

Survey on Workload and Mental Health among University Students

Dear Student,

We are conducting a research project on how academic workload affects student mental health. Your responses will remain strictly anonymous and used for academic purposes only. Please answer honestly. The survey will take few minutes.

Year of Study: *

- 1st Year (0–35 credits)
- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

24

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

7

.....

How many courses are you currently enrolled in? *

4

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

10

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

1

2

3

4

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

0.00

How many hours do you spend on studying per week? *

3

How many courses are you currently enrolled in? *

7

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? ***On a scale of 1–5, how would you rate your anxiety level? *****On average, how many hours of sleep do you get per night? ***

5

On a scale of 1–10, how would you rate your overall sleep quality? *

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

26

CGPA (Optional) :

3.6

How many hours do you spend on studying per week? *

10

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

20

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.35

How many hours do you spend on studying per week? *

1

How many courses are you currently enrolled in? *

5

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

3

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

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- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

20

CGPA (Optional) :

4.00

How many hours do you spend on studying per week? *

42

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

20

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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Gender: *

- Male
- Female

Age: *

24

CGPA (Optional) :

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How many hours do you spend on studying per week? *

6

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How many courses are you currently enrolled in? *

4

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Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1 2 3 4 5

Very Low

Very High

On a scale of 1–5, how would you rate your anxiety level? *

1 2 3 4 5

No anxiety

Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1 2 3 4 5 6 7 8 9 10

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- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

24

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

2

.....

How many courses are you currently enrolled in? *

4

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Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

6

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

20

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

8

1

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- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.86

How many hours do you spend on studying per week? *

7

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

70

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

7

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

40

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.56

How many hours do you spend on studying per week? *

10

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

10

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

12

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

4

1

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4

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6

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

3

.....

How many courses are you currently enrolled in? *

2

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

8

.....

How many courses are you currently enrolled in? *

4

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety

Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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3

4

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

24

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

12

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

10

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

3.5

1

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4

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6

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.74

How many hours do you spend on studying per week? *

35

How many courses are you currently enrolled in? *

2

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

5

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety

Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.5

How many hours do you spend on studying per week? *

8

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

2

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

7

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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6

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

25

.....

How many courses are you currently enrolled in? *

4

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

15

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

**On a scale of 1–10, how would you rate your overall sleep quality? ***

1

2

3

4

5

6

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- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.25

How many hours do you spend on studying per week? *

1

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety

Extreme anxiety

On average, how many hours of sleep do you get per night? *

4

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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6

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- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.33

How many hours do you spend on studying per week? *

12

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

3

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety

Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

On a scale of 1–10, how would you rate your overall sleep quality? *

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Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

35

.....

How many courses are you currently enrolled in? *

4

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

4

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

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Survey on Workload and Mental Health among University Students

Dear Student,

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Year of Study: *

- 1st Year (0–35 credits)
- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

10

.....

How many courses are you currently enrolled in? *

9

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

15

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

8

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

20

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

1

2

3

4

5

6

7

8

9

10



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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

24

CGPA (Optional) :

3.02

How many hours do you spend on studying per week? *

4

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? ***On a scale of 1–5, how would you rate your anxiety level? *****On average, how many hours of sleep do you get per night? ***

4

On a scale of 1–10, how would you rate your overall sleep quality? *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

24

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

8

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

3

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

20

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

8

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.31

How many hours do you spend on studying per week? *

10

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

5

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety

Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

9

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

3.63

How many hours do you spend on studying per week? *

20

How many courses are you currently enrolled in? *

4

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

3

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6.5

1

2

3

4

5

6

7

8

9

10



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Year of Study: *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.21

How many hours do you spend on studying per week? *

16

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

54

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

8

1

2

3

4

5

6

7

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Year of Study: *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

3.37

How many hours do you spend on studying per week? *

2

How many courses are you currently enrolled in? *

4

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

1

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

4

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

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Year of Study: *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

2.57

How many hours do you spend on studying per week? *

2

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

1

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety

Extreme anxiety

On average, how many hours of sleep do you get per night? *

3

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

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Year of Study: *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.4

How many hours do you spend on studying per week? *

6

How many courses are you currently enrolled in? *

4

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

4

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

**On a scale of 1–10, how would you rate your overall sleep quality? ***

1

2

3

4

5

6

7

8

9

10



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Year of Study: *

- 1st Year (0–35 credits)
- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

24

CGPA (Optional) :

3.58

How many hours do you spend on studying per week? *

4

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

1

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

1

2

3

4

5

6

7

8

9

10



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Year of Study: *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

24

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

2

.....

How many courses are you currently enrolled in? *

1

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

20

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

8

1

2

3

4

5

6

7

8

9

10



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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

6

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

10

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

4.5

1

2

3

4

5

6

7

8

9

10



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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

1

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

1

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

8

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

8

1

2

3

4

5

6

7

8

9

10



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Year of Study: *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

20

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

26

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

48

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

1

2

3

4

5

6

7

8

9

10



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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

0.5

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety

Extreme anxiety

On average, how many hours of sleep do you get per night? *

7

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

9

10

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Year of Study: *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.82

How many hours do you spend on studying per week? *

10

How many courses are you currently enrolled in? *

2

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

4

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

9

10



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Survey on Workload and Mental Health among University Students

Dear Student,

We are conducting a research project on how academic workload affects student mental health. Your responses will remain strictly anonymous and used for academic purposes only. Please answer honestly. The survey will take few minutes.

Year of Study: *

- 1st Year (0–35 credits)
- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

28

.....

How many courses are you currently enrolled in? *

4

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety

Extreme anxiety

On average, how many hours of sleep do you get per night? *

3

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

20

CGPA (Optional) :

3.66

How many hours do you spend on studying per week? *

6

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

10

1

2

3

4

5

6

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8

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10



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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

11

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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3

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

3.9

How many hours do you spend on studying per week? *

14

How many courses are you currently enrolled in? *

8

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

6

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? ***On a scale of 1–5, how would you rate your anxiety level? *****On average, how many hours of sleep do you get per night? ***

6

On a scale of 1–10, how would you rate your overall sleep quality? *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

2.73

How many hours do you spend on studying per week? *

2

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6



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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

24

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

8

.....

How many courses are you currently enrolled in? *

4

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

15

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

1

2

3

4

5

6

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

24

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

22

.....

How many courses are you currently enrolled in? *

20

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

7

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

30

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5



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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

4

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

3.61

How many hours do you spend on studying per week? *

7

How many courses are you currently enrolled in? *

4

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

3.5

How many hours do you spend on studying per week? *

4

How many courses are you currently enrolled in? *

4

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

12

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

7

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

1

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

3.52

How many hours do you spend on studying per week? *

40

How many courses are you currently enrolled in? *

11.5

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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6

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Year of Study: *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

18

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

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Year of Study: *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

2

.....

How many courses are you currently enrolled in? *

5

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

2

.....

Do you have a part-time job? *

Yes

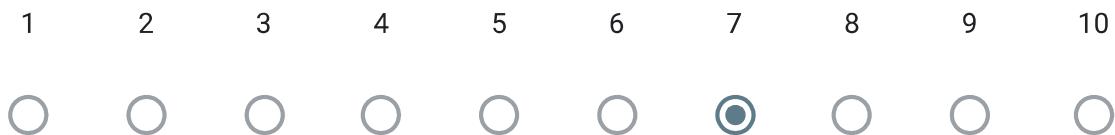
No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? ***On a scale of 1–5, how would you rate your anxiety level? *****On average, how many hours of sleep do you get per night? ***

6

On a scale of 1–10, how would you rate your overall sleep quality? *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

20

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

35

.....

How many courses are you currently enrolled in? *

4

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

**On a scale of 1–5, how would you rate your anxiety level? ***

1

2

3

4

5

No anxiety

**On average, how many hours of sleep do you get per night? ***

6

**On a scale of 1–10, how would you rate your overall sleep quality? ***

1

2

3

4

5

6

7

8

9

10



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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

24

CGPA (Optional) :

3.85

How many hours do you spend on studying per week? *

8

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

20

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

7



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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.85

How many hours do you spend on studying per week? *

10

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

20

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

1

2

3

4

5

6

7

8

9

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Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

6

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

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.....

Do you have a part-time job? *

Yes

No

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(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

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6

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

5

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

2

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

1.5

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

4



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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.85

How many hours do you spend on studying per week? *

8

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

**On a scale of 1–5, how would you rate your anxiety level? ***

1

2

3

4

5

No anxiety

**On average, how many hours of sleep do you get per night? ***

4.5

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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Survey on Workload and Mental Health among University Students

Dear Student,

We are conducting a research project on how academic workload affects student mental health. Your responses will remain strictly anonymous and used for academic purposes only. Please answer honestly. The survey will take few minutes.

Year of Study: *

- 1st Year (0–35 credits)
- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

25

CGPA (Optional) :

3.7

How many hours do you spend on studying per week? *

10

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

2

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

**On a scale of 1–10, how would you rate your overall sleep quality? ***

1

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

2.63

How many hours do you spend on studying per week? *

3

How many courses are you currently enrolled in? *

7

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

20

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

12

.....

How many courses are you currently enrolled in? *

4

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

**On a scale of 1–5, how would you rate your anxiety level? ***

1

2

3

4

5

No anxiety

**On average, how many hours of sleep do you get per night? ***

4.5

**On a scale of 1–10, how would you rate your overall sleep quality? ***

1

2

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

40

.....

How many courses are you currently enrolled in? *

4

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

18

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

4

1

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4

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

2.8

How many hours do you spend on studying per week? *

14

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

7

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.06

How many hours do you spend on studying per week? *

22

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

6

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

7



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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

26

CGPA (Optional) :

2.69

How many hours do you spend on studying per week? *

2

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

5

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

**On a scale of 1–10, how would you rate your overall sleep quality? ***

1

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

25

.....

How many courses are you currently enrolled in? *

5

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

19

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

7

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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Year of Study: *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

4

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

3

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

**On a scale of 1–5, how would you rate your anxiety level? ***

1

2

3

4

5

No anxiety

**On average, how many hours of sleep do you get per night? ***

5

**On a scale of 1–10, how would you rate your overall sleep quality? ***

1

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.00

How many hours do you spend on studying per week? *

7

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

1

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

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4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

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3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

15

.....

How many courses are you currently enrolled in? *

4

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

20

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

0.2

How many hours do you spend on studying per week? *

6

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

7

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

16

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

7

On a scale of 1–10, how would you rate your overall sleep quality? *

1 2 3 4 5 6 7 8 9 10



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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

3.68

How many hours do you spend on studying per week? *

2

How many courses are you currently enrolled in? *

4

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

1

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety

Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

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8

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10

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

13

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

3

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

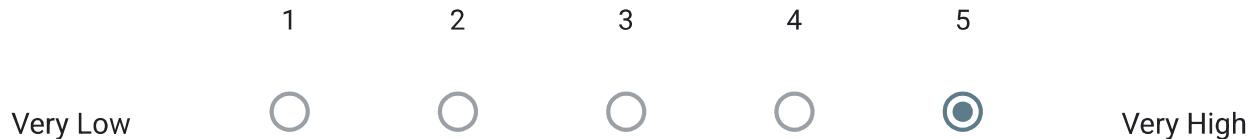
Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? ***On a scale of 1–5, how would you rate your anxiety level? *****On average, how many hours of sleep do you get per night? ***

4

On a scale of 1–10, how would you rate your overall sleep quality? *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

20

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

7

On a scale of 1–10, how would you rate your overall sleep quality? *

1

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

20

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

1

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

4

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

9

10



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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

24

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

2

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

2

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

**On a scale of 1–5, how would you rate your anxiety level? ***

1

2

3

4

5

No anxiety

**On average, how many hours of sleep do you get per night? ***

6

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

9

10



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Survey on Workload and Mental Health among University Students

Dear Student,

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Year of Study: *

- 1st Year (0–35 credits)
- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

35

.....

How many courses are you currently enrolled in? *

4

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

20

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

14

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



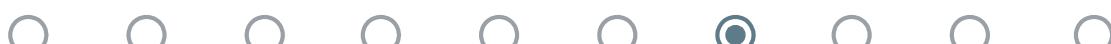
Extreme anxiety

On average, how many hours of sleep do you get per night? *

8

On a scale of 1–10, how would you rate your overall sleep quality? *

1 2 3 4 5 6 7 8 9 10



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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

20

.....

How many courses are you currently enrolled in? *

20

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

5

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

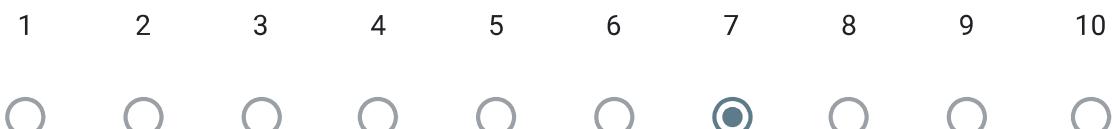
No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5.5



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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

7

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

7

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

9

10



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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

10

.....

How many courses are you currently enrolled in? *

4

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

9

10



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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

25

CGPA (Optional) :

2.8

How many hours do you spend on studying per week? *

14

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

**On a scale of 1–10, how would you rate your overall sleep quality? ***

1

2

3

4

5

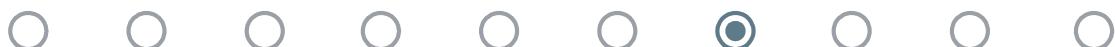
6

7

8

9

10



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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

3.15

How many hours do you spend on studying per week? *

8

How many courses are you currently enrolled in? *

12

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1 2 3 4 5

Very Low

Very High

On a scale of 1–5, how would you rate your anxiety level? *

1 2 3 4 5

No anxiety

Extreme anxiety

On average, how many hours of sleep do you get per night? *

7

On a scale of 1–10, how would you rate your overall sleep quality? *

1 2 3 4 5 6 7 8 9 10

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

4

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety

Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

9

10

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

3.85

How many hours do you spend on studying per week? *

2

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

35

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

8

1

2

3

4

5

6

7

8

9

10



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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

25

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

4

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

4

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

24

CGPA (Optional) :

4.00

How many hours do you spend on studying per week? *

1

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

4

**On a scale of 1–10, how would you rate your overall sleep quality? ***

1

2

3

4

5

6

7

8

9

10



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Year of Study: *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

16

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

7

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety

Extreme anxiety

On average, how many hours of sleep do you get per night? *

7

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

9

10

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

70

.....

How many courses are you currently enrolled in? *

6

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

10

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

9

10



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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

30

.....

How many courses are you currently enrolled in? *

6

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

8

1

2

3

4

5

6

7

8

9

10



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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.60

How many hours do you spend on studying per week? *

14

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

10

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

7

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

9

10



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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

10
.....

How many courses are you currently enrolled in? *

3
.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

6
.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

30

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

1

2

3

4

5

6

7

8

9

10



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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

3.6

How many hours do you spend on studying per week? *

15

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

4

**On a scale of 1–10, how would you rate your overall sleep quality? ***

1

2

3

4

5

6

7

8

9

10



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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

3.42

How many hours do you spend on studying per week? *

20

How many courses are you currently enrolled in? *

4

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

10

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1 2 3 4 5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1 2 3 4 5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1 2 3 4 5 6 7 8 9 10



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- 1st Year (0–35 credits)
- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

24

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

2
.....

How many courses are you currently enrolled in? *

3
.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

5
.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

6

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

1

2

3

4

5

6

7

8

9

10



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Survey on Workload and Mental Health among University Students

Dear Student,

We are conducting a research project on how academic workload affects student mental health. Your responses will remain strictly anonymous and used for academic purposes only. Please answer honestly. The survey will take few minutes.

Year of Study: *

- 1st Year (0–35 credits)
- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

25

.....

How many courses are you currently enrolled in? *

4

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? ***On a scale of 1–5, how would you rate your anxiety level? *****On average, how many hours of sleep do you get per night? ***

3

On a scale of 1–10, how would you rate your overall sleep quality? *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

20

CGPA (Optional) :

3.92

How many hours do you spend on studying per week? *

8

How many courses are you currently enrolled in? *

4

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

5

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

1

2

3

4

5

6

7

8

9

10



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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

20

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

10

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

7

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

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- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

6

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

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(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

7

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

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- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

20

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

20

.....

How many courses are you currently enrolled in? *

4

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? ***On a scale of 1–5, how would you rate your anxiety level? *****On average, how many hours of sleep do you get per night? ***

5

On a scale of 1–10, how would you rate your overall sleep quality? *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

15

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6.5

1

2

3

4

5

6

7

8

9

10



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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

7

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

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Yes

No

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1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

8

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

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- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

8

.....

How many courses are you currently enrolled in? *

4

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

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No

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1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

4

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

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5

6

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

10

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

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Yes

No

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(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

**On a scale of 1–10, how would you rate your overall sleep quality? ***

1

2

3

4

5

6

7

8

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

28

.....

How many courses are you currently enrolled in? *

4

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

9

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

24

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

14

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

3

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

8

1

2

3

4

5

6

7

8

9

10



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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

2

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

2

.....

How many courses are you currently enrolled in? *

4

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

7

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

9

10



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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

23

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

8

.....

How many courses are you currently enrolled in? *

6

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

4

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

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10



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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

6

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

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Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

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On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

1

2

3

4

5

6

7

8

9

10



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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

19

CGPA (Optional) :

3.71

How many hours do you spend on studying per week? *

8

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

20

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

5

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

1

2

3

4

5

6

7

8

9

10



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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

21

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

10
.....

How many courses are you currently enrolled in? *

4
.....

Do you participate in extra-curricular activities? *

- Yes
 No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

- Yes
 No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety

Extreme anxiety

On average, how many hours of sleep do you get per night? *

6

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

9

10

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

10

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

40

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

4

1

2

3

4

5

6

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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.5

How many hours do you spend on studying per week? *

18

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

2

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

48

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

4

1

2

3

4

5

6

7

8

9

10



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Google Forms

Survey on Workload and Mental Health among University Students

Dear Student,

We are conducting a research project on how academic workload affects student mental health. Your responses will remain strictly anonymous and used for academic purposes only. Please answer honestly. The survey will take few minutes.

Year of Study: *

- 1st Year (0–35 credits)
- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.33

How many hours do you spend on studying per week? *

18

How many courses are you currently enrolled in? *

3

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

20

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

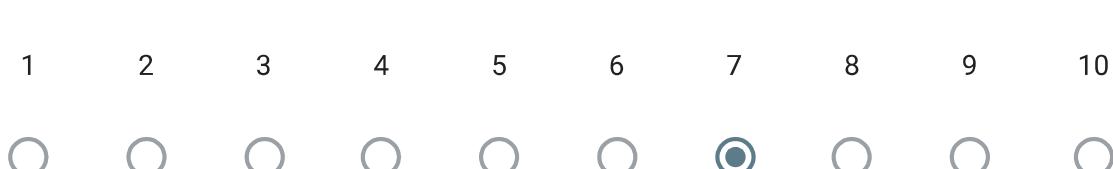
No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

6



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- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

.....

How many hours do you spend on studying per week? *

3

.....

How many courses are you currently enrolled in? *

3

.....

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

.....

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low

Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

No anxiety

Extreme anxiety

On average, how many hours of sleep do you get per night? *

5

On a scale of 1–10, how would you rate your overall sleep quality? *

1

2

3

4

5

6

7

8

9

10

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Year of Study: *

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- 2nd Year (36–70 credits)
- 3rd Year (71–105 credits)
- 4th Year (106+ credits)

Gender: *

- Male
- Female

Age: *

22

CGPA (Optional) :

3.37

How many hours do you spend on studying per week? *

10

How many courses are you currently enrolled in? *

4

Do you participate in extra-curricular activities? *

Yes

No

How many hours per week do you usually spend on extracurricular activities?

(Leave blank if you do not participate)

11

Do you have a part-time job? *

Yes

No

How many hours per week do you usually work at your part-time job?

(Leave blank if you do not have a job)

13

On a scale of 1–5, how would you rate your stress level this semester? *

1

2

3

4

5

Very Low



Very High

On a scale of 1–5, how would you rate your anxiety level? *

1

2

3

4

5

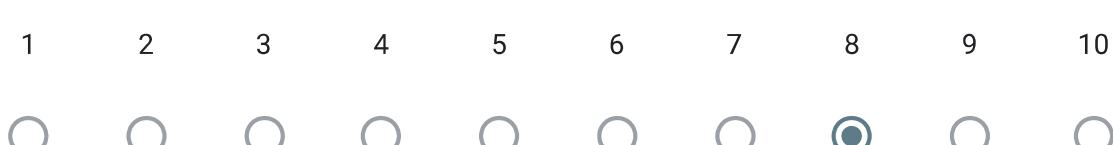
No anxiety



Extreme anxiety

On average, how many hours of sleep do you get per night? *

5



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