

Table 1. Demographic profile of the cohort (n= 3,029)

	n	(%)*
Age		
≤17	586	(19.4)
18-19	2252	(74.4)
≥20	191	(6.3)
Gender		
Male	978	(32.4)
Female	2012	(66.7)
Other identity	17	(0.6)
Prefer not to say	8	(0.3)
Ethnicity		
White	2000	(67.0)
Asian	607	(20.3)
Multiple	285	(9.5)
Black	43	(1.4)
Other	43	(1.4)
Indigenous	9	(0.3)
International Student	297	(9.9)
Domestic Student	2694	(90.1)
Ontario	2218	(82.7)
British Columbia	227	(8.5)
Alberta	105	(3.9)
Nova Scotia	39	(1.5)
Quebec	37	(1.4)
Other Province or Territory	57	(2.1)
Program of Study		
Arts, Humanities & Social Sciences	1052	(34.7)
Life and Physical Sciences	853	(28.2)
Engineering and Applied Science	469	(15.5)
Business	342	(11.3)
Computing	111	(3.7)
Nursing	75	(2.4)
Medicine	65	(2.1)
Law	62	(2.0)
Parental Education Level, Highest Completed		
Degree in Professional School or Doctorate	691	(24.0)
Master's degree	685	(23.8)
Bachelor's degree or trades/apprenticeship	1131	(39.3)
Completed high school or less	372	(12.9)

Note: *percentage based on non-missing responses; All variables missing <5%

Table 2. Self-reported Physical and Mental Health Status of the Cohort, Overall and by Gender

	Full Sample		Male		Female		Other	
	(n= 3,029)		(n= 978)		(n= 2,012)		(n= 25)	
	n	(%)	n	(%)	n	(%)	n	(%)
Physical Health Indicators								
Self-Rated Physical Health Status, <i>below Average</i> *	143	(4.8)	38	(3.9)	103	(5.2)	2	(8.0)
History of Physical Health Conditions*	1385	(49.5)	391	(43.3)	979	(52.4)	15	(60.0)
Body Mass Index (BMI)*								
Underweight	261	(9.0)	45	(4.7)	212	(11.0)	4	(17.4)
Normal Weight	2168	(74.4)	686	(71.8)	1468	(75.8)	14	(60.9)
Overweight	378	(13.0)	180	(18.9)	196	(10.1)	2	(8.7)
Obese	107	(3.7)	44	(4.6)	60	(3.1)	3	(13.0)
Mental Health Indicators								
Family History of a Mental Disorder*	1213	(43.0)	297	(33.1)	898	(47.3)	18	(75.0)
Self-Rated Mental Health Status, <i>below Average</i> *	426	(14.3)	89	(9.2)	325	(16.4)	12	(48.0)
History of a Diagnosed Mental Disorder*	779	(28.0)	176	(19.7)	589	(31.6)	14	(56.0)
Receiving Mental Health Treatment/ Support*	252	(8.5)	40	(4.1)	206	(10.4)	6	(24.0)
Type of treatment receiving								
Pharmacological (medication)	91	(36.1)	17	(42.5)	70	(34.0)	4	(66.7)
Psychological (counselling)	63	(25.0)	13	(32.5)	49	(23.8)	1	(16.7)
Both Pharmacological and Psychological	98	(38.9)	10	(25.0)	87	(42.2)	1	(16.7)
Anxiety Symptoms (GADS-7)*								
Minimal/None (0-4)	1034	(37.8)	434	(49.9)	599	(32.4)	1	(4.8)
Mild (5-9)	815	(29.8)	259	(29.8)	547	(29.6)	9	(42.9)
Moderate (10-14)	506	(18.5)	121	(13.9)	377	(20.4)	8	(38.1)
Severe (15-21)	383	(14.0)	56	(6.4)	324	(17.5)	3	(14.3)
Clinically Significant Anxiety (GADS ≥10)*	889	(32.5)	177	(20.3)	701	(38.0)	11	(52.4)
Associated Functional Impairment, Yes*	414	(46.8)	70	(39.8)	339	(48.6)	5	(45.5)
Depression Symptoms (PHQ-9) *								
Minimal/None (0-4)	1156	(42.4)	460	(53.2)	694	(37.7)	2	(10.0)
Mild (5-9)	819	(30.0)	236	(27.3)	576	(31.3)	7	(35.0)
Moderate (10-14)	418	(15.3)	102	(11.8)	312	(17.0)	4	(20.0)
Moderately Severe (15-19)	207	(7.6)	51	(5.9)	151	(8.2)	5	(25.0)
Severe (20-27)	126	(4.6)	16	(1.9)	108	(5.9)	2	(10.0)
Clinically Significant Depression (PHQ ≥10)*	751	(27.6)	169	(19.5)	571	(31.0)	11	(55.0)
Associated Functional Impairment, Yes*	338	(45.1)	68	(40.5)	263	(46.1)	7	(63.6)
Clinically significant Insomnia (SCI ≤16)*	480	(17.7)	103	(11.9)	368	(20.1)	9	(42.9)
<i>Suicide and Self Harm; Have you ever...</i>								
Wished you were dead or would not wake up*	929	(34.1)	216	(24.9)	698	(37.9)	15	(71.4)
Had thoughts about ending your life*	792	(29.0)	203	(23.4)	575	(31.3)	14	(66.7)
Self-harmed without intent to end your life*	479	(17.6)	73	(8.4)	395	(21.5)	11	(52.4)
Attempted to end your life*	166	(6.1)	30	(3.5)	129	(7.0)	7	(33.3)

Note: Missing responses ≤10% for full sample; *Chi-square test comparing males and females was statistically significant (p<.05).

Table 3. Description of Substance Use in the Past Month, Overall and by Gender

	Full Sample		Male		Female		Other	
	(n= 3,029)		(n= 978)		(n= 2,012)		(n= 25)	
	n	(%)	n	(%)	n	(%)	n	(%)
Substance use, <i>at least once a week</i>								
Any*	891	(32.7)	360	(41.5)	524	(28.5)	7	(33.3)
Binge drinking*	667	(24.5)	282	(32.5)	383	(20.9)	2	(9.5)
Cannabis*	302	(11.3)	146	(17.3)	152	(8.4)	4	(19.1)
Non-prescribed sleeping pills or stimulants	155	(5.7)	55	(6.4)	96	(5.2)	4	(19.1)
Pain killers or Opiates	58	(2.2)	22	(2.6)	34	(1.9)	2	(9.5)
Illicit drugs (psychedelics, cocaine, ecstasy)*	36	(1.3)	22	(2.6)	13	(0.7)	1	(4.8)
Binge drinking*								
None	1011	(37.1)	276	(31.8)	721	(39.3)	14	(66.7)
Once	396	(14.6)	125	(14.4)	270	(14.7)	1	(4.8)
2-3 times	648	(23.8)	184	(21.2)	460	(25.1)	4	(19.1)
4 or more times	667	(24.5)	282	(32.5)	383	(20.9)	2	(9.5)
Cannabis*								
Never	1972	(73.8)	565	(67.0)	1391	(76.9)	16	(76.2)
Less than once a week	399	(14.9)	132	(15.7)	266	(14.7)	1	(4.8)
Once a week	158	(5.9)	68	(8.1)	88	(4.9)	2	(9.5)
More than once a week	144	(5.4)	78	(9.3)	64	(3.5)	2	(9.5)

Note: Missing or prefer not to say on one or more item= 421(13.9%) of full sample; All categories describe use in the past month;

*Chi-square test comparing males and females was statistically significant ($p < .05$).

Table 4. Percentage of first year students with specific mental health disorders, and current receipt of treatment or support, by gender

Gender: Mental Disorder	Diagnosed with a Mental Disorder					Clinically Significant Symptoms ¹				
	N Total	N	(%)	No Treatment/Support		N Total	N	(%)	No Treatment/Support	
				%	(95% CI)				%	(95% CI)
Males										
Any disorder	894	176	(19.7)	81.3	(75.5 to 87.0)	873	571	(65.4)	94.1	(92.1 to 96.0)
Anxiety disorder	894	79	(8.8)	77.2	(68.0 to 86.5)	870	177	(20.3)	91.0	(86.7 to 95.2)
Mood disorder	894	49	(5.5)	71.4	(58.8 to 84.1)	865	169	(19.5)	89.9	(85.4 to 94.5)
Sleep disorder	894	18	(2.0)	88.9	(74.4 to 100)	863	103	(11.9)	88.4	(82.2 to 94.6)
Substance use disorder	894	4	(0.5)	100	(40.0 to 100)	867	360	(41.5)	96.4	(94.5 to 98.3)
Eating disorder	894	6	(0.7)	83.3	(53.5 to 100)		-	-	-	-
Learning disability	894	73	(8.2)	84.9	(76.7 to 93.1)		-	-	-	-
Suicidal Ideation/Attempt	894	18	(2.0)	88.9	(74.4 to 100)	866	209	(24.1)	89.5	(85.3 to 93.6)
Other disorder	894	9	(1.0)	66.7	(35.9 to 97.5)		-	-	-	-
Females										
Any disorder	1861	589	(31.7)	67.1	(63.3 to 70.9)	1849	1244	(67.3)	86.4	(84.5 to 88.3)
Anxiety disorder	1861	414	(22.3)	59.7	(54.9 to 64.4)	1846	700	(37.9)	81.3	(78.4 to 84.2)
Mood disorder	1861	263	(14.1)	54.4	(48.4 to 60.4)	1840	571	(31.0)	82.1	(79.0 to 85.3)
Sleep disorder	1861	83	(4.5)	63.9	(53.5 to 74.2)	1832	368	(20.1)	77.2	(72.9 to 81.5)
Substance use disorder	1861	15	(0.8)	46.7	(21.4 to 71.9)	1836	524	(28.5)	86.3	(83.3 to 89.2)
Eating disorder	1861	110	(5.9)	69.1	(60.5 to 77.7)		-	-	-	-
Learning disability	1861	125	(6.7)	69.6	(61.5 to 77.7)		-	-	-	-
Suicidal Ideation/Attempt	1861	97	(5.2)	48.5	(38.5 to 58.4)	1840	582	(31.6)	79.7	(76.5 to 83.0)
Other disorder	1861	18	(1.0)	66.7	(44.9 to 88.4)		-	-	-	-
Other Identity										
Any disorder	25	14	(56.0)	57.1	(31.2 to 83.1)	21	19	(90.5)	68.4	(47.5 to 89.3)
Anxiety disorder	25	11	(44.0)	45.5	(16.0 to 74.9)	21	11	(52.4)	54.6	(25.1 to 84.0)
Mood disorder	25	8	(32.0)	37.5	(4.0 to 71.1)	20	11	(55.0)	54.6	(25.1 to 84.0)
Sleep disorder	25	2	(8.0)	50.0	(0.0 to 100)	21	9	(42.9)	66.7	(35.9 to 97.5)
Substance use disorder	25	3	(12.0)	33.3	(0.0 to 86.7)	21	7	(33.3)	57.1	(20.5 to 93.8)
Eating disorder	25	1	(4.0)	0.0	-		-	-	-	-
Learning disability	25	5	(20.0)	80.0	(44.9 to 100)		-	-	-	-
Suicidal Ideation/Attempt	25	5	(20.0)	40.0	(0.0 to 82.9)	21	14	(66.7)	57.1	(31.2 to 83.1)
Other disorder	25	3	(12.0)	66.7	(13.3 to 100)		-	-	-	-

¹Symptomatic if score greater than or equal to (clinical) cut-off for disorder; Substance use disorder was defined as engaging in at least one of the following behaviours, once per week or more in the past month: binge drinking, use of non-prescribed sleep or wake-up pills, cannabis use, use of pain killers or opiates, and illicit drug use; Suicidal Ideation/ Attempt was indicated if students responded that they had ever had any thoughts about ending their life, or ever made an attempt to end to end their life.

Table 5. Relative Risk of not receiving treatment or support for a mental disorder (diagnosed, or symptomatic) by socio-demographic factors

	Diagnosed or Symptomatic of Any Mental Disorder		Relative Risk (RR) of receiving no treatment or support			
			Crude		Adjusted*	
	N	(% Untreated)	RR	(95% CI)	RR	(95% CI)
Age Group - years						
Less than 18	359	(88.6)	Ref	1.00	Ref	1.00
18 to 19	1419	(87.7)	0.99	(0.95 to 1.03)	1.00	(0.95 to 1.05)
20 or more	108	(79.6)	0.90	(0.81 to 1.00)	0.92	(0.79 to 1.07)
Gender						
Male	572	(93.7)	Ref	1.00	Ref	1.00
Female	1295	(84.9)	0.91	(0.88 to 0.94)	0.97	(0.93 to 1.01)
Other Identity	19	(68.4)	0.73	(0.54 to 0.99)	0.91	(0.72 to 1.15)
Status						
Domestic – Ontario	1432	(85.7)	Ref	1.00	Ref	1.00
Domestic – Rest of Canada	297	(92.3)	1.08	(1.04 to 1.12)	1.03	(0.98 to 1.08)
International	157	(94.3)	1.10	(1.05 to 1.15)	1.04	(0.96 to 1.12)
Program of Study						
Arts, Humanities and Social Sciences	708	(81.9)	Ref	1.00	Ref	1.00
Life and Physical Sciences	502	(89.0)	1.09	(1.04 to 1.14)	1.02	(0.98 to 1.07)
Engineering and Applied Sciences	297	(93.3)	1.14	(1.09 to 1.19)	1.04	(0.98 to 1.10)
Business	213	(93.9)	1.15	(1.09 to 1.20)	1.04	(0.98 to 1.10)
Computing	61	(88.5)	1.08	(0.98 to 1.19)	1.00	(0.90 to 1.12)
Nursing	36	(88.9)	1.09	(0.96 to 1.22)	1.01	(0.89 to 1.15)
Medicine	31	(77.4)	0.95	(0.78 to 1.15)	1.04	(0.85 to 1.27)
Law	38	(92.1)	1.12	(1.02 to 1.24)	1.15	(0.87 to 1.54)
Parental Education Level						
Degree in Professional School or Doctorate	439	(87.0)	Ref	1.00	Ref	1.00
Master's degree	466	(88.8)	1.02	(0.97 to 1.07)	1.01	(0.96 to 1.06)
Bachelor's degree or trades/apprenticeship	736	(87.0)	1.00	(0.95 to 1.05)	1.01	(0.96 to 1.06)
Completed high school or less	245	(86.9)	1.00	(0.94 to 1.06)	1.01	(0.95 to 1.08)
Number of Mental Disorders						
1	755	(96.2)	Ref	1.00	Ref	1.00
2	401	(90.8)	0.94	(0.91 to 0.98)	0.97	(0.93 to 1.01)
3	353	(86.1)	0.90	(0.86 to 0.94)	0.95	(0.90 to 0.99)
4+	377	(67.6)	0.70	(0.66 to 0.76)	0.85	(0.80 to 0.90)

Note: *Adjusted for all other variables in the table.