



FOUNDATION
FOR FRATERNAL
EXCELLENCE

The Foundation for Fraternal Excellence (FFE) is a vehicle that drives data collection and analysis for the fraternity and sorority community. We support research specific to the industry that promotes all aspects of the fraternal experience, including student development, recruitment, sustainability, fundraising and lifelong wellness.

IMPACT REPORT

MENTAL HEALTH STUDY

Research tells us more than 80% of college students deal with anxiety, and more than 60% also feel socially isolated/lonely and depressed (JED Foundation 2020). Because we feel strongly that the fraternal experience can make a difference in this area, we recently engaged the Postsecondary Education Research Center (PERC) at The University of Tennessee Knoxville to study mental health in fraternity and sorority member undergraduates compared to their unaffiliated peers. What did we learn?



Members report higher levels of **positive mental health** along with **lower rates of depression and anxiety**.



Members believe **good support systems exist on campus** for students going through a tough time.



Members are more likely to seek **therapy or counseling** at some point in their lives.



Members have a lower chance of being diagnosed with **depression** throughout their lives.

By applying scientific methodology to something very personal and emotional — the fraternity/sorority experience — we are better able to serve and support future generations of fraternity and sorority members. Mental health initiatives are critical within the local and national fraternal framework. Thank you for your continued support of the fraternal experience and student wellness!

The full study report and more on FFE research projects are available on our website:

FOUNDATIONFE.ORG/DATA

Foundation for Fraternal Excellence, Inc. is a registered 501(c)3 organization. The FFE exists to support organizations and individuals invested in developing the next generation of fraternity/sorority leaders. FFE serves a membership consisting of more than 60 fraternal foundations, including their professionals and volunteers.