



Canadian Campus Wellbeing Survey

Deployment Report

WINTER 2025

STUDENT VERSION

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Introduction

Over two million young adults attend post-secondary institutions in Canada. This can be a time of great excitement, independence and growth, but students also face substantial increases in health-risk behaviours, including poor mental health, decreased physical activity, increased substance use, poor nutrition and stress. Now more than ever, we are facing a mental health challenge on Canadian campuses. This was greatly amplified during the COVID-19 pandemic, and it is important to monitor progress as we recover from its impacts. Like K-12 schools, the post-secondary setting should be considered critical for health promotion. There are subsidized facilities, programs and staffing commonly available to support students — increasingly through online delivery. In other words, we can intervene.

To develop or evaluate interventions at the post-secondary level, a mechanism is first required to assess the health and wellbeing of students. Collected data can be used to guide decisions about where institutional priority should be placed in terms of programs and policies, and for ongoing evaluation of those decisions. This was the motivation for creating the Canadian health and wellbeing measurement system, known as the Canadian Campus Wellbeing Survey (CCWS-BECC; Faulkner et al., 2019). A technical report describing the development process and the survey itself (including the francophone version) is available at www.ccws-becc.ca. The surveillance infrastructure is housed at the University of British Columbia. A vital feature of the CCWS is an improved feedback mechanism where institutions have timely access to visual representations of their data and comparative references, with the capacity to customize analyses.

The CCWS includes validated and reliable measures of positive mental health, plus multiple risk and protective factors such as school connectedness, social and emotional skills, academic performance, safety, sleep, exercise, food security and substance use. The student-level survey has a modular design, with a 20-minute core CCWS survey.

The CCWS supports implementation of the 2015 Okanagan Charter: An International Charter for Health Promoting Universities and Colleges, which calls on higher education to embed health into everyday operations, business practices and academic mandates, as well as to lead health promotion action and collaboration (Okanagan Charter, 2016). Prioritizing student health by establishing evidence-based policies and programs will assist in placing student wellbeing at the heart of the academic enterprise.

Evidence-based decisions need to be anchored in meaningful data. Having a Canadian mechanism for assessing the health and wellbeing of post-secondary students is now more important than ever — we need to be able to assess the impact of the disease and its likely long-term repercussions for mental health. Such data will be essential for informing decisions about how best to help our students.

About the Report

This report presents a comprehensive overview of student wellbeing based on results from the CCWS. It covers a broad range of topics including institutional experience — such as campus climate, academic support, and safety — and various dimensions of mental health, including resilience, stress, social support, and suicidal ideation. The report also examines physical health behaviours, including physical activity, sleep, and sexual health, alongside the use of health services and barriers to accessing support. Substance use patterns are explored across alcohol, tobacco, cannabis, and prescription drug use. Finally, the report concludes with an assessment of food security, highlighting both prevalence and lived experiences of food-related hardship.

All information in this report is also available on your institutional Tableau dashboard, where you can explore comparisons with aggregated data and apply a variety of filters.

About the Deployment

Survey invitations and reminders were distributed by the CCWS team using aliased email addresses provided by the institution. The survey remained open from **February 10, 2025** to **March 09, 2025**. A total of **51,037** students were invited to participate. During the deployment period, three reminder emails were sent to students who had not yet completed the survey, to encourage participation.



A total of **4,172** students (**8%**) participated in the survey and answered at least four questions. Of the total invited, **3,382** students (**7%**) answered at least four questions and reached the final page of the survey.

Participants

There were two sources of demographic information. The first was the cohort file provided by the institution, which was merged with the survey responses to allow analysis of response rates by institutional variables (see Table 1). The second source was self-reported demographic information collected from students within the survey itself (see Table 2).

TABLE 1. STUDENT DEMOGRAPHIC CHARACTERISTICS BASED ON INSTITUTIONAL COHORT VARIABLES

	COHORT		SAMPLE		RESPONSE RATE	
	N	%	N	%		
Campus						
Keele	43,565	85.36%	3,431	82.24%	7.88%	■
Glendon	1,427	2.80%	184	4.41%	12.89%	■
Markham	423	0.83%	54	1.29%	12.77%	■
Not Reported	5,622	11.02%	503	12.06%	8.95%	■
Credential Type						
BACH	45,415	88.98%	3,669	87.94%	8.08%	■
MAST	3,588	7.03%	309	7.41%	8.61%	■
DOCT	2,034	3.99%	194	4.65%	9.54%	■
Domestic / International Status						
Domestic	42,785	83.83%	3,485	83.53%	8.15%	■
International	8,252	16.17%	687	16.47%	8.33%	■
Faculty						
LAPS	16,207	31.76%	1,234	29.58%	7.61%	■

Response rate includes both partially completed surveys (at least four answered questions) and fully completed surveys.
For each section, the 15 categories with the largest sample sizes are displayed.

TABLE 1. STUDENT DEMOGRAPHIC CHARACTERISTICS BASED ON INSTITUTIONAL COHORT VARIABLES

	COHORT		SAMPLE		RESPONSE RATE	
	N	%	N	%		
Health	10,510	20.59%	897	21.50%	8.53%	■
Science	8,732	17.11%	689	16.51%	7.89%	■
Lassonde	4,129	8.09%	348	8.34%	8.43%	■
Fine Arts	3,402	6.67%	295	7.07%	8.67%	■
Schulich	2,961	5.80%	210	5.03%	7.09%	■
Education	1,912	3.75%	195	4.67%	10.20%	■
Glendon	1,420	2.78%	179	4.29%	12.61%	■
Environmental and Urban Change	841	1.65%	78	1.87%	9.27%	■
Osgoode	919	1.80%	47	1.13%	5.11%	■
Not Reported	4	0.01%	0	0.00%	0.00%	
Full-Time / Part-Time						
Full-Time	44,297	86.79%	3,795	90.96%	8.57%	■
Part-Time	6,740	13.21%	377	9.04%	5.59%	■
New to Institution						
No	39,223	76.85%	2,910	69.75%	7.42%	■
Yes	11,814	23.15%	1,262	30.25%	10.68%	■
Program Start (Year)						
2024	13,365	26.19%	1,386	33.22%	10.37%	■
2023	13,676	26.80%	1,201	28.79%	8.78%	■
2022	9,773	19.15%	706	16.92%	7.22%	■
2021	7,366	14.43%	495	11.86%	6.72%	■
2020	3,703	7.26%	221	5.30%	5.97%	■
2019	1,569	3.07%	93	2.23%	5.93%	■
2018	717	1.40%	38	0.91%	5.30%	■
2017	365	0.72%	11	0.26%	3.01%	■
2016	150	0.29%	10	0.24%	6.67%	■
2015	102	0.20%	3	0.07%	2.94%	■
2012	37	0.07%	2	0.05%	5.41%	■
2005	1	0.00%	1	0.02%	100.00%	■
2006	7	0.01%	1	0.02%	14.29%	■
2011	26	0.05%	1	0.02%	3.85%	■
2010	28	0.05%	1	0.02%	3.57%	■

Response rate includes both partially completed surveys (at least four answered questions) and fully completed surveys.

For each section, the 15 categories with the largest sample sizes are displayed.

TABLE 2. STUDENT DEMOGRAPHIC CHARACTERISTICS BASED ON SELF-REPORT DATA

	RESPONSES		
	N	%	
Age Group (N = 3314)			
Under 20	982	29.63%	
20-24	1,591	48.01%	
25-29	357	10.77%	
30-34	164	4.95%	
Over 35	220	6.64%	
Indigenous Person of Canada (N = 3367)			
Yes	48	1.43%	
No	3,270	97.12%	
I choose not to disclose	49	1.46%	
Indigenous Group (N = 44)			
First Nations	26	59.09%	
Métis	20	45.45%	
Inuit	4	9.09%	
Indigenous Person from Outside Canada (N = 3361)			
Yes	66	1.96%	
Yes, but I prefer to self-identify (please specify):	23	0.68%	
No	3,196	95.09%	
I choose not to disclose	76	2.26%	
Ethno-Racial Identity (N = 3368)			
Black	170	5.05%	
Black - African / Afro-Arab / Afro-Caribbean / Afro-Latin American	341	10.12%	
Black - Option to specify:	36	1.07%	
Central Asian	30	0.89%	
Central / South / Latin American	153	4.54%	
East Asian	387	11.49%	
Middle Eastern / North African / Southwest Asian	348	10.33%	
Oceanic / Pacific Islanders	14	0.42%	
South Asian	658	19.54%	
South Asian - Indo-African / Indo-Caribbean	89	2.64%	
South East Asian	290	8.61%	
West Asian	51	1.51%	
White	833	24.73%	
White - Option to specify:	176	5.23%	

For each section, the 15 categories with the largest sample sizes are displayed.

Some variables may not add up to 100% because respondents were allowed to select multiple options. This applies to questions on Indigenous identity, ethnicity, and disability.

TABLE 2. STUDENT DEMOGRAPHIC CHARACTERISTICS BASED ON SELF-REPORT DATA

	RESPONSES		
	N	%	
Multiracial/ethnic	144	4.28%	
Prefer to self-identify (please specify):	73	2.17%	
I choose not to disclose	158	4.69%	
Born in Canada (N = 3370)			
Yes	1,939	57.54%	
No	1,375	40.80%	
I prefer not to answer	56	1.66%	
First School Year in Canada (N = 1323)			
Kindergarten	215	16.25%	
Grade 1–3	277	20.94%	
Grade 4–8	169	12.77%	
Grade 9–12	55	4.16%	
Not applicable	607	45.88%	
Either Parent/Guardian Born Outside Canada (N = 3369)			
Yes	2,585	76.73%	
No	707	20.99%	
I prefer not to answer	77	2.29%	
Living Situation (N = 3366)			
University or college residence	333	9.89%	
Other on-campus housing	99	2.94%	
Off-campus with family (e.g., parents, spouse, children)	2,324	69.04%	
Off-campus alone	235	6.98%	
Off-campus with friends or roommates	274	8.14%	
I do not have stable housing (e.g., couch-surfing, living in a vehicle, facing eviction)	20	0.59%	
I prefer not to answer	81	2.41%	
Commute Method (N = 2927)			
Vehicle (alone)	635	21.69%	
Vehicle (with others/carpool)	221	7.55%	
Walk	111	3.79%	
Bicycle	7	0.24%	
Public transit	1,870	63.89%	
Other (please specify):	42	1.43%	
Not applicable (e.g., distance ed., co-op, classes online)	41	1.40%	
Commute Duration (One-Way) (N = 2929)			

For each section, the 15 categories with the largest sample sizes are displayed.

Some variables may not add up to 100% because respondents were allowed to select multiple options. This applies to questions on Indigenous identity, ethnicity, and disability.

TABLE 2. STUDENT DEMOGRAPHIC CHARACTERISTICS BASED ON SELF-REPORT DATA

	RESPONSES		
	N	%	
0-30 minutes	650	22.19%	
31-60 minutes	1,143	39.02%	
Over 60 minutes	1,097	37.45%	
Not applicable	39	1.33%	
Average Cumulative Grade (N = 3339)			
90-100% (A+)	401	12.01%	
85-89% (A)	699	20.93%	
80-84% (A-)	510	15.27%	
76-79% (B+)	552	16.53%	
72-75% (B)	386	11.56%	
68-71% (B-)	229	6.86%	
64-67% (C+)	191	5.72%	
60-63% (C)	109	3.26%	
55-59% (C-)	36	1.08%	
50-54% (D)	41	1.23%	
0-49%	10	0.30%	
I prefer not to answer	175	5.24%	
Current Co-op/Practicum (N = 3347)			
No	2,945	87.99%	
Yes – co-op placement	124	3.70%	
Yes – practicum	205	6.12%	
Yes – residency	34	1.02%	
Yes – study abroad term	48	1.43%	
Work hours (N = 3218)			
0	1,414	43.94%	
1–10	765	23.77%	
11–20	642	19.95%	
21–30	229	7.12%	
31–40	168	5.22%	
Financial Stress (N = 3358)			
No financial stress at all	411	12.24%	
Very little financial stress	611	18.20%	
Some financial stress	941	28.02%	
Quite a bit of financial stress	674	20.07%	
A great deal of financial stress	721	21.47%	

For each section, the 15 categories with the largest sample sizes are displayed.

Some variables may not add up to 100% because respondents were allowed to select multiple options. This applies to questions on Indigenous identity, ethnicity, and disability.

TABLE 2. STUDENT DEMOGRAPHIC CHARACTERISTICS BASED ON SELF-REPORT DATA

	RESPONSES		
	N	%	
Gender (N = 3355)			
Woman	2,018	60.15%	
Man	1,164	34.69%	
Non-binary person	84	2.50%	
Two-Spirit	7	0.21%	
I prefer not to answer	82	2.44%	
Trans Experience (N = 3347)			
Yes	107	3.20%	
No	3,149	94.08%	
I prefer not to answer	91	2.72%	
Sexual Orientation (N = 3344)			
Asexual	59	1.76%	
Bisexual	284	8.49%	
Gay/Lesbian	109	3.26%	
Heterosexual/straight	2,395	71.62%	
Pansexual	54	1.61%	
Queer	109	3.26%	
Two-Spirit	3	0.09%	
Questioning/unsure	64	1.91%	
If none of the above, please specify:	38	1.14%	
I prefer not to answer	229	6.85%	
Relationship Status (N = 3350)			
Single	2,069	61.76%	
In a relationship	944	28.18%	
Married, in a domestic partnership, or engaged	274	8.18%	
Divorced or separated	31	0.93%	
Widowed	3	0.09%	
Other, please specify:	29	0.87%	
Disability (N = 3235)			
Physical disability	122	3.77%	
Blind/visually impaired	57	1.76%	
Deaf/hard of hearing	33	1.02%	
Mental health condition	590	18.24%	
Neurological (learning disability, ASD, Traumatic Brain Injury, ADHD, etc.)	440	13.60%	

For each section, the 15 categories with the largest sample sizes are displayed.

Some variables may not add up to 100% because respondents were allowed to select multiple options. This applies to questions on Indigenous identity, ethnicity, and disability.

TABLE 2. STUDENT DEMOGRAPHIC CHARACTERISTICS BASED ON SELF-REPORT DATA

	RESPONSES		
	N	%	
Chronic Health Condition (Crohn's, HIV, etc.)	121	3.74%	
Another condition not listed above	144	4.45%	
Not applicable - I don't have a disability or ongoing medical condition	1,883	58.21%	
I prefer not to answer	297	9.18%	
Disability (Exclusive) (N = 1055)			
The respondent has only chosen one disability category	713	67.58%	
The respondent has chosen two or more disability categories	342	32.42%	
Disability Accommodation (N = 1051)			
Yes	409	38.92%	
No	617	58.71%	
I prefer not to answer	25	2.38%	
Parental Education Level (N = 3370)			
High school or less (e.g. GED, high school diploma, primary or elementary completion, etc.)	757	22.46%	
Completed a college program (e.g. Apprenticeship, certificate or college diploma, etc.)	588	17.45%	
Completed a university degree (e.g. Bachelor)	1,051	31.19%	
Completed a graduate or other professional degree (e.g. Master, PhD)	684	20.30%	
I don't know	144	4.27%	
I prefer not to answer	90	2.67%	
Not applicable	56	1.66%	

For each section, the 15 categories with the largest sample sizes are displayed.

Some variables may not add up to 100% because respondents were allowed to select multiple options. This applies to questions on Indigenous identity, ethnicity, and disability.

Results

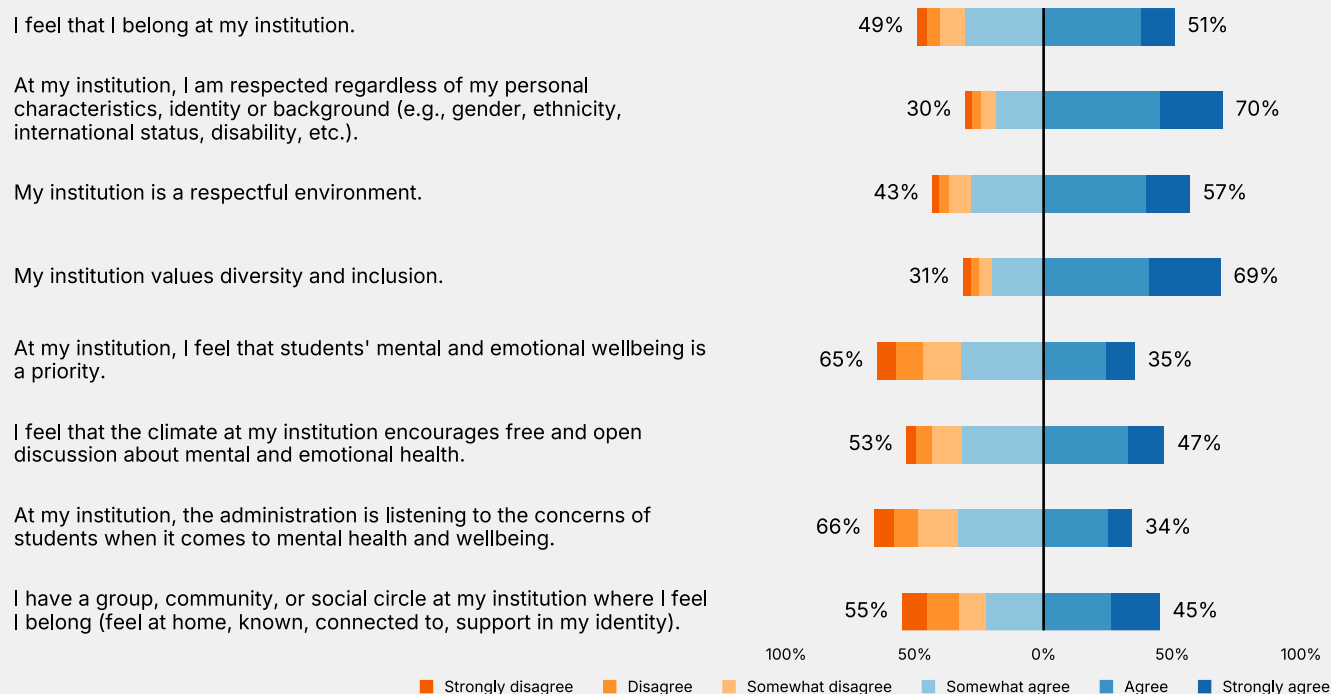
Institutional Experience

Climate

The campus climate plays a critical role in shaping students' overall experience, including their sense of belonging, emotional wellbeing, and perception of institutional values such as diversity and inclusion. This section highlights student responses related to how supported, respected, and included they feel within their institution. It explores whether students believe the administration prioritizes mental health, encourages open discussion, and listens to student concerns. These insights help institutions assess the effectiveness of their policies and practices in fostering an inclusive and supportive campus environment.

Figure 1.1 Climate

Level of student agreement with statements about their experience at their institution.



Academic Experience

A meaningful academic experience extends beyond the delivery of content — it reflects how well an institution cultivates environments where students feel supported, challenged, and capable of growth. This section explores students' perceptions of the academic journey: whether they feel equipped to overcome challenges, encouraged to realize their potential, and supported by teaching practices and institutional structures.

Figure 1.2 Class Location

I am taking classes this term

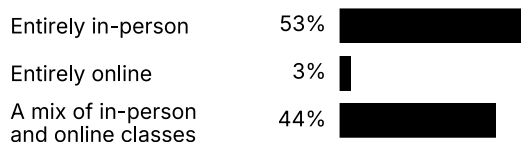


Figure 1.3 Academic Experience

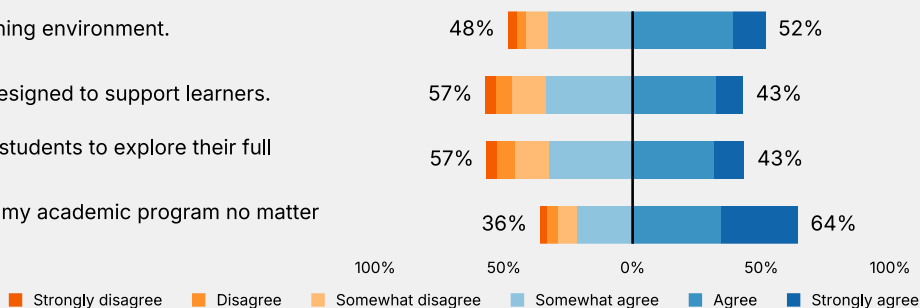
Students rated their agreement with statements about instructional support, learning environment, and academic confidence.

My institution provides a supportive learning environment.

My institution uses teaching strategies designed to support learners.

My institution provides opportunities for students to explore their full potential.

I am confident that I will be able to finish my academic program no matter what challenges I may face.



Campus Safety

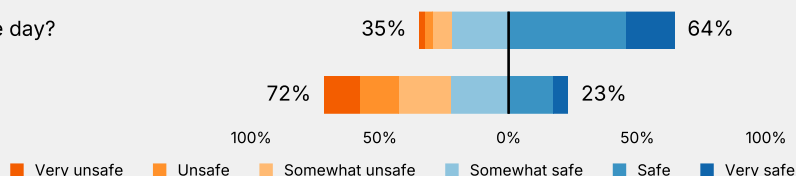
This section examines students' perceptions of safety on campus, both during the day and at night. Responses reflect how safe students feel in their physical campus environment.

Figure 1.4 Campus Safety

Students' perceptions of safety on campus for both daytime and nighttime.

How safe or unsafe do you feel on campus during the day?

How safe or unsafe do you feel on campus at night?



Excludes "Not applicable / I do not know" responses. Full distribution provided in the appendix.

Mental Health

Mental Wellbeing

Emotional, social and psychological wellbeing were assessed using the Warwick-Edinburgh Mental Well-being Scale (WEMWBS; Tennant et al., 2007). The WEMWBS consists of 14-items that are all positively worded and relate to the main components (eudemonic and hedonic) of mental wellbeing. The items are summed to provide a single score ranging from 14 to 70 with higher scores reflecting greater wellbeing. Single scores can also be categorized into groups: low mental wellbeing (below 40), average mental wellbeing (41-58), and high mental wellbeing (59-70).

Figure 2.1 Mental Wellbeing Level

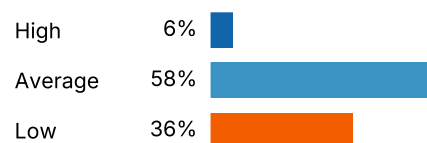
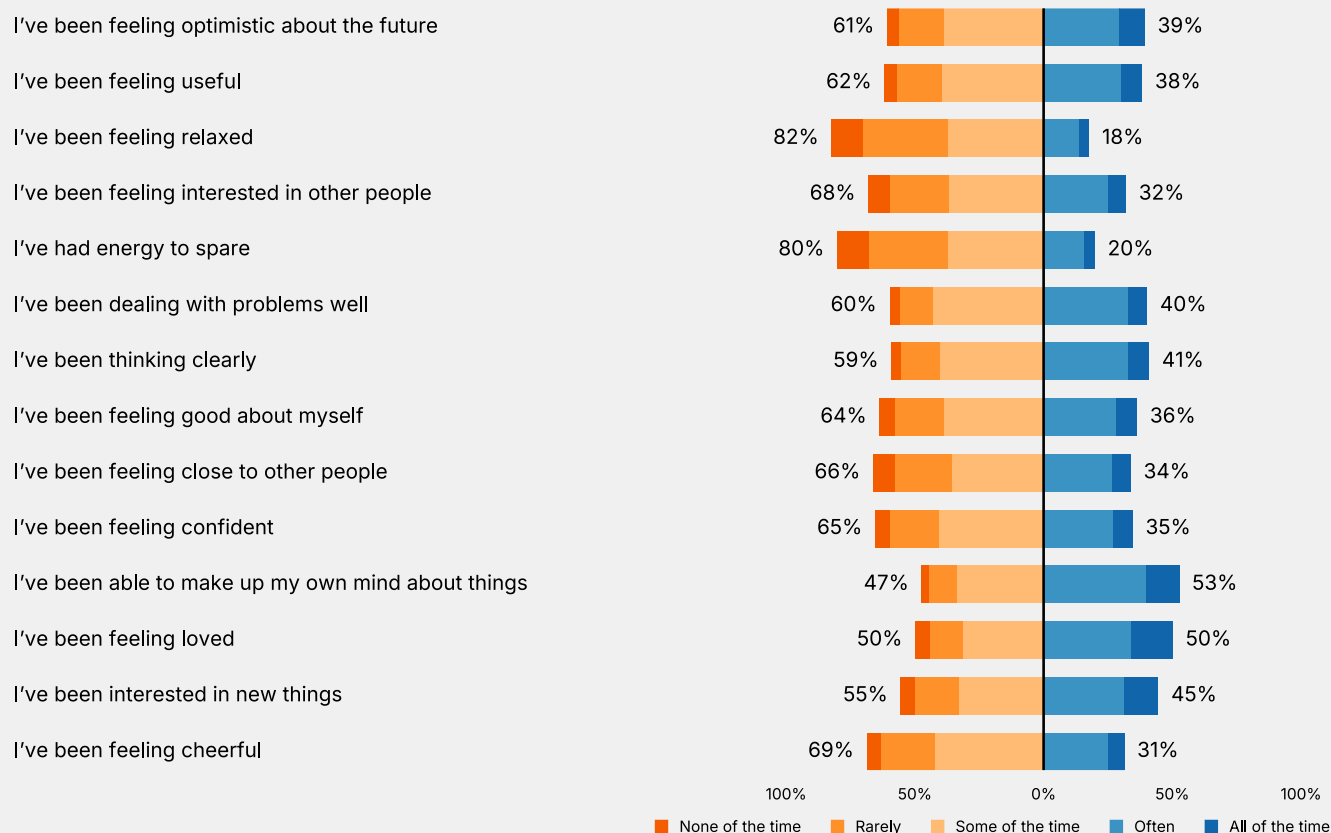


Figure 2.2 Mental Wellbeing

Student-reported experiences over the last two weeks.



Resilience

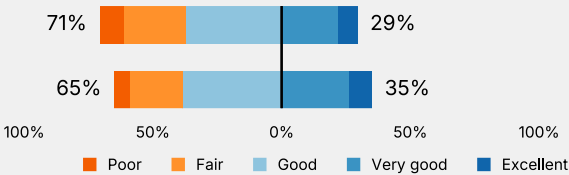
Drawing on the Canadian Community Health Survey (CCHS), we measure students’ resilience by evaluating their capacity to handle everyday pressures and adapt to unforeseen difficulties. Participants rated themselves on a five-point scale from ‘poor’ through ‘excellent.’

Figure 2.3 Resilience

Students’ ratings of their ability to manage daily responsibilities and handle unexpected problems.

Your ability to handle unexpected and difficult problems (a family or personal crisis)

Your ability to handle day-to-day demands in your life (work, family responsibilities)



Health Perception

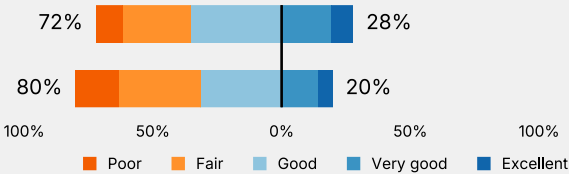
This section presents students’ self-rated mental and physical health, based on items from the CCHS. Responses were collected on a 5-point scale from ‘poor’ to ‘excellent’.

Figure 2.4 Health Perception

Students’ self-assessments of their mental and physical health.

Your physical health

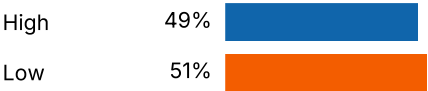
Your mental health



Social Support

This section of the survey focuses on students' experiences of social support. It examines the extent to which they feel connected to others and have access to supportive relationships in their daily lives. The questions are drawn from the 5-item Social Provisions Scale (SPS-5), a brief, validated measure developed using Canadian national survey data (Orpana et al., 2019).

Figure 2.5 Social Support Level

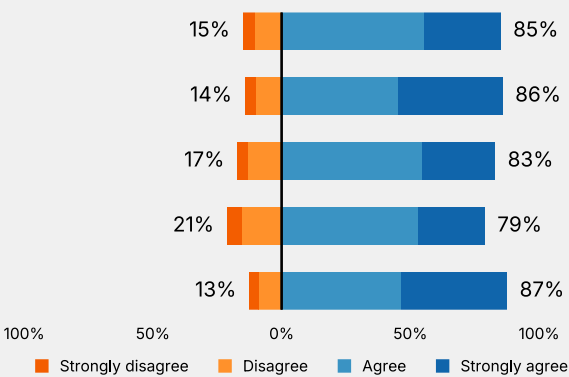


Social support levels based on total scores from the SPS-5; scores above 15 indicate high support.

Figure 2.6 Social Support

How students describe their current relationships with others, including friends, family, and community members.

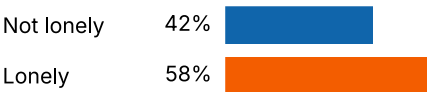
- I have close relationships that provide me with a sense of emotional security and wellbeing.
- There is someone I could talk to about important decisions in my life.
- I have relationships where my competence and skill are recognized.
- I feel part of a group of people who share my attitudes and beliefs.
- There are people I can count on in an emergency.



Loneliness

This section examines students' experiences of loneliness using the 3-item Loneliness Scale by Hughes et al. (2004). The items focus on feelings of isolation, being left out, and lacking companionship.

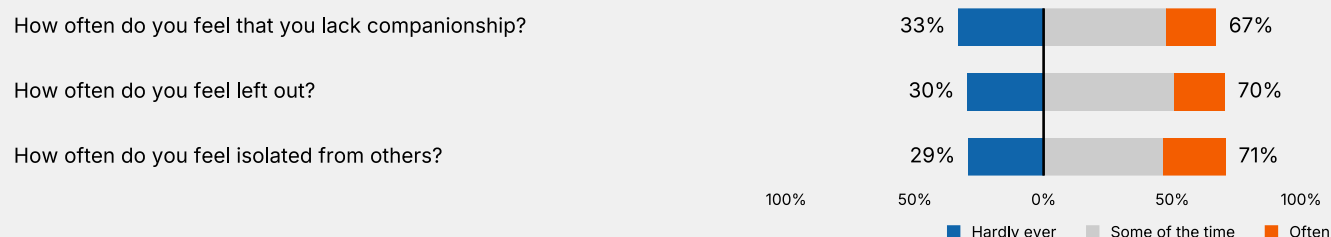
Figure 2.7 Loneliness: Category



Scores of 6–9 indicate loneliness; scores of 3–5 indicate not lonely, based on the 3-item Loneliness Scale.

Figure 2.8 Loneliness

Students were asked how often they experience each of the following feelings related to loneliness.

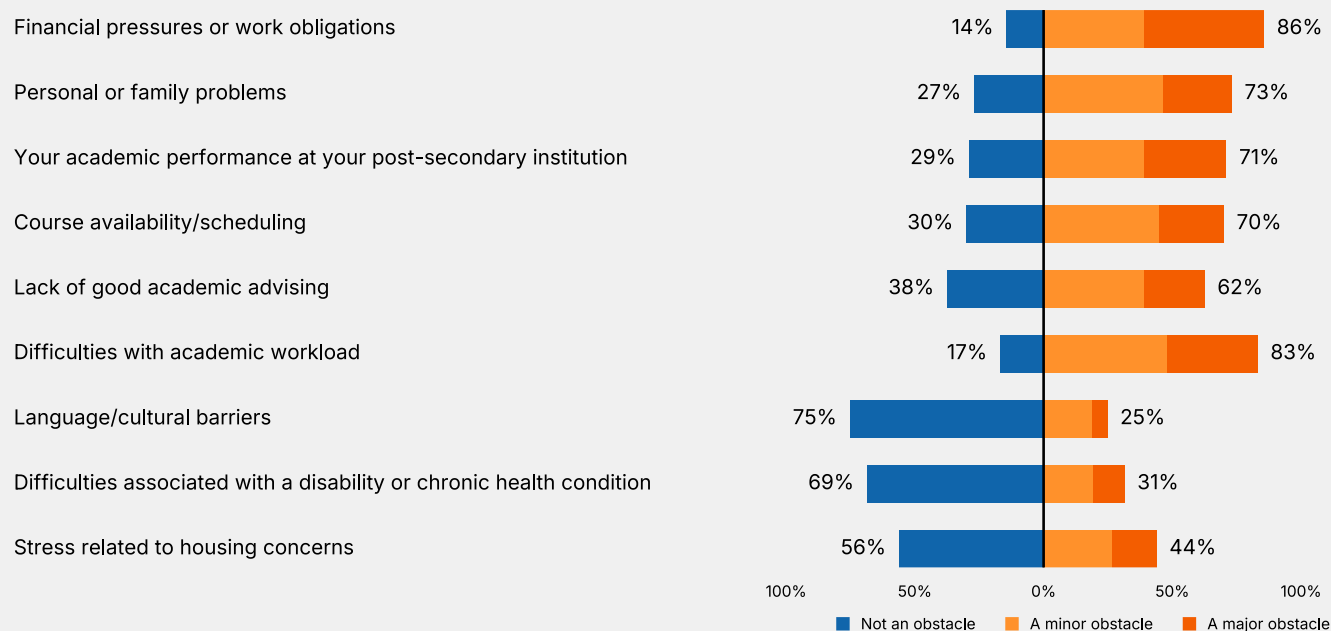


Stress

Understanding the challenges students face in their academic journey is essential for supporting their success. This section of the survey explored a range of potential obstacles that may affect academic progress, including those arising from both academic environments and students' lives outside of academia.

Figure 2.9 Stress

Degree to which the following factors have posed an obstacle to academic progress.



Mental Distress

This section presents results from the 10-item Kessler Psychological Distress Scale (K10), which measures symptoms of anxiety and depression experienced over the past 30 days. Higher total scores indicate greater levels of psychological distress. Scores are grouped into four categories: little/no, mild, moderate, and severe mental distress (Kessler et al., 2002).

Figure 2.10 Mental Distress Level

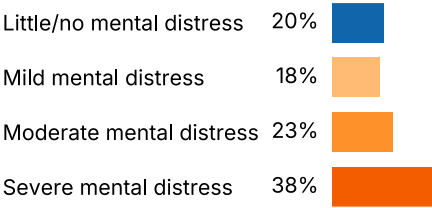
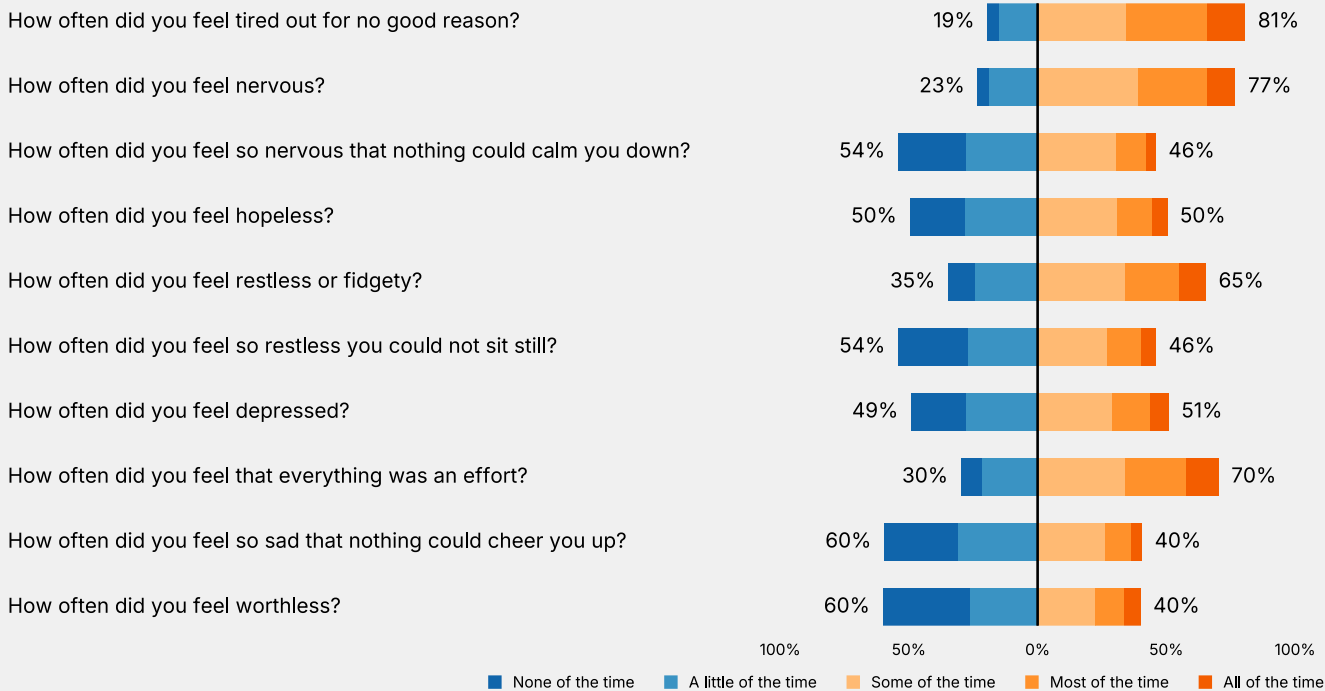


Figure 2.11 Mental Distress

Frequency of distress symptoms experienced during the past 30 days.



Suicidal Ideation

This section presents two items related to suicidal ideation and planning within the past 12 months. Respondents were first asked whether they had seriously contemplated suicide, and those who answered 'yes' were then asked if they had made a plan to attempt suicide.

Figure 2.12 Suicidal Ideation

In the past 12 months have you ever seriously contemplated suicide?

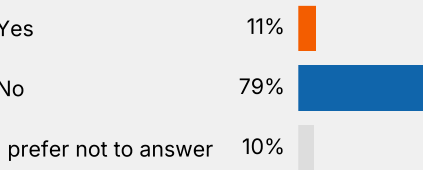
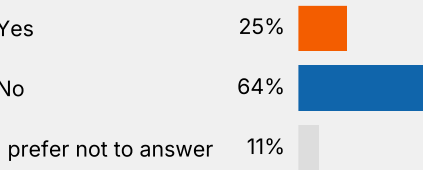


Figure 2.13 Planning to Attempt Suicide

In the past 12 months, have you ever made a plan to seriously attempt suicide?



This question is displayed only to the students who answer 'Yes' to the question Suicidal Ideation.

Physical Health

Physical Activity

This section reports on students' physical activity behaviours, based on self-reported levels of moderate and vigorous activity in the past 7 days. Results are used to assess whether students meet the Canadian 24-Hour Movement Guidelines (24HMG) for Adults (18–64 years), which recommend at least 150 minutes per week of moderate to vigorous physical activity. Muscle-strengthening activity was also assessed, with a guideline of two or more days per week using major muscle groups.

Time spent in vigorous and moderate activity (average hours per week) was derived from the International Physical Activity Questionnaire (IPAQ; Murphy et al., 2017). Muscle-strengthening activity was measured using a single item adapted from Yore et al. (2007).

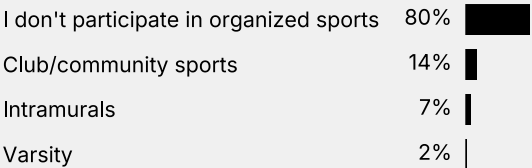
Met Physical Activity 24HMG

65%

Met guidelines: ≥150 minutes/week of moderate to vigorous physical activity.

Figure 3.1 Participation in Organized Sports

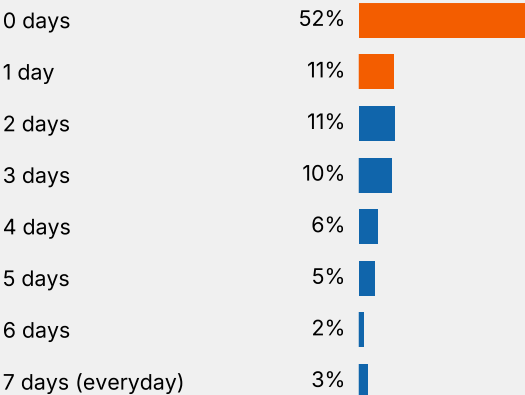
Within the last 12 months, have you participated in organized sports at any of the following levels?



Total percentages may exceed 100% as multiple answers were allowed

Figure 3.2 Days Spent Strengthening Major Muscle Groups per Week

Met Muscle Strengthening 24HMG: 37%



Sedentary Behaviour

Typical sitting habits — overall, in transit and during screen-based leisure — were recorded to evaluate adherence to the 24-Hour Movement Guidelines (≤ 8 hours of sitting, ≤ 3 hours screen time). Data were used to assess whether students met the Canadian 24-Hour Movement Guidelines, which recommend no more than 8 hours of total sitting time and no more than 3 hours of recreational screen time per day.

Met Sedentary Behaviour
24HMG

21%

Met sedentary behaviour guidelines (≤ 8 hours sitting & ≤ 3 hours screen time per day).

Figure 3.3 Daily Sitting Time

Average time spent sitting during the full day. Including time spent at school or work, at home, while doing course work, and during leisure time. This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television.

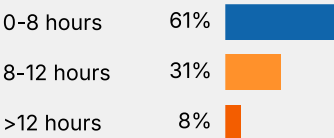


Figure 3.4 Daily Sitting Time During Travel

Average time spent per day sitting and driving in a car, bus, or train.

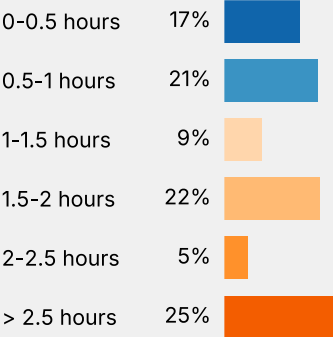
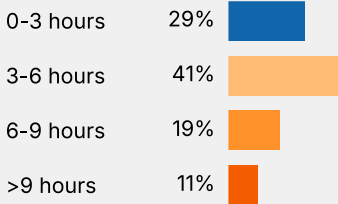


Figure 3.5 Daily Recreational Screen Time

Average time spent per day on watching TV or using a computer, tablet or smartphone during free time. Not including time spent on a computer at work or at school.

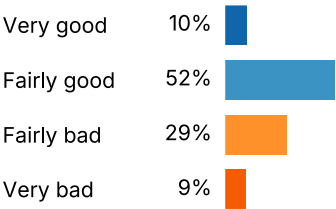


Sleep

This section summarizes students’ reported sleep quality and typical sleep duration on weekdays and weekends. Sleep duration was calculated from reported bedtimes and wake times, and evaluated against the Canadian 24-Hour Movement Guidelines, which recommend 7 to 9 hours of sleep per night for adults aged 18–64. Sleep quality was assessed using a single-item measure of perceived overall sleep experience during the past week.

Figure 3.6 Sleep Quality

During the past week, how would you rate your sleep quality overall (how well you sleep)?

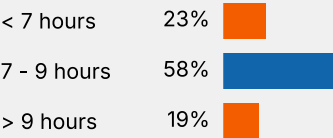


WEEKDAYS

Met 24HMG

58%

Figure 3.7 Sleep Duration

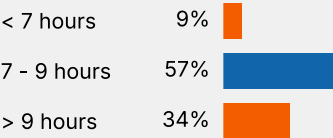


WEEKENDS

Met 24HMG

57%

Figure 3.8 Sleep Duration



24HMG – Canadian 24-Hour Movement Guidelines

Sexual Health Behaviours

This section summarizes students’ self-reported sexual health behaviours, including whether they have ever engaged in sexual activity, how consistently they use protective barriers during sexual activity, and their overall satisfaction with their sexual life.

Figure 3.9 Ever Engaged in Sexual Activity

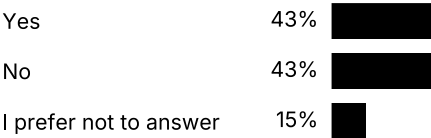


Figure 3.10 Protection Use

How often do you or your partner(s) use a protective barrier (e.g., external or internal condom, dam, glove) when you engage in sexual activity?

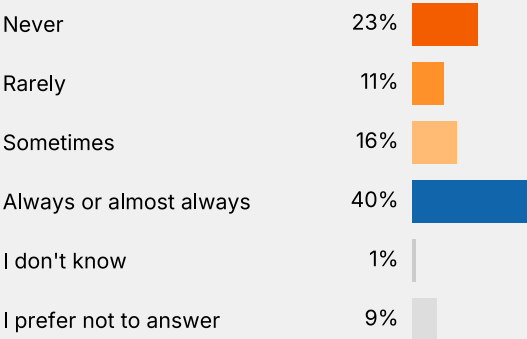
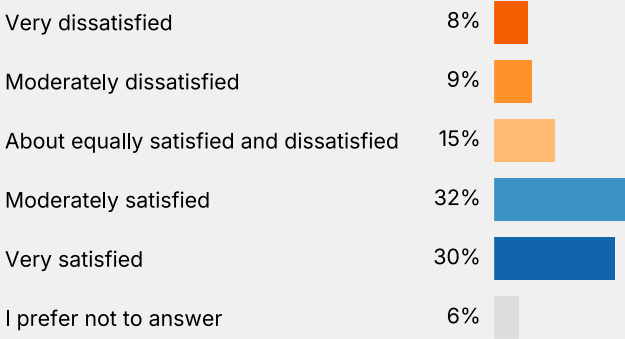


Figure 3.11 Satisfaction

How satisfied are you with your overall sexual life?



Displayed only to participants who responded 'Yes' to the question 'Have you ever engaged in sexual activity?'.

Health Services

Service Utilization: Mental Health

This section focuses on students' awareness and knowledge of mental health services, both on- and off-campus. It includes items on whether students know where to seek help, how to access available mental health resources, and their awareness of campus outreach efforts such as educational programs and anti-stigma campaigns.

Awareness of Mental Health Outreach

Are you aware of mental health outreach efforts at my institution (such as educational programs, awareness events, anti-stigma campaigns, screening days)? Awareness of outreach (% 'Yes')

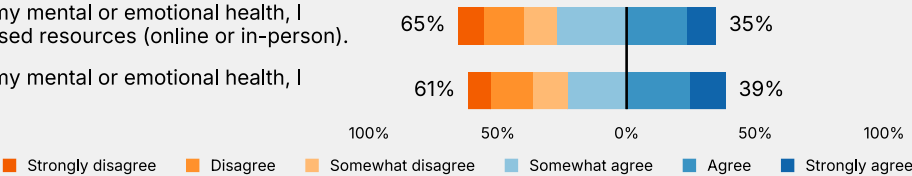
51%

Figure 4.1 Mental Health Services

Knowledge of how to access mental health services on- and off-campus.

If I needed to seek professional help for my mental or emotional health, I would know where to access campus-based resources (online or in-person).

If I needed to seek professional help for my mental or emotional health, I would know where to go off campus.



Service Utilization: Physical Health

This section summarizes students' knowledge and use of physical health services, including access to care both on- and off-campus. It also captures whether students use campus health services for primary care, such as routine check-ups. These indicators contribute to institutional understanding of how well campus services support overall student health.

Figure 4.2 Primary Care on Campus

Do you use campus health services for your primary care (such as routine check-ups with a doctor)?

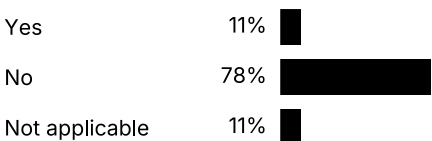
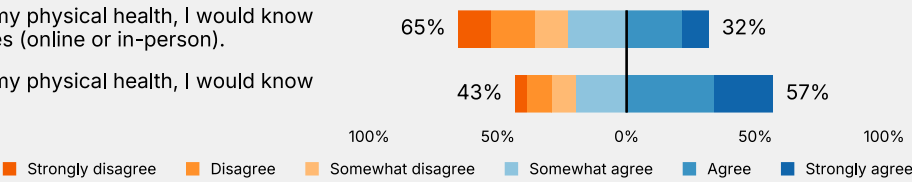


Figure 4.3 Physical Health Services

Knowledge of how to access physical health services on- and off-campus.

If I needed to seek professional help for my physical health, I would know where to access campus-based resources (online or in-person).

If I needed to seek professional help for my physical health, I would know where to go off campus.



Support Barriers

This section explores barriers that may influence students' willingness or ability to seek professional help for emotional concerns. It includes perceptions of institutional support, comfort with talking to professionals, and concerns about stigma or embarrassment.

Figure 4.4 Support System at Institution

There is a good support system at my institution for students going through difficult times.

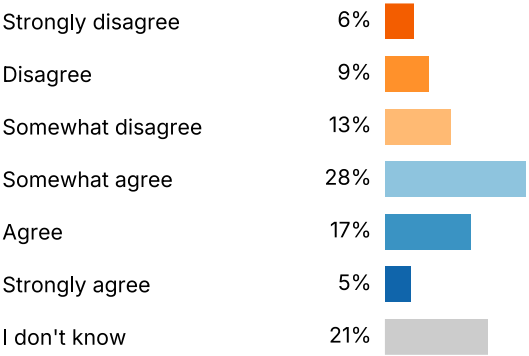


Figure 4.5 Comfort with Professional Help

How comfortable would you feel talking about personal problems with a professional?

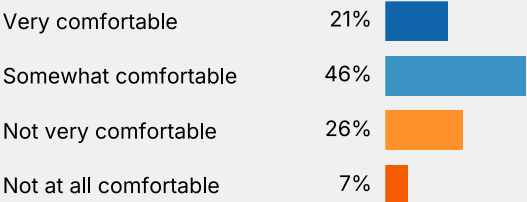
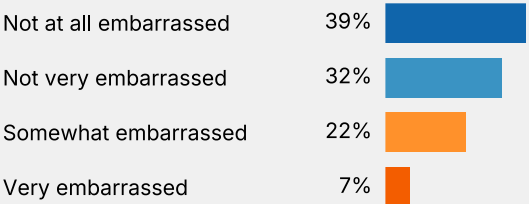


Figure 4.6 Embarrassment over Professional Help

How embarrassed would you be if your friends knew you were getting professional help for an emotional problem?



Help-Seeking Preferences

This section explores students’ preferences and intentions for seeking help when experiencing emotional difficulties. It includes how likely they are to seek professional support and whom they would talk to about serious emotional distress.

Figure 4.7 Seeking Help for Emotional Problems

If you had a serious emotional problem, would you...

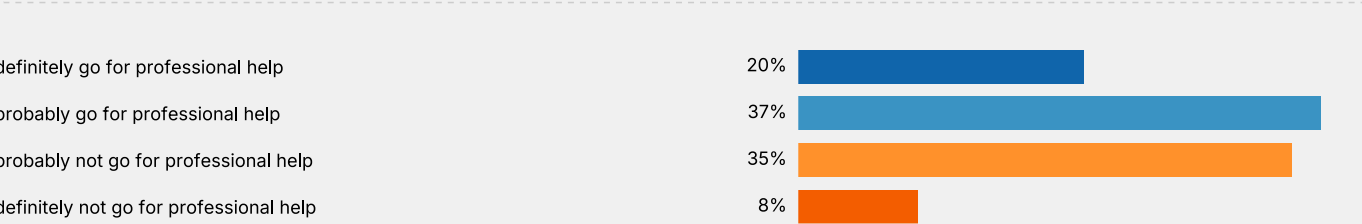
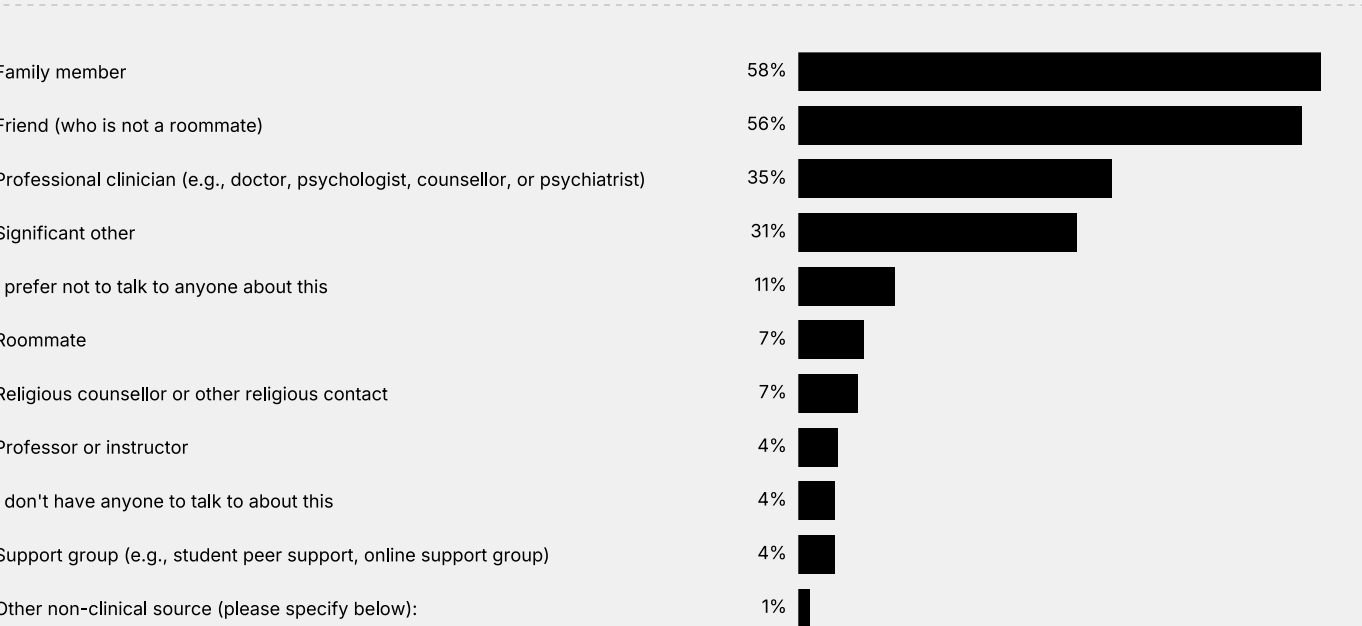


Figure 4.8 Talk About Emotional Distress

If you were experiencing serious emotional distress, whom would you talk to about this?



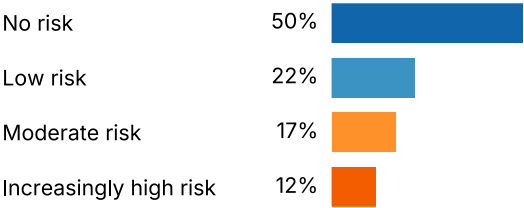
Total percentages may exceed 100% as multiple answers were allowed

Substance Use

Alcohol

Students' alcohol consumption patterns and associated health risks were evaluated by assessing binge drinking — defined as consuming four or more drinks (female sex) or five or more drinks (male sex) on a single occasion in the past 30 days — and categorizing weekly alcohol risk levels based on daily consumption data according to Canada's Guidance on Alcohol and Health (Paradis et al., 2023). Risk categories were: 0 drinks per week (no risk), 1–2 drinks (low risk), 3–6 drinks (moderate risk), and 7 or more drinks (increasingly high risk). Higher consumption is linked to increased risk of negative health outcomes.

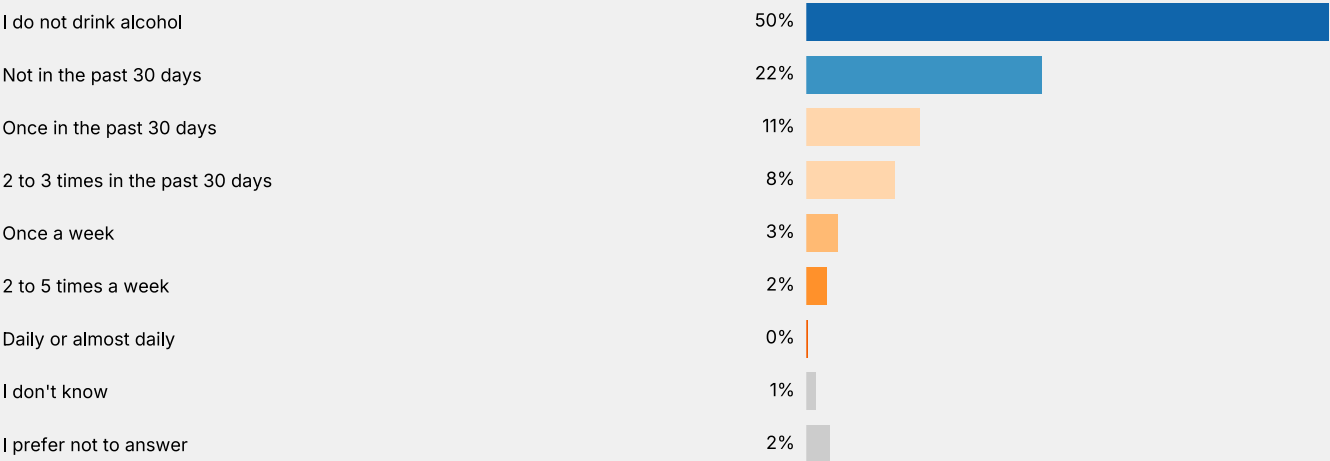
Figure 5.1 Alcohol Consumption Risk Level



Sample includes only respondents who reported drinking alcohol in the past 30 days and provided consumption data for the past 7 days.

Figure 5.2 Binge Drinking (Past 30 Days)

During the past 30 days, how often have you had 4 or more drinks (female sex) OR 5 or more drinks (male sex) on one occasion?



Smoking & Vaping

This section presents students' cigarette smoking and e-cigarette use behaviours, based on five items from the Canadian Postsecondary Education Alcohol and Drug Use Survey (CPADS, 2018). It includes frequency of smoking and vaping, as well as the contents of vaped products over the past 30 days — specifically nicotine, cannabis, and flavour-only use.

Figure 5.3 Frequency of Smoking

Which of the following best applies to you?

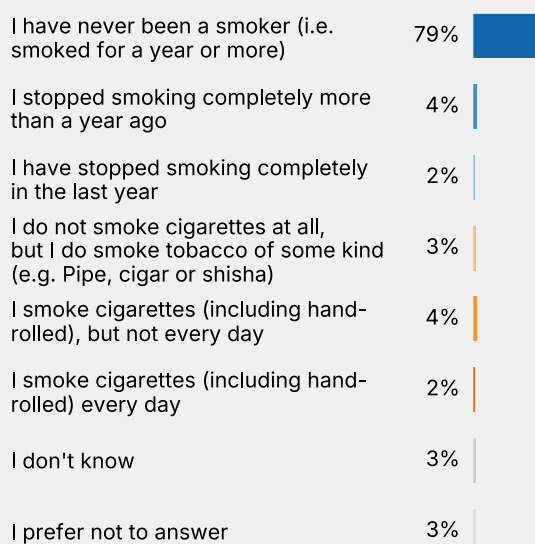
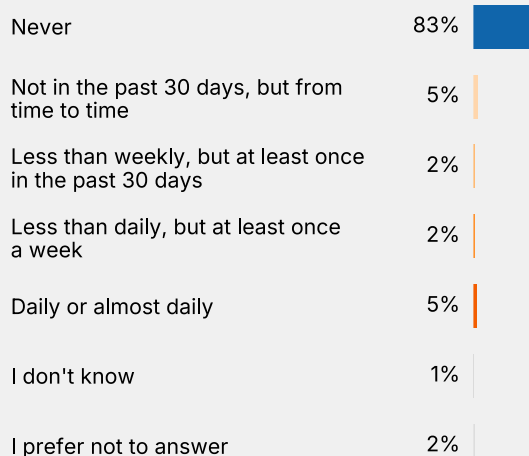


Figure 5.4 Frequency of Vaping (Past 30 Days)

During the past 30 days, how often did you use an e-cigarette or vaping device?



Vaping Frequency by E-Liquid Content (Past 30 Days)

Figure 5.5 Nicotine

On how many of the past 30 days did you vape an e-liquid with nicotine?

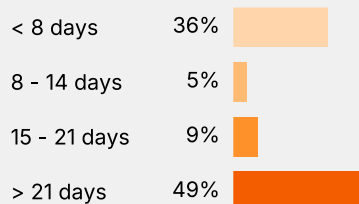


Figure 5.6 Cannabis

On how many of the past 30 days did you vape cannabis/marijuana?

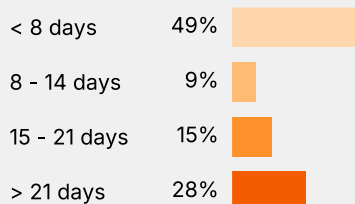
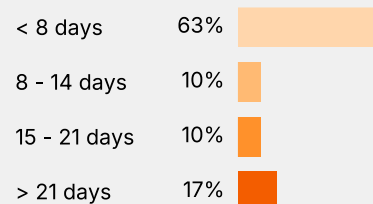


Figure 5.7 Flavour Only

On how many of the past 30 days, did you vape just flavouring (without nicotine)?



Cannabis

This section summarizes cannabis use over the past year and past 30 days, using questions from the Canadian Postsecondary Education Alcohol and Drug Use Survey (CPADS). Students were first asked whether they had used cannabis in the past 12 months. Those who answered “yes” were then asked to report how frequently they used it in the past 30 days.

Figure 5.8 Cannabis Use (Past 12 Months)

During the past 12 months, have you used cannabis?

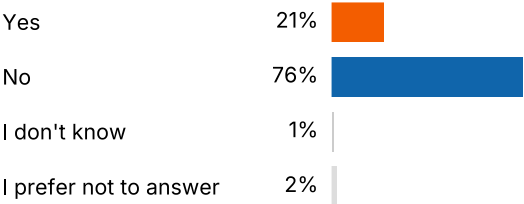
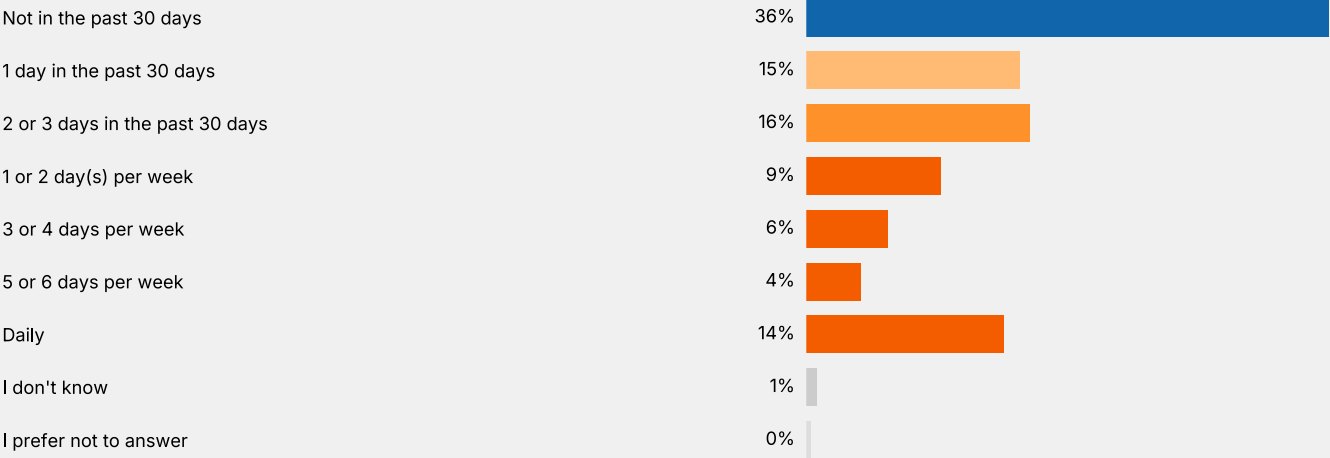


Figure 5.9 Cannabis Use (Past 30 Days)

In the past 30 days, how often did you use cannabis?



Question is displayed only to the participants who answered 'Yes' to the question Cannabis Use.

Pharmaceuticals

This section reports on students’ use and misuse of prescription pharmaceuticals, specifically pain relievers and stimulants. It captures whether these medications were used as intended, misused for other reasons, or obtained without a prescription. Misused refers to the use of pain relievers or stimulants for reasons other than their intended or recommended purposes — such as to help with sleep, improve mood, cope with stress, enhance performance, or for recreational purposes like experiencing a “high” or numbing feelings.

Pain Relievers

Pain relievers include products containing opioids like codeine or morphine, whether prescribed or not. This excludes common over-the-counter drugs such as Regular Tylenol®, Aspirin®, or Advil®, and focuses on drugs like Tylenol® 1–4 or 292s®. Students were asked about their use over the past 12 months, including whether they used these medications for non-pain-related reasons and whether they were prescribed.

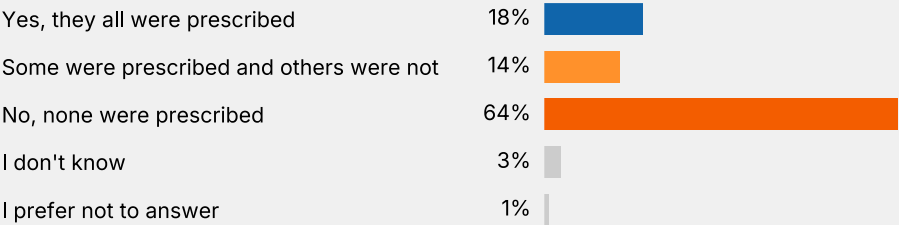
Used by

51%

Misused by

9%

Figure 5.10 Prescribed?



Sample includes only respondents who reported using pain relievers in the past 12 months.
Misused: Percentage of respondents who answered “Yes” to the question: “During the past 12 months, have you used pain relievers for reasons other than for pain relief?”

Stimulants

Stimulants refer to prescription medications like Ritalin®, Concerta®, Adderall®, or Dexedrine®, typically used to treat attention or concentration issues such as ADHD. Over-the-counter medications are excluded. Students were asked whether they used stimulants in the past 12 months, if the use was non-medical, and whether the medications were prescribed to them.

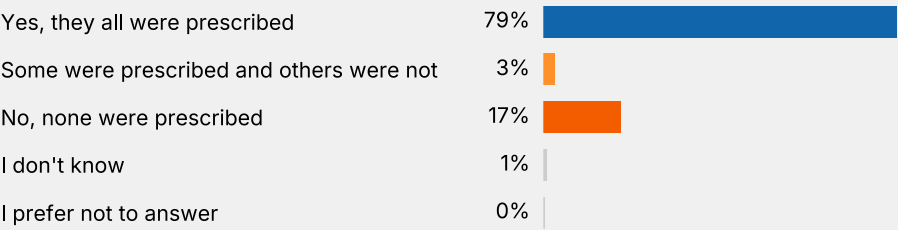
Used by

7%

Misused by

23%

Figure 5.11 Prescribed?



Sample includes only respondents who reported using stimulants in the past 12 months.
Misused: Percentage of respondents who answered "Yes" to the question: "During the past 12 months, did you use stimulants for reasons other than why they are recommended?"

Food Security

This section explores respondents' experiences with food security over the past 12 months, focusing on their ability to afford the food they needed. For new or first-year students, responses reflect their experiences since enrolling at their current post-secondary institution.

The analysis is based on the 18-item Household Food Security Survey Module (HFSSM), a standardized tool widely used in national surveys across Canada and the U.S. The HFSSM measures food insecurity that arises specifically from financial constraints — such as uncertainty about food access, insufficient quantity or quality of food, and disrupted eating patterns. It does not capture other causes of food restriction, such as dieting or personal choice.

More question-level results are available in the appendix.

Figure 6.1 Food Security Level

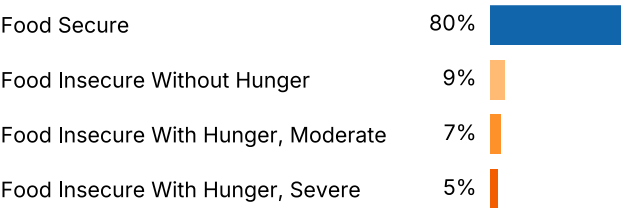
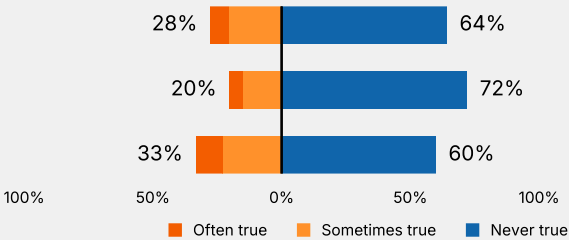


Figure 6.2 Food Security Concerns

Self-reported difficulty affording or accessing enough food in the past year.

- (I/we) worried that food would run out before (I/we) got money to buy more.
- The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more.
- I couldn't afford to eat balanced meals.



Excludes "Not applicable / I do not know" responses. Full distribution provided in the appendix.

Housing Security

The following findings are from the optional Housing Security module, which explores students' experiences with housing access, affordability, and stability. The module includes questions about rent costs, the ability to pay rent on time, housing-related financial stress, living arrangements, and housing conditions.

Figure 7.1 Rent Expenses

How much do you spend on your share of rent each month? (CAD)
Average monthly rent (excluding \$0 responses): **\$1366**

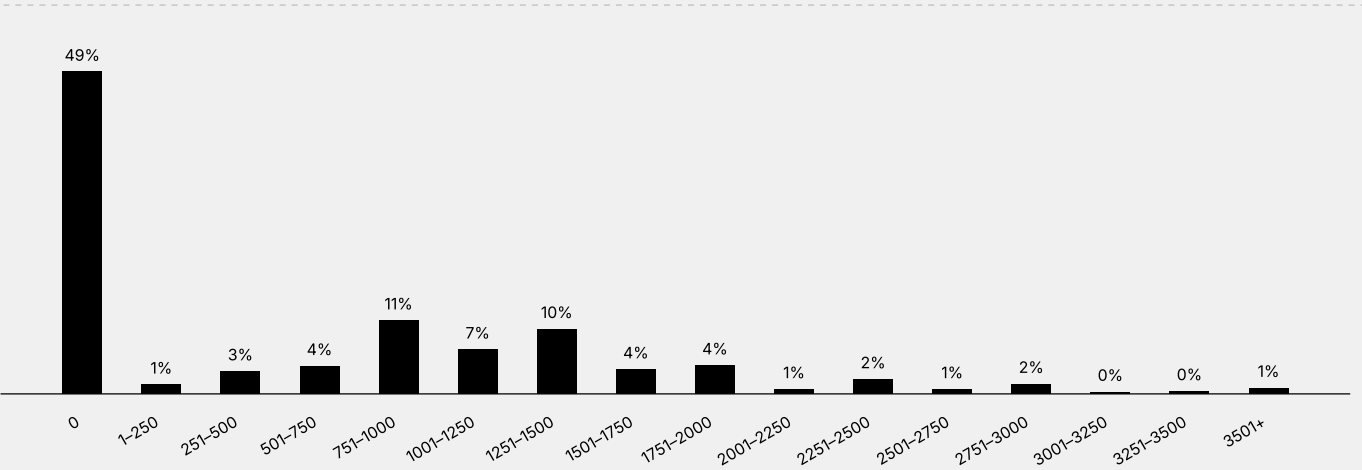
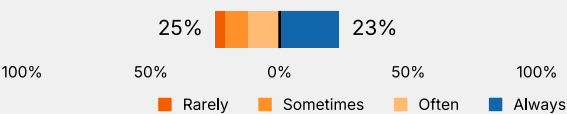


Figure 7.2 Funds for Timely Rent

Student-reported ability to meet rent payments consistently over the last year

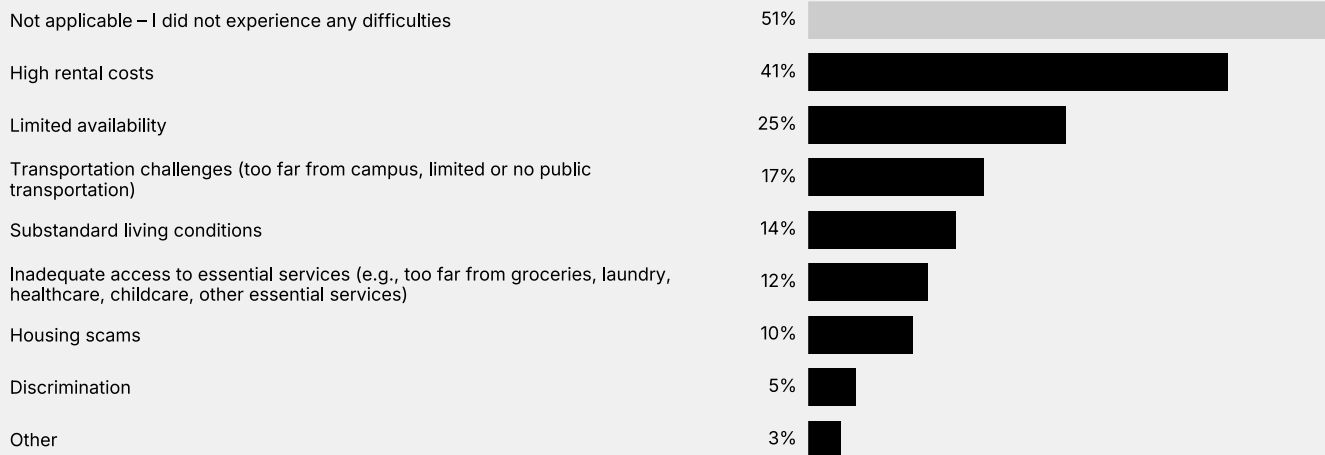
In the last twelve months, have you had the funds available to be able to pay your rent on time.



Excludes "Not applicable / I do not know" responses. Full distribution provided in the appendix.

Figure 7.3 Housing Search Difficulties

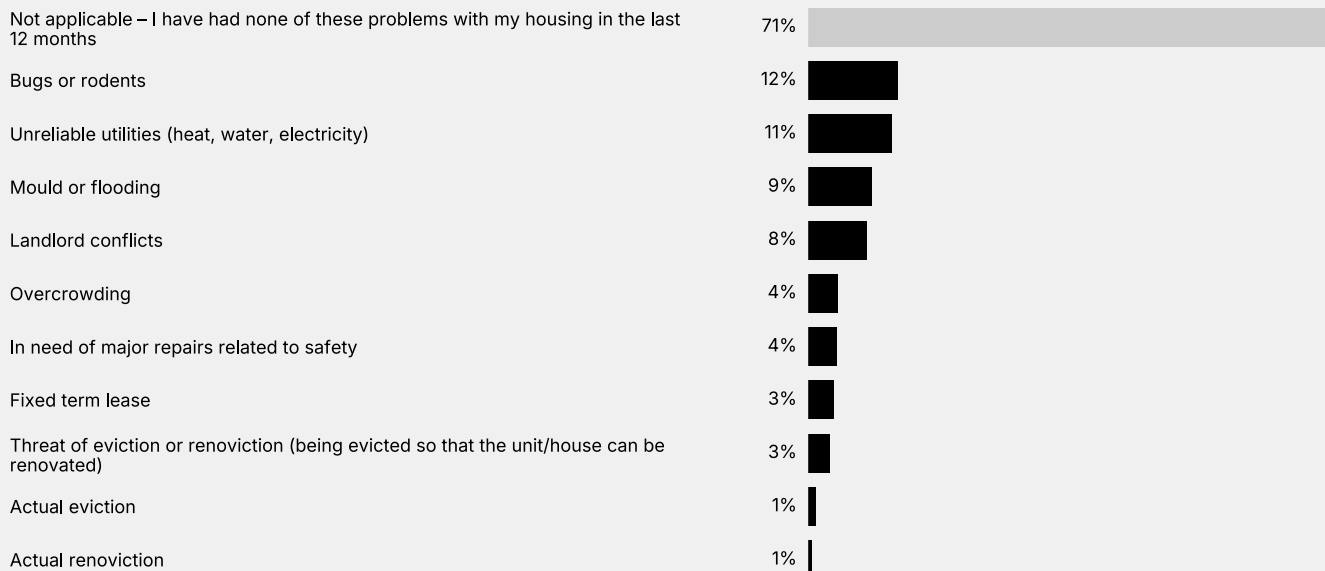
Did you experience any difficulties in finding suitable housing near your educational institution?



Total percentages may exceed 100% as multiple answers were allowed

Figure 7.4 Housing-Related Challenges

In the last twelve months, have you had any of the following problems with your housing?



Total percentages may exceed 100% as multiple answers were allowed

Figure 7.5 Impact Housing Challenges

Student-reported experiences related to the consequences of housing insecurity

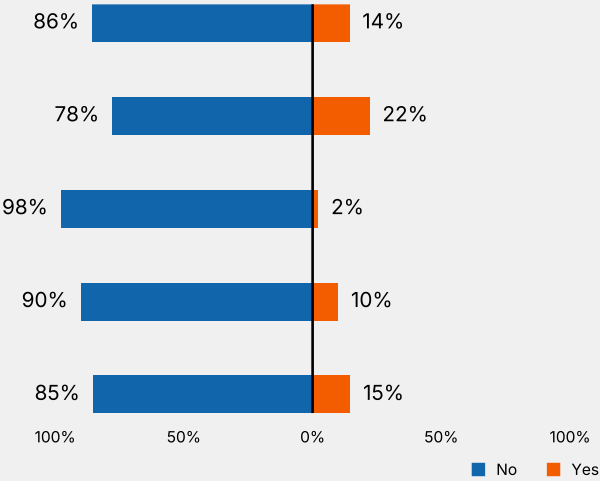
In the last twelve months, have you had to share a bedroom with one or more roommates in order to have somewhere to live, or to afford your rent.

Have you had to sacrifice or give up other necessities in your life (e.g., food, transportation, education expenses) due to housing costs?

In the last twelve months, have you had to sleep outside, in a shelter, or in a place not meant for sleeping because you did not have other housing.

Are you staying in an unhealthy relationship (family/roommate/partner) due to lack of housing options?

Have you ever considered dropping out or deferring your education due to housing-related financial stress?



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Appendix

Institutional Experience

Climate

I feel that I belong at my institution.

QUESTION ID: Climate_1 SAMPLE SIZE: 4060 MEAN SCORE: 4.3

RESPONSE	SCORE	RESPONSES		
		N	%	
Strongly disagree	1	151	3.72%	
Disagree	2	209	5.15%	
Somewhat disagree	3	389	9.58%	
Somewhat agree	4	1,246	30.69%	
Agree	5	1,530	37.68%	
Strongly agree	6	535	13.18%	

At my institution, I am respected regardless of my personal characteristics, identity or background (e.g., gender, ethnicity, international status, disability, etc.).

QUESTION ID: Climate_2 SAMPLE SIZE: 4062 MEAN SCORE: 4.7

Strongly disagree	1	103	2.54%	
Disagree	2	136	3.35%	
Somewhat disagree	3	250	6.15%	
Somewhat agree	4	748	18.41%	
Agree	5	1,836	45.20%	
Strongly agree	6	989	24.35%	

My institution is a respectful environment.

QUESTION ID: Climate_3 SAMPLE SIZE: 4059 MEAN SCORE: 4.5

Strongly disagree	1	99	2.44%	
Disagree	2	150	3.70%	
Somewhat disagree	3	354	8.72%	
Somewhat agree	4	1,147	28.26%	
Agree	5	1,622	39.96%	

My institution is a respectful environment.

QUESTION ID: Climate_3 SAMPLE SIZE: 4059 MEAN SCORE: 4.5

Strongly agree	6	687	16.93%	
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My institution values diversity and inclusion.

QUESTION ID: Climate_4 SAMPLE SIZE: 4157 MEAN SCORE: 4.8

Strongly disagree	1	123	2.96%	
Disagree	2	130	3.13%	
Somewhat disagree	3	214	5.15%	
Somewhat agree	4	834	20.06%	
Agree	5	1,697	40.82%	
Strongly agree	6	1,159	27.88%	

At my institution, I feel that students' mental and emotional wellbeing is a priority.

QUESTION ID: Climate_5 SAMPLE SIZE: 4162 MEAN SCORE: 3.9

Strongly disagree	1	295	7.09%	
Disagree	2	437	10.50%	
Somewhat disagree	3	617	14.82%	
Somewhat agree	4	1,339	32.17%	
Agree	5	1,006	24.17%	
Strongly agree	6	468	11.24%	

I feel that the climate at my institution encourages free and open discussion about mental and emotional health.

QUESTION ID: Climate_6 SAMPLE SIZE: 4159 MEAN SCORE: 4.3

Strongly disagree	1	153	3.68%	
Disagree	2	243	5.84%	
Somewhat disagree	3	493	11.85%	
Somewhat agree	4	1,323	31.81%	
Agree	5	1,368	32.89%	
Strongly agree	6	579	13.92%	

At my institution, the administration is listening to the concerns of students when it comes to mental health and wellbeing.

QUESTION ID: Climate_7 SAMPLE SIZE: 4149 MEAN SCORE: 3.9

Strongly disagree	1	318	7.66%	
Disagree	2	374	9.01%	
Somewhat disagree	3	657	15.84%	
Somewhat agree	4	1,374	33.12%	
Agree	5	1,045	25.19%	
Strongly agree	6	381	9.18%	

I have a group, community, or social circle at my institution where I feel I belong (feel at home, known, connected to, support in my identity).

QUESTION ID: Climate_8 SAMPLE SIZE: 4156 MEAN SCORE: 4.0

Strongly disagree	1	400	9.62%	
Disagree	2	512	12.32%	
Somewhat disagree	3	450	10.83%	
Somewhat agree	4	924	22.23%	
Agree	5	1,092	26.28%	
Strongly agree	6	778	18.72%	

Academic Experience

My institution provides a supportive learning environment.

QUESTION ID: AcExp_1 SAMPLE SIZE: 3916 MEAN SCORE: 4.4

RESPONSE	SCORE	RESPONSES		
		N	%	
Strongly disagree	1	123	3.14%	
Disagree	2	137	3.50%	
Somewhat disagree	3	344	8.78%	
Somewhat agree	4	1,291	32.97%	
Agree	5	1,521	38.84%	
Strongly agree	6	500	12.77%	

My institution uses teaching strategies designed to support learners.

QUESTION ID: AcExp_2 SAMPLE SIZE: 3917 MEAN SCORE: 4.2

Strongly disagree	1	163	4.16%	
Disagree	2	234	5.97%	
Somewhat disagree	3	529	13.51%	
Somewhat agree	4	1,314	33.55%	
Agree	5	1,280	32.68%	
Strongly agree	6	397	10.14%	

My institution provides opportunities for students to explore their full potential.

QUESTION ID: AcExp_3 SAMPLE SIZE: 3915 MEAN SCORE: 4.2

Strongly disagree	1	159	4.06%	
Disagree	2	266	6.79%	
Somewhat disagree	3	517	13.21%	
Somewhat agree	4	1,276	32.59%	
Agree	5	1,244	31.78%	

My institution provides opportunities for students to explore their full potential.

QUESTION ID: AcExp_3 SAMPLE SIZE: 3915 MEAN SCORE: 4.2

Strongly agree	6	453	11.57%	
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I am confident that I will be able to finish my academic program no matter what challenges I may face.

QUESTION ID: AcExp_4 SAMPLE SIZE: 3939 MEAN SCORE: 4.7

Strongly disagree	1	101	2.56%	
Disagree	2	165	4.19%	
Somewhat disagree	3	297	7.54%	
Somewhat agree	4	852	21.63%	
Agree	5	1,360	34.53%	
Strongly agree	6	1,164	29.55%	

Campus Safety

I am taking classes this term

QUESTION ID: ClassLocation SAMPLE SIZE: 4150

RESPONSE	RESPONSES		
	N	%	
Entirely in-person	2,211	53.28%	
Entirely online	132	3.18%	
A mix of in-person and online classes	1,807	43.54%	

How safe or unsafe do you feel on campus during the day?

QUESTION ID: SafeDay SAMPLE SIZE: 4162 MEAN SCORE: 4.6

RESPONSE	SCORE	RESPONSES		
		N	%	
Very unsafe	1	94	2.26%	
Unsafe	2	123	2.96%	
Somewhat unsafe	3	309	7.42%	
Somewhat safe	4	916	22.01%	
Safe	5	1,900	45.65%	
Very safe	6	783	18.81%	
Not applicable	-10	37	0.89%	

How safe or unsafe do you feel on campus at night?

QUESTION ID: SafeNight SAMPLE SIZE: 4167 MEAN SCORE: 3.3

Very unsafe	1	577	13.85%	
Unsafe	2	631	15.14%	

How safe or unsafe do you feel on campus at night?

QUESTION ID: SafeNight SAMPLE SIZE: 4167 MEAN SCORE: 3.3

Somewhat unsafe	3	845	20.28%	
Somewhat safe	4	935	22.44%	
Safe	5	730	17.52%	
Very safe	6	234	5.62%	
Not applicable	-10	215	5.16%	

Mental Health

Mental Wellbeing

Mental Wellbeing Level

QUESTION ID: WEMWBS_Total_Category SAMPLE SIZE: 3700

RESPONSE	RESPONSES		
	N	%	
Low	1,344	36.32%	
Average	2,140	57.84%	
High	216	5.84%	

I've been feeling optimistic about the future

QUESTION ID: WEMWBS_1 SAMPLE SIZE: 3797 MEAN SCORE: 3.2

RESPONSE	SCORE	RESPONSES		
		N	%	
None of the time	1	165	4.35%	
Rarely	2	669	17.62%	
Some of the time	3	1,472	38.77%	
Often	4	1,120	29.50%	
All of the time	5	371	9.77%	

I've been feeling useful

QUESTION ID: WEMWBS_2 SAMPLE SIZE: 3796 MEAN SCORE: 3.2

None of the time	1	178	4.69%	
Rarely	2	658	17.33%	
Some of the time	3	1,508	39.73%	
Often	4	1,146	30.19%	
All of the time	5	306	8.06%	

I've been feeling relaxed**QUESTION ID:** WEMWBS_3 **SAMPLE SIZE:** 3791 **MEAN SCORE:** 2.6

None of the time	1	466	12.29%	
Rarely	2	1,237	32.63%	
Some of the time	3	1,418	37.40%	
Often	4	530	13.98%	
All of the time	5	140	3.69%	

I've been feeling interested in other people**QUESTION ID:** WEMWBS_4 **SAMPLE SIZE:** 3796 **MEAN SCORE:** 3.0

None of the time	1	314	8.27%	
Rarely	2	870	22.92%	
Some of the time	3	1,398	36.83%	
Often	4	955	25.16%	
All of the time	5	259	6.82%	

I've had energy to spare**QUESTION ID:** WEMWBS_5 **SAMPLE SIZE:** 3796 **MEAN SCORE:** 2.7

None of the time	1	465	12.25%	
Rarely	2	1,159	30.53%	
Some of the time	3	1,418	37.36%	
Often	4	604	15.91%	
All of the time	5	150	3.95%	

I've been dealing with problems well**QUESTION ID:** WEMWBS_6 **SAMPLE SIZE:** 3798 **MEAN SCORE:** 3.3

None of the time	1	145	3.82%	
Rarely	2	488	12.85%	
Some of the time	3	1,639	43.15%	
Often	4	1,258	33.12%	
All of the time	5	268	7.06%	

I've been thinking clearly**QUESTION ID:** WEMWBS_7 **SAMPLE SIZE:** 3795 **MEAN SCORE:** 3.3

None of the time	1	133	3.50%	
Rarely	2	575	15.15%	
Some of the time	3	1,534	40.42%	
Often	4	1,257	33.12%	
All of the time	5	296	7.80%	

I've been feeling good about myself**QUESTION ID:** WEMWBS_8 **SAMPLE SIZE:** 3799 **MEAN SCORE:** 3.1

None of the time	1	228	6.00%	
Rarely	2	714	18.79%	
Some of the time	3	1,478	38.90%	
Often	4	1,073	28.24%	
All of the time	5	306	8.05%	

I've been feeling close to other people**QUESTION ID:** WEMWBS_9 **SAMPLE SIZE:** 3798 **MEAN SCORE:** 3.0

None of the time	1	322	8.48%	
Rarely	2	833	21.93%	
Some of the time	3	1,358	35.76%	
Often	4	1,017	26.78%	
All of the time	5	268	7.06%	

I've been feeling confident**QUESTION ID:** WEMWBS_10 **SAMPLE SIZE:** 3796 **MEAN SCORE:** 3.1

None of the time	1	207	5.45%	
Rarely	2	732	19.28%	
Some of the time	3	1,544	40.67%	
Often	4	1,025	27.00%	
All of the time	5	288	7.59%	

I've been able to make up my own mind about things**QUESTION ID:** WEMWBS_11 **SAMPLE SIZE:** 3800 **MEAN SCORE:** 3.5

None of the time	1	104	2.74%	
Rarely	2	408	10.74%	
Some of the time	3	1,286	33.84%	
Often	4	1,513	39.82%	
All of the time	5	489	12.87%	

I've been feeling loved**QUESTION ID:** WEMWBS_12 **SAMPLE SIZE:** 3796 **MEAN SCORE:** 3.4

None of the time	1	207	5.45%	
Rarely	2	488	12.86%	
Some of the time	3	1,196	31.51%	
Often	4	1,287	33.90%	
All of the time	5	618	16.28%	

I've been interested in new things

QUESTION ID: WEMWBS_13 SAMPLE SIZE: 3797 MEAN SCORE: 3.3

None of the time	1	211	5.56%	
Rarely	2	643	16.93%	
Some of the time	3	1,253	33.00%	
Often	4	1,193	31.42%	
All of the time	5	497	13.09%	

I've been feeling cheerful

QUESTION ID: WEMWBS_14 SAMPLE SIZE: 3800 MEAN SCORE: 3.1

None of the time	1	200	5.26%	
Rarely	2	801	21.08%	
Some of the time	3	1,608	42.32%	
Often	4	947	24.92%	
All of the time	5	244	6.42%	

Resilience

Your ability to handle unexpected and difficult problems (a family or personal crisis)

QUESTION ID: Resil_1 SAMPLE SIZE: 3724 MEAN SCORE: 2.9

RESPONSE	SCORE	RESPONSES		
		N	%	
Poor	1	342	9.18%	
Fair	2	909	24.41%	
Good	3	1,379	37.03%	
Very good	4	813	21.83%	
Excellent	5	281	7.55%	

Your ability to handle day-to-day demands in your life (work, family responsibilities)

QUESTION ID: Resil_2 SAMPLE SIZE: 3721 MEAN SCORE: 3.1

Poor	1	228	6.13%	
Fair	2	758	20.37%	
Good	3	1,431	38.46%	
Very good	4	972	26.12%	
Excellent	5	332	8.92%	

Health Perception

Your physical health

QUESTION ID: GIPhysH SAMPLE SIZE: 3720 MEAN SCORE: 2.9

RESPONSE	SCORE	RESPONSES		
		N	%	
Poor	1	382	10.27%	
Fair	2	984	26.45%	
Good	3	1,318	35.43%	
Very good	4	722	19.41%	
Excellent	5	314	8.44%	

Your mental health

QUESTION ID: GIMentH SAMPLE SIZE: 3719 MEAN SCORE: 2.6

Poor	1	628	16.89%	
Fair	2	1,178	31.68%	
Good	3	1,174	31.57%	
Very good	4	524	14.09%	
Excellent	5	215	5.78%	

Social Support

Social Support Level

QUESTION ID: Relationships_Total_Category SAMPLE SIZE: 3643

RESPONSE	RESPONSES		
	N	%	
Low	1,863	51.14%	
High	1,780	48.86%	

Social support levels based on total scores from the SPS-5; scores above 15 indicate high support.

I have close relationships that provide me with a sense of emotional security and wellbeing.

QUESTION ID: Relationships_1 SAMPLE SIZE: 3665 MEAN SCORE: 3.1

RESPONSE	SCORE	RESPONSES		
		N	%	
Strongly disagree	1	168	4.58%	
Disagree	2	384	10.48%	
Agree	3	2,031	55.42%	
Strongly agree	4	1,082	29.52%	

There is someone I could talk to about important decisions in my life.

QUESTION ID: Relationships_2 SAMPLE SIZE: 3662 MEAN SCORE: 3.2

Strongly disagree	1	156	4.26%	
Disagree	2	367	10.02%	
Agree	3	1,652	45.11%	
Strongly agree	4	1,487	40.61%	

I have relationships where my competence and skill are recognized.

QUESTION ID: Relationships_3 SAMPLE SIZE: 3659 MEAN SCORE: 3.1

Strongly disagree	1	148	4.04%	
Disagree	2	482	13.17%	
Agree	3	1,998	54.61%	
Strongly agree	4	1,031	28.18%	

I feel part of a group of people who share my attitudes and beliefs.

QUESTION ID: Relationships_4 SAMPLE SIZE: 3667 MEAN SCORE: 3.0

Strongly disagree	1	202	5.51%	
Disagree	2	577	15.73%	
Agree	3	1,945	53.04%	
Strongly agree	4	943	25.72%	

There are people I can count on in an emergency.

QUESTION ID: Relationships_5 SAMPLE SIZE: 3668 MEAN SCORE: 3.2

Strongly disagree	1	133	3.63%	
Disagree	2	328	8.94%	
Agree	3	1,701	46.37%	
Strongly agree	4	1,506	41.06%	

Loneliness

Loneliness: Category

QUESTION ID: Loneliness_Total_Category SAMPLE SIZE: 3554

RESPONSE	RESPONSES		
	N	%	
Not lonely	1,501	42.23%	
Lonely	2,053	57.77%	

Scores of 6–9 indicate loneliness; scores of 3–5 indicate not lonely, based on the 3-item Loneliness Scale.

How often do you feel that you lack companionship?

QUESTION ID: Loneliness_1 SAMPLE SIZE: 3573 MEAN SCORE: 1.9

RESPONSE	SCORE	RESPONSES		
		N	%	
Hardly ever	1	1,182	33.08%	
Some of the time	2	1,709	47.83%	
Often	3	682	19.09%	

How often do you feel left out?

QUESTION ID: Loneliness_2 SAMPLE SIZE: 3570 MEAN SCORE: 1.9

Hardly ever	1	1,057	29.61%	
Some of the time	2	1,814	50.81%	
Often	3	699	19.58%	

How often do you feel isolated from others?

QUESTION ID: Loneliness_3 SAMPLE SIZE: 3567 MEAN SCORE: 2.0

Hardly ever	1	1,045	29.30%	
Some of the time	2	1,656	46.43%	
Often	3	866	24.28%	

Stress

Financial pressures or work obligations

QUESTION ID: Stress_1 SAMPLE SIZE: 3635 MEAN SCORE: 2.3

RESPONSE	SCORE	RESPONSES		
		N	%	
Not an obstacle	1	525	14.44%	
A minor obstacle	2	1,422	39.12%	
A major obstacle	3	1,688	46.44%	

Personal or family problems

QUESTION ID: Stress_2 SAMPLE SIZE: 3636 MEAN SCORE: 2.0

Not an obstacle	1	981	26.98%	
A minor obstacle	2	1,684	46.31%	
A major obstacle	3	971	26.71%	

Your academic performance at your post-secondary institution

QUESTION ID: Stress_3 SAMPLE SIZE: 3635 MEAN SCORE: 2.0

Not an obstacle	1	1,057	29.08%	
A minor obstacle	2	1,421	39.09%	
A major obstacle	3	1,157	31.83%	

Course availability/scheduling

QUESTION ID: Stress_4 SAMPLE SIZE: 3633 MEAN SCORE: 2.0

Not an obstacle	1	1,092	30.06%	
A minor obstacle	2	1,629	44.84%	
A major obstacle	3	912	25.10%	

Lack of good academic advising

QUESTION ID: Stress_5 SAMPLE SIZE: 3628 MEAN SCORE: 1.9

Not an obstacle	1	1,361	37.51%	
A minor obstacle	2	1,411	38.89%	
A major obstacle	3	856	23.59%	

Difficulties with academic workload

QUESTION ID: Stress_6 SAMPLE SIZE: 3630 MEAN SCORE: 2.2

Not an obstacle	1	614	16.91%	
A minor obstacle	2	1,734	47.77%	
A major obstacle	3	1,282	35.32%	

Language/cultural barriers

QUESTION ID: Stress_7 SAMPLE SIZE: 3630 MEAN SCORE: 1.3

Not an obstacle	1	2,733	75.29%	
A minor obstacle	2	682	18.79%	
A major obstacle	3	215	5.92%	

Difficulties associated with a disability or chronic health condition

QUESTION ID: Stress_8 SAMPLE SIZE: 3636 MEAN SCORE: 1.4

Not an obstacle	1	2,495	68.62%	
A minor obstacle	2	698	19.20%	
A major obstacle	3	443	12.18%	

Stress related to housing concerns

QUESTION ID: Stress_11 SAMPLE SIZE: 3634 MEAN SCORE: 1.6

Not an obstacle	1	2,042	56.19%	
A minor obstacle	2	960	26.42%	
A major obstacle	3	632	17.39%	

Mental Distress

Mental Psychological Distress: Level

QUESTION ID: K10_Total_Category SAMPLE SIZE: 3547

RESPONSE	RESPONSES		
	N	%	
Little/no mental distress	707	19.93%	
Mild mental distress	651	18.35%	
Moderate mental distress	832	23.46%	
Severe mental distress	1,357	38.26%	

How often did you feel tired out for no good reason?

QUESTION ID: K10_1 SAMPLE SIZE: 3590 MEAN SCORE: 3.4

RESPONSE	SCORE	RESPONSES		
		N	%	
None of the time	1	166	4.62%	
A little of the time	2	533	14.85%	
Some of the time	3	1,238	34.48%	
Most of the time	4	1,128	31.42%	
All of the time	5	525	14.62%	

How often did you feel nervous?

QUESTION ID: K10_2 SAMPLE SIZE: 3592 MEAN SCORE: 3.2

None of the time	1	160	4.45%	
A little of the time	2	676	18.82%	
Some of the time	3	1,405	39.11%	
Most of the time	4	969	26.98%	
All of the time	5	382	10.63%	

How often did you feel so nervous that nothing could calm you down?

QUESTION ID: K10_3 SAMPLE SIZE: 3593 MEAN SCORE: 2.4

None of the time	1	940	26.16%	
A little of the time	2	1,008	28.05%	

How often did you feel so nervous that nothing could calm you down?

QUESTION ID: K10_3 SAMPLE SIZE: 3593 MEAN SCORE: 2.4

Some of the time	3	1,103	30.70%	
Most of the time	4	405	11.27%	
All of the time	5	137	3.81%	

How often did you feel hopeless?

QUESTION ID: K10_4 SAMPLE SIZE: 3592 MEAN SCORE: 2.5

None of the time	1	764	21.27%	
A little of the time	2	1,020	28.40%	
Some of the time	3	1,113	30.99%	
Most of the time	4	480	13.36%	
All of the time	5	215	5.99%	

How often did you feel restless or fidgety?

QUESTION ID: K10_5 SAMPLE SIZE: 3586 MEAN SCORE: 3.0

None of the time	1	363	10.12%	
A little of the time	2	882	24.60%	
Some of the time	3	1,217	33.94%	
Most of the time	4	760	21.19%	
All of the time	5	364	10.15%	

How often did you feel so restless you could not sit still?

QUESTION ID: K10_6 SAMPLE SIZE: 3595 MEAN SCORE: 2.4

None of the time	1	966	26.87%	
A little of the time	2	981	27.29%	
Some of the time	3	977	27.18%	
Most of the time	4	462	12.85%	
All of the time	5	209	5.81%	

How often did you feel depressed?

QUESTION ID: K10_7 SAMPLE SIZE: 3599 MEAN SCORE: 2.6

None of the time	1	760	21.12%	
A little of the time	2	1,007	27.98%	
Some of the time	3	1,048	29.12%	
Most of the time	4	527	14.64%	
All of the time	5	257	7.14%	

How often did you feel that everything was an effort?

QUESTION ID: K10_8 SAMPLE SIZE: 3597 MEAN SCORE: 3.1

None of the time	1	293	8.15%	
A little of the time	2	778	21.63%	
Some of the time	3	1,227	34.11%	
Most of the time	4	850	23.63%	
All of the time	5	449	12.48%	

How often did you feel so sad that nothing could cheer you up?

QUESTION ID: K10_9 SAMPLE SIZE: 3596 MEAN SCORE: 2.3

None of the time	1	1,029	28.62%	
A little of the time	2	1,113	30.95%	
Some of the time	3	954	26.53%	
Most of the time	4	351	9.76%	
All of the time	5	149	4.14%	

How often did you feel worthless?

QUESTION ID: K10_10 SAMPLE SIZE: 3590 MEAN SCORE: 2.3

None of the time	1	1,212	33.76%	
A little of the time	2	947	26.38%	
Some of the time	3	809	22.53%	
Most of the time	4	393	10.95%	
All of the time	5	229	6.38%	

Suicidal Ideation

In the past 12 months have you ever seriously contemplated suicide?

QUESTION ID: SuicThink SAMPLE SIZE: 3565

RESPONSE	RESPONSES		
	N	%	
Yes	394	11.05%	
No	2,818	79.05%	
I prefer not to answer	353	9.90%	

In the past 12 months, have you ever made a plan to seriously attempt suicide?

QUESTION ID: SuicPlan SAMPLE SIZE: 393

Yes	98	24.94%	
No	253	64.38%	

This question is displayed only to the students who answer 'Yes' to the question Suicidal Ideation.

In the past 12 months, have you ever made a plan to seriously attempt suicide?

QUESTION ID: SuicPlan SAMPLE SIZE: 393

I prefer not to answer	42	10.69%	
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This question is displayed only to the students who answer 'Yes' to the question Suicidal Ideation.

Physical Health

Physical Activity

Canadian 24-hour Movement Guidelines: Physical Activity

QUESTION ID: PA_Guidelines SAMPLE SIZE: 3437

RESPONSE	RESPONSES		
	N	%	
Not meeting Canadian PA guidelines	1,209	35.18%	
Meeting Canadian PA guidelines	2,228	64.82%	

Met guidelines: ≥150 minutes/week of moderate to vigorous physical activity.

Canadian 24-hour Movement Guidelines: Muscle Strengthening

QUESTION ID: StrenPA_Guidelines SAMPLE SIZE: 3434

Not meeting Canadian SA guideline	2,165	63.05%	
Meeting Canadian SA guideline	1,269	36.95%	

Met guidelines: ≥2 days/week of muscle-strengthening activities.

During the last 7 days, on how many days did you do physical activities or exercises to strengthen your muscles? Do not count aerobic activities like walking, running, or bicycling. Count activities using your own body weight like sit-ups or push-ups and those using weight machines, free weights, or elastic bands.

QUESTION ID: StrenPA SAMPLE SIZE: 3434 MEAN SCORE: 1.4

RESPONSE	SCORE	RESPONSES		
		N	%	
0 days - I did not do any physical activities or exercises to strengthen my muscles	0	1,787	52.04%	
1 day	1	378	11.01%	
2 days	2	386	11.24%	
3 days	3	357	10.40%	
4 days	4	201	5.85%	
5 days	5	169	4.92%	
6 days	6	56	1.63%	
7 days (everyday)	7	100	2.91%	

Within the last 12 months, have you participated in organized sports at any of the following levels?

QUESTION ID: Sports SAMPLE SIZE: 3416

RESPONSE	RESPONSES		
	N	%	
Varsity	82	2.40%	
Club/community sports	477	13.96%	
Intramurals	226	6.62%	
I don't participate in organized sports	2,745	80.36%	

Sedentary Behaviour

Sitting Time: Category

QUESTION ID: TotalSitTime_Total_Category SAMPLE SIZE: 3245

RESPONSE	RESPONSES		
	N	%	
0-8 hours	1,975	60.86%	
8-12 hours	997	30.72%	
>12 hours	273	8.41%	

Sitting Time While Traveling: Category

QUESTION ID: SitTravelTime_Total_Category SAMPLE SIZE: 3292

RESPONSE	RESPONSES		
	N	%	
0-0.5 hours	568	17.25%	
0.5-1 hours	706	21.45%	
1-1.5 hours	283	8.60%	
1.5-2 hours	725	22.02%	
2-2.5 hours	180	5.47%	
> 2.5 hours	830	25.21%	

Daily Recreational Screen Time: Category

QUESTION ID: ScreenTime_Total_Category SAMPLE SIZE: 3294

RESPONSE	RESPONSES		
	N	%	
0-3 hours	942	28.60%	
3-6 hours	1,354	41.11%	
6-9 hours	630	19.13%	
>9 hours	368	11.17%	

Sleep

Weekday Sleep Duration: Category

QUESTION ID: TotSleepWDs_Category SAMPLE SIZE: 3389

RESPONSE	RESPONSES		
	N	%	
< 7 hours	772	22.78%	
7 - 9 hours	1,972	58.19%	
> 9 hours	645	19.03%	

Weekend Sleep Duration: Category

QUESTION ID: TotSleepWEs_Category SAMPLE SIZE: 3340

RESPONSE	RESPONSES		
	N	%	
< 7 hours	311	9.31%	
7 - 9 hours	1,890	56.59%	
> 9 hours	1,139	34.10%	

During the past week, how would you rate your sleep quality overall (how well you sleep)?

QUESTION ID: SleepQual SAMPLE SIZE: 3468 MEAN SCORE: 2.6

RESPONSE	SCORE	RESPONSES		
		N	%	
Very bad	1	329	9.49%	
Fairly bad	2	1,002	28.89%	
Fairly good	3	1,787	51.53%	
Very good	4	350	10.09%	

Sexual Health Behaviours

Have you ever engaged in sexual activity? (including manual, digital, oral, vaginal, or anal)

QUESTION ID: SexEver SAMPLE SIZE: 3390

RESPONSE	RESPONSES		
	N	%	
Yes	1,448	42.71%	
No	1,444	42.60%	
I prefer not to answer	498	14.69%	

How often do you or your partner(s) use a protective barrier (e.g., external or internal condom, dam, glove) when you engage in sexual activity?

QUESTION ID: SexProtect_2 SAMPLE SIZE: 1444

RESPONSE	RESPONSES		
	N	%	
Never	333	23.06%	
Rarely	161	11.15%	
Sometimes	226	15.65%	
Always or almost always	579	40.10%	
I don't know	19	1.32%	
I prefer not to answer	126	8.73%	

Displayed only to participants who responded 'Yes' to the question 'Have you ever engaged in sexual activity?'.

How satisfied are you with your overall sexual life?

QUESTION ID: SexSatisf_2 SAMPLE SIZE: 1446

RESPONSE	RESPONSES		
	N	%	
Very dissatisfied	118	8.16%	
Moderately dissatisfied	133	9.20%	
About equally satisfied and dissatisfied	217	15.01%	
Moderately satisfied	463	32.02%	
Very satisfied	428	29.60%	
I prefer not to answer	87	6.02%	

Displayed only to participants who responded 'Yes' to the question 'Have you ever engaged in sexual activity?'.

Health Services

Service Utilization: Mental Health

If I needed to seek professional help for my mental or emotional health, I would know where to access campus-based resources (online or in-person).

QUESTION ID: MentHelpOn SAMPLE SIZE: 3549

RESPONSE	RESPONSES		
	N	%	
Strongly disagree	349	9.83%	
Disagree	541	15.24%	
Somewhat disagree	468	13.19%	
Somewhat agree	958	26.99%	
Agree	841	23.70%	
Strongly agree	392	11.05%	

If I needed to seek professional help for my mental or emotional health, I would know where to go off campus.
QUESTION ID: MentHelpOff **SAMPLE SIZE:** 3547

Strongly disagree	308	8.68%	
Disagree	585	16.49%	
Somewhat disagree	469	13.22%	
Somewhat agree	819	23.09%	
Agree	872	24.58%	
Strongly agree	494	13.93%	

If I needed to seek professional help for my physical health, I would know where to access campus-based resources (online or in-person).
QUESTION ID: PhysHelpOn **SAMPLE SIZE:** 3506

Strongly disagree	436	12.44%	
Disagree	599	17.08%	
Somewhat disagree	448	12.78%	
Somewhat agree	801	22.85%	
Agree	761	21.71%	
Strongly agree	359	10.24%	
Not applicable	102	2.91%	

If I needed to seek professional help for my physical health, I would know where to go off campus.
QUESTION ID: PhysHelpOff **SAMPLE SIZE:** 3524

Strongly disagree	158	4.48%	
Disagree	334	9.48%	
Somewhat disagree	334	9.48%	
Somewhat agree	693	19.67%	
Agree	1,198	34.00%	
Strongly agree	807	22.90%	

Service Utilization: Physical Health

Do you use campus health services for your primary care (such as routine check-ups with a doctor)?
QUESTION ID: UseDoc **SAMPLE SIZE:** 3516

RESPONSE	RESPONSES		
	N	%	
Yes	384	10.92%	
No	2,752	78.27%	
Not applicable	380	10.81%	

Support Barriers

There is a good support system at my institution for students going through difficult times.

QUESTION ID: Support SAMPLE SIZE: 3505

RESPONSE	RESPONSES		
	N	%	
Strongly disagree	205	5.85%	
Disagree	308	8.79%	
Somewhat disagree	469	13.38%	
Somewhat agree	999	28.50%	
Agree	607	17.32%	
Strongly agree	183	5.22%	
I don't know	734	20.94%	

How comfortable would you feel talking about personal problems with a professional?

QUESTION ID: ComfortHelp SAMPLE SIZE: 3441

RESPONSE	RESPONSES		
	N	%	
Not at all comfortable	251	7.29%	
Not very comfortable	886	25.75%	
Somewhat comfortable	1,595	46.35%	
Very comfortable	709	20.60%	

How embarrassed would you be if your friends knew you were getting professional help for an emotional problem?

QUESTION ID: EmbarHelp SAMPLE SIZE: 3498

RESPONSE	RESPONSES		
	N	%	
Not at all embarrassed	1,354	38.71%	
Not very embarrassed	1,126	32.19%	
Somewhat embarrassed	777	22.21%	
Very embarrassed	241	6.89%	

Help-Seeking Preferences

If you had a serious emotional problem, would you...

QUESTION ID: EmoHelp SAMPLE SIZE: 3442

RESPONSE	RESPONSES		
	N	%	
definitely not go for professional help	290	8.43%	

If you had a serious emotional problem, would you...

QUESTION ID: EmoHelp SAMPLE SIZE: 3442

RESPONSE	RESPONSES		
	N	%	
probably not go for professional help	1,195	34.72%	
probably go for professional help	1,265	36.75%	
definitely go for professional help	692	20.10%	

If you were experiencing serious emotional distress, whom would you talk to about this?

QUESTION ID: SeekHelp SAMPLE SIZE: 3505

RESPONSE	RESPONSES		
	N	%	
Professional clinician (e.g., doctor, psychologist, counsellor, or psychiatrist)	1,214	34.64%	
Roommate	255	7.28%	
Friend (who is not a roommate)	1,949	55.61%	
Significant other	1,080	30.81%	
Family member	2,023	57.72%	
Religious counsellor or other religious contact	231	6.59%	
Support group (e.g., student peer support, online support group)	142	4.05%	
Professor or instructor	153	4.37%	
Other non-clinical source (please specify below):	44	1.26%	
I don't have anyone to talk to about this	143	4.08%	
I prefer not to talk to anyone about this	373	10.64%	

Substance Use

Alcohol

During the past 30 days, how often have you had 4 or more drinks (female sex) OR 5 or more drinks (male sex) on one occasion?

QUESTION ID: BingeDrink SAMPLE SIZE: 3400

RESPONSE	RESPONSES		
	N	%	
I do not drink alcohol	1,698	49.94%	
Not in the past 30 days	764	22.47%	
Once in the past 30 days	368	10.82%	
2 to 3 times in the past 30 days	288	8.47%	
Once a week	102	3.00%	
2 to 5 times a week	66	1.94%	
Daily or almost daily	6	0.18%	

During the past 30 days, how often have you had 4 or more drinks (female sex) OR 5 or more drinks (male sex) on one occasion?

QUESTION ID: BingeDrink SAMPLE SIZE: 3400

RESPONSE	RESPONSES		
	N	%	
I don't know	31	0.91%	
I prefer not to answer	77	2.26%	

Alcohol Consumption: Risk Level

QUESTION ID: AlcoholConsumptionRisk_Category SAMPLE SIZE: 1505

RESPONSE	RESPONSES		
	N	%	
No risk	750	49.83%	
Low risk	328	21.79%	
Moderate risk	251	16.68%	
Increasingly high risk	176	11.69%	

Risk levels are based on the total number of standard drinks consumed over the past 7 days, as reported by respondents who did not select "I do not drink alcohol." 0: No risk 1-2: Low risk 3-6: Moderate risk 7+: Increasingly high risk

Smoking & Vaping

Which of the following best applies to you?

QUESTION ID: TobaccoUse SAMPLE SIZE: 3391

RESPONSE	RESPONSES		
	N	%	
I have never been a smoker (i.e. smoked for a year or more)	2,668	78.68%	
I stopped smoking completely more than a year ago	149	4.39%	
I have stopped smoking completely in the last year	73	2.15%	
I do not smoke cigarettes at all, but I do smoke tobacco of some kind (e.g. Pipe, cigar or shisha)	99	2.92%	
I smoke cigarettes (including hand-rolled), but not every day	140	4.13%	
I smoke cigarettes (including hand-rolled) every day	68	2.01%	
I don't know	86	2.54%	
I prefer not to answer	108	3.18%	

During the past 30 days, how often did you use an e-cigarette or vaping device?

QUESTION ID: EcigOften SAMPLE SIZE: 3393

RESPONSE	RESPONSES		
	N	%	
Never	2,830	83.41%	
Not in the past 30 days, but from time to time	178	5.25%	
Less than weekly, but at least once in the past 30 days	71	2.09%	

During the past 30 days, how often did you use an e-cigarette or vaping device?

QUESTION ID: EcigOften SAMPLE SIZE: 3393

RESPONSE	RESPONSES		
	N	%	
Less than daily, but at least once a week	59	1.74%	
Daily or almost daily	162	4.77%	
I don't know	26	0.77%	
I prefer not to answer	67	1.97%	

On how many of the past 30 days did you vape an e-liquid with nicotine?

QUESTION ID: EcigNicotine_Category SAMPLE SIZE: 237

RESPONSE	RESPONSES		
	N	%	
< 8 days	86	36.29%	
8 - 14 days	12	5.06%	
15 - 21 days	22	9.28%	
> 21 days	117	49.37%	

On how many of the past 30 days did you vape cannabis/marijuana?

QUESTION ID: EcigCannabis_Category SAMPLE SIZE: 101

< 8 days	49	48.51%	
8 - 14 days	9	8.91%	
15 - 21 days	15	14.85%	
> 21 days	28	27.72%	

On how many of the past 30 days, did you vape just flavouring (without nicotine)?

QUESTION ID: EcigFlavour_Category SAMPLE SIZE: 30

< 8 days	19	63.33%	
8 - 14 days	3	10.00%	
15 - 21 days	3	10.00%	
> 21 days	5	16.67%	

Cannabis

During the past 12 months, have you used cannabis?

QUESTION ID: CannabisUse12M SAMPLE SIZE: 3393

RESPONSE	RESPONSES		
	N	%	
Yes	709	20.90%	
No	2,584	76.16%	

During the past 12 months, have you used cannabis?

QUESTION ID: CannabisUse12M SAMPLE SIZE: 3393

RESPONSE	RESPONSES		
	N	%	
I don't know	25	0.74%	
I prefer not to answer	75	2.21%	

In the past 30 days, how often did you use cannabis?

QUESTION ID: CannabisUseOften SAMPLE SIZE: 709

RESPONSE	RESPONSES		
	N	%	
Not in the past 30 days	257	36.25%	
1 day in the past 30 days	105	14.81%	
2 or 3 days in the past 30 days	110	15.51%	
1 or 2 day(s) per week	66	9.31%	
3 or 4 days per week	40	5.64%	
5 or 6 days per week	27	3.81%	
Daily	97	13.68%	
I don't know	5	0.71%	
I prefer not to answer	2	0.28%	

Pharmaceuticals

In the past 12 months, have you used any pain relievers?

QUESTION ID: PainRelUse SAMPLE SIZE: 3390

RESPONSE	RESPONSES		
	N	%	
Yes	1,737	51.24%	
No	1,531	45.16%	
I don't know	68	2.01%	
I prefer not to answer	54	1.59%	

During the past 12 months, have you used pain relievers for reasons other than for pain relief?

QUESTION ID: PainRelReason SAMPLE SIZE: 1735

RESPONSE	RESPONSES		
	N	%	
Yes	164	9.45%	
No	1,539	88.70%	
I don't know	31	1.79%	
I prefer not to answer	1	0.06%	

During the past 12 months, were the pain relievers you have used prescribed for you?

QUESTION ID: PainRelPrescribe SAMPLE SIZE: 1734

RESPONSE	RESPONSES		
	N	%	
Yes, they all were prescribed	312	17.99%	
Some were prescribed and others were not	238	13.73%	
No, none were prescribed	1,117	64.42%	
I don't know	53	3.06%	
I prefer not to answer	14	0.81%	

In the past 12 months, have you used any stimulants?

QUESTION ID: StimUse SAMPLE SIZE: 3387

RESPONSE	RESPONSES		
	N	%	
Yes	226	6.67%	
No	3,047	89.96%	
I don't know	60	1.77%	
I prefer not to answer	54	1.59%	

During the past 12 months, did you use stimulants for reasons other than why they are recommended?

QUESTION ID: StimReason SAMPLE SIZE: 226

RESPONSE	RESPONSES		
	N	%	
Yes	53	23.45%	
No	170	75.22%	
I don't know	2	0.88%	
I prefer not to answer	1	0.44%	

During the past 12 months, were all the stimulants you have used prescribed to you?

QUESTION ID: StimPrescribe SAMPLE SIZE: 226

RESPONSE	RESPONSES		
	N	%	
Yes, they all were prescribed	178	78.76%	
Some were prescribed and others were not	6	2.65%	
No, none were prescribed	39	17.26%	
I don't know	2	0.88%	
I prefer not to answer	1	0.44%	

Food Security

(I/we) worried that food would run out before (I/we) got money to buy more.

QUESTION ID: FoodSecL1 SAMPLE SIZE: 3375

RESPONSE	RESPONSES		
	N	%	
Often true	245	7.26%	■
Sometimes true	690	20.44%	■
Never true	2,163	64.09%	■
I don't know	169	5.01%	■
I prefer not to answer	108	3.20%	■

The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more.

QUESTION ID: FoodSec1 SAMPLE SIZE: 3370

Often true	180	5.34%	■
Sometimes true	501	14.87%	■
Never true	2,425	71.96%	■
I don't know	159	4.72%	■
I prefer not to answer	105	3.12%	■

I couldn't afford to eat balanced meals.

QUESTION ID: FoodSec2 SAMPLE SIZE: 3374

Often true	351	10.40%	■
Sometimes true	774	22.94%	■
Never true	2,018	59.81%	■
I don't know	141	4.18%	■
I prefer not to answer	90	2.67%	■

Are there children under the age of 18 currently living with you?

QUESTION ID: FoodSecLChd SAMPLE SIZE: 3362

Yes	921	27.39%	■
No	2,441	72.61%	■

(I/we) relied on only a few kinds of low-cost food to feed the child(ren) because (I/we) were running out of money to buy food.

QUESTION ID: FoodSecL4 SAMPLE SIZE: 909

Often true	47	5.17%	■
Sometimes true	137	15.07%	■
Never true	630	69.31%	■
I don't know	69	7.59%	■

(I/we) relied on only a few kinds of low-cost food to feed the child(ren) because (I/we) were running out of money to buy food.

QUESTION ID: FoodSecL4 SAMPLE SIZE: 909

I prefer not to answer	26	2.86%	■
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(I/we) couldn't feed the child(ren) a balanced meal, because (I/we) couldn't afford it.

QUESTION ID: FoodSecL5 SAMPLE SIZE: 914

Often true	33	3.61%	■
Sometimes true	91	9.96%	■
Never true	710	77.68%	■
I don't know	52	5.69%	■
I prefer not to answer	28	3.06%	■

The child(ren) were not eating enough because (I/we) just couldn't afford enough food.

QUESTION ID: FoodSecL6 SAMPLE SIZE: 373

Often true	23	6.17%	■
Sometimes true	47	12.60%	■
Never true	275	73.73%	■
I don't know	23	6.17%	■
I prefer not to answer	5	1.34%	■

Did you ever cut the size of your meals or skip meals because there wasn't enough money for food?

QUESTION ID: FoodSec3 SAMPLE SIZE: 1424

Yes	692	48.60%	■
No	732	51.40%	■

How often did this happen?

QUESTION ID: FoodSec4 SAMPLE SIZE: 689

Almost every month	206	29.90%	■
Some months but not every month	245	35.56%	■
Only 1 or 2 months	132	19.16%	■
I don't know	82	11.90%	■
I prefer not to answer	24	3.48%	■

Did you ever eat less than you felt you should because there wasn't enough money for food?

QUESTION ID: FoodSec5 SAMPLE SIZE: 1425

Yes	681	47.79%	■
No	632	44.35%	■
I don't know	112	7.86%	■

Were you ever hungry but didn't eat because you couldn't afford enough food?

QUESTION ID: FoodSec6 SAMPLE SIZE: 1422

Yes	586	41.21%	
No	737	51.83%	
I don't know	99	6.96%	

Did you lose weight because you didn't have enough money for food?

QUESTION ID: FoodSecL10 SAMPLE SIZE: 1427

Yes	368	25.79%	
No	887	62.16%	
I don't know	172	12.05%	

Did you not eat for a whole day because there wasn't enough money for food?

QUESTION ID: FoodSecL11 SAMPLE SIZE: 896

Yes	219	24.44%	
No	569	63.50%	
I don't know	65	7.25%	
I prefer not to answer	43	4.80%	

How often did this happen?

QUESTION ID: FoodSecL11b SAMPLE SIZE: 219

Almost every month	75	34.25%	
Some months but not every month	78	35.62%	
Only 1 or 2 months	47	21.46%	
I don't know	14	6.39%	
I prefer not to answer	5	2.28%	

In the past 12 months, did you or other adults in your household ever cut the size of any of the children's meals because there wasn't enough money for food?

QUESTION ID: FoodSecL12 SAMPLE SIZE: 209

Yes	33	15.79%	
No	145	69.38%	
I don't know	24	11.48%	
I prefer not to answer	7	3.35%	

In the past 12 months, did any of the children ever skip meals because there wasn't enough money for food?

QUESTION ID: FoodSecL13 SAMPLE SIZE: 208

Yes	25	12.02%	
No	155	74.52%	

In the past 12 months, did any of the children ever skip meals because there wasn't enough money for food?

QUESTION ID: FoodSecL13 SAMPLE SIZE: 208

I don't know	21	10.10%	
I prefer not to answer	7	3.37%	

How often did this happen?

QUESTION ID: FoodSecL13b SAMPLE SIZE: 25

Almost every month	12	48.00%	
Some months but not every month	6	24.00%	
Only 1 or 2 months	5	20.00%	
I don't know	1	4.00%	
I prefer not to answer	1	4.00%	

In the past 12 months, were any of the children ever hungry but you just couldn't afford more food?

QUESTION ID: FoodSecL14 SAMPLE SIZE: 209

Yes	24	11.48%	
No	158	75.60%	
I don't know	16	7.66%	
I prefer not to answer	11	5.26%	

In the past 12 months, did any of the children ever not eat for a whole day because there wasn't enough money for food?

QUESTION ID: FoodSecL15 SAMPLE SIZE: 209

Yes	12	5.74%	
No	176	84.21%	
I don't know	13	6.22%	
I prefer not to answer	8	3.83%	

Food Security (Short Version): Level

QUESTION ID: FoodSecShort_Total_Category SAMPLE SIZE: 2737

Food Secure	2,034	74.31%	
Low Food Security	334	12.20%	
Very Low Food Security	369	13.48%	

Food Security (Long Version): Level

QUESTION ID: FoodSec_Total_Category SAMPLE SIZE: 2522

Food Secure	2,018	80.02%	
Food Insecure Without Hunger	221	8.76%	
Food Insecure With Hunger, Moderate	165	6.54%	

Food Security (Long Version): Level

QUESTION ID: FoodSec_Total_Category **SAMPLE SIZE:** 2522

Food Insecure With Hunger, Severe	118	4.68%	■
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Housing Security

How much do you spend on your share of rent each month? (CAD)

QUESTION ID: house2 **SAMPLE SIZE:** 2515

RESPONSE	RESPONSES		
	N	%	
0	1,225	48.70%	
1–250	35	1.40%	
251–500	85	3.40%	
501–750	106	4.20%	
751–1000	279	11.10%	
1001–1250	168	6.70%	
1251–1500	246	9.80%	
1501–1750	94	3.70%	
1751–2000	109	4.30%	
2001–2250	18	0.70%	
2251–2500	56	2.20%	
2501–2750	17	0.70%	
2751–3000	38	1.50%	
3001–3250	7	0.30%	
3251–3500	10	0.40%	
3501+	22	0.90%	

Did you experience any difficulties in finding suitable housing near your educational institution? (select any that apply)

QUESTION ID: house1 SAMPLE SIZE: 3278

RESPONSE	RESPONSES		
	N	%	
High rental costs	1,342	40.94%	
Limited availability	824	25.14%	
Inadequate access to essential services (e.g., too far from groceries, laundry, healthcare, childcare, other essential services)	384	11.71%	
Transportation challenges (too far from campus, limited or no public transportation)	562	17.14%	
Substandard living conditions	473	14.43%	
Discrimination	153	4.67%	
Housing scams	336	10.25%	
Other	105	3.20%	

Did you experience any difficulties in finding suitable housing near your educational institution? (select any that apply)

QUESTION ID: house1 SAMPLE SIZE: 3278

RESPONSE	RESPONSES		
	N	%	
Not applicable – I did not experience any difficulties	1,661	50.67%	

In the last twelve months, have you had the funds available to be able to pay your rent on time.

QUESTION ID: house3 SAMPLE SIZE: 3265

Always	753	23.06%	
Often	411	12.59%	
Sometimes	280	8.58%	
Rarely	118	3.61%	
Not applicable – I don't pay rent	1,703	52.16%	

In the last twelve months, have you had to share a bedroom with one or more roommates in order to have somewhere to live, or to afford your rent.

QUESTION ID: house4 SAMPLE SIZE: 3238

Yes	463	14.30%	
No	2,775	85.70%	

Have you had to sacrifice or give up other necessities in your life (e.g., food, transportation, education expenses) due to housing costs?

QUESTION ID: house5 SAMPLE SIZE: 3237

Yes	716	22.12%	
No	2,521	77.88%	

In the last twelve months, have you had to sleep outside, in a shelter, or in a place not meant for sleeping because you did not have other housing.

QUESTION ID: house6 SAMPLE SIZE: 3251

Yes	71	2.18%	
No	3,180	97.82%	

Are you staying in an unhealthy relationship (family/roommate/partner) due to lack of housing options?

QUESTION ID: house7 SAMPLE SIZE: 3252

Yes	322	9.90%	
No	2,930	90.10%	

In the last twelve months, have you had any of the following problems with your housing? (select any that apply)

QUESTION ID: house8 SAMPLE SIZE: 3151			
Landlord conflicts	252	8.00%	
Mould or flooding	271	8.60%	
Bugs or rodents	383	12.15%	
Unreliable utilities (heat, water, electricity)	358	11.36%	
Overcrowding	126	4.00%	
In need of major repairs related to safety	121	3.84%	
Threat of eviction or renoviction (being evicted so that the unit/house can be renovated)	90	2.86%	
Actual eviction	32	1.02%	
Actual renoviction	17	0.54%	
Fixed term lease	110	3.49%	
Not applicable – I have had none of these problems with my housing in the last 12 months	2,225	70.61%	

Have you ever considered dropping out or deferring your education due to housing-related financial stress?

QUESTION ID: house9 SAMPLE SIZE: 3251			
Yes	475	14.61%	
No	2,776	85.39%	