

Appendix A: Thriving Learners College Frequency Tables

Question 1 - Consent

Q1. I consent to being a participant in the project

	Frequency	Percent	Cum. percent
Yes	2086	100	100
Total	2086	100	100

Question 2 - College

Q2. Which college do you attend?

	Frequency	Percent	Cum. percent
Argyll College UHI	6	0.3	0.3
Ayrshire College	133	6.4	6.7
Borders College	119	5.7	12.4
City of Glasgow College	143	6.9	19.2
Dumfries & Galloway College	41	2.0	21.2
Dundee and Angus College	30	1.4	22.6
Edinburgh College	181	8.7	31.3
Fife College	1	0.0	31.4
Forth Valley College	16	0.8	32.1
Glasgow Clyde College	367	17.6	49.7
Glasgow Kelvin College	85	4.1	53.8
Inverness College UHI	18	0.9	54.7
Lews Castle College UHI	29	1.4	56.0
Moray College UHI	34	1.6	57.7
New College Lanarkshire	340	16.3	74.0
Newbattle Abbey College	10	0.5	74.4
North East Scotland College	240	11.5	86.0
North Highland College UHI	13	0.6	86.6
Orkney College UHI	3	0.1	86.7
Perth College UHI	77	3.7	90.4
Scotland's Rural College	3	0.1	90.6
Shetland College UHI	3	0.1	90.7
South Lanarkshire College	52	2.5	93.2
West College Scotland	122	5.8	99.0
West Highland College UHI	8	0.4	99.4
West Lothian College	12	0.6	100.0
Total	2086	100.0	100.0

Question 3 - Age

Q3. What age are you?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
16-20	860	41.2	41.2	41.9	41.9
21-24	310	14.9	56.1	15.1	57.0
25-29	217	10.4	66.5	10.6	67.6
30+	665	31.9	98.4	32.4	100.0
NA's	34	1.6	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 4 - Gender Identity

Q4. How would you describe your gender?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Female	1413	67.7	67.7	67.9	67.9
Male	520	24.9	92.7	25.0	92.9
Other	147	7.0	99.7	7.1	100.0
NA's	6	0.3	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 5 - Transgender Identity

Q5. Do you consider yourself to be a trans person? (Trans is an umbrella term to describe anyone whose sex and / or gender differs from that assigned to them at birth.)

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	105	5.0	5.0	5.1	5.1
No	1911	91.6	96.6	92.1	97.1
Don't know	30	1.4	98.1	1.4	98.6
Prefer not to say	30	1.4	99.5	1.4	100.0
NA's	10	0.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 6 - Sexual Orientation

Q6. Do you consider yourself to be?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Straight	1385	66.4	66.4	66.6	66.6
Gay / Lesbian	141	6.8	73.2	6.8	73.4
Bisexual	327	15.7	88.8	15.7	89.1
Other (including Asexual)	122	5.8	94.7	5.9	95.0
Don't know	51	2.4	97.1	2.5	97.4
Prefer not to say	54	2.6	99.7	2.6	100.0
NA's	6	0.3	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 7 - Ethnic Group

Q7. What is your ethnic group?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
White	1880	90.1	90.1	90.5	90.5
Asian, Asian Scottish or Asian British	74	3.5	93.7	3.6	94.0
African, Caribbean or Black	39	1.9	95.5	1.9	95.9
Other Ethnic Group	33	1.6	97.1	1.6	97.5
Mixed or Multiple Ethnic Groups	38	1.8	98.9	1.8	99.3
Don't know	7	0.3	99.3	0.3	99.7
Refused	7	0.3	99.6	0.3	100.0
NA's	8	0.4	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Ethnic groups expanded

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
White					
Scottish	1603	76.8	76.8	77.1	77.1
English	85	4.1	80.9	4.1	81.2
Welsh	2	0.1	81.0	0.1	81.3
Northern Irish	7	0.3	81.4	0.3	81.7
Irish	16	0.8	82.1	0.8	82.4
Gypsy / Traveller	6	0.3	82.4	0.3	82.7
Polish	75	3.6	86.0	3.6	86.3
Other White	86	4.1	90.1	4.1	90.5
Asian, Asian Scottish or Asian British					
Pakistani, Pakistani Scottish or Pakistani British	42	2.0	92.1	2.0	92.5
Indian, Indian Scottish or Indian British	10	0.5	92.6	0.5	93.0
Bangladeshi, Bangladeshi Scottish or Bangladeshi British	4	0.2	92.8	0.2	93.2
Chinese, Chinese Scottish or Chinese British	3	0.1	93.0	0.1	93.3
Other Asian	15	0.7	93.7	0.7	94.0
African					
African, African Scottish or African British	31	1.5	95.2	1.5	95.5
Other African	4	0.2	95.3	0.2	95.7
Caribbean or Black					
Caribbean, Caribbean Scottish or Caribbean British	2	0.1	95.4	0.1	95.8
Black, Black Scottish or Black British	2	0.1	95.5	0.1	95.9
Other Caribbean or Black	0	0.0	95.5	0.0	95.9

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Other Ethnic Group					
Arab, Arab Scottish or Arab British	13	0.6	96.2	0.6	96.5
Other	20	1.0	97.1	1.0	97.5
Mixed or Multiple Ethnic Groups	38	1.8	98.9	1.8	99.3
Don't know	7	0.3	99.3	0.3	99.7
Refused	7	0.3	99.6	0.3	100.0
NA's	8	0.4	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 8 – Disability or Long-term Conditions

Q8. Do you have a disability and/or a long-term health condition?

Q8.1. Physical impairment, such as using a wheelchair to get around and/or mobility difficulties

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	70	3.4	3.4	3.5	3.5
No	1943	93.1	96.5	96.5	100.0
NA's	73	3.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q8.2. Blind or partially sighted

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	24	1.2	1.2	1.2	1.2
No	1989	95.3	96.5	98.8	100.0
NA's	73	3.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q8.3. Deaf or hard of hearing

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	46	2.2	2.2	2.3	2.3
No	1967	94.3	96.5	97.7	100.0
NA's	73	3.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q8.4. Mental health difficulties, such as depression or schizophrenia

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	733	35.1	35.1	36.4	36.4
No	1280	61.4	96.5	63.6	100.0
NA's	73	3.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q8.5. Learning difficulty (such as dyslexia, dyspraxia)

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	333	16.0	16.0	16.5	16.5
No	1680	80.5	96.5	83.5	100.0
NA's	73	3.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q8.6. Profound and/or multiple learning difficulties

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	14	0.7	0.7	0.7	0.7
No	1999	95.8	96.5	99.3	100.0
NA's	73	3.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q8.7. Autistic Spectrum Disorder

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	193	9.3	9.3	9.6	9.6
No	1820	87.2	96.5	90.4	100.0
NA's	73	3.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q8.8. An unseen disability or health condition e.g. diabetes, epilepsy, asthma, HIV

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	284	13.6	13.6	14.1	14.1
No	1729	82.9	96.5	85.9	100.0
NA's	73	3.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q8.9. A disability not listed above

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	112	5.4	5.4	5.6	5.6
No	1901	91.1	96.5	94.4	100.0
NA's	73	3.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q8.10. Prefer not to say

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	58	2.8	2.8	2.9	2.9
No	1955	93.7	96.5	97.1	100.0
NA's	73	3.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q8.11. No known disability, impairment or long-term health condition

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	841	40.3	40.3	41.8	41.8
No	1172	56.2	96.5	58.2	100.0
NA's	73	3.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Disability / LTC Breakdown

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Physical Impairment	10	0.5	0.5	0.5	0.5
Blind / Partially Sighted	4	0.2	0.7	0.2	0.7
Deaf / Hard of Hearing	15	0.7	1.4	0.7	1.4
Mental Health Difficulties	352	16.9	18.3	17.5	18.9
Learning Difficulties	118	5.7	23.9	5.9	24.8
Profound / Multiple Learning Difficulties	2	0.1	24.0	0.1	24.9
Autism	54	2.6	26.6	2.7	27.6
Unseen Disability	75	3.6	30.2	3.7	31.3
Other	30	1.4	31.6	1.5	32.8
Multiple Disabilities / LTCs	454	21.8	53.4	22.6	55.3
Prefer not to say	58	2.8	56.2	2.9	58.2
No Disability / LTC	841	40.3	96.5	41.8	100.0
NA's	73	3.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Any Disability / LTC

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	1114	53.4	53.4	57	57
No	841	40.3	93.7	43	100
NA's	131	6.3	100.0	0	100
Total	2086	100.0	100.0	100	100

Question 9 - Part-time or Full-time

Q9. Are you a full-time or a part-time student?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Full-time	1809	86.7	86.7	87.6	87.6
Part-time	255	12.2	98.9	12.4	100.0
NA	22	1.1	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 10 - Degree Level

Q10. What level are you studying at?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
SCQF Levels 1-3	73	3.5	3.5	3.5	3.5
SCQF Level 4	165	7.9	11.4	8.0	11.6
SCQF Level 5	427	20.5	31.9	20.7	32.3
SCQF Level 6	585	28.0	59.9	28.4	60.7
SCQF Level 7	483	23.2	83.1	23.5	84.2
SCQF Level 8	268	12.8	95.9	13.0	97.2
SCQF Level 9 and above	57	2.7	98.7	2.8	100.0
NA's	28	1.3	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 11 - Relationship Status

Q11. Are you?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Single	1022	49.0	49.0	49.1	49.1
In a relationship	690	33.1	82.1	33.2	82.3
Married	241	11.6	93.6	11.6	93.9
In a civil partnership	15	0.7	94.3	0.7	94.6
Separated	28	1.3	95.7	1.3	96.0
Divorced	21	1.0	96.7	1.0	97.0
Other	20	1.0	97.7	1.0	97.9
Prefer not to say	43	2.1	99.7	2.1	100.0
NA's	6	0.3	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 12 - Children

Q12. Do you have children?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	553	26.5	26.5	26.6	26.6
No	1506	72.2	98.7	72.5	99.2
Prefer not to say	17	0.8	99.5	0.8	100.0
NA's	10	0.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 13 - Refugee or Asylum Seeker Status

Q13. Do you consider yourself to be a refugee or asylum seeker?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	38	1.8	1.8	1.8	1.8
No	2000	95.9	97.7	96.3	98.2
Not sure	26	1.2	98.9	1.3	99.4
Prefer not to say	12	0.6	99.5	0.6	100.0
NA's	10	0.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 14 - Deprivation

SIMD Quintiles

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Quintile 1	529	25.4	25.4	32.9	32.9
Quintile 2	382	18.3	43.7	23.7	56.6
Quintile 3	284	13.6	57.3	17.7	74.3
Quintile 4	251	12.0	69.3	15.6	89.9
Quintile 5	163	7.8	77.1	10.1	100.0
NA's	477	22.9	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 15 - Employment

Q15. Do you have a job? (Including self-employment)

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes - I usually work 0-15 hours a week	400	19.2	19.2	19.2	19.2
Yes - I usually work 16-28 hours a week	401	19.2	38.4	19.3	38.5
Yes - I usually work 28-35 hours a week	93	4.5	42.9	4.5	43.0
Yes - I usually work 35+ hours a week	87	4.2	47.0	4.2	47.2
No	1098	52.6	99.7	52.8	100.0
NA's	7	0.3	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Any Employment

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	981	47.0	47.0	47.2	47.2
No	1098	52.6	99.7	52.8	100.0
NA's	7	0.3	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 16 - SWEMWBS

Overall SWEMWBS Bands

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Low	1294	62.0	62.0	63.5	63.5
Moderate	674	32.3	94.3	33.1	96.6
High	70	3.4	97.7	3.4	100.0
NA's	48	2.3	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 17 - General Health

Q17. How is your health in general? Would you say it was:

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Very bad	36	1.7	1.7	1.7	1.7
Bad	212	10.2	11.9	10.2	11.9
Fair	808	38.7	50.6	38.8	50.7
Good	789	37.8	88.4	37.9	88.6
Very good	237	11.4	99.8	11.4	100.0
NA's	4	0.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 18 - ACEs

Overall ACEs Band

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
ACEs 0	507	24.3	24.3	25.0	25.0
ACEs 1	418	20.0	44.3	20.6	45.5
ACEs 2	281	13.5	57.8	13.8	59.4
ACEs 3	230	11.0	68.8	11.3	70.7
ACEs 4+	595	28.5	97.4	29.3	100.0
NA's	55	2.6	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 19 - Bullying and Cyberbullying

Q19.1. Have you been cyberbullied by mobile phone?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	331	15.9	15.9	16.1	16.1
No	1731	83.0	98.8	83.9	100.0
NA's	24	1.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q19.2. Have you been cyberbullied through the internet?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	358	17.2	17.2	17.4	17.4
No	1701	81.5	98.7	82.6	100.0
NA's	27	1.3	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Any Cyberbullying

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	426	20.4	20.4	20.7	20.7
No	1633	78.3	98.7	79.3	100.0
NA's	27	1.3	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q19.3. Have you been hit, kicked or pushed by another student?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	191	9.2	9.2	9.3	9.3
No	1868	89.5	98.7	90.7	100.0
NA's	27	1.3	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q19.4. Has anyone teased you or called you names?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	561	26.9	26.9	27.2	27.2
No	1499	71.9	98.8	72.8	100.0
NA's	26	1.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Any Traditional Bullying

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	573	27.5	27.5	27.8	27.8
No	1485	71.2	98.7	72.2	100.0
NA's	28	1.3	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Any Bullying

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	684	32.8	32.8	33.3	33.3
No	1372	65.8	98.6	66.7	100.0
NA's	30	1.4	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 20 - Caregiving

Q20. Do you look after, or give any regular help or support to, family members, friends, neighbours or others because of a long-term physical condition, mental ill-health or disability; or problems related to old age in an unpaid capacity?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes - 1-4 hours per week	168	8.1	8.1	8.1	8.1
Yes - 5-19 hour per week	164	7.9	15.9	7.9	16.1
Yes - 20-34 hours per week	61	2.9	18.8	3.0	19.0
Yes - 35-49 hours per week	40	1.9	20.8	1.9	21.0
Yes - 50+ hours per week	87	4.2	24.9	4.2	25.2
No	1305	62.6	87.5	63.2	88.4
Don't know	134	6.4	93.9	6.5	94.9
Prefer not to say	105	5.0	98.9	5.1	100.0
NA's	22	1.1	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Any Caregiving

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	520	24.9	24.9	25.2	25.2
No	1305	62.6	87.5	63.2	88.4
Don't know	134	6.4	93.9	6.5	94.9
Prefer not to say	105	5.0	98.9	5.1	100.0
NA's	22	1.1	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 21 - Food Insecurity

Q21.1. You were worried you would run out of food because of a lack of money or other resources?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	636	30.5	30.5	30.8	30.8
No	1428	68.5	98.9	69.2	100.0
NA's	22	1.1	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q21.2. You ate less than you thought you should because of a lack of money or other resources?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	616	29.5	29.5	29.9	29.9
No	1445	69.3	98.8	70.1	100.0
NA's	25	1.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q21.3. Your household ran out of food because of lack of money or other resources?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	357	17.1	17.1	17.3	17.3
No	1701	81.5	98.7	82.7	100.0
NA's	28	1.3	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Any Food Insecurity

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	763	36.6	36.6	37.1	37.1
No	1296	62.1	98.7	62.9	100.0
NA's	27	1.3	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 22 - Care Experienced Before 18

Q22. Before the age of 18 were you ever care experienced?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	236	11.3	11.3	11.4	11.4
No	1770	84.9	96.2	85.7	97.1
Not sure	38	1.8	98.0	1.8	98.9
Prefer not to say	22	1.1	99.0	1.1	100.0
NA's	20	1.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 23 - Estranged Student

Q23. Do you consider yourself to be an estranged student?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	174	8.3	8.3	8.4	8.4
No	1708	81.9	90.2	82.8	91.2
Not sure	154	7.4	97.6	7.5	98.6
Prefer not to say	28	1.3	98.9	1.4	100.0
NA's	22	1.1	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 24 - PHQ-9

Overall PHQ-9 Bands

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
None-minimal	427	20.5	20.5	21.4	21.4
Mild	476	22.8	43.3	23.8	45.2
Moderate	445	21.3	64.6	22.3	67.5
Moderately severe	327	15.7	80.3	16.4	83.9
Severe	321	15.4	95.7	16.1	100.0
NA's	90	4.3	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 25 - Stigma

Q25. Have you ever concealed symptoms of mental health problems from those around you for fear of stigmatisation or being judged?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	1112	53.3	53.3	54.5	54.5
No	646	31.0	84.3	31.7	86.2
Not sure	230	11.0	95.3	11.3	97.5
Prefer not to say	52	2.5	97.8	2.5	100.0
NA's	46	2.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 26 - Currently Diagnosed Mental Health Problem

Q26. Do you have a current diagnosed mental health problem?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	754	36.1	36.1	36.9	36.9
No	1067	51.2	87.3	52.3	89.2
Not sure	165	7.9	95.2	8.1	97.3
Prefer not to say	55	2.6	97.8	2.7	100.0
NA's	45	2.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 27 - Needed Professional Help

Q27. Have you experienced a serious psychological issue for which you have felt you needed professional help?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	828	39.7	39.7	40.4	40.4
No	876	42.0	81.7	42.8	83.2
Not sure	279	13.4	95.1	13.6	96.9
Prefer not to say	64	3.1	98.1	3.1	100.0
NA's	39	1.9	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 28 - Currently Receiving Support

Q28. Are you currently receiving support for this?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	293	14.0	14.0	36.6	36.6
No	498	23.9	37.9	62.2	98.8
Prefer not to say	10	0.5	38.4	1.2	100.0
NA's	1285	61.6	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 29 - Age at Which Issue Developed

Q29. At what age did this issue first develop? (Pre-15, Post-25)

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
0-14	325	15.6	15.6	48.0	48.0
15-24	246	11.8	27.4	36.3	84.3
25+	106	5.1	32.5	15.7	100.0
NA's	1409	67.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 30 - Self-harm

Q30. In the last six months have you intentionally self-harmed?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	330	15.8	15.8	16.2	16.2
No	1601	76.7	92.6	78.4	94.6
Not sure	53	2.5	95.1	2.6	97.2
Prefer not to say	58	2.8	97.9	2.8	100.0
NA's	44	2.1	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 31 - Seeking Medical Assistance for Self-harm

Q31. Did you seek medical assistance due to injuries sustained from self-harming?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	41	2.0	2.0	12.3	12.3
No	279	13.4	15.3	84.0	96.4
Prefer not to say	8	0.4	15.7	2.4	98.8
Don't know	4	0.2	15.9	1.2	100.0
NA's	1754	84.1	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 32 - Suicidal Ideation or Attempts

Q32. In the last six months have you attempted to kill yourself?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	87	4.2	4.2	4.3	4.3
No	1867	89.5	93.7	91.5	95.8
Not sure	26	1.2	94.9	1.3	97.1
Prefer not to say	60	2.9	97.8	2.9	100.0
NA's	46	2.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 33 - Seeking Medical Assistance for Suicidal Attempts

Q33. Did you seek medical assistance due to injuries sustained from attempting to kill yourself?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	34	1.6	1.6	38.6	38.6
No	49	2.3	4.0	55.7	94.3
Prefer not to say	5	0.2	4.2	5.7	100.0
Don't know	0	0.0	4.2	0.0	100.0
NA's	1998	95.8	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 34 - College Services Awareness

Q34. Are you aware of these supports offered by your college for your mental health and wellbeing?

Q34.1. College/university wellbeing services, eg counselling

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	1317	63.1	63.1	65.1	65.1
No	706	33.8	97.0	34.9	100.0
NA's	63	3.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q34.2. College/university student support services, eg study skills support

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	915	43.9	43.9	45.2	45.2
No	1108	53.1	97.0	54.8	100.0
NA's	63	3.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q34.3. Information about other local mental health and wellbeing services

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	718	34.4	34.4	35.5	35.5
No	1305	62.6	97.0	64.5	100.0
NA's	63	3.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q34.4. Disability services

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	367	17.6	17.6	18.1	18.1
No	1656	79.4	97.0	81.9	100.0
NA's	63	3.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q34.5. Adjustments in teaching, assessment or facilities to support learning and different needs

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	524	25.1	25.1	25.9	25.9
No	1499	71.9	97.0	74.1	100.0
NA's	63	3.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q34.6. Peer support e.g. mentoring from fellow students

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	284	13.6	13.6	14	14
No	1739	83.4	97.0	86	100
NA's	63	3.0	100.0	0	100
Total	2086	100.0	100.0	100	100

Q34.7. Students' association support

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	613	29.4	29.4	30.3	30.3
No	1410	67.6	97.0	69.7	100.0
NA's	63	3.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q34.8. College/university clubs and societies

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	263	12.6	12.6	13	13
No	1760	84.4	97.0	87	100
NA's	63	3.0	100.0	0	100
Total	2086	100.0	100.0	100	100

Q34.9. Your college / university health centre

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	162	7.8	7.8	8	8
No	1861	89.2	97.0	92	100
NA's	63	3.0	100.0	0	100
Total	2086	100.0	100.0	100	100

Q34.10. Online support provided via your institution eg Big White Wall

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	218	10.5	10.5	10.8	10.8
No	1805	86.5	97.0	89.2	100.0
NA's	63	3.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q34.11. Helpline eg Nightline/Sams/Shout

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	334	16	16	16.5	16.5
No	1689	81	97	83.5	100.0
NA's	63	3	100	0.0	100.0
Total	2086	100	100	100.0	100.0

Q34.12. Out of hours support eg security, out of hours warden

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	68	3.3	3.3	3.4	3.4
No	1955	93.7	97.0	96.6	100.0
NA's	63	3.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q34.13. Quiet room

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	227	10.9	10.9	11.2	11.2
No	1796	86.1	97.0	88.8	100.0
NA's	63	3.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q34.14. Mental health or wellbeing workshops

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	414	19.8	19.8	20.5	20.5
No	1609	77.1	97.0	79.5	100.0
NA's	63	3.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q34.15. Opportunity to engage with mental health and wellbeing issues as part of your course

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	222	10.6	10.6	11	11
No	1801	86.3	97.0	89	100
NA's	63	3.0	100.0	0	100
Total	2086	100.0	100.0	100	100

Q34.16. Mental health and wellbeing campaigns

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	426	20.4	20.4	21.1	21.1
No	1597	76.6	97.0	78.9	100.0
NA's	63	3.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q34.17. Other

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	66	3.2	3.2	3.3	3.3
No	1957	93.8	97.0	96.7	100.0
NA's	63	3.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q34.18. None

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	339	16.3	16.3	16.8	16.8
No	1684	80.7	97.0	83.2	100.0
NA's	63	3.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Overall Awareness

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	1644	78.8	78.8	81.3	81.3
No	379	18.2	97.0	18.7	100.0
NA's	63	3.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 35 - College Services Use

Q35. Have you ever used any of these supports provided by your college?

Q35.1. College/university wellbeing services, eg counselling

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	302	14.5	14.5	15	15
No	1718	82.4	96.8	85	100
NA's	66	3.2	100.0	0	100
Total	2086	100.0	100.0	100	100

Q35.2. College/university student support services, eg study skills support

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	222	10.6	10.6	11	11
No	1798	86.2	96.8	89	100
NA's	66	3.2	100.0	0	100
Total	2086	100.0	100.0	100	100

Q35.3. Information about other local mental health and wellbeing services

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	84	4.0	4.0	4.2	4.2
No	1936	92.8	96.8	95.8	100.0
NA's	66	3.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q35.4. Disability services

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	95	4.6	4.6	4.7	4.7
No	1925	92.3	96.8	95.3	100.0
NA's	66	3.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q35.5. Adjustments in teaching, assessment or facilities to support learning and different needs

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	142	6.8	6.8	7	7
No	1878	90.0	96.8	93	100
NA's	66	3.2	100.0	0	100
Total	2086	100.0	100.0	100	100

Q35.6. Peer support e.g. mentoring from fellow students

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	52	2.5	2.5	2.6	2.6
No	1968	94.3	96.8	97.4	100.0
NA's	66	3.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q35.7. Students' association support

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	63	3.0	3.0	3.1	3.1
No	1957	93.8	96.8	96.9	100.0
NA's	66	3.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q35.8. College/university clubs and societies

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	20	1.0	1.0	1	1
No	2000	95.9	96.8	99	100
NA's	66	3.2	100.0	0	100
Total	2086	100.0	100.0	100	100

Q35.9. Your college / university health centre

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	11	0.5	0.5	0.5	0.5
No	2009	96.3	96.8	99.5	100.0
NA's	66	3.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q35.10. Online support provided via your institution eg Big White Wall

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	44	2.1	2.1	2.2	2.2
No	1976	94.7	96.8	97.8	100.0
NA's	66	3.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q35.11. Helpline eg Nightline/Sams/Shout

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	39	1.9	1.9	1.9	1.9
No	1981	95.0	96.8	98.1	100.0
NA's	66	3.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q35.12. Out of hours support eg security, out of hours warden

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	8	0.4	0.4	0.4	0.4
No	2012	96.5	96.8	99.6	100.0
NA's	66	3.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q35.13. Quiet room

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	54	2.6	2.6	2.7	2.7
No	1966	94.2	96.8	97.3	100.0
NA's	66	3.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q35.14. Mental health or wellbeing workshops

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	54	2.6	2.6	2.7	2.7
No	1966	94.2	96.8	97.3	100.0
NA's	66	3.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q35.15. Opportunity to engage with mental health and wellbeing issues as part of your course

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	35	1.7	1.7	1.7	1.7
No	1985	95.2	96.8	98.3	100.0
NA's	66	3.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q35.16. Mental health and wellbeing campaigns

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	26	1.2	1.2	1.3	1.3
No	1994	95.6	96.8	98.7	100.0
NA's	66	3.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q35.17. Other

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	36	1.7	1.7	1.8	1.8
No	1984	95.1	96.8	98.2	100.0
NA's	66	3.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q35.18. None

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	1296	62.1	62.1	64.2	64.2
No	724	34.7	96.8	35.8	100.0
NA's	66	3.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Overall Use

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	632	30.3	30.3	31.3	31.3
No	1388	66.5	96.8	68.7	100.0
NA's	66	3.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 36 - College Support Satisfaction

Q36. How would you describe your satisfaction with the support provided by your college?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Very dissatisfied	81	3.9	3.9	4.1	4.1
Dissatisfied	125	6.0	9.9	6.3	10.4
Neither satisfied nor dissatisfied	760	36.4	46.3	38.2	48.6
Satisfied	678	32.5	78.8	34.1	82.7
Very satisfied	345	16.5	95.3	17.3	100.0
NA's	97	4.7	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 37 - College Society Membership

Q37. Are you a member of any Student Societies or Associations or Unions or Clubs?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	124	5.9	5.9	6.1	6.1
No	1905	91.3	97.3	93.9	100.0
NA's	57	2.7	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 38 - College Society Help

Q38.1. Has your society helped you engage with college life?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	71	3.4	3.4	56.8	56.8
No	34	1.6	5.0	27.2	84.0
Not sure	20	1.0	6.0	16.0	100.0
NA's	1961	94.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q38.2. Has your society helped you make friends?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	70	3.4	3.4	56	56
No	35	1.7	5.0	28	84
Not sure	20	1.0	6.0	16	100
NA's	1961	94.0	100.0	0	100
Total	2086	100.0	100.0	100	100

Q38.3. Has your society helped you manage during the pandemic?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	46	2.2	2.2	37.1	37.1
No	51	2.4	4.7	41.1	78.2
Not sure	27	1.3	5.9	21.8	100.0
NA's	1962	94.1	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q38.4. Has your society helped you keep fit?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	23	1.1	1.1	18.5	18.5
No	84	4.0	5.1	67.7	86.3
Not sure	17	0.8	5.9	13.7	100.0
NA's	1962	94.1	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q38.5. Has your society helped you keep on top of your studies?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Yes	39	1.9	1.9	31.5	31.5
No	66	3.2	5.0	53.2	84.7
Not sure	19	0.9	5.9	15.3	100.0
NA's	1962	94.1	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 39 - Friends, Family and Partner

Q39.1. I have friends at college that I can speak to about any worries or concerns I have

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Strongly disagree	334	16.0	16.0	16.9	16.9
Disagree	318	15.2	31.3	16.1	33.0
Neither agree nor disagree	419	20.1	51.3	21.2	54.1
Agree	603	28.9	80.2	30.5	84.6
Strongly agree	304	14.6	94.8	15.4	100.0
NA's	108	5.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q39.2. I have friends outside of college that I can speak to about any worries or concerns I have

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Strongly disagree	154	7.4	7.4	7.8	7.8
Disagree	189	9.1	16.4	9.6	17.3
Neither agree nor disagree	245	11.7	28.2	12.4	29.7
Agree	729	34.9	63.1	36.9	66.6
Strongly agree	661	31.7	94.8	33.4	100.0
NA's	108	5.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q39.3. I have family that I can speak to about any worries or concerns I have

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Strongly disagree	226	10.8	10.8	11.5	11.5
Disagree	213	10.2	21.0	10.8	22.3
Neither agree nor disagree	285	13.7	34.7	14.4	36.7
Agree	647	31.0	65.7	32.8	69.5
Strongly agree	602	28.9	94.6	30.5	100.0
NA's	113	5.4	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q39.4. I have a partner that I can speak to about any worries or concerns I have

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Strongly disagree	510	24.4	24.4	26.0	26.0
Disagree	208	10.0	34.4	10.6	36.7
Neither agree nor disagree	345	16.5	51.0	17.6	54.3
Agree	341	16.3	67.3	17.4	71.7
Strongly agree	555	26.6	93.9	28.3	100.0
NA's	127	6.1	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 40 - Coping Mechanisms

Q40. Which of the following have you done more or less of to deal with pressure at college?

Q40.1. Drunk alcohol to help deal with pressure

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
More	305	14.6	14.6	15.6	15.6
Less	144	6.9	21.5	7.4	23.0
No Change	738	35.4	56.9	37.7	60.7
Not applicable	722	34.6	91.5	36.9	97.6
Prefer not to say	47	2.3	93.8	2.4	100.0
NA's	130	6.2	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q40.2. Smoked to help deal with pressure

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
More	361	17.3	17.3	18.5	18.5
Less	63	3.0	20.3	3.2	21.7
No Change	418	20.0	40.4	21.4	43.2
Not applicable	1080	51.8	92.1	55.4	98.6
Prefer not to say	28	1.3	93.5	1.4	100.0
NA's	136	6.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q40.3. Taken drugs to help deal with pressure

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
More	92	4.4	4.4	4.7	4.7
Less	47	2.3	6.7	2.4	7.2
No Change	371	17.8	24.4	19.1	26.2
Not applicable	1382	66.3	90.7	71.1	97.4
Prefer not to say	51	2.4	93.1	2.6	100.0
NA's	143	6.9	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q40.4. Eaten too much to help deal with pressure

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
More	607	29.1	29.1	31.2	31.2
Less	233	11.2	40.3	12.0	43.2
No Change	702	33.7	73.9	36.1	79.3
Not applicable	363	17.4	91.3	18.7	97.9
Prefer not to say	40	1.9	93.2	2.1	100.0
NA's	141	6.8	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q40.5. Eaten too little to help deal with pressure

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
More	557	26.7	26.7	28.7	28.7
Less	163	7.8	34.5	8.4	37.1
No Change	709	34.0	68.5	36.5	73.7
Not applicable	470	22.5	91.0	24.2	97.9
Prefer not to say	41	2.0	93.0	2.1	100.0
NA's	146	7.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q40.6. Contacted my family to help deal with pressure

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
More	391	18.7	18.7	20.0	20.0
Less	358	17.2	35.9	18.3	38.4
No Change	922	44.2	80.1	47.2	85.6
Not applicable	240	11.5	91.6	12.3	97.8
Prefer not to say	42	2.0	93.6	2.2	100.0
NA's	133	6.4	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q40.7. Contacted my friends to help deal with pressure

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
More	414	19.8	19.8	21.2	21.2
Less	502	24.1	43.9	25.7	46.9
No Change	770	36.9	80.8	39.4	86.3
Not applicable	234	11.2	92.0	12.0	98.3
Prefer not to say	33	1.6	93.6	1.7	100.0
NA's	133	6.4	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q40.8. Avoided my friends to help deal with pressure

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
More	573	27.5	27.5	29.5	29.5
Less	168	8.1	35.5	8.6	38.1
No Change	729	34.9	70.5	37.5	75.6
Not applicable	437	20.9	91.4	22.5	98.0
Prefer not to say	38	1.8	93.2	2.0	100.0
NA's	141	6.8	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q40.9. Avoided my family to help deal with pressure

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
More	462	22.1	22.1	23.9	23.9
Less	175	8.4	30.5	9.0	32.9
No Change	824	39.5	70.0	42.5	75.4
Not applicable	436	20.9	90.9	22.5	97.9
Prefer not to say	40	1.9	92.9	2.1	100.0
NA's	149	7.1	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q40.10. Exercised to help deal with pressure

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
More	482	23.1	23.1	24.7	24.7
Less	642	30.8	53.9	32.9	57.6
No Change	597	28.6	82.5	30.6	88.2
Not applicable	206	9.9	92.4	10.6	98.7
Prefer not to say	25	1.2	93.6	1.3	100.0
NA's	134	6.4	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q40.11. Gone to a green space (i.e. a park) to help deal with pressure

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
More	443	21.2	21.2	22.7	22.7
Less	459	22.0	43.2	23.5	46.2
No Change	739	35.4	78.7	37.9	84.1
Not applicable	283	13.6	92.2	14.5	98.6
Prefer not to say	27	1.3	93.5	1.4	100.0
NA's	135	6.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q40.12. Done a hobby to help deal with pressure

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
More	437	20.9	20.9	22.4	22.4
Less	658	31.5	52.5	33.7	56.2
No Change	613	29.4	81.9	31.4	87.6
Not applicable	214	10.3	92.1	11.0	98.6
Prefer not to say	28	1.3	93.5	1.4	100.0
NA's	136	6.5	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q40.13. Contacted a mental health worker or counsellor to help deal with pressure

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
More	320	15.3	15.3	16.5	16.5
Less	169	8.1	23.4	8.7	25.1
No Change	636	30.5	53.9	32.7	57.8
Not applicable	774	37.1	91.0	39.8	97.6
Prefer not to say	46	2.2	93.2	2.4	100.0
NA's	141	6.8	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 41 - Pandemic

Q41.1. The pandemic has negatively impacted my studies

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Strongly disagree	165	7.9	7.9	8.4	8.4
Disagree	250	12.0	19.9	12.7	21.1
Neither agree nor disagree	475	22.8	42.7	24.1	45.2
Agree	500	24.0	66.6	25.4	70.6
Strongly agree	580	27.8	94.4	29.4	100.0
NA's	116	5.6	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q41.2. I feel like I am not benefiting from the full student experience at college

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Strongly disagree	185	8.9	8.9	9.4	9.4
Disagree	364	17.4	26.3	18.5	27.9
Neither agree nor disagree	543	26.0	52.3	27.6	55.6
Agree	481	23.1	75.4	24.5	80.1
Strongly agree	392	18.8	94.2	19.9	100.0
NA's	121	5.8	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q41.3. My college has coped as well as they could have in the current situation

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Strongly disagree	93	4.5	4.5	4.7	4.7
Disagree	141	6.8	11.2	7.2	11.9
Neither agree nor disagree	417	20.0	31.2	21.2	33.1
Agree	804	38.5	69.8	40.9	74.0
Strongly agree	511	24.5	94.2	26.0	100.0
NA's	120	5.8	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q41.4. As a result of the pandemic my college has introduced new measures that I would like to see continued post-pandemic

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Strongly disagree	139	6.7	6.7	7.1	7.1
Disagree	171	8.2	14.9	8.7	15.8
Neither agree nor disagree	749	35.9	50.8	38.2	54.0
Agree	633	30.3	81.1	32.3	86.3
Strongly agree	269	12.9	94.0	13.7	100.0
NA's	125	6.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 42 - College Work/Life Balance

Q42. My college has got the balance right between academic performance and personal life?

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Strongly disagree	123	5.9	5.9	6.3	6.3
Disagree	249	11.9	17.8	12.7	18.9
Neither agree nor disagree	719	34.5	52.3	36.6	55.5
Agree	690	33.1	85.4	35.1	90.6
Strongly agree	184	8.8	94.2	9.4	100.0
NA's	121	5.8	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Question 43 – Internet and Social Media

Q43.1. I have adequate internet access where I live to engage with college and friends online

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Strongly disagree	59	2.8	2.8	3.0	3.0
Disagree	103	4.9	7.8	5.2	8.2
Neither agree nor disagree	217	10.4	18.2	11.0	19.3
Agree	907	43.5	61.6	46.2	65.5
Strongly agree	678	32.5	94.2	34.5	100.0
NA's	122	5.8	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q43.2. I use social media to keep in contact with friends

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Strongly disagree	113	5.4	5.4	5.8	5.8
Disagree	144	6.9	12.3	7.3	13.1
Neither agree nor disagree	207	9.9	22.2	10.5	23.6
Agree	924	44.3	66.5	47.0	70.6
Strongly agree	577	27.7	94.2	29.4	100.0
NA's	121	5.8	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q43.3. I use social media to help with my studies

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Strongly disagree	195	9.3	9.3	9.9	9.9
Disagree	372	17.8	27.2	19.0	28.9
Neither agree nor disagree	453	21.7	48.9	23.1	52.0
Agree	676	32.4	81.3	34.5	86.5
Strongly agree	265	12.7	94.0	13.5	100.0
NA's	125	6.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q43.4. I compare myself to people on social media

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Strongly disagree	368	17.6	17.6	18.8	18.8
Disagree	423	20.3	37.9	21.6	40.3
Neither agree nor disagree	370	17.7	55.7	18.9	59.2
Agree	495	23.7	79.4	25.2	84.4
Strongly agree	305	14.6	94.0	15.6	100.0
NA's	125	6.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q43.5. I use social media to distract myself or procrastinate

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Strongly disagree	170	8.1	8.1	8.7	8.7
Disagree	192	9.2	17.4	9.8	18.5
Neither agree nor disagree	305	14.6	32.0	15.6	34.0
Agree	737	35.3	67.3	37.6	71.6
Strongly agree	557	26.7	94.0	28.4	100.0
NA's	125	6.0	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Q43.6. I find my use of social media to be helpful to me

	Frequency	%(NA+)	cum.%(NA+)	%(NA-)	cum.%(NA-)
Strongly disagree	168	8.1	8.1	8.6	8.6
Disagree	309	14.8	22.9	15.7	24.3
Neither agree nor disagree	770	36.9	59.8	39.2	63.5
Agree	556	26.7	86.4	28.3	91.8
Strongly agree	161	7.7	94.2	8.2	100.0
NA's	122	5.8	100.0	0.0	100.0
Total	2086	100.0	100.0	100.0	100.0

Completion Rates for Each Question

	Valid Responses	Invalid Responses	Completion Rate (%)
Q1. I consent to being a participant in the project	2086	0	100.0
Q2. Which college do you attend?	2086	0	100.0
Q3. What age are you?	2052	34	98.4
Q4. How would you describe your gender?	2080	6	99.7
Q5. Do you consider yourself to be a trans person? (Trans is an umbrella term to describe anyone whose sex and / or gender differs from that assigned to them at birth.)	2076	10	99.5
Q6. Do you consider yourself to be? [Sexual Orientation]	2080	6	99.7
Q7. What is your ethnic group?	2078	8	99.6
Q8.1. Physical impairment, such as using a wheelchair to get around and/or mobility difficulties	2013	73	96.5
Q8.2. Blind or partially sighted	2013	73	96.5
Q8.3. Deaf or hard of hearing	2013	73	96.5
Q8.4. Mental health difficulties, such as depression or schizophrenia	2013	73	96.5
Q8.5. Learning difficulty (such as dyslexia, dyspraxia)	2013	73	96.5
Q8.6. Profound and/or multiple learning difficulties	2013	73	96.5
Q8.7. Autistic Spectrum Disorder	2013	73	96.5
Q8.8. An unseen disability or health condition e.g. diabetes, epilepsy, asthma, HIV	2013	73	96.5
Q8.9. A disability not listed above	2013	73	96.5
Q8.10. Prefer not to say	2013	73	96.5
Q8.11. No known disability, impairment or long-term health condition	2013	73	96.5
Q9. Are you a full-time or a part-time student?(If you are on sabbatical then please answer this as if you were currently studying)	2064	22	98.9
Q10. What level are you studying at?	2058	28	98.7
Q11. Are you?	2080	6	99.7
Q12. Do you have children?	2076	10	99.5

	Valid Responses	Invalid Responses	Completion Rate (%)
Q13. Do you consider yourself to be a refugee or asylum seeker?	2076	10	99.5
Q14. SIMD 2020v2 quintile	1609	477	77.1
Q15. Do you have a job? Please include self-employment in your answer to this question	2079	7	99.7
Q16. SWEMWBS Wellbeing Level	2038	48	97.7
Q17. How is your health in general? Would you say it was:	2082	4	99.8
Q18. ACEs - Overall score	2031	55	97.4
Q19.1. Have you been cyberbullied by mobile phone (e.g. nasty text messages, nasty mobile phone pictures or video clips sent to you, nasty or silent phone calls)?	2062	24	98.8
Q19.2. Have you been cyberbullied through the internet (e.g. abusive emails or bullying on websites, in chat rooms, or through messages on WhatsApp, Snap Chat or other instant messaging)?	2059	27	98.7
Q19.3. Have you been hit, kicked or pushed by another student?	2059	27	98.7
Q19.4. Has anyone teased you or called you names?	2060	26	98.8
Q20. Do you look after, or give any regular help or support to, family members, friends, neighbours or others because of a long-term physical condition, mental ill-health or disability; or problems related to old age in an unpaid capacity?	2064	22	98.9
Q21.1. You were worried you would run out of food because of a lack of money or other resources?	2064	22	98.9
Q21.2. You ate less than you thought you should because of a lack of money or other resources?	2061	25	98.8
Q21.3. Your household ran out of food because of lack of money or other resources?	2058	28	98.7
Q22. Before the age of 18 were you ever care experienced?	2066	20	99.0
Q23. Do you consider yourself to be an estranged student? Estranged students are young people studying without the support and approval of a family network	2064	22	98.9
Q24. PHQ-9 Total score	1996	90	95.7

	Valid Responses	Invalid Responses	Completion Rate (%)
Q25. Have you ever concealed symptoms of mental health problems from those around you for fear of stigmatisation or being judged? Stigma is defined as a “negative feelings that people have about particular circumstances or characteristics that somebody may have.”	2040	46	97.8
Q26. Do you have a current diagnosed mental health problem?	2041	45	97.8
Q27. Have you experienced a serious psychological issue for which you have felt you needed professional help?	2047	39	98.1
Q28. Are you currently receiving support for this?	801	1285	38.4
Q29. At what age did this issue first develop?	677	1409	32.5
Q30. In the last six months have you intentionally self-harmed?	2042	44	97.9
Q31. Did you seek medical assistance due to injuries sustained from self-harming?	332	1754	15.9
Q32. In the last six months have you attempted to kill yourself?	2040	46	97.8
Q33. Did you seek medical assistance due to injuries sustained from attempting to kill yourself?	88	1998	4.2
Q34.1. College/university wellbeing services, eg counselling	2023	63	97.0
Q34.2. College/university student support services, eg study skills support	2023	63	97.0
Q34.3. Information about other local mental health and wellbeing services	2023	63	97.0
Q34.4. Disability services	2023	63	97.0
Q34.5. Adjustments in teaching, assessment or facilities to support learning and different needs	2023	63	97.0
Q34.6. Peer support e.g. mentoring from fellow students	2023	63	97.0
Q34.7. Students’ association support	2023	63	97.0
Q34.8. College/university clubs and societies	2023	63	97.0
Q34.9. Your college / university health centre	2023	63	97.0
Q34.10. Online support provided via your institution eg Big White Wall	2023	63	97.0

	Valid Responses	Invalid Responses	Completion Rate (%)
Q34.11. Helpline eg Nightline/Sams/Shout	2023	63	97.0
Q34.12. Out of hours support eg security, out of hours warden	2023	63	97.0
Q34.13. Quiet room	2023	63	97.0
Q34.14. Mental health or wellbeing workshops	2023	63	97.0
Q34.15. Opportunity to engage with mental health and wellbeing issues as part of your course	2023	63	97.0
Q34.16. Mental health and wellbeing campaigns	2023	63	97.0
Q34.17. Other	2023	63	97.0
Q34.18. None	2023	63	97.0
Q35.1. College/university wellbeing services, eg counselling	2020	66	96.8
Q35.2. College/university student support services, eg study skills support	2020	66	96.8
Q35.3. Information about other local mental health and wellbeing services	2020	66	96.8
Q35.4. Disability services	2020	66	96.8
Q35.5. Adjustments in teaching, assessment or facilities to support learning and different needs	2020	66	96.8
Q35.6. Peer support e.g. mentoring from fellow students	2020	66	96.8
Q35.7. Students' association support	2020	66	96.8
Q35.8. College/university clubs and societies	2020	66	96.8
Q35.9. Your college / university health centre	2020	66	96.8
Q35.10. Online support provided via your institution eg Big White Wall	2020	66	96.8
Q35.11. Helpline eg Nightline/Sams/Shout	2020	66	96.8
Q35.12. Out of hours support eg security, out of hours warden	2020	66	96.8
Q35.13. Quiet room	2020	66	96.8
Q35.14. Mental health or wellbeing workshops	2020	66	96.8
Q35.15. Opportunity to engage with mental health and wellbeing issues as part of your course	2020	66	96.8
Q35.16. Mental health and wellbeing campaigns	2020	66	96.8
Q35.17. Other	2020	66	96.8

	Valid Responses	Invalid Responses	Completion Rate (%)
Q35.18. None	2020	66	96.8
Q36. How would you describe your satisfaction with the support provided by your college?	1989	97	95.3
Q37. Are you a member of any Student Societies or Associations or Unions or Clubs?	2029	57	97.3
If Yes, please tell us which:	124	1962	5.9
Q38.1. Engage with college life	125	1961	6.0
Q38.2. Make friends	125	1961	6.0
Q38.3. Manage during the pandemic	124	1962	5.9
Q38.4. Keep fit	124	1962	5.9
Q38.5. Keep on top of your studies	124	1962	5.9
Q39.1. Friends at college that I can speak to about any worries or concerns I have?	1978	108	94.8
Q39.2. Friends outside of college that I can speak to about any worries or concerns I have?	1978	108	94.8
Q39.3. Family that I can speak to about any worries or concerns I have?	1973	113	94.6
Q39.4. A partner that I can speak to about any worries or concerns I have?	1959	127	93.9
Q40.1. Drunk alcohol	1956	130	93.8
Q40.2. Smoked	1950	136	93.5
Q40.3. Taken drugs	1943	143	93.1
Q40.4. Eaten too much	1945	141	93.2
Q40.5. Eaten too little	1940	146	93.0
Q40.6. Contacted my family	1953	133	93.6
Q40.7. Contacted my friends	1953	133	93.6
Q40.8. Avoided my friends	1945	141	93.2
Q40.9. Avoided my family	1937	149	92.9
Q40.10. Exercised	1952	134	93.6
Q40.11. Gone to a green space (i.e. a park)	1951	135	93.5
Q40.12. Done a hobby	1950	136	93.5
Q40.13. Contacted a mental health worker or counsellor	1945	141	93.2

	Valid Responses	Invalid Responses	Completion Rate (%)
Q41.1. The pandemic has negatively impacted my studies	1970	116	94.4
Q41.2. I feel like I am not benefiting from the full student experience at college	1965	121	94.2
Q41.3. My college has coped as well as they could have in the current situation	1966	120	94.2
Q41.4. As a result of the pandemic my college has introduced new measures that I would like to see continued post-pandemic	1961	125	94.0
Q42. My college has got the balance right between academic performance and personal life?	1965	121	94.2
Q43.1. I have adequate internet access where I live to engage with college and friends online	1964	122	94.2
Q43.2. I use social media to keep in contact with friends	1965	121	94.2
Q43.3. I use social media to help with my studies	1961	125	94.0
Q43.4. I compare myself to people on social media	1961	125	94.0
Q43.5. I use social media to distract myself or procrastinate	1961	125	94.0
Q43.6. I find my use of social media to be helpful to me	1964	122	94.2