



The State of Spartan Health 2024

Emotional Wellness

Nationally, college students report high levels of anxiety and depression, and students at Michigan State University are no different. Stress is also a major impediment to academic success, and can lead to sleep difficulties that can exacerbate depression and anxiety.

Mental health can also have a significant impact on physical health - often affecting energy levels, the immune system and more. Helping students practice coping skills to manage stress — like getting enough sleep, staying hydrated and incorporating movement into each day — is a good first step toward supporting their mental health.

Of MSU Students:

72%

of MSU students said they experienced moderate to high **stress** in the last year. Of that, **36% reported that it affected their academic performance.**

29%

of MSU students reported that **anxiety** affected their academic performance in the last year.

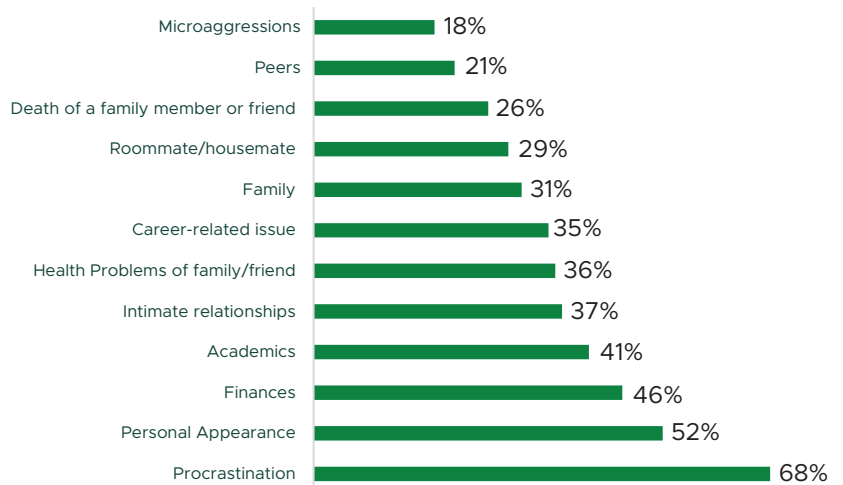
29%

of MSU students reported feeling **hopeless** at least some of the time in the last 30 days.

What We're Watching

- Procrastination was a major challenge for students, with 43% reporting it negatively affected their academic performance.
- Developing coping strategies such as improving sleep habits, staying hydrated, and engaging in regular physical activity can help students mitigate the impact of stressors. Stressors like personal appearances and finances have steadily affected students since last year.
- Finances are a concern for students with 35% saying that financial issues caused moderate to high distress in the past year.

Percentage of Respondents Who Experienced Various Problems in Past Year (2024)



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