

## OLPD Mental Health Survey Results (October 2019)

Response Rate: 204/407 =50.1%

Respondents: PhD n=130; Masters n=72 (66.7% in MA and 33.3% in MED)

### Demographics

<b>Year in Program</b>	<b>PhD only n (%)</b>	<b>Masters only n (%)</b>
First year	22(17.2)	33(45.8)
Second year	24(18.8)	31(43.1)
Third year	25(19.2)	4(5.6)
Fourth year	23(17.7)	3(4.2)
Fifth year	16(12.3)	1(1.4)
Sixth year	6(4.6)	0
Other	12(9.4)	0
<b>Gender</b>		
Male	32(24.6)	18(25.0)
Female	92(70.8)	51(70.8)
Non-binary	2(1.5)	1(1.4)
Did not answer the question	4(3.0)	2(9.7)
<b>Sexual Orientation</b>		
Heterosexual/Straight	105(80.8)	59(81.9)
Gay/Lesbian	9(6.9)	5(6.9)
Bisexual	6(4.6)	3(4.2)
Queer	3(2.3)	5(6.9)
Alternative identifier	1(0.8)	0
<b>Race (Check all that apply)</b>		
African	6(4.6)	3(4.2)
African/American	7(5.4)	2(2.8)
Asian	28(21.5)	17(23.6)
Hispanic/Latinx	8(6.2)	6(8.3)
Native American	4(3.1)	1(1.4)
Pacific Islander	1(0.8)	1(1.4)
White/Caucasian	75(57.7)	46(63.9)
Alternative Identifier	1(0.8)	2(2.8)
<b>US Citizen/Permanent Resident</b>		
Yes	101(77.7)	60(85.7)
<b>English Native Language</b>		
Yes	96(76.2)	51(72.9)
No	30(23.8)	19(27.1)

<b>Language as a Barrier -Among Those That English Not Native Language (Scale 0-100; lower score indicates less of a barrier)</b>		
0-25	9(32.2)	5(29.4)
26-50	7(25.0)	6(35.3)
51-75	5(17.8)	1(6.0)
76-100	7(25.0)	6(35.3)
<b>Thinking about your academic program, what level of frustration do you have with any language barrier you might have? Scale 0-100; lower number represents lesser level of frustration.</b>		
0-25	5(21.8)	3(23.0)
26-50	4(17.4)	4(30.8)
51-75	7(30.4)	2(15.4)
76-100	7(30.4)	4(30.8)
Mean (sd)	56.5(28.7)	53.3(29.3)
<b>Relationship Status</b>		
Single	25(19.8)	21(30.0)
Married/Domestic Partner	20(15.9)	20(28.6)
Engaged/Committed Dating	74(58.7)	25(35.7)
Separated/Divorced/Widowed	7(5.6)	4(5.7)
<b>Dependent Children</b>		
Yes	46(36.5)	8(11.4)
<b>Age Categories</b>		
18-21 years	0	1(1.4)
22-25 years	3(2.4)	19(27.1)
26-29 years	23(18.4)	22(31.4)
30-37 years	48(38.4)	17(24.3)
38-45 years	31(24.8)	5(7.1)
46 years or older	20(16.0)	6(8.6)
<b>First Generation College Student as Undergraduate</b>		
Yes	51(40.5)	28(40.6)
<b>First person in Family to pursue Advanced Degree</b>		
Yes	64(50.8)	42(60.0)
<b>Do you have a designated academic advisor</b>		
Yes	128(98.5)	71(98.6)
No	2(1.5)	1(1.4)

### Status of Current Program

<b>Completion of Core Coursework</b>	<b>PhD only n(%)</b>	<b>Masters only n(%)</b>
No, and I <b>am not</b> overdue (per program expectations)	55(42.3)	47(65.3)
No, and I <b>am</b> overdue (per program expectations)	3(2.3)	3(4.2)
Yes	72(55.4)	22(30.6)
<b>Completion of Written Preliminary Exam</b>		
No, and I <b>am not</b> overdue (per program expectations)	42(32.3)	60(88.2)
No, and I <b>am</b> overdue (per program expectations)	3(2.3)	3(4.4)
Yes	85(65.4)	5(7.4)
<b>Completion of Oral Preliminary Exam</b>		
No, and I <b>am not</b> overdue (per program expectations)	70(53.8)	60(88.2)
No, and I <b>am</b> overdue (per program expectations)	8(6.2)	3(4.4)
Yes	52(40.0)	5(7.4)

### Thesis and Career

<b>Thesis research has progressed according to my expectations</b>	<b>PhD only n(%)</b>	<b>Masters only n(%)</b>
Disagree strongly	8(6.2)	4(5.6)
Disagree	29(22.3)	4(5.6)
Agree	50(38.5)	21(29.2)
Strongly Agree	22(16.9)	5(6.9)
Not applicable	21(16.2)	38(52.8)
<b>Confident my thesis will lead to publications or patents</b>		
Disagree strongly	4(3.1)	2(2.8)
Disagree	20(15.4)	11(15.3)
Agree	55(42.3)	12(16.7)
Strongly Agree	34(26.2)	6(8.3)
Not applicable	17(13.1)	41(56.9)
<b>I have a satisfactory publication record for my career stage</b>		
Disagree strongly	15(11.5)	4(5.6)
Disagree	49(37.7)	8(11.1)
Agree	31(23.8)	9(12.5)
Strongly Agree	8(6.2)	2(2.8)
Not applicable	27(20.8)	49(68.1)

<b>I understand what I need to achieve to pursue my career goals</b>		
Disagree strongly	4(3.1)	4(5.6)
Disagree	21(16.2)	13(18.1)
Agree	70(53.8)	39(54.2)
Strongly Agree	31(23.8)	13(18.1)
Not applicable	4(3.1)	3(4.2)

## Degree Progress

	<b>PhD only n(%)</b>	<b>Masters only n(%)</b>
<b>I am on track to graduate</b>		
Strongly agree	42(32.8)	31(43.7)
Agree	70(54.7)	33(46.5)
Disagree	8(6.3)	3(4.2)
Strongly disagree	2(1.6)	3(4.2)
Not sure	6(4.7)	1(1.4)
<b>I am aware of requirements to graduate</b>		
Strongly agree	53(41.4)	29(40.8)
Agree	67(52.3)	37(52.1)
Disagree	3(2.3)	1(1.4)
Strongly disagree	3(2.3)	2(2.8)
Not sure	2(1.6)	2(2.8)
<b>I am confident I will graduate</b>		
Strongly agree	48(37.5)	36(50.7)
Agree	64(50.0)	30(42.3)
Disagree	6(4.7)	2(2.8)
Strongly disagree	3(2.3)	2(2.8)
Not sure	7(5.5)	1(1.4)
<b>I have seriously considered leaving the program</b>		
Strongly agree	17(13.3)	3(4.2)
Agree	24(18.8)	7(9.9)
Disagree	38(29.7)	29(40.8)
Strongly disagree	41(32.0)	31(43.7)
Not sure	8(6.3)	1(1.4)
<b>I feel prepared for a career once I graduate</b>		
Strongly agree	34(27.0)	20(28.2)
Agree	67(53.2)	35(49.3)
Disagree	11(8.7)	5(7.0)
Strongly disagree	3(2.4)	3(4.2)
Not sure	11(8.7)	8(11.3)

<b>I am confident my career prospects are good</b>		
Strongly agree	24(18.8)	16(22.5)
Agree	61(47.7)	33(46.5)
Disagree	18(14.1)	8(11.3)
Strongly disagree	7(5.5)	2(2.8)
Not sure	18(14.1)	12(16.9)
<b>I am uncertain of <i>when</i> I will graduate</b>		
Strongly disagree	17(13.2)	19(26.4)
Disagree	48(37.2)	29(40.3)
Agree	56(43.4)	22(30.6)
Strongly agree	8(6.2)	2(2.8)
<b>Anxiety/Stress related to not having an anticipated graduate date (among those that indicated agree/strongly agree to previous question)</b>		
I have no anxiety/stress about not having a date	10(15.6)	3(12.5)
I have mild anxiety/stress about not having a date	26(40.6)	11(45.8)
I have moderate anxiety/stress about not having a date	16(25.0)	6(25.0)
I have major anxiety/stress about not having a date	12(18.8)	4(16.7)

### Health and Health-Related Behaviors

	PhD only n(%)	Masters only n(%)
<b>Rating of Health Status</b>		
Excellent	12(9.3)	3(4.2)
Very Good	41(31.8)	19(26.8)
Good	43(33.3)	35(49.3)
Fair	28(21.7)	14(19.7)
Poor	5(3.9)	0
<b>Days of Poor Health –Past 30 days</b>		
<b>Physical Health</b>		
0 days	32(25.4)	15(20.8)
1-4 days	57(45.2)	28(38.9)
5-9 days	17(13.5)	19(26.4)
10-15 days	12(9.5)	8(11.1)
16-21 days	2(1.6)	1(1.4)
22-30 days	6(4.8)	1(1.4)
Number of Days - Mean (SD)	4.63(6.5)	4.15(4.4)

<b>Mental Health</b>		
0 days	27(20.9)	10(13.9)
1-4 days	33(25.6)	23(31.9)
5-9 days	30(23.2)	14(19.5)
10-15 days	27(20.9)	14(19.5)
16-21 days	5(3.9)	5(6.9)
22-30 days	7(5.5)	6(8.3)
Number of Days - Mean (SD)	6.88(7.4)	7.71(7.6)
<b>Days of adequate sleep</b>		
0	10(7.8)	3(4.2)
1-2	24(18.6)	20(27.8)
3-4	41(31.8)	18(25.0)
5-7	54(41.8)	31(43.0)
Number of Days - Mean (SD)	3.84(2.1)	3.78(2.0)
<b>Perception of Stress [scale: 1 (low stress) to 10 (high stress)]</b>		
1-3	8(6.2)	7(9.7)
4-7	78(60.5)	51(70.8)
8-10	43(33.3)	14(19.5)
<b>Perception of Ability to Manage Stress [scale: 1 (low stress) to 10 (high stress)]</b>		
1-3	5(3.9)	8(11.1)
4-7	52(40.3)	49(68.1)
8-10	72(55.8)	15(20.8)
<b>Stress Management Ratio (Perceived stress/Ability if manage stress)</b>		
Manages Stress Level	74(57.4)	35(48.6)
Does Not manage stress Level	55(42.6)	37(51.4)
<b>Substance Use –within past 30 days</b>		
Smoking tobacco	12(9.4)	5(6.9)
Smokeless tobacco	2(1.6)	2(2.8)
Alcohol	91(71.6)	50(69.4)
Marijuana	13(10.2)	8(11.3)
Stimulants without a prescription (e.g.Adderall)	0(0.0)	1(1.4)
Other illicit drugs	1(0.8)	3(4.2)
Engage in High Risk Drinking (5 or more drinks in one sitting within the past 2 weeks)	18(14.2)	20(27.8)

**Anxiety/Stress -Potential Factors (questions included a not applicable option)**

(Scale:0 (low stress) to 100 (high stress))

	<b>PhD only Mean(sd)</b>	<b>Masters only Mean(sd)</b>
Relationship with advisor	27.7(27.5)	24.3(26.7)
Relationship with other students in your academic program	21.8(23.2)	17.9(17.7)
Funding for school	63.0(31.6)	57.7(33.8)
Progress towards degree	47.3(29.4)	43.2(31.1)
Need to publish	49.5(34.7)	17.8(29.1)
Classwork	38.6(30.1)	49.6(27.4)
Oral/written examination	50.1(33.8)	23.0(31.6)
My teaching performance	33.2(32.1)	13.6(27.7)
Finding career opportunities after graduation	51.0(35.7)	53.2(33.6)
Relationship with spouse/partner or family	35.7(29.0)	28.8(26.7)
Financial considerations other than for school	54.7(30.9)	52.0(29.8)
Number of academic work hours	48.7(28.8)	43.1(26.6)
Physical health concerns	34.8(27.8)	31.6(26.2)
Mental health concerns	42.8(30.3)	41.0(31.0)
Number of work hours other than academics	43.1(27.1)	43.5(27.6)
My immigration status (Visa status)	42.1(34.2)	24.9(40.9)

**Relationship with Academic Peers**

	<b>PhD only n(%)</b>	<b>Masters only n(%)</b>
<b>Good working relationship with academic peers</b>		
Strongly disagree	2(1.5)	1(1.4)
Disagree	8(6.2)	4(5.7)
Agree	74(56.9)	47(67.1)
Strongly agree	42(32.3)	18(25.7)
<b>I consider some or all of my academic peers my friends</b>		
Strongly disagree	6(4.8)	5(7.1)
Disagree	25(19.8)	24(34.3)
Agree	63(50.0)	32(45.7)
Strongly agree	32(25.4)	9(12.9)
<b>I have poor relationship with one or more of my academic peers</b>		
Strongly disagree	47(37.3)	31(44.3)
Disagree	59(46.8)	32(45.7)
Agree	19(15.1)	6(8.6)
Strongly agree	1(0.8)	1(1.4)

<b>I am treated with respect by my academic peers</b>		
Strongly disagree	0	0
Disagree	5(4.0)	0
Agree	77(61.1)	50(71.4)
Strongly agree	44(34.9)	20(28.6)
<b>I feel comfortable approaching academic peers with academic related concerns</b>		
Strongly disagree	1(0.8)	0
Disagree	13(10.3)	7(10.0)
Agree	63(50.0)	41(58.6)
Strongly agree	49(38.9)	22(31.4)
<b>I feel comfortable approaching academic peers with personal concerns</b>		
Strongly disagree	14(11.1)	8(11.4)
Disagree	46(36.5)	36(51.4)
Agree	49(38.9)	22(31.4)
Strongly agree	17(13.5)	4(5.7)
<b>I feel supported by my academic peers</b>		
Strongly disagree	2(1.5)	3(4.2)
Disagree	11(8.7)	9(12.7)
Agree	87(69.0)	53(74.6)
Strongly agree	26(20.6)	6(8.5)
<b>I feel connected to my academic peers</b>		
Strongly disagree	9(7.1)	3(4.2)
Disagree	24(18.9)	23(32.4)
Agree	75(59.1)	39(54.9)
Strongly agree	19(15.0)	6(8.5)
<b>I feel satisfied with the amount of time I spend with students within my academic program</b>		
Strongly disagree	11(8.7)	5(7.0)
Disagree	34(26.8)	24(33.8)
Agree	69(54.3)	37(52.1)
Strongly agree	13(10.2)	5(7.0)
<b>I feel students in my academic department are very competitive with each other</b>		
Strongly disagree	30(24.0)	15(21.4)
Disagree	67(53.6)	42(60.0)
Agree	19(15.2)	12(17.1)
Strongly agree	9(7.2)	1(1.4)



**Relationship with Others (not in my academic program)**

	<b>PhD only n(%)</b>	<b>Masters only n(%)</b>
<b>I consider some students my friends</b>		
Strongly disagree	14(11.3)	5(7.1)
Disagree	28(22.6)	28(40.0)
Agree	62(50.0)	29(41.4)
Strongly agree	20(16.1)	8(11.4)
<b>I am treated with respect by other students</b>		
Strongly disagree	3(2.5)	1(1.4)
Disagree	2(1.7)	6(8.7)
Agree	88(72.7)	51(73.9)
Strongly agree	28(23.1)	11(15.9)
<b>I feel valued by other students</b>		
Strongly disagree	4(3.3)	1(1.4)
Disagree	16(13.3)	20(29.0)
Agree	78(65.0)	41(59.4)
Strongly agree	22(18.3)	7(10.1)
<b>I feel comfortable approaching other students with academic related concerns</b>		
Strongly disagree	8(6.2)	4(5.7)
Disagree	29(23.8)	17(24.3)
Agree	68(55.7)	43(61.4)
Strongly agree	17(13.9)	6(8.6)
<b>I feel comfortable approaching other students with personal concerns</b>		
Strongly disagree	23(18.9)	13(18.6)
Disagree	54(44.3)	36(51.4)
Agree	33(27.0)	18(25.7)
Strongly agree	12(9.8)	3(4.3)
<b>I feel satisfied with the amount of time I spend with my family</b>		
Strongly disagree	20(16.1)	5(7.2)
Disagree	35(28.2)	18(26.1)
Agree	54(43.5)	41(59.4)
Strongly agree	15(12.1)	5(7.2)
<b>I feel satisfied with the amount of time I spend with students not in my program</b>		
Strongly disagree	10(8.2)	4(5.8)
Disagree	37(30.3)	20(29.0)
Agree	65(53.3)	43(62.3)
Strongly agree	10(8.2)	2(2.9)

<b>I feel satisfied with the amount of time I spend alone</b>		
Strongly disagree	7(5.6)	6(8.6)
Disagree	29(23.2)	14(20.0)
Agree	76(60.8)	46(65.7)
Strongly agree	13(10.4)	4(5.7)

### Interactions with Advisor

	<b>PhD only n(%)</b>	<b>Masters only n(%)</b>
<b>How often do you interact with your advisor</b>		
Yearly or several time per year	41(32.3)	45(63.4)
1-2 time per month	52(40.9)	17(23.9)
Weekly	25(19.7)	8(11.3)
2 or more time per week	9(7.1)	1(1.4)
<b>I can freely express my view points with my advisor</b>		
Strongly disagree	1(0.8)	3(4.3)
Disagree	5(3.8)	6(8.7)
Agree	65(51.2)	42(60.9)
Strongly agree	56(44.1)	18(26.1)
<b>My advisor and I can come to mutual agreement on what I need to do to progress in my program</b>		
Strongly disagree	0	3(4.4)
Disagree	7(5.5)	3(4.4)
Agree	65(51.2)	46(67.6)
Strongly agree	55(43.3)	16(23.5)
<b>My advisor intimidates me</b>		
Strongly disagree	53(42.1)	21(30.4)
Disagree	46(36.5)	24(34.8)
Agree	20(15.9)	23(33.3)
Strongly agree	7(5.6)	1(1.4)
<b>My advisor demands more of me than what we initially agreed upon</b>		
Strongly disagree	58(45.7)	26(37.7)
Disagree	61(48.0)	40(58.0)
Agree	8(6.3)	2(2.9)
Strongly agree	0	1(1.4)

<b>My advisor acknowledges my frustration when I struggle with my research</b>		
Strongly disagree	1(0.8)	4(6.3)
Disagree	13(10.4)	10(15.6)
Agree	86(68.8)	43(67.2)
Strongly agree	25(20.0)	7(10.9)
<b>My advisor encourages me in developing independent thinking</b>		
Strongly disagree	0	1(1.5)
Disagree	6(4.8)	11(16.7)
Agree	69(54.8)	46(69.7)
Strongly agree	51(40.5)	8(12.1)
<b>My advisor has outlined clear expectations of what I need to accomplish</b>		
Strongly disagree	7(5.6)	2(3.0)
Disagree	26(20.6)	13(19.4)
Agree	60(47.6)	42(62.7)
Strongly agree	33(26.2)	10(14.9)
<b>I agree with my advisor on their expectations</b>		
Strongly disagree	2(1.6)	1(1.6)
Disagree	15(12.0)	5(7.8)
Agree	74(59.2)	47(73.4)
Strongly agree	34(27.2)	11(17.2)
<b>My advisor treats me with respect</b>		
Strongly disagree	0	0
Disagree	1(0.8)	4(5.9)
Agree	48(37.8)	28(41.2)
Strongly agree	78(61.4)	36(52.9)
<b>The amount of guidance I receive from my advisor is appropriate</b>		
Strongly disagree	5(3.9)	2(2.9)
Disagree	26(20.5)	16(23.5)
Agree	47(37.0)	35(51.5)
Strongly agree	49(38.6)	15(22.1)
<b>I have a good relationship with my advisor</b>		
Strongly disagree	0	2(2.9)
Disagree	4(3.1)	6(8.7)
Agree	71(55.9)	42(60.9)
Strongly agree	52(40.9)	19(27.5)

<b>I feel valued by my advisor</b>		
Strongly disagree	1(0.8)	2(2.9)
Disagree	12(9.4)	7(10.1)
Agree	62(48.8)	40(58.0)
Strongly agree	52(40.9)	20(29.0)
<b>My advisor takes time for me</b>		
Strongly disagree	1(0.8)	5(7.2)
Disagree	13(10.3)	10(14.5)
Agree	58(46.0)	33(47.8)
Strongly agree	54(42.9)	21(30.4)
<b>My advisor positively impacts my mental/emotional well-being</b>		
Strongly disagree	1(0.8)	1(1.5)
Disagree	16(12.7)	12(18.2)
Agree	71(56.3)	40(60.6)
Strongly agree	38(30.2)	13(19.7)
<b>My advisor discusses my future career with me</b>		
Strongly disagree	6(4.8)	3(4.5)
Disagree	34(27.2)	17(25.8)
Agree	49(39.2)	37(56.1)
Strongly agree	36(28.8)	9(13.6)
<b>My advisor is an asset to my academic /professional career</b>		
Strongly disagree	2(1.6)	3(4.5)
Disagree	5(3.9)	10(14.9)
Agree	68(53.5)	34(50.7)
Strongly agree	52(40.9)	20(29.9)
<b>Meeting with my advisor are of an adequate frequency</b>		
Strongly disagree	5(3.9)	5(7.5)
Disagree	26(20.5)	20(29.9)
Agree	56(44.1)	30(44.8)
Strongly agree	40(31.5)	12(17.9)
<b>My advisor respects my cultural background</b>		
Strongly disagree	0	1(1.5)
Disagree	3(2.4)	1(1.5)
Agree	47(37.3)	37(56.9)
Strongly agree	76(60.3)	26(40.0)

### Stress, Support and Seeking Help

<b>Support from others outside of the program [Scaled 0 (strongly disagree) to 100 (Strongly agree)]</b>	<b>PhD only Mean(sd)</b>	<b>Masters only Mean(sd)</b>
I feel my friends support me	74.0(25.0)	73.5(27.4)
I feel my significant other supports me	84.0(22.8)	85.8(21.2)
I feel my family supports me	81.3(21.2)	79.9(23.7)
<b>If you felt your health or well-being was being affected by the stress in your life would you consult any of the following individuals?</b>	<b>PhD only n(%)</b>	<b>Masters only n(%)</b>
<b>Significant other/spouse</b>		
No	5(4.0)	0
Yes	99(78.6)	48(68.6)
Does not apply	22(17.5)	22(31.4)
<b>Family member/relative</b>		
No	26(20.6)	8(11.4)
Yes	100(79.4)	59(84.3)
Does not apply	0	3(4.3)
<b>Friend</b>		
No	10(7.9)	4(5.7)
Yes	116(92.1)	66(94.3)
Does not apply	0	0
<b>Advisor</b>		
No	57(45.2)	39(55.7)
Yes	69(54.8)	27(38.6)
Does not apply	0	4(5.7)
<b>Other faculty/staff</b>		
No	69(54.8)	40(57.1)
Yes	55(43.7)	29(41.4)
Does not apply	2(1.6)	1(1.4)
<b>Counselor/therapist</b>		
No	31(24.6)	11(15.7)
Yes	90(71.4)	50(71.4)
Does not apply	5(4.0)	9(12.9)
<b>Primary care doctor</b>		
No	50(40.0)	26(37.1)
Yes	70(56.0)	40(57.1)
Does not apply	5(4.0)	4(5.7)

<b>Other</b>		
No	39(36.8)	11(18.3)
Yes	27(25.5)	14(23.3)
Does not apply	40(37.7)	35(58.3)
<b>Prior to being accepted into your current academic program had you been concerned about your mental health</b>		
Yes	45(35.7)	35(50.0)
No	81(64.3)	35(50.0)
<b>In the past 12 months have you been seen by a professional for mental health</b>		
Yes	58(46.0)	30(42.9)
No	68(54.0)	40(57.1)
<b>Have you talked with anyone else within the past 12 months about concerns you have about the level of stress in your life and its effect on your life?</b>		
Yes	84(66.7)	44(62.9)
No	42(33.3)	26(37.1)
<b>Who did you talk to (Check all that apply)</b>		
Family member/relative	55(42.3)	32(44.4)
Friend	64(49.2)	37(51.4)
Advisor	24(18.5)	10(13.9)
Other faculty/staff member	18(13.8)	6(8.3)
Significant other/spouse	64(49.2)	36(50.0)
Other	27(20.8)	13(18.1)
<b>Was it helpful to talk to someone about your stress</b>		
Extremely helpful	19(22.6)	16(36.4)
Very helpful	39(46.4)	13(29.5)
Moderately helpful	21(25.0)	12(27.3)
Slightly helpful	5(6.0)	3(6.8)
Not helpful	0	0

## Finances

	<b>PhD only n(%)</b>	<b>Masters only n(%)</b>
<b>Thinking about the current academic school year did you or do you have a TA or RA position</b>		
No	67(53.2)	64(91.4)
Yes	59(46.8)	6(8.6)

<b>What is your current appointment percentage</b>		
Currently do not have a position	6(10.2)	4(66.7)
25%	18(30.5)	2(33.3)
33%	1(1.7)	0
50%	34(57.6)	0
<b>Compared to my total funding in the previous academic year, my total funding now is...</b>		
The same	61(48.8)	28(40.6)
Higher	14(11.2)	6(8.7)
Lower	32(25.6)	6(8.7)
I was not enrolled last year	18(14.4)	29(42.0)
<b>Over the past academic year I was worried about where my funding would come from, or if I would be funded at all</b>		
Strongly disagree	21(16.9)	21(30.9)
Disagree	21(16.9)	17(25.0)
Agree	34(27.4)	14(20.6)
Strongly agree	48(38.7)	16(23.5)
<b>I am worried about future funding</b>		
Strongly disagree	22(17.7)	16(23.5)
Disagree	18(14.5)	20(29.4)
Agree	26(21.0)	17(25.0)
Strongly agree	58(46.8)	15(22.1)
<b>My advisor is committed to securing funding for me</b>		
Strongly disagree	33(27.5)	26(40.0)
Disagree	39(32.5)	25(38.5)
Agree	38(31.7)	13(20.0)
Strongly agree	10(8.3)	1(1.5)
<b>My department/DGS is committed to securing funding for me</b>		
Strongly disagree	53(44.2)	31(48.4)
Disagree	42(35.0)	23(35.9)
Agree	20(16.7)	10(15.6)
Strongly agree	5(4.2)	0
<b>I worry about paying for school</b>		
Strongly disagree	16(12.8)	11(15.7)
Disagree	15(12.0)	13(18.6)
Agree	38(30.4)	19(27.1)
Strongly agree	53(42.4)	25(35.7)
Not applicable	3(2.4)	2(2.9)

<b>I worry about paying for rent/utilities/food other living expenses</b>		
Strongly disagree	28(22.4)	11(15.7)
Disagree	35(28.0)	19(27.1)
Agree	29(23.2)	20(28.6)
Strongly agree	32(25.6)	20(28.6)
Not applicable	1(0.8)	0
<b>I worry about how I will financially support my significant other, family...</b>		
Strongly disagree	22(17.6)	8(11.4)
Disagree	24(19.2)	16(22.9)
Agree	32(25.6)	12(17.1)
Strongly agree	21(16.8)	12(17.1)
Not applicable	26(20.8)	22(31.4)
<b>I worry about how I will pay for child care</b>		
Strongly disagree	16(12.8)	11(15.7)
Disagree	15(12.0)	6(8.6)
Agree	15(12.0)	4(5.7)
Strongly agree	13(10.4)	5(7.1)
Not applicable	66(52.8)	44(62.9)
<b>I worry about how I will pay for medical expenses should I become ill/injured</b>		
Strongly disagree	24(19.2)	7(10.0)
Disagree	31(24.8)	23(32.9)
Agree	35(28.0)	16(22.9)
Strongly agree	28(22.4)	12(17.1)
Not applicable	7(5.6)	12(17.1)
<b>I worry about how I will pay for medical expenses should my significant other, family, children etc. become ill/injured</b>		
Strongly disagree	21(16.8)	8(11.4)
Disagree	29(23.2)	20(28.6)
Agree	25(20.0)	9(12.9)
Strongly agree	22(17.6)	8(11.4)
Not applicable	28(22.4)	25(35.7)
<b>I worry about how I will pay off my student loans after graduation</b>		
Strongly disagree	13(10.4)	9(12.9)
Disagree	14(11.2)	7(10.0)
Agree	23(18.4)	13(18.6)
Strongly agree	41(32.8)	25(35.7)
Not applicable	34(27.2)	16(22.9)



## Work hours and productivity

	PhD only n(%)	Masters only n(%)
<b>On average how many hours/week do you spend on studying/classwork</b>		
0	1(0.8)	0
1-10 hours	43(34.1)	23(32.9)
11-20 hours	30(23.8)	23(32.9)
21-30 hours	23(18.3)	14(20.0)
31-40 hours	11(8.7)	7(10.0)
41-50 hours	5(4.0)	2(2.9)
51-60 hours	3(2.4)	1(1.4)
61-70 hours	4(3.2)	0
71 or more hours	2(1.6)	0
Not applicable	4(3.2)	0
<b>On average how many hours/week do you spend working as a TA</b>		
Not applicable –do not have TA position	94(75.8)	68(98.6)
1-10 hours	10(8.1)	
11-20 hours	16(12.9)	1(1.4)
21-30 hours	3(2.4)	
31-40 hours	1(0.8)	
41-50 hours	0	
51-60 hours	0	
61-70 hours	0	
71 or more hours	0	
<b>On average how many hours/week do you spend working as a RA</b>		
Not applicable –do not have RA position	83(65.9)	65(94.2)
1-10 hours	19(15.1)	1(1.4)
11-20 hours	21(16.7)	3(4.3)
21-30 hours	2(1.6)	
31-40 hours	1(0.8)	
41-50 hours	0	
51-60 hours	0	
61-70 hours	0	
71 or more hours	0	
<b>Average hours/week combining both TA and RA positions (used mid-point each category)</b>		
Zero	69(55.6)	65(94.2)
5.50 hour	13(10.5)	1(1.4)
11.0 hours	5(4.0)	
15.5 hours	19(15.3)	2(2.9)
21.0 hours	6(4.8)	
25.5 hours	4(4.0)	

31.0 hours	5(4.0)	1(1.4)
35.5 hours	1(0.8)	
41.0 hours	0	
45.5 hours	0	
51.0 hours	1(0.8)	
55.5 hours	0	
61.0 hours	0	
65.5 hours	0	
71 or more hours	0	
<b>What percent of the hours you spend studying/classwork do you consider to be productive use of your time</b>		
0-10	3(2.6)	3(4.3)
11-20	5(4.3)	2(2.8)
21-30	6(5.2)	2(2.8)
31-40	7(6.1)	3(4.3)
41-50	12(10.4)	5(7.1)
51-60	9(7.8)	7(10.0)
61-70	15(13.0)	13(18.6)
71-80	27(23.6)	20(28.7)
81-90	14(12.2)	7(10.0)
91-100	17(14.8)	8(11.4)
<b>What percent of the hours you spend as a TA do you consider to be productive use of your time</b>		
0-10	2(6.4)	N/A
11-20	3(9.7)	
21-30	1(3.2)	
31-40	0	
41-50	3(9.7)	
51-60	2(6.4)	
61-70	6(19.4)	
71-80	6(19.4)	
81-90	6(19.4)	
91-100	2(6.4)	
<b>What percent of the hours you spend as a RA do you consider to be productive use of your time</b>		
0-10	2(4.6)	
11-20	0	
21-30	2(4.6)	
31-40	2(4.6)	
41-50	9(20.4)	
51-60	4(9.1)	1(33.3)
61-70	6(13.6)	
71-80	7(15.9)	
81-90	6(13.6)	1(33.3)
91-100	6(13.6)	1(33.3)

<b>How much time do you spend working for pay per week to cover educational or living expenses</b>		
0 hours	36(30.0)	11(15.7)
1-5 hours	7(5.8)	2(2.9)
6-10 hours	12(10.0)	6(8.6)
11-15 hours	6(5.0)	1(1.4)
16-20 hours	5(4.2)	6(8.6)
21-30 hours	4(3.3)	6(8.6)
31-39 hours	7(5.8)	3(4.3)
40 or more hours	43(35.8)	35(50.0)
<b>I feel my outside job(s) have interfered with my productivity or progress in my graduate program</b>		
Strongly disagree	8(6.4)	5(7.1)
Disagree	20(16.0)	15(21.4)
Agree	37(29.6)	27(38.6)
Strongly agree	19(15.2)	14(20.0)
Not applicable	41(32.8)	9(12.9)
<b>Have you taken out new loans or accrued new debt to cover educational/living expenses</b>		
Yes	55(43.7)	22(31.4)
No	71(56.3)	48(68.6)
<b>How concerned are you about repaying these new loans? [scale: 1(not concerned) to 10 (extremely concerned)]</b>		
1-2	3(5.4)	0
3-4	2(3.6)	4(18.2)
5-6	8(14.6)	4(18.2)
7-8	15(27.2)	4(18.2)
9-10	27(49.2)	10(45.4)
<b>Last month, total credit card debt you carried</b>		
Not applicable- no credit card	6(4.8)	9(12.9)
Not applicable pay full amount each month	58(46.4)	29(41.4)
\$1-\$249	5(4.0)	3(4.3)
\$250-\$999	12(9.6)	5(7.1)
\$1,000-\$2,999	15(12.0)	10(14.3)
\$3,000-\$4,999	5(4.0)	4(5.7)
\$5,000-\$6,999	4(3.2)	3(4.3)
\$7,000 or more	20(16.0)	7(10.0)
<b>How concerned are you about repaying your credit card? [scale: 1(not concerned) to 10 (extremely concerned)]</b>		
1-2	16(25.8)	6(18.7)

3-4	4(6.4)	4(12.5)
5-6	6(9.7)	6(18.7)
7-8	16(25.8)	5(15.7)
9-10	20(32.3)	11(34.4)
<b>Thinking about the past year, how much do you agree with the following statements?</b>		
<b>My financial situation during my current program has been extremely difficult</b>		
Strongly disagree	16(12.8)	15(21.7)
Disagree	55(44.0)	30(43.5)
Agree	31(24.8)	12(17.4)
Strongly agree	20(16.0)	10(14.5)
Not applicable	3(2.4)	2(2.9)
<b>My financial situation during my current program has been tight, but I am doing OK</b>		
Strongly disagree	14(11.3)	8(11.6)
Disagree	25(20.2)	10(14.5)
Agree	66(53.2)	35(50.7)
Strongly agree	15(12.1)	15(21.7)
Not applicable	4(3.2)	1(1.4)
<b>My financial situation during my current program has not been an issue</b>		
Strongly disagree	38(30.9)	18(26.1)
Disagree	41(33.3)	23(33.3)
Agree	32(26.0)	15(21.7)
Strongly agree	9(7.3)	11(15.9)
Not applicable	3(2.4)	2(2.9)
<b>My financial situation has led me to consider leaving my current program</b>		
Strongly disagree	41(33.3)	27(39.1)
Disagree	46(37.4)	28(40.6)
Agree	21(17.1)	8(11.6)
Strongly agree	11(8.9)	5(7.2)
Not applicable	4(3.3)	1(1.4)
<b>My program considers the financial challenges of graduate students when setting expectations (e.g. conferences, purchasing materials)</b>		
Strongly disagree	25(20.5)	13(19.1)
Disagree	48(39.3)	16(23.5)
Agree	35(28.7)	21(30.9)
Strongly agree	3(2.5)	5(7.4)
Not applicable	11(9.0)	13(19.1)

<b>My financial situation has hindered my ability to make progress toward my degree</b>		
Strongly disagree	38(30.9)	23(33.8)
Disagree	52(42.3)	26(38.2)
Agree	20(16.3)	9(13.2)
Strongly agree	11(8.9)	7(10.3)
Not applicable	2(1.6)	3(4.4)
<b>My financial situation has made me concerned about losing my lease/housing or going without food</b>		
Strongly disagree	59(48.0)	31(44.9)
Disagree	42(34.1)	25(36.2)
Agree	11(8.9)	4(5.8)
Strongly agree	8(6.5)	6(8.7)
Not applicable	3(2.4)	3(4.3)
<b>Have you been homeless at any time in graduate school</b>		
Never	122(97.6)	67(95.7)
In the past but not currently	2(1.6)	2(2.9)
Yes	1(0.8)	1(1.4)

**Discrimination experience**

<b>Discrimination</b>	<b>PhD only n(%)</b>	<b>Masters only n(%)</b>
Denied a RA, TA or other academic job	14(10.8)	1(1.4)
Fired from RA, TA, or other academic job	3(2.3)	1(1.4)
Denied a grant, scholarship, or fellowship	10(7.7)	4(5.6)
Discouraged by a professor or advisor from continuing in academia	11(8.5)	4(5.6)
Denied medical care or received inferior medical care	4(3.1)	1(1.4)
Prevented from renting or buying a home	4(3.1)	0
Hassled by campus police, security officers	0	1(1.4)
Hassled by police off campus	3(2.3)	2(2.8)
Misunderstanding with advisor	10(7.7)	4(5.6)
Other	17(13.1)	9(12.5)

## Additional Questions

<b>Do you feel that you can reach out to any of the following individuals for academic advice or mentorship? (% Yes)</b>	<b>PhD only n(%)</b>	<b>Masters only n(%)</b>
Your advisor	121(96.0)	59(84.3)
Department Chair	46(37.1)	17(25.0)
Director of Graduate Studies	37(29.8)	10(14.7)
Other faculty other than your advisor	103(81.7)	51(72.9)
Graduate Program Coordinator	72(58.1)	26(37.1)
Other graduate students in your program	109(88.6)	52(76.5)
<b>Do you have a single or co-advisor?</b>		
Single	100(80.6)	66(94.3)
Co-advisor	24(19.4)	4(5.7)
<b>If you noticed another student in the OLPD Graduate Program struggling with mental health issues do you know what resources are available to help them?</b>		
Yes	91(72.8)	52(74.3)
No	34(27.2)	18(25.7)
<b>Do you know how to help them get access to these resources? (Among those that said yes)</b>		
Yes	82(90.1)	48(92.3)
No	9(9.9)	4(7.7)
<b>On a scale from one (Not very important) to ten (Very important), how important is it that the department and graduate program, actively pursue policies, resources, etc. to promote mental health?</b>		
1-2 (Not very important)	4(3.2)	0
3-4	6(4.8)	0
5-6	11(8.8)	9(12.8)
7-8	25(20.0)	13(18.5)
9-10 (Very important)	79(63.2)	48(68.7)