

UNM Student Well-Being Assessment Summary Report

A LoboWell-Being Project

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In the Fall of 2024, UNM partnered with the American College Health Association (ACHA) to conduct a university-wide survey of well-being among students enrolled at UNM Main, North, or Branch Campuses. UNM students (**4,704**) participated in the survey, which examined 18 dimensions of well-being covering mood, mental health, academic engagement, basic needs security, and other dimensions influenced by a university setting.

Figure 1. Higher Depression and Social Anxiety scores are less desirable; lower Optimism scores are less desirable.

	All UNM Main Students	UNM Main Transgender/Gender-Non-Conforming (TRANS/GNC) Scores	UNM Main Students with Disabilities or Conditions	UNM Main Queer-Spectrum Students
Depression (0-50)	22.68	+5.32	+2.71	+3.50
Social Anxiety (0-50)	22.60	+5.11	+2.54	+3.75
Optimism (0-60)	37.47	-5.73	-2.42	-3.36

Key Findings

Findings indicate that Lobos experience similar well-being to their non-UNM peers. However, some UNM student groups reported significantly less desirable scores in many dimensions. Students with disabilities or conditions, transgender/gender-non-conforming students, and queer-spectrum students had less desirable dimension scores compared to their UNM peers (Figure 1).

Figure 2. Main Campus Parenting Students' Depression, Social Anxiety, and Optimism scores

19.4 /50

Parenting students indicated lower (-3.3) **Depression** scores than their peers.

17.4 /50

Parenting students reported experiencing lower (-3.2) rates of **Social Anxiety** than their peers.

42.3 /60

Parenting students have significantly higher (+4.86) **Optimism** than their non-parenting peers.

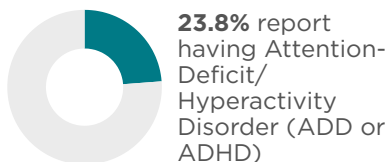
Survey Responses by Campus

Main	(3938)	Valencia	(134)
North	(349)	Taos	(70)
Gallup	(172)	Los Alamos	(41)

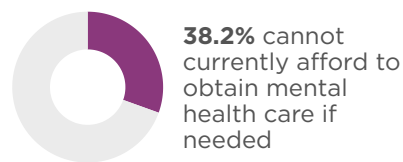
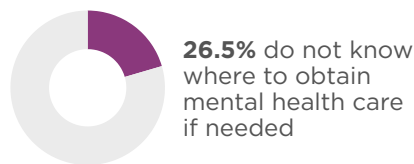


Notably, parenting students scored more desirably than their peers in all but one dimension, demonstrating the strongest well-being indicators overall (Figure 2).

All UNM Students



Branch Campus Students



Many UNM students worry about their basic needs security. **25.7%** of UNM Branch students reported going hungry within the last 30 days (at the time of survey) because there was not enough money for food. **Nearly 35%** of all UNM students worried often or very often about being able to pay for their educational expenses.

What Comes Next

Further assessment of the well-being needs of Transgender/Gender Non-Conforming students; students with Disabilities or Conditions; and Queer-Spectrum students.

The UNM IRB protocol associated with this study is **#2407139897**

American College Health Association. American College Health Association Well-Being Assessment: University of New Mexico Executive Summary Fall 2024. Silver Spring, MD: American College Health Association: 2024.

Increasing awareness of mental health conditions and how to access care.

Continue to track well-being, student basic needs security, and college affordability.

For more information, visit lobowellbeing.unm.edu/well-being-assessment