



Kenyon College

THE HEALTHY MINDS STUDY

2018-2019 Data Report

ABOUT THE HEALTHY MINDS STUDY (HMS)



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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 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.

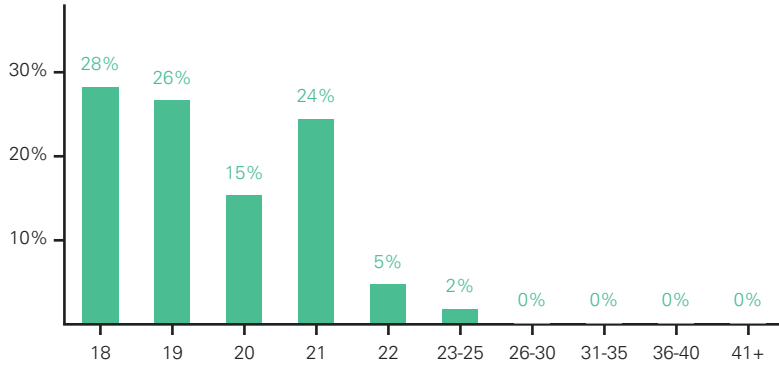
KEY FINDINGS

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

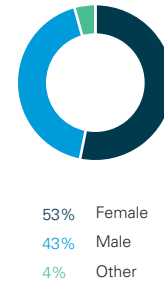
Estimated values of selected measures for Kenyon College	Percentage of students
Elevated level of depression (positive CCAPS-34 screen)	38%
Elevated level of generalized anxiety (positive CCAPS-34 screen)	39%
Elevated level of eating concerns (positive CCAPS-34 screen)	36%
Non-suicidal self-injury (past year)	18%
Suicidal ideation (past year)	17%
Lifetime diagnoses of mental disorders	48%
Psychiatric medication (past year)	34%
Mental health therapy/counseling (past year)	52%
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)	72%
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."	48%

SAMPLE CHARACTERISTICS (N=626)

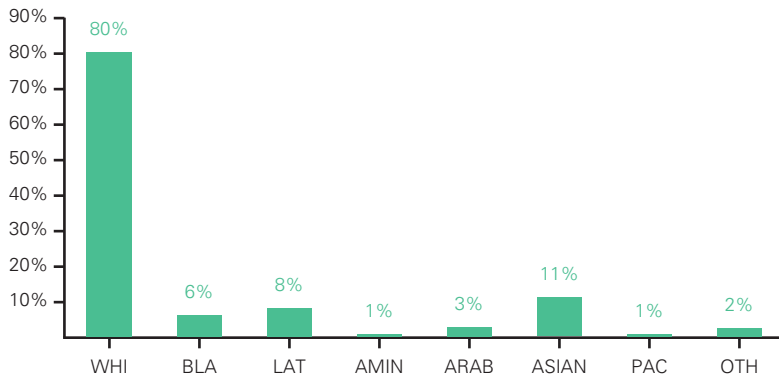
Age (years)



Gender



Race/ethnicity



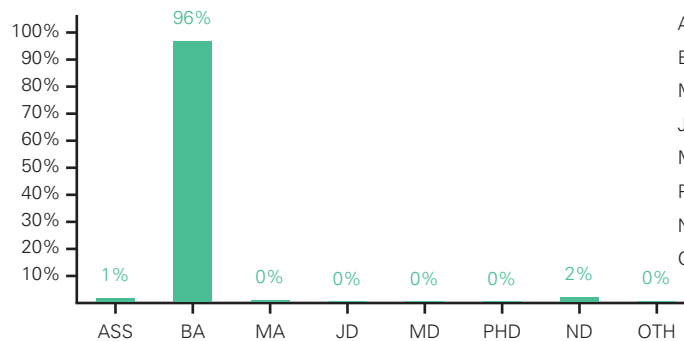
- WHI White or Caucasian
- BLA African American/Black
- LAT Hispanic/Latino
- AMIN American Indian/Alaskan Native
- ARAB Arab/Middle Eastern or Arab American
- ASIAN Asian/Asian American
- PAC Pacific Islander
- OTH Other

Living arrangement



- 73% Campus residence hall
- 0% Fraternity or sorority house
- 26% Other university housing
- 0% Off-campus, non-university housing
- 0% Parent or guardian's home
- 0% Other

Degree program



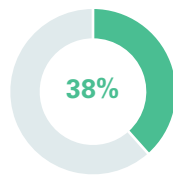
- ASS Associate's degree
- BA Bachelor's degree
- MA Master's degree
- JD JD
- MD MD
- PHD PhD or equivalent
- ND Non-degree student
- OTH Other

PREVALENCE OF MENTAL HEALTH PROBLEMS

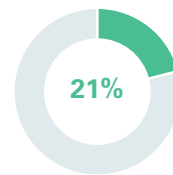
DEPRESSION SCREEN

Depression is measured using the 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



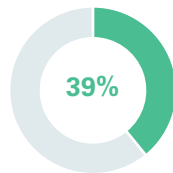
Mild level of depression



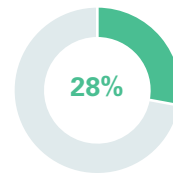
ANXIETY SCREEN

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



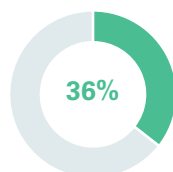
Mild level of anxiety



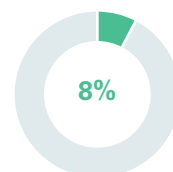
EATING DISORDER SCREEN

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

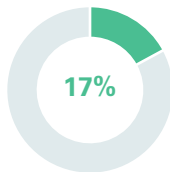


Mild level of eating concerns

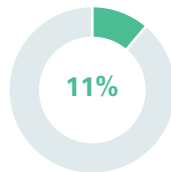


SUICIDALITY AND SELF-INJUROUS BEHAVIOR

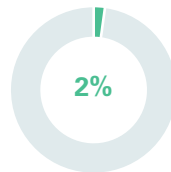
Suicidal ideation (past year)



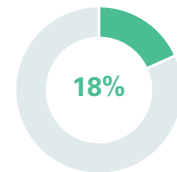
Suicide plan (past year)



Suicide attempt (past year)



Non-suicidal self-injury (past year)



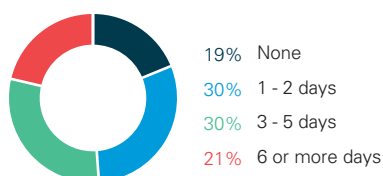
LIFETIME DIAGNOSES OF MENTAL DISORDERS

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)

33%	Depression or other mood disorders (e.g., major depressive disorder, persistent depressive disorder)
4%	Bipolar (e.g., bipolar I or II, cyclothymia)
36%	Anxiety (e.g., generalized anxiety disorder, phobias)
4%	Obsessive-compulsive or related disorders (e.g., obsessive-compulsive disorder, body dysmorphia)
4%	Trauma and Stressor Related Disorders (e.g., posttraumatic stress disorder)
9%	Neurodevelopmental disorder or intellectual disability (e.g., attention deficit disorder, attention deficit hyperactivity disorder, intellectual disability, autism spectrum disorder)
6%	Eating disorder (e.g., anorexia nervosa, bulimia nervosa)
1%	Psychosis (e.g., schizophrenia, schizo-affective disorder)
1%	Personality disorder (e.g., antisocial personality disorder, paranoid personality disorder, schizoid personality disorder)
0%	Substance use disorder (e.g., alcohol abuse, abuse of other drugs)
52%	No, none of these

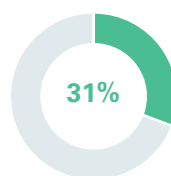
ACADEMIC IMPAIRMENT

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)

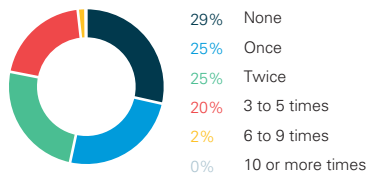
32%	Marijuana
2%	Cocaine (any form, including crack, powder, or freebase)
0%	Heroin
1%	Opioid pain relievers (such as Vicodin, OxyContin, Percocet, Demerol, Dilaudid, codeine, hydrocodone, methadone, morphine) without a prescription or more than prescribed
2%	Benzodiazepenes
0%	Methamphetamines (also known as speed, crystal meth, or ice)
6%	Other stimulants (such as Ritalin, Adderall) without a prescription or more than prescribed
0%	Ecstasy
2%	Other drugs without a prescription
66%	No, none of these

Binge drinking

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

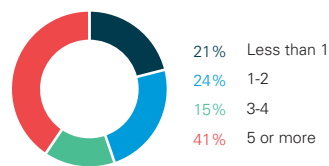
- A 12-ounce can or bottle of beer
- A 4-ounce glass of wine
- A shot of liquor straight or in a mixed drink

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?



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)

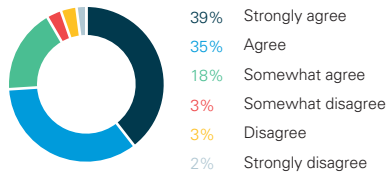


ATTITUDES AND BELIEFS ABOUT MENTAL HEALTH SERVICES

KNOWLEDGE

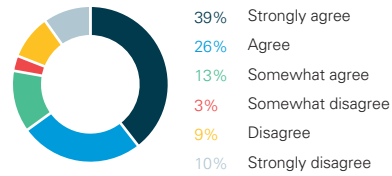
Knowledge of campus mental health resources

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



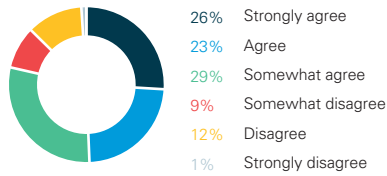
Perceived need (past year)

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)

13%	Psychostimulants (e.g., methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.)
23%	Anti-depressants (e.g., fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), escitalopram (Lexapro), venlafaxine (Effexor), bupropion (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.)
3%	Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazepine (Tegretol), etc.)
4%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
2%	Other medication for mental or emotional health
66%	None

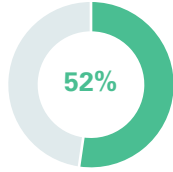
Psychotropic medication use among students with positive depression or anxiety screens (past year)

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)

14%	Psychostimulants (e.g., methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.)
37%	Antidepressants (e.g., fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), escitalopram (Lexapro), venlafaxine (Effexor), bupropion (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.)
6%	Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazepine (Tegretol), etc.)
7%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
4%	Other medication for mental or emotional health
52%	None

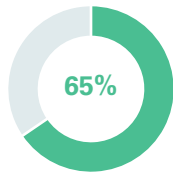
Mental health counseling/therapy, all students (past year)

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)?



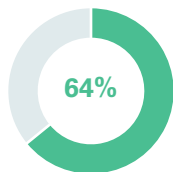
Mental health counseling/therapy among students with positive depression or anxiety screens (past year)

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)?



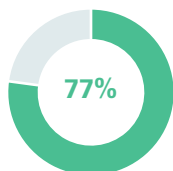
Mental health counseling/therapy, all students (lifetime)

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)

29%	Roommate
65%	Friend (who is not a roommate)
28%	Significant other
47%	Family member
4%	Religious counselor or other religious contact
4%	Support group
2%	Other non-clinical source
19%	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
35%	No need for services
7%	Financial reasons (too expensive, not covered by insurance)
29%	Not enough time
7%	Not sure where to go
25%	Difficulty finding an available appointment
38%	Prefer to deal with issues on my own or with support from family/friends
10%	Other
10%	No barriers

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	NATIONAL SAMPLE	Significantly Different from National Sample
Respondent Characteristics			
<i>Sample</i>			
N	626		
Response Rate	38%		
<i>Gender</i>			
Female	53%	50%	
Male	43%	47%	X
Other	4%	2%	X
<i>Race/Ethnicity</i>			
White / Caucasian	80%	72%	X
Black / African American	6%	10%	X
Hispanic / Latino	8%	9%	
American Indian	1%	2%	X
Arab / Middle Eastern	3%	2%	
Asian / Asian American	11%	11%	
Pacific Islander	1%	1%	
Other	2%	2%	
<i>Country</i>			
US Resident / Citizen	92%	93%	
International	8%	7%	
<i>Residence</i>			
Campus residence hall	73%	36%	X
Fraternity / sorority house	0%	3%	X
Other campus housing	26%	10%	X
Off-campus / non-university housing	0%	34%	
Parent or guardian's home	0%	14%	
Other	0%	2%	X
<i>Academic level</i>			
Associates	--	18%	X
Bachelors	96%	65%	X
Masters	0%	8%	X
JD	0%	1%	
MD	0%	3%	
PhD or equivalent	0%	4%	
Other	0%	2%	X
Non-degree	2%	2%	
<i>Ever trained for or served in the military (Armed Forces, Reserves, or National Guard)</i>	0%	4%	
<i>Age</i>			
18-22	98%	74%	X
23-25	2%	11%	X
26-30	0%	8%	
31+	0%	8%	
<i>Highest educational attainment of either parent</i>			
Less than high school degree	1%	3%	X
High school degree	6%	22%	X
College degree	25%	38%	X
Graduate degree	68%	37%	X

MEASURE

All Students

NATIONAL
SAMPLESignificantly Different
from National Sample**Respondent Characteristics**

Religiosity			
Very important	9%	17%	X
Important	24%	22%	
Neutral	21%	27%	X
Unimportant	26%	17%	X
Very unimportant	21%	18%	
Current financial situation			
Always stressful	4%	13%	X
Often stressful	15%	22%	X
Stressful	31%	34%	
Rarely Stressful	33%	22%	X
Never Stressful	16%	8%	X
Financial situation growing up			
Always stressful	5%	9%	X
Often stressful	11%	16%	X
Stressful	23%	26%	
Rarely Stressful	34%	29%	X
Never Stressful	27%	19%	X
Relationship status			
Single	67%	56%	X
In a relationship	32%	33%	
Married or domestic partnership	--	9%	X
Divorced	0%	1%	
Sexual orientation			
Heterosexual	69%	82%	X
Bisexual	14%	9%	X
Gay / lesbian	5%	3%	X
Queer	8%	3%	X
Questioning	6%	3%	X
Other	4%	3%	
Chronic disease			
Diabetes	--	1%	
High blood pressure	--	3%	X
Asthma	13%	13%	
Thyroid disease (e.g., hypothyroid or hyperthyroid)	--	2%	X
Gastrointestinal disease (e.g., Crohn's Disease, Ulcerative Colitis)	3%	2%	X
Arthritis	0%	1%	
Sickle cell anemia	0%	0%	
Seizure disorders (e.g., epilepsy)	0%	1%	
Cancers	--	1%	
High cholesterol	--	2%	
HIV/AIDS	0%	0%	
Other autoimmune disorder (please specify)	--	2%	
Other chronic disease (please specify)	5%	3%	X

Mental Health Measures

Positive Mental Health			
Flourishing Scale (8-56)	42.5	43.9	X
Depression (CCAPS-34)			
Overall score (0-4)	1.5	1.2	X
Elevated (1.76-4.0)	38%	29%	X
Mild (1.01-1.75)	21%	19%	
Generalized anxiety (CCAPS-34)			
Overall score (0-4)	1.8	1.6	X
Elevated (2.11-4.0)	39%	31%	X
Mild (1.31-2.10)	28%	27%	

MEASURE

All Students

NATIONAL
SAMPLESignificantly Different
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Depression/Anxiety Depression or anxiety disorder	51%	41%	X
Disordered eating and body image Elevated (CCAPS-34: 1.51-4.0) Need to be very thin to feel good about self Think you are very underweight	36% 29% 0%	35% 23% 1%	X
Academic impairment from mental health, past 4 weeks (1) None 1-2 days 3-5 days 6 or more days	19% 30% 30% 21%	24% 33% 23% 19%	X X

Self-Injury and Suicide

Non-suicidal self-injury, past year Any	18%	10%	X
Suicidality Seriously thought about attempting suicide, past year Made a plan for attempting suicide, past year Attempted suicide, past year	17% 11% 2%	14% 6% 1%	X X

Previous Diagnoses of Mental Disorders

Mental disorders Any	48%	36%	X
Depression or mood disorder Any Major depression Dysthymia Premenstrual dysphoric disorder	33% 18% 5% 0%	24% 11% 3% 0%	X X X
Bipolar and related disorders Any Bipolar I disorder Bipolar II disorder Cyclothymic disorder	4% 1% 3% 1%	3% 1% 1% 0%	X X X
Anxiety disorder Any Generalized anxiety disorder Panic disorder Agoraphobia Specific phobia Social anxiety disorder or social phobia	36% 29% 7% -- 1% 12%	27% 20% 4% 0% 1% 6%	X X X X
Obsessive-compulsive or related disorders Any Obsessive-compulsive disorder	7% 6%	4% 3%	X X
Trauma and stressor related disorders Any Posttraumatic stress disorder Acute stress disorder	4% 3% --	5% 4% 1%	

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

MEASURE

All Students

NATIONAL
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Psychotic disorder			
Any	--	0%	
Schizophrenia	--	0%	
Neurodevelopmental disorder or intellectual disability			
Any	9%	6%	X
ADHD	8%	5%	X
Other intellectual disability	1%	0%	
Autism spectrum disorder	1%	0%	
Eating disorder			
Any	6%	3%	X
Anorexia nervosa	4%	2%	X
Bulimia nervosa	2%	1%	X
Binge eating disorder	2%	1%	X
Personality disorder			
Any	1%	1%	
Substance abuse disorder			
Any	--	1%	
Alcohol abuse disorder	--	1%	

Health Behaviors and Lifestyle

Substance use, past 30 days			
Cigarettes	15%	11%	X
Vape pen or E-Cigarette	0%	16%	
Marijuana	32%	25%	X
Cocaine	2%	2%	
Heroin	0%	0%	
Opioid pain relievers without a prescription or more than prescribed	1%	1%	
Benzodiazepenes	2%	1%	X
Methamphetamines	0%	0%	
Other stimulants without a prescription or more than prescribed	6%	3%	X
Ecstasy	0%	1%	
Other drugs without a prescription	2%	1%	
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.)			
More than one time	46%	39%	X
More than 3 times	14%	14%	
Obese (BMI\geq30)	9%	17%	X
Time studying/doing homework			
Less than 1 hour/week	--	2%	
1-2 hours/week	1%	5%	X
3-5 hours/week	8%	22%	X
6-10 hours/week	27%	28%	
11-15 hours/week	23%	17%	X
16-20 hours/week	21%	13%	X
More than 20 hours/week	20%	13%	X
Violence (past 12 months)			
Did anyone strike or physically injure you?	6%	8%	

MEASURE

All Students

NATIONAL
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<i>...think less of someone who has received mental health treatment.</i> I... Most people...	5% 48%	6% 45%	
<i>Knows where to go for professional help for mental health</i> Agree or strongly agree	92%	77%	X
<i>Beliefs about effectiveness of treatment for depression</i> Believes medication is helpful or very helpful for depression Believes therapy is helpful or very helpful for depression	67% 78%	58% 82%	X X

Help-Seeking

<i>Think you needed help for emotional or mental health problems, past year</i> Strongly agree Agree Somewhat agree Somewhat disagree Disagree Strongly disagree	39% 26% 13% 3% 9% 10%	23% 18% 17% 7% 16% 20%	X X X X X X
<i>Psychotropic medication</i> Any, past year Any, current Psychostimulants Anti-depressants Anti-psychotics Anti-anxiety Mood stabilizers Other	34% 27% 13% 23% 1% 9% 3% 2%	23% 17% 7% 15% 1% 7% 2% 2%	X X X X X X X X
<i>Prescriber (among those with any past-year medication use)</i> General practitioner/nurse practitioner/primary care physician Psychiatrist Other type of health provider No prescription Don't know	42% 60% 4% 6% --	58% 37% 3% 8% 1%	X X X X X
<i>Discussed medication with provider, past year (among those with medication use)</i> Not at all 1-2 times 3-5 times More than 5 times	7% 34% 36% 21%	12% 37% 27% 22%	X X X X
<i>Whom you would talk to, if you were experiencing serious emotional distress</i> Professional clinician Roommate Friend (who is not a roommate) Significant other Family member Religious counselor / other religious contact Support group Other non-clinical source No one	51% 28% 65% 26% 51% 6% 5% 3% 4%	34% 21% 52% 33% 48% 7% 3% 2% 8%	X X X X X X X X X

MEASURE

All Students

NATIONAL
SAMPLESignificantly Different
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<i>Therapy or counseling for mental health</i>			
Past year	52%	28%	X
Current	28%	13%	X
<i>Visits in past year, among those with any</i>			
1-3	18%	35%	X
4-6	30%	23%	X
7-9	19%	15%	
More than 10	5%	7%	
<i>Use of specific providers for therapy or counseling for mental health</i>			
Campus Provider A	38%	14%	X
Campus Provider B	2%	2%	
Campus Provider C	2%	1%	
Psychiatric emergency services	0%	1%	
Inpatient psychiatric hospital	--	1%	
Partial hospitalization program	--	0%	
Provider in the local community (not on campus)	2%	5%	X
Provider in another location (such as hometown)	22%	11%	X
Other	--	1%	
<i>Any medication or therapy for mental health</i>			
Past year	58%	37%	X
Current	41%	24%	X
<i>Any medication or therapy, among those with positive depression or anxiety screen</i>			
Past year	72%	55%	X
Current	54%	38%	X
<i>Any visit to a health provider</i>			
Past year	85%	77%	X
<i>Received counseling or support for mental health from these sources, past year</i>			
Roommate	29%	17%	X
Friend (other than roommate)	65%	44%	X
Significant other	28%	27%	
Family member	47%	37%	X
Religious contact	4%	4%	
Support group	4%	2%	X
Other non-clinical source	2%	1%	X
None of the above	19%	35%	X
<i>How helpful, overall, do you think the medication(s) was or has been for your mental or emotional health?</i>			
Very helpful	40%	37%	
Helpful	28%	30%	
Somewhat helpful	26%	23%	
Not helpful	6%	10%	
<i>How helpful, overall, do you think therapy or counseling was or has been for your mental or emotional health?</i>			
Very helpful	26%	32%	X
Helpful	33%	26%	X
Somewhat helpful	29%	27%	
Not helpful	12%	15%	

MEASURE

All Students

NATIONAL
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<i>Convenient hours</i>			
Very dissatisfied	13%	5%	X
Dissatisfied	14%	8%	X
Somewhat dissatisfied	17%	9%	X
Somewhat satisfied	26%	21%	
Satisfied	22%	38%	X
Very satisfied	8%	19%	X
<i>Location</i>			
Very dissatisfied	--	2%	X
Dissatisfied	--	3%	X
Somewhat dissatisfied	--	6%	X
Somewhat satisfied	13%	13%	
Satisfied	47%	45%	
Very satisfied	38%	31%	X
<i>Quality of therapists</i>			
Very dissatisfied	3%	4%	
Dissatisfied	5%	6%	
Somewhat dissatisfied	10%	7%	X
Somewhat satisfied	17%	17%	
Satisfied	29%	33%	
Very satisfied	35%	34%	
<i>Respect for privacy concerns</i>			
Very dissatisfied	--	1%	
Dissatisfied	2%	1%	
Somewhat dissatisfied	3%	2%	
Somewhat satisfied	10%	7%	
Satisfied	34%	39%	
Very satisfied	51%	50%	
<i>Scheduling appointments w/o long delays</i>			
Very dissatisfied	21%	10%	X
Dissatisfied	20%	9%	X
Somewhat dissatisfied	24%	11%	X
Somewhat satisfied	14%	14%	
Satisfied	13%	30%	X
Very satisfied	8%	26%	X

MEASURE

All Students

NATIONAL
SAMPLESignificantly Different
from National Sample**Satisfaction with Therapy, Non-Campus Providers**

<i>Convenient hours</i>			
Very dissatisfied	--	2%	
Dissatisfied	--	3%	
Somewhat dissatisfied	--	6%	
Somewhat satisfied	10%	16%	
Satisfied	57%	43%	X
Very satisfied	27%	30%	
<i>Location</i>			
Very dissatisfied	--	2%	
Dissatisfied	6%	4%	
Somewhat dissatisfied	6%	7%	
Somewhat satisfied	8%	16%	X
Satisfied	52%	41%	X
Very satisfied	28%	30%	
<i>Quality of therapists</i>			
Very dissatisfied	--	3%	
Dissatisfied	3%	4%	
Somewhat dissatisfied	--	5%	
Somewhat satisfied	10%	15%	
Satisfied	39%	29%	X
Very satisfied	41%	45%	
<i>Respect for privacy concerns</i>			
Very dissatisfied	--	1%	
Dissatisfied	2%	1%	
Somewhat dissatisfied	5%	2%	
Somewhat satisfied	6%	6%	
Satisfied	31%	33%	
Very satisfied	57%	57%	
<i>Scheduling appointments w/o long delays</i>			
Very dissatisfied	--	2%	
Dissatisfied	--	3%	
Somewhat dissatisfied	4%	6%	
Somewhat satisfied	10%	14%	
Satisfied	38%	33%	
Very satisfied	45%	41%	

MEASURE

All Students

NATIONAL
SAMPLESignificantly Different
from National Sample**Barriers and Facilitators to Help-Seeking**

<i>Reasons for receiving no or fewer services for mental health</i>			
I haven't had the chance to go but I plan to.	3%	4%	
No need for services	35%	43%	X
Financial reasons	7%	13%	X
Not enough time	29%	22%	X
Not sure where to go	7%	10%	X
Difficulty finding an available appointment	25%	8%	X
Prefer to deal with issues on my own or with support from family/friends	38%	27%	X
Other	10%	7%	X
No barriers	10%	15%	X
<i>Reasons for seeking help</i>			
Decided on my own	75%	70%	
Friend encouraged or pressured me	30%	23%	X
Family member encouraged or pressured me	41%	40%	
Other person encouraged or pressured me	8%	6%	
I was mandated by campus staff	4%	3%	
I acquired more information about my options	1%	1%	
Other reasons	1%	4%	X
<i>Source of health insurance</i>			
None (uninsured)	--	4%	X
Parent's employer	70%	55%	X
Own employer	0%	6%	
Spouse's employer	0%	2%	
Student plan	13%	11%	
Embassy or other international source	--	0%	
Individual market	1%	2%	X
Public insurance	1%	6%	X
Uncertain whether insured	1%	1%	
Insured but uncertain of source	6%	4%	X
<i>Plan provides any coverage for local mental health visits (among those with a plan)</i>			
Yes, it definitely would	26%	27%	
I think it would but am not sure	38%	30%	X
I have no idea	27%	34%	X
I think it would not but am not sure	8%	7%	
No, it definitely would not	1%	3%	X
<i>Plan meets needs for mental health services (among those with a plan)</i>			
Have not needed plan to cover services	56%	61%	X
Yes, everything I have needed is covered	38%	32%	X
No, the coverage is inadequate to meet my needs	6%	7%	

MEASURE	All Students	NATIONAL SAMPLE	Significantly Different from National Sample
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Supportiveness of Academic and Social Environment

<i>Talked with any academic personnel about mental health problems affecting performance</i>	17%	14%	X
<i>Supportiveness of response by academic personnel</i>			
Very supportive	51%	50%	
Supportive	44%	42%	
Not supportive	5%	7%	
Very unsupportive	0%	2%	
<i>Whom would you talk to about mental health problems affecting academic performance</i>			
Professor from one of classes	38%	30%	X
Academic advisor	37%	29%	X
Another faculty member	8%	7%	
Teaching assistant	1%	2%	
Student services staff	17%	13%	X
Dean of Students or Class Dean	8%	6%	
Other	6%	5%	
No one	22%	31%	X
<i>Persistence/retention</i>			
Am confident I will finish my degree no matter the challenges	83%	80%	