1: Participation

In total 1205 students of the University of Cambridge took part in the STEP survey, spread across 31 Colleges. In this report we look at the data of 1083 students (spread across 31 Colleges), as we have extracted and linked data for them. Of those 1083, 766 are female, 297 are male, and 20 preferred not to say.

2: Weekly mental distress

The first impression based on STEP 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 = 1.03 (standard deviation = 0.8, n = 668), compared to population representative young peoples' mean score = 0.02 (standard deviation = 1.18, n = 2017).

Cambridge students' mean score = 1 (standard deviation = 0.86, n = 630), 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 positive about your mental health and wellbeing
2. felt lonely
3. been practically supported by your College and/or the University
4. been on top of what you needed to get done

The questions have four 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, change in exam regulations).

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

- Mental health & wellbeing
- Workload mastery
- Loneliness
- College/uni support

Average score
Day

1 2 3 4 5 6 7 8 9 10 11 12 13 14