



A Survey on Undocumented College Students' Stress and Health

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Important Note When Interpreting the Findings

The findings are based on self-reported survey data collected at one point in time. We cannot make claims of causality (e.g., deportation concerns cause poor sleep quality), and students' experiences likely change over time. Further, undocumented college students are a diverse group of students. Their experiences may vary by nationality, race, religious identity, gender, sexual orientation, socioeconomic status, type of college, having DACA or not having DACA, attending college in a particular state, etc. Lastly, experiences reported here may not be generalizable to the larger population of undocumented college students in the United States.

SURVEY STUDY DETAILS

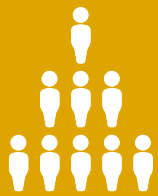
Recruitment: Between January and June 2019, Dr. Jennifer Kam emailed recruitment flyers to Undocumented Student Services, "DREAM" Centers, and Undocumented Student Associations at four-year colleges and community colleges in 10 states, including AZ, CA, IL, TX, and MA.

Participant Payment: \$10 Amazon gift cards for filling out the 25-minute online survey.

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Undocumented College Students

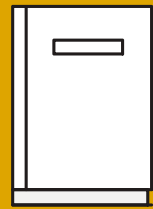
77%
Women



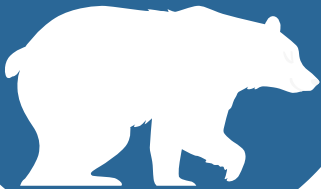
90%
Undergraduates



75%
Four-Year College



86%
California



80%
Born in Mexico



49%
University of
California



21
Mean Age

18-40
Age Range

73%
DACA



94%
Had lived 11+ years
in the U.S.



UNDOCUMENTED STUDENTS'

HEALTH & WELL-BEING



Sleep Quality (Past Month):

"Did you have difficulty falling asleep?"

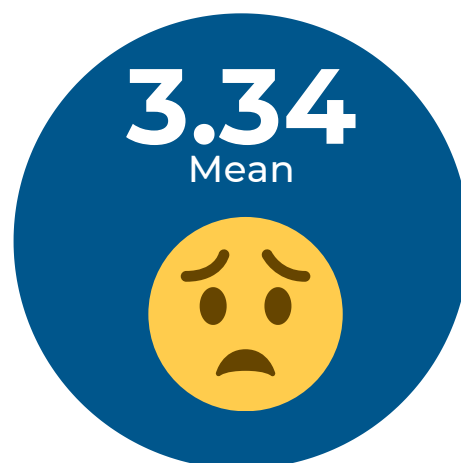
"Did you have trouble staying asleep?"

"Did you have trouble sleeping?"
(1 = never, 2 = once, 3 = a few times, 4 = many times, 5 = all the time)

Anxiety:

"In the past 7 days, how often have you:
...felt fearful?
...felt anxious?
...felt worried?
...felt tense?"

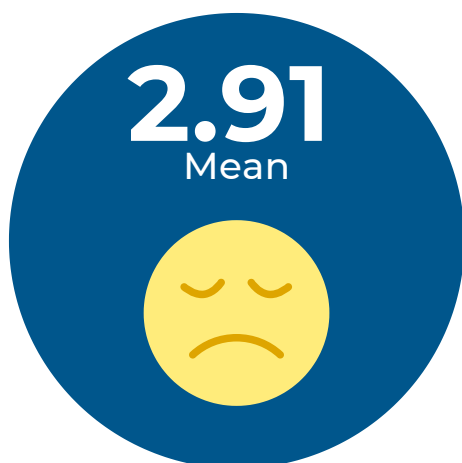
(1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = always)



Depressive Symptoms:

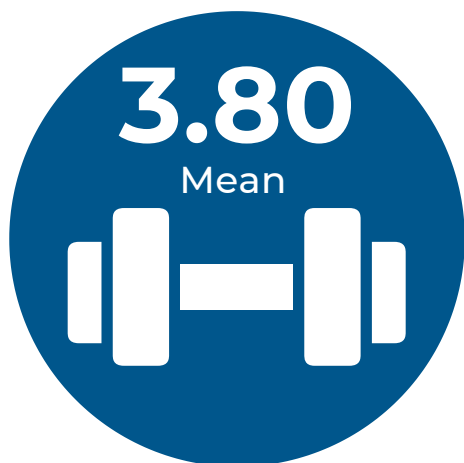
"In the past 7 days, how often have you:
...felt that you had nothing to look forward to?
...felt depressed?
...felt hopeless?"

(1 = never, 2 = rarely, 3 = sometimes, 4 = often, 5 = always)



UNDOCUMENTED STUDENTS'

HEALTH & WELL-BEING



Physical Activity:

"In the past week (7 days), **how many days** did you exercise, participate in sports, or engage in physical activities for at least 10 minutes that made you sweat or breathe hard?"

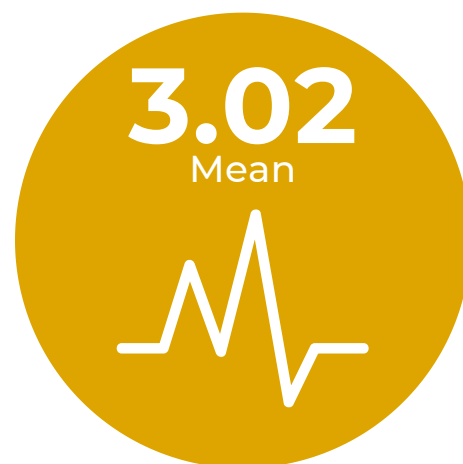
(1 = 0 days, 2 = 1 day, 3 = 2 days to 8 = 7 days)



Perceived Health:

"Would you say that in general your health is:

- 1 = excellent
- 2 = very good
- 3 = good
- 4 = fair
- 5 = poor?"



UNDOCUMENTED STUDENTS' CONCERNS

"How often have the following events occurred since the beginning of the 2018-2019 academic year, because you were dealing with or thinking about an issue related to your documentation status or a family member's documentation status?"

(1 = never, 2 = once, 3 = a few times, 4 = many times, 5 = all the time)

Academic Concerns:

"...missed class?"

"...been distracted in class?"

"...lost needed study hours?"

"...done poorly on an exam?"

2.76
Mean



Deportation Concerns

"Since the beginning of the 2018-2019 academic year, how often have you thought about your:

...own deportation?

...parent(s)' deportation?

...sibling(s)' deportation?

...extended family member(s)'
deportation?"

2.89
Mean



UNDOCUMENTED STUDENTS' CONCERNS

"Please indicate how strongly you agree or disagree with the following statements."

(1 = strongly disagree, 2 = disagree, 3 = unsure, 4 = agree, 5 = strongly agree)

Future Concerns:

"Thinking about life after graduation gives you anxiety."

"You are worried about the possible discontinuation of DACA (Deferred Action for Childhood Arrivals)."

"You fear you will not be able to get a job after graduation."



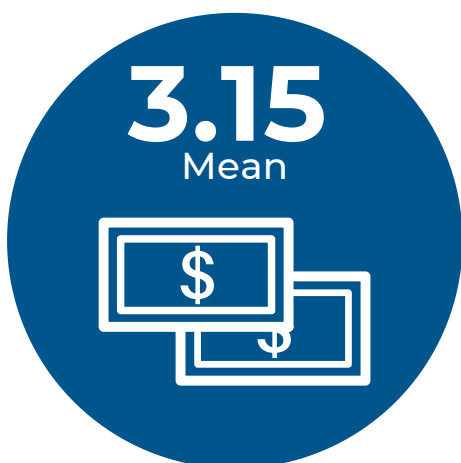
Financial Concerns

"Since the beginning of the 2018-2019 academic year:

"...you have had to work to make ends meet."

"...you have been concerned that you or your family will not be able to finance your college education."

"...you or your family have had difficulty paying rent."



UNDOCUMENTED STUDENTS' CONCERNS

"Please indicate how strongly you agree or disagree with the following statements."

(1 = strongly disagree, 2 = disagree, 3 = unsure, 4 = agree, 5 = strongly agree)

Food Concerns:

"Since the beginning of the 2018-2019 academic year:

"...you have worried that food at home will run out before you or your family get money to buy more."

"...you have had to eat less (e.g., smaller portions or skip a meal) because you or your family didn't have enough money to buy food."



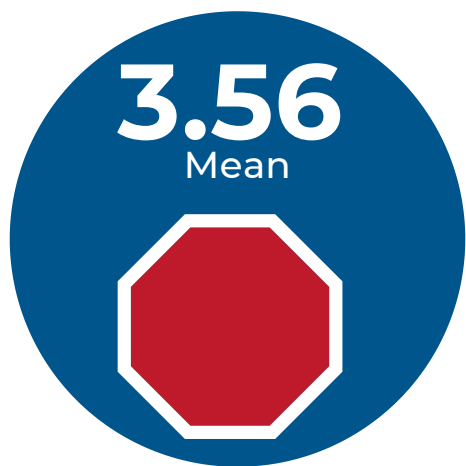
Limited Opportunities

"Since the beginning of the 2018-2019 academic year:

"...not being able to see family in another country because of your undocumented status?"

"...not being able to go places for fun because of your undocumented status?"

"...not being able to participate in certain school activities because of your undocumented status?"



UNDOCUMENTED STUDENTS' CONCERNS

(1 = strongly disagree, 2 = disagree, 3 = unsure, 4 = agree, 5 = strongly agree)

Anti-Immigration Media Exposure:

"Since the beginning of the 2018-2019 academic year, how often have you seen online or television news coverage of undocumented immigrants:

"...being portrayed negatively?"

"...being detained or deported?"

"...being treated badly?"

"...being portrayed as criminals or gang members?"

4.01
Mean



Conversations that Remind you of Anti-Immigration Sentiment

3.18
Mean



"Since the beginning of the 2018-2019 academic year, how often have family members, friends, or other people you know:

"...told you about immigration and customs enforcement (ICE) raids or police check points?"

"...told you about someone they know who was detained or deported?"

"...talked to you about negative news coverage of undocumented immigrants?"

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