

A Cross-Canada, Multi-Site Evaluation of Post-Secondary Student Stressors

**Page 1** *[Indicates survey page]*

Dear Student,  
   
Thank you so much for choosing to participate in this important research, designed to improve the delivery of mental health and wellness services on campus for students like you! **It's important that you've reviewed the Letter of Information (attached to the invitation to participate) before you proceed.**

This is the **FIRST** time you will be invited to complete this survey. You will be invited to participate again in **January**and **March**. Each time you submit a survey is **one** opportunity to enter your e-mail into the raffle. Winners will be drawn in April 2021.

Note that you reserve the right to skip questions you do not want to answer (exceptions include indication of your consent, creation of your unique identifier, and indication of your post-secondary institution).

Sincerely,  
  
**Brooke Linden, PhD**

Principal Investigator

Queen's University

**I have read and understood the Letter of Information for this study and agree to participate.**

I agree

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**CREATE A UNIQUE IDENTIFIER**  
First, you'll create a unique identifier that will be used to anonymize all of your survey responses, and link your responses on both surveys.

**ID1** Type the first two letters of your first name (i.e., Mary = MA)

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**ID2** Type the first two letters of your last name (i.e., Smith = SM)

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**ID3** Type the year you were born (i.e., 1999 = 1999)

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**DEMOGRAPHICS**

**Q0** What post-secondary institution do you attend?

[Select from drop down list of participating institutions]

**Q1** What is your sex?

* Male
* Female
* Non-binary
* Prefer not to answer

**Q2** In what year were you born?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
|  |  |

**Q3** What is your relationship status?

* Single, not dating
* Single and dating
* In a relationship (not married)
* Married or common-law
* Separated, divorced, or widowed
* Prefer not to answer

**Q4** Do you have children?

* Yes
* No
* Prefer not to answer

**Q5** Where do you usually live during the academic year?

* On campus in residence
* Other on campus housing
* Off campus with roommates
* Off campus alone
* Off campus with family
* Prefer not to answer

**Q6** What is your level of study?

* 1st year undergraduate
* 2nd year undergraduate
* 3rd year undergraduate
* 4th year undergraduate or higher
* Master's level graduate student
* Doctoral level graduate student
* Professional program student (i.e., Medicine, Law, MPA, MBA, etc.)
* Other (Please specify: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ )
* Prefer not to answer

**Q7** What is your student status?

* Full-time student
* Part-time student
* Other
* Prefer not to answer

**Q8** Are you an international student?

* Yes
* No
* Prefer not to answer

**Q9** Are you the first person in your family to attend university?

* Yes
* No
* Prefer not to answer

**Q10** Which of the following best describes you?

* Varsity student athlete
* Club student athlete
* Intramurals athlete
* Not a student athlete
* Prefer not to answer

**SKIP LOGIC: If Q10 response is: “Varsity student athlete”, then SHOW**

**Q10.5** Do you receive an athletic scholarship to attend university?

* Yes
* No
* Prefer not to answer

**Q11** Which of the following best describes your area of study?

* Arts

*Includes english, history, politics, geography, economics, social sciences, humanities, the fine arts (music, drama), math and statistics.*

* Science

*Includes basic sciences (biology, chemistry, physics), and computer science.*

* Education

*Includes all types of teacher education.*

* Engineering and Applied Science

*Includes all types of engineering (chemical, electrical/computer, mechanical, civil), and mining/geology.*

* Health Sciences

*Includes medicine, nursing, occupational therapy, rehabilitation, physical therapy and public health.*

* Veterinary Sciences

*Includes all types of veterinary and animal-related education (zoology).*

* Law

*Includes all types of law education.*

* Business and Policy Studies

*Includes all types of business (MBA, commerce) and policy education (MPA).*

* Prefer not to answer

**Q12** What is your approximate overall Grade Point Average (GPA)?

* 90-100%
* 80-89%
* 70-79%
* 60-69%
* 0-59%
* Prefer not to answer

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**THE POST-SECONDARY STUDENT STRESSORS INDEX (PSSI)**  
In this next section, you'll be filling out the PSSI. This tool was created by students like you, for students like you! There are **five (5)**sections covering the following domains: academic stressors, learning environment, campus culture, interpersonal and personal.

You will be asked to indicate how the severity of stress you feel for each item on the list, and also the frequency with which you stress about each. When answering, I'd like you to **consider your experiences during your last academic year.**   
    
**SEVERITY SCALE**



**FREQUENY SCALE**   
When responding to the frequency side of the scale, please consider how frequently throughout the school year you find yourself stressing about each item on the list. If a stressor on the list **didn't happen to you during this past academic year**, or is **not something that you find stressful**, select "N/A - Never" on the frequency scale.

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**Q13**

**ACADEMIC DOMAIN**   
The academic domain covers stressors related to coursework, grades, and major degree requirements.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **SEVERITY OF STRESS**  How stressful is this? | | | | | **FREQUENCY OF STRESS**  How often are you stressed about this? | | | | |
|  | **N/A**  Didn't Happen | **1**  Not Stressful | **2**  Somewhat Stressful | **3**  Very Stressful | **4**  Extremely Stressful | **N/A**  Never | **1**  Rarely | **2**  Sometimes | **3**  Regularly | **4**  Almost Always |
| Preparing for exams |  |  |  |  |  |  |  |  |  |  |
| Writing exams |  |  |  |  |  |  |  |  |  |  |
| Writing multiple exams around the same time |  |  |  |  |  |  |  |  |  |  |
| Exams worth more than 50% of course grade |  |  |  |  |  |  |  |  |  |  |
| Heavily weighted assignments |  |  |  |  |  |  |  |  |  |  |
| Having multiple assignments due around the same time |  |  |  |  |  |  |  |  |  |  |
| Managing my academic workload |  |  |  |  |  |  |  |  |  |  |
| Receiving a bad grade |  |  |  |  |  |  |  |  |  |  |
| Maintaining a high GPA |  |  |  |  |  |  |  |  |  |  |
| Working on my thesis |  |  |  |  |  |  |  |  |  |  |
| Performing well at my professional placement (i.e., practicum, clerkship, etc.) |  |  |  |  |  |  |  |  |  |  |

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**Q14**

**LEARNING ENVIRONMENT DOMAIN**  
The learning environment domain covers stressors related to interactions with staff and faculty.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **SEVERITY OF STRESS**  How stressful is this? | | | | | **FREQUENCY OF STRESS**  How often are you stressed about this? | | | | |
|  | **N/A**  Didn't Happen | **1**  Not Stressful | **2**  Somewhat Stressful | **3**  Very Stressful | **4**  Extremely Stressful | **N/A**  Never | **1**  Rarely | **2**  Sometimes | **3**  Regularly | **4**  Almost Always |
| 1. Poor communication from professor |  |  |  |  |  |  |  |  |  |  |
| 1. Unclear expectations from professor |  |  |  |  |  |  |  |  |  |  |
| 1. Lack of guidance from professor |  |  |  |  |  |  |  |  |  |  |
| 1. Meeting with my professor |  |  |  |  |  |  |  |  |  |  |
| 1. Meeting my thesis/placement supervisor's expectations |  |  |  |  |  |  |  |  |  |  |
| 1. Lack of mentoring from my thesis/placement supervisor |  |  |  |  |  |  |  |  |  |  |

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**Q15**

**CAMPUS CULTURE DOMAIN**  
The campus culture domain covers stressors related to the campus environment.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **SEVERITY OF STRESS**  How stressful is this? | | | | | **FREQUENCY OF STRESS**  How often are you stressed about this? | | | | |
|  | **N/A**  Didn't Happen | **1**  Not Stressful | **2**  Somewhat Stressful | **3**  Very Stressful | **4**  Extremely Stressful | **N/A**  Never | **1**  Rarely | **2**  Sometimes | **3**  Regularly | **4**  Almost Always |
| 1. Adjusting to the post-secondary lifestyle |  |  |  |  |  |  |  |  |  |  |
| 1. Adjusting to my program |  |  |  |  |  |  |  |  |  |  |
| 1. Academic competition among my peers |  |  |  |  |  |  |  |  |  |  |
| 1. Feeling like I'm not working hard enough |  |  |  |  |  |  |  |  |  |  |
| 1. Feeling like my peers are smarter than I am |  |  |  |  |  |  |  |  |  |  |
| 1. Pressure to succeed |  |  |  |  |  |  |  |  |  |  |
| 1. Discrimination on campus |  |  |  |  |  |  |  |  |  |  |
| 1. Sexual harassment on campus |  |  |  |  |  |  |  |  |  |  |

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**Q16**

**INTERPERSONAL DOMAIN**  
The interpersonal domain covers stressors related to relationships and socialization.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **SEVERITY OF STRESS**  How stressful is this? | | | | | **FREQUENCY OF STRESS**  How often are you stressed about this? | | | | |
|  | **N/A**  Didn't Happen | **1**  Not Stressful | **2**  Somewhat Stressful | **3**  Very Stressful | **4**  Extremely Stressful | **N/A**  Never | **1**  Rarely | **2**  Sometimes | **3**  Regularly | **4**  Almost Always |
| 1. Making new friends |  |  |  |  |  |  |  |  |  |  |
| 1. Maintaining friendships |  |  |  |  |  |  |  |  |  |  |
| 1. Networking with the "right" people |  |  |  |  |  |  |  |  |  |  |
| 1. Feeling pressured to socialize |  |  |  |  |  |  |  |  |  |  |
| 1. Balancing a social life with academics |  |  |  |  |  |  |  |  |  |  |
| 1. Comparing myself to others |  |  |  |  |  |  |  |  |  |  |
| 1. Comparing my life to others' on social media |  |  |  |  |  |  |  |  |  |  |
| 1. Meeting other peoples' expectations of me |  |  |  |  |  |  |  |  |  |  |
| 1. Meeting my own expectations |  |  |  |  |  |  |  |  |  |  |

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**Q17**

**PERSONAL DOMAIN**  
The personal domain covers stressors related to self-care, finances, and time management.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **SEVERITY OF STRESS**  How stressful is this? | | | | | **FREQUENCY OF STRESS**  How often are you stressed about this? | | | | |
|  | **N/A**  Didn't Happen | **1**  Not Stressful | **2**  Somewhat Stressful | **3**  Very Stressful | **4**  Extremely Stressful | **N/A**  Never | **1**  Rarely | **2**  Sometimes | **3**  Regularly | **4**  Almost Always |
| 1. Making sure that I get enough sleep |  |  |  |  |  |  |  |  |  |  |
| 1. Making sure that I get enough exercise |  |  |  |  |  |  |  |  |  |  |
| 1. Making sure that I eat healthy |  |  |  |  |  |  |  |  |  |  |
| 1. Having to prepare meals for myself |  |  |  |  |  |  |  |  |  |  |
| 1. Balancing working at my job with my academics |  |  |  |  |  |  |  |  |  |  |
| 1. Balancing my extracurriculars with academics |  |  |  |  |  |  |  |  |  |  |
| 1. Feeling guilty about taking time for my hobbies/interests |  |  |  |  |  |  |  |  |  |  |
| 1. Having to take student loans |  |  |  |  |  |  |  |  |  |  |
| 1. Worrying about paying off debt |  |  |  |  |  |  |  |  |  |  |
| 1. Worrying about getting a job after graduating |  |  |  |  |  |  |  |  |  |  |
| 1. Worrying about getting into a new program after graduating |  |  |  |  |  |  |  |  |  |  |
| 1. Worrying about reaching major "life events" (i.e., buying a house, marriage, children) |  |  |  |  |  |  |  |  |  |  |

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**FINAL SECTION**

**Q18**

**General Stress**

In the past month, how often have you…

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **0**  Never | **1**  Almost Never | **2**  Sometimes | **3**  Fairly Often | **4**  Very Often |
| 1. Been upset because of something that happened unexpectedly |  |  |  |  |  |
| 1. Felt that you were unable to control the important things in your life? |  |  |  |  |  |
| 1. Felt nervous and stressed? |  |  |  |  |  |
| 1. Felt confident about your ability to handle your personal problems? |  |  |  |  |  |
| 1. Felt that things were going your way? |  |  |  |  |  |
| 1. That you could not cope with all of the things that you had to do? |  |  |  |  |  |
| 1. Been able to control irritations in your life? |  |  |  |  |  |
| 1. Felt that you were on top of things? |  |  |  |  |  |
| 1. Been angered because of things that were outside of your control? |  |  |  |  |  |
| 1. Felt difficulties were piling up so high that you could not overcome them? |  |  |  |  |  |

**Q19**

**Psychological Distress**   
In the past month, how often did you…

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **1**  None of the time | **2**  A little of the time | **3**  Some of the time | **4**  Most of the time | **5**  All of the time |
| 1. Feel tired out for no good reason? |  |  |  |  |  |
| 1. Feel nervous? |  |  |  |  |  |
| 1. Feel so nervous that nothing could calm you down? |  |  |  |  |  |
| 1. Feel hopeless? |  |  |  |  |  |
| 1. Feel restless or fidgety? |  |  |  |  |  |
| 1. Feel so restless you could not sit still? |  |  |  |  |  |
| 1. Feel depressed? |  |  |  |  |  |
| 1. Feel that everything was an effort? |  |  |  |  |  |
| 1. Feel so sad that nothing could cheer you up? |  |  |  |  |  |
| 1. Feel worthless? |  |  |  |  |  |

**Q19.1 Have you been diagnosed with a mental illness by a mental health professional?**

* Yes
* No
* Prefer not to answer

**SKIP LOGIC: If “Yes” to Q19.1, then show this question. If other response, skip to Q20.**

**Q19.2 Did you receive your diagnosis before or after beginning university?**

* I received my diagnosis prior to attending university.
* I received my diagnosis after having started to attend university.
* Prefer not to answer

**Q20**

**Resilience**

How often are the following true for you?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **0**  Not at all | **1**  Rarely True | **2**  Sometimes  True | **3**  Often  True | **4**  Almost Always True |
| 1. You are able to adapt to change |  |  |  |  |  |
| 1. You can deal with whatever comes |  |  |  |  |  |
| 1. You try to see the humorous side of problems |  |  |  |  |  |
| 1. You feel that coping with stress could strengthen you |  |  |  |  |  |
| 1. You tend to bounce back after illness or hardship |  |  |  |  |  |
| 1. You can achieve goals despite obstacles |  |  |  |  |  |
| 1. You can stay focused under pressure |  |  |  |  |  |
| 1. You are not easily discouraged by failure |  |  |  |  |  |
| 1. You think of yourself as a strong person |  |  |  |  |  |
| 1. You can handle unpleasant feelings |  |  |  |  |  |

**Q21**

**Stress Associated with COVID-19**

How stressful are the following items for you?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **N/A**  Didn't Happen | **1**  Not Stressful | **2**  Somewhat Stressful | **3**  Very Stressful | **4**  Extremely Stressful |
| 1. Uncertainty around how long the pandemic will last |  |  |  |  |  |
| 1. Loneliness as a result of quarantine / self-isolation |  |  |  |  |  |
| 1. Worrying a family member or friend will contract COVID-19 |  |  |  |  |  |
| 1. Worrying that I will contract COVID-19 |  |  |  |  |  |
| 1. Returning to school during COVID-19 |  |  |  |  |  |
| 1. COVID-19’s effect on your employment/finances |  |  |  |  |  |
| 1. Difficulties accessing physical/mental health care as a result of COVID-19 |  |  |  |  |  |
| 1. COVID-19’s effect on your living situation |  |  |  |  |  |
| 1. Ensuring I am effectively following COVID-19 safety protocols |  |  |  |  |  |
| 1. People around me not effectively following COVID-19 safety protocols |  |  |  |  |  |
| 1. COVID-19’s effect on your academics (i.e., mandatory online classes) |  |  |  |  |  |
| 1. COVID-19’s effect on your ability to graduate “on time” |  |  |  |  |  |
| 1. COVID-19’s effect on your ability to obtain employment after graduating |  |  |  |  |  |

**Q22) Have you personally contracted COVID-19?**

* 1. No
  2. Yes
  3. Unsure

**Q23) Do you have a friend or family member who has contracted COVID-19?**

* 1. No
  2. Yes
  3. Unsure

**Q24A) Was your employment situation financially affected by COVID-19?**

* 1. No
  2. Yes, I was laid off or furloughed
  3. Yes, my hours were reduced

**IF Yes (b or c), then:**

**Q24B) Did you collect CERB (Canadian Emergency Response Benefit)?**

* 1. No
  2. Yes

**Thank you so much for your participation in this important research!**

**Talking about stress can sometimes cause us emotional strain.** If you feel that your stress level has been elevated as a result of participating in this research, we encourage you to reach out to the Student Wellness Services offered by your campus. Open the PDF below to find the contact information and website for your institution.

[Campus Mental Health Services List](https://queensu.qualtrics.com/CP/File.php?F=F_5dV9hMwrJPYpvRX)

If you are interested in learning about the results of this research, feel free to e-mail the Principal Investigator (Dr. Brooke Linden, brooke.linden@queensu.ca). Your e-mail will be placed on a list, and you will be notified when the results of the research have been published.

-END SURVEY-

-REDIRECT TO NEW ‘SURVEY’ FOR RAFFLE ENTRY -

**ENTER FOR A CHANCE TO WIN!**

If you are interested in entering into a draw for a chance to win one of several gift cards to [TBD], ranging in value from $25-$50, please enter your e-mail address below. Note that you will have **three chances to enter into the raffle.** You will be sent this survey two more times throughout the school year. Each time you complete the survey, you are eligible to enter your name into the raffle once (complete one survey = 1 entry, complete all three surveys = 3 entries). Winners will be drawn and notified in April 2021.

**Please note that e-mails will be stored separately from all other survey responses ensuring that all of your survey responses remain completely anonymous.**

**Q21** What is your e-mail address? [Please ensure it is entered correctly]

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_