Humboldt State University

THE HEALTHY MINDS STUDY

2016-2017 Data Report

ABOUT THE HEALTHY MINDS STUDY (HMS)

STUDY TEAM

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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 2016-2017 study was 23%. It is important to raise the question of whether the 23% who participated are different in important ways from the 77% who did not participate. We address this issue by constructing non-response weights using administrative data on full student populations. Most of the 54 schools in the 2016-2017 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 the University of Michigan 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.

KEY FINDINGS

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

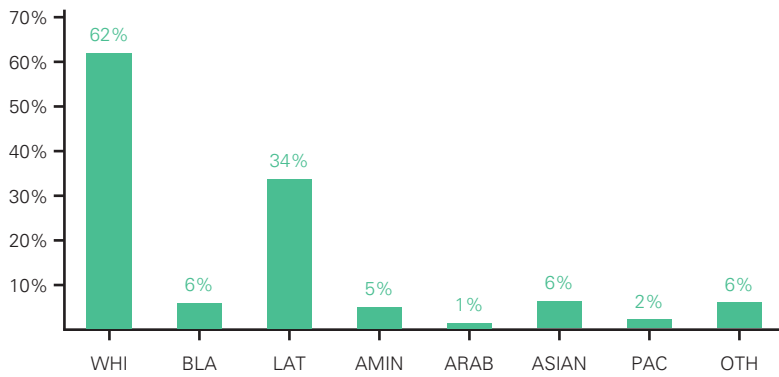| Estimated values of selected measures for Humboldt State University	Percentage of students
Elevated level of depression (positive CCAPS-34 screen)	40%
Elevated level of generalized anxiety (positive CCAPS-34 screen)	42%
Elevated level of eating concerns (positive CCAPS-34 screen)	39%
Non-suicidal self-injury (past year)	13%
Suicidal ideation (past year)	13%
Lifetime diagnoses of mental disorders	43%
Psychiatric medication (past year)	23%
Mental health therapy/counseling (past year)	30%
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)	53%
Personal stigma: agrees with "I would think less of someone who has received mental health treatment."	5%
Perceived public stigma: agrees with "Most people would think less of someone who has received mental health treatment."	57%

SAMPLE CHARACTERISTICS (N=1717)

Age (years)

Age	%
18	9%
19	12%
20	12%
21	15%
22	11%
23-25	23%
26-30	12%
31-35	2%
36-40	1%
41+	2%
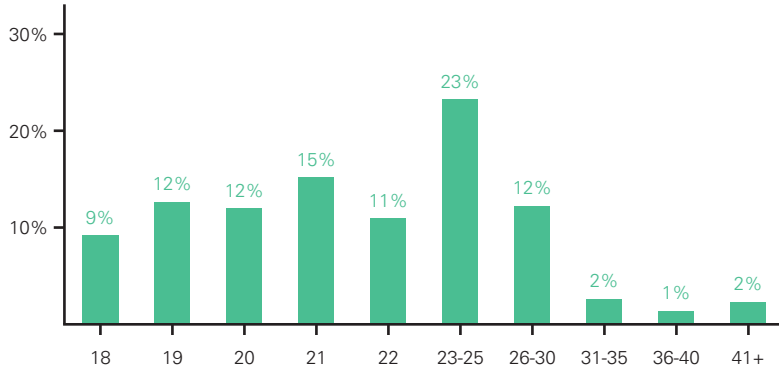
Gender

- 53% Female
- 42% Male
- 5% Other

Race/ethnicity

	%
WHI	62%
BLA	6%
LAT	34%
AMIN	5%
ARAB	1%
ASIAN	6%
PAC	2%
OTH	6%

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
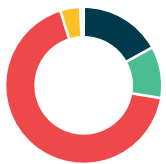
- 17% Campus residence hall
- 0% Fraternity or sorority house
- 11% Other university housing
- 68% Off-campus, non-university housing
- 4% Parent or guardian's home
- 1% Other

Degree program

	%
ASS	2%
BA	91%
MA	5%
JD	0%
MD	0%
PHD	0%
ND	1%
OTH	1%
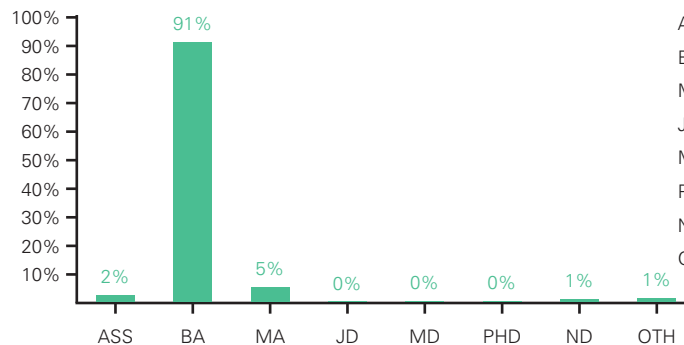
ASS   Associate's degree
BA   Bachelor's degree
MA   Master's degree
JD   JD
MD   MD
PHD   PhD or equivalent
ND   Non-degree student
OTH   Other

PREVALENCE OF MENTAL HEALTH PROBLEMS

DEPRESSION SCREEN

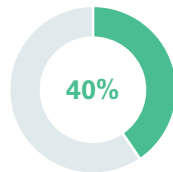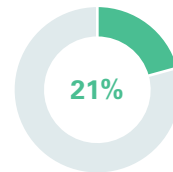Depression is measured using the CCAPS-34, a 34-item instrument related to psychological symptoms and distress in college students (CCMH, 2015). The CCAPS-34 contains 6 items that are used to measure depression. The depression score ranges from 0-4, with 1.76-4 being categorized as elevated levels of depression, and 1.01-1.75 being categorized as mild levels of depression.

Elevated level of depression

40%

Mild level of depression

21%

ANXIETY SCREEN

Generalized anxiety is measured using the CCAPS-34, a 34-item instrument related to psychological symptoms and distress in college students (CCMH, 2015). The CCAPS-34 contains 5 items that are used to measure generalized anxiety. The anxiety score ranges from 0-4, with 2.11-4 being categorized as elevated levels of generalized anxiety, and 1.31-2.10 being categorized as mild levels of generalized anxiety.

Elevated level of anxiety

42%
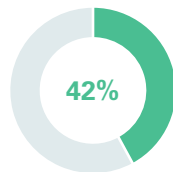
Mild level of anxiety

26%
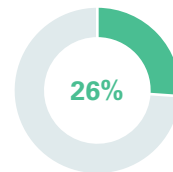
EATING DISORDER SCREEN

Eating concerns measured using the CCAPS-34, a 34-item instrument related to psychological symptoms and distress in college students (CCMH, 2015). The CCAPS-34 contains 3 items that are used to measure eating concerns. The eating concerns score ranges from 0-4, with 1.51-4 being categorized as elevated levels of eating concerns, and 1.08-1.50 being categorized as mild levels of eating concerns.

Elevated level of eating concerns

39%
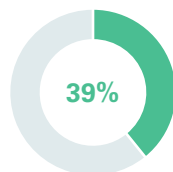
Mild level of eating concerns

9%
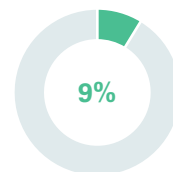
SUICIDALITY AND SELF-INJUROUS BEHAVIOR
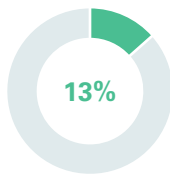
Suicidal ideation (past year)	Suicide plan (past year)	Suicide attempt (past year)	Non-suicidal self-injury (past year)
13%	**9%**	**4%**	**13%**
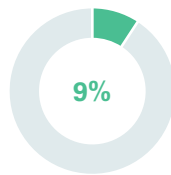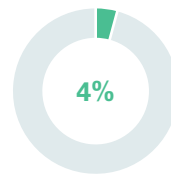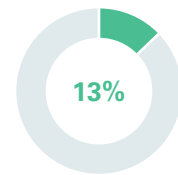
LIFETIME DIAGNOSES OF MENTAL DISORDERS

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)

31%	Depression or other mood disorders (e.g., major depressive disorder, bipolar/manic depression, dysthymia)
31%	Anxiety (e.g., generalized anxiety disorder, phobias, obsessive-compulsive disorder, post-traumatic stress disorder)
13%	Attention disorder or learning disability (e.g., attention deficit disorder, attention deficit hyperactivity disorder, learning disability)
5%	Eating disorder (e.g., anorexia nervosa, bulimia nervosa)
1%	Psychosis (e.g., schizophrenia, schizo-affective disorder)
2%	Personality disorder (e.g., antisocial personality disorder, paranoid personality disorder, schizoid personality disorder)
2%	Substance abuse disorder (e.g., alcohol abuse, abuse of other drugs)
57%	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?

- 13% None
- 27% 1 - 2 days
- 25% 3 - 5 days
- 35% 6 or more days
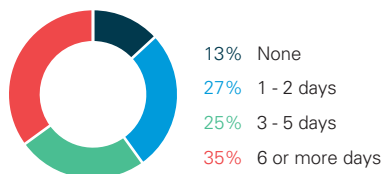
POSITIVE MENTAL HEALTH

Positive mental health

30%
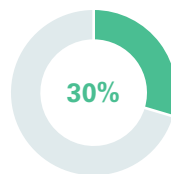
Positive mental health (psychological well-being) is measured using The Flourishing Scale, an eight-item summary measure of the respondent's self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism (Diener, Wirtz, Tov, Kim-Prieto, Choi, Oishi, & Biswas-Diener , 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)

52%	Marijuana
6%	Cocaine (any form, including crack, powder, or freebase)
0%	Heroin
1%	Methamphetamines (also known as speed, crystal meth, or ice)
3%	Other stimulants (such as Ritalin, Adderall) without a prescription
2%	Ecstasy
5%	Other drugs without a prescription
47%	No, none of these

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.

31%	Strongly agree
32%	Agree
21%	Somewhat agree
7%	Somewhat disagree
5%	Disagree
4%	Strongly disagree
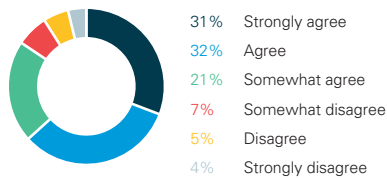
Perceived need (past year)

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

34%	Strongly agree
18%	Agree
16%	Somewhat agree
6%	Somewhat disagree
12%	Disagree
14%	Strongly disagree
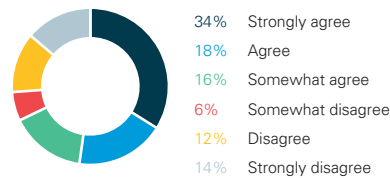
Perceived need (current)

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

26%	Strongly agree
22%	Agree
27%	Somewhat agree
12%	Somewhat disagree
9%	Disagree
4%	Strongly disagree
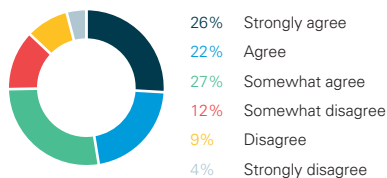
USE OF SERVICES

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)

6%	Psychostimulants (e.g., methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.)
12%	Anti-depressants (e.g., fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), escitalopram (Lexapro), venlafaxine (Effexor), buproprion (Wellbutrin), etc.)
1%	Anti-psychotics (e.g., haloperidol (Haldol), clozapine (Clozaril), risperidone (Risperdal), olanzapine (Zyprexa), etc.)
9%	Anti-anxiety medications (e.g., lorazepam (Ativan), clonazepam (Klonopin), alprazolam (Xanax), buspirone (BuSpar), etc.)
2%	Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazapine (Tegretol), etc.)
5%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
3%	Other medication for mental or emotional health
77%	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)

8%	Psychostimulants (e.g., methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.)
19%	Antidepressants (e.g., fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), escitalopram (Lexapro), venlafaxine (Effexor), buproprion (Wellbutrin), etc.)
2%	Anti-psychotics (e.g., haloperidol (Haldol), clozapine (Clozaril), risperidone (Risperdal), olanzapine (Zyprexa), etc.)
14%	Anti-anxiety medications (e.g., lorazepam (Ativan), clonazepam (Klonopin), alprazolam (Xanax), buspirone (BuSpar), etc.)
4%	Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazapine (Tegretol), etc.)
7%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
5%	Other medication for mental or emotional health
67%	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)?

30%

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)?

40%

Mental health counseling/therapy, all students (lifetime)

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

50%

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

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

62%
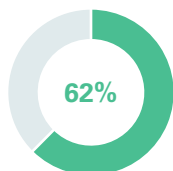
Informal help-seeking

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)

23%	Roommate
47%	Friend (who is not a roommate)
34%	Significant other
36%	Family member
1%	Religious counselor or other religious contact
2%	Support group
2%	Other non-clinical source
30%	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)

3%	I haven't had the chance to go but I plan to
27%	No need for services
25%	Financial reasons (too expensive, not covered by insurance)
39%	Not enough time
14%	Not sure where to go
24%	Difficulty finding an available appointment
34%	Prefer to deal with issues on my own or with support from family/friends
14%	Other
11%	No barriers

Note: Due to a survey programming error, the barriers questions were not asked of students who reported never receiving counseling or therapy.

REFERENCES

MENTAL HEALTH SCREENS

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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.

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APPENDIX: DESCRIPTIVE STATISTICS FOR SURVEY ITEMS

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Respondent Characteristics				
Sample				
N	1717			
Response Rate	22%			
Gender				
Female	53%	(51%, 56%)	56%	
Male	42%	(39%, 45%)	42%	
Other	5%	(4%, 6%)	2%	X
Race/Ethnicity				
White / Caucasian	62%	(59%, 64%)	71%	X
Black / African American	6%	(4%, 7%)	10%	X
Hispanic / Latino	34%	(31%, 36%)	8%	X
American Indian	5%	(4%, 6%)	2%	X
Arab / Middle Eastern	1%	(1%, 2%)	2%	X
Asian / Asian American	6%	(5%, 7%)	13%	X
Pacific Islander	2%	(1%, 3%)	1%	X
Other	6%	(5%, 7%)	3%	X
Country				
US Resident / Citizen	99%	(98%, 100%)	93%	X
International	1%	(0%, 2%)	7%	X
Residence				
Campus residence hall	17%	(15%, 19%)	26%	X
Fraternity / sorority house	0%	(0%, 0%)	1%	
Other campus housing	11%	(9%, 12%)	7%	X
Off-campus / non-university housing	68%	(65%, 70%)	45%	X
Parent or guardian's home	4%	(3%, 5%)	18%	X
Other	1%	(0%, 1%)	3%	X
Academic level				
Associates	2%	(1%, 3%)	13%	X
Bachelors	91%	(89%, 92%)	67%	X
Masters	5%	(4%, 6%)	11%	X
JD	0%	(0%, 0%)	1%	
MD	0%	(0%, 0%)	1%	
PhD or equivalent	0%	(0%, 0%)	5%	X
Non-degree	1%	(0%, 2%)	2%	
Other	1%	(1%, 2%)	3%	X
Ever trained for or served in the military (Armed Forces, Reserves, or National Guard)	2%	(1%, 2%)	3%	X
Age				
18-22	59%	(57%, 62%)	63%	X
23-25	23%	(21%, 25%)	13%	X
26-30	12%	(10%, 14%)	11%	
31+	6%	(5%, 7%)	12%	X
Highest educational attainment of either parent				
Less than high school degree	9%	(8%, 11%)	4%	X
High school degree	36%	(33%, 38%)	25%	X
College degree	36%	(33%, 38%)	39%	X
Graduate degree	19%	(17%, 21%)	32%	X
Religiosity				
Very important	6%	(5%, 7%)	18%	X
Important	13%	(12%, 15%)	21%	X
Neutral	30%	(28%, 33%)	26%	X
Unimportant	22%	(20%, 24%)	16%	X
Very unimportant	28%	(26%, 31%)	18%	X

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Current financial situation				
Always stressful	21%	(19%, 23%)	14%	X
Often stressful	31%	(28%, 33%)	25%	X
Stressful	33%	(31%, 36%)	37%	X
Rarely Stressful	12%	(11%, 14%)	18%	X
Never Stressful	2%	(2%, 3%)	6%	X
Financial situation growing up				
Always stressful	16%	(14%, 18%)	9%	X
Often stressful	23%	(21%, 25%)	16%	X
Stressful	28%	(26%, 31%)	27%	
Rarely Stressful	21%	(18%, 23%)	31%	X
Never Stressful	11%	(10%, 13%)	17%	X
Relationship status				
Single	50%	(48%, 53%)	49%	
In a relationship	41%	(38%, 43%)	36%	X
Married or domestic partnership	6%	(5%, 8%)	13%	X
Divorced	1%	(0%, 1%)	1%	
Sexual orientation				
Heterosexual	72%	(70%, 74%)	84%	X
Bisexual	13%	(12%, 15%)	7%	X
Gay / lesbian	4%	(3%, 5%)	4%	
Questioning	3%	(3%, 4%)	2%	X
Other	7%	(6%, 8%)	3%	X

Mental Health Measures

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Positive Mental Health				
Flourishing Scale (8-56)	41.3	(40.8, 41.9)	44.2	X
Depression (CCAPS-34)				
Overall score (0-4)	1.5	(1.5, 1.6)	1.1	X
Elevated (1.76-4.0)	40%	(38%, 43%)	25%	X
Mild (1.01-1.75)	21%	(19%, 23%)	19%	
Generalized anxiety (CCAPS-34)				
Overall score (0-4)	1.9	(1.8, 1.9)	1.6	X
Elevated (2.11-4.0)	42%	(39%, 45%)	31%	X
Mild (1.31-2.10)	26%	(24%, 28%)	26%	
Depression/Anxiety				
Depression or anxiety disorder	54%	(51%, 56%)	39%	X
Disordered eating and body image				
Elevated (CCAPS-34: 1.51-4.0)	39%	(37%, 42%)	33%	X
Need to be very thin to feel good about self	24%	(22%, 27%)	21%	X
Think you are very underweight	2%	(1%, 3%)	1%	X
Academic impairment from mental health, past 4 weeks (1)				
None	13%	(11%, 15%)	26%	X
1-2 days	27%	(25%, 29%)	33%	X
3-5 days	25%	(23%, 27%)	23%	
6 or more days	35%	(33%, 37%)	18%	X

(1) 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
Self-Injury and Suicide				
Non-suicidal self-injury, past year				
Any	13%	(11%, 15%)	9%	X
Suicidality				
Seriously thought about attempting suicide, past year	13%	(12%, 15%)	11%	X
Made a plan for attempting suicide, past year	9%	(8%, 11%)	5%	X
Attempted suicide, past year	4%	(3%, 5%)	1%	X
Previous Diagnoses of Mental Disorders				
Mental disorders				
Any	43%	(40%, 46%)	36%	X
Depression or mood disorder				
Any	31%	(29%, 34%)	23%	X
Major depression	15%	(13%, 17%)	10%	X
Dysthymia	3%	(2%, 3%)	2%	
Bipolar	4%	(3%, 6%)	3%	X
Cyclothymia	1%	(0%, 1%)	0%	X
Anxiety disorder				
Any	31%	(28%, 34%)	24%	X
Generalized anxiety disorder	22%	(20%, 24%)	17%	X
Panic disorder	5%	(4%, 7%)	4%	X
Agorophobia	1%	(1%, 2%)	0%	X
Specific phobia	1%	(0%, 1%)	1%	
Social phobia	5%	(3%, 6%)	3%	X
Obsessive-compulsive disorder (OCD)	3%	(2%, 4%)	3%	
Acute stress disorder	2%	(1%, 2%)	1%	X
Post traumatic stress disorder (PTSD)	6%	(5%, 7%)	4%	X
Attention or learning disorder				
Any	13%	(11%, 15%)	11%	
ADHD	10%	(8%, 12%)	10%	
Learning disorder	3%	(2%, 3%)	1%	X
Eating disorder				
Any	5%	(3%, 6%)	3%	X
Anorexia nervosa	2%	(2%, 3%)	1%	X
Bulimia nervosa	2%	(1%, 3%)	1%	X
Binge eating disorder	1%	(1%, 2%)	1%	X

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Previous Diagnoses of Mental Disorders				
Psychotic disorder				
Any	1%	(0%, 1%)	0%	X
Schizophrenia	0%	(0%, 1%)	0%	X
Personality disorder				
Any	2%	(1%, 3%)	1%	X
Substance abuse disorder				
Any	2%	(1%, 3%)	2%	
Alcohol abuse disorder	1%	(1%, 2%)	1%	
Health Behaviors and Lifestyle				
Substance use, past 30 days				
Cigarettes	19%	(16%, 21%)	12%	X
Marijuana	52%	(49%, 55%)	22%	X
Cocaine	6%	(4%, 7%)	2%	X
Heroin	0%	(0%, 1%)	0%	
Methamphetamines	1%	(0%, 1%)	0%	X
Other stimulants without a prescription	3%	(2%, 4%)	3%	
Ecstasy	2%	(1%, 2%)	1%	X
Other drugs without a prescription	5%	(4%, 6%)	2%	X
Obese (BMI>=30)	21%	(19%, 24%)	19%	X
Time studying/doing homework				
Less than 1 hour/week	1%	(1%, 2%)	2%	
1-2 hours/week	6%	(4%, 7%)	7%	
3-5 hours/week	26%	(24%, 29%)	23%	X
6-10 hours/week	29%	(27%, 31%)	28%	
11-15 hours/week	17%	(15%, 19%)	16%	
16-20 hours/week	11%	(9%, 13%)	12%	
More than 20 hours/week	10%	(8%, 11%)	12%	X
Violence (past 12 months)				
Did anyone strike or physically injure you?	9%	(7%, 10%)	7%	X
Attitudes and Beliefs about Services				
...think less of someone who has received mental health treatment.				
I...	5%	(4%, 7%)	6%	
Most people...	57%	(55%, 60%)	47%	X
Knows where to go for professional help for mental health				
Agree or strongly agree	84%	(82%, 86%)	74%	X
Beliefs about effectiveness of treatment for depression				
Believes medication is helpful or very helpful for depression	46%	(44%, 49%)	59%	X
Believes therapy is helpful or very helpful for depression	80%	(77%, 82%)	83%	X

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Help-Seeking				
Think you needed help for emotional or mental health problems, past year				
Strongly agree	34%	(31%, 37%)	19%	X
Agree	18%	(16%, 20%)	15%	X
Somewhat agree	16%	(14%, 18%)	17%	
Somewhat disagree	6%	(5%, 7%)	6%	
Disagree	12%	(11%, 14%)	17%	X
Strongly disagree	14%	(12%, 16%)	26%	X
Psychotropic medication				
Any, past year	23%	(21%, 26%)	22%	
Any, current	15%	(13%, 17%)	16%	
Psychostimulants	6%	(4%, 7%)	6%	
Anti-depressants	12%	(11%, 14%)	13%	
Anti-psychotics	1%	(1%, 2%)	1%	
Anti-anxiety	9%	(7%, 10%)	8%	
Mood stabilizers	2%	(2%, 3%)	2%	
Other	3%	(2%, 4%)	2%	X
Prescriber (among those with any past-year medication use)				
General practitioner/nurse practitioner/primary care physician	55%	(50%, 61%)	58%	
Psychiatrist	30%	(25%, 36%)	33%	
Other type of health provider	4%	(2%, 6%)	4%	
No prescription	18%	(13%, 23%)	10%	X
Don't know	2%	(1%, 4%)	2%	
Discussed medication with provider, past year (among those with medication use)				
Not at all	20%	(15%, 25%)	14%	X
1-2 times	38%	(33%, 44%)	37%	
3-5 times	21%	(16%, 25%)	26%	X
More than 5 times	18%	(14%, 23%)	21%	
Whom you would talk to, if you were experiencing serious emotional distress				
Professional clinician	31%	(28%, 33%)	30%	
Roommate	21%	(19%, 23%)	17%	X
Friend (who is not a roommate)	50%	(47%, 52%)	49%	
Significant other	35%	(33%, 38%)	36%	
Family member	41%	(38%, 43%)	47%	X
Religious counselor / other religious contact	3%	(2%, 3%)	7%	X
Support group	4%	(3%, 5%)	3%	
Other non-clinical source	2%	(1%, 3%)	2%	
No one	10%	(9%, 12%)	8%	X
Therapy or counseling for mental health				
Past year	30%	(28%, 32%)	24%	X
Current	11%	(9%, 12%)	11%	
Visits in past year, among those with any				
1-3	39%	(36%, 43%)	42%	
4-6	25%	(22%, 29%)	20%	X
7-9	14%	(11%, 16%)	13%	
More than 10	8%	(6%, 10%)	7%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Help-Seeking				
Use of specific providers for therapy or counseling for mental health				
Campus Provider A	17%	(15%, 19%)	11%	X
Campus Provider B	3%	(2%, 4%)	1%	X
Campus Provider C	2%	(1%, 3%)	1%	X
Psychiatric emergency services	0%	(0%, 1%)	0%	
Inpatient psychiatric hospital	0%	(0%, 1%)	1%	
Partial hospitalization program	0%	(0%, 0%)	0%	
Provider in the local community (not on campus)	6%	(5%, 8%)	7%	
Provider in another location (such as hometown)	9%	(7%, 10%)	7%	X
Other	1%	(0%, 1%)	1%	
Any medication or therapy for mental health				
Past year	40%	(37%, 43%)	34%	X
Current	22%	(20%, 24%)	22%	
Any medication or therapy, among those with positive depression or anxiety screen				
Past year	53%	(50%, 57%)	51%	
Current	32%	(29%, 36%)	35%	
Any visit to a health provider				
Past year	64%	(61%, 67%)	76%	X
Received counseling or support for mental health from these sources, past year				
Roommate	23%	(21%, 25%)	15%	X
Friend (other than roommate)	47%	(44%, 50%)	40%	X
Significant other	34%	(31%, 37%)	29%	X
Family member	36%	(33%, 38%)	35%	
Religious contact	1%	(1%, 2%)	4%	X
Support group	2%	(1%, 3%)	2%	
Other non-clinical source	2%	(1%, 3%)	1%	
None of the above	30%	(28%, 33%)	39%	X
How helpful, overall, do you think the medication(s) was or has been for your mental or emotional health?				
Very helpful	33%	(27%, 38%)	36%	
Helpful	32%	(27%, 37%)	31%	
Somewhat helpful	24%	(19%, 29%)	23%	
Not helpful	11%	(8%, 15%)	9%	
How helpful, overall, do you think therapy or counseling was or has been for your mental or emotional health?				
Very helpful	27%	(23%, 30%)	31%	X
Helpful	28%	(24%, 31%)	27%	
Somewhat helpful	29%	(25%, 32%)	27%	
Not helpful	17%	(14%, 20%)	15%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Satisfaction with Therapy, Campus Providers				
Convenient hours				
Very dissatisfied	5%	(2%, 7%)	4%	
Dissatisfied	8%	(4%, 11%)	5%	X
Somewhat dissatisfied	8%	(5%, 11%)	7%	
Somewhat satisfied	19%	(15%, 24%)	18%	
Satisfied	38%	(33%, 44%)	43%	
Very satisfied	22%	(17%, 27%)	23%	
Location				
Very dissatisfied	1%	(0%, 1%)	1%	
Dissatisfied	2%	(0%, 3%)	2%	
Somewhat dissatisfied	2%	(1%, 3%)	4%	
Somewhat satisfied	15%	(11%, 19%)	10%	X
Satisfied	42%	(36%, 47%)	47%	
Very satisfied	40%	(34%, 45%)	36%	
Quality of therapists				
Very dissatisfied	4%	(2%, 7%)	4%	
Dissatisfied	3%	(1%, 5%)	5%	
Somewhat dissatisfied	8%	(4%, 11%)	6%	
Somewhat satisfied	17%	(12%, 21%)	16%	
Satisfied	40%	(34%, 46%)	36%	
Very satisfied	29%	(23%, 34%)	34%	
Respect for privacy concerns				
Very dissatisfied	1%	(0%, 2%)	2%	
Dissatisfied	1%	(0%, 2%)	1%	
Somewhat dissatisfied	1%	(0%, 1%)	2%	
Somewhat satisfied	8%	(5%, 12%)	7%	
Satisfied	47%	(41%, 53%)	39%	X
Very satisfied	42%	(37%, 48%)	50%	X
Scheduling appointments w/o long delays				
Very dissatisfied	10%	(6%, 14%)	7%	X
Dissatisfied	8%	(5%, 12%)	7%	
Somewhat dissatisfied	12%	(8%, 16%)	9%	
Somewhat satisfied	18%	(14%, 23%)	15%	
Satisfied	28%	(23%, 33%)	34%	
Very satisfied	23%	(18%, 28%)	29%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Satisfaction with Therapy, Non-Campus Providers				
Convenient hours				
Very dissatisfied	6%	(1%, 11%)	3%	X
Dissatisfied	1%	(0%, 3%)	3%	
Somewhat dissatisfied	6%	(2%, 10%)	6%	
Somewhat satisfied	21%	(13%, 28%)	18%	
Satisfied	37%	(28%, 46%)	44%	
Very satisfied	29%	(20%, 37%)	27%	
Location				
Very dissatisfied	6%	(3%, 10%)	2%	X
Dissatisfied	4%	(1%, 6%)	4%	
Somewhat dissatisfied	10%	(6%, 14%)	7%	
Somewhat satisfied	16%	(11%, 21%)	18%	
Satisfied	39%	(33%, 46%)	40%	
Very satisfied	25%	(19%, 31%)	29%	
Quality of therapists				
Very dissatisfied	7%	(3%, 11%)	3%	X
Dissatisfied	4%	(1%, 6%)	4%	
Somewhat dissatisfied	8%	(4%, 11%)	6%	
Somewhat satisfied	17%	(12%, 23%)	14%	
Satisfied	23%	(17%, 28%)	30%	X
Very satisfied	41%	(34%, 48%)	42%	
Respect for privacy concerns				
Very dissatisfied	4%	(1%, 7%)	1%	X
Dissatisfied	2%	(0%, 4%)	1%	
Somewhat dissatisfied	3%	(1%, 6%)	2%	
Somewhat satisfied	8%	(4%, 12%)	7%	
Satisfied	29%	(23%, 35%)	33%	
Very satisfied	53%	(46%, 60%)	54%	
Scheduling appointments w/o long delays				
Very dissatisfied	7%	(3%, 11%)	3%	X
Dissatisfied	4%	(2%, 7%)	4%	
Somewhat dissatisfied	7%	(4%, 11%)	6%	
Somewhat satisfied	14%	(9%, 19%)	14%	
Satisfied	32%	(26%, 39%)	34%	
Very satisfied	35%	(28%, 41%)	38%	

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
Barriers and Facilitators to Help-Seeking				
Reasons for receiving no or fewer services for mental health				
I haven't had the chance to go but I plan to.	3%	(1%, 4%)	2%	
No need for services	27%	(23%, 30%)	35%	X
Financial reasons	25%	(22%, 28%)	23%	
Not enough time	39%	(35%, 43%)	35%	X
Not sure where to go	14%	(12%, 17%)	13%	
Difficulty finding an available appointment	24%	(20%, 27%)	13%	X
Prefer to deal with issues on my own or with support from family/friends	34%	(30%, 37%)	28%	X
Other	14%	(12%, 17%)	10%	X
No barriers	11%	(9%, 14%)	14%	
Reasons for seeking help				
Decided on my own	75%	(71%, 79%)	74%	
Friend encouraged or pressured me	22%	(18%, 25%)	21%	
Family member encouraged or pressured me	29%	(26%, 33%)	35%	X
Other person encouraged or pressured me	7%	(5%, 9%)	7%	
I was mandated by campus staff	3%	(1%, 4%)	2%	
I acquired more information about my options	2%	(1%, 4%)	1%	X
Other reasons	5%	(4%, 7%)	6%	
Source of health insurance				
None (uninsured)	6%	(5%, 7%)	3%	X
Parent's employer	47%	(44%, 49%)	50%	X
Own employer	2%	(2%, 3%)	8%	X
Spouse's employer	1%	(1%, 1%)	3%	X
Student plan	4%	(3%, 5%)	9%	X
Embassy or other international source	0%	(0%, 0%)	1%	X
Individual market	2%	(1%, 2%)	2%	X
Public insurance	22%	(20%, 24%)	10%	X
Uncertain whether insured	4%	(3%, 5%)	1%	X
Insured but uncertain of source	3%	(2%, 4%)	3%	X
Plan provides any coverage for local mental health visits (among those with a plan)				
Yes, it definitely would	23%	(20%, 25%)	28%	X
I think it would but am not sure	25%	(23%, 28%)	29%	X
I have no idea	41%	(38%, 44%)	34%	X
I think it would not but am not sure	8%	(6%, 9%)	7%	
No, it definitely would not	3%	(2%, 4%)	3%	
Plan meets needs for mental health services (among those with a plan)				
Have not needed plan to cover services	65%	(62%, 68%)	64%	
Yes, everything I have needed is covered	24%	(22%, 27%)	29%	X
No, the coverage is inadequate to meet my needs	11%	(9%, 12%)	7%	X

Note: Due to a survey programming error, the barriers questions were not asked of students who reported never receiving counseling or therapy.

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Supportiveness of Academic and Social Environment				
Talked with any academic personnel about mental health problems affecting performance	21%	(19%, 24%)	13%	X
Supportiveness of response by academic personnel				
Very supportive	52%	(46%, 58%)	51%	
Supportive	41%	(35%, 47%)	40%	
Not supportive	4%	(2%, 7%)	7%	
Very unsupportive	2%	(1%, 4%)	2%	
Whom would you talk to about mental health problems affecting academic performance				
Professor from one of classes	35%	(33%, 37%)	30%	X
Academic advisor	27%	(25%, 29%)	28%	
Another faculty member	7%	(5%, 8%)	6%	
Teaching assistant	2%	(1%, 3%)	2%	
Student services staff	9%	(8%, 10%)	11%	X
Dean of Students or Class Dean	4%	(3%, 4%)	4%	
Other	30%	(27%, 32%)	32%	
No one	5%	(4%, 7%)	6%	
Persistence/retention				
Am confident I will finish my degree no matter the challenges	75%	(72%, 77%)	83%	X