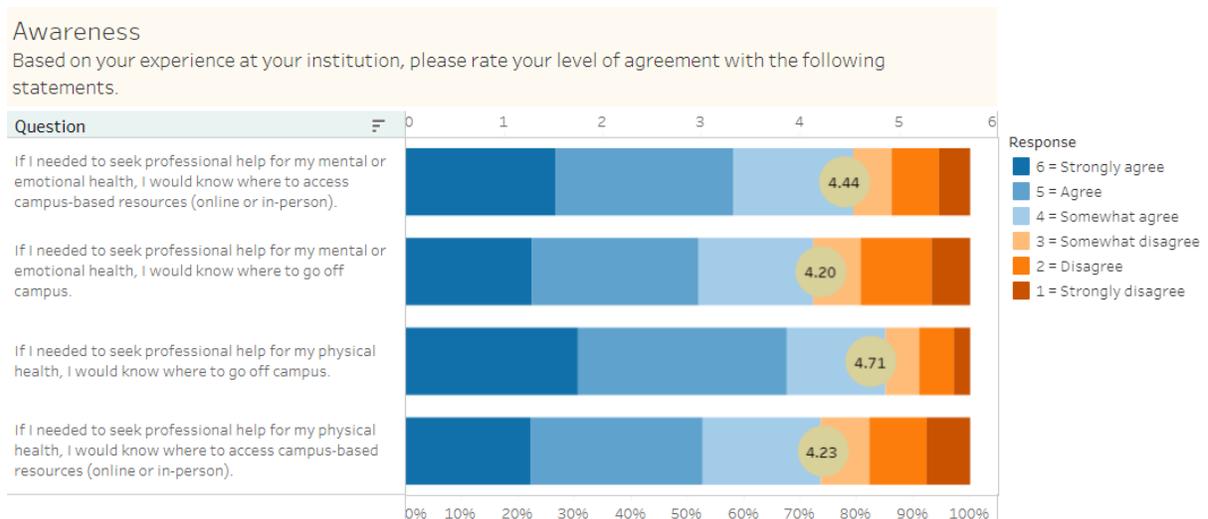
Figure 8. Proportion of students indicating suicidal ideation and planning over the past 12 months



5) Health Service Utilization and Help Seeking

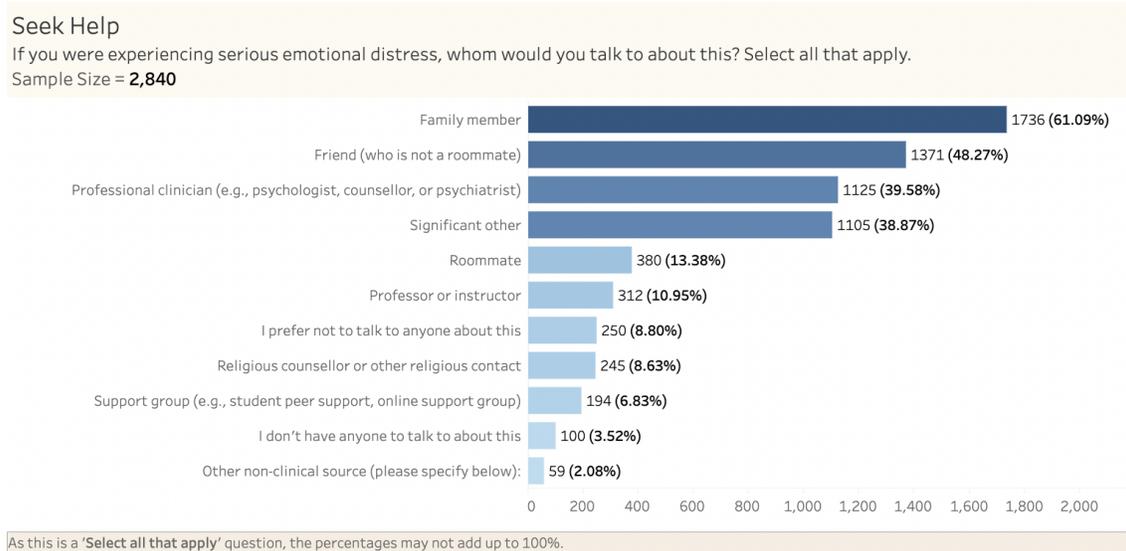
The majority of students somewhat agreed, agreed, or strongly agreed that they knew where to access both campus-based and off-campus resources for mental health (79.18% and 72.27%, respectively), as well as for physical health services (73.49% and 84.9%, respectively). Over half of students (69.68%) somewhat to strongly agreed that there is a good support system on campus for students going through difficult times; however, some responded that they strongly disagreed that they knew where to access campus-based resources (see Figure 9). Sixty percent of students reported they were aware of mental health outreach efforts on campus. When asked if they use campus health services for primary care, 12.87% reported yes.

Figure 9. Response frequencies for health service utilization and help-seeking knowledge on- and off-campus



The majority of respondents (61.09%) reported that they would talk to a family member if they were experiencing serious emotional distress, followed by a friend who is not a roommate (48.27%), professional clinician (39.58%) and significant other (38.87%). Nine percent of students would prefer not to talk to anyone, and 3.52% reported not having anyone to talk to (see Figure 10).

Figure 10. Proportion of students who would talk to others if experiencing serious emotional distress

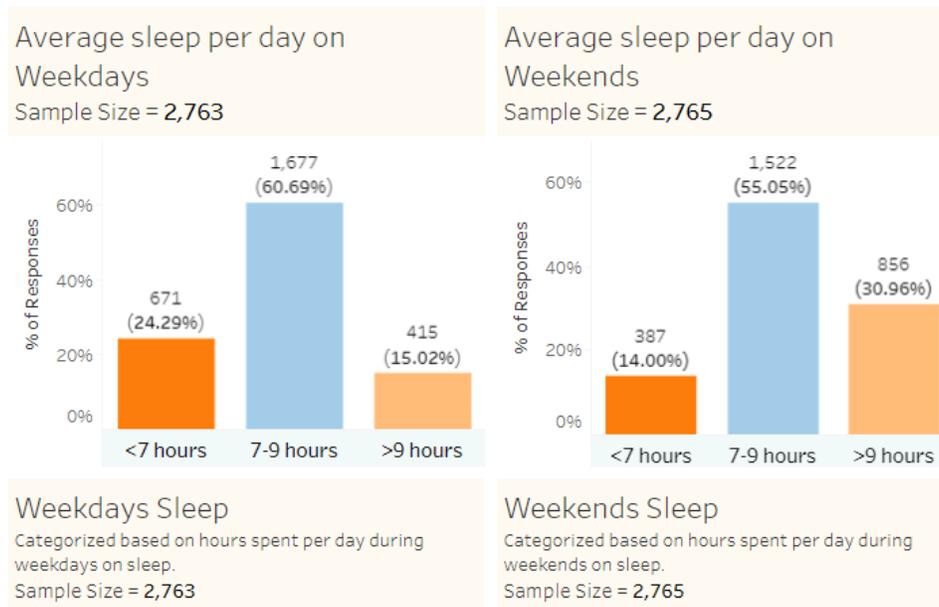


6) Physical Health/Health Behaviours

Sleep

In line with national guidelines, over half of the students reported sleeping between 7 to 9 hours on weekdays (60.69%) and weekends (55.05%), compared to less than 7 hours (24.29% and 14.00%, respectively), and more than 9 hours (15% and 30.96%, respectively; see Figure 11). The average number of hours per day spent sleeping on weekdays and weekends was 7.76 (SD=1.59) and 8.48 (SD=1.70), respectively. Sixty-five percent of the students rated their overall sleep quality as fairly good or very good.

Figure 11. Proportion of students accumulating <7, 7-9, and >9 hours of sleep per night on weekdays and weekends



Physical activity

Regarding physical activity, average time spent participating in moderate and vigorous physical activity per week was 6.93 hours (SD=7.80), and 65% of students were meeting the Canadian physical activity guidelines for moderate to vigorous physical activity, and 34% were meeting Canadian physical activity guidelines for muscle strengthening activities (see Figure 12). Eighty-one percent of students reported that they did not participate in any organized sports in the past 12 months, while 6.35% report participating in intramurals, 3.23% reported participating in varsity sport, and 12.51% participated in club/community sport (see Figure 13).

Figure 12. Proportion of students meeting and not meeting the Canadian Physical Activity Guidelines for Adults (18-64 years)

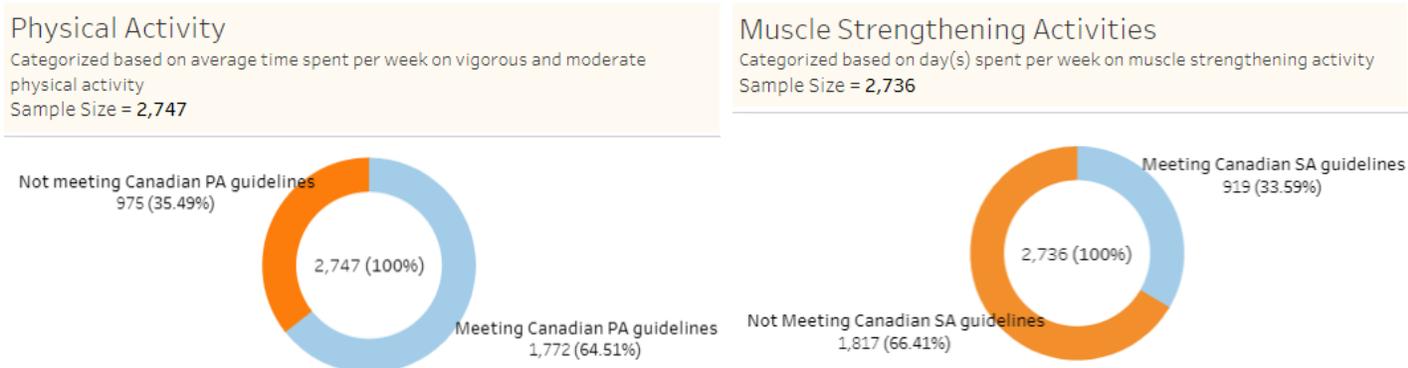
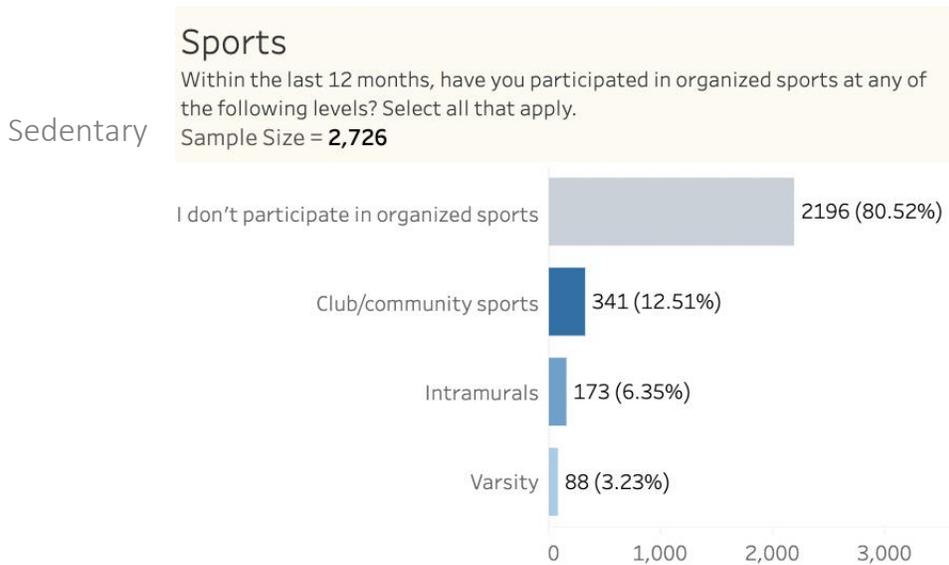


Figure 13. Proportion of students participating in organized sports within the last 12 months at different levels.



Behaviour/Screen time

Average recreational screen time per day was 5.08 hours (SD=2.94), with 38.59% and 39.82% of students reporting either 0-3 hours or 3-6 hours, respectively (see Figure 14). The average time spent sitting in a vehicle per day was 1.40 hours (SD=1.62), with 34.96% of students reporting sedentary transportation of 30 minutes or less (see Figure 15). Just under 65.0% of students reported 8 hours or less of total sitting time per day (Mean = 7.27, SD=3.48).

Figure 14. Proportion of students accumulating 0-3, 3-6, 6-9, and >9 hours of recreational screen time per day

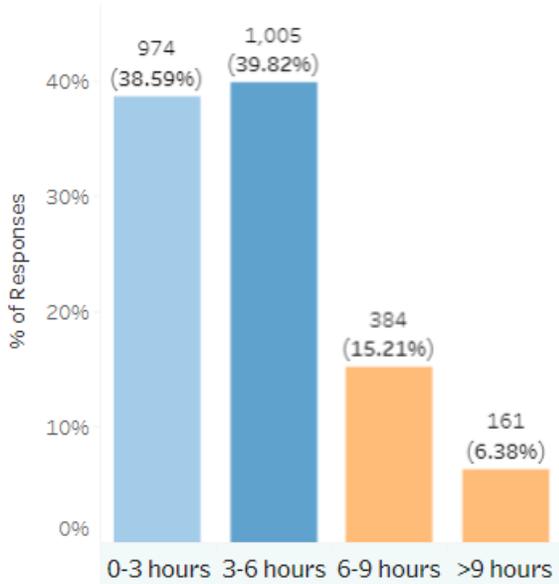
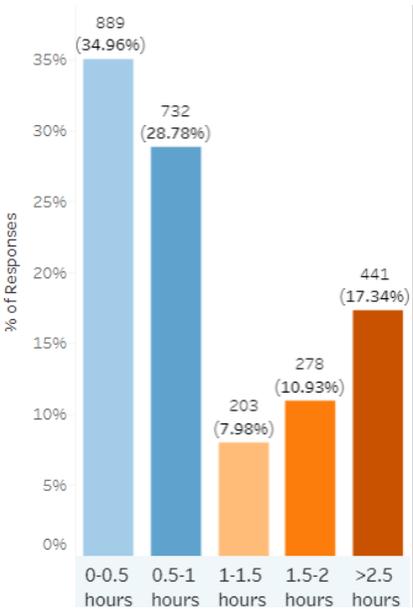


Figure 15. Proportion of students accumulating 0-0.5, 0.5-1, 1-1.5, 1.5-2 and >2 hours of sedentary transportation time per day



7) Substance Use

Alcohol

Of students who report drinking alcohol, approximately 40% reported binge drinking at least once in the past month (see Figure 16).

Tobacco Use

The majority of students reported never being a smoker (69.05%), and never using an e-cigarette or vaping device (76.56%). Frequency of e-cigarette use type is provided in Table 5. Seven percent of respondents reported smoking cigarettes every day, and 10.05% reported using an e-cigarette or vaping device daily or almost daily.

Figure 16. Frequency proportions of students' binge drinking over the past 30 days

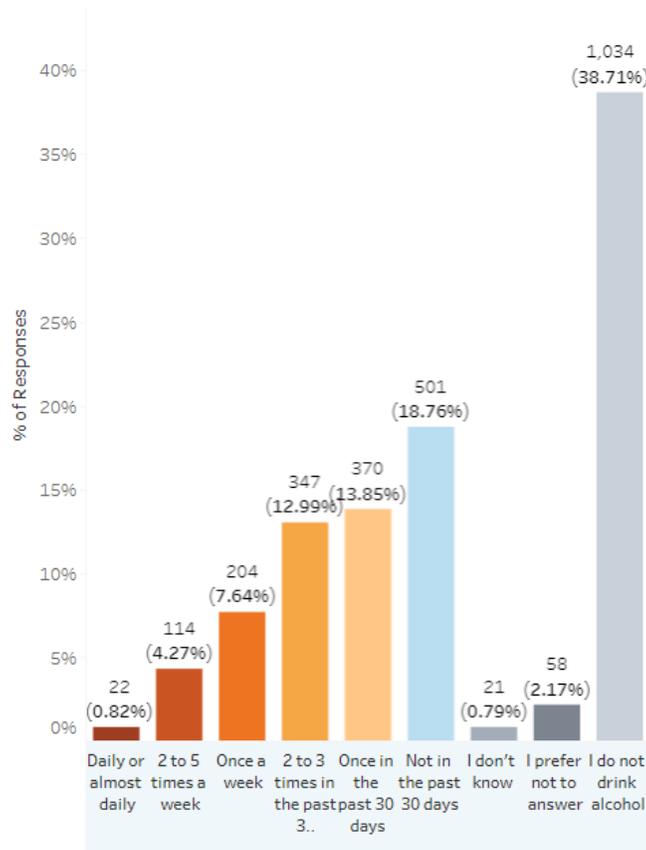


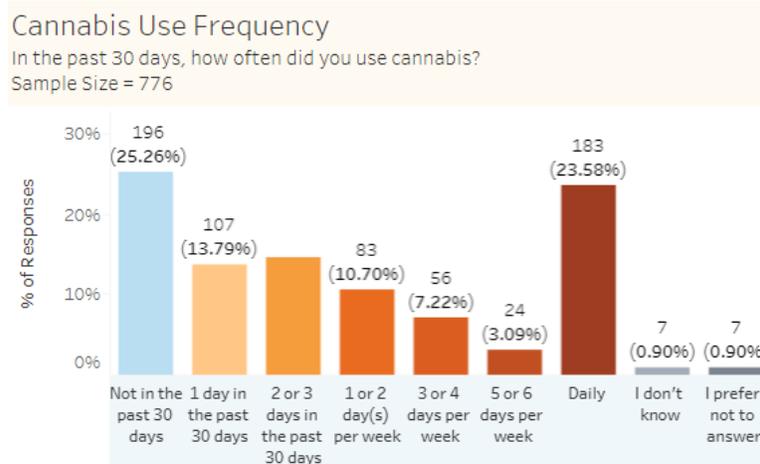
Table 5. Average number of days over the last 30 days a student has vaped by e-cigarette type

E-Cigarette Type	N	I prefer not to answer	< 8 days	8-14 days	15-21 days	> 21 days
E-liquid with nicotine	345	2 (0.58%)	90 (26.09%)	20 (5.80%)	19 (5.51%)	214 (62.03%)
Cannabis/marijuana	157	5 (3.18%)	64 (40.76%)	17 (10.83%)	18 (11.46%)	53 (33.76%)
Flavouring (without nicotine)	56	2 (3.57%)	35 (62.50%)	6 (10.71%)	3 (5.36%)	10 (17.86%)

Cannabis

About 30% of students reported using cannabis in the past year, with 25.26% of those students reporting not at all in the past month, 1 day in the past month (13.79%), and 2 or 3 days in the past month (14.56%). Over twenty percent (23.58% of those using cannabis reported being daily users (see Figure 17).

Figure 17. Frequency proportions of students' using cannabis over the past 30 days



Other drugs

Regarding pain reliever drug use, 37.33% of students reported use in the previous year. Seventeen percent of those who used pain relievers in the past year reported using them for reasons other than pain relief, and 56.35% indicated they were not prescribed (see Table 6).

Regarding stimulant use, only 8.33% of students reported using them in the past 12 months. Twenty percent of these students reported using them for reasons other than why they are recommended, and 85% reported that they were prescribed.

Table 6. Descriptive statistics for use, reason for use and prescription of pain relievers and stimulants

	Pain Relievers	Stimulants
Use - In the past 12 months, have you used any pain relievers/stimulants?	N = 2671	N = 2665
Yes	37.33 %	8.33 %
No	59.08 %	89.07 %
I don't know	1.65 %	1.24 %
I prefer not to answer	1.95 %	1.43 %
Reason - During the past 12 months, have you used pain relievers for reasons other than for pain relief/ did you use stimulants for reasons other than why they are recommended?	N = 986	N = 220
Yes	17.04 %	20.45 %
No	80.63 %	77.27 %
I don't know	1.52 %	1.82 %
I prefer not to answer	0.81 %	0.45 %
Prescription - During the past 12 months, were the pain relievers/stimulants you have used prescribed for you?	N = 992	N = 222
Yes, they all were prescribed	28.53 %	85.14 %
Some were prescribed and others were not	11.69 %	4.50%
No, none were prescribed	56.35 %	9.91%
I don't know	2.12%	0.45 %
I prefer not to answer	1.31 %	0.00%

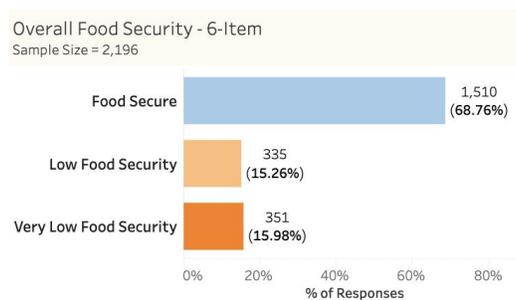
8) Food Security

The majority of students reported it was never true that food did not last (66.53%), and that they couldn't afford to eat balanced meals (50.81). 54.67% reported that they have not cut the size of or skipped meals because there wasn't enough money for food. Similarly, 48.88% reported no to eating less than they felt they should because there was no money for food, and 58.84 % reported no to being hungry and not eating because they couldn't afford food (see Table 7). When summed together 68.76% were categorized as food secure, 15.26% % as having low food security, and 15.98% as having very low food security (see Figure 18).

Table 7. Frequencies for food security questions in the last 12 months (6-item US Household Food Security Survey)

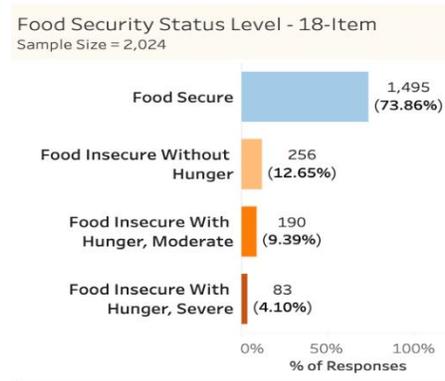
	N	Often true = 1	Sometimes true = 2	Never true = 3	I don't know	I prefer not to answer
The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more.	2650	7.09 %	20.26 %	66.53 %	3.43 %	2.68 %
I couldn't afford to eat balanced meals.	2651	14.82 %	28.37 %	50.81 %	3.62 %	2.38 %
	N	Almost every month	Some months but not every month	Only 1 or 2 months	I don't know	No - I have not
How often did you cut the size of your meals or skip meals because there wasn't enough money for food?	1381	15.79 %	15.42 %	6.95 %	5.29 %	54.67 %

Figure 18. Proportion of students categorized as having very low or low food security or being food secure (based on summed 6-items)



A sample of participants (N = 2024) were also administered an 18-item Food Security survey. 73.86% were classified as food secure, 12.65% were classified as food insecure without hunger, 9.39% were food insecure with moderate hunger and 4.10% were food insecure with severe hunger.

Figure 19. Proportion of students categorized as food secure or insecure (based on the 18-item Food Security Scale)



9) Sexual Health

Just over half of students reported ever engaging in sexual activity (56.15%), 27.35% reported no, and 16.50% preferred not to answer. Of those who reported sexual activity, 32.93% reported always or almost always using protection, 11.72% used it sometimes, 10.24% rarely used protection and 38.52% never used protection. 1.21% reported I don't know whereas 5.39% chose not to answer (see Figure 20). The majority of these students (64.73%) reported always or usually finding satisfaction in their sexual relationship(s) (see Figure 21).

Figure 20. Proportion of students indicating safe sex practices (ever and contraceptive use)

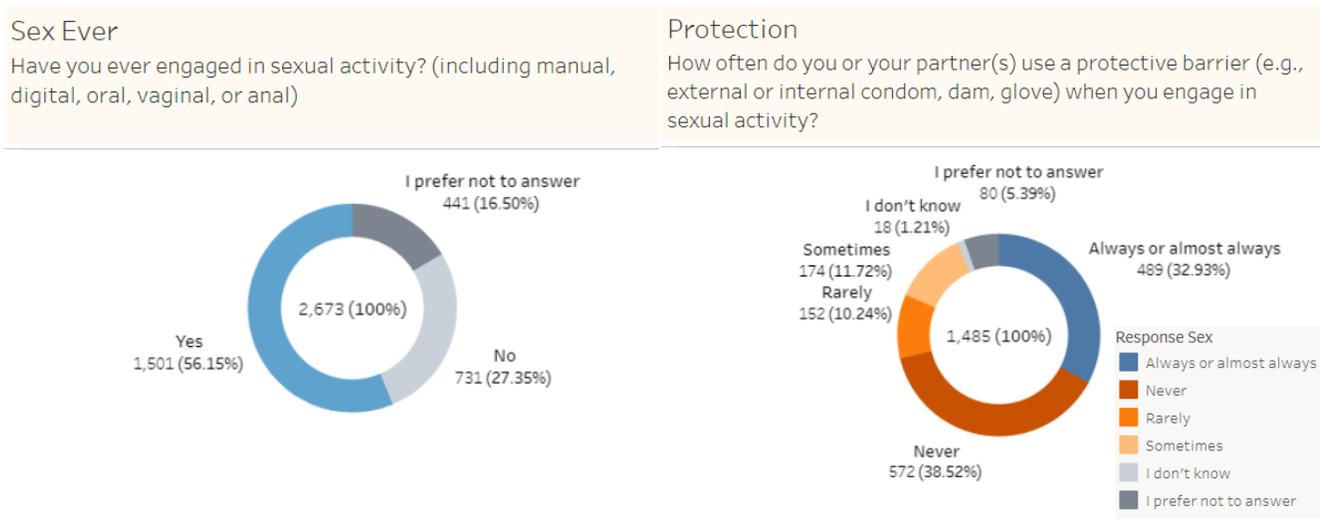
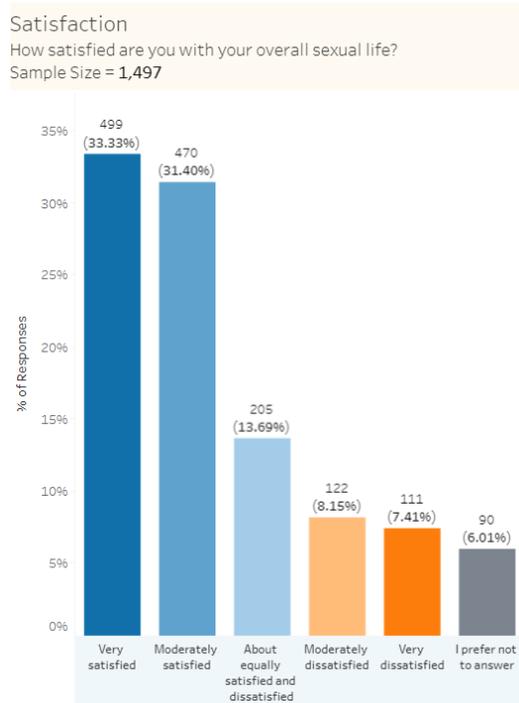


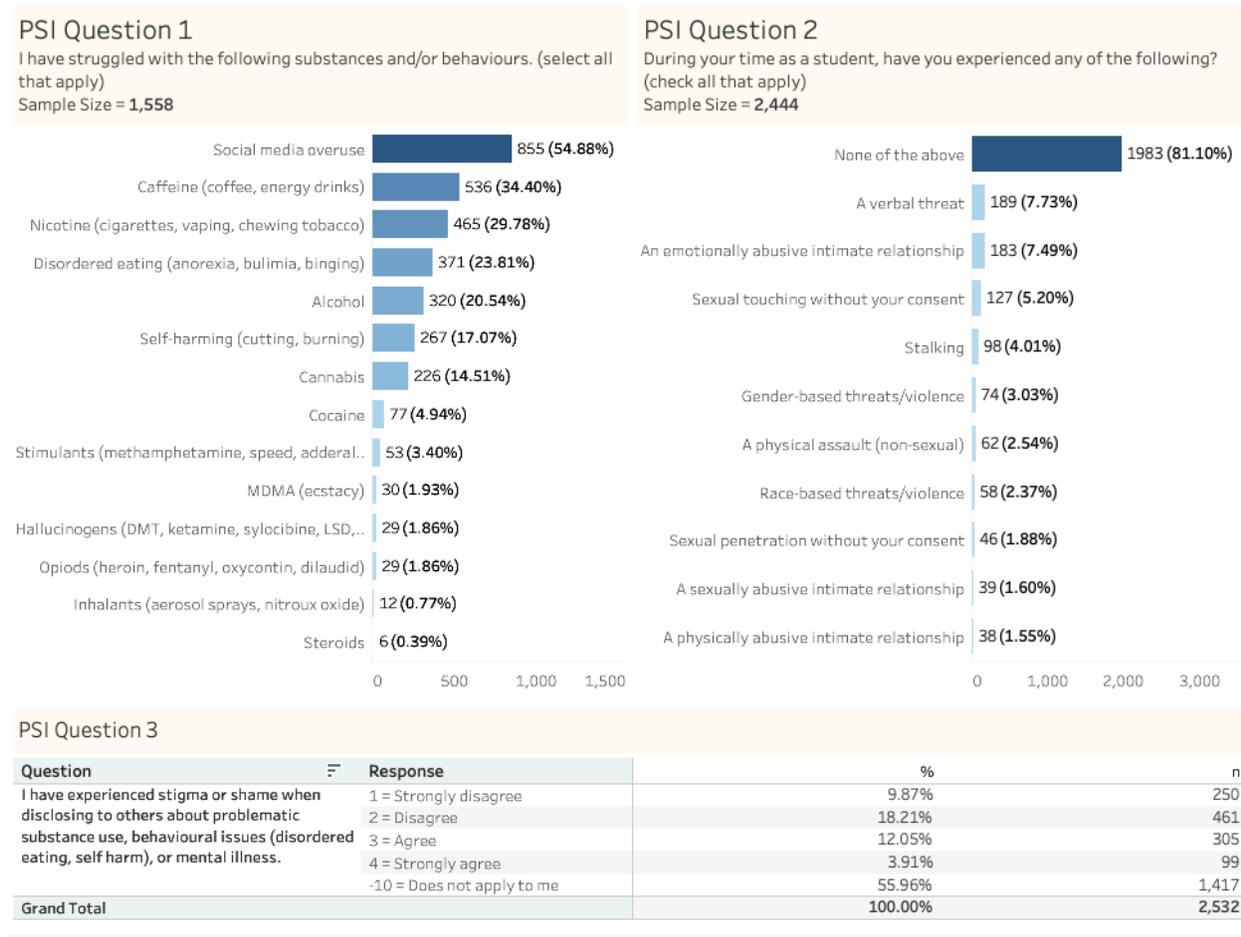
Figure 21. Frequency proportions of satisfaction with overall sexual life



10) Additional Questions

Responses to the HCSK-specific questions are illustrated below in Figure 22.

Figure 22. Response frequencies for HCSK-specific additional questions



Spring 2021 and Spring 2023 Comparisons

Comparisons between Spring 2021 and Spring 2023 deployments are included in appendix A. Statistical significance alone can be misleading because it is influenced by the sample size. In contrast, effect sizes are independent of the sample size. We draw attention to differences reflecting at least a medium effect size.

It is not surprising that in 2023 students are less likely to report the COVID-19 pandemic nor the shift to online classes as a source of stress. Compared to 2021, there was some indication of reductions in 2023 in vaping frequency among students who report vaping. While there was no difference in overall food security when comparing 2021 and 2023, there are significant differences in responses to specific food security items in a negative direction.

Discussion

This report presents aggregated results for the provincial deployment of the Canadian Campus Wellbeing Survey in spring 2023 led by 11 post-secondary institutions in Saskatchewan. Access to the provincial Tableau dashboard allows for additional exploration of the data. The data provide institutions and the province with a benchmark for assessing the health and wellbeing of their students during the ongoing recovery from the COVID-19 pandemic.

Campus Climate and Learning Environment

In terms of aggregated results there are many positives to highlight. In general, the majority of post-secondary students in Saskatchewan report a safe and welcoming campus environment and positive academic experiences. This sample of HCSK post-secondary students feel a sense of belonging at their institution, and report that their place of study provides a respectful environment that values diversity. The majority of students agree that they know where to go both on-campus and off-campus for mental health support and services. Approximately 90% of students report their institution to be providing a supportive learning environment.

Health Enhancing Behaviours

Students are also doing relatively well in terms of participation in health-enhancing behaviours when compared to representative national samples. The majority of students self-report meeting moderate-vigorous physical activity (64.51%) and sleep guidelines (60.69% and 55.05% for weekdays and weekends sleep respectively). This is comparable to national self-reported data where nearly two-thirds of Canadian adults self-reported meeting physical activity guidelines in 2007. It is important to note that using device-based measures of physical activity, only 16% Canadian adults were meeting recommendations in 2017 (Clarke et al., 2019), and 22% in 2020 (Rollo et al., 2022). In comparison to the results of this survey, 77% of adults (18-64 years old) met the sleep guidelines with a mean sleep duration of 7.9 hours (Wang et al., 2022). Canadian adults, 18–79 years, are sedentary 9.6 hours per day (excluding sleep time; Centre for Surveillance and Applied Research, 2018) so total sitting time in the current sample is perhaps lower than expected but the CCWS measure likely does not capture all sedentary behaviour.

Of students who report drinking alcohol, approximately 40% reported binge drinking at least once in the past month. This is comparatively lower than more than 60% of students who reported heavy drinking in the 2018 Canadian Post-secondary Education Alcohol and Drug use Survey pilot (CPADS; Health Canada, 2018). However, it is higher than the 28.7% of 18-34-year-olds in Canada who reported heavy drinking at least once a month in the past year (Statistics Canada, n.d.), although these differences may be attributed to the different age range and different time periods referred to in the survey items.

Smoking behaviour and use of e-cigarettes were comparable to previous data. Rates of never smoking were similar for the CCWS (69.05%) and the National College Health Assessment (73.8%) – a research survey organized by the American College Health Association that was deployed to 58 Canadian post-secondary institutions in the spring of 2019 (American College of Health Association, 2019). Rates of not

using e-cigarettes within the past 30 days were comparable between Canadians (81.4%; Reid et al., 2019) and students who completed the CCWS (76.56%).

There was a lower prevalence of cannabis use in the past year compared to CPADS pilot data (Health Canada, 2018b), but also a higher rate of daily use in the past month compared to NCHA results (ACHA, 2019). More CCWS respondents (29.07%) than participants in the Canadian Cannabis Survey (CCS; Government of Canada, 2022; 27%) reported using cannabis in the past year. Of CCWS participants who used cannabis in the past year, approximately 25.26% had not used it in the past month. In comparison, 19.7% of students who participated in the NCHA and ever used cannabis had not used it in the last 30 days. Daily use in the past month was much higher for the CCWS (23.58%) than for the NCHA (3.9%), and for daily use in the past 3 months in the CPADS pilot (8%). The comparisons are limited by the different time frames and items used in different surveys.

Mental Health

There does remain concern about the mental health of post-secondary students. Nearly a third of the sample reported severe mental distress (33.60%), and low mental wellbeing (28.15%). While alarming, this high prevalence is not uncommon on the basis of other national surveys with representative sampling. One out of five Canadians reported high psychological distress in 2010 with the highest prevalence of high psychological distress found among the youngest age group (15 to 24 years) at 29.2% (Caron & Liu, 2010). Going further back, using data based on a national probability sample of 7,800 Canadian undergraduate students from 16 universities, thirty percent of the students in the sample reported elevated psychological distress in 2001 (Adlaf et al., 2001). Additionally, these results are comparable to the CCWS cohort from spring 2020 where nearly 29% of students reported severe mental distress, and 27.4% reported low mental wellbeing (Faulkner et al., 2020). Twelve percent of students from Saskatchewan reported seriously contemplating suicide over the last 12 months (an additional 10.43% preferred not to answer). This is slightly lower than the 13% reported in the 2019 NCHA survey in Canada.

On a positive note, most students reported having high levels of social support. The mean social provision score was 16.09, and a score of 15 or above is considered to indicate high levels of social support (Orpana et al., 2019). However, although students reported high levels of social support, they may also have felt lonely. The mean loneliness score was 5.33, with a median score of 6. Scores of 3-5 indicate being lonely, while scores of 6-9 indicate not being lonely. These results are comparable to the Spring 2021 reference group for the NCHA survey (composed of data from American post-secondary students where a random sample was used), where the mean 3-item loneliness score was also 5.6 (American College of Health Association, 2021).

This data confirms that poor mental health is highly prevalent during young adulthood and reinforces the important opportunity for post-secondary institutions to foster mental health and provide ongoing support and services for mental health. Approximately one in five students did not know where to access campus-based mental health support (in person or online) and this might be an area for consideration.

Financial pressure or work obligations remains the most common barrier to academic progress. Related to this, nearly 15.98% of students were categorized as having very low food security and another 15.26% as having low food security (6-item Food Security Scale). Furthermore, 73.86% were food secure, 12.65% were food insecure without hunger, 9.39% were food insecure with moderate hunger and 4.10% were food insecure with severe hunger (18-item Food Security measure). This is lower than the prevalence of

very low to low food security in the 2022 National College Health Assessment (NCHA) Canadian Reference Group data of 42.9% (American College Health Association, 2022). Continued advocacy is required for increasing food security for the post-secondary community. The association between food insecurity and poor mental health is well established (Burrus et al., 2021).

Limitations

Caution is required when interpreting the data given the self-report nature of the CCWS and the final response rate which was comparable to the recent 2022 deployment of the NCHA in Canada (average response rate by institution was 14.5% in the CCWS compared to 16% overall response rate in the NCHA Canadian reference group; American College Health Association, 2022). Overall, the sample of respondents was generally a good representation of the cohort of students who were invited to complete the survey. Finally, indicators assessed by the CCWS were generally in line with findings from comparable national datasets. These factors should be considered when considering the representativeness of the data.

Conclusion

Data collected will serve as a foundation for future deployment and in tracking the health and wellbeing of students over time during ongoing recovery from the COVID-19 pandemic. Future research will examine how the data is used by institutions and how it informs their policy, programming and practice initiatives. In time, this will allow for identifying better practices in health promotion at the post-secondary level in Saskatchewan.

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Comparison Group:

Compare with the last CCWS deployment at SK.

There are two tabs corresponding to each of the 9 core sections of the survey:

1) Frequency Comparison:

- The 'Number of Responses' column contains the number of students who selected the corresponding response option for each question.
- The '% of Responses' column contains the percentage of students selecting the corresponding response option for each question.

2) Statistical Comparison:

Exclusion: Options such as "I don't know", "Prefer not to answer", or "Not applicable" are excluded from statistical comparison.

Mean: Means calculated from ordered response options (e.g., Strongly disagree, Somewhat disagree, disagree, agree, Somewhat agree, Strongly agree) assume equal intervals and should be interpreted with caution. For categorical (mainly Yes/No) responses, means indicate the proportion responding 'Yes'.

Standard Error: Standard error of the mean for ordinal and continuous responses; and standard error of the proportion responding 'Yes' for categorical responses.

Standard Deviation: A measure of the amount of deviation of individual scores from the mean of all the scores in the distribution.

Significance: Significance levels indicate the probability that an observed difference is explainable by chance alone. Large sample sizes tend to generate more statistically significant results even though the magnitude of mean differences may be inconsequential. Questions corresponding to $p < 0.05$ are highlighted.

- For ordinal (Likert scale) and continuous responses: Two-tailed independent t-tests are used for statistical comparison of means. Degrees of freedom values differ from Ns based on whether equal variances were assumed. Levene's test is used to determine whether we can make this assumption.
- For categorical (mainly Yes/No) responses: Proportion of students responding 'Yes' are compared using a z-test.

Effect Size: Effect size indicates practical significance. **An effect size of .2 is often considered small, .5 moderate, and .8 large.**

- In the results presented, a positive effect size shows a favorable result for your institution. Negative effect size indicates your institution lags behind the comparison group, suggesting that the student behavior or institutional practice represented by the item may warrant attention.

- Effect sizes for independent t-tests use Cohen's d; z-tests use Cohen's h.

Reference:

Cohen, J. (1988). *Statistical power analysis for the behavioral sciences* (2nd edition). New York: Psychology Press.

Sullivan, G. M., & Feinn, R. (2012). Using Effect Size-or Why the P-Value Is Not Enough. *Journal of graduate medical education*, 4 (3), 279-282.

Kuh, G. D., Hayek, J. C., Carini, R.M., Ouimet, J. A., Gonyea, R. M., and Kennedy, J. (2001). *NSSE Technical and Norms Report*. Bloomington, IN: Indiana University Center for Postsecondary Research and Planning.

Note: Filters can be applied **only** in the 'Frequency Comparison' tabs. All the filters are global.

Responses such as 'I prefer not to answer', 'I don't know' and 'Not applicable' are excluded for statistical comparisons.

To print: Use PDF -> A4 Landscape format

Campus Climate and Student Experience - Frequency Comparison

QuestionShort	Question	Response	Number of Responses		% of Responses				
			Spring2021	Spring2023	Spring2021	Spring2023			
Climate_1	I feel that I belong at my institution	Strongly disagree	75	126	2%	4%	Domestic/International All		
		Disagree	94	103	3%	3%			
		Somewhat disagree	180	175	6%	5%		Indigenous All	
		Somewhat agree	600	629	19%	19%			
		Agree	1,386	1,411	45%	43%		New to Institution All	
		Strongly agree	765	836	25%	25%			
Total		3,100	3,280	100%	100%	Full-Time/Part-Time All			
Climate_2	At my institution, I am respected regardless of my personal characteristics, identity or background (e.g., gender, ethnicity, international status, disability, etc.).	Strongly disagree	52	102	2%		3%	Credential Type All	
		Disagree	48	60	2%		2%		
		Somewhat disagree	105	102	3%		3%		Age Group All
		Somewhat agree	394	422	13%		13%		
		Agree	1,362	1,429	44%		44%		Exclusive Ethnicity All
		Strongly agree	1,139	1,164	37%	35%			
Total		3,100	3,279	100%	100%	Gender All			
Climate_3	My institution is a respectful environment.	Strongly disagree	47	85	2%		3%	Born in Canada All	
		Disagree	32	53	1%		2%		
		Somewhat disagree	79	100	3%		3%		Parents Born Outside of Canada All
		Somewhat agree	414	440	13%		13%		
		Agree	1,449	1,491	47%		46%		Finance Stress All
		Strongly agree	1,076	1,105	35%	34%			
Total		3,097	3,274	100%	100%				
Climate_4	My institution values diversity and inclusion.	Strongly disagree	51	90	2%	3%			
		Disagree	32	46	1%	1%			
		Somewhat disagree	87	88	3%	3%			
		Somewhat agree	431	453	14%	14%			
		Agree	1,442	1,393	47%	43%			
		Strongly agree	1,051	1,197	34%	37%			
Total		3,094	3,267	100%	100%				
Climate_5	At my institution, I feel that students' mental and emotional wellbeing is a priority.	Strongly disagree	147	200	5%	6%			
		Disagree	201	216	6%	7%			
		Somewhat disagree	306	284	10%	9%			
		Somewhat agree	748	776	24%	24%			
		Agree	1,009	1,058	33%	32%			
		Strongly agree	683	740	22%	23%			
Total		3,094	3,274	100%	100%				
Climate_6	I feel that the climate at my institution	Strongly disagree	88	132	3%	4%			

Significance
 ■ p-value < 0.05
 ■ p-value > 0.05

Effect Size
 ■ NONE

Campus Climate and Student Experience - Statistical Comparison

Question Code	Question	N This	N Last	M This	M Last	SD This	SD Last	SE This	SE Last	d.f.	Sig.	Effect Size		
												-0.100	0.000	0.100
Climate_1	I feel that I belong at my institution	3,280	3,100	4.71	4.75	1.21	1.13	0.021	0.020	####	0.164	-0.035		
Climate_2	At my institution, I am respected regardless of my personal characteristics, identity or background (e.g., gender, ethnicity, international status, disability, etc.).	3,279	3,100	4.98	5.06	1.13	1.02	0.020	0.018	####	0.006	-0.069		
Climate_3	My institution is a respectful environment.	3,274	3,097	4.99	5.07	1.07	0.96	0.019	0.017	####	0.001	-0.080		
Climate_4	My institution values diversity and inclusion.	3,267	3,094	5.02	5.05	1.09	0.97	0.019	0.017	####	0.319	-0.025		
Climate_5	At my institution, I feel that students' mental and emotional wellbeing is a priority.	3,274	3,094	4.37	4.40	1.41	1.36	0.025	0.024	6,366	0.507	-0.017		
Climate_6	I feel that the climate at my institution encourages free and open discussion about mental and emotional health.	3,274	3,095	4.56	4.59	1.28	1.20	0.022	0.022	####	0.261	-0.028		
Climate_7	At my institution, the administration is listening to the concerns of students when it comes to mental health and wellbeing.	3,266	3,083	4.46	4.42	1.35	1.32	0.024	0.024	6,347	0.215		0.031	
Climate_8	I have a group, community, or social circle at my institution where I feel I belong (feel at home, known, connected to, support in my identity).	3,262	3,088	4.35	4.26	1.51	1.49	0.026	0.027	6,348	0.014		0.062	
SafeDay	How safe or unsafe do you feel on campus during the day?	3,084	2,624	5.37	5.41	0.82	0.78	0.015	0.015	####	0.035	-0.056		
SafeNight	How safe or unsafe do you feel on campus at night?	2,515	2,304	4.55	4.65	1.28	1.20	0.026	0.025	####	0.011	-0.073		

Coding of response options:

Climate_1 to Climate_8 --- Strongly disagree = 1 to Strongly agree = 6
 SafeDay and SafeNight --- Very unsafe = 1 to Very safe = 6

Note: M - Mean, SD - Standard Deviation, SE - Standard Error, d.f. - Degrees of Freedom, sig. - Significance

Exclusion: Options such as "I don't know", "Prefer not to answer", or "Not applicable" are excluded from statistical comparison.

Academic Achievement/Experience - Frequency Comparison

Question	Short Question	Response	Number of Responses		% of Responses		
			Spring2021	Spring2023	Spring2021	Spring2023	
AcExp_1	My institution provides a supportive learning environment.	Strongly disagree	68	100	2%	3%	Domestic/International All
		Disagree	80	66	3%	2%	Indigenous All
		Somewhat disagree	137	159	4%	5%	New to Institution All
		Somewhat agree	527	558	17%	17%	Full-Time/Part-Time All
		Agree	1,373	1,413	45%	44%	Credential Type All
		Strongly agree	883	902	29%	28%	Age Group All
		Total	3,068	3,198	100%	100%	Exclusive Ethnicity All
AcExp_2	My institution uses teaching strategies designed to support learners.	Strongly disagree	99	127	3%	4%	Gender All
		Disagree	119	131	4%	4%	Born in Canada All
		Somewhat disagree	235	235	8%	7%	Parents Born Outside of Canada All
		Somewhat agree	708	695	23%	22%	Finance Stress All
		Agree	1,229	1,216	40%	38%	
		Strongly agree	676	781	22%	25%	
		Total	3,066	3,185	100%	100%	
AcExp_3	My institution provides opportunities for students to explore their full potential.	Strongly disagree	92	120	3%	4%	
		Disagree	108	122	4%	4%	
		Somewhat disagree	221	209	7%	7%	
		Somewhat agree	738	683	24%	21%	
		Agree	1,176	1,245	38%	39%	
		Strongly agree	732	807	24%	25%	
		Total	3,067	3,186	100%	100%	
AcExp_4	I am confident that I will be able to finish my academic program no matter what challenges I may face.	Strongly disagree	79	128	3%	4%	
		Disagree	89	122	3%	4%	
		Somewhat disagree	164	182	5%	6%	
		Somewhat agree	514	555	17%	17%	
		Agree	1,110	1,042	36%	33%	
		Strongly agree	1,111	1,161	36%	36%	
		Total	3,067	3,190	100%	100%	

Academic Achievement/Experience - Statistical Comparison

Significance
■ p-value < 0.05
■ p-value > 0.05

Effect Size
■ NONE

Question Code	Question	N This	N Last	M This	M Last	SD This	SD Last	SE This	SE Last	d.f.	Sig.	Effect Size			
												-0.100	-0.050	0.000	0.050
AcExp_1	My institution provides a supportive learning environment.	3,198	3,068	4.82	4.86	1.14	1.10	0.02	0.020	6,264	0.172	-0.034			
AcExp_2	My institution uses teaching strategies designed to support learners.	3,185	3,066	4.60	4.59	1.27	1.21	0.02	0.022	6,249	0.851	0.005			
AcExp_3	My institution provides opportunities for students to explore their full potential.	3,186	3,067	4.64	4.63	1.24	1.19	0.02	0.022	6,251	0.653	0.011			
AcExp_4	I am confident that I will be able to finish my academic program no matter what challenges I may face.	3,190	3,067	4.80	4.90	1.31	1.19	0.02	0.021	#####	0.002	-0.078			

Coding of response options:

AcExp_1 to AcExp_4 --- Strongly disagree = 1 to Strongly agree = 6

Note: M - Mean, SD - Standard Deviation, SE - Standard Error, d.f. - Degrees of Freedom, sig. - Significance

Exclusion: Options such as "I don't know", "Prefer not to answer", or "Not applicable" are excluded from statistical comparison.

Mental Health Assets - Frequency Comparison

QuestionShort	Question	Response	Number of Responses		% of Responses		Domestic/International
			Spring2021	Spring2023	Spring2021	Spring2023	
GIMentH	Your mental health	Poor	447	499	15%	16%	All
		Fair	896	858	29%	28%	
		Good	937	896	31%	29%	
		Very good	542	527	18%	17%	
		Excellent	220	328	7%	11%	
		Total	3,042	3,108	100%	100%	
GIPhysH	Your physical health	Poor	284	315	9%	10%	All
		Fair	703	729	23%	23%	
		Good	1,065	1,026	35%	33%	
		Very good	667	663	22%	21%	
		Excellent	323	378	11%	12%	
		Total	3,042	3,111	100%	100%	
Resil_1	Your ability to handle unexpected and difficult problems (a family or personal crisis)	Poor	182	218	6%	7%	All
		Fair	589	620	19%	20%	
		Good	1,130	1,090	37%	35%	
		Very good	857	802	28%	26%	
		Excellent	284	389	9%	12%	
		Total	3,042	3,119	100%	100%	
Resil_2	Your ability to handle day-to-day demands in your life (work, family responsibilities)	Poor	133	136	4%	4%	All
		Fair	520	544	17%	17%	
		Good	1,075	1,102	35%	35%	
		Very good	977	915	32%	29%	
		Excellent	338	417	11%	13%	
		Total	3,043	3,114	100%	100%	
WEMWBS_1	I've been feeling optimistic about the future	None of the time	70	97	2%	3%	All
		Rarely	366	347	12%	11%	
		Some of the time	1,041	966	34%	31%	
		Often	1,124	1,077	37%	35%	
		All of the time	445	632	15%	20%	
		Total	3,046	3,119	100%	100%	
WEMWBS_2	I've been feeling useful	None of the time	101	105	3%	3%	All
		Rarely	439	391	14%	13%	
		Some of the time	1,051	923	35%	30%	
		Often	1,053	1,116	35%	36%	
		All of the time	400	574	13%	18%	
		Total	3,044	3,109	100%	100%	

Domestic/International

All

Indigenous

All

New to Institution

All

Full-Time/Part-Time

All

Credential Type

All

Age Group

All

Exclusive Ethnicity

All

Gender

All

Born in Canada

All

Parents Born Outside of Canada

All

Finance Stress

All

Mental Health Assets - Statistical Comparison

Significance
■ p-value < 0.05
■ p-value > 0.05

Effect Size
■ -SMALL
■ NONE

Question Code	Question	N This	N Last	M This	M Last	SD This	SD Last	SE This	SE Last	d.f.	Sig.	Effect Size			
												-0.200	0.000	0.200	
GIMentH	Your mental health	3,108	3,042	2.78	2.73	1.21	1.13	0.02	0.021	#####	0.100				0.042
GIPhysH	Your physical health	3,111	3,042	3.02	3.01	1.16	1.12	0.02	0.020	#####	0.850				
Relationships_1	I have close relationships that provide me with a sense of ..	2,902	2,923	3.15	3.32	0.76	0.71	0.01	0.013	#####	0.000	-0.237			
Relationships_2	There is someone I could talk to about important decision..	2,934	2,942	3.28	3.46	0.77	0.71	0.01	0.013	#####	0.000	-0.241			
Relationships_3	I have relationships where my competence and skill are re..	2,852	2,885	3.15	3.29	0.75	0.70	0.01	0.013	#####	0.000	-0.193			
Relationships_4	I feel part of a group of people who share my attitudes an..	2,846	2,874	3.05	3.16	0.80	0.78	0.01	0.015	#####	0.000	-0.144			
Relationships_5	There are people I can count on in an emergency.	2,900	2,922	3.30	3.48	0.76	0.68	0.01	0.013	#####	0.000	-0.241			
Relationships_Total	Summed Score of 5-item of Social Provisions, with higher ..	2,614	2,696	16.09	16.77	3.25	2.97	0.06	0.057	#####	0.000	-0.219			
Relationships_Tota..	Level of summed Score of 5-item of Social Provisions, with..	2,614	2,696	0.55	0.65			0.01	0.009		1	0.000	-0.207		
Resil_1	Your ability to handle unexpected and difficult problems (...)	3,119	3,042	3.17	3.16	1.10	1.03	0.02	0.019	#####	0.636				0.012
Resil_2	Your ability to handle day-to-day demands in your life (wo..	3,114	3,043	3.30	3.28	1.04	1.02	0.02	0.018	6,155	0.575				0.014
WEMWBS_1	I've been feeling optimistic about the future	3,119	3,046	3.58	3.50	1.03	0.96	0.02	0.017	6,163	0.001				0.082
WEMWBS_2	I've been feeling useful	3,109	3,044	3.53	3.40	1.04	1.00	0.02	0.018	6,151	0.000				0.135
WEMWBS_3	I've been feeling relaxed	3,110	3,039	2.91	2.89	1.15	1.04	0.02	0.019	#####	0.410				0.021
WEMWBS_4	I've been feeling interested in other people	3,100	3,030	3.24	3.24	1.09	1.04	0.02	0.019	#####	0.961				0.001
WEMWBS_5	I've had energy to spare	3,108	3,038	2.82	2.81	1.18	1.08	0.02	0.020	#####	0.701				0.010
WEMWBS_6	I've been dealing with problems well	3,109	3,044	3.40	3.37	0.97	0.93	0.02	0.017	#####	0.281				0.027
WEMWBS_7	I've been thinking clearly	3,105	3,040	3.44	3.43	0.97	0.91	0.02	0.017	#####	0.474				0.018
WEMWBS_8	I've been feeling good about myself	3,106	3,039	3.39	3.31	1.10	1.04	0.02	0.019	#####	0.004				0.073
WEMWBS_9	I've been feeling close to other people	3,103	3,039	3.25	3.09	1.09	1.08	0.02	0.020	#####	0.000				0.148
WEMWBS_10	I've been feeling confident	3,108	3,037	3.37	3.26	1.08	1.04	0.02	0.019	#####	0.000				0.103
WEMWBS_11	I've been able to make up my own mind about things	3,103	3,043	3.72	3.68	0.97	0.93	0.02	0.017	6,144	0.061				0.048
WEMWBS_12	I've been feeling loved	3,100	3,036	3.68	3.73	1.04	1.00	0.02	0.018	#####	0.045	-0.051			
WEMWBS_13	I've been interested in new things	3,106	3,040	3.50	3.47	1.13	1.09	0.02	0.020	6,144	0.234				0.030
WEMWBS_14	I've been feeling cheerful	3,108	3,038	3.35	3.29	1.06	1.00	0.02	0.018	#####	0.022				0.059
WEMWBS_Total	Summed Score of 14-item of Warwick-Edinburgh Mental ...	3,035	2,990	47.13	46.43	11.52	10.66	0.21	0.195	#####	0.014				0.063
WEMWBS_Total_L..	Level of summed Score of 14-item of Warwick-Edinburgh ...	3,035	2,990	1.87	1.84	0.65	0.61	0.01	0.011	#####	0.048				0.051

Coding of response options:

GIMentH, GIPhyH, Resil_1, Resil_2 --- Poor = 1 to Excellent = 5
 Relationship_Total_Level --- Percentage of whom were categorized as "high levels of social support" is compared
 WEMWBS_1 to WEMWBS_14 --- None of the time = 1 to All of the time = 5
 WEMWBS_Total --- Summed score of WEMWBS_1 to WEMWBS_14, Ranges from 14 to 70

Note: M - Mean, SD - Standard Deviation, SE - Standard Error, d.f. - Degrees of Freedom, sig. - Significance

Exclusion: Options such as "I don't know", "Prefer not to answer", or "Not applicable" are excluded from statistical comparison.

Mental Health - Frequency Comparison

QuestionShort	Question	Response	Number of Responses		% of Responses		Domestic/International
			Spring2021	Spring2023	Spring2021	Spring2023	
SuicThink	In the past 12 months, have you ever seriously contemplated suicide?	I prefer not to answer	284	306	10%	10%	All
		Yes	302	355	10%	12%	
		No	2,396	2,273	80%	77%	
		Total	2,982	2,934	100%	100%	
SuicPlan	In the past 12 months, have you ever made a plan to seriously attempt suicide?	I prefer not to answer	25	41	8%	12%	All
		Yes	100	118	33%	33%	
		No	175	195	58%	55%	
		Total	300	354	100%	100%	
K10_1	How often did you feel tired out for no good reason?	None of the time	181	259	6%	9%	All
		A little of the time	521	534	17%	18%	
		Some of the time	1,044	920	35%	31%	
		Most of the time	837	796	28%	27%	
		All of the time	405	451	14%	15%	
Total	2,988	2,960	100%	100%			
K10_2	How often did you feel nervous?	None of the time	206	268	7%	9%	All
		A little of the time	720	668	24%	23%	
		Some of the time	1,163	1,081	39%	37%	
		Most of the time	653	663	22%	22%	
		All of the time	243	273	8%	9%	
Total	2,985	2,953	100%	100%			
K10_3	How often did you feel so nervous that nothing could calm you down?	None of the time	1,067	1,050	36%	36%	All
		A little of the time	861	802	29%	27%	
		Some of the time	736	734	25%	25%	
		Most of the time	230	260	8%	9%	
		All of the time	91	111	3%	4%	
Total	2,985	2,957	100%	100%			
K10_4	How often did you feel hopeless?	None of the time	919	913	31%	31%	All
		A little of the time	871	841	29%	28%	
		Some of the time	779	741	26%	25%	
		Most of the time	293	307	10%	10%	
		All of the time	122	153	4%	5%	
Total	2,984	2,955	100%	100%			
K10_5	How often did you feel restless or fidgety?	None of the time	396	488	13%	17%	All
		A little of the time	780	713	26%	24%	
		Some of the time	932	850	31%	29%	
		Most of the time	599	551	20%	19%	

Domestic/International

All

Indigenous

All

New to Institution

All

Full-Time/Part-Time

All

Credential Type

All

Age Group

All

Exclusive Ethnicity

All

Gender

All

Born in Canada

All

Parents Born Outside of Canada

All

Finance Stress

All

Mental Health - Statistical Comparison

Significance
■ p-value < 0.05
■ p-value > 0.05

Effect Size
■ -LARGE
■ -MEDIUM
■ -SMALL
■ NONE

Question Code	Question	N This	N Last	M This	M Last	SD This	SD Last	SE This	SE Last	d.f.	Sig.	Effect Size	
												-1.000	0.000
SuicThink	In the past 12 months, have you ever seriously contempla..	2,628	2,698	0.14	0.11			0.007	0.006	1	0.012		
SuicPlan	In the past 12 months, have you ever made a plan to serio..	313	275	0.38	0.36			0.027	0.029	1	0.803		0.028
K10_1	How often did you feel tired out for no good reason?	2,960	2,988	3.22	3.26	1.17	1.08	0.021	0.020	#####	0.200		-0.033
K10_2	How often did you feel nervous?	2,953	2,985	3.00	3.00	1.09	1.03	0.020	0.019	#####	0.981		-0.001
K10_3	How often did you feel so nervous that nothing could cal..	2,957	2,985	2.18	2.13	1.12	1.08	0.021	0.020	#####	0.101		0.043
K10_4	How often did you feel hopeless?	2,955	2,984	2.30	2.27	1.16	1.12	0.021	0.021	5,937	0.268		0.029
K10_5	How often did you feel restless or fidgety?	2,956	2,987	2.85	2.86	1.24	1.16	0.023	0.021	#####	0.818		-0.006
K10_6	How often did you feel so restless you could not sit still?	2,953	2,986	2.35	2.28	1.22	1.12	0.022	0.021	#####	0.013		0.065
K10_7	How often did you feel depressed?	2,954	2,986	2.50	2.52	1.21	1.16	0.022	0.021	5,938	0.500		-0.018
K10_8	How often did you feel that everything was an effort?	2,948	2,981	2.93	2.94	1.22	1.15	0.022	0.021	#####	0.709		-0.010
K10_9	How often did you feel so sad that nothing could cheer yo..	2,952	2,986	2.16	2.14	1.13	1.08	0.021	0.020	5,936	0.432		0.020
K10_10	How often did you feel worthless?	2,944	2,984	2.11	2.07	1.22	1.18	0.022	0.022	5,926	0.198		0.033
K10_Total	Summed Score of 10-item of Kessler Psychological Distre..	2,918	2,958	25.64	25.48	9.22	8.65	0.171	0.159	#####	0.476		0.019
K10_Total_Level	level of summed Score of 10-item of Kessler Psychologica..	2,918	2,958	2.57	2.54	1.22	1.21	0.023	0.022	5,874	0.388		0.023
Stress_1	Financial pressures or work obligations	2,958	2,986	2.25	2.19	0.71	0.70	0.013	0.013	#####	0.001		0.089
Stress_2	Personal or family problems	2,954	2,986	1.86	1.87	0.72	0.71	0.013	0.013	5,938	0.781		-0.007
Stress_3	Your academic performance at your post-secondary instit..	2,952	2,973	1.80	1.85	0.74	0.74	0.014	0.014	5,923	0.024		-0.059
Stress_4	Course availability/scheduling	2,950	2,979	1.71	1.75	0.72	0.71	0.013	0.013	#####	0.031		-0.056
Stress_5	Lack of good academic advising	2,955	2,969	1.58	1.59	0.71	0.71	0.013	0.013	5,922	0.718		-0.009
Stress_6	Difficulties with academic workload	2,950	2,983	2.04	2.08	0.73	0.69	0.013	0.013	#####	0.022		-0.060
Stress_7	Language/cultural barriers	2,947	2,984	1.32	1.27	0.58	0.55	0.011	0.010	#####	0.002		0.082
Stress_8	Difficulties associated with a disability or chronic health..	2,949	2,982	1.41	1.40	0.67	0.67	0.012	0.012	5,929	0.402		0.022
Stress_9	Concerns about the COVID-19 pandemic	2,950	2,985	1.28	1.91	0.55	0.77	0.010	0.014	#####	0.000		-0.936
Stress_10	Shift to online classes	2,945	2,984	1.45	2.00	0.68	0.80	0.013	0.015	#####	0.000		-0.746
Loneliness_1	How often do you feel that you lack companionship?	2,928	2,982	1.76	1.78	0.72	0.72	0.013	0.013	5,908	0.261		-0.029
Loneliness_2	How often do you feel left out?	2,929	2,980	1.77	1.80	0.72	0.72	0.013	0.013	5,907	0.075		-0.046
Loneliness_3	How often do you feel isolated from others?	2,926	2,979	1.80	2.01	0.75	0.76	0.014	0.014	#####	0.000		-0.288
Loneliness_Total	Summed Score of 3-item of Loneliness Scale, with higher ..	2,919	2,978	5.33	5.60	1.92	1.85	0.036	0.034	#####	0.000		-0.144
Loneliness_Total_..	level of summed Score of 3-item of Loneliness Scale, with ..	2,919	2,978	0.52	0.46			0.009	0.009	1	0.000		0.119

Coding of response options:

SuicThink, SuicPlan --- Percentage of whom responded "Yes" is compared

Loneliness_Total_Level --- Percentage of whom were categorized as "Not Lonely" is compared

K10_1 to K10_10 --- None of the time = 1 to All of the time = 5; K10_Total --- Summed score of K10_1 to K10_10, Ranges from 10 to 50

Stress_1 to Stress_10 --- Not an obstacle = 1 to A major obstacle = 3

Note: M - Mean, SD - Standard Deviation, SE - Standard Error, d.f. - Degrees of Freedom, sig. - Significance

Exclusion: Options such as "I don't know", "Prefer not to answer", or "Not applicable" are excluded from statistical comparison.

Health Service Utilization - Frequency Comparison

QuestionShort	Question	Response	Number of Responses		% of Responses		Domestic/International
			Spring2021	Spring2023	Spring2021	Spring2023	
AwareMHpr	Are you aware of mental health outreach efforts at your institution (such as educational programs, awareness events, anti-stigma campaigns, scree..	Yes	1,750	1,707	60%	60%	All
		No	1,191	1,132	40%	40%	
		Total	2,941	2,839	100%	100%	
MentHelpOn	If I needed to seek professional help for my mental or emotional health, I would know where to access campus-based resources (online or in-person).	Strongly disagree	115	163	4%	6%	All
		Disagree	265	240	9%	8%	
		Somewhat disagree	247	201	8%	7%	
		Somewhat agree	725	614	25%	21%	
		Agree	917	914	31%	31%	
		Strongly agree	676	770	23%	27%	
MentHelpOff	If I needed to seek professional help for my mental or emotional health, I would know where to go off campus.	Strongly disagree	136	198	5%	7%	All
		Disagree	348	362	12%	12%	
		Somewhat disagree	324	243	11%	8%	
		Somewhat agree	620	592	21%	20%	
		Agree	896	853	30%	29%	
		Strongly agree	616	649	21%	22%	
PhysHelpOn	If I needed to seek professional help for my physical health, I would know where to access campus-based resources (online or in-person).	Not applicable	108	92	4%	3%	All
		Strongly disagree	180	215	6%	7%	
		Disagree	414	285	14%	10%	
		Somewhat disagree	347	239	12%	8%	
		Somewhat agree	643	584	22%	20%	
		Agree	780	845	27%	29%	
		Strongly agree	471	621	16%	22%	
		Total	2,943	2,881	100%	100%	
PhysHelpOff	If I needed to seek professional help for my physical health, I would know where to go off campus.	Strongly disagree	49	85	2%	3%	All
		Disagree	161	179	5%	6%	
		Somewhat disagree	180	170	6%	6%	
		Somewhat agree	488	501	17%	17%	
		Agree	1,150	1,063	39%	37%	
		Strongly agree	911	877	31%	31%	
Support	There is a good support system at my institution for students going through difficult times.	I don't know	548	428	19%	15%	All
		Strongly disagree	107	98	4%	3%	
		Disagree	154	150	5%	5%	
		Somewhat disagree	226	190	8%	7%	
		Total	2,939	2,875	100%	100%	

Domestic/International	All
Indigenous	All
New to Institution	All
Full-Time/Part-Time	All
Credential Type	All
Age Group	All
Exclusive Ethnicity	All
Gender	All
Born in Canada	All
Parents Born Outside of Canada	All
Finance Stress	All

Health Service Utilization - Statistical Comparison

Significance
■ p-value < 0.05
■ p-value > 0.05

Effect Size
■ NONE

Question Code	Question	N This	N Last	M This	M Last	SD This	SD Last	SE This	SE Last	d.f.	Sig.	Effect Size	
												0.000	0.200
AwareMHpr	Are you aware of mental health outreach efforts at your institution (such as educational programs, awareness events, anti-stigma campaigns, screening days)?	2,839	2,941	0.60	0.60			0.009	0.009	1	0.648	0.013	
MentHelpOff	If I needed to seek professional help for my mental or emotional health, I would know where to go off campus.	2,897	2,940	4.20	4.24	1.53	1.44	0.028	0.027	####	0.377	-0.023	
MentHelpOn	If I needed to seek professional help for my mental or emotional health, I would know where to access campus-based resources (online or in-person).	2,902	2,945	4.44	4.39	1.44	1.37	0.027	0.025	5,845	0.150	0.038	
PhysHelpOff	If I needed to seek professional help for my physical health, I would know where to go off campus.	2,875	2,939	4.71	4.79	1.29	1.20	0.024	0.022	####	0.011	-0.067	
PhysHelpOn	If I needed to seek professional help for my physical health, I would know where to access campus-based resources (online or in-person).	2,789	2,835	4.23	4.00	1.53	1.49	0.029	0.028	5,622	0.000	0.149	
Support	There is a good support system at my institution for students going through difficult times.	2,429	2,393	4.46	4.33	1.30	1.30	0.026	0.027	4,820	0.001	0.097	
UseDoc	Do you use campus health services for your primary care (such as routine check-ups with a doctor)?	2,394	2,378	0.15	0.12			0.007	0.007	1	0.003	0.087	

Coding of response options:

AwareMHpr, UseDoc --- Percentage of whom responded "Yes" is compared
 MentHelpOff, MentHelpOn, PhysHelpOff, PhysHelpOn, Support --- Strongly disagree = 1 to Strongly agree = 6

Note: M - Mean, SD - Standard Deviation, SE - Standard Error, d.f. - Degrees of Freedom, sig. - Significance

Exclusion: Options such as "I don't know", "Prefer not to answer", or "Not applicable" are excluded from statistical comparison.

Physical Health/Health Behaviours - Frequency Comparison

QuestionShort	Question	Response	Number of Responses		% of Responses		Domestic/International
			Spring2021	Spring2023	Spring2021	Spring2023	
TotSleepWDs	Total sleep hours during weekdays	7-9 hours	1,889	1,677	65%	61%	All
		<7 hours	465	671	16%	24%	
		>9 hours	551	416	19%	15%	
		Total	2,905	2,764	100%	100%	
TotSleepWDs_Guide..	Total sleep hours during weekdays meeting Canadian Sleep Guideline	Meeting Canadian Sleep Guidelines	1,889	1,677	65%	61%	All
		Not meeting Canadian Sleep Guidelin..	1,016	1,087	35%	39%	
		Total	2,905	2,764	100%	100%	
TotSleepWEs	Total sleep hours during weekends	7-9 hours	1,735	1,522	60%	55%	All
		<7 hours	270	387	9%	14%	
		>9 hours	890	857	31%	31%	
		Total	2,895	2,766	100%	100%	
TotSleepWEs_Guidel..	Total sleep hours during weekends meeting Canadian Sleep Guideline	Meeting Canadian Sleep Guidelines	1,735	1,522	60%	55%	All
		Not meeting Canadian Sleep Guidelin..	1,160	1,244	40%	45%	
		Total	2,895	2,766	100%	100%	
SleepQual	During the past week, how would you rate your sleep quality overall (how well you sleep)?	Fairly bad	729	750	25%	27%	All
		Fairly good	1,609	1,468	55%	52%	
		Very bad	187	242	6%	9%	
		Very good	418	346	14%	12%	
		Total	2,943	2,806	100%	100%	
TotalScreenTimeHrs	Total Screen Time in Hours	0-3 hours	875	974	32%	39%	All
		3-6 hours	1,102	1,005	40%	40%	
		6-9 hours	521	385	19%	15%	
		>9 hours	257	161	9%	6%	
		Total	2,755	2,525	100%	100%	
TotalTravelTimeHrs	Total Travel Time in Hours	0-0.5 hours	1,357	889	50%	35%	All
		0.5-1 hours	653	733	24%	29%	
		1-1.5 hours	157	203	6%	8%	
		1.5-2 hours	224	278	8%	11%	
		2-2.5 hours	51	76	2%	3%	
		>2.5 hours	272	365	10%	14%	
		Total	2,714	2,544	100%	100%	
TotalSitTimeHrs	Total Sit Time in Hours	0-8 hours	1,612	1,654	58%	64%	All
		8-12 hours	918	738	33%	29%	
		>12 hours	252	181	9%	7%	
		Total	2,782	2,573	100%	100%	
SedentaryBehaviour	Meeting Canadian Sedentary	Meeting Canadian Sedentary Behavio..	597	658	22%	26%	All

Physical Health/Health Behaviours - Statistical Comparison

Significance
■ p-value < 0.05
■ p-value > 0.05

Effect Size
■ -SMALL
■ NONE
■ SMALL

Question Code	Question	N This	N Last	M This	M Last	SD This	SD Last	SE This	SE Last	d.f.	Sig.	Effect Size			
												-0.200	0.000	0.200	0.400
TotSleepWDS	Total sleep hours during weekdays	2,764	2,905	7.76	8.08	1.59	1.47	0.030	0.027	#####	0.000	-0.209			
TotSleepWDS_Guideli..	Total sleep hours during weekdays meet..	2,764	2,905	0.61	0.65			0.009	0.009	1	0.001	-0.090			
TotSleepWEs	Total sleep hours during weekends	2,766	2,895	8.48	8.59	1.70	1.53	0.032	0.028	#####	0.010	-0.069			
TotSleepWEs_Guideli..	Total sleep hours during weekends mee..	2,766	2,895	0.55	0.60			0.009	0.009	1	0.000	-0.099			
SleepQual	During the past week, how would you ra..	2,806	2,943	2.68	2.77	0.80	0.77	0.015	0.014	#####	0.000	-0.107			
RecScreenTime	Total Screen Time in Minutes	2,525	2,755	272.05	304.91	159.64	176.23	3.177	3.358	#####	0.000	-0.195			
TotalScreenTimeHrs	Total Screen Time in Hours	2,525	2,755	4.53	5.08	2.66	2.94	0.053	0.056	#####	0.000	-0.195			
TotalSitTime	Total Sit Time in Minutes	2,573	2,782	436.40	466.17	209.04	223.18	4.121	4.231	#####	0.000	-0.137			
TotalSitTimeHrs	Total Sit Time in Hours	2,573	2,782	7.27	7.77	3.48	3.72	0.069	0.071	#####	0.000	-0.137			
SedTravelTime	Total Travel Time in Minutes	2,544	2,714	83.88	62.84	97.31	82.53	1.929	1.584	#####	0.000			0.234	
TotalTravelTimeHrs	Total Travel Time in Hours	2,544	2,714	1.40	1.05	1.62	1.38	0.032	0.026	#####	0.000			0.234	
SedentaryBehaviour	Meeting Canadian Sedentary Behaviour ..	2,541	2,776	0.26	0.22			0.009	0.008	1	0.000			0.103	
AvgMVPA	Average minutes spent in both vigorous ..	2,748	2,904	415.54	394.42	467.75	448.60	8.923	8.324	#####	0.084			0.046	
AvgMVPA_Guideline	Meeting Canadian Physical Activities Gu..	2,748	2,904	0.65	0.63			0.009	0.009	1	0.351			0.026	
StrenPA	During the last 7 days, on how many day..	2,737	2,894	1.35	1.52	1.93	1.98	0.037	0.037	#####	0.001	-0.087			
StrenPA_Guideline	Meeting Canadian Muscle Strengthenin..	2,737	2,894	0.34	0.38			0.009	0.009	1	0.000	-0.101			

Coding of response options:

TotSleepWDS_Guideline, TotSleepWEs_Guideline --- Percentage of whom are meeting guidelines (7-9 hours/day) is compared
 SleepQual --- Very bad = 1 to Very good = 4
 RecScreenTime, TotalSitTime, SedTravelTime --- Corresponding times in min/day; AvgMVPA --- Corresponding times in min/week
 SedentaryBehaviour --- Percentage of sedentary behaviour meeting Canadian Guidelines is compared

Note: M - Mean, SD - Standard Deviation, SE - Standard Error, d.f. - Degrees of Freedom, sig. - Significance

Exclusion: Options such as "I don't know", "Prefer not to answer", or "Not applicable" are excluded from statistical comparison.

Sexual Health - Frequency Comparison

QuestionShort	Question	Response	Number of Responses		% of Responses		
			Spring2021	Spring2023	Spring2021	Spring2023	
SexEver	Have you ever engaged in sexual activity? (including manual, digital, oral, vaginal, or anal)	I prefer not to answer	323	441	11%	16%	Domestic/International All
		Yes	1,830	1,502	63%	56%	Indigenous All
		No	732	731	25%	27%	
		Total	2,885	2,674	100%	100%	
SexProtect_2	How often do you or your partner(s) use a protective barrier (e.g., external or internal condom, dam, glove) when you engage in sexual activity?	I don't know		18		1%	New to Institution All
		I prefer not to answer		80		5%	
		Never		573		39%	Full-Time/Part-Time All
		Rarely		152		10%	
		Sometimes		174		12%	
		Always or almost always		489		33%	
		Total		1,486		100%	
SexSatisf_2	How satisfied are you with your overall sexual life?	I prefer not to answer		90		6%	Credential Type All
		Very dissatisfied		111		7%	
		Moderately dissatisfied		122		8%	Age Group All
		About equally satisfied and dissatisfi..		205		14%	
		Moderately satisfied		471		31%	
		Very satisfied		499		33%	
		Total		1,498		100%	
						Exclusive Ethnicity All	
						Gender All	
						Born in Canada All	
						Parents Born Outside of Canada All	
						Finance Stress All	

Sexual Health - Statistical Comparison

Significance
■ p-value < 0.05

Effect Size
■ NONE

Question Code	Question	N This	N Last	M This	M Last	SD This	SD Last	SE This	SE Last	d.f.	Sig.	Effect Size				
												-0.100	-0.080	-0.060	-0.040	-0.020
SexEver*	Have you ever engaged in sexual activity? (including manual, digital, oral, vaginal, or anal)	2,233	2,562	0.67	0.71			0.010	0.009	1	0.002	-0.090				

Coding of response options:

SexEver, SexProtect --- Percentage of whom responded "Yes" is compared

SexSatisf --- Never = 1 to Always = 5

*SexEver --- Must be interpreted with caution, positive/negative effect size doesn't necessarily indicate favourable/unfavourable result.

Note: M - Mean, SD - Standard Deviation, SE - Standard Error, d.f. - Degrees of Freedom, sig. - Significance

Exclusion: Options such as "I don't know", "Prefer not to answer", or "Not applicable" are excluded from statistical comparison.

Substance Use - Frequency Comparison

QuestionShort	Question	Response	Number of Responses		% of Responses		Domestic/International	
			Spring2021	Spring2023	Spring2021	Spring2023		
BingeDrink	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?	I don't know	58	21	2%	1%	All	
		I prefer not to answer	159	58	6%	2%		
		Daily or almost daily	24	22	1%	1%		
		2 to 3 times in the past 30 days	369	347	13%	13%		
		2 to 5 times a week	125	114	4%	4%		
		I do not drink alcohol		1,035		39%		
		"On one occasion" means at the same time or within a couple of hours of each other.	Not in the past 30 days	1,533	501	53%		19%
		Once a week	208	204	7%	8%		
		Once in the past 30 days	400	370	14%	14%		
		Total		2,876	2,672	100%		100%
CannibasUse12M	During the past 12 months, have you used cannabis?	I don't know	18	24	1%	1%	All	
		I prefer not to answer	76	80	3%	3%		
		No	1,904	1,794	66%	67%		
		Yes	887	779	31%	29%		
		Total		2,885	2,677	100%		100%
CannibasUseOften	In the past 30 days, how often did you use cannabis?	I don't know	5	7	1%	1%	All	
		I prefer not to answer	16	7	2%	1%		
		1 day in the past 30 days	110	107	12%	14%		
		1 or 2 day(s) per week	79	84	9%	11%		
		2 or 3 days in the past 30 days	148	113	17%	15%		
		3 or 4 days per week	54	56	6%	7%		
		5 or 6 days per week	57	24	6%	3%		
		Daily	181	183	20%	24%		
		Not in the past 30 days	236	196	27%	25%		
		Total		886	777	100%		100%
TobaccoUse	Which of the following best applies to you?	I don't know	63	82	2%	3%	All	
		I prefer not to answer	95	86	3%	3%		
		I do not smoke cigarettes at all, but I do smok..	75	71	3%	3%		
		I have never been a smoker (i.e. smoked for a..	2,031	1,836	71%	69%		
		I have stopped smoking completely in the las..	78	72	3%	3%		
		I smoke cigarettes (including hand-rolled) ev..	196	185	7%	7%		
		I smoke cigarettes (including hand-rolled), bu..	111	112	4%	4%		
		I stopped smoking completely more than a ye..	221	216	8%	8%		
		Total		2,870	2,660	100%		100%
EcigOften	During the past 30 days, how often did you use an e-cigarette?	I don't know	15	16	1%	1%	All	
		I prefer not to answer	35	40	1%	1%		

Substance Use - Statistical Comparison

Significance
■ p-value < 0.05
■ p-value > 0.05

Effect Size
■ -LARGE
■ -MEDIUM
■ -SMALL
■ NONE

Question Code	Question	N This	N Last	M This	M Last	SD This	SD Last	SE This	SE Last	d.f.	Sig.	Effect Size				
												-1.000	-0.500	0.000	0.500	
BingeDrink	During the past 30 days, how often have you had ...	2,593	2,659	1.47	1.90	1.58	1.26	0.031	0.024	####	0.000	-0.302				
CannabisUse12M	During the past 12 months, have you used cannabis?	2,573	2,791	0.30	0.32			0.009	0.009	1	0.246	-0.033				
CannabisUseOften	In the past 30 days, how often did you use cannab..	763	865	3.66	3.58	2.30	2.27	0.083	0.077	1,626	0.489	0.034				
TobaccoUse	Which of the following best applies to you?	2,492	2,712	1.78	1.75	1.56	1.53	0.031	0.029	5,202	0.430	0.022				
EcigOften	During the past 30 days, how often did you use a..	2,611	2,831	1.62	1.45	1.31	1.13	0.026	0.021	####	0.000	0.135				
EcigCannibas	On how many of the past 30 days did you vape cannabis/marijuana?	382	117	5.79	10.93	10.26	10.29	0.525	0.951	####	0.000	-0.501				
EcigFlavour	On how many of the past 30 days, did you vape ju..	381	48	1.34	6.54	5.11	9.00	0.262	1.299	####	0.000	-0.917				
EcigNicotine	On how many of the past 30 days did you vape an ..	385	267	18.57	19.84	12.87	11.67	0.656	0.714	650	0.198	-0.103				
PainRelUse	In the past 12 months, have you used any pain relievers?..	2,576	2,801	0.39	0.32			0.010	0.009	1	0.000	0.146				
PainRelReason	During the past 12 months, have you used pain re..	963	861	0.17	0.21			0.012	0.014	1	0.102	-0.079				
PainRelPrescribe	During the past 12 months, were the pain relieve..	958	834	2.29	2.11	0.89	0.94	0.029	0.032	####	0.000	0.199				
StimUse	In the past 12 months, have you used any stimula..	2,595	2,804	0.09	0.06			0.005	0.004	1	0.000	0.110				
StimReason	During the past 12 months, did you use stimulants for reasons other than why they are recommende..	215	161	0.21	0.25			0.028	0.034	1	0.439	-0.093				
StimPrescribe	During the past 12 months, were all the stimulan..	221	156	1.24	1.31	0.62	0.70	0.042	0.056	375	0.354	-0.097				

Coding of response options:

BingeDrink --- Not in the past 30 days = 1 to Daily or almost daily = 6

CannabisUseOften --- Not in the past 30 days = 1 to Daily = 7

TobaccoUse --- I have never been a smoker (ie. smoked for a year or more) = 1 to I smoke cigaretts (including hand-rolled) every day = 6

CannabisUse12M, PainRelUse, PainRelReason, StimUse, StimReason --- Percentage of whom responded "Yes" is compared

PainRelPrescribe, StimPrescribe --- Yes, they all were prescribed = 1 to No, None were prescribed = 3

Note: M - Mean, SD - Standard Deviation, SE - Standard Error, d.f. - Degrees of Freedom, sig. - Significance

Exclusion: Options such as "I don't know", "Prefer not to answer", or "Not applicable" are excluded from statistical comparison.

Food Security - Frequency Comparison

QuestionShort	Question	Response	Number of Responses		% of Responses		Domestic/International	
			Spring2021	Spring2023	Spring2021	Spring2023		
FoodSec1	The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more.	Never true	1,891	1,763	66%	67%	All	
		Sometimes true	594	538	21%	20%		
		Often true	117	188	4%	7%	Indigenous	
		I prefer not to answer	95	71	3%	3%		
		I don't know	167	91	6%	3%		
Total		2,864	2,651	100%	100%			
FoodSec2	I couldn't afford to eat balanced meals.	Never true	1,756	1,347	61%	51%	All	
		Sometimes true	686	753	24%	28%		
		Often true	256	393	9%	15%	New to Institution	
		I prefer not to answer	65	63	2%	2%		
		I don't know	100	96	3%	4%		
Total		2,863	2,652	100%	100%			
FoodSec3	Did you ever cut the size of your meals or skip meals because there wasn't enough money for food?	No	2,232	755	78%	55%	All	
Yes	627	627	22%	45%				
Total		2,859	1,382	100%	100%			
FoodSec4	How often did this happen?	Only 1 or 2 months	112	96	4%	7%	All	
		Some months but not every month	254	213	9%	15%		
		Almost every month	187	219	7%	16%	Age Group	
		0	2,232		78%			
		NA		2		0%		
		No, I did not		753			54%	Exclusive Ethnicity
		I prefer not to answer		26			2%	
		I don't know	78	73	3%	5%		
Total		2,863	1,382	100%	100%			
FoodSec5	Did you ever eat less than you felt you should because there wasn't enough money for food?	No	2,142	675	75%	49%	All	
		Yes	555	617	19%	45%		
		I don't know	159	88	6%	6%	Gender	
		Total		2,856	1,380	100%		100%
FoodSec6	Were you ever hungry but didn't eat because you couldn't afford enough food?	No	2,278	813	80%	59%	All	
		Yes	449	492	16%	36%		
		I don't know	131	76	5%	6%	Born in Canada	
		Total		2,858	1,381	100%		100%
FoodSec_Total	Food Security total score	6	223	260	9%	12%	All	
		5	93	91	4%	4%		
		4	75	86	3%	4%	Parents Born Outside of Canada	
		3	70	78	3%	4%		
		2	167	172	7%	8%		
		1	283	318	12%	14%	Finance Stress	
		0	1,471	1,192	62%	54%		
		Total		2,382	2,197	100%		100%

Food Security - Statistical Comparison

Significance
■ p-value < 0.05

Effect Size
■ -SMALL
■ MEDIUM
■ NONE
■ SMALL

Question Code	Question	N This	N Last	M This	M Last	SD This	SD Last	SE This	SE Last	d.f.	Sig.	Effect Size		
												-0.500	0.000	0.500
FoodSec1	The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more.	2,489	2,602	2.63	2.68	0.62	0.55	0.012	0.011	#####	0.003	-0.083		
FoodSec2	I couldn't afford to eat balanced meals.	2,493	2,698	2.38	2.56	0.74	0.66	0.015	0.013	#####	0.000	-0.247		
FoodSec3	Did you ever cut the size of your meals or skip meals because there wasn't enough money for food?	1,382	2,859	0.45	0.22			0.013	0.008	1	0.000	0.503		
FoodSec4	How often did this happen?	1,283	2,785	0.73	0.37	0.99	0.81	0.028	0.015	#####	0.000	0.410		
FoodSec5	Did you ever eat less than you felt you should because there wasn't enough money for food?	1,292	2,697	0.48	0.21			0.014	0.008	1	0.000	0.584		
FoodSec6	Were you ever hungry but didn't eat because you couldn't afford enough food?	1,305	2,727	0.38	0.16			0.013	0.007	1	0.000	0.487		
FoodSec_Total	Food Security total score	2,197	2,382	1.48	1.23	2.12	2.00	0.045	0.041	#####	0.000	0.122		

Coding of response options:

FoodSec1, FoodSec2 --- Often true = 1 to Never true = 3

FoodSec3, FoodSec5, FoodSec6 --- Percentage of responding "Yes" is compared

FoodSec4 --- Almost every month = 1 to Only 1 or 2 months = 3

FoodSec_Total --- Composite score calculated using FoodSec1 to FoodSec6 (Range = 0 to 6). Please refer to the codebook for details.

Note: M - Mean, SD - Standard Deviation, SE - Standard Error, d.f. - Degrees of Freedom, sig. - Significance

Exclusion: Options such as "I don't know", "Prefer not to answer", or "Not applicable" are excluded from statistical comparison.