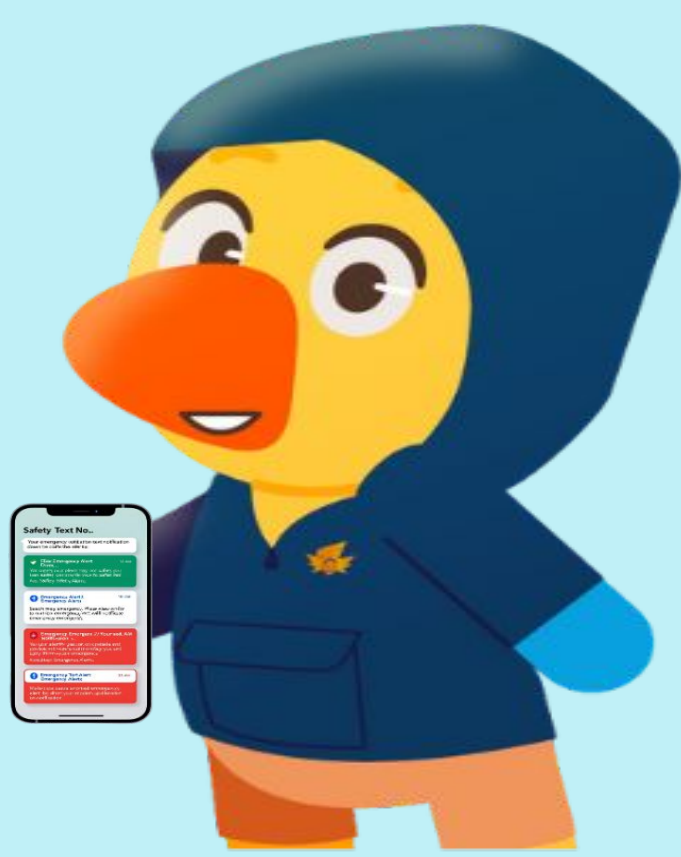


Triton Alert

University Alerts Notifications Impact Mental Well-Being

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Main Takeaway

Residents have **higher** odds of **reporting anxiety** and take **more frequent precautions** in responses to Triton Alerts than **commuters**, with significant differences particularly in cases of Burglary and Arson.

RESULTS

Figure 1. Comparing Proportions of Reporting Anxiety Across Residency Status

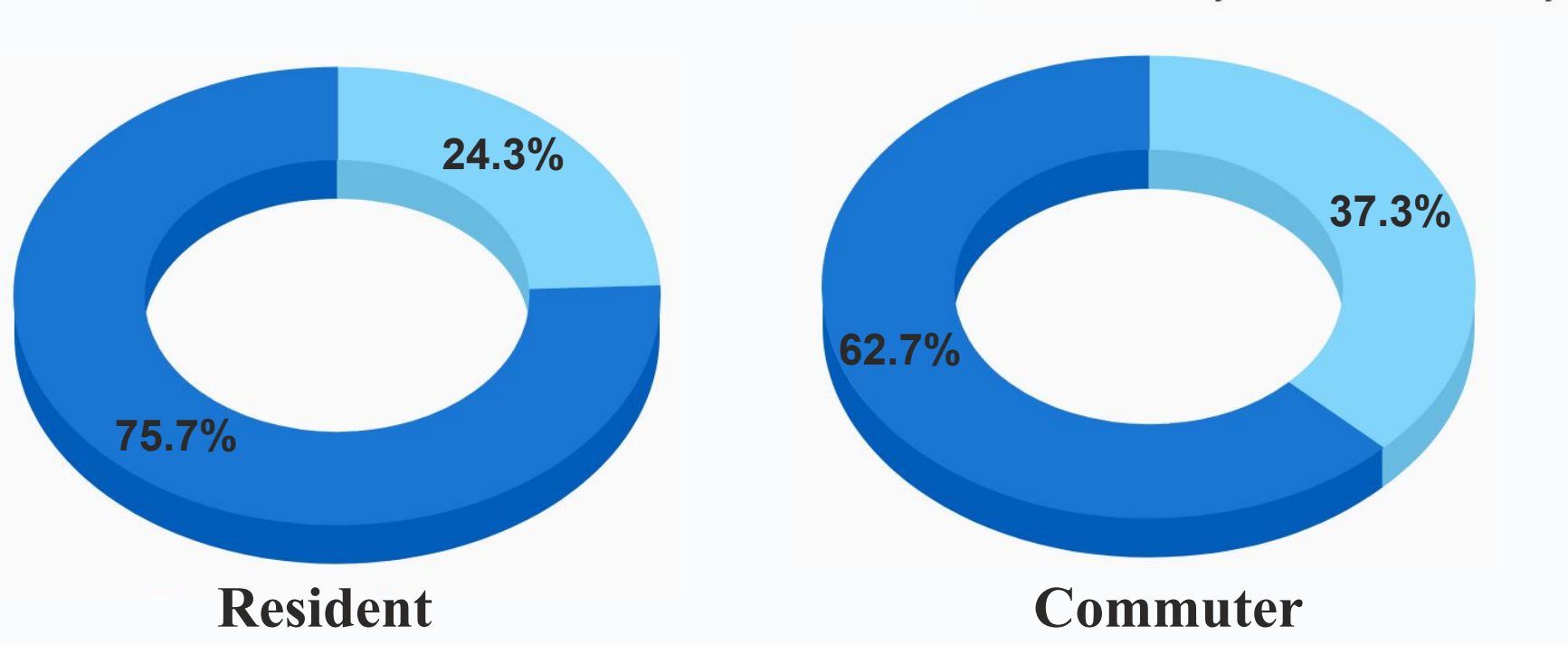


Figure 2. Comparing Proportions of Reporting Anxiety Across Gender Status

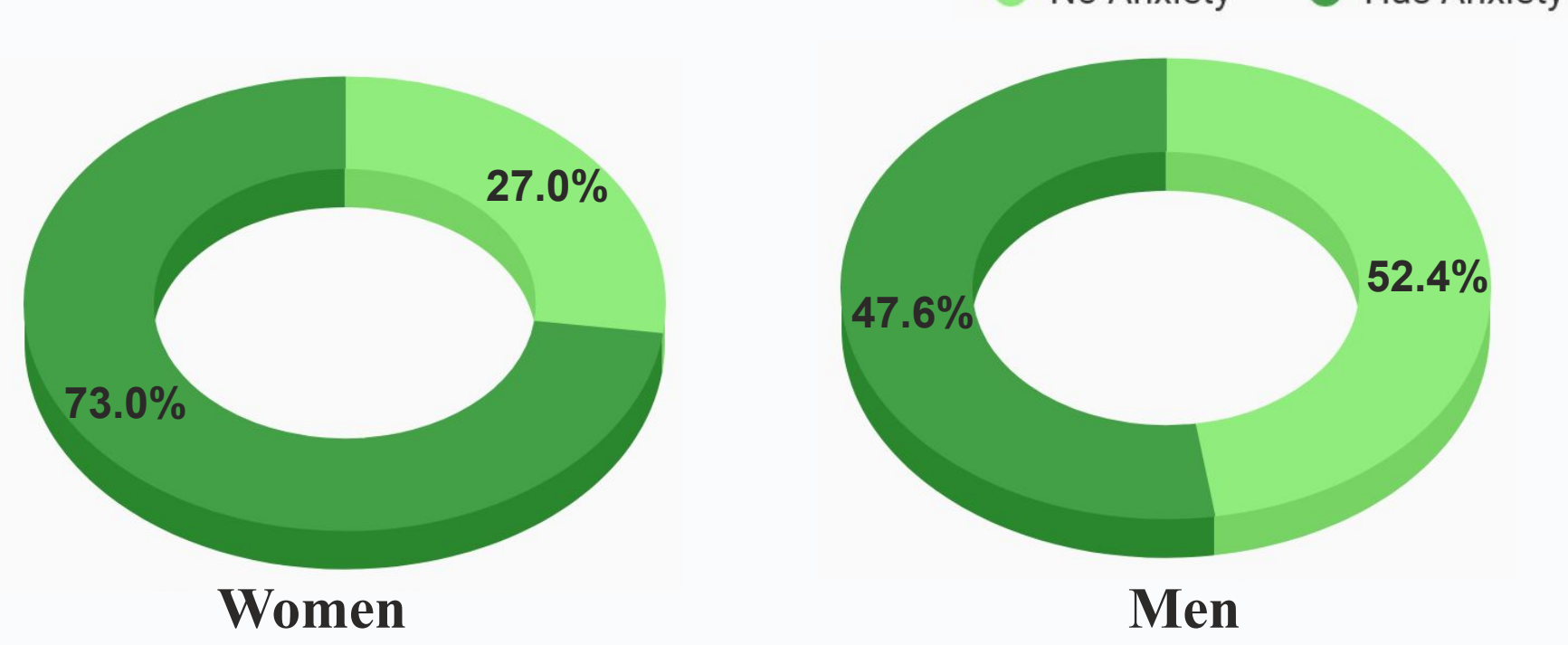


Table 1. Demographics (n=96)

Residency Status	N (%)
Commuter	59 (61.5%)
Resident	37 (38.5%)
Gender	
Cis-gender Woman	70 (72.9%)
Cis-gender Man	20 (20.8%)
Transgender Man	1 (1.0%)
Non-Binary	3 (3.1%)
Other (Indigenous, Middle Eastern, Multi)	2 (2.1%)
Race/Ethnicity	
African-American/Black	3 (3.1%)
Asian	57 (59.4%)
White	11 (11.5%)
Hispanic/Latinx	8 (8.3%)
Other (Indigenous, Middle Eastern, Multi)	17 (17.7%)

Table 2. Two-sample T-test Comparing Precaution Frequency between Commuter and Resident Across Triton Alert Types

Alert Type	Commuter	Resident	P-value
Weather	3.34	3.59	0.2889
Arson	2.71	3.41	0.0064
Weapon Law Violation	3.83	4.08	0.3184
Burglary	2.47	3.38	0.0006
Sexual Assault	3.24	3.46	0.4243

Table 3. Two-sample T-test Comparing Response Frequency between Commuter and Resident Across Response Behaviors

Responses	Commuter	Resident	P-value
Skip Classes	2.19	2.05	0.5406
Avoid the Incident Area	3.4	3.7	0.2229
Buddy Up	2.33	2.43	0.6282
Ignore the Alert	2.64	2.38	0.262
Heart Racing	2.07	2.11	0.857
Trouble Concentrating	2.12	2.22	0.6635

Figure 3. Commuters' Precaution-Taking Frequencies by Types of Triton Alerts

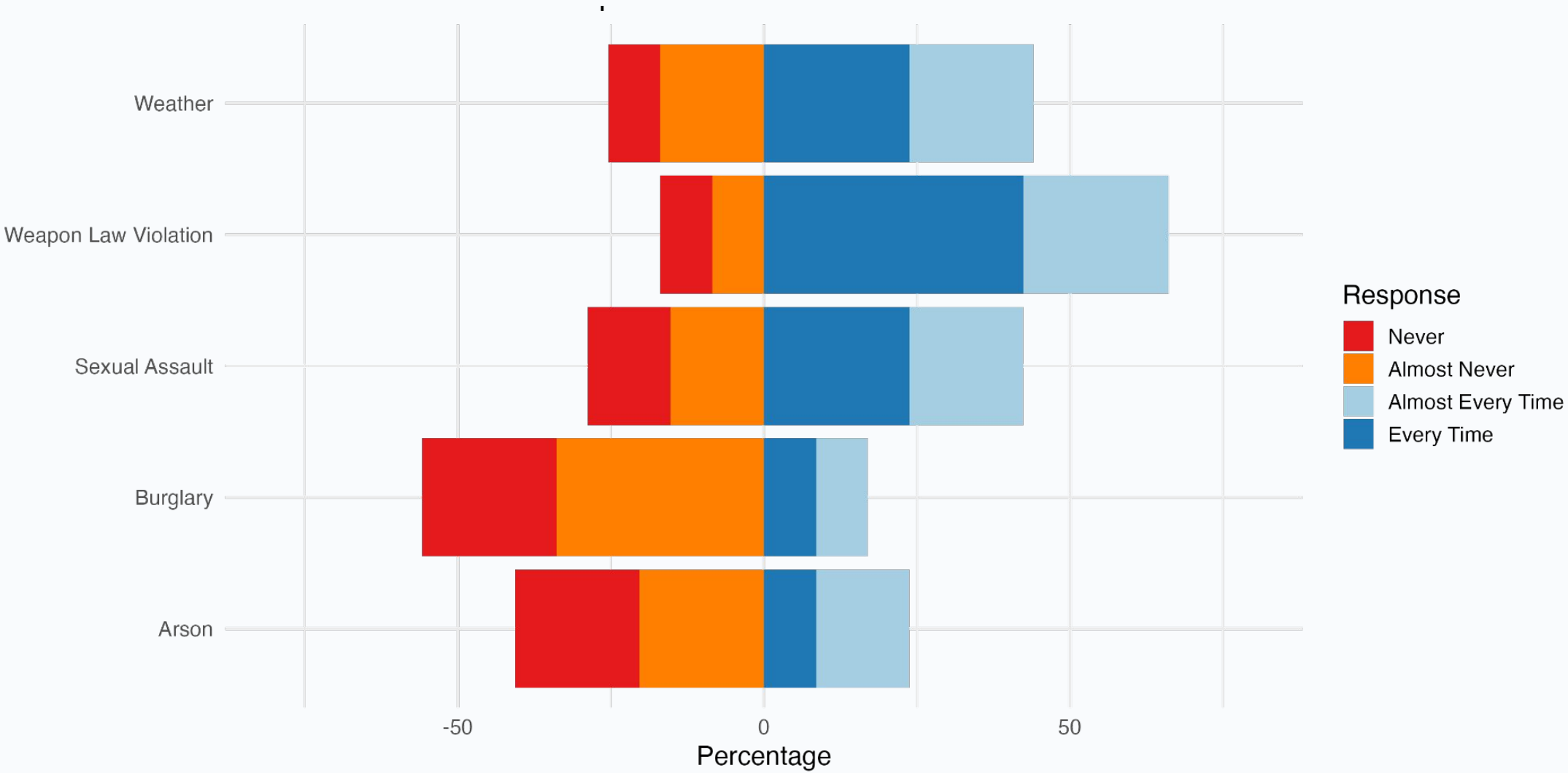


Figure 4. Residents' Precaution-Taking Frequencies by Types of Triton Alerts

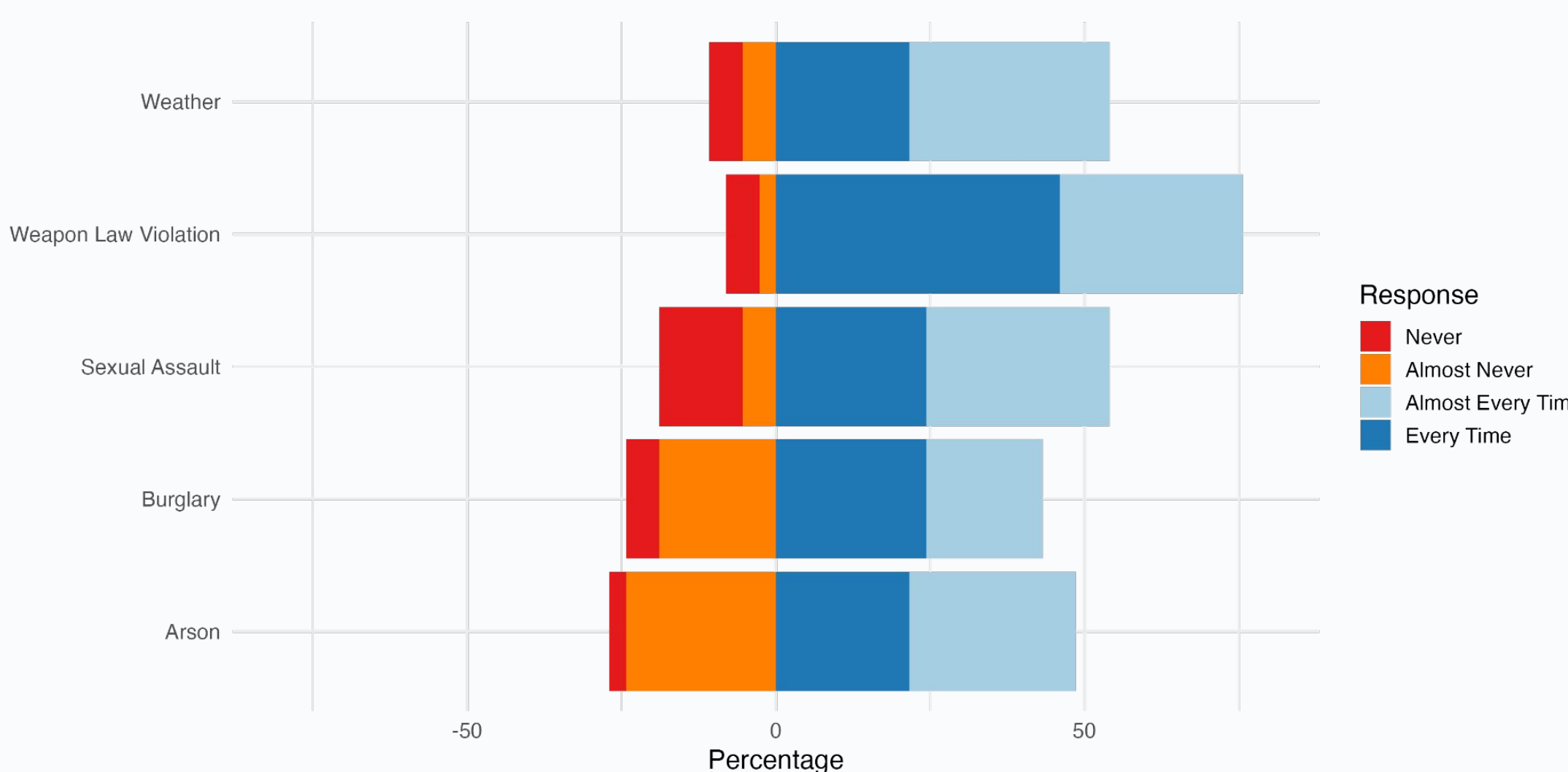


Figure 5. Commuters' Response Frequencies To Triton Alerts by Types of Response Behaviors

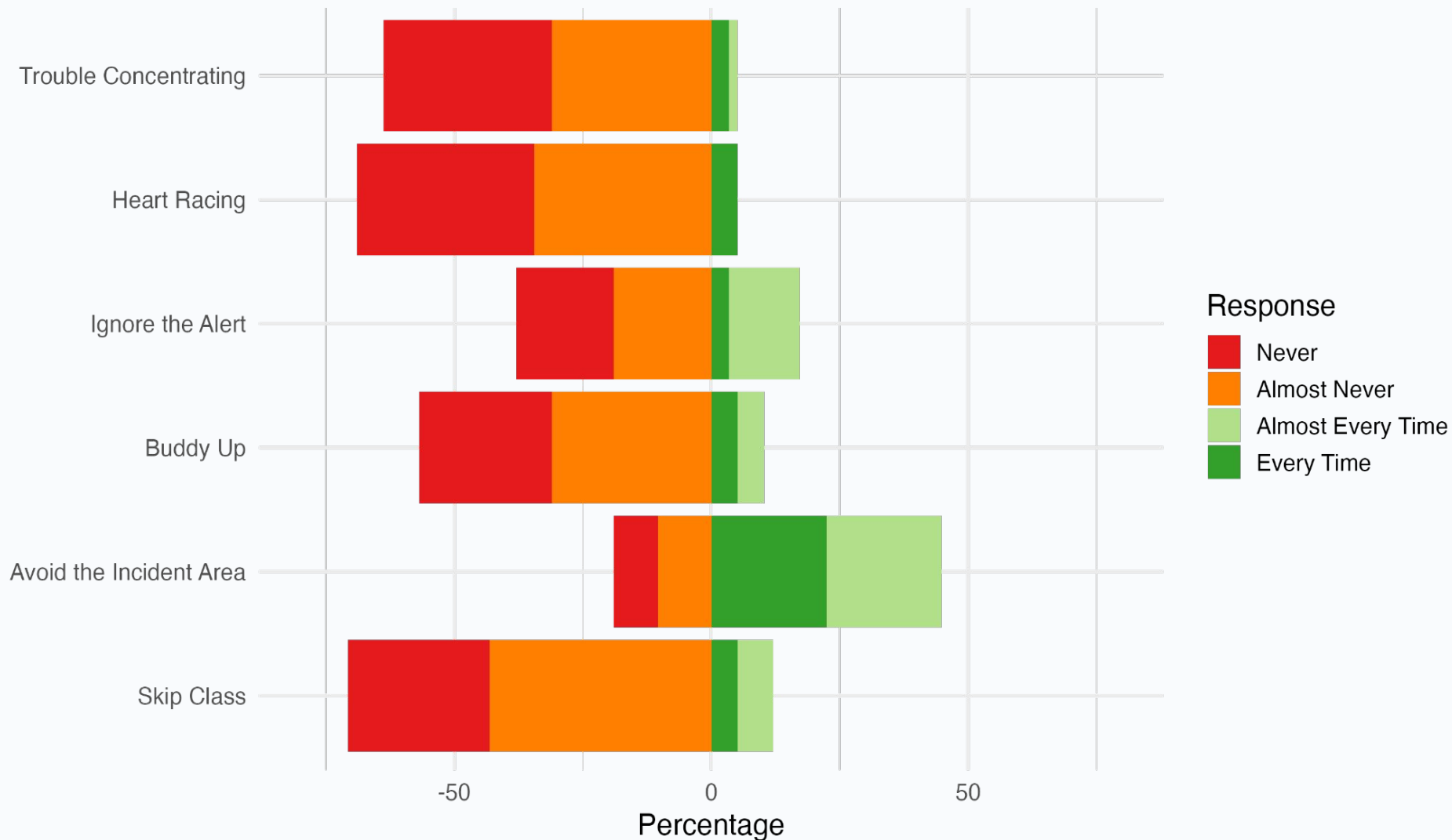
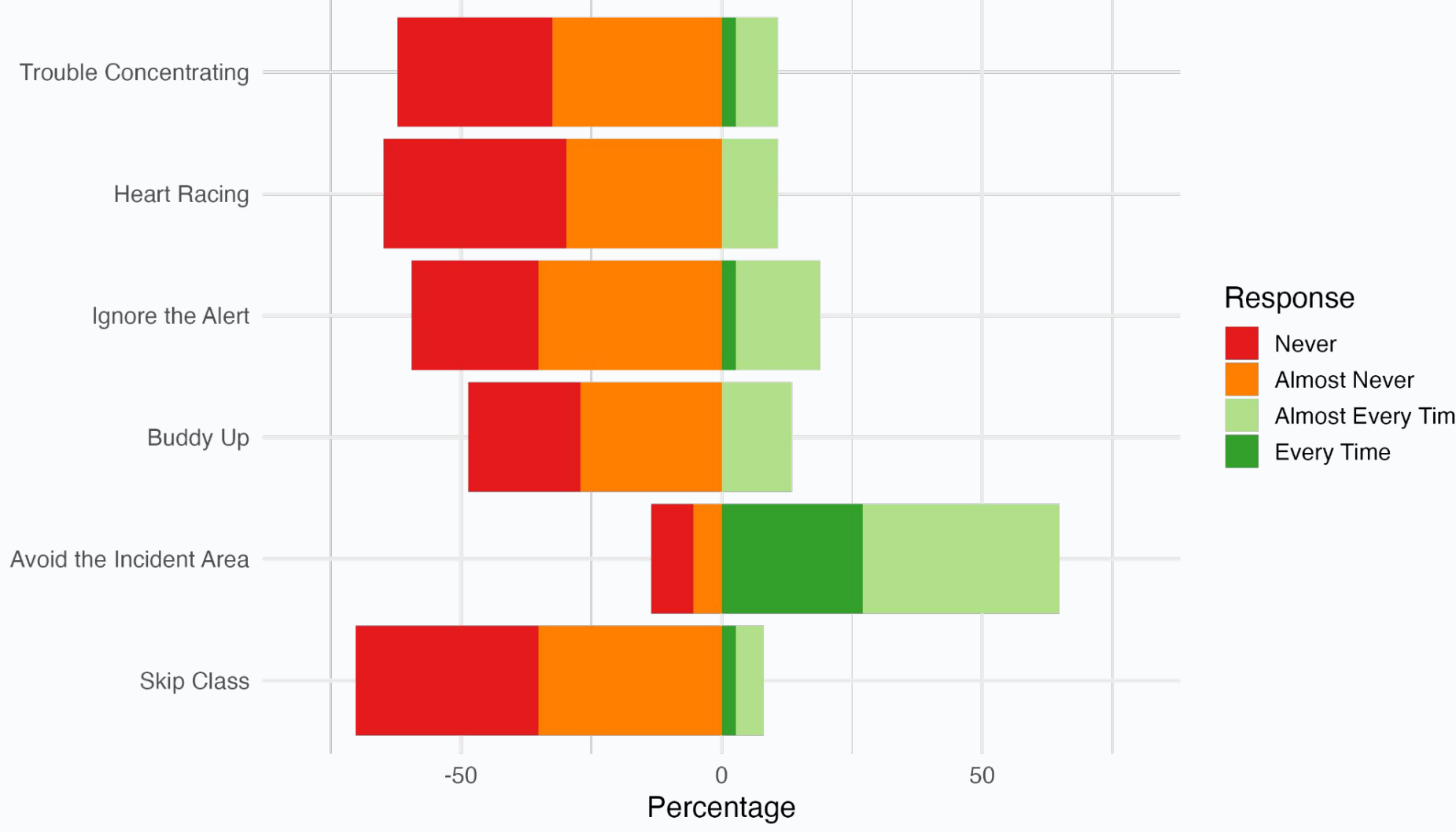


Figure 6. Residents' Response Frequencies To Triton Alerts by Types of Response Behaviors



CONCLUSIONS

- Residents have 1.85 times the odds of reporting anxiety than commuters, and women have about 3 times the odds reporting anxiety than men (Fig 1-2).
- Residents took more precautions than commuters, significantly for burglary and arson alerts (Table 2; Fig 3-4).
- Residents showed more frequent response behaviors than commuters, except for skipping classes and ignoring the alert (Table 3; Fig 5-6).

POLICY IMPLICATIONS

- Categorize notifications to critical threats and non-urgent incidents, specific update for ongoing threats and post-incident communications.
- Campus safety training to educate safe response behaviors.
- Align mental health services with specific types of emergency alerts.

SCAN QR CODE
For
Acknowledgement/
References



BACKGROUND

- UCSD Triton Alert system provides urgent updates on emergencies or disruptions.
- Overwhelming number of notifications may increase anxiety while some may decrease anxiety and perceive less risk because of optimism bias.
- Understanding population-specific responses can help balance safety with mental health considerations.

OBJECTIVES

- Examine the link between Triton Alert messages and anxiety levels among UC San Diego residents and commuters.

METHODOLOGY

- An online Qualtrics survey (n = 96) collected data on demographics, alert experiences, and anxiety.
- Two-sample t-tests in R compared anxiety and response behaviors by residency status.