



Results from 2013 Annual Seminary Student Health Survey

Claremont School of Theology



General Board
Pension and Health Benefits

Caring For Those Who Serve



- Goal: To measure and track UMC clergy and seminary student health over time
 - Second annual survey of clergy
 - First year in which seminaries participated (Drew, Duke, and Claremont)
- Survey instrument was designed by the General Board of Pension and Health Benefits' Center for Health in collaboration with:
 - Virginia Conference Wellness Ministries, Ltd.
 - The Duke Clergy Health Initiative
 - The Duke Center for Spirituality, Theology and Health
- The survey includes measures of:
 - Physical health
 - Emotional health
 - Spiritual health
 - Clergy/ministry occupational stress
 - Healthy behaviors (exercise, sleep, vacation)
 - Demographics
- All sampling, fieldwork, analysis and reporting was conducted by Versta Research Inc.

Positive Aspects of CST Student Health *

- Most score highly on measures of spiritual vitality (comparable to UMC clergy)
- Measures of social connection, congregational health/hostility and occupational stress are comparable to UMC clergy
- Measures of perceived stress are comparable to UMC clergy, and better than other seminaries
- Few report high cholesterol, high blood pressure, or cardiovascular diseases
- None suffer from depression

Negative Aspects of CST Student Health *

- Three-quarters (78%) are obese or overweight
 - This is more than other seminaries, though comparable to UMC clergy
- None currently suffer from diabetes, but 22% reporting being “pre-diabetes”
- Almost half (44%) suffer from asthma

* caution: based on n=9 students who participated in the survey

Negative Aspects of CST Student Health (cont'd) *

- While none are clinically depressed, 33% have at least some functional difficulty from depressive symptoms
- Despite high spiritual vitality scores, CST students (and seminary students generally) score lower on measures of spiritual well-being compared to UMC clergy
- CST students feel high levels of financial stress, and most have jobs in addition to attending seminary
- CST students report less physical activity than UMC clergy and other seminary students:
 - Two and a half hours per week of moderate activity
 - One half hour per week of vigorous activity
- CST students average fewer than 7 hours of sleep each night
 - Comparable to other seminary students, but lower than UMC clergy
- Fewer than half (44%) feel the CST curriculum and/or seminary life encourages health

* caution: based on n=9 students who participated in the survey

Overall Health (Self-Report)



- More than half report overall health as being very good or excellent
- This measure is a single item on the SF-36; a commonly used survey to measure physical and emotional health

1. In general, would you say your current health is:

	CST 2013	All Seminaries 2013	UMC Clergy 2013
Excellent	11%	19%	17%
Very Good	44%	36%	50%
Good	33%	33%	28%
Fair	11%	12%	4%
Poor	0%	1%	< 1%

- Height and weight are used to calculate BMI (Body Mass Index)
- BMI is used to classify people as being underweight, normal, overweight or obese

31. About how tall are you without shoes?

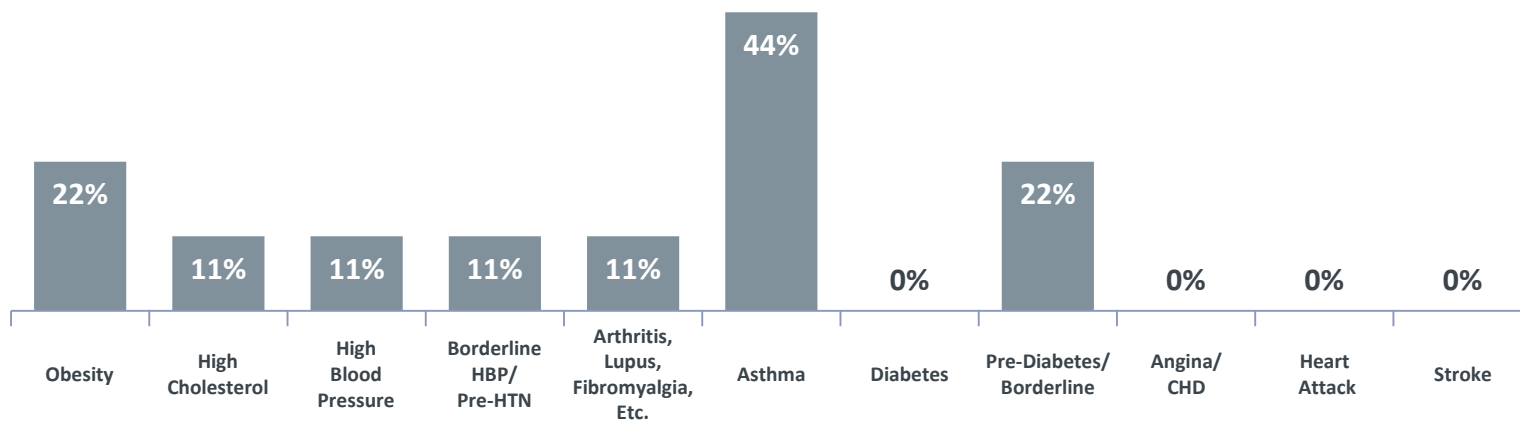
32. About how much do you weigh without shoes? (If pregnant, enter your non-pregnant weight)

	CST 2013	All Seminaries 2013	UMC Clergy 2013
Obese	22%	22%	40%
Overweight	56%	30%	39%
Normal Weight	22%	47%	21%
Underweight	0%	1%	< 1%



- Seminary students, overall, have fewer ailments compared to UMC clergy (except for asthma)
 - A significant factor is probably age

16-30. Have you EVER been told by a doctor, nurse or other health professional that you have/had (condition)?

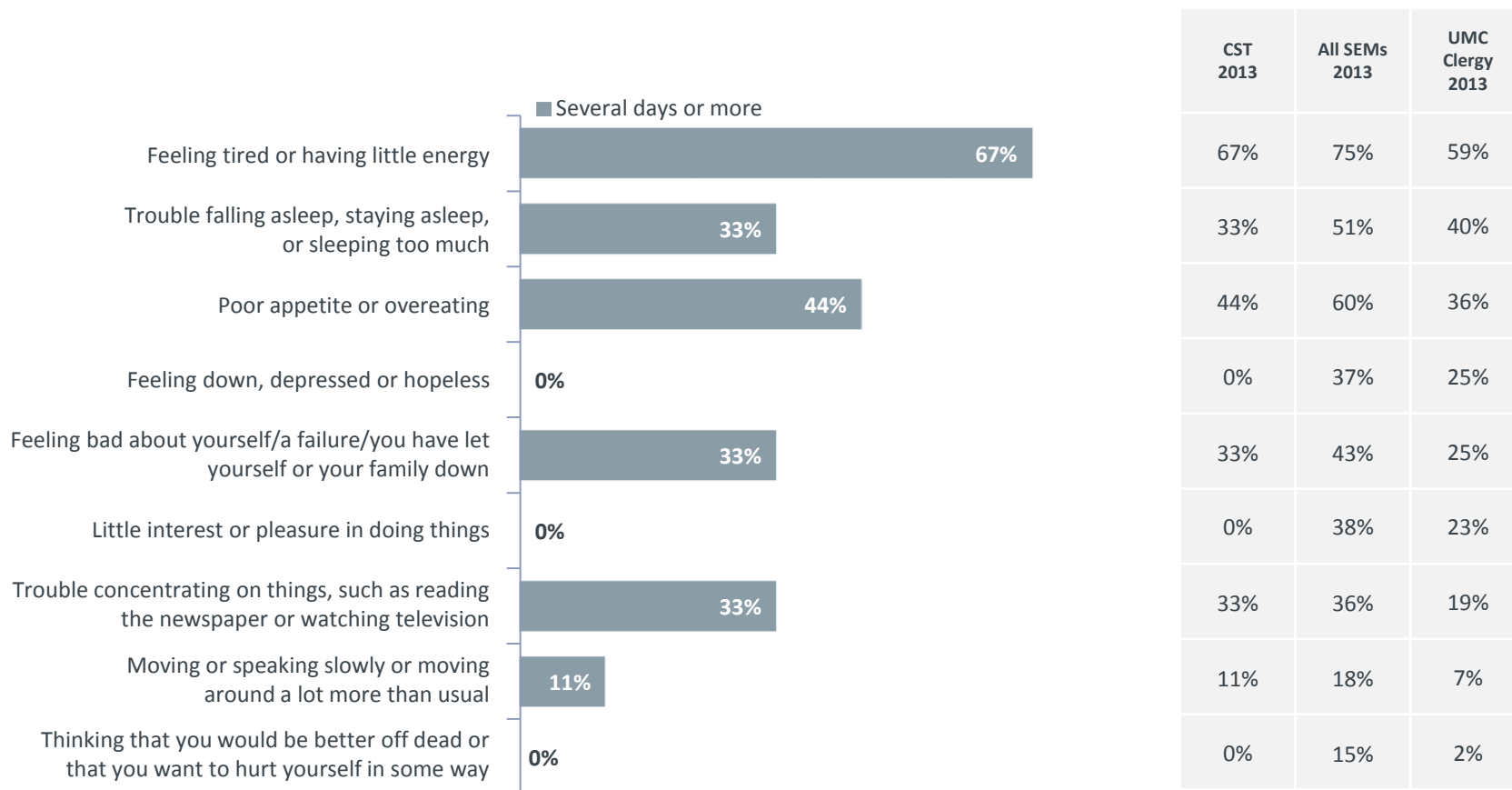


	Obesity	High Cholesterol	High Blood Pressure	Borderline HBP/Pre-HTN	Arthritis, Lupus, Fibromyalgia, Etc.	Asthma	Diabetes	Pre-Diabetes/Borderline	Angina/CHD	Heart Attack	Stroke
CST 2013	22%	11%	11%	11%	11%	44%	0%	22%	0%	0%	0%
All Seminaries 2013	22%	14%	12%	6%	13%	19%	0%	7%	0%	0%	0%
UMC Clergy 2013	40%	51%	35%	11%	28%	17%	13%	9%	5%	3%	1%



- This is the Patient Health Questionnaire (PHQ-9) that measures frequency of depressive symptoms during the past two weeks

10. Over the last two weeks, how often have you been bothered by any of the following problems?





- Based on PHQ-9 scores, no CST students suffer from depression
- While not necessarily experiencing depression, 33% of have at least some functional difficulty from depressive symptoms

11. (IF EXPERIENCED ANY DEPRESSIVE SYMPTOM) How difficult have these problems made it for you to do your work, take care of things at home or get along with other people? (PERCENTAGE BASE: ALL RESPONDENTS)

	CST 2013	All Seminaries 2013	UMC Clergy 2013
Suffer from depression	0%	17%	5%
At least some difficulty working, taking care of things or getting along with others	33%	57%	26%

7. Does it seem that your family and friends (i.e., the people who are most important to you) understand you:

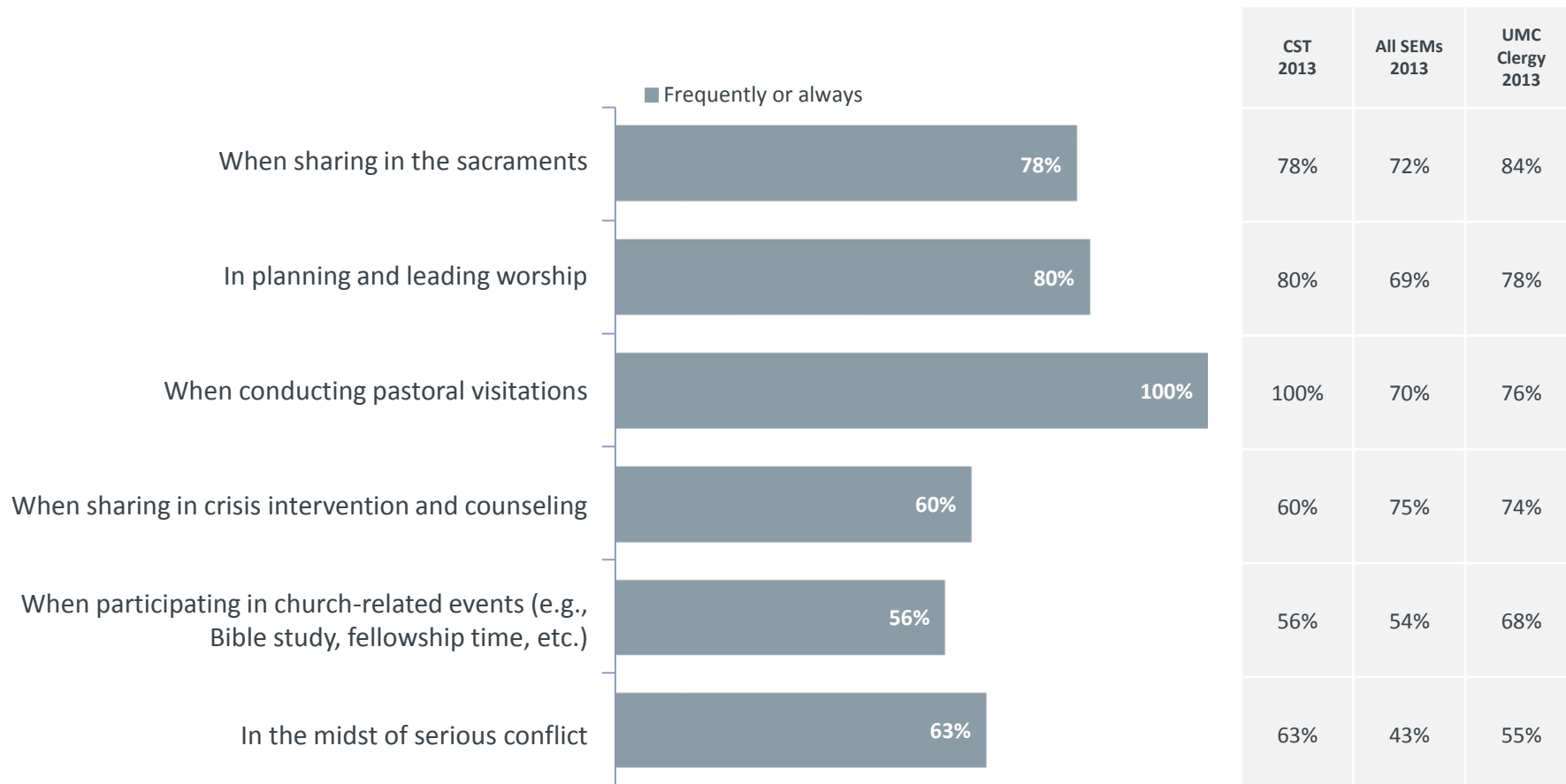
	CST 2013	All Seminaries 2013	UMC Clergy 2013
Hardly ever	0%	3%	1%
Some of the time	22%	34%	17%
Most of the time	78%	63%	81%

2. During the past six months, how often have you...



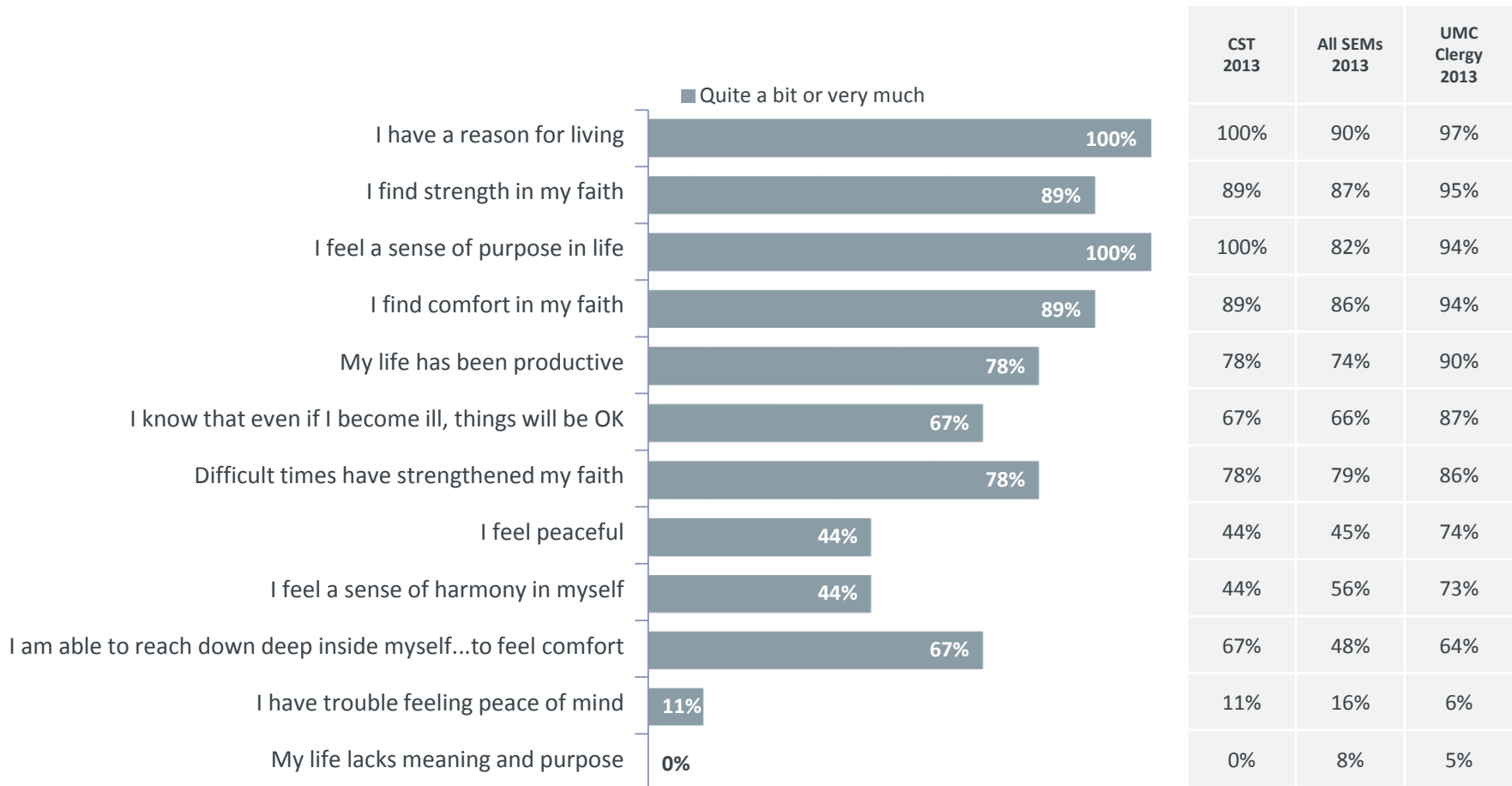
	CST 2013	All SEMs 2013	UMC Clergy 2013
Felt that you have a vital relationship with God	78%	64%	79%
Felt God's grace and God's love for you as you are, apart from any accomplishments or good works	67%	57%	72%
Observed the presence and power of God in your closest relationships	56%	61%	68%
Experienced the presence and power of God in the ordinary	67%	51%	68%
Consciously practiced discerning the presence and power of God	67%	46%	66%
Felt that events were unfolding according to God's intent	78%	64%	59%

3. During the past six months, how often have you felt the presence and power of God...



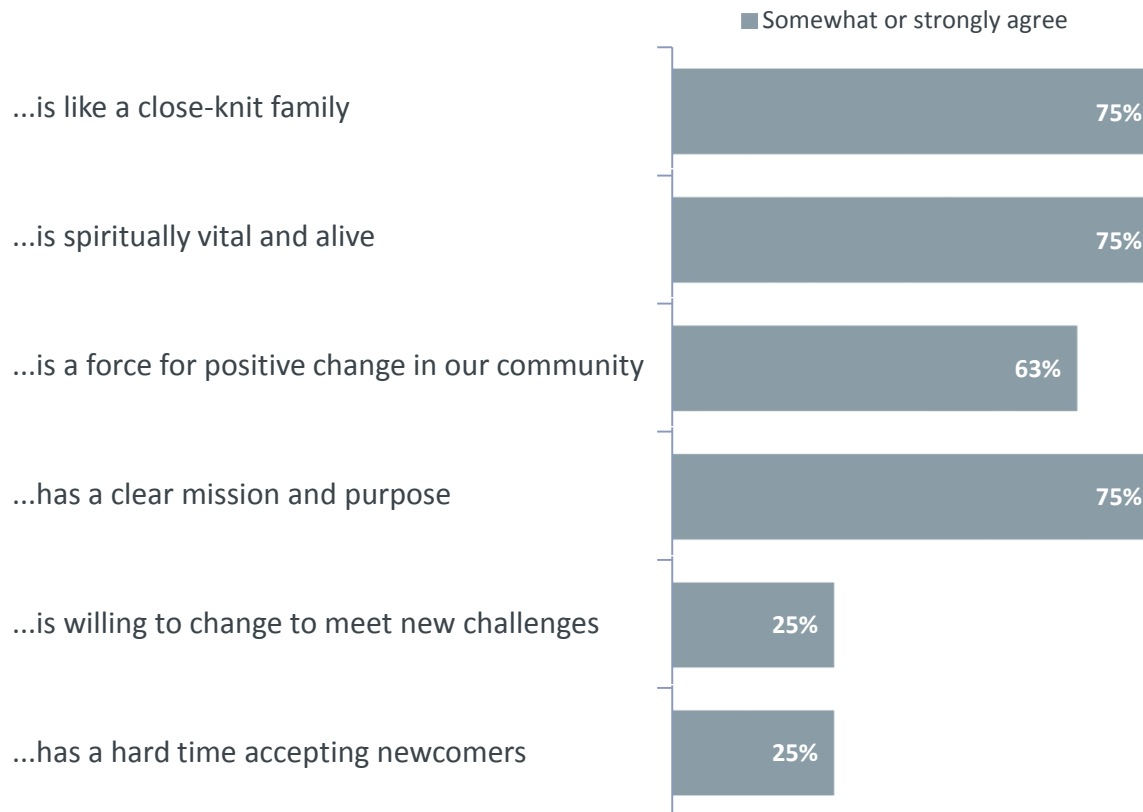
- Seminary students score lower than UMC clergy on most measures of spiritual well-being

4. How true has each of the following statements been for you during the past seven days?



- These measures are from the Faith Communities Today 2008 and 2010 National Survey

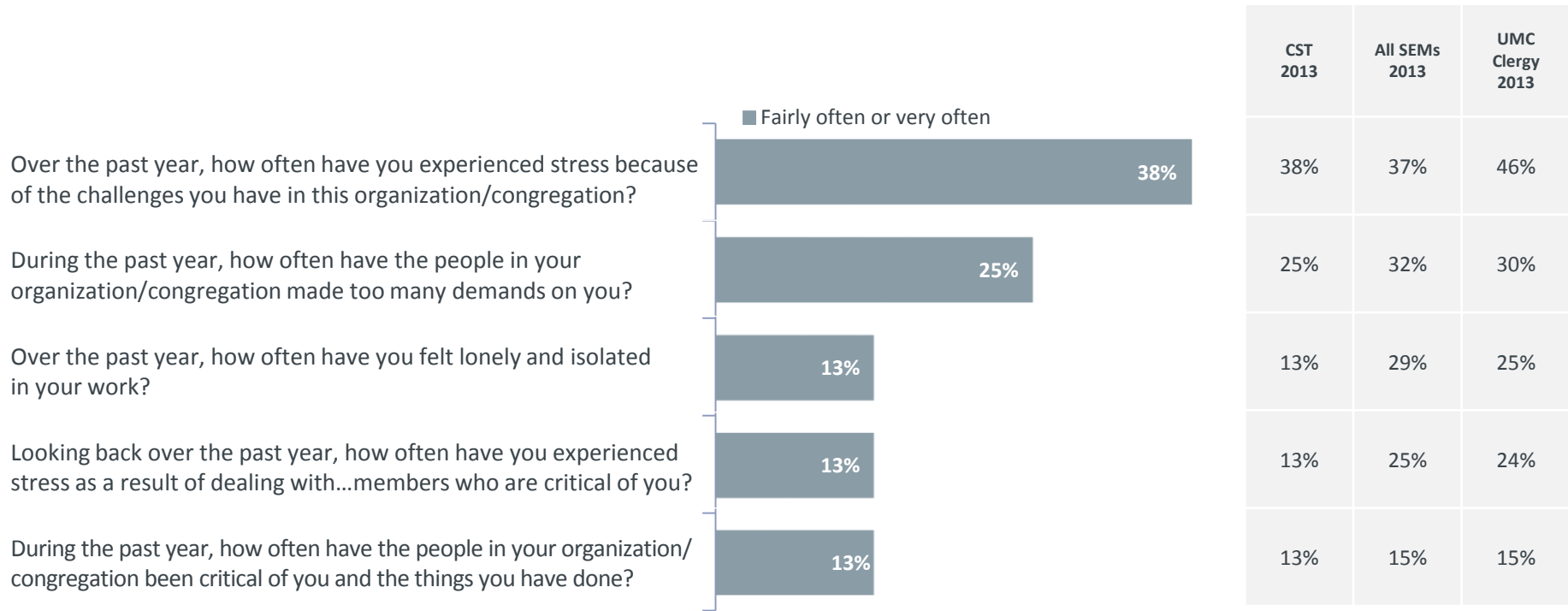
5. How much do you agree or disagree with the following statements?
My congregation/ministry setting...



	CST 2013	All SEMs 2013	UMC Clergy 2013
...is like a close-knit family	75%	78%	82%
...is spiritually vital and alive	75%	77%	81%
...is a force for positive change in our community	63%	74%	77%
...has a clear mission and purpose	75%	74%	70%
...is willing to change to meet new challenges	25%	54%	65%
...has a hard time accepting newcomers	25%	15%	21%

- This is the clergy occupational distress scale
- Half of CST students (50%) often experience at least one type of occupational distress

6. Now, please help us understand some aspects of your work demands in the past year. If you are not serving a congregation, please answer these questions about your ministry setting.



Source: Frenk, S., S. Mustillo, E. Hooten and K. Meador (2011). "The Clergy Occupational Distress Index (CODI): Background and Findings from Two Samples of Clergy." *Journal of Religion and Health* DOI: 10.1007/s10943-011-9486-4Online First™

Hostility of Church Environment



- These three items are from the Ministry Demands Inventory
- Half (50%) experienced at least one intrusive demand over the past six months

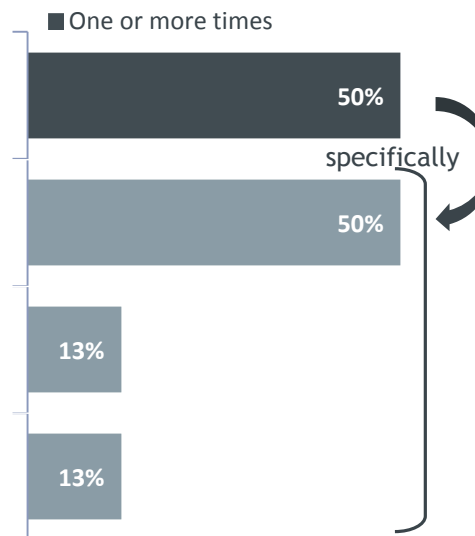
8. Over the past six months:

At least one intrusive demand, specifically:

How often was a ministry decision made that affected you or your family, but you were not consulted?

How often did a member of your congregation/organization question your devotion to the ministry?

How often did a member of your congregation/organization raise doubts to you directly about your faith?



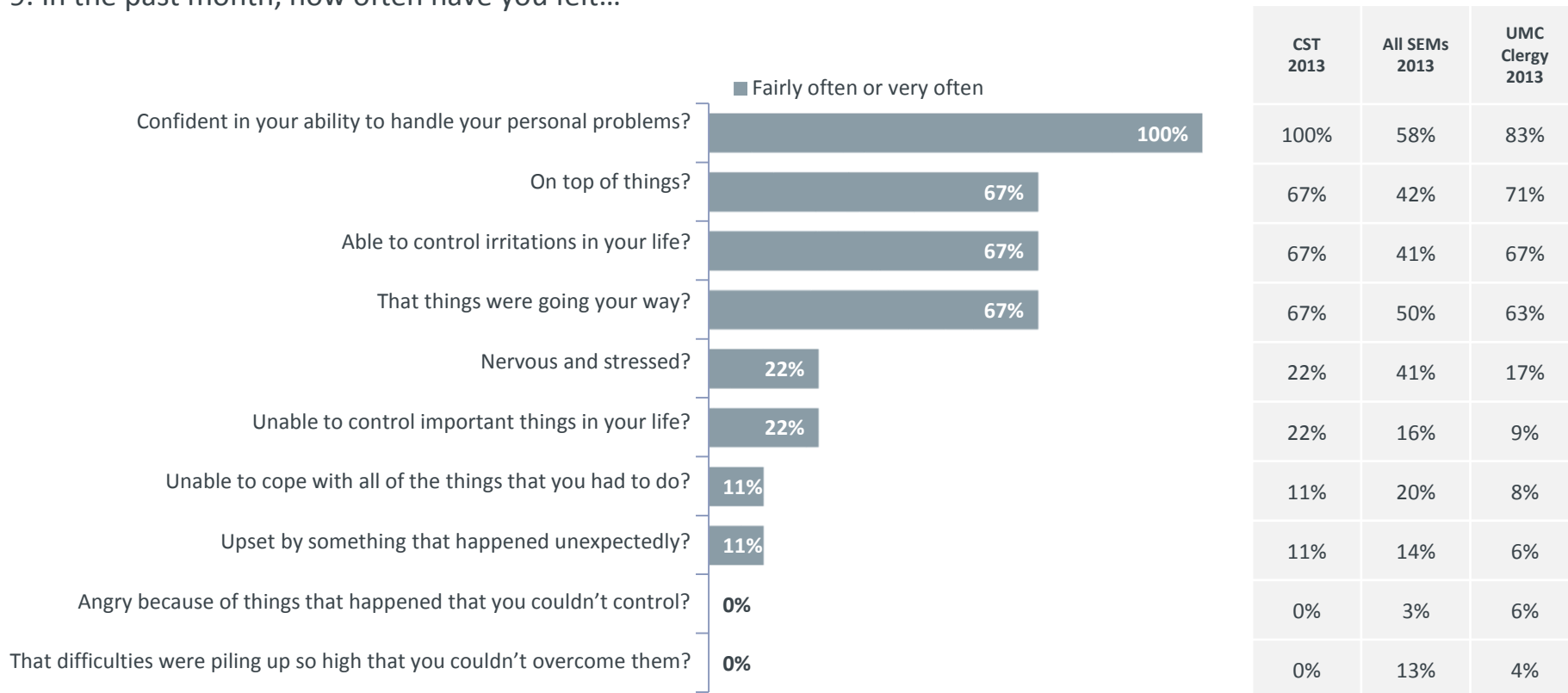
	CST 2013	All SEMs 2013	UMC Clergy 2013
At least one intrusive demand, specifically:	50%	42%	47%
How often was a ministry decision made that affected you or your family, but you were not consulted?	50%	38%	41%
How often did a member of your congregation/organization question your devotion to the ministry?	13%	21%	17%
How often did a member of your congregation/organization raise doubts to you directly about your faith?	13%	16%	9%

Source: Lee, C. (1999). "Intrusive demands and their outcomes in congregational ministry: A report on the ministry demands inventory." Journal for the Scientific Study of Religion 38: 477-489, and Lee, C. and J. Iverson-Gilbert (2003). "Support and perception in family-related stress among protestant clergy." Family Relations 52: 249-257



- Nearly half (44%) often felt stress in the past month on at least one stress measure
- CST students are an exception, but overall, seminary students have higher perceived stress scores than UMC clergy

9. In the past month, how often have you felt...



Source: Cohen, S., T. Kamarck, et al. (1983). "A global measure of perceived stress." *Journal of Health and Social Behavior* 24: 385-396

- Seminary Students (including 78% of CST students) feel more financial stress than clergy

59. How stressful is your current financial situation for you?

	CST 2013	All Seminaries 2013	UMC Clergy 2013
Not at all stressful	11%	10%	29%
Slightly stressful	11%	26%	34%
Moderately stressful	22%	35%	25%
Very stressful	56%	20%	8%
Extremely stressful	0%	9%	4%

48a. In addition to attending seminary as a student, do you currently have a job?

48b. [IF YES CURRENTLY HAS A JOB] Approximately how many hours in a typical week do you spend in work related to your employment?

	CST 2013	All Seminaries 2013
Have a job, including:	89%	68%
Job < 20 hours per week	33%	42%
Job 20+ hours per week	56%	26%

- Seminary students overall report less physical activity compared to UMC clergy, and CST students report the least

12. How many days per week do you do moderate activities, such as brisk walking, bicycling, vacuuming or anything else that causes some increase in breathing or heart rate, for at least 10 minutes at a time?
13. [SKIP IF ZERO DAYS PER WEEK] On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?
14. How many days per week do you do vigorous activities such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate, for at least 10 minutes at a time?
15. [SKIP IF ZERO DAYS PER WEEK] On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

	CST 2013	All Seminaries 2013	UMC Clergy 2013
Moderate activity: mean minutes per week	149 minutes	180 minutes	223 minutes
Vigorous activity: mean minutes per week	30 minutes	98 minutes	119 minutes

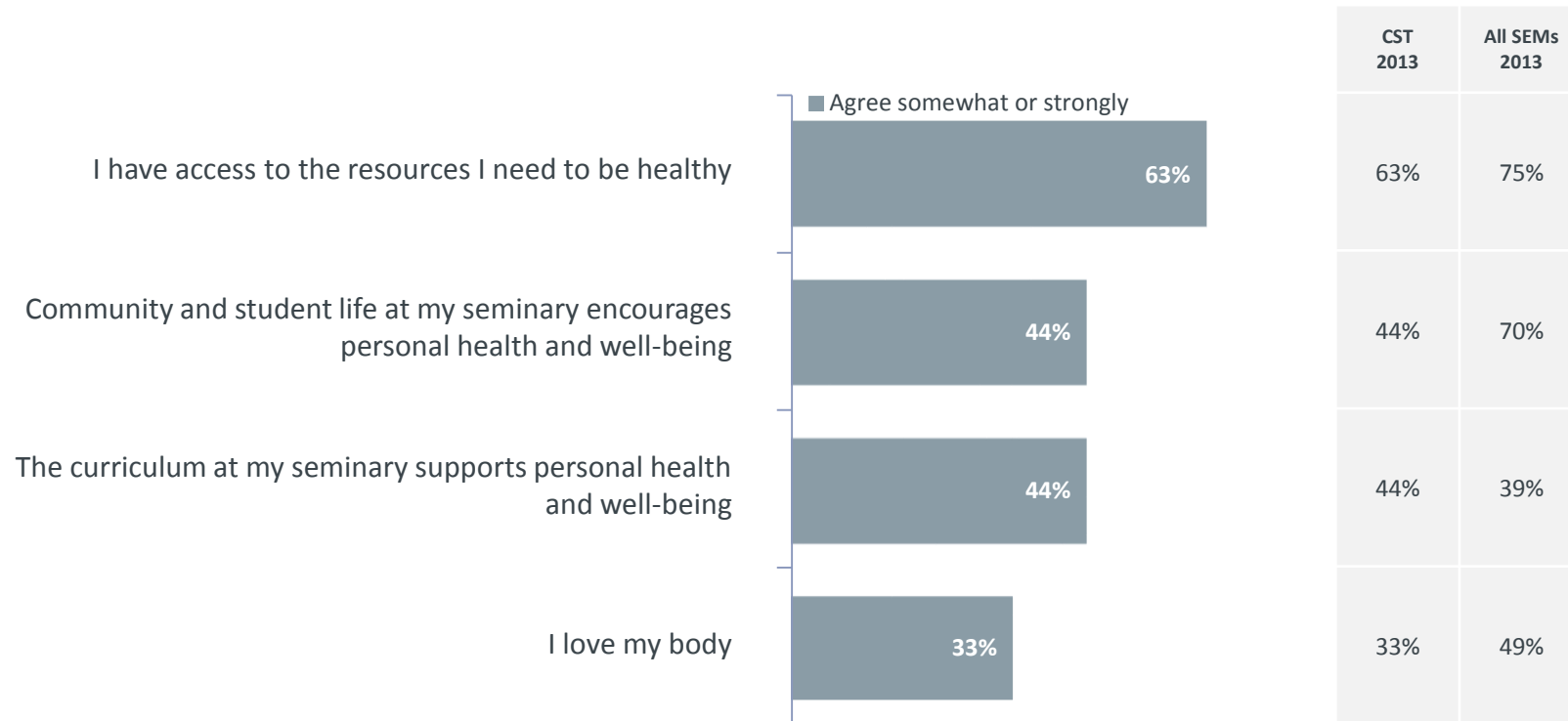
- Overall, seminary students get less sleep than UMC clergy

33. Sleep can be part of wellness; not everyone needs the same amount of sleep. How many hours do you usually sleep each night?

	CST 2013	All Seminaries 2013	UMC Clergy 2013
Mean hours of sleep	6.9	6.7	7.1

- Fewer than half (44%) feel their curriculum and/or seminary life encourages health

53. How much do you agree or disagree with the following statements?



Appendix



- All first-year students at Drew Theological School, Duke Divinity School, and Claremont School of Theology were invited to participate in the survey
 - Drew and Duke sent e-mail invitations with a link through which any willing student could participate
 - CST provided contact information of students willing to participate, after which Versta Research sent e-mail invitations (with up to two reminders) with unique password-enabled links to each student

	Drew	Duke	CST	TOTAL
Number of 1 st year students	70	116	28	214
Number of survey respondents	27	49	9	85
Response rate	39%	42%	32%	40%



- All surveys were conducted online
- Student data were collected from February 8 through March 8, 2013
- Report data shown in the “All Seminaries” column reflects a weighted average of Drew, Duke, and CST students
 - These data were weighted to adjust for differential response rates among seminaries
- All data collection, analysis, and reporting was conducted by Versta Research Inc.

2013 CST Sample Profile



Gender	
Male	11%
Female	89%
Ethnicity	
Hispanic/Latino	11%
Not Hispanic/Latino	89%
Racial Category (Select all that apply)	
White	100%
African-American	–
Asian-American/Pacific Islander	–
American Indian or Alaskan Native	–
Other	–
Household Income	
Less than \$25,000	22%
\$25,000-\$34,999	11%
\$35,000-\$44,999	11%
\$45,000-\$59,999	–
\$60,000-\$74,999	11%
\$75,000-\$99,999	11%
\$100,000-\$149,999	33%
\$150,000 or higher	–
Presence of Children	
Children in home	44%
No children in home	56%

Age	
Under 40	44%
40 to 49	22%
50 to 59	33%
60 to 64	–
65 or over	–
Mean age	41.9
Marital Status	
Married	67%
Single, Never Married	11%
Divorced or Separated	11%
Widowed	11%
Residence	
Rural	–
Town or village (<10,000)	–
City (10,000-49,999)	11%
City (50,000-249,999)	33%
City (250,000+)	56%
Denomination	
UMC	56%
Other	44%