



THE HEALTHY MINDS STUDY

2015-2016 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

The 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 2015-2016 study was 27%. It is important to raise the question of whether the 27% who participated are different in important ways from the 73% who did not participate. We address this issue by constructing non-response weights using administrative data on full student populations. Most of the 23 schools in the 2015-2016 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, where 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.) for a set of key measures using the aggregate sample of respondents across all colleges and universities that participated during the 2015-2016 academic year. 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 national value for all students and the 95% confidence interval for 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.

EXPLORING THE DATA FURTHER

If you are interested in exploring the data beyond what is in this report, you can use a user-friendly website with drop-down menus, at data.healthymindsnetwork.org, or email us at healthyminds@umich.edu to request the full national data sets.

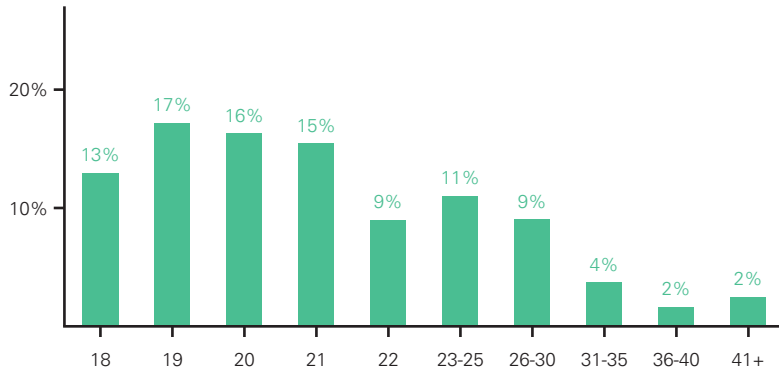
KEY FINDINGS

This section offers a quick look at results from key survey measures.

Estimated values of selected measures	Percentage of students
Major depression (positive PHQ-9 screen)	10%
Depression overall, including major and moderate (positive PHQ-9 screen)	25%
Anxiety disorder (positive GAD-7screen)	21%
Eating disorder (positive SCOFF screen)	8%
Non-suicidal self-injury (past year)	20%
Suicidal ideation (past year)	10%
Lifetime diagnoses of mental disorders	30%
Psychiatric medication (past year)	18%
Mental health therapy/counseling (past year)	23%
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."	13%
Perceived public stigma: agrees with "Most people would think less of someone who has received mental health treatment."	52%

SAMPLE CHARACTERISTICS (N=34217)

Age (years)

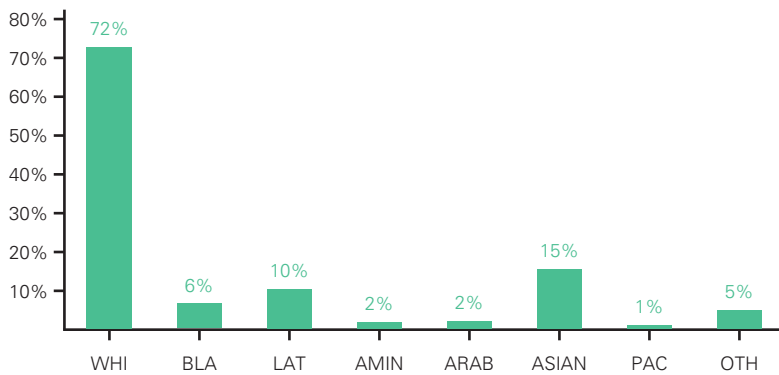


Gender



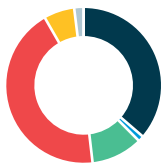
50% Female
46% Male
1% Other

Race/ethnicity



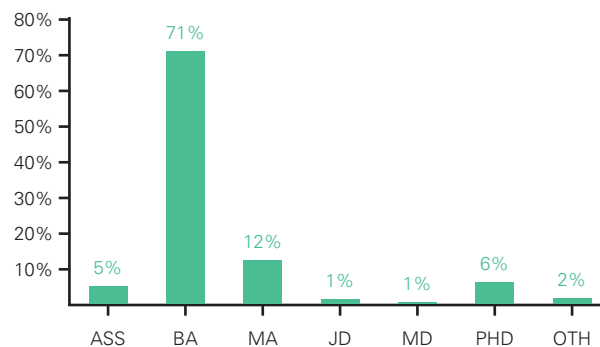
WHI White or Caucasian
BLA African American/Black
LAT Hispanic/Latino
AMIN American Indian/Alaskan Native
ARAB Arab/Middle Eastern or Arab American
ASIAN Asian/Asian American
PAC Pacific Islander
OTH Other

Living arrangement



36% Campus Residence Hall
1% Fraternity or sorority house
11% Other university housing
44% Off-campus, non-university housing
6% Parent or guardian's home
2% Other

Degree program



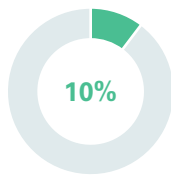
ASS Associate's degree
BA Bachelor's degree
MA Master's degree
JD JD
MD MD
PHD PhD or equivalent
OTH Other

PREVALENCE OF MENTAL HEALTH PROBLEMS

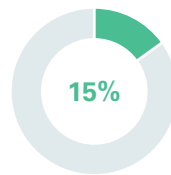
DEPRESSION SCREEN

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 major depression, other depression (less severe depression such as dysthymia or depression not otherwise specified), or neither.

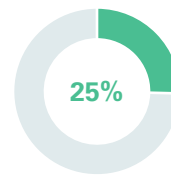
Major depression



Other depression



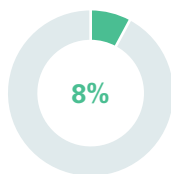
Any depression



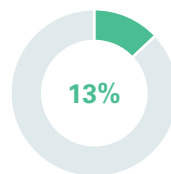
ANXIETY SCREEN

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.

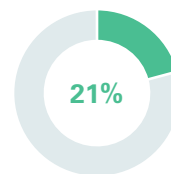
Severe anxiety



Moderate anxiety



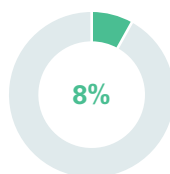
Any anxiety



EATING DISORDER SCREEN

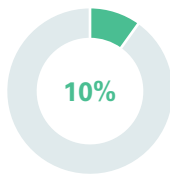
Eating disorders are measured using the written U.S. version of the SCOFF, a five-item screening tool designed to identify subjects likely to have an eating disorder (Morgan, Reid, & Lacey, 1999).

Eating disorders

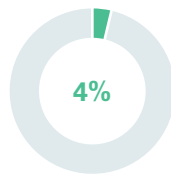


SUICIDALITY AND SELF-INJUROUS BEHAVIOR

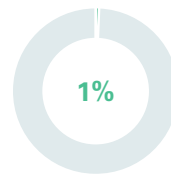
Suicidal ideation (past year)



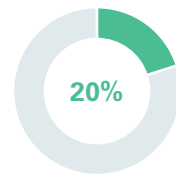
Suicide plan (past year)



Suicide attempt (past year)



Non-suicidal self-injury (past year)



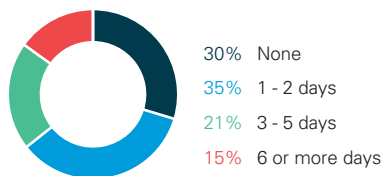
LIFETIME DIAGNOSES OF MENTAL DISORDERS

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)

18%	Depression or other mood disorders (e.g., major depressive disorder, bipolar/manic depression, dysthymia)
20%	Anxiety (e.g., generalized anxiety disorder, phobias, obsessive-compulsive disorder, post-traumatic stress disorder)
8%	Attention disorder or learning disability (e.g., attention deficit disorder, attention deficit hyperactivity disorder, learning disability)
3%	Eating disorder (e.g., anorexia nervosa, bulimia nervosa)
0%	Psychosis (e.g., schizophrenia, schizo-affective disorder)
1%	Personality disorder (e.g., antisocial personality disorder, paranoid personality disorder, schizoid personality disorder)
1%	Substance abuse disorder (e.g., alcohol abuse, abuse of other drugs)
70%	No, none of these

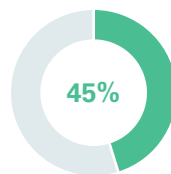
ACADEMIC IMPAIRMENT

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)

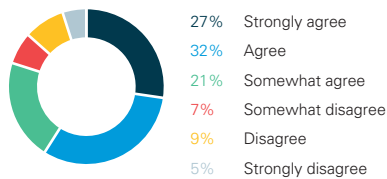
21%	Marijuana
2%	Cocaine (any form, including crack, powder, or freebase)
0%	Heroin
0%	Methamphetamines (also known as speed, crystal meth, or ice)
3%	Other stimulants (such as Ritalin, Adderall) without a prescription
1%	Ecstasy
2%	Other drugs without a prescription
77%	No, none of these

ATTITUDES AND BELIEFS ABOUT MENTAL HEALTH SERVICES

KNOWLEDGE

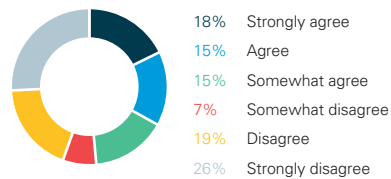
Knowledge of campus mental health resources

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



Perceived Need

In the past 12 months, I needed 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)

6%	Psychostimulants (e.g., methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.)
11%	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.)
6%	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.)
3%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
1%	Other medication for mental or emotional health
82%	None

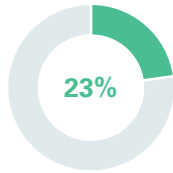
Psychotropic medication use among students with positive depression or anxiety screens (past year)

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)

10%	Psychostimulants (e.g., methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.)
21%	Antidepressants (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.)
13%	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.)
6%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
3%	Other medication for mental or emotional health
67%	None

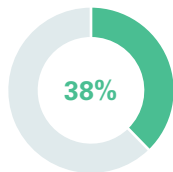
Mental health counseling/therapy, all students (past year)

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)?



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)?



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)

20%	Roommate
44%	Friend (who is not a roommate)
28%	Significant other
39%	Family member
4%	Religious counselor or other religious contact
2%	Support group
1%	Other non-clinical source
36%	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
52%	No need for services
10%	Financial reasons (too expensive, not covered by insurance)
19%	Not enough time
8%	Not sure where to go
6%	Difficulty finding an available appointment
28%	Prefer to deal with issues on my own or with support from family/friends
6%	Other
13%	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

95% CONFIDENCE INTERVAL

Respondent Characteristics

Sample		
N	34217	
Response Rate	27%	
Gender		
Female	50%	(50%, 51%)
Male	46%	(45%, 46%)
Other	1%	(1%, 1%)
Race/Ethnicity		
White / Caucasian	73%	(72%, 73%)
Black / African American	6%	(6%, 7%)
Hispanic / Latino	10%	(10%, 10%)
American Indian	2%	(1%, 2%)
Arab / Middle Eastern	2%	(2%, 2%)
Asian / Asian American	15%	(15%, 16%)
Pacific Islander	1%	(1%, 1%)
Other	5%	(4%, 5%)
Country		
US Resident / Citizen	90%	(90%, 91%)
International	10%	(9%, 10%)
Residence		
Campus residence hall	36%	(36%, 37%)
Fraternity / sorority house	1%	(1%, 1%)
Other campus housing	11%	(10%, 11%)
Off-campus / non-university housing	43%	(43%, 44%)
Parent or guardian's home	6%	(6%, 7%)
Other	2%	(2%, 2%)
Academic level		
Associates	5%	(5%, 5%)
Bachelors	71%	(70%, 71%)
Masters	12%	(12%, 13%)
JD	1%	(1%, 1%)
MD	1%	(0%, 1%)
PhD or equivalent	6%	(6%, 6%)
Other	2%	(1%, 2%)
Ever trained for or served in the military (Armed Forces, Reserves, or National Guard)	2%	(2%, 3%)
Age		
18-22	70%	(70%, 71%)
23-25	11%	(10%, 11%)
26-30	9%	(9%, 9%)
31+	7%	(7%, 8%)
Highest educational attainment of either parent		
Less than high school degree	3%	(2%, 3%)
High school degree	17%	(16%, 17%)
College degree	37%	(37%, 38%)
Graduate degree	43%	(43%, 44%)
Religiosity		
Very important	17%	(16%, 17%)
Important	16%	(16%, 17%)
Somewhat important	25%	(24%, 25%)
Not important	42%	(42%, 43%)

MEASURE

All Students

95% CONFIDENCE INTERVAL

Current financial situation		
It's a financial struggle	16%	(16%, 17%)
It's tight, but I'm doing fine	53%	(52%, 53%)
Finances aren't really a problem	31%	(31%, 32%)
Financial situation growing up		
Very poor, not enough to get by	3%	(3%, 4%)
Enough but not many extras	29%	(28%, 29%)
Comfortable	53%	(53%, 54%)
Well to do	15%	(14%, 15%)
Relationship status		
Single	54%	(54%, 55%)
In a relationship	35%	(34%, 35%)
Married or domestic partnership	9%	(9%, 10%)
Divorced	1%	(1%, 1%)
Sexual orientation		
Heterosexual	87%	(87%, 88%)
Bisexual	5%	(5%, 6%)
Gay / lesbian	4%	(3%, 4%)
Questioning	2%	(1%, 2%)
Other	2%	(2%, 2%)

Mental Health Measures

Positive Mental Health (Diener et al., 2009)		
Flourishing Scale	44.8	(44.6, 44.9)
Depression (PHQ-9)		
Overall score (0-27)	6.8	(6.8, 6.9)
In moderate range (10-14)	13%	(13%, 14%)
In moderately severe range (15-19)	6%	(6%, 6%)
In severe range (20-27)	3%	(3%, 3%)
Major depression (positive screen)	10%	(10%, 11%)
Other depression (positive screen)	15%	(15%, 16%)
Depression overall	25%	(25%, 26%)
Impairment from depression (1)		
Not difficult at all	34%	(33%, 35%)
Somewhat difficult	52%	(52%, 53%)
Very difficult	10%	(10%, 11%)
Extremely difficult	3%	(3%, 4%)
Generalized anxiety (GAD-7)		
Overall score (0-21)	5.7	(5.6, 1.0)
In moderate range (10-14)	13%	(13%, 13%)
In severe range (15-21)	8%	(7%, 8%)
Probable anxiety disorder (positive screen)	21%	(20%, 21%)
Depression/Anxiety		
Depression or anxiety disorder	32%	(31%, 33%)
Disordered eating and body image		
Probable eating disorder (3+ on SCOFF)	8%	(8%, 8%)
Need to be very thin to feel good about self	22%	(21%, 22%)
Think you are very underweight	1%	(1%, 1%)
Academic impairment from mental health, past 4 weeks (2)		
None	30%	(29%, 30%)
1-2 days	35%	(34%, 35%)
3-5 days	21%	(20%, 21%)
6 or more days	15%	(15%, 16%)

(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?

Self-Injury and Suicide

Non-suicidal self-injury, past year		
Any	20%	(20%, 21%)
Cutting self	5%	(5%, 5%)
Burning self	1%	(1%, 2%)
Punching or banging self	7%	(7%, 8%)
Scratching self	7%	(7%, 8%)
Pulling one's hair	6%	(6%, 7%)
Biting self	4%	(4%, 4%)
Interfering with wound healing	5%	(5%, 6%)
Carving words or symbols in skin	1%	(1%, 1%)
Rubbing sharp objects on skin	2%	(2%, 3%)
Punching or banging wall or object	6%	(6%, 6%)
Other	1%	(1%, 1%)
Frequency of self-injury, past year (among those with any)		
Once or twice	55%	(53%, 56%)
Once a month or less	24%	(23%, 26%)
2 or 3 times a month	12%	(10%, 13%)
Once or twice a week	4%	(4%, 5%)
3 to 5 days a week	2%	(2%, 3%)
Nearly everyday, or everyday	2%	(2%, 3%)
Suicidality		
Seriously thought about attempting suicide, past year	10%	(10%, 10%)
Made a plan for attempting suicide, past year	4%	(3%, 4%)
Attempted suicide, past year	1%	(1%, 1%)

Previous Diagnoses of Mental Disorders

Mental disorders		
Any	30%	(30%, 31%)
Depression or mood disorder		
Any	18%	(17%, 18%)
Major depression	7%	(7%, 8%)
Dysthymia	3%	(2%, 3%)
Bipolar	2%	(2%, 2%)
Cyclothymia	0%	(0%, 1%)
Anxiety disorder		
Any	20%	(20%, 21%)
Generalized anxiety disorder	14%	(13%, 14%)
Panic disorder	3%	(3%, 3%)
Agoraphobia	0%	(0%, 0%)
Specific phobia	0%	(0%, 1%)
Social phobia	2%	(2%, 2%)
Obsessive-compulsive disorder (OCD)	3%	(2%, 3%)
Acute stress disorder	1%	(0%, 1%)
Post traumatic stress disorder (PTSD)	2%	(2%, 3%)
Attention or learning disorder		
Any	8%	(8%, 9%)
ADHD	7%	(7%, 7%)
Learning disorder	1%	(1%, 1%)
Eating disorder		
Any	3%	(3%, 3%)
Anorexia nervosa	2%	(1%, 2%)
Bulimia nervosa	1%	(1%, 1%)
Binge eating disorder	1%	(1%, 1%)

Previous Diagnoses of Mental Disorders

Psychotic disorder		
Any	0%	(0%, 0%)
Schizophrenia	0%	(0%, 0%)
Personality disorder		
Any	1%	(1%, 1%)
Substance abuse disorder		
Any	1%	(1%, 1%)
Alcohol abuse disorder	1%	(1%, 1%)

Health Behaviors and Lifestyle

Substance use, past 30 days		
Cigarettes	10%	(10%, 11%)
Marijuana	21%	(21%, 22%)
Cocaine	2%	(2%, 2%)
Heroin	0%	(0%, 0%)
Methamphetamines	0%	(0%, 0%)
Other stimulants without a prescription	3%	(3%, 3%)
Ecstasy	1%	(1%, 1%)
Other drugs without a prescription	2%	(2%, 2%)
Obese (BMI\geq30)	11%	(10%, 11%)
Time studying/doing homework		
Less than 1 hour/week	2%	(1%, 2%)
1-2 hours/week	4%	(4%, 4%)
3-5 hours/week	18%	(17%, 18%)
6-10 hours/week	28%	(27%, 28%)
11-15 hours/week	19%	(18%, 19%)
16-20 hours/week	14%	(14%, 14%)
More than 20 hours/week	17%	(16%, 17%)
Violence (past 12 months)		
Did anyone strike or physically injure you?	6%	(5%, 6%)
Did you strike or physically injure anyone?	4%	(4%, 4%)

Attitudes and Beliefs about Services

...think less of someone who has received MH treatment.		
I...	9%	(8%, 9%)
Most people...	52%	(52%, 53%)
Knows where to go for professional help for mental health		
Agree or strongly agree	80%	(79%, 81%)
Beliefs about effectiveness of treatment for depression		
Believes medication is helpful or very helpful for depression	57%	(57%, 58%)
Believes therapy is helpful or very helpful for depression	82%	(81%, 82%)

Help Seeking

<i>Think you needed help for emotional or mental health problems, past year</i>		
Strongly agree	18%	(17%, 18%)
Agree	15%	(15%, 16%)
Somewhat agree	15%	(15%, 16%)
Somewhat disagree	7%	(7%, 7%)
Disagree	19%	(18%, 19%)
Strongly disagree	26%	(25%, 26%)
<i>Psychotropic medication</i>		
Any, past year	18%	(17%, 18%)
Any, current	14%	(13%, 14%)
Psychostimulants	6%	(6%, 6%)
Anti-depressants	11%	(10%, 11%)
Anti-psychotics	1%	(0%, 1%)
Anti-anxiety	6%	(6%, 7%)
Mood stabilizers	1%	(1%, 2%)
Other	2%	(1%, 2%)
<i>Prescriber (among those with any past-year medication use):</i>		
General practitioner/nurse practitioner/primary care physician	50%	(48%, 51%)
Psychiatrist	42%	(40%, 44%)
Other type of health provider	5%	(4%, 5%)
No prescription	12%	(11%, 13%)
Don't know	1%	(1%, 2%)
<i>Discussed medication with provider, past year (among those with medication use):</i>		
Not at all	14%	(13%, 15%)
1-2 times	36%	(35%, 38%)
3-5 times	27%	(26%, 29%)
More than 5 times	21%	(19%, 22%)
<i>Whom you would talk to, if you were experiencing serious emotional distress:</i>		
Professional clinician	30%	(29%, 30%)
Roommate	23%	(22%, 23%)
Friend (who is not a roommate)	51%	(50%, 52%)
Significant other	34%	(33%, 34%)
Family member	49%	(48%, 49%)
Religious counselor / other religious contact	7%	(6%, 7%)
Support group	3%	(3%, 3%)
Other non-clinical source	1%	(1%, 2%)
No one	7%	(7%, 8%)
<i>Therapy or counseling for mental health</i>		
Past year	23%	(22%, 23%)
Current	9%	(8%, 9%)
<i>Visits in past year, among those with any</i>		
1-3	31%	(30%, 33%)
4-6	23%	(22%, 24%)
7-9	13%	(12%, 14%)
More than 10	32%	(31%, 34%)

Help Seeking

<i>Use of specific providers for therapy or counseling for mental health</i>		
Campus Provider A	12%	(11%, 12%)
Campus Provider B	2%	(2%, 2%)
Campus Provider C	1%	(1%, 1%)
Psychiatric emergency services	0%	(0%, 0%)
Inpatient psychiatric hospital	0%	(0%, 0%)
Partial hospitalization program	0%	(0%, 0%)
Provider in the local community (not on campus)	5%	(5%, 5%)
Provider in another location (such as hometown)	7%	(7%, 7%)
Other	1%	(1%, 1%)
<i>Any medication or therapy for mental health</i>		
Past year	30%	(30%, 31%)
Current	19%	(19%, 20%)
<i>Any medication or therapy, among those with positive depression or anxiety screen</i>		
Past year	49%	(48%, 50%)
Current	34%	(33%, 35%)
<i>Any visit to a health provider</i>		
Past year	77%	(76%, 77%)
<i>Received counseling or support for mental health from these sources, past year:</i>		
Roommate	20%	(20%, 21%)
Friend (other than roommate)	44%	(43%, 45%)
Significant other	28%	(28%, 29%)
Family member	39%	(38%, 40%)
Religious contact	4%	(4%, 4%)
Support group	2%	(2%, 2%)
Other non-clinical source	1%	(1%, 1%)
None of the above	36%	(35%, 36%)
<i>How helpful, overall, do you think the medication(s) was or has been for your mental or emotional health?</i>		
Very helpful	37%	(36%, 39%)
Helpful	31%	(29%, 32%)
Somewhat helpful	23%	(21%, 24%)
Not helpful	10%	(9%, 11%)
<i>How helpful, overall, do you think therapy or counseling was or has been for your mental or emotional health?</i>		
Very helpful	39%	(38%, 41%)
Helpful	29%	(28%, 31%)
Somewhat helpful	23%	(22%, 25%)
Not helpful	8%	(7%, 9%)

Satisfaction with Therapy, Campus Providers

<i>Convenient hours</i>		
Very dissatisfied	3%	(3%, 4%)
Dissatisfied	5%	(5%, 6%)
Somewhat dissatisfied	8%	(7%, 9%)
Somewhat satisfied	18%	(16%, 19%)
Satisfied	42%	(40%, 44%)
Very satisfied	24%	(23%, 26%)
<i>Location</i>		
Very dissatisfied	1%	(1%, 2%)
Dissatisfied	2%	(2%, 3%)
Somewhat dissatisfied	5%	(4%, 5%)
Somewhat satisfied	11%	(10%, 12%)
Satisfied	48%	(46%, 49%)
Very satisfied	33%	(31%, 35%)
<i>Quality of therapists</i>		
Very dissatisfied	3%	(2%, 4%)
Dissatisfied	4%	(3%, 5%)
Somewhat dissatisfied	6%	(5%, 7%)
Somewhat satisfied	15%	(14%, 16%)
Satisfied	35%	(33%, 37%)
Very satisfied	36%	(35%, 38%)
<i>Respect for privacy concerns</i>		
Very dissatisfied	1%	(1%, 2%)
Dissatisfied	1%	(1%, 1%)
Somewhat dissatisfied	2%	(2%, 3%)
Somewhat satisfied	6%	(5%, 7%)
Satisfied	39%	(37%, 41%)
Very satisfied	51%	(49%, 52%)
<i>Scheduling appointments w/o long delays</i>		
Very dissatisfied	8%	(7%, 9%)
Dissatisfied	7%	(6%, 8%)
Somewhat dissatisfied	10%	(9%, 12%)
Somewhat satisfied	15%	(14%, 16%)
Satisfied	31%	(29%, 33%)
Very satisfied	28%	(27%, 30%)

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

Satisfaction with Therapy, Non-Campus Providers

<i>Convenient hours</i>		
Very dissatisfied	3%	(2%, 4%)
Dissatisfied	3%	(2%, 4%)
Somewhat dissatisfied	5%	(4%, 6%)
Somewhat satisfied	15%	(13%, 17%)
Satisfied	43%	(41%, 46%)
Very satisfied	31%	(29%, 33%)
<i>Location</i>		
Very dissatisfied	2%	(2%, 3%)
Dissatisfied	4%	(3%, 4%)
Somewhat dissatisfied	8%	(7%, 9%)
Somewhat satisfied	15%	(14%, 17%)
Satisfied	41%	(39%, 43%)
Very satisfied	31%	(29%, 32%)
<i>Quality of therapists</i>		
Very dissatisfied	3%	(2%, 4%)
Dissatisfied	4%	(3%, 5%)
Somewhat dissatisfied	5%	(4%, 6%)
Somewhat satisfied	13%	(11%, 14%)
Satisfied	31%	(29%, 33%)
Very satisfied	45%	(43%, 47%)
<i>Respect for privacy concerns</i>		
Very dissatisfied	1%	(1%, 2%)
Dissatisfied	1%	(0%, 1%)
Somewhat dissatisfied	2%	(1%, 3%)
Somewhat satisfied	7%	(6%, 8%)
Satisfied	32%	(30%, 33%)
Very satisfied	57%	(56%, 59%)
<i>Scheduling appointments w/o long delays</i>		
Very dissatisfied	3%	(2%, 4%)
Dissatisfied	3%	(3%, 4%)
Somewhat dissatisfied	5%	(4%, 6%)
Somewhat satisfied	12%	(11%, 13%)
Satisfied	35%	(33%, 37%)
Very satisfied	42%	(40%, 44%)

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

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%	(3%, 3%)
No need for services	52%	(51%, 52%)
Financial reasons	10%	(9%, 10%)
Not enough time	19%	(18%, 19%)
Not sure where to go	8%	(7%, 8%)
Difficulty finding an available appointment	6%	(6%, 6%)
Prefer to deal with issues on my own or with support from family/friends	28%	(27%, 28%)
Other	6%	(5%, 6%)
No barriers	13%	(12%, 13%)
Reasons for seeking help		
Decided on my own	75%	(74%, 76%)
Friend encouraged or pressured me	23%	(22%, 24%)
Family member encouraged or pressured me	37%	(36%, 39%)
Other person encouraged or pressured me	7%	(6%, 7%)
I was mandated by campus staff	2%	(2%, 3%)
I acquired more information about my options	1%	(1%, 2%)
Other reasons	6%	(5%, 6%)
Source of health insurance		
None (uninsured)	2%	(2%, 2%)
Parent's employer	55%	(54%, 56%)
Own employer	6%	(5%, 6%)
Spouse's employer	2%	(2%, 2%)
Student plan	13%	(12%, 13%)
Embassy or other international source	1%	(0%, 1%)
Individual market	2%	(2%, 2%)
Public insurance	4%	(4%, 5%)
Uncertain whether insured	1%	(1%, 1%)
Insured but uncertain of source	2%	(2%, 3%)
Plan provides any coverage for local MH visits (among those with a plan)		
Yes, it definitely would	25%	(24%, 25%)
I think it would but am not sure	32%	(31%, 32%)
I have no idea	35%	(34%, 35%)
I think it would not but am not sure	7%	(7%, 7%)
No, it definitely would not	2%	(2%, 2%)
Plan meets needs for mental health services (among those with a plan)		
Have not needed plan to cover services	67%	(66%, 68%)
Yes, everything I have needed is covered	27%	(27%, 28%)
No, the coverage is inadequate to meet my needs	6%	(5%, 6%)

Supportiveness of Academic and Social Environment

<i>Talked with any academic personnel about MH problems affecting performance</i>	10%	(10%, 11%)
<i>Supportiveness of response by academic personnel</i>		
Very supportive	50%	(47%, 52%)
Supportive	41%	(39%, 43%)
Not supportive	7%	(6%, 8%)
Very unsupportive	3%	(2%, 3%)
<i>Whom would you talk to about mental health problems affecting academic performance:</i>		
Professor from one of classes	28%	(28%, 29%)
Academic advisor	28%	(28%, 29%)
Another faculty member	7%	(6%, 7%)
Teaching assistant	3%	(3%, 3%)
Student services staff	13%	(13%, 14%)
Dean of Students or Class Dean	5%	(5%, 5%)
Other	6%	(6%, 7%)
No one	28%	(27%, 28%)
<i>Persistence/retention</i>		
Am confident I will finish my degree no matter the challenges	86%	(86%, 87%)