



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:

87%

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

45%

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.

71%

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

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.

Learn More

There is more where this came from! Scan the QR code below or visit healthpromotion.msu.edu/data for data on topics like nutrition, fitness, alcohol and more.

