

Partnering with Academic Programs to Promote Graduate Student Wellness

The Stats

In the past four weeks, in a graduate student sample:

- 41% reported mental and emotional difficulties that affected academic performance
- 13% met criteria for a depressive or anxiety disorder
- 1.6% reported suicidal thoughts (Eisenberg, Gollust, Golberstein, & Heffner, 2007)

Grad students experience an elation-depression cycle that is connected to their self-worth (Longfield, Romas & Irwin, 2006)

In a study of 3100 graduate students, in the past year:

- Nearly 50% experienced stress significant enough to affect emotional well-being and/or academic performance
- 58% knew of a fellow student who had also experienced a stress-related problem
- 40% reported feeling exhausted
- 46% reported feeling overwhelmed *frequently or all of the time* (Hyun, Quinn, Madon, & Lustig, 2006)

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