



SOCIAL RELATIONSHIPS AND MENTAL HEALTH



About the Study

- We asked undergraduate students to complete a survey about their current and past social relationships and mental health
- 475 students M_{age} 20.17 ($SD = 2.18$; 57.7% women; 51.2% White)

Social Relationships

- 71.6% were bullied in middle school or high school
- 37.1% bullied others in middle school or high school
- 61.7% have had a romantic partner in the last 6 months
- 66.9% turned to their best friend in times of need during high school
- 73.9% turned to their parent(s) in times of need during high school

Mental Health

- 17.7% have had depression symptoms more than half the days in the last month
- 28.2% have had anxiety symptoms more than half the days in the last month
- 6.9% reported feeling stressed "fairly often"
- 14.1% reported being "sometimes" or "often" lonely

This project was led by Dr. Ann Farrell, Brock University and Dr. Tracy Vaillancourt, University of Ottawa.

