UW EXP: Addressing College Stressors and Inequities

Using large-scale, passive data and personal reports to understand and support student health and wellness at the UW

Contact us! uwexperience@uw.edu | make4all.org/uwexperience

What is UWEXP?

UW EXP is a longitudinal study that investigates student health and wellness. Our goal is to develop a data-driven understanding of how we can help UW to improve the Husky Experience.

A Comprehensive Approach

We take a holistic approach to understanding a variety of stressors and their impact
- Students complete many surveys about their stressful experiences and how they cope
- Phone data including calls, app usage, and location measure student behavior
- Fitbits track steps and sleep
- Academic performance is collected from institutional records
- We are developing new data modeling approaches for understanding students

A Diverse Student Body

We have included students from across campus
- About half are Engineers and half from Arts and Sciences
- We oversampled from under-represented minorities, women in STEM, first-generation students and low-income students
- We focused on microclimates that might help, such as the STARS program
- Our goal is to follow students for 4 years
- We have two years of data from 2 institutions (so far)

2019 Sample

176 people finished the study.

<table>
<thead>
<tr>
<th>Participant Demographics</th>
<th>All (N=175)</th>
<th>Engineers (N=73)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>113 (65%)</td>
<td>45 (52%)</td>
</tr>
<tr>
<td>URM</td>
<td>26 (15%)</td>
<td>16 (19%)</td>
</tr>
<tr>
<td>First Generation</td>
<td>49 (28%)</td>
<td>29 (34%)</td>
</tr>
<tr>
<td>STARS</td>
<td>16 (19%)</td>
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</tbody>
</table>

67% reported discrimination on bi-weekly surveys; many experienced other stressors

# Reports Discrimination | 448 (73% female) | 201 (45% of total reports)

Positive Impact of Climate

Students in protective micro-climates report less depression and stress

Shows students with self—reports of clinically relevant symptoms

Biometrics of Stress

On the day of discrimination, behavior changes significantly in quantitative models

- Walk more
- Sleep less
- More time on phone screens
- Report more anxiety and frustration
- Are helped by social support

We are also studying cumulative adversity; how stress and trauma impacts substance use; and suicidality

Who Are We?

Anne Browning (Student Success Center); Anind Dey (iSchool); Kevin Kuehn (Psychology); Paula Nurius (Social Work); Jennifer Mankoff (CSE, PI); Eve Riskin (CoE/ECE); Yasaman Sefidgar (CSE); Orson Xu (iSchool);

Who Are Our Funders?

NSF

Make4All

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Other (152)

Direct Admit (11)

STARS (16)