

Demographic Information

What gender do you identify as?

448 Responses

Field	Choice Count
Woman	267
Man	160
Nonbinary	15
Two-Spirited	0
Prefer to self-describe	2
Prefer not to answer	4

What are your preferred pronouns?

448 Responses

Field	Choice Count
She/Her	253
He/Him	155
They/Them	12
Other	9
Prefer not to answer	19

What is your biological sex?

448 Responses

Field	Choice Count
Female	281
Male	160
Intersex	1
Prefer not to answer	6

What is your sexual orientation?

448 Responses

Field	Choice Count
Straight/Heterosexual	321
Bisexual/Polysexual	60
Gay/Lesbian	18
Other	15
Asexual	10
Prefer not to answer	24

What is your race or ethnicity (select all that apply)?

448 Responses

Field	Choice Count
White (e.g., European descent)	236
Black (e.g., African, African Canadian, Afro-Caribbean descent)	63
South Asian (e.g., Bangladeshi, Indian, Indo-Caribbean, Pakistani, Sri Lankan descent)	56
East Asian (e.g., Chinese, Japanese, Korean, Taiwanese descent)	53
Middle Eastern (e.g., Arab, Persian, Afghan, Egyptian, Kurdish, Lebanese, Turkish descent)	20
Latin American (e.g., Hispanic or Latin American descent)	13
Southeast Asian (e.g., Cambodian, Filipino, Indonesian, Thai, Vietnamese descent)	11
Multiethnic	7
Indigenous (e.g., First Nations, Inuk/Inuit, Métis descent)	7
Another ethnicity not listed	6
Do not know	1
Prefer not to answer	18

Do you have any disabilities (select all that apply)?

435 Responses

Field	Choice Count
None	351
Neurodevelopmental disability (e.g., Autism, ADHD, FASD)	36
Chronic illnesses or health conditions that impact functioning.	17
Prefer not to answer	11
Learning Disability	11
Blind or visually impaired	9
Deaf or hard of hearing	4
Disability that impacts mobility	3
Other	7

Do you currently have any accommodations at your post-secondary institution (e.g. extra exam time, separate exam room, etc.)?

433 Responses

Field	Choice Count
Yes	144
No	267
Prefer not to answer	22

What is the name of your post-secondary institution?

448 Responses

Field	Choice Count
Queen's University	80
University of Toronto	43
Ontario Tech University	38
Carleton University	37
McMaster University	37
University of Waterloo	35
York University	21
Brock University	20
University of Guelph	19
University of Ottawa	15
St. Lawrence College	12
University of Western Ontario	12
University of Windsor	11
Trent University	10
Wilfried Laurier University	9
Durham College	6
Toronto Metropolitan University	6
Centennial College	4
Algonquin College	3
Conestoga College	3
George Brown College	3
Lakehead University	3
Ontario College of Art and Design University	3
Georgian College	2
Humber College	2
Laurentian University	2
Seneca College	2
University of Sudbury	2
Algoma University	1
Cambrian College	1
Canadian Memorial Chiropractic College	1
Confederation College	1
Fanshawe College	1
Mohawk College	1
Northern Ontario School of Medicine	1
Pharma-Medical Science College of Canada	1

What is your degree type?

448 Responses

Field	Choice Count
Undergraduate	291
Graduate	80
Professional degree	44
Diploma	24
Other	9

What is your enrollment status?

448 Responses

Field	Choice Count
Full-time	396
Part-time	36
On leave	8
Other	8

What is your student status?

448 Responses

Field	Choice Count
Domestic (Canada)	389
International	59

Did you move to Ontario from another province for your post-secondary education?

388 Responses

Field	Choice Count
Yes	37
No	351

What is your current housing arrangement?

445 Responses

Field	Choice Count
Live at home with family/parents	161
Live with housemates	127
Live in campus residence	75
Live with my significant other	38
Live alone	35
Other	9

What is your relationship status?

448 Responses

Field	Choice Count
Single, I have never been in a romantic relationship	138
Exclusive romantic relationship (not married)	109
Single, in a serious romantic relationship previously	90
Casually dating	41
Common-law (eg. cohabitation without legal marriage)	17
Married	17
Nonexclusive romantic relationship (not married)	6
Divorced/separated	2
Other	5
I prefer not to answer	23

Do you currently have paid employment?

445 Responses

Field	Choice Count
Yes	217
No	228

Do you have children?

448 Responses

Field	Choice Count
Yes	11
No	437

Extracurricular Activities

445 Responses

Field	Choice Count
Student clubs/associations	174
None	161
Volunteer work	127
Organizations outside postsecondary institution	39
Other	21

Mental Health Information

Do you have any formal mental health diagnoses (select all that apply)?

440 Responses

Field	Choice Count
None	270
Depression	85
Generalized Anxiety Disorder	80
Social Anxiety Disorder	51
Panic Attacks	40
Attention Deficit Hyperactivity Disorder	34
Eating Disorder	28
Borderline Personality Disorder	18
Bipolar Disorder	15
Posttraumatic Stress Disorder	10
Alcohol Use Disorder	5
Other Substance Use Disorder	2
Psychosis	1
Other	24

Are you currently receiving therapy/counselling for your mental health?

445 Responses

Field	Choice Count
Yes	127
No	318

If "yes" to currently receiving therapy/counselling, what type of therapy are you receiving (select all that apply)?

127 Responses

Field	Choice Count
Video (e.g., Zoom) individual therapy	66
In-person individual therapy	43
Online program with support of a therapist	24
Phone	16
Video group therapy	10
In-person group therapy	7
Online program with no support from a therapist	6
Other	2

Are you currently taking any medication for your mental health?

258 Responses

Field	Choice Count
Yes	76
No	182

Since starting your post-secondary education, have you experienced a decline in your mental health?

436 Responses

Field	Choice Count
Yes	290
No	102
Unsure	44

Since starting your post-secondary education, have you experienced any of the following (select all that apply)?

436 Responses

Field	Choice Count
Problems concentrating (e.g., easily distracted, not able to focus, not able to finish a task)	288
Symptoms of depression (e.g., low moods, low energy and low motivation)	260
Daily general anxiety (e.g., overthinking, increased heart rate, sweatiness, nausea)	253
Anxiety in social situations	224
Mood swings	184
Panic attacks (e.g., sudden episode of intense fear with severe physical reactions)	147
Problematic use of alcohol or other substances (including cannabis)	59
Not applicable/none of the above	33
Other	13
Prefer not to answer	18

Some of the barriers to receiving mental health care in post-secondary students in your region are (select all that apply):

424 Responses

Field	Choice Count
Financial	214
Long wait lists	202
Lack of resources to address my needs	165
Unable to attend due to school commitments	148
Stigma	133
Cultural barriers	108
Past negative experiences with mental health services	86

Therapy of choice is not available (e.g., counseling vs. cognitive behavioural therapy)	80
Individual care is not available (e.g. majority of the programs are group-based)	76
There are no challenges	35
Other	21

Which of the following mental health services have you previously used during your post-secondary studies (select all that apply)?

433 Responses

Field	Choice Count
None	151
Student wellness services offered by my post-secondary institution	150
Counseling and/or psychotherapy through video	126
Services offered outside of my post-secondary institution	110
In-person counseling and/or psychotherapy	102
Counseling and/or psychotherapy through phone	71
Online psychotherapy program with therapist support	52
Online psychotherapy program with no therapist support	40
Psychiatrist care	36
Peer-support groups	27
In-person group therapy	27
Video group therapy	23
Other	5

Which of the following strategies do you use to cope with stress (select all that apply)?

433 Responses

Field	Choice Count
Distractions (e.g., hobbies such as art, cooking)	305
Connecting with friends	258
Food	209
Physical activity	208
Connecting with family	195
Mindfulness (e.g., meditation, breathing exercises)	152
Cognitive Techniques (e.g., working on thinking errors)	121
Alcohol	71
Cannabis/Marijuana	60
Sexual activity	47
Recreational drugs (other than cannabis)	12
Other	20
None	13

Perception of Mental Health Care

Rate the helpfulness (e.g. the ability of the therapy/treatment to improve symptoms) of the following for post-secondary students:

424 Responses

Field	Very Unhelpful	Somewhat Unhelpful	Unsure	Somewhat Helpful	Very Helpful
In-person counseling and/or psychotherapy	12	24	117	137	134
Video counseling/psychotherapy (e.g. Zoom)	16	44	131	151	82
Phone counseling/psychotherapy	20	62	162	137	43
Online psychotherapy program with weekly feedback from a therapist	18	52	199	110	45
Online psychotherapy program with no therapist involved	46	75	203	74	26
Group therapy	20	48	213	102	41
Psychiatrist care	12	36	177	116	83

Rate the accessibility (e.g. the ease of obtaining the therapy/treatment) of the following for post-secondary students:

424 Responses

Field	Very Inaccessible	Somewhat Inaccessible	Unsure	Somewhat Accessible	Very Accessible
In-person counseling and/or psychotherapy	41	117	84	138	44
Video counseling/psychotherapy (e.g. Zoom)	14	66	118	137	89
Phone counseling/psychotherapy	17	50	128	148	81
Online psychotherapy program with weekly feedback from a therapist	20	61	193	103	47
Online psychotherapy program with no therapist involved	20	51	197	97	59
Group therapy	23	60	195	114	32
Psychiatrist care	65	90	165	74	30

In your opinion, how does digital mental health care compare to in-person?

424 Responses

Field	Choice Count
Good but not as good	132
Unsure	79
Not good at all	70
Not applicable	53
No different	52
Better	38

Rate the following statements about online mental health care:

410 Responses

Field	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Online mental health services will make it easier for students to get the help they need	11	33	105	191	70
I have/am willing to use online mental health care services	15	51	93	167	84
Most students prefer online mental health care to in-person	30	77	178	80	45
It is easier to connect with a therapist during in-person therapy than online	7	37	133	124	109
I have privacy concerns about online mental health care	36	93	98	116	67

Rate the following statements about mental health knowledge and status:

418 Responses

Field	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Generally, my mental health knowledge is good	11	47	77	202	81
The awareness and education that I received about mental health in high school was adequate	97	112	71	78	60
Most post-secondary students have good mental health	99	154	72	65	28
I have a healthy school-personal/social life balance	53	98	101	132	34
I have a healthy level of stress in my life	82	125	79	99	33
Most students keep their mental health problems a secret	5	41	94	182	96
My mental health has worsened since starting my post-secondary studies	17	47	110	127	117
I did not have enough coping strategies and tools when I started my post-secondary studies	18	61	78	164	97
Improving high school students' mental health can enhance their functioning/wellbeing during post-secondary studies	5	25	81	129	178

Rate the following statements about mental health awareness and resources for post-secondary students:

410 Responses

Field	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Current psychotherapy resources for students are enough and no more resources are needed	87	138	100	56	29
Overall student knowledge about mental health is good and no more awareness is needed	81	150	79	60	40
Increasing mental health awareness in the region can help prevent mental health disorders	7	42	96	160	105

Rate the following statements about post-secondary mental health services:

418 Responses

Field	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I believe that my post-secondary institution supports student mental health	24	53	136	161	44
I have enough time to focus on my mental health during my post-secondary career	62	136	103	75	42
I have a good understanding of the mental health services offered to me by my post-secondary institution	18	86	118	147	49
I prefer using the mental health services/resources offered by my post-secondary institution than services offered outside my institution	46	66	160	109	37
My post-secondary institution does a good job promoting their mental health services	24	85	129	141	39
The mental health programs and services offered by my post-secondary institution are helpful	19	65	167	128	39
There is a need to increase mental health resources for post-secondary students	4	20	88	130	176
The mental health care available at my post-secondary institution is readily accessible	23	90	143	112	50
The waitlist to access mental health services is reasonable	60	103	153	71	31
I am afraid to use campus mental health services for fear of others finding out	59	100	93	111	55
I am comfortable reaching out to faculty members and staff (e.g. professors) to access support for my mental health	66	120	88	106	38
Faculty members (e.g. professors) at my institution promote mental health resources	32	78	127	143	38
Faculty members (e.g. professors) have a role in improving student mental health	21	56	97	143	101

Rate the following statements about mental health services off campus:

410 Responses

Field	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I am aware of other mental health services/resources outside of my post-secondary institution	26	68	65	183	68
I prefer to use mental health services/resources outside of my post-secondary institution	11	69	144	100	86
I can afford private mental health care	98	89	72	115	36
The quality of mental health care offered outside of campus is better than on campus	3	23	210	106	68
The mental health care offered outside of campus is more accessible	19	62	172	102	55