



Aggie Wellbeing Assessment Overall Student Wellbeing

The Wellbeing Improvement Survey for Higher Education Settings (WISHES) has been administered to the Texas A&M University student body in College Station since the 2021-2022 academic year. Texas A&M University surveyed the student body to better understand students' overall well-being, intermediate outcomes, educational outcomes, and student experiences that influence wellbeing. The survey covered topics such as overall health, psychological distress, suffering or struggling, flourishing, belonging at Texas A&M, resilience, binge drinking, health and academic risks, engagement in extracurricular activities, having a friend, mentor, or professor who makes them excited about learning and cares for them. The WISHES survey is administered in October, November, February, March, and April of each academic year. In the 2021-2022 academic year, the survey was also administered in September to students living on campus. However, the March and April surveys scheduled for spring 2023 were not administered. Since the 2021-2022 academic year, 20,360 students responded to at least one question, yielding an overall response rate of 12%. This report focuses on students' overall wellbeing, including health, psychological distress, financial wellbeing, and alcohol use.

Figure 1 illustrates the percentage of students who reported having poor or fair overall health. Graduate students had better overall health than undergraduate students. First-generation students were more likely to report having poor/fair health than non-first-generation students. Similarly, females were more likely to report poor/fair health than males. Students in Mays Business School, the College of Architecture, and the School of Education reported having better health than students in other colleges. Students reporting poor or fair health were more likely to experience psychological distress, experience academic risk, and experience loneliness and less likely to feel that they belong at Texas A&M.

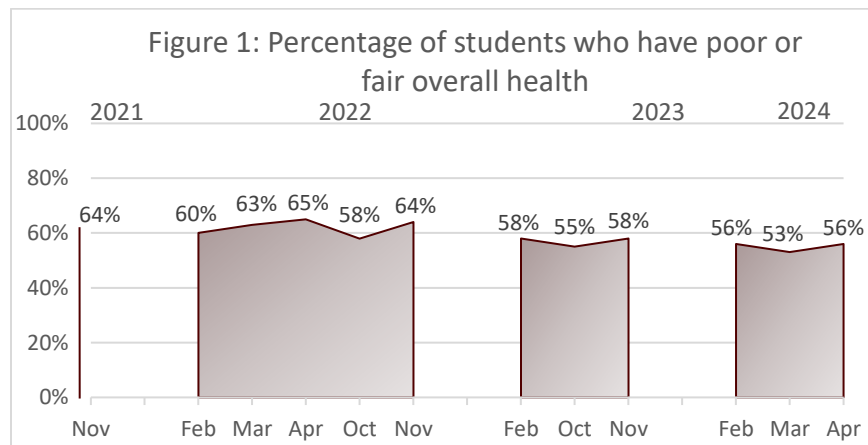


Figure 2a, on the next page, represents students who reported experiencing significant psychological distress; Figure 2b illustrates whether those who were experiencing significant psychological distress were engaged in mental health treatment. First-generation students were more likely to experience significant psychological distress compared to non-first-generation students; however, they were less likely to seek treatment. Females were more likely to be experiencing significant psychological distress compared to males. Additionally, distressed females were also more likely to be engaged in mental health treatment than distressed males. Hispanic and Asian students were slightly more likely to be in distress; however, distressed Asian students were much less likely to be engaged in mental health treatment. Students within the College of Arts and Sciences, General Studies, and the College of Performance and Visualization experienced both higher than average distress levels and higher engagement in treatment levels, as compared to other colleges. Students in Mays Business School experience lower levels of psychological distress and engaged in treatment less.





Figure 2a: Percentage of students who are experiencing significant psychological distress

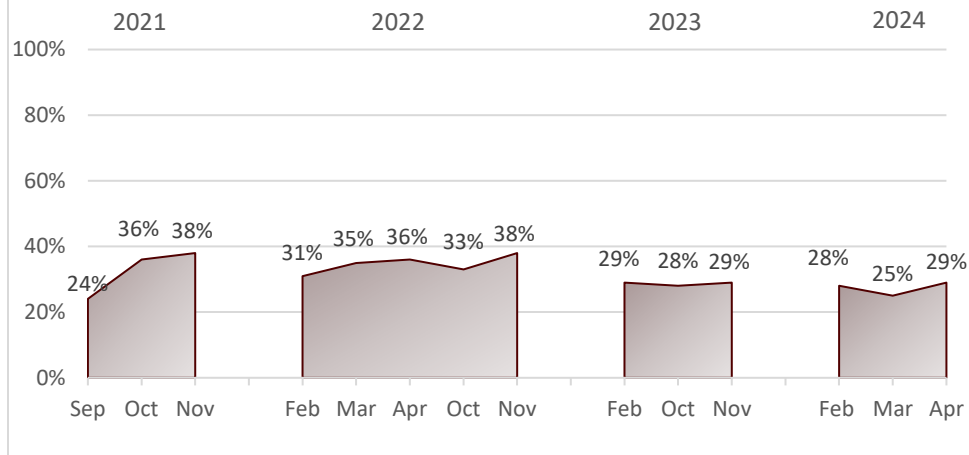
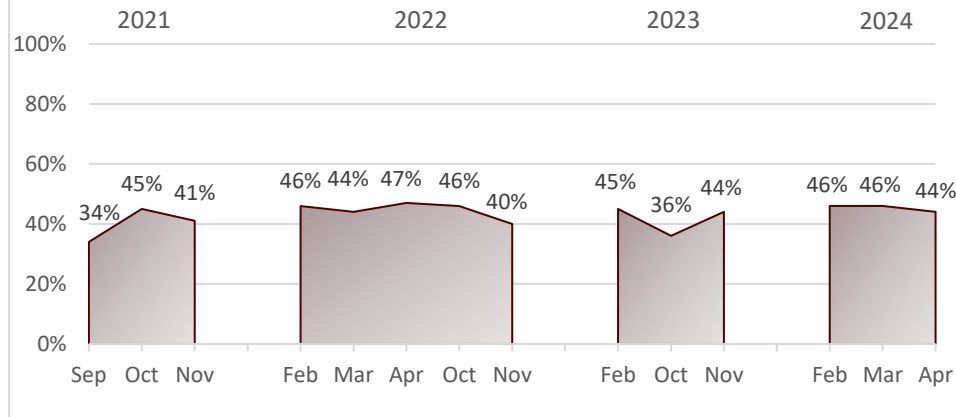


Figure 2b: Percentage of students who are engaged in treatment



Students were asked to rate their financial wellbeing at the time based on a one (worst) to ten (best) scale. The results shown in Figure 3, on the next page, illustrates the average financial wellbeing of student across time. First-generation students felt worse about their finances than non-first-generation student respondents. Fifth-year undergraduate students did not feel as good about their finances as all other graduate and undergraduate students, especially first-year undergraduates. Black/multi-racial with Black students did not feel as good about their finances as other ethnic groups. Male students generally felt better about their finances than their female counterparts.

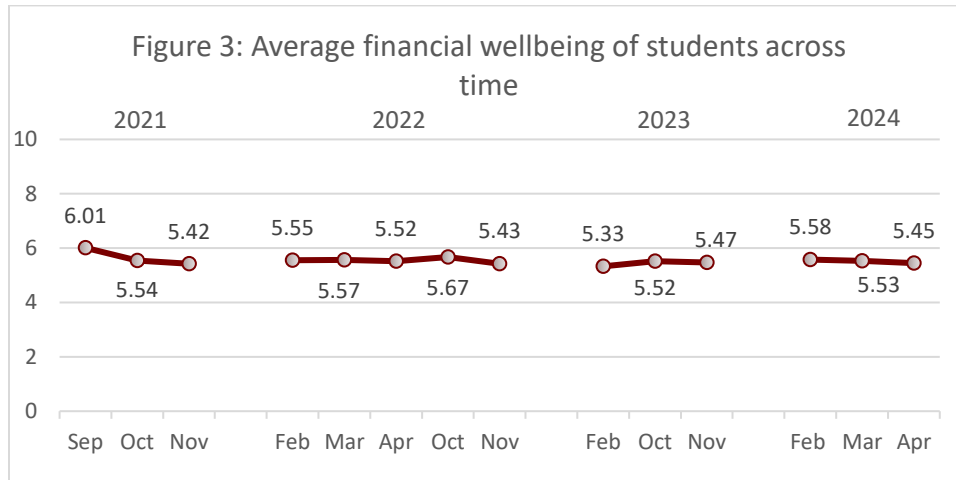
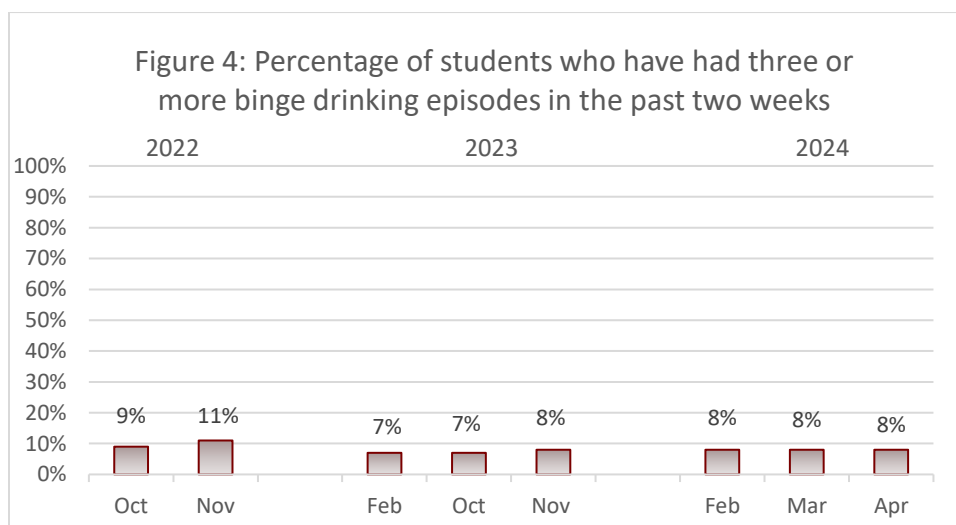


Figure 4 below conveys the percentage of students who had at least three or more binge drinking episodes in the past two weeks. For males, binge drinking constitutes five or more drinks in a day, while for females, it is four or more drinks in a day. Females reported fewer binge drinking episodes than their male counterparts. The binge drinking reported mostly increased each undergraduate year, meaning first-year undergraduates were binge drinking less than second-year undergraduates. However, graduate students reported binge drinking less than undergraduate students overall.



Conclusion

There has been a gradual decreasing number of students who have reported having poor or fair overall health when comparing Spring 2022 to Spring 2024. While approximately one-third of students were experiencing psychological distress, less than half of those students were engaged in treatment. The likelihood of engaging in mental health treatment among distressed individual varied notably across demographic lines. Students' binge drinking has remained relatively consistent between 2022 and 2024. More information can be found [here](#).

FOR MORE INFORMATION



Go to <http://wishes.tamu.edu> or email wishes@tamu.edu

