Let's Actually Be Honest Survey

An update on the analysis

1736 in the analysis

32.6% said that they had a prior mental health condition before starting university

- Females were almost twice as likely to have a prior mental health condition than males
- Looking at sexuality, those identifying as Lesbian and Bisexual were more likely to have prior conditions (bisexuals were 2.5 times more likely that those identifying as straight, and lesbians were 3.4 more likely than those identifying as straight)
- Those identifying as disabled were also more likely than those who do not to have prior mental health conditions (3.4 times more likely)
- Individuals identifying their ethnicity as white were more likely to have prior mental health conditions
- Students from ALSS were 1.9 times more likely that FMS students, 1.20 times more likely than FST students, 1.5 times more likely than FHSCE students, and 2.3 times more likely than LAIBS students to have prior mental health conditions

*note these groups may not be more vulnerable, they may just have been more likely to have received a diagnoses.

28.6% of students were concerned about their own mental health, 7.3% were concerned about a friends, and 22.5% were concerned about both.

- 9.7% of students rate their mental health as really bad, and 17% rated their mental health as bad.

- 8.8% say that their studies contributed to this a lot, and 15.31% said it contributed frequently.

The most common contributing factors to mental health problems were:

1. Fees and finance (45.5%)
2. Social isolation (28.1%)
3. Distance from family and friends (26%)
4. Accommodation (23.6%)
5. Social pressure (23.5%)
6. Commuting/travelling to university (20.1%)
7. Social media (5.4%)
8. Cultural barriers (4.6%)
9. Bullying/harassment (4.4%)

Sexuality:

- Those identifying as bisexual were significantly more likely to say accommodation was a contributing factor compared to other sexualities (31.4% listed this, 1.6 times more likely that those identifying as straight)
- Bisexuals and those identifying as gay were also significantly more likely to list social isolation as contributing factor (43.4% of bisexuals listed this, 2.36 times more that those identifying as straight, and 44.1% of gay students listed this, 2.37 times more like that those identifying as straight)
- Bisexual and gay students significantly more likely to list social pressures as a contributing factor (38.2% of gay students, 2.3 times more likely than straight students, and 30.2% of bisexuals, 1.7 times more likely than straight students.
- Students identifying as lesbian were significantly more likely than other sexualities to list social media as a contributing factor (15.6%, 3.6 time more likely than straight students)

*sexual minority groups were more likely to find accommodation, social isolation, social pressures, and social media as contributing factors to their mental health problems.

Disability:

- Those with a disability were significantly more likely than those without to list social isolation as a contributing factor (36.8%, 1.6 times more than someone without a disability)
- Also more likely to list social pressure (33.2%, 1.8 times more likely)
- And commuting (27.4%, 1.6 times more likely)
- And bullying (10.5%, a worrying 3.5 times more likely)

*Students identifying as disabled were more likely to list social isolation, social pressure, commuting, and most worryingly of all, bullying, as contributing factors to their mental health problems.

Ethnicity:

- Those student identifying as Asian were significantly more likely than other ethnic groups to list distance from family and friends as a contributing factor (34.8%, 1.5 times more likely than those identifying as white, 2.7 times more likely than those identifying as black, and 2 times more likely than those identifying as mixed race)
- Asian students also significantly more likely to list cultural barriers as a contributing factor (15.2%, 3 times more likely than those identifying as black, 6.9 times more likely than those identifying as mixed ethnicity, and 5 times more likely than those identifying as white.

*The Asian ethnicity group were more likely to list distance from home and cultural barriers as contributing factors to their mental health.

Future analysis:

We will next look at the types of university support these students are aware of and would seek to help support their mental health problems.