APPENDIX C1: 2017 FALL STUDENT SURVEY

10/31/2017

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Note that you cannot return to the previous page. Please do not use your browser navigation button to go back.

Overview & ID

Graduate Student Mental Health: A Study of American Economics Departments

Researchers: Paul Barreira, MD; Matthew Basilico; Valentin Bolotnyy

Consent Form

Participation is voluntary

It is your choice whether or not to participate in this research. If you choose to participate, you may change your mind and leave the study at any time. Refusal to participate or stopping your participation will involve no penalty or loss of benefits to which you are otherwise entitled.

What is the purpose of this research?

The purpose of this research is to understand the prevalence and severity of common mental health problems among graduate students in economics departments across the United States. In addition, the study will help identify environmental factors that may mitigate or contribute to mental health issues. A faculty survey portion of the study will help supplement the graduate student study by shedding additional light on faculty-student relationships.

What can I expect if I take part in this research?

The study is intended for economics graduate students in all years of the PhD program.

The initial survey will take 20 to 25 minutes to complete. A follow-up survey will be sent to you in the Spring of 2018 and will take about 10 minutes to complete. At the end of each survey, you will receive scores on the clinically validated mental health screens and explanations for what those scores mean about your mental health.

Once you begin a survey you will not be able to leave it and return to it at another time, so please complete it in one sitting. There is also no "Back" button, so you cannot change responses once you proceed to the next page.

The researchers will produce an aggregated report across all participating economics programs, as well as an aggregated report specifically for your department. Data from your department will only be studied in an aggregated way and the researchers will share department-specific results only with your

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1/29

department Chair. The report aggregated across all participating programs will not identify departmentspecific results.

What are the risks and possible discomforts?

If you choose to participate, answering questions that require reflection on issues related to your mental health and potentially distressing past experiences has some psychological risk. If you become upset or feel any distress when you are responding to these questions, please call your university's mental health services. The National Suicide Prevention Lifeline is another resource that is available 24 hours a day at 1-800-273-8255.

Benefits

We cannot promise any benefits to you or others from your taking part in this research. However, possible benefits include an improved understanding of your own mental health and its connection to your life experiences; structural department-level and profession-level reforms that improve student and faculty quality of life; improved departmental culture around mental health; initiatives across graduate programs worldwide to improve mental health among students and faculty.

If I take part in this research, how will my privacy be protected? What happens to the information you collect?

The data we collect will be stored on a secure server and analyzed in an anonymous way. No raw, individual response-level data will ever be made public. Such data will also not be handled or accessed by anyone other than a third-party data scientist hired by the researchers. The data scientist has no affiliation with any economics department and has signed a confidentiality agreement. No attempt will ever be made to identify whether or how specific individuals answered the questions in this study.

The ID provided to you for access to each survey is intended to ensure that you only complete each survey once and to allow the researchers to see how graduate student mental health changes over time across all participating programs and in your department. Data matching the ID to you will be stored on a separate secure server from the data set with your survey responses and will only be used for the purpose of this study, as described above.

If I have any questions, concerns, or complaints about this research study, who can I talk to?

The lead researcher for this study is *Paul Barreira, MD* who can be reached at 671-495-2010; 75 Mt. Auburn Street, Cambridge, MA 02138; gradsurvey@huhs.harvard.edu .

Please contact him if you have questions, concerns, complaints, or:

• If you would like to talk to the research team,

10/31/2017

Qualtrics Survey Software

- If you think the research has harmed you, or
- If you wish to withdraw from the study.

This research has been reviewed by the Committee on the Use of Human Subjects in Research at Harvard University. The Committee can be reached at 617-496-2847, 1350 Massachusetts Avenue, 9th Floor, Suite 935, Cambridge, MA 02138, or cuhs@harvard.edu for any of the following:

- If your questions, concerns, or complaints are not being answered by the research team,
- · If you cannot reach the research team,
- If you want to talk to someone besides the research team, or
- If you have questions about your rights as a research participant.

Statement of Consent

I have read the information in this consent form. All my questions about the research have been answered to my satisfaction.

Click here to download consent form PDF

Signature

By selecting this box, I consent to taking part in this research.

Please note that refreshing the survey or using your browser navigation button to go back will invalidate the survey.

PHQ-9	
Over the <u>last 2 weeks</u> , how often have you been bother	ered by any of the following problems?

			More than half	
	Not at all	Several days	the days	Nearly every day
Little interest or pleasure in doing things	0	0	0	0
Feeling down, depressed, or hopeless	0	0	0	0
Trouble falling or staying asleep, or sleeping too much	0	0	0	0
Feeling tired or having little energy	0	0	0	0

Please enter the survey ID number provided in the e-mail:

10/31/2017 Qualtrics Survey Software

	Not at all	Several days	More than half the days	Nearly every day
Poor appetite or overeating	0	0	0	0
Feeling bad about yourself - or that you are a failure or have let yourself or your family down	0	0	0	0
Trouble concentrating on things, such as reading the newspaper or watching television	0	0	0	0
Moving or speaking so slowly that other people could have noticed. Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	0	0	0	0
Thoughts that you would be better off dead or of hurting yourself in some way	0	0	0	0

How difficult have these problems made it for your to do your work, take care of things at home, or get along with other people?

Not difficult at all Somewhat difficult Very difficult Extremely difficult

GAD-7

Over the <u>last 2 weeks</u>, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly everyday
Feeling nervous, anxious or on edge	0	0	0	0
Not being able to stop or control worrying	0	0	0	0
Worrying too much about different things	0	0	0	0
Trouble relaxing	0	0	0	0
Being so restless that it is hard to sit still	0	0	0	0
Becoming easily annoyed or irritable	0	0	0	0
Feeling afraid as if something awful might happen	0	0	0	0

How difficult have these problems made it for your to do your work, take care of things at home, or get along with other people?

Not difficult at all Somewhat difficult Very difficult Extremely difficult

SBQ-R Suicide Behaviors Questionnaire-Revised

Have you ever thought about or attempted to kill yourself?

Never

It was just a brief passing thought

I have had a plan at least once to kill myself but did not try to do it

I have had a plan at least once to kill myself and really wanted to die

I have attempted to kill myself, but did not want to die

I have attempted to kill myself, and really hoped to die

How often have you thought about killing yourself in the past year?

Never

Rarely (1 time)

Sometimes (2 times)

Often (3-4 times)

Very Often (5 or more times)

Have you ever told someone that you were going to commit suicide, or that you might do it?

No

Yes, at one time, but did not really want to die

Yes, at one time, and really wanted to die

Yes, more than once, but did not want to do it

Yes, more than once, and really wanted to do it

How likely is it that you will attempt suicide someday?

Never

No chance at all

Rather unlikely

Unlikely

Likely

Rather likely

Very likely

Self Esteem, Rosenberg Self-Esteem Scale

Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

	Strongly Agree	Agree	Disagree	Strongly Disagree
On the whole, I am satisfied with myself.	0	0	0	0
At times I think I am no good at all.	0	0	0	0
I feel that I have a number of good qualities.	0	0	0	0
I am able to do things as well as most other people.	0	0	0	0
I feel I do not have much to be proud of.	0	0	0	0
I certainly feel useless at times.	0	0	0	0
I feel that I am a person of worth, at least on an equal plane with others.	0	0	0	0
I wish I could have more respect for myself.	0	0	0	0
All in all, I am inclined to feel that I am a failure.	0	0	0	0
I take a positive attitude toward myself.	0	0	0	0

Imposter Phenomenon (IP)

For each question, please check the box that best indicates how true the statement is of you. It is best to give the first response that enters your mind rather than dwelling on each statement and thinking about it over and over.

	Not at all true	Rarely true	Sometimes true	Often true	Very true
I can give the impression that I'm more competent than I really am.	0	0	0	0	0
I'm afraid people important to me may find out that I'm not as capable as they think I am.	0	0	0	0	0
I often compare my ability to those around me and think they may be more intelligent than I am.	0	0	0	0	0
Sometimes I'm afraid others will discover how much knowledge or ability I really lack.	0	0	0	0	0

1/2017		Qualtrics Su	vey Software			
	Not at all true	Rarely true	Sometimes tru	ie Often true	١ (Very true
I feel bad and discouraged if I'm not "the best" or at least "very special" in situations that involve achievement.	0	0	0	0		0
I feel confident in my abilities as a researcher.	0	0	0	0		0
I feel confident in my abilities in math.	0	0	0	0		0
I feel that I am at the same level of technical ability as my peers.	0	0	0	0		0
Please answer the following						
		Yes		N	0	
Are you satisfied with your eating patterns?		0		C)	
Do you ever eat in secret?		0)	
Does your weight affect the way you feel about yourself?		0		C)	
Have any members of your family suffered with an eating disorder?		0		C)	
Do you currently suffer with or have you ever suffered in the past with an eating disorder?		0		C)	
Adult Self-Report Scale Check the box that best de	-			urself over the	nast 6 r	months
Shock the box that best de	Scribes florr you	ilave reic and	co.iducted yo	arson over the	<u> </u>	
		Ne	ver Rarely	Sometimes	Often	Very Often
How often do you have trouble details of a project, once the chdone?			0	0	0	0

How often do you have difficulty getting things in order when you have to do a task that requires organization?

When you have a task that requires a lot of thought, how

How often do you have problems remembering appointments or obligations?

often do you avoid or delay getting started?

	Never	Rarely	Sometimes	Often	Very Often
How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?	0	0	0	0	0
How often do you feel overly active and compelled to do things, like you were driven by a motor?	0	0	0	0	0

Question on feeling overwhelmed

Over the last 7 days, on how many days did you feel overwhelmed by the work you had to do?

0-1 days 2-3 days 4-5 days 6-7 days

Exercise

On how many of the past 7 days did you:

	0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days
Do moderate-intensity cardio or aerobic exercise (caused a noticeable increase in heart rate, such as a brisk walk) for at least 30 minutes?	0	0	0	0	0	0	0	0
Do vigorous-intensity cardio or aerobic exercise (caused large increase in breathing or heart rate, such as jogging) for at least 20 minutes?	0	0	0	0	0	0	0	0
Do 8-10 strength training exercises (such as resistance weight machines) for 8-12 repetitions each?	0	0	0	0	0	0	0	0

AUDIT-C

How often do you have a drink containing alcohol?

Never Monthly or less 2-4 times per month 2-3 times per week 4+ times per week

This is one unit of alcohol...



...and each of these is more than one unit



How many units of alcohol do you drink on a typical day when you are drinking?

1-2 3-4 5-6 7-9 10+

If female: how often have you had 6 or more units on a single occasion <u>in the last year?</u> If male: how often have you had 8 or more units on a single occasion <u>in the last year?</u>

Never Less than monthly Monthly Weekly Daily or almost daily

Sleep

On how many of the <u>past 7 days</u> did you get enough sleep so that you felt rested when you woke up in the morning?

0 days 1 day 2 days 3 days 4 days 5 days 6 days 7 days

People sometimes feel sleepy during the daytime. In the <u>past 7 days</u>, how much of a problem have you had with sleepiness (feeling sleepy, struggling to stay awake) during your daytime activities?

No problem at all

A little problem

More than a little problem

A big problem

A very big problem

Mental Health Diagnosis & Treatment

How would you rate your mental health overall?
Poor
Fair
Good
Excellent
Do you think your mental health is better or worse than the mental health of the average PhD student in your department?
Better
Worse
If you ever feel that you are experiencing a mental health issue, would you know where to turn for help?
Yes
No
If you ever feel that you are experiencing a mental health issue, how likely would you be to turn to someone for help?
Not likely
Somewhat likely
Moderately likely
Very likely
If you had an issue with mental health in the <u>last 2 months</u> , to whom did you turn for help? (Select all that apply)
Mental health professional(s) at your university
Mental health professional(s) outside of your university
Department staff member(s)
Department faculty member(s)
Family member(s)
Friend(s) in the department
Friend(s) outside of the department
Did not turn to anyone for help

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How helpful were the mental health professional(s) at your university with addressing your mental health issue?
Not helpful
Somewhat helpful Moderately helpful
Very helpful
How helpful were the mental health professional(s) outside of your university with addressing your mental health issue?
Not helpful
Somewhat helpful Moderately helpful
Very helpful
How helpful were the department staff member(s) with addressing your mental health issue?
Not helpful Somewhat helpful
Moderately helpful
Very helpful
How helpful were the department faculty member(s) with addressing your mental health issue?
Not helpful
Somewhat helpful
Moderately helpful
Very helpful
How helpful were the family member(s) with addressing your mental health issue?
Not helpful
Somewhat helpful Moderately helpful
Very helpful
How helpful were the friend(s) in the department with addressing your mental health issue?

Not helpful

10/31/2017	Qualtrics Survey Software	
Somewhat helpful		
Moderately helpful		
Very helpful		
How helpful were the friend(s) outside of the	department with addressing	your mental health issue?
Not helpful		
Somewhat helpful		
Moderately helpful		
Very helpful		
Were you diagnosed by a mental health profethis PhD program?	essional with any mental healt	th issue(s) prior to starting
Yes		
No		
Have you been diagnosed by a mental health started this PhD program?	professional with any mental	l health issue(s) after you
Yes		
No		
Are you currently receiving treatment for:		
	Yes	No
Depression	0	0
Anxiety	0	0
Any other mental health issue	0	0
Personal		
About how many people do you have in your most private feelings without having to hold I		ally open up to about your
0		
1		
2 - 5		
6 10		

10/31/2017	Qualtrics Survey Software		
11 - 15			
16 - 20			
More than 20			
When you have a problem or worry, how	often do you let someone i	n your personal life	e know about it?
Never Sometin	mes Most of the	Гіте	Always
I have very good friends at my Economic	s Department.		
Strongly agree			
Agree			
Neither agree nor disagree			
Disagree			
Strongly disagree			
The following questions address how you please tell us how often you feel that wa		of your life. For e	each question,
	Hardly Ever	Some of the Time	Often
How often do you feel you lack companionship?	0	0	0
How often do you feel left out?	0	0	0
How often do you feel isolated from others?	0	0	0
Over the <u>last 7 days</u> , how many hours pe	or day did you typically coop	d on a loisuro activ	vity uprolated to
the PhD program?	a day did you typically speri	J OII a leisure activ	nty unrelated to
0			
1			
2			
3 or more			
Over the <u>last 7 days</u> , how many times pe	er day did you typically check	Facebook?	
0			
1			
2			
3 or more			

Don't have a Facebook account

Over the last 2 weeks:

	Yes	No
Has a significant other, friend, or family member experienced a significant negative life event?	0	0
Have you experienced a significant negative life event?	0	0

How important are the following to your sense of success in life?

	Not important at all	Somewhat important	Moderately important	Very important
Tenure at an academic institution	0	0	0	0
Tenure at a top-ranked academic institution	0	0	0	0
High income	0	0	0	0
Having your own family	0	0	0	0
Knowing that you have made a useful contribution to the world	0	0	0	0
Recognition of your work by the general public	0	0	0	0

Academic Performance

In this academic year, how successful do you think you will be \dots ?

	Not successful at all	Somewhat successful	Moderately successful	Very successful	Not applicable
in your courses	0	0	0	0	0
in your research process	0	0	0	0	0
in your presentations	0	0	0	0	0
in your teaching	0	0	0	0	0

As of right now, how comfortable would you be voicing a thought in a seminar setting?

Not comfortable at all

Somewhat comfortable

Moderately comfortable

Very comfortable

As of right now, how certain would you have to be about the high quality of a thought before you voiced it in a seminar setting?

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Not certain at all Somewhat certain Moderately certain Very certain As of right now, how competitive do you think your peers are with each other? Not competitive at all Somewhat competitive Moderately competitive Very competitive If you are a 2nd year student or above, please answer the following: What was the average of your grades in the first-year Microeconomic Theory and Macroeconomic Theory courses? A/A-A-A-/B+ B+ B+/B B/B-Lower than B-During your 1st year in the PhD program, how large was the group (including yourself) in which you typically found yourself working on problem sets? Please respond even if you are currently a 1st year student. Worked alone 2 people 3 people 4+ people As of right now, do you have one or more projects that you are co-authoring with another PhD student? Yes No

As of right now, do you have one or more projects that you are co-authoring with a faculty r	nember?
Yes	
No	

In general, how often does your work provide you with the following:

	Always	Most of the time	Sometimes	Rarely	Never	Don't Know
Opportunities to fully use your talents	0	0	0	0	0	0
Opportunities to make positive impact on community/society	0	0	0	0	0	0
Sense of personal accomplishment	0	0	0	0	0	0
Goals to aspire to	0	0	0	0	0	0
Satisfaction of work well done	0	0	0	0	0	0
Feeling of doing useful work	0	0	0	0	0	0

Thinking about both your commitments at work and outside of work, please select the response which best describes your situation. How often, in the <u>last 3 months</u>, has it happened that you:

	Always	Most of the time	Sometimes	Rarely	Never
Worried about work when not working	0	0	0	0	0
Were too tired for activities in private life	0	0	0	0	0
Were too tired to do household jobs	0	0	0	0	0
Had difficulty making ends meet financially	0	0	0	0	0
Had work prevent time with family or significant others	0	0	0	0	0

Over the <u>last 2 weeks</u>, on how many days did you seriously contemplate quitting the PhD program?

- 0 days
- 1 day
- 2 days
- 3 days or more

Academic Field

0 days

1 day

What year are you in your program? 1st 2nd 3rd 4th 5th 6th 7th+ What do you consider to be your primary field? \blacksquare What do you consider to be your secondary field, if you have one? ▼ On a scale of 1 to 10, where 1 = Extremely dissatisfied and 10 = Extremely satisfied, how satisfied are you with your PhD experience? 1 2 3 4 5 6 7 10 What would you do differently right now if you were starting your program? Please select as many as apply. Change area of study Change adviser(s) Not pursue a PhD at all Study at another institution Engage more with study Organize time more effectively Nothing Other On average, how many hours a week do you typically work? Less than 11 11-20 hours 21-30 hours 31-40 hours 41-50 hours 51-60 hours 61-70 hours 71-80 hours More than 80 hours hours

Over the <u>last 2 months</u>, have you been physically away from your department for 1 month or longer? https://harvard.az1.qualtrics.com/ControlPanel/Ajax.php?action=GetSurveyPrintPreview

4 days

5 days

6 days

3 days

Over the last 7 days, how many days did you work in the Economics Department?

2 days

7 days

Yes

No

Advising

Think of your Economics Department faculty members with whom you've met in the last 2 months:

From your impressions, how much do they care about the success of your research project(s)?

Do not care at all

Care somewhat

Care moderately

Care very much

Not applicable/have not met with faculty in the last 2 months

From your impressions, how much do they care about you as a person?

Do not care at all

Care somewhat

Care moderately

Care very much

Not applicable/have not met with faculty in the last 2 months

How easy is it for you to talk to them about non-academic career options?

Not easy at all

Somewhat easy

Moderately easy

Very easy

Not applicable/have not met with faculty in the last 2 months

Think of your Economics Department faculty members with whom you've met in the last 2 months:

How honest can you be with them about the difficulties you face with:

	Not honest at all	Somewhat honest	Moderately honest	Very honest	Not applicable/have not met with faculty in the last 2 months
Research progress	0	0	0	0	0
Presentations	0	0	0	0	0
Teaching	0	0	0	0	0
Refereeing	0	0	0	0	0
Co-authoring with other students	0	0	0	0	0
Co-authoring with these faculty	0	0	0	0	0
Your other advisers	0	0	0	0	0
Preparing for the job market	0	0	0	0	0
Your decision to get a PhD in economics	0	0	0	0	0
Decisions related to starting a family	0	0	0	0	0
Your mental health	0	0	0	0	0
Other personal life issues	0	0	0	0	0

Think of your Economics Department faculty members with whom you've met in the <u>last 2 months</u>:

How honest $\underline{\text{would you like to be}}$ with them about the difficulties you face with:

	Not honest at all	Somewhat honest	Moderately honest	Very honest	Not applicable/have not met with faculty in the last 2 months
Research progress	0	0	0	0	0
Presentations	0	0	0	0	0
Teaching	0	0	0	0	0
Refereeing	0	0	0	0	0
Co-authoring with other students	0	0	0	0	0
Co-authoring with these faculty	0	0	0	0	0
Your other advisers	0	0	0	0	0
Preparing for the job market	0	0	0	0	0
Your decision to get a PhD in economics	0	0	0	0	0
Decisions related to starting a family	0	0	0	0	0

	Not honest at all	Somewhat honest	Moderately honest	Very honest	Not applicable/have not met with faculty in the last 2 months
Your mental health	0	0	0	0	0
Other personal life issues	0	0	0	0	0
How easy would you like i	<u>t to be</u> for you to	talk to them	about non-acad	emic career opt	ions?
Not easy at all					
Somewhat easy					
Moderately easy					
Very easy					
Not applicable/have not met w	th faculty in the last	2 months			
In the <u>last 2 months</u> , how	many times have	you met with	n your:		
Main adviser (the faculty mem	ber with whom you r	neet most frequ	ently)		▼
Second adviser (the faculty me	ember with whom yo	u meet second-ı	most frequently)		▼
Third adviser (the faculty men	nber with whom you	meet third-most	frequently)		▼
As of right now, how sign with faculty?	ficant are the follo	owing impedi	ments for the fr	equency with w	hich you meet
		nificant at all	Somewhat significant	Moderately significant	Very significant
Meetings are difficult to sched	ule	0	0	0	0
Meetings are too short	1	0	0	0	0

Over the <u>last 2 months</u>, how many faculty members in your department initiated an informal conversation with you about how you were doing academically or personally?

Meetings are not useful

Meetings are unpleasant

questions, thoughts

previous meeting

impression

Fear of the consequences of a bad

Lack of progress on to-dos from

Doubt about the quality of your ideas,

Background Questions

Not likely Somewhat likely Moderately likely Very likely

```
How old are you?
Younger than 20
20-24
25-29
30-34
35 or older
Which of the following races best describe(s) you: (Select all that apply)
American Indian or Alaska Native
Asian or Asian American
Hispanic or Latino
Black or African American
Native Hawaiian or Other Pacific Islander
White
Are you a U.S. citizen or permanent resident?
Yes
No
Is English your first language?
Yes
No
Which best describes your gender identity?
Man
Woman
Transgender
Other
Do you consider yourself to be:
Heterosexual
Bisexual
Gay or lesbian
```

Bachelor's

Graduate degree

Please indicate the graduate degree(s) earned by your father. (Select all that apply) MBA Other Master's MD JD Economics PhD Other PhD Other Please indicate the highest degree earned by your mother (biological or step). If you have multiple mothers, select the highest degree earned. High school or below Associate Bachelor's Graduate degree Please indicate the graduate degree(s) earned by your mother. (Select all that apply) MBA Other Master's MD JD Economics PhD Other PhD Other Which of the following best describes your undergraduate institution? Small liberal arts college (US) Public university (US) Private university (US) Non-U.S. university

Other

How many math courses did you take between the start of your undergraduate study and the start of this PhD program?

0

1 or 2

3 or 4

5 or 6

7+

Did you go straight into this Economics PhD program after completing your undergraduate degree?

Yes

No

Over the last 2 months, what position(s) have you held for compensation? (Select all that apply)

Teaching Assistant

Grader

Research Assistant

Resident Assistant

Private tutor

Non-academic data scientist

Other

Did not work for compensation

Sexual Harassment

These next questions ask about situations in which a student, faculty member, staff member, or someone else associated with your Economics Department said or did something that:

- Interfered with your academic or professional performance,
- · Limited your ability to participate in your academic program, or
- · Created an intimidating, hostile or offensive social, academic or work environment

Check all that you have experienced <u>since becoming a PhD student</u> from a student, faculty member, staff member, or someone else associated with your Economics Department:

Sexual remarks, jokes, or stories that were insulting or offensive to you $\label{eq:constraint} % \begin{subarray}{ll} \end{subarray} \b$

Inappropriate or offensive comments about your or someone else's body, appearance, or sexual activities

10/31/2017 Qualtrics Survey Software

Crude or gross sexual comments or tried to get you to talk about sexual matters when you did not want to

Email(s), text(s), phone call(s), or instant message(s) with offensive sexual remarks, jokes, stories, pictures, or videos that you did not want to receive

Requests to go out for dinner, have drinks, or have sex even though you said, "No"

At the time of this event/these events, what was the person's/were the persons' relationship(s) to you? (Select all that apply)

At the time, it was someone I was involved or intimate with

Someone I had been involved or was intimate with

Professor

Adviser

Staff member

Graduate student friend or acquaintance

Undergraduate student friend or acquaintance

Stranger

Other

Don't know

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