

Nurture-U Wellbeing Survey Report

Autumn 2022

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The logo for Nurture-U features a stylized lowercase 'n' in a dark green color. A small sprig with three yellow flowers grows from the top of the 'n'. The rest of the word 'urture-u' is in a lighter green color.



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DEMOGRAPHICS

Survey open: September 24th - October 28th

576

**Total responses from
Newcastle University**

60%

First year students

MEAN AGE:

20

GENDER IDENTITY:

72% Female

24% Male

3% Gender diverse



78%

Undergraduate students

75%

Home students

43%

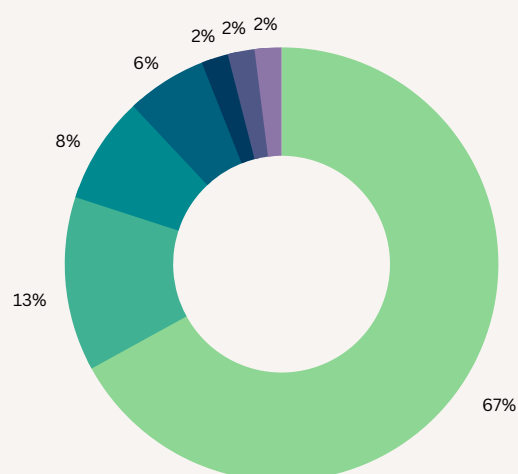
FMS

29%

HASS

28%

SAGE



ETHNICITY:

67% White

13% Asian

8% Chinese

6% Mixed

2% Arab

2% Black

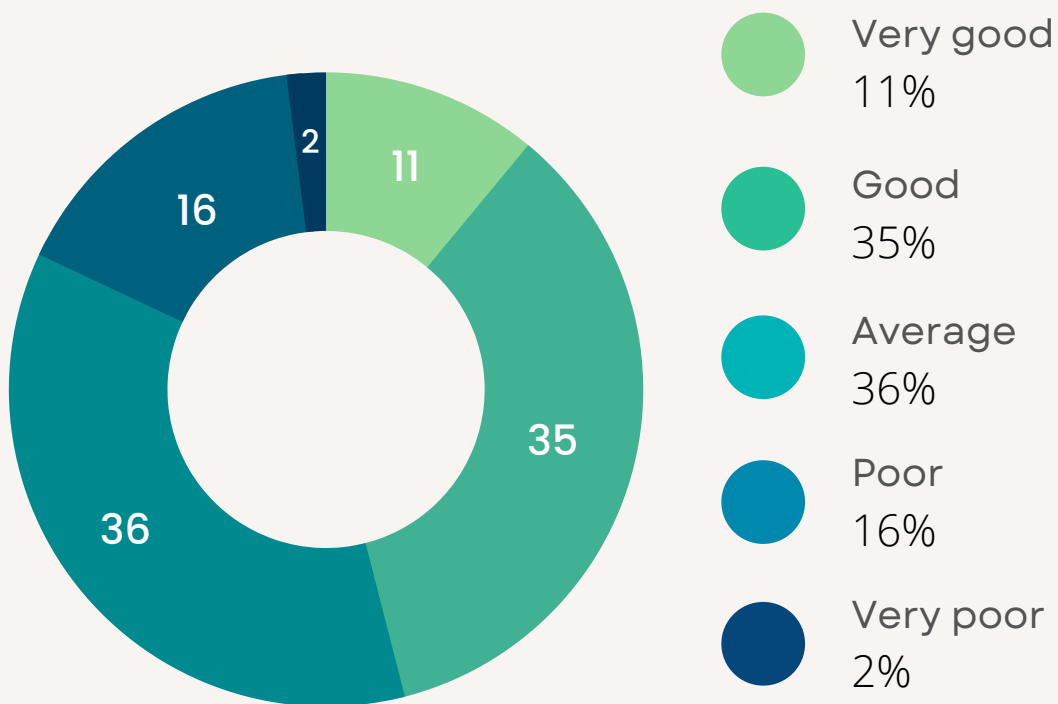
2% Other ethnic
group

MENTAL HEALTH

23%

reported significantly low overall wellbeing

RATING OF CURRENT MENTAL HEALTH:



36%

have received treatment for a mental health condition at some point

TREATMENT TYPE:

7% Medication

39% Psychological

54% Combination

MENTAL HEALTH

36%

Reported clinically significant depression (PHQ-9*)

36%

Reported clinically significant anxiety (GAD-7*)

LIFETIME SUICIDALITY:

51%

have wished they were dead or could go to sleep and never wake up

49%

have had thoughts about ending their life

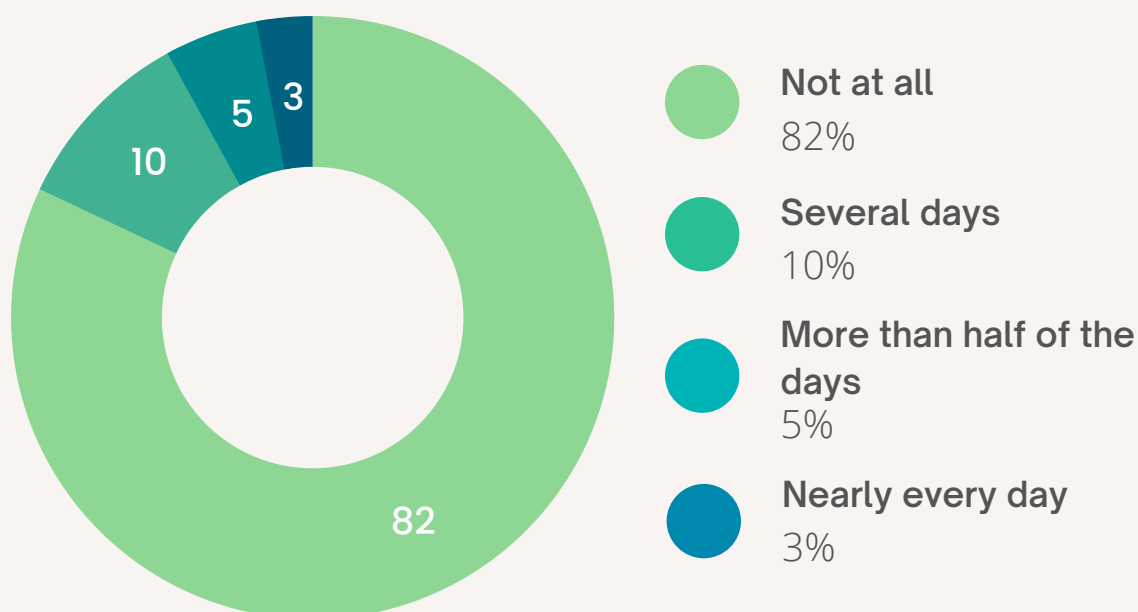
12%

have made suicide attempts

37%

have hurt themselves without trying to end their life

SUICIDAL THOUGHTS IN THE PAST TWO WEEKS:



*PHQ-9: Patient Health Questionnaire-9. Score greater than 9 = clinical significance

*GAD-7: Generalised Anxiety Disorder-7. Score greater than 9 = clinical significance

LIFESTYLE

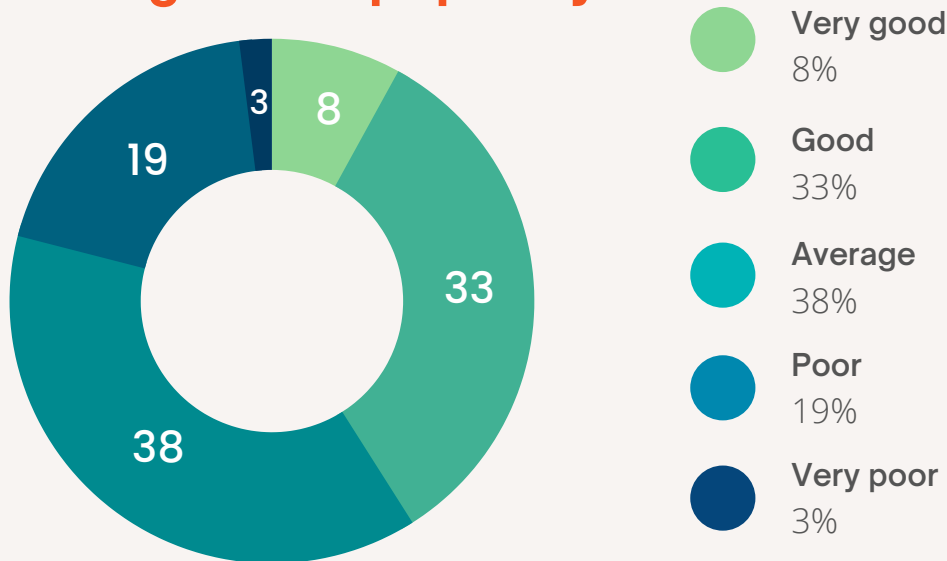
54%

feel they lack companionship

12%

have clinically significant sleep problems

Rating of sleep quality:



25%

have never worked out or attended a gym or fitness class

15%

workout or attend a gym or fitness class 4+ times a week

Substance use:

