Survey Instruments/Protocol

Student Well-Being, Mental Toughness, and AI Support Survey
Instructions:
Please answer all questions honestly. Your responses are confidential.
Unless otherwise noted, use the following scale:
1 = Strongly Disagree | 2 = Disagree | 3 = Neutral | 4 = Agree | 5 = Strongly Agree

Section A: Mental Toughness

1. I can stay calm under pressure.
2. I feel in control of what happens in my life.
3. I always keep promises and stick to my goals.
4. I see problems as opportunities for growth.
5. I believe I have the ability to succeed.
6. I can handle social situations easily.

Section B: Trust and Acceptance of AI

7. I trust AI systems to make decisions that are in my best interest.
8. AI systems are unbiased and fair.
9. I am open to using AI technologies in my daily life.
10. I would recommend AI-powered services to others.
11. I worry that AI may replace human jobs unfairly.
12. I feel uneasy when AI makes decisions without human oversight.

Section C: Stress
Instructions:
Please indicate how much each statement applied to you over the past week.
0 = Did not apply to me at all
1 = Applied to me to some degree, or some of the time
2 = Applied to me to a considerable degree, or a good part of the time
3 = Applied to me very much, or most of the time

13. I found it hard to wind down.
14. I tended to over-react to situations.
15. I felt that I was using a lot of nervous energy.
16. I found myself getting agitated.
17. I found it difficult to relax.
18. I was intolerant of anything that kept me from getting on with what I was doing.
19. I felt that I was rather touchy.

Section D: Demographic Information (5 Questions)

20. What is your age group?
    - Under 18
    - 18–20
    - 21–24
    - 25–29
    - 30 or older

21. What is your gender identity?
- Male
- Female
- Non-binary / Third gender
- Prefer not to say

22. What is your academic level at MSU?
- First-year undergraduate
- Sophomore
- Junior
- Senior
- Graduate student

23. What is your major or field of study?
(Open-ended)

24. Are you currently employed while studying?
- Yes, full-time
- Yes, part-time
- No