



UCLA Stress and Resilience Assessment (SARA) Study

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Purpose of SARA

Background:

- In a previous study, 86% of UCLA students reported feeling overwhelmed by all they had to do in the past 12 months, and 34% felt so depressed that it was difficult to function.¹
- The UCLA Stress & Resilience Assessment (SARA) is an online survey tool that students complete and it then provides students with personalized feedback about their stress levels and their personal resilience.
- SARA also collects information on their utilization of campus health resources and different psychological/physical measures.

Goals of SARA:

- To inform about stress, resilience and campus resources.
- Examine rates of stress, anxiety, depressive symptoms, physical ailments, on-campus resource utilization and personal positive psychosocial resources in different groups of college students (e.g. undergraduate vs graduate students) overtime.

SARA Sampling and Invitation Procedure:

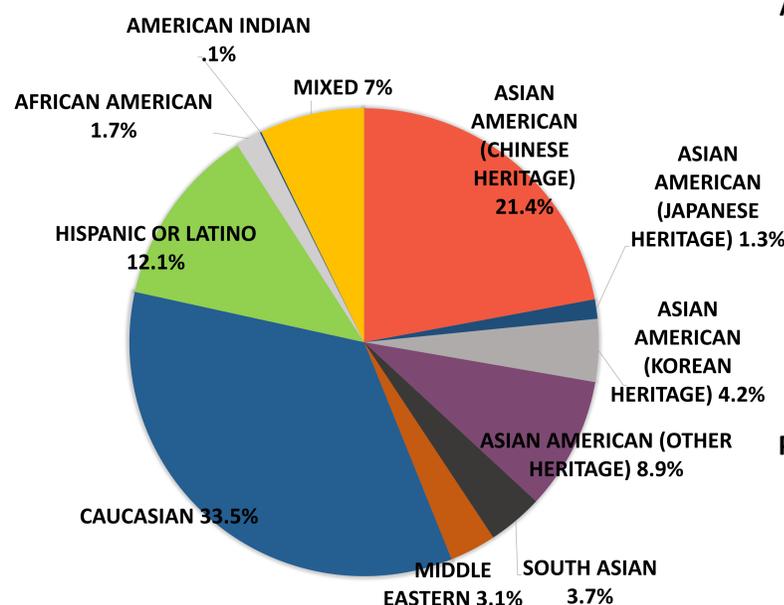
- 4000 students (2000 graduate, 2000 undergraduate) received study invitation emails from the registrar.
- At the beginning of the survey, participants were randomized to the control group (SARA-) or the intervention group (SARA+).

Demographics and Descriptive Statistics

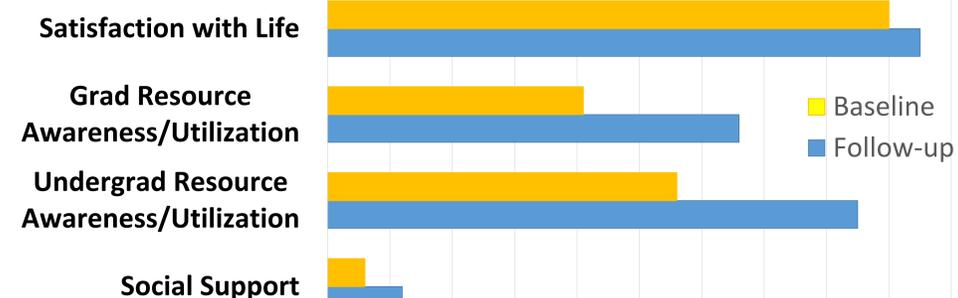
Demographics

Gender: Male - 272 (31%)
Female - 545 (62%)

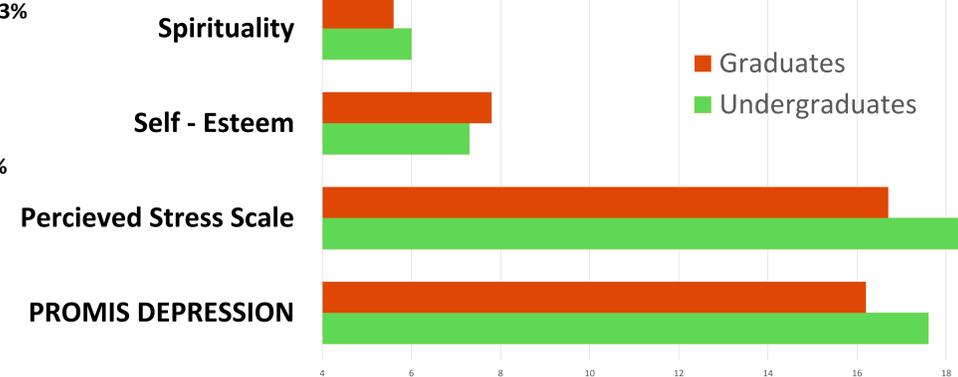
Ethnicity:



Significant Changes from Baseline to Follow-up



Significant Differences between Students



Study Design

Control Group (SARA -)

Intervention (SARA+)

Baseline

Survey without SARA section (n = 416)

Survey with SARA (n = 465)

*Between the baseline & follow-up, all participants received weekly email information about campus health resources/events.

8 Week Follow-up

Survey with SARA (n = 197)

Survey with SARA (n = 226)

Results and Discussion

Significant Differences from Baseline to Follow-up

- Increased reported social support ($p < .001$), satisfaction with life ($p < .05$), and resource awareness/utilization ($p < .001$) over 8 weeks.
- Decreased reported "conscientiousness" ($p < .01$).

Results of Exploratory Analyses (uncorrected):

- For undergraduates: increased negative affect and satisfaction with life ($p < .05$) from baseline to follow-up.
- For graduates: decreased physical complaints ($p < .05$) from baseline to follow-up.
- Undergraduates reported greater perceived stress ($p < .001$) and more depressive symptoms ($p < .05$) than graduate students.
- Women reported greater physical ailments, anxiety, perceived stress, social support and conscientiousness ($p < .001$) than men.
- Resilience resources (i.e. optimism, mastery, purpose, self-esteem) were significantly associated with lower stress ($p < .001$), lower depressive symptoms ($p < .001$), lower anxiety ($p < .001$), lower health complaints ($p < 0.05$), and higher preventative health resource utilization ($p < 0.05$) at each timepoint.