

# The State of Spartan Health 2022 Emotional Wellness

Nationally, college students report high levels of anxiety and depression, and students at Michigan State University are no different. Stress is also a major impediment to academic success, and can lead to sleep difficulties that can exacerbate depression and anxiety.

Mental health can also have a significant impact on physical health - often affecting energy levels, the immune system and more. Helping students practice coping skills to manage stress — like getting enough sleep, staying hydrated and incorporating movement into each day — is a good first step toward supporting their mental health.

## **Of MSU Students:**



45%

reported feeling overwhelmed at least once in the past year, down from 89% in 2021.

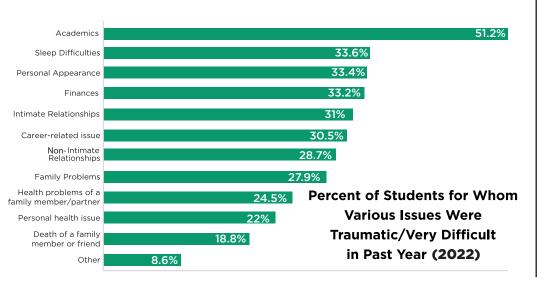
of MSU students said that they felt so depressed that it was difficult to function at least once during the school year. Down from 47% in 2021.

#### What We're Watching

- After peaking during the height of the COVID-19 pandemic, anxiety, depression and feeling overwhelmed appear to have begun stabilizing in 2022. Rates of all three issues have been steadily rising for nearly 10 years.
- The number of students who reported they **seriously considered suicide at least once in the past year** saw an above-average increase in 2021, with 13.8 percent of students reporting they had considered it. In 2022, that number decreased to 9.8 percent, which remains elevated from pre-pandemic years.



of MSU students reported feeling very sad or very lonely (67%) at least once in the past year.



### Learn More

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Source: 2022 National College Health Assessment (NCHA II) N=1,157