

# STudent Experience in the Pandemic: STEP II towards Mental Health and Well-Being. Preliminary Results for Week 1 and 2 (06-19 of May)

J. Fritz, J. Stochl, J. Galante, B. Widmer, M. Moore, C. Allen, N. Acton, P. B. Jones, T. J. Ford

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Please note, this report uses preliminary, raw data, and has not been peer-reviewed. This report should therefore be treated as initial snapshot and may need amendment.

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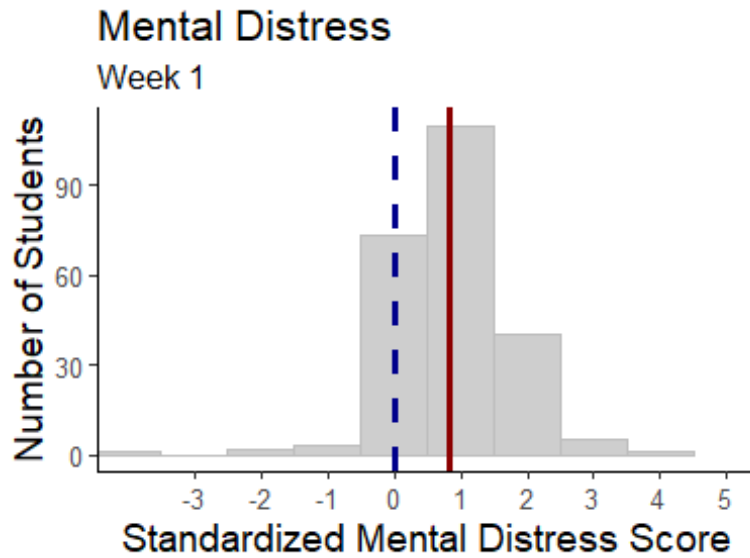
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## 1: Participation

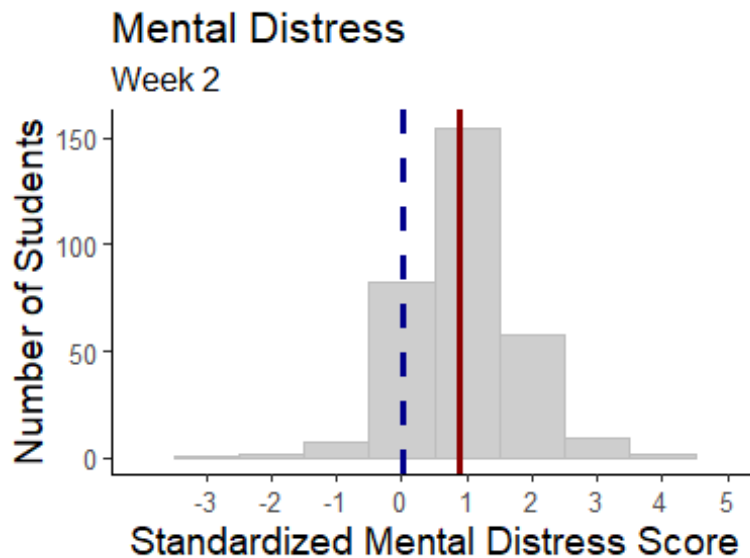
In total 470 students of the University of Cambridge took part in the STEP II survey, spread across 31 Colleges. In this report we look at the data of 455 students (spread across 31 Colleges), as we have extracted and linked data for them. Of those 455, 322 are female, 125 are male, and 8 preferred not to say.

## 2: Weekly mental distress

The first impression based on STEP II data from week 1 and 2 is that Cambridge students seem to experience more mental distress than population representative young people before the COVID-19 pandemic. This is illustrated in Figure 1 and 2, where the solid red line indicates the average mental distress score of Cambridge students and the dashed blue line indicates the average mental distress score of the population representative young people before the pandemic.



Cambridge students' mean score = 0.84 (standard deviation = 0.87,  $n = 235$ ), compared to population representative young peoples' mean score = 0.02 (standard deviation = 1.18,  $n = 2017$ ).



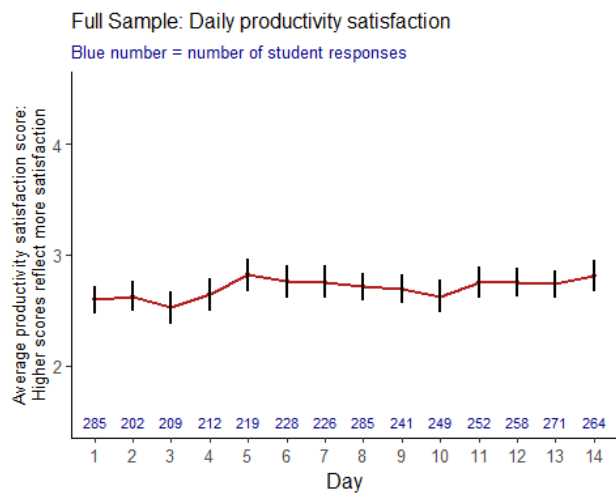
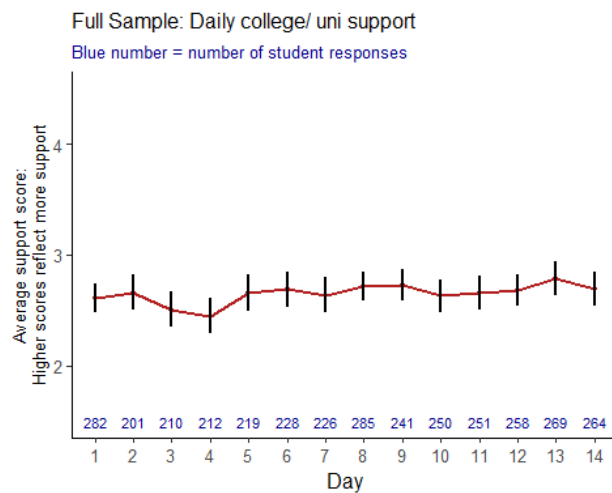
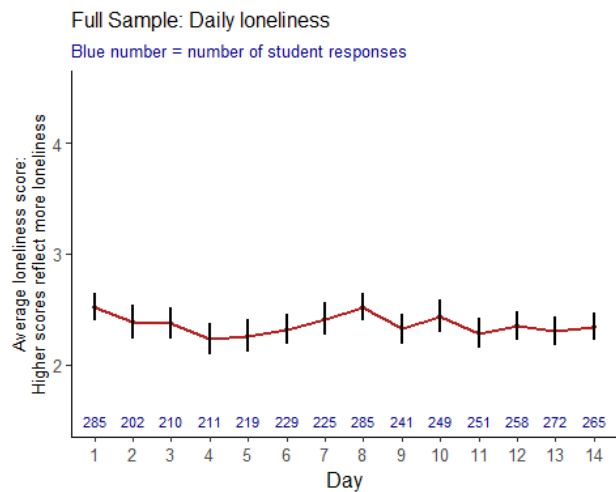
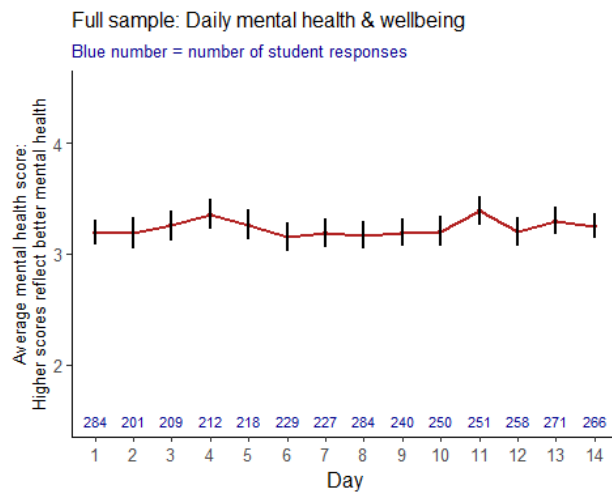
Cambridge students' mean score = 0.9 (standard deviation = 0.87,  $n = 316$ ), compared to population representative young peoples' mean score = 0.02 (standard deviation = 1.18,  $n = 2017$ ).

### 3: Daily experience tracking

In the below plots you can see the daily experiences data of the first 2 weeks, for the following four questions: Please rate the extent to which, today, you have...

1. felt emotionally well
2. felt lonely
3. felt supported by your College and/or the University
4. felt satisfied with your productivity

The questions have five response options: (1) "Not at all", (2) "Rarely", (3) "Some of the time", (4) "Often", and (5) "All the time". For this data we have no comparison group, but we will monitor changes over time in relation to potentially significant events (e.g. ease of lockdown).



*The black bars depict 95% confidence intervals (more specifically, they depict the interval of two standard errors above and below the mean).*

All daily experiences in one graph

## Daily experience tracking

