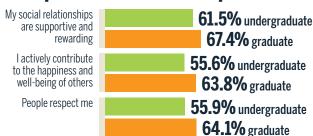
FALL 2023

healthyhorns issues brief Psychological Well-being

Psychological well-being is a broad concept that describes the way individuals think and feel about their lives in multiple areas, including the quality of their relationships, positive emotional experiences, sense of meaning and purpose, ability to cope with challenges and overall satisfaction with their lives.¹

Relationship Quality

Interpersonal Relationships²



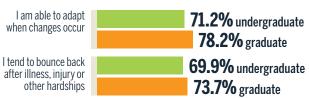
Loneliness³



58.8% undergraduates

49.6% graduate students

Resilience⁵

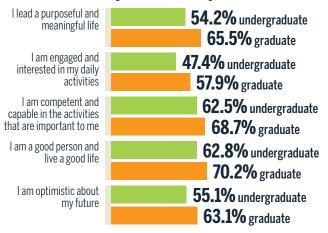


Mindfulness

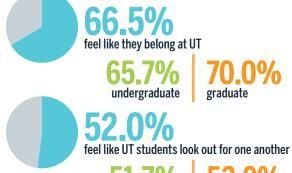


Positive Emotional Experiences

Sense of Purpose and Optimism²



Sense of Belonging⁴



51.7% undergraduate

53.9% graduate

- 1 Centers for Disease Control and Prevention: Well-being concepts, cdc.gov/emotional-wellbeing
- 2 Diener E, Wirtz D, Tov W, et al. New measures of wellbeing: Flourishing and positive and negative feelings. Soc Ind Res 2009;39: 247-66.
- 3 Steptoe A, Shankar A, Demakakos P, Wardle J. Social isolation, loneliness, and all-cause mortality in older men and women. Proc Natl Acad Sci USA 2013;110(5): 1-5.
- 4 American College Health Association National College Health Assessment, acha.org/NCHA
- 5 Vaishnavi S, Connor K, Davidson JR. An abbreviated version of the Connor-Davidson Resilience Scale (CD-RISC), the CD-RISC2: Psychometric properties and applications in psychopharmacological trials. Psych res 2007;152(2-3):293-7.

healthyhorns

University Health Services Counseling and Mental Health Center Longhorn Wellness Center Division of Student Affairs Data source is 2023 American College Health Association's National College Health Assessment (ACHA-NCHA III).

FIELD DATES: OCTOBER 8-NOVEMBER 12, 2023. Total of 2,478 respondents for a web survey among University of Texas at Austin students. Note: Graduate student category includes graduate and professional students.

