

Columbia Gorge Community College

---

# THE HEALTHY MINDS STUDY

2018-2019 Data Report

# ABOUT THE HEALTHY MINDS STUDY (HMS)



## STUDY TEAM

Principal Investigators: Daniel Eisenberg, PhD & Sarah Ketchen Lipson, EdM, PhD

Research Study Coordinators: Peter Ceglarek, MPH and Megan Phillips, MA

Data Specialist: Sasha Zhou, M.P.H., M.H.S.A.

Associate Study Coordinators: Jasmine Morigney and Amber Talaski

Communications Coordinator: Shelby Steverson

## REPORT TEAM

Graphic Designer: Sarah Fogel, University of Michigan School of Art and Design, Class of 2014

Report Automation: Andy Inscore

# TABLE OF CONTENTS

STUDY PURPOSE	1
STUDY DESIGN	1
ABOUT THIS REPORT	2
KEY FINDINGS	3
SAMPLE CHARACTERISTICS	4
PREVALENCE OF MENTAL HEALTH PROBLEMS	5
POSITIVE MENTAL HEALTH	6
HEALTH BEHAVIORS AND LIFESTYLE	7
ATTITUDES AND BELIEFS ABOUT MENTAL HEALTH SERVICES	8
USE OF SERVICES	9
REFERENCES	11
APPENDIX: DESCRIPTIVE STATISTICS FOR SURVEY ITEMS	12

# STUDY PURPOSE

The Healthy Minds Study provides a detailed picture of mental health and related issues in college student populations. Schools typically use their data for some combination of the following purposes: to identify needs and priorities; benchmark against peer institutions; evaluate programs and policies; plan for services and programs; and advocate for resources.

# STUDY DESIGN

The Healthy Minds Study is designed to protect the privacy and confidentiality of participants. HMS is approved by the Health Sciences and Behavioral Sciences Institutional Review Board at University of Michigan. To further protect respondent privacy, the study is covered by a Certificate of Confidentiality from the National Institutes of Health.

# SAMPLING

Each participating school provides the HMS team with a randomly selected sample of currently enrolled students over the age of 18. Large schools typically provide a random sample of 4,000 students, while smaller schools typically provide a sample of all students. Schools with graduate students typically include both undergraduates and graduate students in the sample.

# DATA COLLECTION

HMS is a web-based survey. Students are invited and reminded to participate in the survey via emails, which are timed to avoid, if at all possible, the first two weeks of the term, the last week of the term, and any major holidays. The data collection protocol begins with an email invitation, and non-responders are contacted up to three times by email reminders spaced by 2-4 days each. Reminders are only sent to those who have not yet completed the survey. Each communication contains a URL that students use to gain access to the survey.

# NON-RESPONSE ANALYSIS

A potential concern in any survey study is that those who respond to the survey will not be fully representative of the population from which they are drawn. In the HMS, we can be confident that those who are invited to fill out the survey are representative of the full student population because these students are randomly selected from the full list of currently enrolled students. However it is still possible that those who actually complete the survey are different in important ways from those who do not complete the survey. The overall participation rate for the 2018-2019 study was 17%. It is important to raise the question of whether the 17% who participated are different in important ways from the 83% who did not participate. We address this issue by constructing non-response weights using administrative data on full student populations. Most of the 36 schools in the 2018-2019 HMS were able to provide administrative data about all randomly selected students. The analysis of these administrative data, separated from any identifying information, was approved in the IRB application at Advarra and at each participating school. We used the following variables, when available, to estimate which types of students were more or less likely to respond: gender, race/ethnicity, academic level, and grade point average. We used these variables to estimate the response propensity of each type of student (based on multivariate logistic regressions), and then assigned response propensity weights to each student who completed the survey. The less likely a type of student was to complete the survey, the larger the weight they received in the analysis, such that the weighted estimates are representative of the full student population in terms of the administrative variables available for each institution. Finally, note that these sample weights give equal aggregate weight to each school in the national estimates. An alternative would have been to assign weights in proportion to school size, but we decided that we did not want our overall national estimates to be dominated by schools in our sample with very large enrollments.

# ABOUT THIS REPORT

This data report provides descriptive statistics (percentages, mean values, etc.) from the sample of respondents at your institution for a set of key measures. In addition to the key measures highlighted in this report, an appendix is also included with descriptive statistics for each survey item (see below).

## APPENDIX

The appendix includes values for most measures in the three standard survey modules that are administered on all participating campuses: Demographics, Mental Health Status, and Mental Health Services Utilization/Help-Seeking. For each measure, the data tables display the following information: the value table for your institution, the 95% confidence interval for your institution's value, the value for the national sample, and an indicator if your institution's value is significantly higher or lower than the national value. All values in the appendix have been weighted to be representative of the full student populations to which they refer (see Non-response Analysis). Also note that for some measures, respondents were allowed to check more than one response category (e.g., they might have gone to more than one type of provider for mental health services), so the percentages sometimes add up to more than 100% across response categories. The 95% confidence intervals give a sense of how much uncertainty there is about each estimated value. This uncertainty exists because our estimates are based only on a random sample of students, rather than a complete census of the student population. However, some schools that had less than 4,000 students (the typical requested sample size), provided their entire population. For consistency sake, these schools were not treated any differently than those schools that provided a 4,000 student sample of their full population. Essentially, the confidence interval tells us that there is a 95% probability that the true population value is within this particular range. Because both the school-level and national values are only estimates based on random sampling, we cannot say for certain that your institution's true value is above or below the national value. But in cases where we can say that there is a 95% or higher statistical probability that your institution's value is higher or lower than the national value, we indicate this.

## EXPLORING YOUR DATA FURTHER

There are two options for exploring your data beyond what is in this report. First, you can use statistical software (e.g., SPSS, Stata, etc.) to analyze the full data set for your students, which has been provided to your school. Second, you will be able to log on to a user-friendly website with drop-down menus, at [data.healthymindsnetwork.org](http://data.healthymindsnetwork.org).

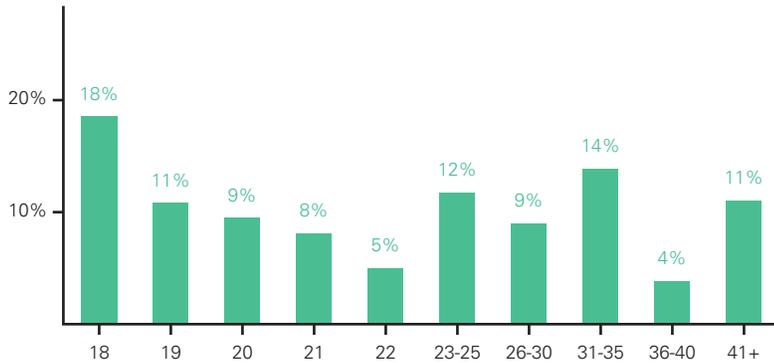
# KEY FINDINGS

This section offers a quick look at results that may be of special interest to your institution.

Estimated values of selected measures for Columbia Gorge Community College	Percentage of students
Major depression (positive PHQ-9 screen)	13%
Depression overall, including major and moderate (positive PHQ-9 screen)	34%
Anxiety disorder (positive GAD-7 screen)	31%
Eating disorder (positive SCOFF screen)	12%
Non-suicidal self-injury (past year)	17%
Suicidal ideation (past year)	10%
Lifetime diagnoses of mental disorders	45%
Psychiatric medication (past year)	27%
Mental health therapy/counseling (past year)	25%
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)	49%
Personal stigma: agrees with "I would think less of someone who has received mental health treatment."	6%
Perceived public stigma: agrees with "Most people would think less of someone who has received mental health treatment."	40%

# SAMPLE CHARACTERISTICS (N=200)

**Age (years)**

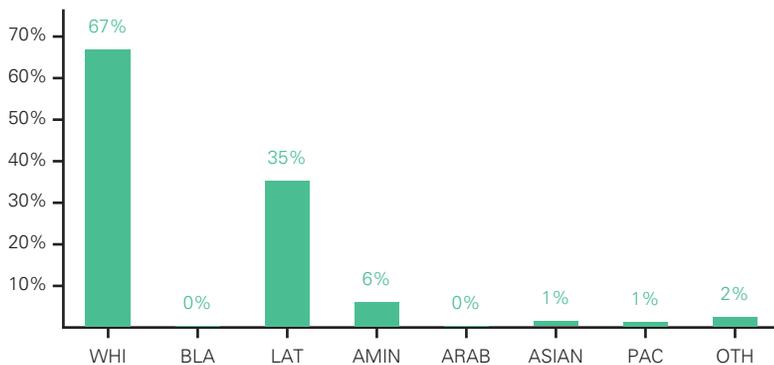


**Gender**



71% Female  
29% Male  
1% Other

**Race/ethnicity**



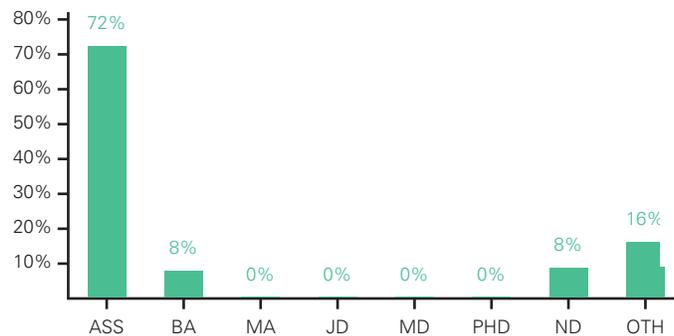
WHI White or Caucasian  
BLA African American/Black  
LAT Hispanic/Latino  
AMIN American Indian/Alaskan Native  
ARAB Arab/Middle Eastern or Arab American  
ASIAN Asian/Asian American  
PAC Pacific Islander  
OTH Other

**Living arrangement**



0% Campus residence hall  
0% Fraternity or sorority house  
0% Other university housing  
38% Off-campus, non-university housing  
47% Parent or guardian's home  
14% Other

**Degree program**



ASS Associate's degree  
BA Bachelor's degree  
MA Master's degree  
JD JD  
MD MD  
PHD PhD or equivalent  
ND Non-degree student  
OTH Other

# PREVALENCE OF MENTAL HEALTH PROBLEMS

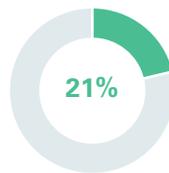
## DEPRESSION SCREEN

Depression is measured using the Patient Health Questionnaire-9 (PHQ-9), a nine-item instrument based on the symptoms provided in the Diagnostic and Statistical Manual for Mental Disorders for a major depressive episode in the past two weeks (Spitzer, Kroenke, & Williams, 1999). Following the standard algorithm for interpreting the PHQ-9, symptom levels are categorized as severe (score of 15+), moderate (score of 10-14), or mild/minimal (score <10).

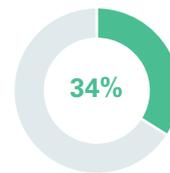
Severe depression



Moderate depression



Any depression



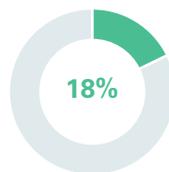
## ANXIETY SCREEN

Anxiety is measured using the GAD-7, a seven-item screening tool for screening and severity measuring of generalized anxiety disorder in the past two weeks (Spitzer, Kroenke, Williams, & Lowe, 2006). Following the standard algorithm for interpreting the GAD-7, symptom levels are categorized as severe anxiety, moderate anxiety, or neither.

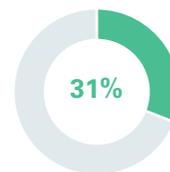
Severe anxiety



Moderate anxiety



Any anxiety



## EATING DISORDER SCREEN

Eating disorders are measured using the written U.S. version of the SCOFF, a five-item screening tool designed to identify subjects likely to have an eating disorder (Morgan, Reid, & Lacey, 1999).

Eating disorders



## SUICIDALITY AND SELF-INJUROUS BEHAVIOR

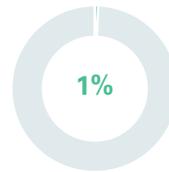
Suicidal ideation (past year)



Suicide plan (past year)



Suicide attempt (past year)



Non-suicidal self-injury (past year)



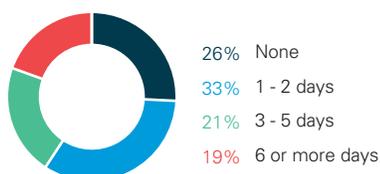
## LIFETIME DIAGNOSES OF MENTAL DISORDERS

Have you ever been diagnosed with any of the following conditions by a health professional (e.g. primary care doctor, psychiatrist, psychologist, etc.)? (Select all that apply)

32%	Depression or other mood disorders (e.g., major depressive disorder, persistent depressive disorder)
3%	Bipolar (e.g., bipolar I or II, cyclothymia)
33%	Anxiety (e.g., generalized anxiety disorder, phobias)
3%	Obsessive-compulsive or related disorders (e.g., obsessive-compulsive disorder, body dysmorphia)
15%	Trauma and Stressor Related Disorders (e.g., posttraumatic stress disorder)
6%	Neurodevelopmental disorder or intellectual disability (e.g., attention deficit disorder, attention deficit hyperactivity disorder, intellectual disability, autism spectrum disorder)
3%	Eating disorder (e.g., anorexia nervosa, bulimia nervosa)
1%	Psychosis (e.g., schizophrenia, schizo-affective disorder)
0%	Personality disorder (e.g., antisocial personality disorder, paranoid personality disorder, schizoid personality disorder)
4%	Substance use disorder (e.g., alcohol abuse, abuse of other drugs)
55%	No, none of these

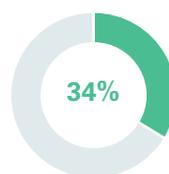
## ACADEMIC IMPAIRMENT

In the past 4 weeks, how many days have you felt that emotional or mental difficulties have hurt your academic performance?



## POSITIVE MENTAL HEALTH

Positive mental health



Positive mental health (psychological well-being) is measured using The Flourishing Scale, an eight-item summary measure of the respondent's self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism (Diener, Wirtz, Tov, Kim-Prieto, Choi, Oishi, & Biswas-Diener, 2009). The score ranges from 8-56, and we are using 48 as the threshold for positive mental health.

# HEALTH BEHAVIORS AND LIFESTYLE

## Drug use

Over the past 30 days, have you used any of the following drugs? (Select all that apply)

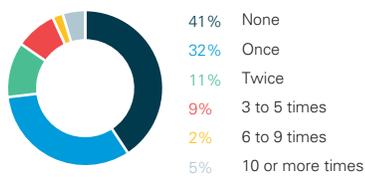
22%	Marijuana
0%	Cocaine (any form, including crack, powder, or freebase)
0%	Heroin
0%	Opioid pain relievers (such as Vicodin, OxyContin, Percocet, Demerol, Dilaudid, codeine, hydrocodone, methadone, morphine) without a prescription or more than prescribed
1%	Benzodiazepenes
0%	Methamphetamines (also known as speed, crystal meth, or ice)
0%	Other stimulants (such as Ritalin, Adderall) without a prescription or more than prescribed
0%	Ecstasy
0%	Other drugs without a prescription
78%	No, none of these

## Binge drinking

The following questions ask about how much you drink. A "drink" means any of the following:

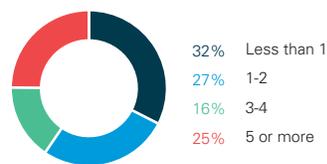
- A 12-ounce can or bottle of beer
- A 4-ounce glass of wine
- A shot of liquor straight or in a mixed drink

During the last two weeks, how many times have you had 4 (female), 5 (male), 4 or 5 (other gender) or more drinks in a row? (among those with any alcohol use)



## Exercise

In the past 30 days, about how many hours per week on average did you spend exercising? (include any exercise of moderate or higher intensity, where "moderate intensity" would be roughly equivalent to brisk walking or bicycling)

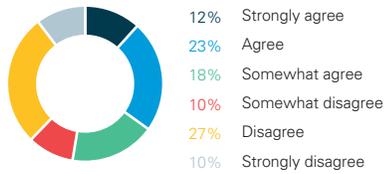


# ATTITUDES AND BELIEFS ABOUT MENTAL HEALTH SERVICES

## KNOWLEDGE

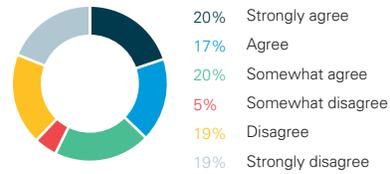
### Knowledge of campus mental health resources

If I needed to seek professional help for my mental or emotional health, I would know where to go on my campus.



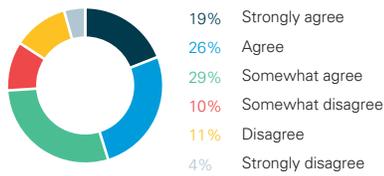
### Perceived need (past year)

In the past 12 months, I needed help for emotional or mental health problems such as feeling sad, blue, anxious or nervous.



### Perceived need (current)

I currently need help for emotional or mental health problems such as feeling sad, blue, anxious or nervous.



# USE OF SERVICES

## Psychotropic medication use, all students (past year)

In the past 12 months have you taken any of the following types of medications? Please count only those you took, or are taking, several times per week. (Select all that apply)

2%	Psychostimulants (e.g., methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.)
15%	Anti-depressants (e.g., fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), escitalopram (Lexapro), venlafaxine (Effexor), bupropion (Wellbutrin), etc.)
0%	Anti-psychotics (e.g., haloperidol (Haldol), clozapine (Clozaril), risperidone (Risperdal), olanzapine (Zyprexa), etc.)
8%	Anti-anxiety medications (e.g., lorazepam (Ativan), clonazepam (Klonopin), alprazolam (Xanax), buspirone (BuSpar), etc.)
1%	Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazepine (Tegretol), etc.)
5%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
4%	Other medication for mental or emotional health
73%	None

## Psychotropic medication use among students with positive depression or anxiety screens (past year)

In the past 12 months have you taken any of the following types of medications? Please count only those you took, or are taking, several times per week. (Select all that apply)

4%	Psychostimulants (e.g., methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.)
20%	Antidepressants (e.g., fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), escitalopram (Lexapro), venlafaxine (Effexor), bupropion (Wellbutrin), etc.)
0%	Anti-psychotics (e.g., haloperidol (Haldol), clozapine (Clozaril), risperidone (Risperdal), olanzapine (Zyprexa), etc.)
11%	Anti-anxiety medications (e.g., lorazepam (Ativan), clonazepam (Klonopin), alprazolam (Xanax), buspirone (BuSpar), etc.)
4%	Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazepine (Tegretol), etc.)
6%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
4%	Other medication for mental or emotional health
62%	None

**Mental health counseling/therapy, all students (past year)**

In the past 12 months have you received counseling or therapy for your mental or emotional health from a health professional (such as psychiatrist, psychologist, social worker, or primary care doctor)?



**Mental health counseling/therapy among students with positive depression or anxiety screens (past year)**

In the past 12 months have you received counseling or therapy for your mental or emotional health from a health professional (such as psychiatrist, psychologist, social worker, or primary care doctor)?



**Mental health counseling/therapy, all students (lifetime)**

Have you ever received counseling or therapy for mental health concerns?



**Mental health counseling/therapy among students with positive depression or anxiety screens (lifetime)**

Have you ever received counseling or therapy for mental health concerns?



**Informal help-seeking**

In the past 12 months have you received counseling or support for your mental or emotional health from any of the following sources? (Select all that apply)

3%	Roommate
38%	Friend (who is not a roommate)
29%	Significant other
37%	Family member
5%	Religious counselor or other religious contact
1%	Support group
3%	Other non-clinical source
37%	None of the above

**Barriers to help-seeking**

In the past 12 months, which of the following factors have caused you to receive fewer services (counseling, therapy, or medications) for your mental or emotional health than you would have otherwise received? (Select all that apply)

4%	I haven't had the chance to go but I plan to
37%	No need for services
23%	Financial reasons (too expensive, not covered by insurance)
19%	Not enough time
14%	Not sure where to go
6%	Difficulty finding an available appointment
18%	Prefer to deal with issues on my own or with support from family/friends
9%	Other
20%	No barriers

# REFERENCES

## MENTAL HEALTH SCREENS

- Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., & Biswas-Diener, R. (2009). New measures of well-being: Flourishing and positive and negative feelings. *Social Indicators Research*, 39, 247-266.
- Morgan, J. F., Reid, F., & Lacey, J. H. (1999). The SCOFF questionnaire: assessment of a new screening tool for eating disorders *BMJ*, 319(7223), 1467-1468.
- Spitzer, R. L., Kroenke, K., Williams, J. B., & Patient Health Questionnaire Primary Care Study Group. (1999). Validation and utility of a self-report version of PRIME-MD: the PHQ primary care study. *JAMA*, 282(18), 1737-1744.
- Spitzer, R. L., Kroenke, K., Williams, J. B., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: the GAD-7. *Archives of Internal Medicine*, 166(10), 1092-1097.

## SELECTED ARTICLES PUBLISHED WITH HMS DATA

- Eisenberg, D., Golberstein, E., Hunt, J. (2009). Mental Health and Academic Success in College. *B.E. Journal of Economic Analysis & Policy* 9(1) (Contributions): Article 40.
- Eisenberg, D., Hunt, J.B., Speer, N., Zivin, K. (2011). Mental Health Service Utilization among College Students in the United States. *Journal of Nervous and Mental Disease* 199(5): 301-308.
- Eisenberg, D., Chung, H. (2012). Adequacy of Depression Treatment in College Student Populations. *General Hospital Psychiatry* 34(3):213-220.
- Eisenberg, D., Speer, N., Hunt, J.B. (2012). Attitudes and Beliefs about Treatment among College Students with Untreated Mental Health Problems. *Psychiatric Services* 63(7): 711-713.
- Eisenberg, D., Hunt, J.B., Speer, N. (2013). Mental Health in American Colleges and Universities: Variation across Student Subgroups and across Campuses. *Journal of Nervous and Mental Disease* 201(1): 60-67.
- Lipson, S., Gaddis, S.M., Heinze, J., Beck, K., Eisenberg, D. (2015). Variations in Student Mental Health and Treatment Utilization Across US Colleges and Universities. *Journal of American College Health*, 63(6): 388-396.
- Lipson, S., Zhou, S., Wagner, B., Beck, K., Eisenberg, D. (2016). Major differences: Variations in student mental health and service utilization across academic disciplines. *Journal of College Student Psychotherapy*, 30(1), 23-41.

Email: [healthyminds@umich.edu](mailto:healthyminds@umich.edu)  
Website: [www.healthymindsnetwork.org](http://www.healthymindsnetwork.org)



# APPENDIX: DESCRIPTIVE STATISTICS FOR SURVEY ITEMS

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
<b>Respondent Characteristics</b>				
<i>Sample</i> N	200			
Response Rate	25%			
<i>Gender</i>				
Female	71%	(63%, 78%)	50%	X
Male	29%	(21%, 36%)	47%	X
Other	1%	(0%, 2%)	2%	
<i>Race/Ethnicity</i>				
White / Caucasian	67%	(59%, 74%)	72%	
Black / African American	0%	(0%, 0%)	10%	
Hispanic / Latino	35%	(28%, 42%)	9%	X
American Indian	6%	(2%, 9%)	2%	X
Arab / Middle Eastern	0%	(0%, 0%)	2%	
Asian / Asian American	1%	(0%, 2%)	11%	X
Pacific Islander	1%	(0%, 2%)	1%	
Other	2%	(0%, 5%)	2%	
<i>Country</i>				
US Resident / Citizen	100%	(99%, 100%)	93%	X
International	0%	(0%, 1%)	7%	X
<i>Residence</i>				
Campus residence hall	0%	(0%, 1%)	36%	X
Fraternity / sorority house	0%	(0%, 0%)	3%	
Other campus housing	0%	(0%, 1%)	10%	X
Off-campus / non-university housing	38%	(31%, 46%)	34%	
Parent or guardian's home	47%	(39%, 55%)	14%	X
Other	14%	(8%, 19%)	2%	X
<i>Academic level</i>				
Associates	72%	(65%, 79%)	18%	X
Bachelors	8%	(3%, 12%)	65%	X
Masters	0%	(0%, 0%)	8%	
JD	0%	(0%, 0%)	1%	
MD	0%	(0%, 0%)	3%	
PhD or equivalent	0%	(0%, 0%)	4%	
Other	16%	(10%, 22%)	2%	X
Non-degree	8%	(4%, 13%)	2%	X
<i>Ever trained for or served in the military (Armed Forces, Reserves, or National Guard)</i>	4%	(1%, 7%)	4%	
<i>Age</i>				
18-22	51%	(44%, 59%)	74%	X
23-25	12%	(6%, 17%)	11%	
26-30	9%	(5%, 13%)	8%	
31+	28%	(21%, 35%)	8%	X
<i>Highest educational attainment of either parent</i>				
Less than high school degree	22%	(15%, 28%)	3%	X
High school degree	39%	(32%, 47%)	22%	X
College degree	26%	(19%, 33%)	38%	X
Graduate degree	13%	(8%, 18%)	37%	X

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
<b>Respondent Characteristics</b>				
<b>Religiosity</b>				
Very important	16%	(10%, 21%)	17%	
Important	26%	(19%, 33%)	22%	
Neutral	32%	(24%, 39%)	27%	
Unimportant	15%	(9%, 20%)	17%	
Very unimportant	12%	(7%, 17%)	18%	
<b>Current financial situation</b>				
Always stressful	27%	(20%, 35%)	13%	X
Often stressful	28%	(21%, 35%)	22%	
Stressful	32%	(25%, 39%)	34%	
Rarely Stressful	12%	(7%, 16%)	22%	X
Never Stressful	1%	(0%, 2%)	8%	X
<b>Financial situation growing up</b>				
Always stressful	24%	(17%, 31%)	9%	X
Often stressful	26%	(19%, 32%)	16%	X
Stressful	22%	(16%, 29%)	26%	
Rarely Stressful	20%	(14%, 26%)	29%	X
Never Stressful	8%	(4%, 12%)	19%	X
<b>Relationship status</b>				
Single	41%	(33%, 48%)	56%	X
In a relationship	32%	(25%, 39%)	33%	
Married or domestic partnership	22%	(16%, 29%)	9%	X
Divorced	5%	(1%, 8%)	1%	X
<b>Sexual orientation</b>				
Heterosexual	80%	(73%, 86%)	82%	
Bisexual	12%	(7%, 18%)	9%	
Gay / lesbian	4%	(0%, 7%)	3%	
Queer	3%	(1%, 5%)	3%	
Questioning	2%	(0%, 4%)	3%	
Other	3%	(1%, 6%)	3%	
<b>Chronic disease</b>				
Diabetes	1%	(0%, 3%)	1%	
High blood pressure	6%	(2%, 10%)	3%	
Asthma	14%	(8%, 20%)	14%	
Thyroid disease (e.g., hypothyroid or hyperthyroid)	5%	(2%, 8%)	2%	X
Gastrointestinal disease (e.g., Crohn's Disease, Ulcerative Colitis)	3%	(0%, 6%)	2%	
Arthritis	4%	(0%, 7%)	1%	
Sickle cell anemia	0%	(0%, 1%)	0%	
Seizure disorders (e.g., epilepsy)	0%	(0%, 0%)	1%	
Cancers	1%	(0%, 3%)	1%	
High cholesterol	1%	(0%, 3%)	2%	
HIV/AIDS	0%	(0%, 1%)	0%	
Other autoimmune disorder (please specify)	3%	(0%, 5%)	2%	
Other chronic disease (please specify)	6%	(2%, 10%)	4%	

### Mental Health Measures

<b>Positive Mental Health</b>				
Flourishing Scale (8-56)	43.9	(42.8, 45.0)	43.9	
<b>Depression (PHQ-9)</b>				
Overall score (0-27)	7.8	(6.9, 8.7)	8.2	
In moderate range (10-14)	20%	(14%, 26%)	14%	X
In moderately severe range (15-19)	9%	(4%, 13%)	8%	
In severe range (20-27)	3%	(1%, 6%)	6%	
Major depression (positive screen)	13%	(8%, 18%)	17%	
Other depression (positive screen)	21%	(15%, 28%)	17%	
Depression overall	34%	(26%, 41%)	34%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
<b>Mental Health Measures</b>				
<b><i>Impairment from depression (1)</i></b>				
Not difficult at all	33%	(26%, 41%)	30%	
Somewhat difficult	47%	(39%, 56%)	52%	
Very difficult	16%	(10%, 22%)	13%	
Extremely difficult	3%	(0%, 6%)	5%	
<b><i>Generalized anxiety (GAD-7)</i></b>				
Overall score (0-21)	6.9	(6.0, 7.8)	6.9	
In moderate range (10-14)	18%	(11%, 24%)	17%	
In severe range (15-21)	13%	(8%, 18%)	13%	
Probable anxiety disorder (positive screen)	31%	(24%, 38%)	29%	
<b><i>Depression/Anxiety</i></b>				
Depression or anxiety disorder	41%	(33%, 49%)	42%	
<b><i>Disordered eating and body image</i></b>				
Probable eating disorder (3+ on SCOFF)	12%	(7%, 18%)	10%	
Need to be very thin to feel good about self	18%	(12%, 25%)	23%	
Think you are very underweight	2%	(0%, 5%)	1%	
<b><i>Academic impairment from mental health, past 4 weeks (2)</i></b>				
None	26%	(19%, 32%)	24%	
1-2 days	33%	(26%, 41%)	33%	
3-5 days	21%	(15%, 27%)	23%	
6 or more days	19%	(13%, 26%)	19%	

### Self-Injury and Suicide

<b><i>Non-suicidal self-injury, past year</i></b>				
Any	17%	(11%, 23%)	24%	
Cutting self	4%	(1%, 8%)	6%	
Burning self	2%	(0%, 5%)	2%	
Punching or banging self	6%	(2%, 9%)	9%	
Scratching self	4%	(1%, 6%)	10%	X
Pulling one's hair	4%	(1%, 7%)	8%	
Biting self	4%	(1%, 7%)	5%	
Interfering with wound healing	5%	(2%, 9%)	7%	
Carving words or symbols in skin	0%	(0%, 1%)	1%	
Rubbing sharp objects on skin	1%	(0%, 2%)	3%	
Punching or banging wall or object	4%	(0%, 8%)	8%	
Other	0%	(0%, 1%)	1%	
<b><i>Frequency of self-injury, past year (among those with any)</i></b>				
Once or twice	71%	(53%, 89%)	51%	
Once a month or less	7%	(0%, 15%)	26%	X
2 or 3 times a month	6%	(0%, 15%)	13%	
Once or twice a week	8%	(0%, 20%)	6%	
3 to 5 days a week	2%	(0%, 7%)	3%	
Nearly everyday, or everyday	6%	(0%, 15%)	2%	
<b><i>Suicidality</i></b>				
Seriously thought about attempting suicide, past year	10%	(5%, 14%)	14%	
Made a plan for attempting suicide, past year	4%	(1%, 7%)	6%	
Attempted suicide, past year	1%	(0%, 2%)	1%	

(1) 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?

(2) How many days have you felt that emotional or mental difficulties have hurt your academic performance?

MEASURE

All Students

95% CONFIDENCE INTERVAL

NATIONAL SAMPLE

Significantly Different from National Sample

**Previous Diagnoses of Mental Disorders**

<b>Mental disorders</b>				
Any	45%	(37%, 53%)	36%	
<b>Depression or mood disorder</b>				
Any	32%	(25%, 40%)	24%	X
Major depression	13%	(7%, 19%)	11%	
Dysthymia	2%	(0%, 4%)	3%	
Premenstrual dysphoric disorder	0%	(0%, 1%)	0%	
<b>Bipolar and related disorders</b>				
Any	3%	(0%, 5%)	3%	
Bipolar I disorder	1%	(0%, 2%)	1%	
Bipolar II disorder	1%	(0%, 3%)	1%	
Cyclothymic disorder	0%	(0%, 0%)	0%	
<b>Anxiety disorder</b>				
Any	33%	(25%, 41%)	27%	
Generalized anxiety disorder	22%	(15%, 29%)	20%	
Panic disorder	10%	(5%, 15%)	4%	X
Agoraphobia	0%	(0%, 0%)	0%	
Specific phobia	1%	(0%, 2%)	1%	
Social anxiety disorder or social phobia	9%	(4%, 14%)	6%	
<b>Obsessive-compulsive or related disorders</b>				
Any	8%	(4%, 13%)	4%	X
Obsessive-compulsive disorder	7%	(3%, 12%)	3%	X
<b>Trauma and stressor related disorders</b>				
Any	15%	(9%, 21%)	5%	X
Posttraumatic stress disorder	13%	(7%, 19%)	4%	X
Acute stress disorder	2%	(0%, 5%)	1%	X
<b>Psychotic disorder</b>				
Any	1%	(0%, 2%)	0%	
Schizophrenia	0%	(0%, 0%)	0%	
<b>Neurodevelopmental disorder or intellectual disability</b>				
Any	6%	(2%, 11%)	6%	
ADHD	6%	(1%, 10%)	5%	
Other intellectual disability	0%	(0%, 0%)	0%	
Autism spectrum disorder	2%	(0%, 6%)	0%	X
<b>Eating disorder</b>				
Any	3%	(1%, 6%)	3%	
Anorexia nervosa	2%	(0%, 4%)	2%	
Bulimia nervosa	1%	(0%, 2%)	1%	
Binge eating disorder	1%	(0%, 2%)	1%	
<b>Personality disorder</b>				
Any	0%	(0%, 0%)	1%	
<b>Substance abuse disorder</b>				
Any	4%	(0%, 8%)	1%	
Alcohol abuse disorder	1%	(0%, 2%)	1%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
<b>Health Behaviors and Lifestyle</b>				
<i>Substance use, past 30 days</i>				
Cigarettes	12%	(6%, 17%)	11%	
Vape pen or E-Cigarette	14%	(9%, 20%)	16%	
Marijuana	22%	(15%, 29%)	25%	
Cocaine	0%	(0%, 0%)	2%	
Heroin	0%	(0%, 0%)	0%	
Opioid pain relievers without a prescription or more than prescribed	0%	(0%, 1%)	1%	
Benzodiazepenes	1%	(0%, 2%)	1%	
Methamphetamines	0%	(0%, 0%)	0%	
Other stimulants without a prescription or more than prescribed	0%	(0%, 1%)	3%	X
Ecstasy	0%	(0%, 0%)	1%	
Other drugs without a prescription	0%	(0%, 0%)	1%	
<i>In the past 2 weeks, about how many times did you have 4 [female]/5 [male]/4 or 5 [not female or male] or more alcoholic drinks in a row? (1 drink is a can of beer, a glass of wine, a wine cooler, a shot of liquor, or a mixed drink.)</i>				
More than one time	26%	(19%, 34%)	39%	X
More than 3 times	7%	(2%, 11%)	14%	X
<i>Obese (BMI&gt;=30)</i>	32%	(25%, 40%)	17%	X
<i>Time studying/doing homework</i>				
Less than 1 hour/week	4%	(0%, 7%)	2%	
1-2 hours/week	7%	(3%, 11%)	5%	
3-5 hours/week	19%	(13%, 25%)	22%	
6-10 hours/week	23%	(17%, 30%)	28%	
11-15 hours/week	17%	(11%, 23%)	17%	
16-20 hours/week	16%	(10%, 23%)	13%	
More than 20 hours/week	13%	(8%, 18%)	13%	
<i>Violence (past 12 months)</i>				
Did anyone strike or physically injure you?	4%	(1%, 7%)	8%	

### Attitudes and Beliefs about Services

<i>...think less of someone who has received mental health treatment.</i>				
I...	6%	(3%, 10%)	6%	
Most people...	40%	(32%, 48%)	45%	
<i>Knows where to go for professional help for mental health</i>				
Agree or strongly agree	53%	(45%, 61%)	77%	X
<i>Beliefs about effectiveness of treatment for depression</i>				
Believes medication is helpful or very helpful for depression	54%	(46%, 62%)	58%	
Believes therapy is helpful or very helpful for depression	86%	(80%, 93%)	82%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
<b>Help-Seeking</b>				
<i>Think you needed help for emotional or mental health problems, past year</i>				
Strongly agree	20%	(14%, 26%)	23%	
Agree	17%	(11%, 23%)	18%	
Somewhat agree	20%	(14%, 27%)	17%	
Somewhat disagree	5%	(2%, 8%)	7%	
Disagree	19%	(13%, 25%)	16%	
Strongly disagree	19%	(13%, 25%)	20%	
<i>Psychotropic medication</i>				
Any, past year	27%	(20%, 34%)	23%	
Any, current	18%	(12%, 24%)	17%	
Psychostimulants	2%	(0%, 3%)	7%	X
Anti-depressants	15%	(9%, 21%)	15%	
Anti-psychotics	0%	(0%, 0%)	1%	
Anti-anxiety	8%	(4%, 12%)	7%	
Mood stabilizers	1%	(0%, 3%)	2%	
Other	4%	(1%, 8%)	2%	
<i>Prescriber (among those with any past-year medication use)</i>				
General practitioner/nurse practitioner/primary care physician	73%	(60%, 86%)	58%	X
Psychiatrist	27%	(12%, 41%)	37%	
Other type of health provider	5%	(0%, 11%)	3%	
No prescription	10%	(1%, 19%)	8%	
Don't know	0%	(0%, 0%)	1%	
<i>Discussed medication with provider, past year (among those with medication use)</i>				
Not at all	13%	(2%, 24%)	12%	
1-2 times	41%	(26%, 57%)	37%	
3-5 times	20%	(9%, 31%)	27%	
More than 5 times	22%	(8%, 36%)	22%	
<i>Whom you would talk to, if you were experiencing serious emotional distress</i>				
Professional clinician	32%	(24%, 39%)	34%	
Roommate	5%	(1%, 9%)	21%	X
Friend (who is not a roommate)	45%	(38%, 53%)	52%	
Significant other	38%	(30%, 45%)	33%	
Family member	52%	(45%, 60%)	48%	
Religious counselor / other religious contact	9%	(4%, 13%)	7%	
Support group	5%	(2%, 8%)	3%	
Other non-clinical source	3%	(1%, 6%)	2%	
No one	10%	(5%, 14%)	8%	
<i>Therapy or counseling for mental health</i>				
Past year	25%	(19%, 32%)	28%	
Current	13%	(8%, 18%)	13%	
<i>Visits in past year, among those with any</i>				
1-3	47%	(36%, 59%)	35%	X
4-6	17%	(9%, 25%)	23%	
7-9	13%	(5%, 21%)	15%	
More than 10	3%	(0%, 6%)	7%	
<i>Use of specific providers for therapy or counseling for mental health</i>				
Campus Provider A	3%	(1%, 6%)	14%	X
Campus Provider B	2%	(0%, 4%)	2%	
Campus Provider C	2%	(0%, 3%)	1%	

MEASURE

All Students

95% CONFIDENCE INTERVAL

NATIONAL SAMPLE

Significantly Different from National Sample

**Help-Seeking**

<i>Use of specific providers for therapy or counseling for mental health</i>				
Psychiatric emergency services	1%	(0%, 2%)	1%	
Inpatient psychiatric hospital	0%	(0%, 0%)	1%	
Partial hospitalization program	0%	(0%, 0%)	0%	
Provider in the local community (not on campus)	12%	(7%, 17%)	5%	X
Provider in another location (such as hometown)	6%	(2%, 9%)	11%	X
Other	5%	(2%, 8%)	1%	X
<i>Any medication or therapy for mental health</i>				
Past year	37%	(30%, 45%)	37%	
Current	22%	(16%, 29%)	24%	
<i>Any medication or therapy, among those with positive depression or anxiety screen</i>				
Past year	49%	(36%, 62%)	55%	
Current	33%	(21%, 45%)	38%	
<i>Any visit to a health provider</i>				
Past year	79%	(72%, 85%)	77%	
<i>Received counseling or support for mental health from these sources, past year</i>				
Roommate	3%	(0%, 5%)	17%	X
Friend (other than roommate)	38%	(30%, 45%)	44%	
Significant other	29%	(21%, 36%)	27%	
Family member	37%	(29%, 45%)	37%	
Religious contact	5%	(1%, 9%)	4%	
Support group	1%	(0%, 3%)	2%	
Other non-clinical source	3%	(1%, 5%)	1%	X
None of the above	37%	(29%, 44%)	35%	
<i>How helpful, overall, do you think the medication(s) was or has been for your mental or emotional health?</i>				
Very helpful	44%	(28%, 60%)	37%	
Helpful	30%	(16%, 43%)	30%	
Somewhat helpful	13%	(3%, 22%)	23%	
Not helpful	14%	(3%, 24%)	10%	
<i>How helpful, overall, do you think therapy or counseling was or has been for your mental or emotional health?</i>				
Very helpful	41%	(29%, 52%)	32%	
Helpful	28%	(17%, 38%)	26%	
Somewhat helpful	17%	(8%, 26%)	27%	
Not helpful	15%	(6%, 24%)	15%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
---------	--------------	-------------------------	-----------------	--

**Satisfaction with Therapy, Campus Providers**

<b>Convenient hours</b>				
Very dissatisfied	0%	(0%, 0%)	5%	
Dissatisfied	0%	(0%, 0%)	8%	
Somewhat dissatisfied	12%	(0%, 31%)	9%	
Somewhat satisfied	30%	(0%, 63%)	21%	
Satisfied	18%	(0%, 41%)	38%	
Very satisfied	40%	(5%, 75%)	19%	
<b>Location</b>				
Very dissatisfied	0%	(0%, 0%)	2%	
Dissatisfied	0%	(0%, 0%)	3%	
Somewhat dissatisfied	6%	(0%, 19%)	6%	
Somewhat satisfied	30%	(0%, 63%)	13%	
Satisfied	18%	(0%, 41%)	45%	X
Very satisfied	46%	(11%, 81%)	31%	
<b>Quality of therapists</b>				
Very dissatisfied	0%	(0%, 0%)	4%	
Dissatisfied	0%	(0%, 0%)	6%	
Somewhat dissatisfied	12%	(0%, 38%)	7%	
Somewhat satisfied	24%	(0%, 53%)	17%	
Satisfied	30%	(0%, 61%)	33%	
Very satisfied	34%	(1%, 68%)	34%	
<b>Respect for privacy concerns</b>				
Very dissatisfied	0%	(0%, 0%)	1%	
Dissatisfied	0%	(0%, 0%)	1%	
Somewhat dissatisfied	0%	(0%, 0%)	2%	
Somewhat satisfied	24%	(0%, 57%)	7%	
Satisfied	24%	(0%, 50%)	39%	
Very satisfied	52%	(17%, 87%)	50%	
<b>Scheduling appointments w/o long delays</b>				
Very dissatisfied	12%	(0%, 36%)	10%	
Dissatisfied	0%	(0%, 0%)	9%	
Somewhat dissatisfied	6%	(0%, 20%)	11%	
Somewhat satisfied	12%	(0%, 36%)	14%	
Satisfied	36%	(3%, 69%)	30%	
Very satisfied	34%	(1%, 68%)	26%	

Note: the confidence intervals are wide for these numbers, because the sample sizes are small (these questions were only asked of service users).

MEASURE

All Students

95% CONFIDENCE INTERVAL

NATIONAL SAMPLE

Significantly Different from National Sample

**Satisfaction with Therapy, Non-Campus Providers**

<b><i>Convenient hours</i></b>				
Very dissatisfied	6%	(0%, 20%)	2%	
Dissatisfied	0%	(0%, 0%)	3%	
Somewhat dissatisfied	0%	(0%, 0%)	6%	
Somewhat satisfied	29%	(0%, 70%)	16%	
Satisfied	40%	(0%, 94%)	43%	
Very satisfied	25%	(0%, 61%)	30%	
<b><i>Location</i></b>				
Very dissatisfied	2%	(0%, 5%)	2%	
Dissatisfied	0%	(0%, 0%)	4%	
Somewhat dissatisfied	0%	(0%, 0%)	7%	
Somewhat satisfied	11%	(0%, 25%)	16%	
Satisfied	40%	(22%, 59%)	41%	
Very satisfied	47%	(27%, 68%)	30%	
<b><i>Quality of therapists</i></b>				
Very dissatisfied	2%	(0%, 5%)	3%	
Dissatisfied	5%	(0%, 12%)	4%	
Somewhat dissatisfied	0%	(0%, 0%)	5%	
Somewhat satisfied	9%	(0%, 19%)	15%	
Satisfied	25%	(8%, 41%)	29%	
Very satisfied	60%	(41%, 79%)	45%	
<b><i>Respect for privacy concerns</i></b>				
Very dissatisfied	2%	(0%, 5%)	1%	
Dissatisfied	0%	(0%, 0%)	1%	
Somewhat dissatisfied	2%	(0%, 6%)	2%	
Somewhat satisfied	7%	(0%, 16%)	6%	
Satisfied	36%	(16%, 56%)	33%	
Very satisfied	53%	(33%, 74%)	57%	
<b><i>Scheduling appointments w/o long delays</i></b>				
Very dissatisfied	2%	(0%, 5%)	2%	
Dissatisfied	6%	(0%, 17%)	3%	
Somewhat dissatisfied	1%	(0%, 4%)	6%	
Somewhat satisfied	23%	(5%, 42%)	14%	
Satisfied	24%	(9%, 39%)	33%	
Very satisfied	44%	(24%, 64%)	41%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
---------	--------------	-------------------------	-----------------	--

### Barriers and Facilitators to Help-Seeking

<b>Reasons for receiving no or fewer services for mental health</b>				
I haven't had the chance to go but I plan to.	4%	(1%, 7%)	4%	
No need for services	37%	(30%, 45%)	43%	
Financial reasons	23%	(16%, 29%)	13%	X
Not enough time	19%	(13%, 26%)	22%	
Not sure where to go	14%	(8%, 19%)	10%	
Difficulty finding an available appointment	6%	(2%, 10%)	8%	
Prefer to deal with issues on my own or with support from family/friends	18%	(11%, 24%)	27%	X
Other	9%	(4%, 14%)	7%	
No barriers	20%	(14%, 26%)	15%	X
<b>Reasons for seeking help</b>				
Decided on my own	73%	(62%, 84%)	70%	
Friend encouraged or pressured me	13%	(3%, 23%)	23%	
Family member encouraged or pressured me	34%	(21%, 46%)	40%	
Other person encouraged or pressured me	8%	(0%, 16%)	6%	
I was mandated by campus staff	2%	(0%, 5%)	3%	
I acquired more information about my options	2%	(0%, 7%)	1%	
Other reasons	6%	(0%, 12%)	4%	
<b>Source of health insurance</b>				
None (uninsured)	13%	(8%, 19%)	4%	X
Parent's employer	28%	(21%, 35%)	55%	X
Own employer	15%	(9%, 21%)	6%	X
Spouse's employer	4%	(1%, 6%)	2%	
Student plan	0%	(0%, 0%)	11%	
Embassy or other international source	0%	(0%, 0%)	0%	
Individual market	4%	(1%, 7%)	2%	
Public insurance	27%	(20%, 34%)	6%	X
Uncertain whether insured	2%	(0%, 3%)	1%	
Insured but uncertain of source	4%	(1%, 7%)	4%	
<b>Plan provides any coverage for local mental health visits (among those with a plan)</b>				
Yes, it definitely would	30%	(23%, 38%)	27%	
I think it would but am not sure	27%	(19%, 34%)	30%	
I have no idea	35%	(26%, 43%)	34%	
I think it would not but am not sure	5%	(1%, 9%)	7%	
No, it definitely would not	3%	(0%, 6%)	3%	
<b>Plan meets needs for mental health services (among those with a plan)</b>				
Have not needed plan to cover services	51%	(43%, 60%)	61%	X
Yes, everything I have needed is covered	38%	(30%, 47%)	32%	
No, the coverage is inadequate to meet my needs	10%	(5%, 16%)	7%	

MEASURE

All Students

95% CONFIDENCE  
INTERVAL

NATIONAL  
SAMPLE

Significantly Different  
from National Sample

**Supportiveness of Academic and Social Environment**

<i>Talked with any academic personnel about mental health problems affecting performance</i>	16%	(10%, 22%)	14%	
<i>Supportiveness of response by academic personnel</i>				
Very supportive	61%	(38%, 84%)	50%	
Supportive	30%	(7%, 52%)	42%	
Not supportive	5%	(0%, 13%)	7%	
Very unsupportive	4%	(0%, 13%)	2%	
<i>Whom would you talk to about mental health problems affecting academic performance</i>				
Professor from one of classes	23%	(17%, 29%)	30%	X
Academic advisor	33%	(26%, 40%)	29%	
Another faculty member	2%	(0%, 5%)	7%	X
Teaching assistant	1%	(0%, 3%)	2%	
Student services staff	13%	(8%, 18%)	13%	
Dean of Students or Class Dean	2%	(0%, 4%)	6%	X
Other	3%	(1%, 6%)	5%	
No one	46%	(38%, 53%)	31%	X
<i>Persistence/retention</i>				
Am confident I will finish my degree no matter the challenges	72%	(64%, 79%)	80%	X