



**The Ohio State
University
Wellness Report
2007**



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Spring 2007 Wellness Report

The following is a synopsis of the results from the Wellness Screening conducted in the spring of 2007. The Ohio State Student Wellness Center promotes 7 dimensions of wellness – emotional, occupational, social, spiritual, physical, financial, and intellectual. Each scale is presented below with the variables that make up the various dimensions of it. The definitions of each aspect of wellness were retrieved from the OSU Student Wellness Center website (<http://swc.osu.edu/whatiswellness.asp>).

Students were asked to reply to statements regarding their social, intellectual, emotional and spiritual wellness by responding: 1 – Never, 2 – Sometimes, 3 – Frequently, 4 – Always. This scale was reversed when necessary so that 1 was always the negative response and 4 was always the positive. The responses remained the same for physical and financial wellness with one exception; respondents were able to select the option “does not apply.” These responses were not included in the analysis. The following scale was used: 1 – Strongly disagree, 2 – Disagree, 3 – Neutral, 4 – Agree, and 5 – Strongly Agree. All of the scales were coded so that the lower an individual’s score, the less well they are in that particular area of wellness. Italicized questions were not included in the scale but were asked in the survey. A total of 7,000 respondents were included in the sample for this study and 681 students completed the survey yielding a response rate of 9.7%.

Emotional Wellness

The emotionally well person is able to appropriately express and manage the entire range of feelings, including anger, fear, happiness and sadness. S/he possesses high self-esteem, a sense of humor, and a positive body image. S/he develops independence from parents/guardians and accepts responsibility for themselves and their actions. This person also seeks support from a mental health professional when needed and gathers information in order to make informed value decisions. **Cronbach's α** = 0.804 (12 items)

The emotional wellness scale includes the following statements:

1. I feel so depressed it is difficult to function.
2. I feel overwhelmed with all I have to do.
3. I can let go of repetitive thoughts.
4. My family is supportive of me
5. I have intrusive thoughts of traumatic things that have happened to me.
6. I find it difficult to sit still and focus.
7. I find it difficult to find my place in society.
8. I bounce back from difficult experiences.
9. I manage stress and do some activity that elicits the "relaxation response" for at least 15 minutes/day.
10. I am able to recognize and express my feelings.
11. I feel positive about myself.
12. I set realistic goals and objectives for myself.
13. *I have panic attacks.*

Occupational Wellness

The occupationally well person is able to negotiate employment and education in a well-balanced manner that is both stimulating and inherently rewarding. S/he chooses a role or several roles that are consistent with their beliefs, goals, lifestyle, personality and values. They're able to develop an attitude of commitment and shape the framework of a successful career. **Cronbach's α = 0.872** (10 items)

The occupational wellness scale includes the following statements:

1. It is acceptable to be undecided about one's major.
2. One's major is not necessarily the same as one.
3. I am supported by my family/significant others about my major/career.
4. I am supported by my peers about my major/career.
5. My major/career decision is an appropriate expression of my abilities and personal strengths.
6. My major/career decision is an appropriate expression of what I find meaningful and important in life.
7. I envision my career as a means to contribute to society.
8. Changing one's major is not a sign of failure.
9. I am confident about my current/future major/career decisions.
10. It is important to engage in activities (e.g. student organizations, jobs, job shadowing, volunteering, internships, co-ops, and practicum) that relate to my possible career/major interests.

Social Wellness

The socially well person has a network of friends and family to whom s/he can turn to for support, validation and sharing of life experiences. These relationships are based on interdependence (rather than codependence), mutual trust and respect, equity of power and cultural competence. The socially well student sees faculty, staff, students, and members of the community as individuals and develops a sensitivity and awareness to their feelings. S/he actively seeks contact with people, issues, and programs that differ from their own experiences and points of view. **Cronbach's α = 0.650** (7 items)

The social wellness scale includes the following statements:

1. I am hesitant to approach people I do not know.
2. I have at least three people with whom I can communicate intimately.
3. I am a good listener.
4. I contribute time and/or money to social community projects.
5. I am able to communicate with and get along with a wide variety of people.
6. I resolve conflict in a positive respectful manner.
7. I initiate discussion with individuals who from a different culture, ethnic background and/or sexual orientation than me.
8. *I enjoy solitude.*
9. *I have experienced and/or witnessed family or relationship violence.*

Spiritual Wellness

The spiritually well person explores spiritual concepts of themselves and others in the discovery of meaning and purpose in human existence. S/he develops an appreciation for the depth and expanse of life and the natural forces that exist in the universe. S/he recognizes the relationship between spirituality and identity in themselves and others.

Cronbach's α = 0.862 (10 items)

The spiritual wellness scale includes the following statements:

1. In general, I feel hopeful about the future.
2. My life is purposeful.
3. I have a clear sense of beliefs and values that gives meaning to my life.
4. My spiritual beliefs influence how I treat other people.
5. I participate in an organized religion.
6. I respect the right of others to have different values and beliefs other than my own.
7. Prayer, meditation, and/or quiet personal reflection is/are important to my life.
8. I am consistently striving to grow spiritually.
9. I see spirituality as a lifelong process.
10. I appreciate the individual uniqueness, diversity, and need for connectedness among all people.

Physical Wellness

The physically well person eats when hungry and selects a varied nutritionally balanced diet. S/he also gets an adequate amount of sleep, engages in moderate to vigorous exercise 3-5 times a week, gets routine medical check-ups when appropriate, and takes safety precautions. The physically well person is free of addictions, has the ability to identify physical and mental needs, and is aware of his/her body's limitations. S/he accepts his/her sexual orientation, engages in sexual relationships that are consistent with his/her values and development, and refrains from using sex to manipulate or influence others. In addition, s/he minimizes unwanted consequences through communication and protection. **Cronbach's α** = 0.621 (16 items)

The physical wellness scale includes the following statements:

1. I get an adequate amount of sleep (6-8 hours every night; wake feeling rested).
2. I perform moderate vigorous physical activity (makes me breathe hard and sweat) for at least 30 minutes on most days of the week.
3. I avoid the use of tobacco products (cigarettes, smokeless tobacco, cigars).
4. I maintain a regular schedule of immunizations, physical and dental checkups (including pap smears, blood pressure and cholesterol checks), and monthly self-exams of breasts or testicles.
5. I eat at least five servings (one serving equals ½ cup) of fruits and/or vegetables every day.
6. I avoid drinking alcoholic beverages or I consume no more than one drink per day (women) or no more than two drinks per day (men).
7. I engage in high risk drinking (5 or more drinks at one setting).
8. I avoid illegal drugs and misusing prescription drugs.
9. If I engage in sexual behavior, I use condoms or other latex barriers to reduce the risk of spreading or contacting infections.
10. My romantic relationships are consistent with my values and beliefs.
11. I openly discuss sex with my partner so that we both openly agree upon what we do in our sexual relationships.
12. If I see a situation in which a person appears to be taking sexual advantage of another person, I speak up if I feel safe.
13. I maintain a reasonable weight, avoiding extremes of overweight and underweight.
14. I am satisfied with my body.
15. I take proactive steps to avoid injury (i.e. wear seat belts, wear bike helmets).
16. I take my medications as prescribed.
17. *I have a chronic illness (E.G. asthma, diabetes, chronic pain, high blood pressure, depression, bipolar disorder).*

Financial Wellness

The financially well person develops a healthy budget managing both income and expenditures. S/he develops a discipline of saving to prepare for short-term, long-term, and emergency expenses. S/he manages credit cards and other consumer credit usage responsibly and develops the skills to manage resources. **Cronbach's α = 0.776** (9 items)

The financial wellness scale includes the following statements:

1. I add to my savings on a regular basis.
2. I pay off the entire balance of my credit card(s) each month.
3. I pay my bills on time every month.
4. I track all debit card transactions/checks to balance my account.
5. I know where my money goes.
6. When I gamble I try to win back money I have lost.
7. I have enough money to participate in most of the same activities as my peers do.
8. I regularly spend more money than I have by using credit or borrowing from others.
9. I manage my money well.
10. *I like to gamble (e.g. poker, sports bets, wagers).*
11. *I worry about having enough money to pay for school.*

Intellectual Wellness

The intellectually well person values education and engages in lifelong learning. S/he pursues activities that increase knowledge, develop moral reasoning, foster critical thinking and expand worldviews. In addition, s/he appreciates the fine arts, and values intuition, empathy and understanding as forms of knowing. **Cronbach's α = 0.766** (9 items)

The intellectual wellness scale includes the following statements:

1. I seek assistance (e.g. instructor office hours, tutoring) when I am not doing as well as I want to in a course.
2. I think clearly and my mind performs as well as it ever has.
3. I question my views and change them in accordance with new information.
4. I listen to ideas different from my own and constantly assess my own opinions.
5. I seek opportunities that challenge my critical thinking skills.
6. I am interested in learning new things.
7. I keep informed about social, political, and/or current issues.
8. I gather information from several sources before making important decisions.
9. I manage my time well to accomplish what is needed.

Methodology

In order to create the various wellness scales, the arithmetic means of all questions/variables included to measure that area of wellness were combined. Next, the respondents were divided into three groups according to their scale scores: those below the 25th percentile, in or between the 25th and 75th percentiles, and those above the 75th percentile. Those respondents in or between the 25th and 75th percentiles are thus the middle 50% or average OSU student wellness scores. The appendix includes three sections. The first section includes interquartile ranges (scale means) by wellness scale according to the following variables: gender, race/ethnicity, class rank, and whether or not the respondent believes he/she needs a wellness coach. The second section includes interquartile ranges (or scale totals) for the aforementioned variables. Section 3 consists of between scale correlations and correlations of demographic variables, GPA, and whether an individual believes he/she needs a wellness coach.

Appendix

Section 1

Wellness Scale Interquartile Ranges (Scale means)

Table 1. Social Wellness¹

Descriptor	25 - 75	Mean for this Audience
Gender		
Male	2.71 - 3.29	2.97
Female	2.86 - 3.33	3.06
Race/Ethnicity		
U.S. White	2.71 – 3.29	3.04
U.S. Minority	2.71 – 3.29	2.97
International	2.86 – 3.43	3.07
Class Rank		
1	2.71 – 3.29	3.01
2	2.71 – 3.30	3.01
3	2.82 – 3.29	3.05
4	2.71 – 3.29	3.02
Need a Wellness Coach		
Yes	2.82 – 3.29	2.99
No	2.71 – 3.29	3.03

¹ The scale range was from 1 to 4. A score of 1 indicated negative social wellness whereas 4 indicated positive social wellness.

Table 2. Physical Wellness²

Descriptor	25 - 75	Mean for this Audience
Gender		
Male	2.43 – 3.04	2.74
Female	2.57 – 3.17	2.87
Race/Ethnicity		
U.S. White	2.50 – 3.14	2.82
U.S. Minority	2.57 – 3.14	2.83
International	2.57 – 3.00	2.84
Class Rank		
1	2.57 – 3.29	2.90
2	2.43 – 3.14	2.76
3	2.57 – 3.14	2.81
4	2.57 – 3.14	2.80
Need a Wellness Coach		
Yes	2.57 – 3.14	2.81
No	2.50 – 3.14	2.82

² The scale range was from 1 to 4. A score of 1 indicated negative physical wellness whereas 4 indicated positive physical wellness. (Those who responded “does not apply” were not included in this analysis)

Table 3. Intellectual Wellness³

Descriptor	25 - 75	Mean for this Audience
Gender		
Male	2.56 – 3.22	2.91
Female	2.56 – 3.22	2.91
Race/Ethnicity		
U.S. White	2.56 – 3.22	2.91
U.S. Minority	2.51 – 3.20	2.86
International	2.78 – 3.56	3.13
Class Rank		
1	2.56 – 3.20	2.84
2	2.44 – 3.22	2.86
3	2.56 – 3.22	2.90
4	2.67 – 3.22	2.96
Need a Wellness Coach		
Yes	2.56 – 3.13	2.89
No	2.56 – 3.22	2.91

³ The scale range was from 1 to 4. A score of 1 indicated intellectual social wellness whereas 4 indicated positive intellectual wellness.

Table 4. Occupational Wellness⁴

Descriptor	25 - 75	Mean for this Audience
Gender		
Male	3.21 – 3.88	3.48
Female	3.50 – 4.00	3.65
Race/Ethnicity		
U.S. White	3.33 – 4.00	2.91
U.S. Minority	3.33 – 3.90	3.55
International	3.29 – 3.80	3.48
Class Rank		
1	3.50 – 4.00	3.71
2	3.22 – 4.00	3.52
3	3.37 – 4.00	3.56
4	3.33 – 4.00	3.60
Need a Wellness Coach		
Yes	3.24 – 3.89	3.48
No	3.38 – 4.00	3.60

⁴ The scale range was from 1 to 4. A score of 1 indicated negative occupational wellness whereas 4 indicated positive occupational wellness.

Table 5. Emotional Wellness⁵

Descriptor	25 - 75	Mean for this Audience
Gender		
Male	2.69 – 3.23	2.92
Female	2.62 – 3.08	2.86
Race/Ethnicity		
U.S. White	2.69 – 3.15	2.90
U.S. Minority	2.62 – 3.08	2.83
International	2.69 – 3.08	2.91
Class Rank		
1	2.77 – 3.23	2.99
2	2.62 – 3.10	2.85
3	2.62 – 3.12	2.86
4	2.69 – 3.15	2.88
Need a Wellness Coach		
Yes	2.54 – 3.00	2.75
No	2.69 – 3.15	2.92

⁵ The scale range was from 1 to 4. A score of 1 indicated negative emotional wellness whereas 4 indicated positive emotional wellness.

Table 6. Spiritual Wellness⁶

Descriptor	25 - 75	Mean for this Audience
Gender		
Male	2.50 – 3.40	3.48
Female	2.70 – 3.60	3.08
Race/Ethnicity		
U.S. White	2.60 – 3.50	3.02
U.S. Minority	2.60 – 3.50	3.05
International	2.60 – 3.50	3.02
Class Rank		
1	2.80 – 3.70	3.18
2	2.60 – 3.50	3.01
3	2.58 – 3.50	2.98
4	2.60 – 3.50	2.98
Need a Wellness Coach		
Yes	2.70 – 3.50	3.02
No	2.60 – 3.50	3.02

⁶ The scale range was from 1 to 4. A score of 1 indicated negative spiritual wellness whereas 4 indicated positive spiritual wellness.

Table 7. Financial Wellness⁷

Descriptor	25 - 75	Mean for this Audience
Gender		
Male	2.89 – 3.55	3.19
Female	2.89 – 3.50	3.17
Race/Ethnicity		
U.S. White	2.89 – 3.55	3.18
U.S. Minority	2.82 – 3.40	3.11
International	3.18 – 3.78	3.41
Class Rank		
1	3.00 – 3.56	3.22
2	2.89 – 3.50	3.01
3	2.86 – 3.48	3.18
4	2.82 – 3.53	3.16
Need a Wellness Coach		
Yes	2.64 – 3.40	3.01
No	2.90 – 3.55	3.21

⁷ The scale range was from 1 to 4. A score of 1 indicated negative financial wellness whereas 4 indicated positive financial wellness. (Those who responded “does not apply” were not included in this analysis)

Section 2

Wellness Scale Interquartile Ranges (Scale totals)

Table 8. Average Wellness Scores by Gender

Wellness Scale	Men	Women
Social	19 – 23	20 – 23
Physical	39 – 49	41 – 51
Intellectual	23 – 29	23 – 29
Occupational	32 – 39	35 – 40
Emotional	32 – 39	31 – 37
Spiritual	25 – 34	27 – 36
Financial	26 – 32	26 – 32

Presented above in **Table 8** are average scores for men and women for each aspect of wellness. The results show that there is not a great difference between men and women as far as score ranges.

Table 9. Average Wellness Scores by Race and Ethnicity

Wellness Scale	U.S. White	U.S. Minority	International
Social	19 – 23	19 – 23	20 – 24
Physical	40 – 50	41 – 50	41 – 48
Intellectual	23 – 29	23 – 29	25 – 32
Occupational	33 – 40	33 – 39	33 – 38
Emotional	32 – 38	31 – 37	32 – 37
Spiritual	26 – 35	26 – 35	26 – 35
Financial	26 – 32	25 – 31	25 – 32

Table 9 provides average wellness score ranges according to race and ethnicity. The results reveal that the three groups have virtually the same ranges as far as the middle 50% of respondents in their respective groups.

Table 10. Average Wellness Scores by Class Rank

Wellness Scale	Rank 1	Rank 2	Rank 3	Rank 4
Social	19 – 23	19 – 23	20 – 23	19 – 23
Physical	41 – 53	39 – 50	41 – 50	41 – 50
Intellectual	23 – 29	23 – 29	23 – 29	24 – 29
Occupational	35 – 40	32 – 40	34 – 40	33 – 40
Emotional	33 – 39	31 – 37	31 – 37	32 – 38
Spiritual	28 – 37	26 – 35	26 – 35	26 – 35
Financial	27 – 32	26 – 32	26 – 31	25 – 32

The wellness scores of the middle 50% of OSU students by rank are presented in **Table 10**. The four groups do not appear to be different as far as response ranges of the middle 50%.

Table 11. Average Wellness Scores by Whether or Not the Respondent Believes S/He Needs a Wellness Coach

Wellness Scale	Yes	No
Social	20 – 23	19 – 23
Physical	41 – 50	40 – 50
Intellectual	23 – 28	23 – 29
Occupational	32 – 39	34 – 40
Emotional	30 – 36	32 – 38
Spiritual	27 – 35	26 – 35
Financial	24 – 31	26 – 32

Table 11 is a comparison of the scores of individuals who say they “are interested in being linked up with a wellness coach.” There does not appear to be a vast difference between those who say they are interested and those who say they are not.

Section 3

Table 12. Wellness Scale Correlations with Each Other

	Social	Physical	Intellectual	Occupational	Emotional	Spiritual	Financial
Social							
Pearson r	1	0.179	0.423	0.150	0.398	0.354	0.166
Sig. (2-tailed)		0.000*	0.000*	0.000*	0.000*	0.000*	0.000*
N	681	681	680	665	680	680	679
Physical							
Pearson r		1	0.277	0.133	0.287	0.278	0.281
Sig. (2-tailed)			0.000*	0.001*	0.000*	0.000*	0.000*
N		681	680	665	680	680	679
Intellectual							
Pearson r			1	0.155	0.398	0.264	0.276
Sig. (2-tailed)				0.000*	0.000*	0.000*	0.000*
N			680	665	680	680	669
Occupational							
Pearson r				1	0.236	0.198	0.194
Sig. (2-tailed)					0.000*	0.000*	0.000*
N				665	665	665	664

	Social	Physical	Intellectual	Occupational	Emotional	Spiritual	Financial
Emotional							
Pearson r					1	0.414	0.372
Sig. (2-tailed)						0.000*	0.000*
N					680	680	679
Spiritual							
Pearson r						1	0.179
Sig. (2-tailed)							0.000*
N						680	679
Financial							
Pearson r							1
Sig. (2-tailed)							
N							679

* = $P \leq .05$

While the scales are significantly correlated, these correlations are relatively low. Thus, it appears the scales are measuring distinct qualities of wellness.

Table 13. Correlations of GPA and Wellness Scale Scores

Wellness Scale	Pearson Correlation	N	Significance (2-tailed)
Social	0.003	681	0.930*
Physical	0.145	681	0.000*
Intellectual	0.235	680	0.000*
Occupational	0.175	665	0.000*
Emotional	0.170	680	0.000*
Spiritual	0.104	680	0.006*
Financial	0.214	679	0.000*

* = $p \leq .05$

The results of **Table 13** reveal that, with the exception of the social diversity scale, all of the wellness scales have a positive, statistically significant correlation with GPA. Further research will provide information as to which of these factors, GPA or wellness, is the independent variable (or the cause) and which is the dependent variable (or the effect).

Table 14. Wellness Scale Correlations with Gender (Female = 1)

Scale	Pearson's r	N	Significance
Social	0.107	681	.005*
Physical	0.138	681	.000*
Intellectual	-0.007	680	.847
Occupational	0.180	665	.000*
Emotional	-0.085	680	.027*
Spiritual	0.120	680	.002*
Financial	-0.025	679	.518

* = $p \leq .05$

Table 14 are the results of wellness scale correlations with gender. The results show that women typically score higher on these scales than men, with the exception of emotional wellness. The interquartile ranges, however, are not different enough to require using different scoring for men and women.

Table 15. Wellness Scale Correlations with U.S. Residence (International = 1)

Scale	Pearson's r	N	Significance
Social	0.017	681	.665
Physical	0.005	681	.887
Intellectual	0.072	680	.059
Occupational	-0.034	665	.388
Emotional	0.011	680	.777
Spiritual	-0.001	680	.988
Financial	0.077	679	.045*

* = $p \leq .05$

According to the results in **Table 15**, there is a positive, statistically significant difference according to international status and financial wellness. This relationship is significant at the $p \leq .05$ significance level. None of the other variables reach statistical significance.

Table 16. Wellness Scale Correlations with Class Rank

Scale	Pearson's r	N	Significance
Social	0.004	648	.909
Physical	-0.025	648	.529
Intellectual	0.108	647	.006*
Occupational	-0.020	633	.612
Emotional	-0.046	647	.248
Spiritual	-0.081	647	.040*
Financial	-0.045	646	.256

* = $p \leq .05$

Table 16 reveals that there is a significant, positive correlation with intellectual wellness and class rank. There is also a significant, negative correlation with class rank and spiritual wellness.

Table 17. Wellness Scale Correlations with Race (Black = 1; Non-black = 0)

Scale	Pearson's r	N	Significance
Social	-0.053	594	.199
Physical	0.048	594	.240
Intellectual	-0.048	593	.241
Occupational	-0.001	581	.981
Emotional	-0.011	593	.792
Spiritual	0.084	593	.040*
Financial	-0.057	592	.167

* = $p \leq .05$

The results in **Table 17** reveal that there is a positive, statistically significant relationship between spiritual wellness and being black.

Table 18. Wellness Scale Correlations with Race (Non-White = 1; White = 0)

Scale	Pearson's r	N	Significance
Social	-0.046	681	.232
Physical	0.007	681	.849
Intellectual	-0.015	680	.687
Occupational	-0.039	665	.320
Emotional	-0.060	680	.119
Spiritual	0.021	680	.586
Financial	-0.028	679	.466

The results in **Table 18** reveal that there is no statistically significant difference between whites and non-whites in any of the seven dimensions of wellness.