

The Mental Health and Wellbeing of Recent Graduates:

What is Our Role?

Wednesday, February 22nd

1:00 – 2:00pm EST



The Mental Health & Wellbeing of Recent Graduates

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About the study

Online survey administered by Morning Consult

November 1-7, 2022

N=1,005 adults between the ages of 22-28 with at least a bachelor's degree

42% identified as male, 55% as female, 3% as transgender/nonbinary

10% were Black, 12% Asian American, 13% Hispanic, and 74% White

High levels of mental health needs among young professionals.

31% screen positive for depression (PHQ-4)

43% screen positive for anxiety (PHQ-4)

55% of females and 31% of males reported their mental health as fair or poor

Of respondents who rated their mental health as fair or poor, 36% said they plan to leave their job within year

51% reported needing help for mental health problems in the past year (59% women vs. 40% men)

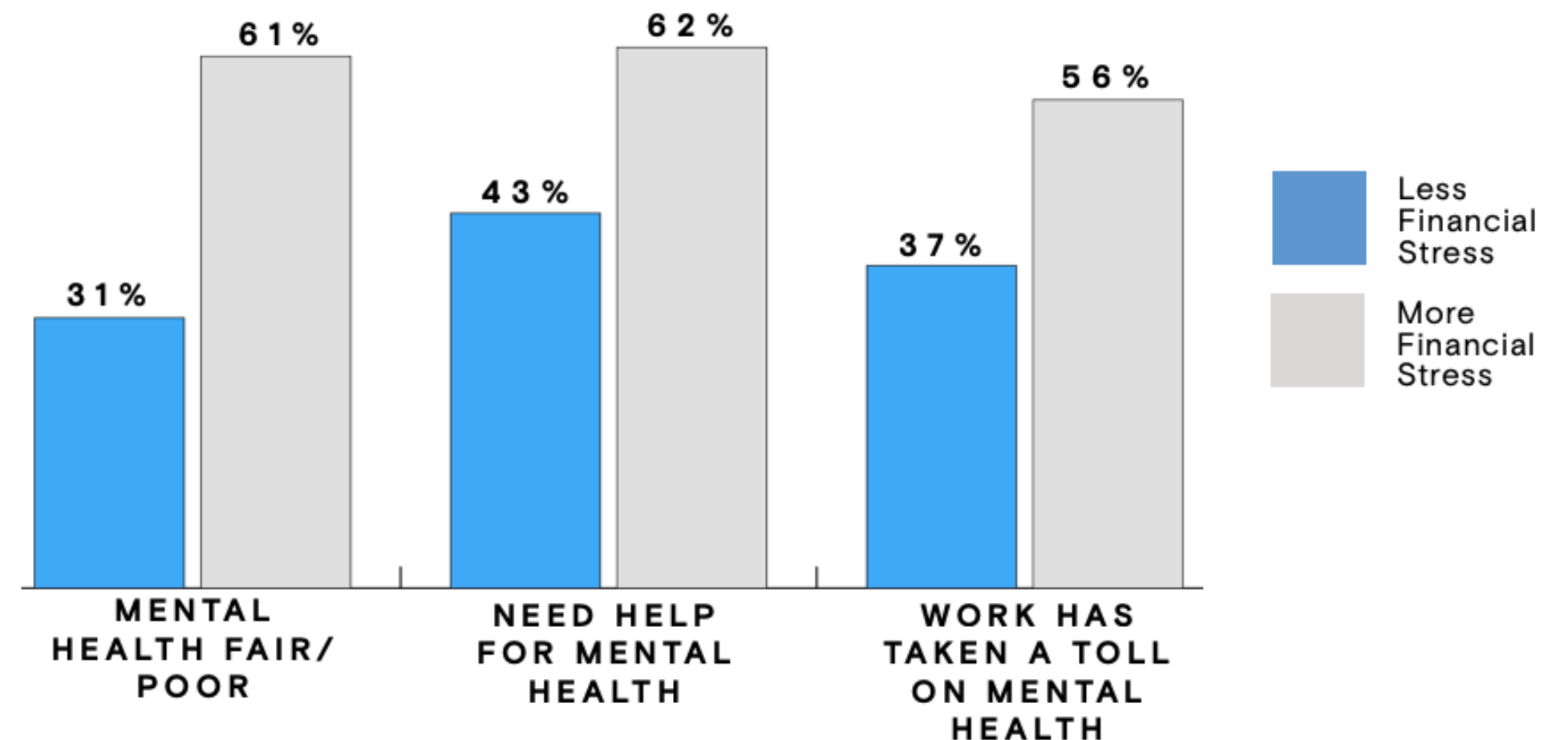
62% have received mental health treatment at some point in their lives

45% believed their work environment has taken a negative toll on their mental health in the previous year

Financial stress is a key risk factor for mental health among young professionals.

46% described their financial situation as always or often stressful

61% of those with more financial stress rated their own mental health as fair or poor compared to 31% of those with lower financial stress



Could higher education be doing more to prepare students emotionally for the transition to post-college careers?

39% said their college did not help them develop skills to prepare them for the emotional or behavioral impact of the transition to the workplace (50% among those with high financial stress)

- **Of those who said their college *did* help them prepare (also 39%), majorities named peer relationships (57%) and extracurriculars (51%) as experiences that helped in the transition, over internships (43%), mental health counseling (43%) or career services (40%), and mentorship relationships (35%).**

53% reported better mental health now than in college (21% reporting significantly better now)

63% of Black respondents reported their mental health is better now than in college (vs. 54% of white respondents)

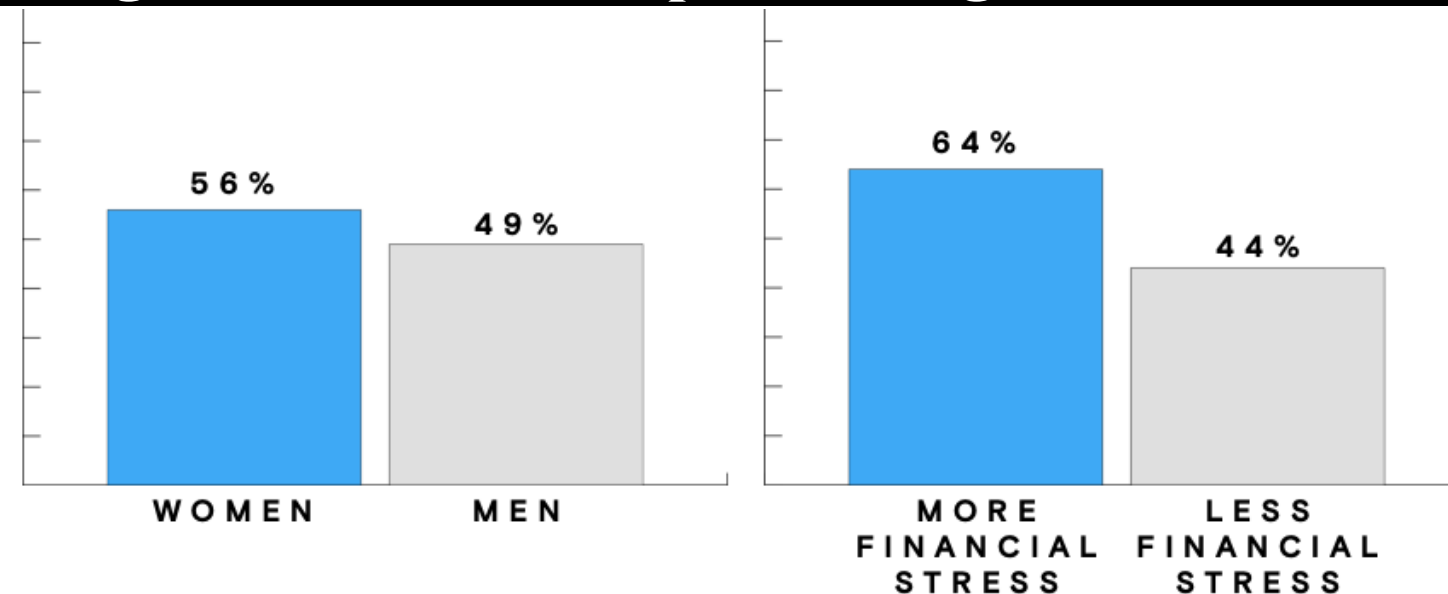
Burnout is pervasive and predictive of anticipated job tenure.

“A state of prolonged physical and psychological exhaustion, which is perceived as related to the person’s work.”

53% reported feeling burnout at least once/week

Among those experiencing burnout at least weekly, 42% said they plan to leave their job in the next 12 months

Figure. Young Professionals Experiencing Burnout at Least Weekly



Perceptions of the work environment and the role of supervisors.

52% of Black respondents reported having colleagues who would support them if they were struggling (vs. 73% of White respondents)

50% of Black respondents feel part of the work community (vs. 68% among White respondents)

29% reported having reached out to someone at work about a mental health problem they felt was affecting their job performance/productivity

Of those who have spoken to someone at their workplace, 91% said the response was either very or somewhat supportive

65% reported that their supervisor has either never (36%) or rarely (29%) reached out to them about their mental wellbeing

Young professionals want additional resources prioritizing mental health.

46% said mental health is a priority at their workplace

41% said there are adequate resources to support employee mental health

58% agreed that their workplace should invest more in mental health resources

Figure. If offered through their workplace, young professionals would likely engage with:

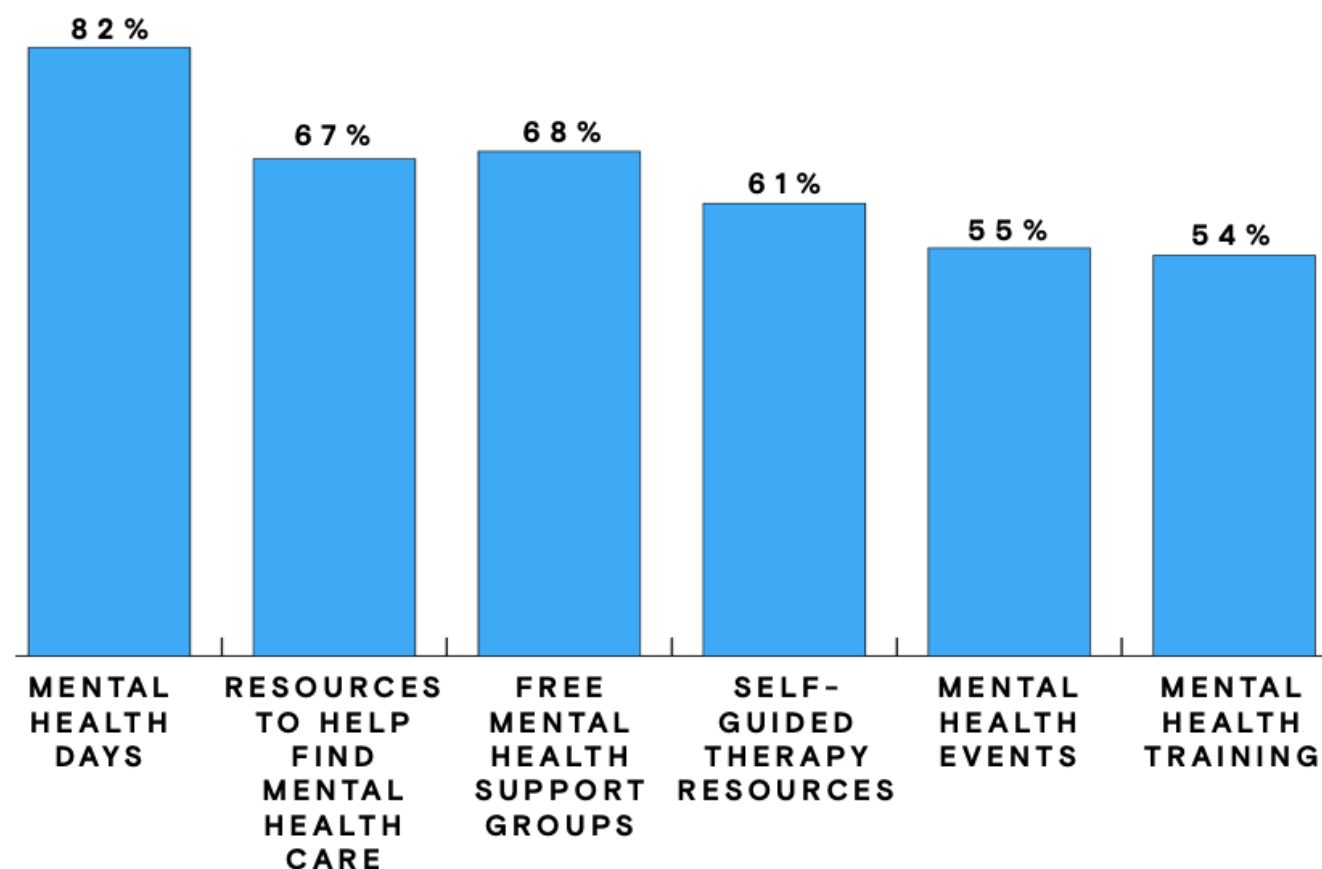
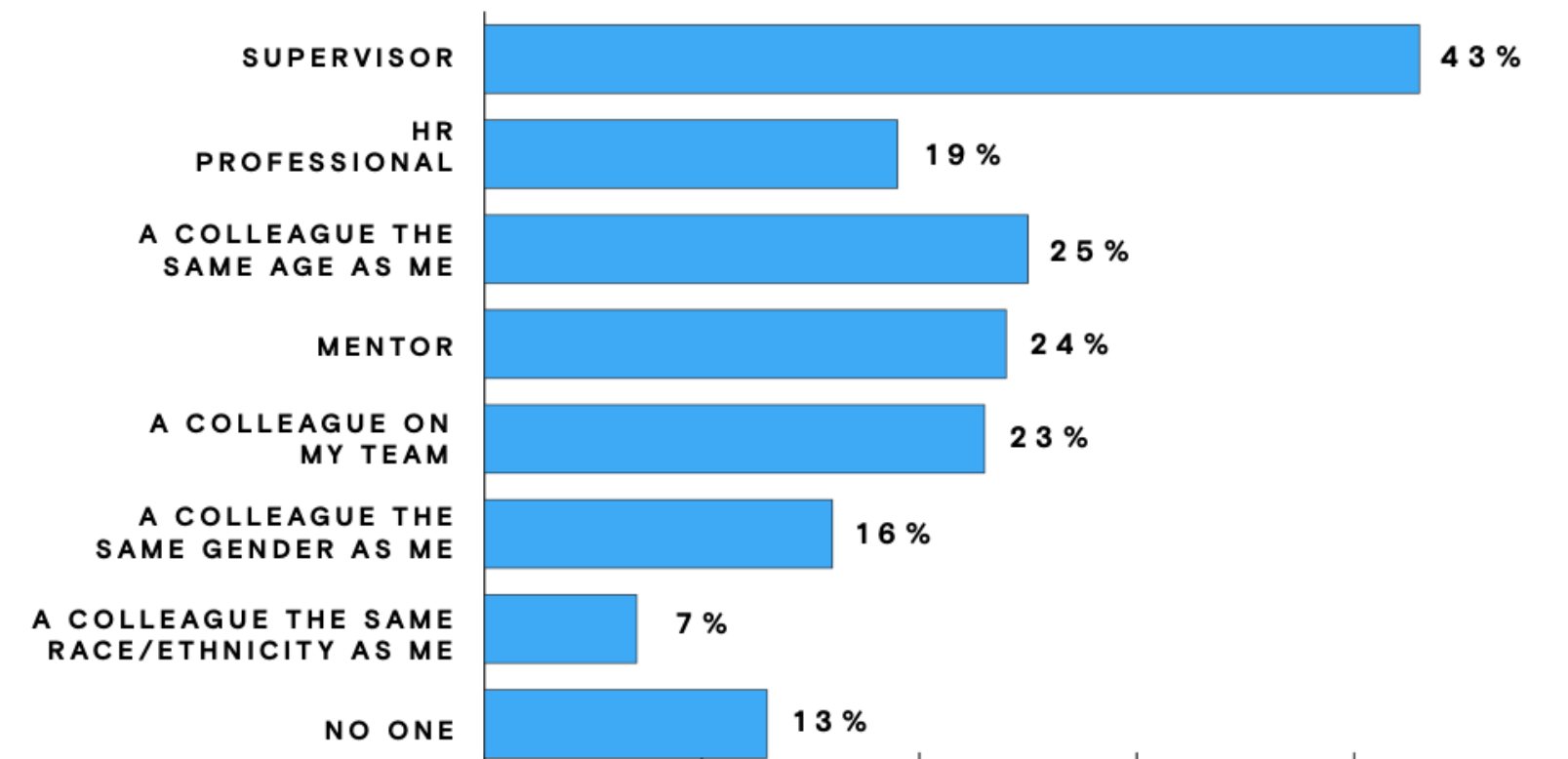


Figure. When experiencing a mental health issue affecting work, young professionals would turn to...



Panelists

- **Nicola Blake, PhD**, Interim Vice President for Academic Affairs and Provost, Guttman Community College
- **Lynn Pasquerella, PhD**, President, AACU
- **Shawn VanDerziel**, Executive Director, NACE
- Moderator: **Kirk Carapezza**, Managing Editor and Correspondent for Higher Education, GBH News