UCSWS 2026 Individual Student Format No Demographics

https://ucsbeducation.az1.qualtrics.com/jfe/form/SV_ekSSW4Zy4vBi4nk

Start of Block: Introduction

Q1 UC Student Wellness Survey

Subject: Invitation to complete the UC Student Wellness Survey

The University of California created the Student Wellness Survey to help make the campus a place where students feel supported and healthy. This survey gives you a chance to think about your own well-being and discover campus programs that can help. Your answers will help the campus learn more about student wellness and find better ways to support everyone. The survey asks multiple-choice questions about your wellness, recent feelings, and factors that affect your well-being, such as optimism and social connections. You can skip any questions you do not want to answer.

Q2 Do you agree to take this survey?

- ○ Yes, I will take this survey (1)
- ○ No, I decline to take this survey (2)

Q3 What is your UC campus?

- San Diego (1)
- Riverside (2)
- Irvine (3)
- Los Angeles (4)
- Santa Barbara (5)
- Santa Cruz (6)
- San Francisco (7)
- Berkeley (8)
- Davis (9)
- Merced (10)

End of Block: Introduction

Start of Block: SAMHSA Dimensions

Q4 Please rate your level of satisfaction on a scale of **0 = Completely Dissatisfied to 10 = Completely Satisfied** for each of the following 10 wellness dimensions: (1) Environmental (2) Physical (3) Financial (4) Emotional (5) Social (6) Intellectual (7) Academic (8) Existential (9) Cultural (10) Overall

Q5 How satisfied are you with your **ENVIRONMENTAL WELLNESS?** This dimension includes the quality and safety of your housing, your sense of safety on campus, access to essential community resources, enjoyment of time outdoors, and living sustainably.

- 0 = Completely Dissatisfied (1)
- 1 (2)
- 2 (3)
- 3 (4)
- 4 (5)
- 5 (6)
- 6 (7)
- 7 (8)
- 8 (9)
- 9 (10)
- 10 = Completely Satisfied (11)

Q6 How satisfied are you with your **PHYSICAL WELLNESS**? This dimension covers things like having enough food, eating well, good hygiene, staying active, taking care of yourself, and getting enough sleep each night. It also means making informed choices about safe sex, substance use, and getting the healthcare you need.

- ○ 0 = Completely Dissatisfied (1)
- ○ 1 (2)
- ○ 2 (3)
- ○ 3 (4)
- ○ 4 (5)
- ○ 5 (6)
- ○ 6 (7)
- ○ 7 (8)
- ○ 8 (9)
- ○ 9 (10)
- ○ 10 = Completely Satisfied (11)

Q7 How satisfied are you with your **FINANCIAL WELLNESS**? This dimension includes having enough financial resources to meet your basic needs, creating a personal budget, managing debt, improving financial literacy, and working toward long-term economic stability.

- ○ 0 = Completely Dissatisfied (1)
- ○ 1 (2)
- ○ 2 (3)
- ○ 3 (4)
- ○ 4 (5)
- ○ 5 (6)
- ○ 6 (7)
- ○ 7 (8)
- ○ 8 (9)
- ○ 9 (10)
- ○ 10 = Completely Satisfied (11)

Q8 How satisfied are you with your **EMOTIONAL WELLNESS**? This dimension involves treating yourself kindly, noticing and experiencing different emotions, managing those feelings, finding contentment, handling challenges in healthy ways, sharing your emotional concerns, and feeling good about yourself.

- ○ 0 = Completely Dissatisfied (1)
- ○ 1 (2)
- ○ 2 (3)
- ○ 3 (4)
- ○ 4 (5)
- ○ 5 (6)
- ○ 6 (7)
- ○ 7 (8)
- ○ 8 (9)
- ○ 9 (10)
- ○ 10 = Completely Satisfied (11)

Q9 How satisfied are you with your **SOCIAL WELLNESS**? This dimension covers building trusting, respectful, and genuine relationships. It also includes staying connected with family and friends, meeting new people from different backgrounds, feeling like you belong on campus, joining in social activities, and enjoying the social side of everyday life.

- ○ 0 = Completely Dissatisfied (1)
- ○ 1 (2)
- ○ 2 (3)
- ○ 3 (4)
- ○ 4 (5)
- ○ 5 (6)
- ○ 6 (7)
- ○ 7 (8)
- ○ 8 (9)
- ○ 9 (10)
- ○ 10 = Completely Satisfied (11)

Q10 How satisfied are you with your **INTELLECTUAL WELLNESS**? This dimension includes engaging in activities that stimulate your brain and encourage critical, creative, and curious thinking; letting your brain rest when needed; cultivating your ideas, views, and opinions; and challenging yourself to consider all sides of an issue.

- ○ 0 = Completely Dissatisfied (1)
- ○ 1 (2)
- ○ 2 (3)
- ○ 3 (4)
- ○ 4 (5)
- ○ 5 (6)
- ○ 6 (7)
- ○ 7 (8)
- ○ 8 (9)
- ○ 9 (10)
- ○ 10 = Completely Satisfied (11)

Q11 How satisfied are you with your **ACADEMIC WELLNESS**? This dimension is about developing strong study habits, finding meaning in your learning, working toward graduation, and choosing a career that matches your goals and values. It also includes feeling proud of your achievements, building good relationships with classmates and teachers, and sharing the university's values.

- ○ 0 = Completely Dissatisfied (1)
- ○ 1 (2)
- ○ 2 (3)
- ○ 3 (4)
- ○ 4 (5)
- ○ 5 (6)
- ○ 6 (7)
- ○ 7 (8)
- ○ 8 (9)
- ○ 9 (10)
- ○ 10 = Completely Satisfied (11)

Q12 How satisfied are you with your **EXISTENTIAL WELLNESS**? This dimension involves taking part in meaningful activities, exploring and sharing your beliefs and values, looking for inspiring experiences, and building a strong sense of personal ethics or principles.

- ○ 0 = Completely Dissatisfied (1)
- ○ 1 (2)
- ○ 2 (3)
- ○ 3 (4)
- ○ 4 (5)
- ○ 5 (6)
- ○ 6 (7)
- ○ 7 (8)
- ○ 8 (9)
- ○ 9 (10)
- ○ 10 = Completely Satisfied (11)

Q13 How satisfied are you with your **CULTURAL WELLNESS**? This dimension includes satisfaction with your cultural identity and your ability to engage respectfully with people from diverse backgrounds. It involves being aware of, understanding, and appreciating different identities, and being open to learning from others and having respectful conversations about social and political issues.

- ○ 0 = Completely Dissatisfied (1)
- ○ 1 (2)
- ○ 2 (3)
- ○ 3 (4)
- ○ 4 (5)
- ○ 5 (6)
- ○ 6 (7)
- ○ 7 (8)
- ○ 8 (9)
- ○ 9 (10)
- ○ 10 = Completely Satisfied (11)

Q14 How satisfied are you with your **OVERALL WELLNESS**? Now that you have rated the nine wellness dimensions—Environmental, Physical, Financial, Emotional, Social, Intellectual, Academic, Existential, and Cultural—how would you describe your overall wellness?

- ○ 0 = Completely Dissatisfied (1)
- ○ 1 (2)
- ○ 2 (3)
- ○ 3 (4)
- ○ 4 (5)
- ○ 5 (6)
- ○ 6 (7)
- ○ 7 (8)
- ○ 8 (9)
- ○ 9 (10)
- ○ 10 = Completely Satisfied (11)

Wellness Index Total Score
Sum of Q5 to Q14 (range of values = 0–100)

End of Block: SAMHSA Dimensions

Start of Block: PHQ4

Q15 Over the last two weeks, how often have you been bothered by feeling nervous, anxious or on edge?

- Not at all (0)
- Several days (1)
- More than half the days (2)
- Nearly every day (3)

Q16 Over the last two weeks, how often have you been bothered by not being able to stop or control worrying?

- Not at all (0)
- Several days (1)
- More than half the days (2)
- Nearly every day (3)

Q17 Over the last two weeks, how often have you been bothered by feeling down, depressed or hopeless?

- Not at all (0)
- Several days (1)
- More than half the days (2)
- Nearly every day (3)

Q18 Over the last two weeks, how often have you been bothered by feeling little interest or pleasure in doing things?

- Not at all (0)
- Several days (1)
- More than half the days (2)
- Nearly every day (3)

PHQ–4 Total Score
Sum of Q15 + Q16 + Q17 + Q18 (total score range = 0-12)
Normal (0-2), mild (3-5), moderate (6-8), and severe (9-12)

End of Block: PHQ4

Intra- and interpersonal Competencies

Start of Block:

Conscientiousness Items

Q19 I am committed to my work and will keep working until the task is completed.

- Strongly Disagree (0)
- Moderately Disagree (1)
- Mildly Disagree (2)
- Mildly Agree (3)
- Moderately Agree (4)
- Strongly Agree (5)

Q20 I am dependable and can be relied upon.

- Strongly Disagree (0)
- Moderately Disagree (1)
- Mildly Disagree (2)
- Mildly Agree (3)
- Moderately Agree (4)
- Strongly Agree (5)

Conscientiousness Total Score = Q19 + Q20 (range = 0-10)

Belonging Items

Q21 I experience meaningful connections and a sense of community at my university.

- Strongly Disagree (0)
- Moderately Disagree (1)
- Mildly Disagree (2)
- Mildly Agree (3)
- Moderately Agree (4)
- Strongly Agree (5)

Q22 My peers at this university truly value my contributions.

- Strongly Disagree (0)
- Moderately Disagree (1)
- Mildly Disagree (2)
- Mildly Agree (3)
- Moderately Agree (4)
- Strongly Agree (5)

Belonging Total Score = Q21 + Q22 (range = 0-10)

Intrinsic Motivation Items

Q23 I go to the University of California because I enjoy learning new things.

- ○ Strongly Disagree (0)
- ○ Moderately Disagree (1)
- ○ Mildly Disagree (2)
- ○ Mildly Agree (3)
- ○ Moderately Agree (4)
- ○ Strongly Agree (5)

Q24 I go to the University of California for the enjoyment I gain from expanding my knowledge on topics that interest me.

- ○ Strongly Disagree (0)
- ○ Moderately Disagree (1)
- ○ Mildly Disagree (2)
- ○ Mildly Agree (3)
- ○ Moderately Agree (4)
- ○ Strongly Agree (5)

Intrinsic Motivation Total Score = Q23 + Q24 (range 0-10)

Optimism Items

Q25 Each day I look forward to having a lot of fun.

- ○ Very much unlike me (0)
- ○ Unlike me (1)
- ○ Somewhat unlike me (2)
- ○ Somewhat like me (3)
- ○ Like me (4)
- ○ Very much like me (5)

Q26 I strive to approach each day positively, believing it will be a good day.

- ○ Very much unlike me (0)
- ○ Unlike me (1)
- ○ Somewhat unlike me (2)
- ○ Somewhat like me (3)
- ○ Like me (4)
- ○ Very much like me (5)

Optimism Total Score = Q25 + Q26 (range = 0-10)

Self-Efficacy Items

Q27 I use my skills and determination to tackle challenges that arise in my studies.

- Never (0)
- At least a few times a year (1)
- At least once a month (2)
- Several times a month (3)
- Once a week (4)
- Several times a week (5)
- Every day (6)

Q28 I am confident that my contributions enhance the quality of the classes I attend.

- Never (0)
- At least a few times a year (1)
- At least once a month (2)
- Several times a month (3)
- Once a week (4)
- Several times a week (5)
- Every day (6)

Self-Efficacy Total Score = Q27 + Q28 (range = 0-12)

Intra- and Interpersonal Competencies Total Score
Sum of Q19 to Q28 (range = 0-52)

Q36 Now that you have completed the survey, we would appreciate your feedback on the survey. Please answer the last two questions.

Q37 In general, did the questions in this survey focus on essential aspects of students' mental health and wellness?

- ○ No (1)
- ○ Some (2)
- ○ Yes (3)
- ○ Comment (7) _____

Q38 Which campus health and wellness resources or services have you used?

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