

CALIFORNIA STUDENT WELLNESS STUDY

UNIVERSITY OF CALIFORNIA SANTA BARBARA

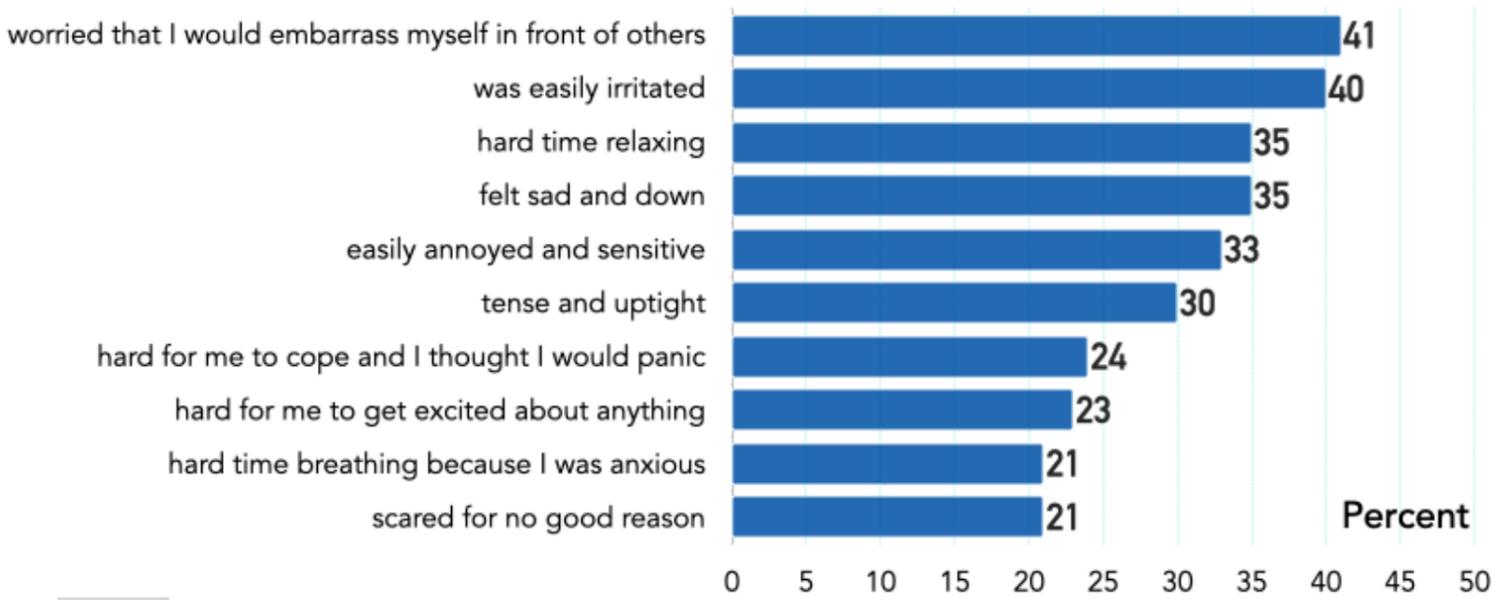
Emotional Distress

Students in Grades 7 to 12 completed the Social Emotional Distress Scale. They rated their **past 30-day** emotional distress using a 4-point response format:
1 = Not Like me to 4 = Very Much Like me.

Percent "Pretty Much" or "Very Much" Like Me



PAST MONTH EMOTIONAL DISTRESS (N = 99,772, GRADES 7-12)



The California Wellness Study is a collaboration among the UC Santa Barbara International Center for School-Based Youth Development, The California Department of Education, and WestEd. Between October 2017 and June 2019, Wested administered the CHKS Core Module, the Social Emotional Health Survey, and the Social Emotional Distress Scale to more than 100,000 students in Grade 7-12. A smaller, but still substantial group of more than 10,000 students in Grades 9 to 12, completed additional mental health and well-being measures. Infographics in this series draw upon these data sets.

See: Dowdy, E., Furlong, M. J., Nylund-Gibson, K., Moore, S., & Moffa, K. (2018). Initial validation of the Social Emotional Distress Survey-Secondary to support complete mental health screening. *Assessment for Effective Intervention, 43*(4), 241--48. [Link](#)

See: Van Loon, A. W., et al. (2020). Can schools reduce adolescent psychological stress? A multilevel meta-analysis of the effectiveness of school-based intervention programs. *Journal of Youth and Adolescence, 1-19*. [Link](#)

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