THE HEALTHY MINDS STUDY

2014-2015 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 up to 4,000 currently enrolled students over the age of 18. 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 2014-2015 study was 23.1%. It is important to raise the question of whether the 23.1% who participated are different in important ways from the 76.9% who did not participate. We address this issue by constructing non-response weights using administrative data on full student populations. Most of the 17 schools in the 2014-2015 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 representativeof 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 2013-2014 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 survey. For each measure, the table displays the following information: the national value (for all students, for male students, for female 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 proportions sometimes add up to more than 1.00 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.
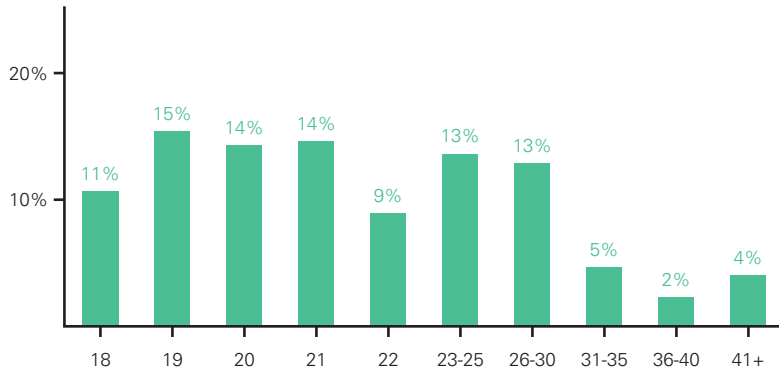
KEY FINDINGS

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

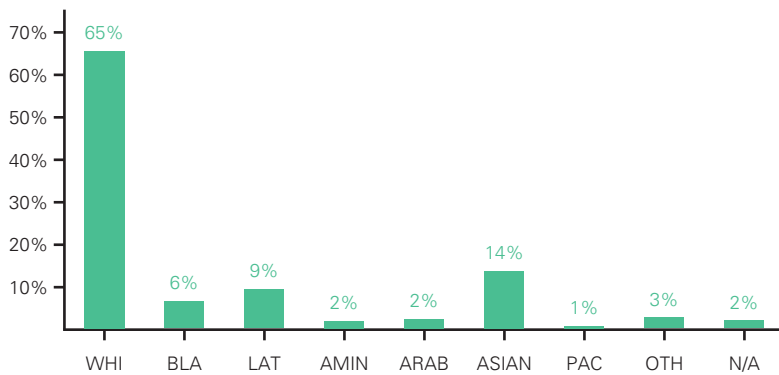| Estimated values of selected measures	Percentage of students
Major depression (positive PHQ-9 screen)	12%
Depression overall, including major and moderate (positive PHQ-9 screen)	20%
Anxiety disorder (positive GAD-7screen)	20%
Eating disorder (positive SCOFF screen)	9%
Non-suicidal self-injury (past year)	18%
Suicidal ideation (past year)	10%
Lifetime diagnoses of mental disorders	32%
Psychiatric medication (past year)	19%
Mental health therapy/counseling (past year)	22%
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)	46%
Personal stigma: agrees with "I would think less of someone who has received mental health treatment."	9%
Perceived public stigma: agrees with "Most people would think less of someone who has received mental health treatment."	48%

SAMPLE CHARACTERISTICS (N=16074)

Age(years)

Age	Percentage
18	11%
19	15%
20	14%
21	14%
22	9%
23-25	13%
26-30	13%
31-35	5%
36-40	2%
41+	4%

Gender

- 54% Female
- 45% Male
- 0% Transgender

Race/ethnicity

Category	Percentage
WHI	65%
BLA	6%
LAT	9%
AMIN	2%
ARAB	2%
ASIAN	14%
PAC	1%
OTH	3%
N/A	2%

| Code	Description
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 (specify)
N/A	Not applicable - I would prefer not to identify my race/ethnicity

Living arrangement
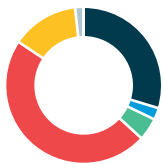
- 30% Campus Residence Hall
- 2% Fraternity or sorority house
- 5% Other university housing
- 48% Off-campus, non-university housing
- 14% Parent or guardian's home
- 2% Other

Degree program

Degree	Percentage
ASS	6%
BA	71%
MA	13%
JD	1%
MD	1%
PHD	8%
OTH	3%
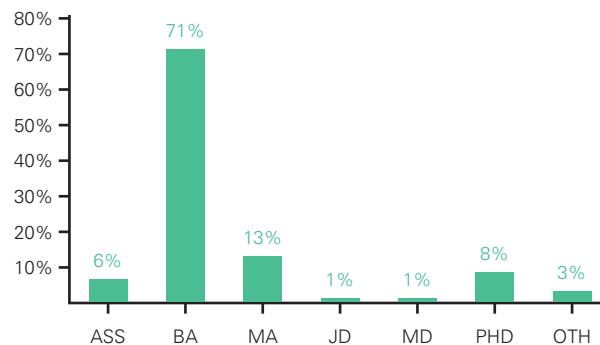
| Code	Description
ASS	Associate's degree
BA	Bachelor's degree
MA	Master's degree
JD	JD
MD	MD
PHD	PhD or equivalent
OTH	Other (specify)

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.
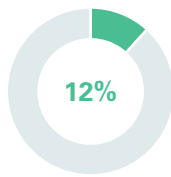
Major depression	Other depression	Any depression
12%	8%	20%
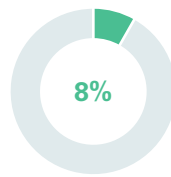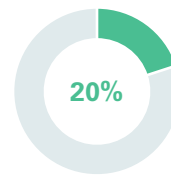
ANXIETY SCREEN

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.
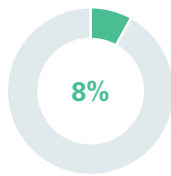
Severe anxiety	Moderate anxiety	Any anxiety
8%	12%	20%
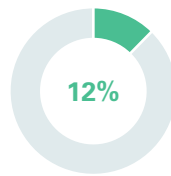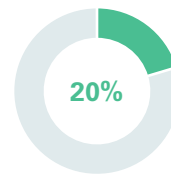
EATING DISORDER SCREEN

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

9%
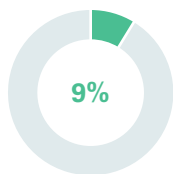
SUICIDALITY AND SELF-INJUROUS BEHAVIOR

Suicidal ideation (past year)

10%

Suicide plan (past year)

3%
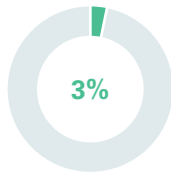
Suicide attempt (past year)

1%

Non-suicidal self-injury (past year)

18%
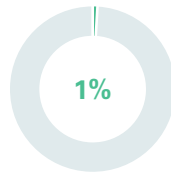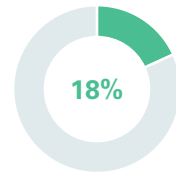
LIFETIME DIAGNOSES OF MENTAL DISORDERS

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)

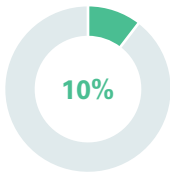|	
20%	Depression or other mood disorders (e.g., major depressive disorder, bipolar/manic depression, dysthymia)
20%	Anxiety (e.g., generalized anxiety disorder, phobias, obsessive-compulsive disorder, post-traumatic stress disorder)
9%	Attention disorder or learning disability (e.g., attention deficit disorder, attention deficit hyperactivity disorder, learning disability)
3%	Eating disorder (e.g., anorexia nervosa, bulimia nervosa)
1%	Psychosis (e.g., schizophrenia, schizo-affective disorder)
1%	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)
68%	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?

44% None
28% 1 - 2 days
15% 3 - 5 days
13% 6 or more days
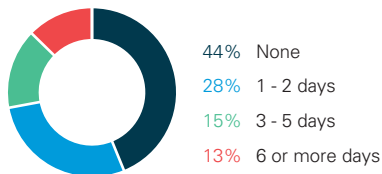
POSITIVE MENTAL HEALTH

Positive mental health

53%
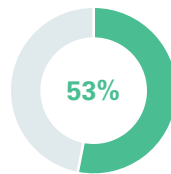
Positive mental health (psychological well-being) is measured using The Flourishing Scale, an eight-item summary measure of the respondent's self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism (Diener, Wirtz, Tov, Kim-Prieto, Choi, Oishi, & Biswas-Diener , 2009). The score ranges from 8-56, and we are using 48 as the threshold for positive mental health.

HEALTH BEHAVIORS AND LIFESTYLE

How often, if ever, have you used any of the substances listed below? Do not include anything you used prescribed to you by a doctor.

Drug use

Never used	Used, but NOT in past 12 months	Used in past 12 months, but NOT in past 30 days	Used in past 30 days	
63%	15%	8%	14%	Cigarettes
53%	17%	14%	17%	Marijuana/cannabis (hashish, blunts)
90%	5%	3%	2%	Cocaine (crack, coke)
94%	3%	2%	1%	Barbiturates or sedatives (prescription-type sleeping pills like Seconal, Ambien, Nembutal, downs or Yellow Jackets)
92%	4%	2%	2%	Tranquilizers (prescription-type drugs like Valium, Librium, Xanax, Ativan, Klonopin)
86%	5%	4%	5%	Amphetamines (Adderall, Ritalin, methamphetamines, crystal meth, speed, uppers, ups)
99%	1%	0%	0%	Heroin
85%	8%	4%	3%	Pain relievers/other opiate-type prescription drugs (codeine, morphine, Demerol, Percodan, Percocet, Vicodin, Oxycontin/oxycodon)
93%	4%	2%	1%	LSD
90%	6%	3%	1%	Other psychedelics or hallucinogens like mushrooms, mescaline or PCP
90%	6%	3%	1%	Ecstasy (MDMA)
98%	1%	0%	0%	Club drugs (Special K, Super K, Ketamine, Liquid G, GHB)
69%	14%	11%	5%	Waterpipe smoking (hookah, arghile, shisha)

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?

59% None
16% Once
12% Twice
11% 3 to 5 times
2% 6 to 9 times
1% 10 or more times
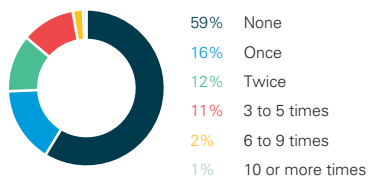
Exercise

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)

22% Less than 1
25% 1-2
25% 3-4
28% 5 or more
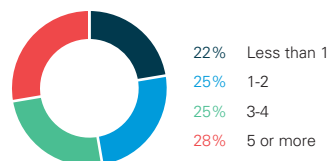
ATTITUDES AND BELIEFS ABOUT MENTAL HEALTH SERVICES

ATTITUDES

Perceived public stigma

Most people would willingly accept someone who has received mental health treatment as a close friend.

20%	Strongly agree
39%	Agree
27%	Somewhat Agree
10%	Somewhat Disagree
3%	Disagree
1%	Strongly disagree
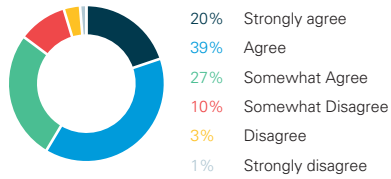
Most people feel that receiving mental health treatment is a sign of personal failure.

6%	Strongly agree
20%	Agree
28%	Somewhat Agree
19%	Somewhat Disagree
19%	Disagree
8%	Strongly disagree
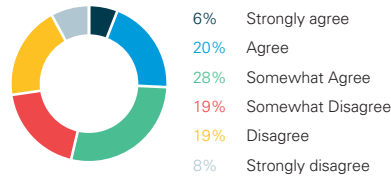
Most people think less of a person who has received mental health treatment.

5%	Strongly agree
15%	Agree
29%	Somewhat Agree
22%	Somewhat Disagree
21%	Disagree
9%	Strongly disagree
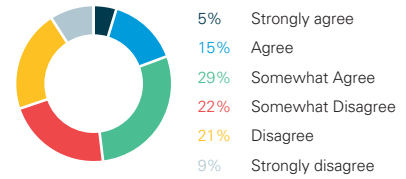
Personal stigma

I would willingly accept someone who has received mental health treatment as a close friend.

59%	Strongly agree
31%	Agree
8%	Somewhat Agree
1%	Somewhat Disagree
0%	Disagree
0%	Strongly disagree

I feel that receiving mental health treatment is a sign of personal failure.

2%	Strongly agree
4%	Agree
8%	Somewhat Agree
11%	Somewhat Disagree
27%	Disagree
47%	Strongly disagree

I would think less of a person who has received mental health treatment.

1%	Strongly agree
2%	Agree
5%	Somewhat Agree
9%	Somewhat Disagree
26%	Disagree
56%	Strongly disagree
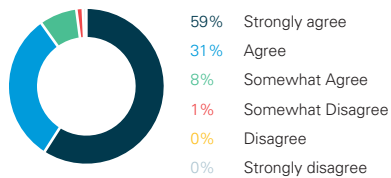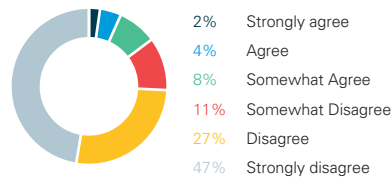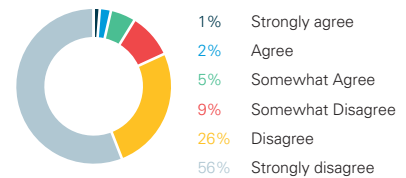
KNOWLEDGE

Knowledge of campus mental health resources

If you needed to seek professional help for your mental or emotional health while attending, you would know where to go.

31%	Strongly agree
39%	Agree
13%	Neutral
12%	Disagree
5%	Strongly disagree
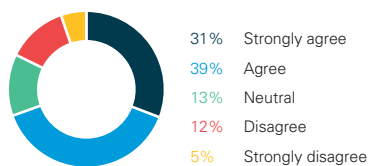
USE OF SERVICES

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%	Antidepressants (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.)
7%	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.)
3%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
2%	Other medication for mental or emotional health
81%	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)

9%	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), 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.)
3%	Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazapine (Tegretol), etc.)
6%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
2%	Other medication for mental or emotional health
69%	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)?

22%

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)?

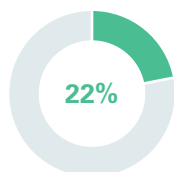**33%**
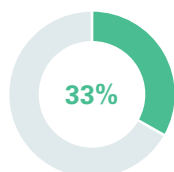
Informal help-seeking

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)

19%	Roommate
50%	Friend (who is not a roommate)
32%	Significant other
42%	Family member
5%	Religious counselor or other religious contact
2%	Support group
1%	Other non-clinical source
31%	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)

20%	There are financial reasons (too expensive, no insurance)
7%	The location is inconvenient
11%	The hours are inconvenient
33%	I don't have enough time
6%	The number of sessions is too limited
8%	The waiting time until I can get an appointment is too long
11%	I am concerned about privacy
12%	I worry about what others will think of me
8%	I worry that my actions will be documented in my academic record
10%	I worry that my actions will be documented in my medical record
7%	I worry that someone will notify my parents
6%	I fear being hospitalized
2%	People providing services aren't sensitive enough to cultural issues
2%	People providing services aren't sensitive enough to sexual identity issues
1%	I have a hard time communicating in English
11%	I question the quality of my options
17%	I question whether medication or therapy is helpful
6%	I have had bad experiences with medication and/or therapy
22%	The problem will get better by itself
33%	I question how serious my needs are
9%	I don't think anyone can understand my problems
38%	Stress is normal in college/graduate school
30%	I get a lot of support from other sources, such as friends and family
41%	I prefer to deal with issues on my own
5%	Other
36%	There have been no barriers that I can think of

ACADEMIC AND SOCIAL ENVIRONMENT

Campus climate

At my school, I feel that students' mental and emotional well-being is a priority.

14%	Strongly agree
35%	Agree
33%	Neither agree nor disagree
13%	Disagree
6%	Strongly disagree
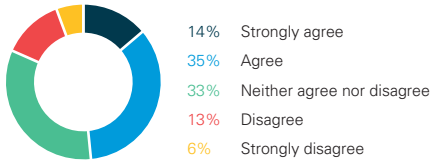
At my school, I feel that the academic environment has a negative impact on students' mental and emotional well-being.

12%	Strongly agree
25%	Agree
32%	Neither agree nor disagree
24%	Disagree
7%	Strongly disagree
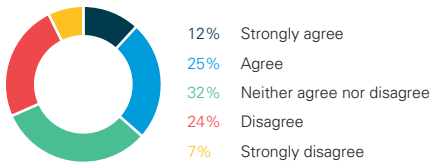
At my school, I feel that the campus climate encourages free and open discussion about mental and emotional health.

10%	Strongly agree
32%	Agree
38%	Neither agree nor disagree
16%	Disagree
5%	Strongly disagree
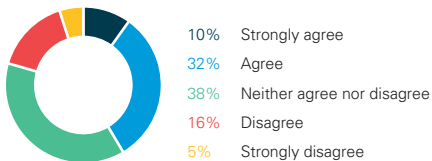
Support from family

I get the emotional help and support I need from my family.

35%	Strongly agree
27%	Agree
14%	Neutral
9%	Disagree
15%	Strongly disagree
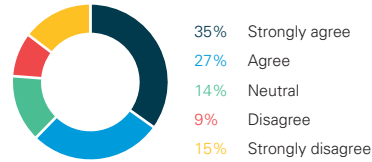
Support from friends

My friends really try to help me.

33%	Strongly agree
33%	Agree
16%	Neutral
7%	Disagree
11%	Strongly disagree
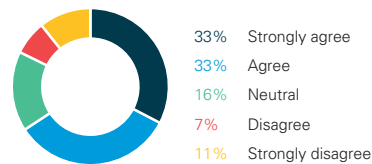
BYSTANDER INTERVENTION

Intervening

In the past year, I have intervened in the following situations: (Select all that apply)

34%	Someone was drinking too much
8%	Someone was at risk of being sexually assaulted
31%	Someone was using hurtful language (e.g., bullying, sexist, racist, or homophobic comments)
36%	Someone was experiencing significant emotional distress or thoughts of suicide
2%	Other
39%	None of the above

Witnessing but not intervening

In the past year, I witnessed the following risky or difficult situations but did NOT intervene: (Select all that apply)

20%	Someone was drinking too much
2%	Someone was at risk of being sexually assaulted
14%	Someone was using hurtful language (e.g., bullying, sexist, racist, or homophobic comments)
4%	Someone was experiencing significant emotional distress or thoughts of suicide
0%	Other
66%	None of the above

Reasons for not intervening

In cases where I decided not to intervene, this was because: (Select all that apply)

10%	I was afraid of embarrassing myself
14%	I assumed someone else would do something
35%	I didn't know what to do
25%	I didn't feel confident
52%	I felt it was none of my business
7%	I was afraid my friends wouldn't support me
20%	I felt it was unsafe
6%	I was afraid I'd get in trouble
14%	Other

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APPENDIX: DESCRIPTIVE STATISTICS FOR ALL SURVEY ITEMS

MEASURE	All Students	95% CONFIDENCE INTERVAL
Respondent Characteristics		
Sample		
N	16074	
Response Rate	23%	
Gender		
Female	54%	(53%, 55%)
Male	45%	(44%, 46%)
Transgender	0%	(0%, 1%)
Race/Ethnicity		
White / Caucasian	65%	(64%, 66%)
Black / African American	6%	(6%, 7%)
Hispanic / Latino	9%	(8%, 10%)
American Indian	2%	(1%, 2%)
Arab / Middle Eastern	2%	(2%, 2%)
Asian / Asian American	13%	(13%, 14%)
Pacific Islander	1%	(0%, 1%)
Other	2%	(2%, 3%)
Country		
US Resident / Citizen	87%	(86%, 88%)
International	13%	(12%, 14%)
Residence		
Campus residence hall	30%	(29%, 31%)
Fraternity / sorority house	2%	(2%, 3%)
Other campus housing	5%	(4%, 5%)
Off-campus / non-university housing	48%	(47%, 49%)
Parent or guardian's home	14%	(13%, 15%)
Other	2%	(1%, 2%)
Academic level		
Associates	6%	(6%, 7%)
Bachelors	71%	(70%, 72%)
Masters	13%	(12%, 13%)
JD	1%	(1%, 1%)
MD	1%	(1%, 1%)
PhD or equivalent	8%	(8%, 9%)
Other	3%	(3%, 3%)
Ever trained for or served in the military (Armed Forces, Reserves, or National Guard)	3%	(3%, 4%)
Age		
18-22	63%	(62%, 64%)
23-25	13%	(13%, 14%)
26-30	13%	(12%, 13%)
31+	11%	(10%, 11%)
Highest educational attainment of either parent		
Less than high school degree	3%	(3%, 3%)
High school degree	21%	(20%, 22%)
College degree	35%	(35%, 36%)
Graduate degree	34%	(33%, 35%)
Religiosity		
Very religious	10%	(9%, 11%)
Fairly religious	26%	(25%, 27%)
Not too religious	28%	(27%, 29%)
Not religious at all	36%	(35%, 37%)

MEASURE	All Students	95% CONFIDENCE INTERVAL
Current financial situation		
It's a financial struggle	21%	(20%, 22%)
It's tight, but I'm doing fine	53%	(52%, 54%)
Finances aren't really a problem	25%	(25%, 26%)
Financial situation growing up		
Very poor, not enough to get by	4%	(4%, 5%)
Enough but not many extras	34%	(33%, 35%)
Comfortable	50%	(49%, 51%)
Well to do	12%	(11%, 13%)
Relationship status		
Single	51%	(50%, 52%)
In a relationship	37%	(36%, 38%)
Married or domestic partnership	11%	(11%, 12%)
Divorced	1%	(1%, 1%)
Sexual orientation		
Heterosexual	87%	(86%, 88%)
Bisexual	5%	(5%, 5%)
Gay / lesbian	4%	(4%, 5%)
Questioning	2%	(1%, 2%)
Other	2%	(2%, 2%)

Mental Health Measures

MEASURE	All Students	95% CONFIDENCE INTERVAL
Positive Mental Health (Diener et al., 2009)		
Flourishing Scale	46.4	(46.3, 46.6)
Depression (PHQ-9)		
Overall score (0-27)	6.7	(6.6, 6.8)
In moderate range (10-14)	14%	(13%, 15%)
In moderately severe range (15-19)	6%	(6%, 7%)
In severe range (20-27)	4%	(4%, 5%)
Major depression (positive screen)	12%	(11%, 12%)
Other depression (positive screen)	8%	(8%, 9%)
Depression overall	20%	(19%, 21%)
Impairment from depression(1)		
Not difficult at all	36%	(35%, 37%)
Somewhat difficult	52%	(51%, 53%)
Very difficult	9%	(9%, 10%)
Extremely difficult	3%	(3%, 3%)
Generalized anxiety (GAD-7)		
Overall score (0-21)	5.5	(5.4, 1.0)
In moderate range (10-14)	12%	(12%, 13%)
In severe range (15-21)	8%	(7%, 9%)
Probable anxiety disorder (positive screen)	20%	(20%, 21%)
Depression/Anxiety		
Depression or anxiety disorder	29%	(28%, 30%)
Disordered eating and body image		
Probable eating disorder (3+ on SCOFF)	9%	(8%, 9%)
Need to be very thin to feel good about self	18%	(17%, 19%)
Think you are very underweight	1%	(1%, 1%)
Academic impairment from mental health, past 4 weeks(2)		
None	44%	(43%, 45%)
1-2 days	28%	(27%, 29%)
3-5 days	15%	(15%, 16%)
6 or more days	13%	(12%, 13%)

(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 (total)	18%	(17%, 19%)
Cutting self	5%	(4%, 5%)
Burning self	1%	(1%, 2%)
Punching or banging self	6%	(6%, 7%)
Scratching self	6%	(6%, 6%)
Pulling one's hair	5%	(4%, 5%)
Biting self	4%	(3%, 4%)
Interfering with wound healing	5%	(5%, 6%)
Carving words or symbols in skin	1%	(1%, 1%)
Rubbing sharp objects on skin	2%	(2%, 2%)
Punching or banging wall or object	5%	(5%, 6%)
Other	1%	(1%, 2%)
Frequency of self-injury, past year (among those with any)		
Once or twice	56%	(53%, 58%)
Once a month or less	25%	(23%, 27%)
2 or 3 times a month	10%	(8%, 11%)
Once or twice a week	5%	(4%, 6%)
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%, 11%)
Made a plan for attempting suicide, past year	3%	(3%, 4%)
Attempted suicide, past year	1%	(1%, 1%)

Previous Diagnoses of Mental Disorders

Mental disorders		
Any	32%	(31%, 33%)
Depression or mood disorder		
Any	20%	(19%, 20%)
Major depression	7%	(7%, 8%)
Dysthymia	3%	(3%, 4%)
Bipolar	2%	(2%, 2%)
Cyclothymia	1%	(0%, 1%)
Anxiety disorder		
Any	20%	(19%, 21%)
Generalized anxiety disorder	13%	(13%, 14%)
Panic disorder	3%	(3%, 4%)
Agorophobia	0%	(0%, 1%)
Specific phobia	1%	(0%, 1%)
Social phobia	2%	(2%, 3%)
Obsessive-compulsive disorder (OCD)	3%	(2%, 3%)
Acute stress disorder	1%	(1%, 1%)
Post traumatic stress disorder (PTSD)	3%	(2%, 3%)
Attention or learning disorder		
Any	9%	(8%, 9%)
ADHD	8%	(7%, 8%)
Learning disorder	1%	(1%, 1%)
Eating disorder		
Any	3%	(3%, 3%)
Anorexia nervosa	2%	(1%, 2%)
Bulimia	1%	(1%, 1%)
Binge eating disorder	1%	(0%, 1%)

Previous Diagnoses of Mental Disorders

Psychotic disorder		
Any	1%	(0%, 1%)
Schizophrenia	0%	(0%, 0%)

Personality disorder		
Any	1%	(1%, 1%)

Substance abuse disorder		
Any	2%	(2%, 2%)
Alcohol abuse disorder	1%	(1%, 2%)

Health Behaviors and Lifestyle

Binge drinking, past 2 weeks		
1 or more time	41%	(40%, 42%)
3 or more times	14%	(13%, 15%)

Substance use, past 30 days		
Cigarettes	14%	(13%, 14%)
Marijuana	17%	(16%, 18%)
Cocaine	1%	(1%, 1%)
Cocaine	2%	(2%, 2%)
Barbiturates or sedatives	1%	(1%, 2%)
Tranquilizers	2%	(2%, 2%)
Amphetamines	5%	(4%, 5%)
Heroin	0%	(0%, 0%)
Other opiate-type prescription drugs	3%	(3%, 3%)
LSD	1%	(1%, 1%)
Other psychedelics or hallucinogens	1%	(1%, 1%)
Ecstasy	1%	(1%, 1%)
Club drugs	0%	(0%, 0%)
Waterpipe smoking	5%	(5%, 6%)

Gambled, past year		
Any	15%	(14%, 16%)

Exercised, past month		
3 or more hours per week	53%	(52%, 54%)

Obese (BMI>=30)	13%	(13%, 14%)

School work, hours per day in current semester	4.3	(4.2, 4.4)

Attitudes and Beliefs about Services

MEASURE	All Students	95% CONFIDENCE INTERVAL
Stigma about mental health treatment		
Perceived public stigma score (0-5 scale)	2.1	(2.1, 2.1)
Personal stigma score (0-5 scale)	0.8	(0.8, 0.8)
...would accept someone who has received MH treatment as a close friend.		
I...	98%	(98%, 98%)
Most people...	85%	(84%, 86%)
...think less of someone who has received MH treatment.		
I...	9%	(8%, 9%)
Most people...	48%	(47%, 49%)
...feel that receiving mental health treatment is a sign of personal failure.		
I...	15%	(14%, 16%)
Most people...	54%	(53%, 55%)
Knows where to go for professional help for mental health		
Agree or strongly agree	70%	(69%, 71%)
Beliefs about effectiveness of treatment for depression		
Believes medication is quite helpful or very helpful for depression	52%	(51%, 53%)
Believes therapy is quite helpful or very helpful for depression	73%	(72%, 74%)
Heard from other students about campus mental health services		
Mostly negative opinions	7%	(7%, 8%)
Even mix of negative and positive opinions	15%	(14%, 15%)
Mostly positive opinions	20%	(19%, 21%)
Haven't heard anything	58%	(57%, 59%)
Number of close friends or family who have received mental health treatment		
None	16%	(15%, 17%)
1-2	41%	(39%, 42%)
3+	39%	(38%, 40%)
Don't know	5%	(4%, 5%)

Help Seeking

	All Students	95% Confidence Interval
Think you needed help for emotional or mental health problems, past year		
Strongly agree	20%	(19%, 21%)
Agree	22%	(21%, 23%)
Neither agree nor disagree	13%	(12%, 14%)
Disagree	19%	(18%, 20%)
Strongly disagree	26%	(25%, 27%)
Psychotropic medication		
Any, past year	19%	(18%, 20%)
Any, current	13%	(12%, 14%)
Psychostimulants	6%	(5%, 6%)
Antidepressants	12%	(11%, 12%)
Antipsychotics	1%	(1%, 1%)
Antianxiety	7%	(6%, 7%)
Mood stabilizers	2%	(1%, 2%)
Other	2%	(1%, 2%)
Prescriber (among those with any past-year medication use):		
General practitioner/nurse practitioner/primary care physician	51%	(48%, 53%)
Psychiatrist	40%	(37%, 42%)
Other type of health provider	3%	(3%, 4%)
No prescription	11%	(10%, 13%)
Don't know	1%	(1%, 2%)
Discussed medication with provider, past year (among those with medication use):		
Not at all	17%	(16%, 19%)
1-2 times	36%	(34%, 38%)
3-5 times	25%	(23%, 27%)
More than 5 times	20%	(18%, 22%)
Whom you would talk to, if you were experiencing serious emotional distress:		
Professional clinician	38%	(37%, 39%)
Roommate	18%	(17%, 19%)
Friend (who is not a roommate)	57%	(56%, 58%)
Significant other	41%	(40%, 42%)
Family member	57%	(56%, 58%)
Religious counselor / other religious contact	9%	(8%, 10%)
Support group	3%	(3%, 4%)
Other non-clinical source	2%	(1%, 2%)
No one	7%	(6%, 7%)
Therapy or counseling for mental health		
Past year	22%	(21%, 23%)
Current	10%	(9%, 11%)
Visits in past year, among those with any		
1-3	31%	(29%, 33%)
4-6	23%	(22%, 25%)
7-9	14%	(13%, 16%)
More than 10	32%	(30%, 34%)

Help Seeking

Use of specific providers for therapy or counseling for mental health		
Campus Provider A	11%	(10%, 11%)
Campus Provider B	2%	(2%, 3%)
Campus Provider C	1%	(0%, 1%)
Psychiatric emergency services	1%	(0%, 1%)
Inpatient psychiatric hospital	1%	(0%, 1%)
Partial hospitalization program	0%	(0%, 0%)
Provider in the local community (not on campus)	6%	(6%, 7%)
Provider in another location (such as hometown)	5%	(5%, 6%)
Other	1%	(1%, 2%)
Any medication or therapy for mental health		
Past year	31%	(30%, 32%)
Current	19%	(18%, 20%)
Any medication or therapy, among those with positive depression or anxiety screen		
Past year	46%	(44%, 48%)
Current	30%	(28%, 32%)
Any visit to a health provider		
Past year	82%	(82%, 83%)
Received counseling or support for mental health from these sources, past year:		
Roommate	19%	(18%, 20%)
Friend (other than roommate)	50%	(49%, 51%)
Significant other	32%	(31%, 33%)
Family member	42%	(41%, 43%)
Religious contact	5%	(5%, 6%)
Support group	2%	(2%, 3%)
Other non-clinical source	1%	(1%, 2%)
None of the above	31%	(30%, 32%)

Bystander ("Upstander") Intervention

Intervened in the following situations (past year)		
Someone was drinking too much	34%	(33%, 35%)
Someone was at risk of being sexually assaulted	8%	(7%, 8%)
Someone was using hurtful language (e.g., bullying, sexist, racist, homophobic)	31%	(30%, 32%)
Someone was experiencing significant emotional distress or thoughts of suicide	36%	(35%, 37%)
Other	2%	(1%, 2%)
None of the above	39%	(38%, 40%)
Witnessed the following situations but did NOT intervene (past year)		
Someone was drinking too much	20%	(20%, 21%)
Someone was at risk of being sexually assaulted	2%	(2%, 2%)
Someone was using hurtful language (e.g., bullying, sexist, racist, homophobic)	14%	(13%, 14%)
Someone was experiencing significant emotional distress or thoughts of suicide	4%	(4%, 5%)
Other	0%	(0%, 1%)
None of the above	66%	(65%, 67%)

MEASURE	All Students	95% CONFIDENCE INTERVAL
In cases where I decided not to intervene, this was because:		
I was afraid of embarrassing myself	10%	(9%, 11%)
I assumed someone else would do something	14%	(13%, 16%)
I didn't know what to do	35%	(33%, 37%)
I didn't feel confident	25%	(23%, 27%)
I felt it was none of my business	52%	(50%, 54%)
I was afraid my friends wouldn't support me	7%	(6%, 8%)
I felt it was unsafe	20%	(19%, 22%)
I was afraid I'd get in trouble	14%	(13%, 16%)
Other	6%	(5%, 7%)

Satisfaction with Therapy, Campus Providers

MEASURE	All Students	95% CONFIDENCE INTERVAL
Convenient hours		
Very dissatisfied	3%	(3%, 4%)
Dissatisfied	5%	(4%, 6%)
Somewhat dissatisfied	8%	(6%, 9%)
Somewhat satisfied	19%	(16%, 21%)
Satisfied	42%	(40%, 45%)
Very satisfied	22%	(20%, 25%)
Location		
Very dissatisfied	2%	(1%, 3%)
Dissatisfied	2%	(1%, 2%)
Somewhat dissatisfied	4%	(3%, 5%)
Somewhat satisfied	10%	(8%, 11%)
Satisfied	48%	(46%, 51%)
Very satisfied	35%	(32%, 37%)
Quality of therapists		
Very dissatisfied	3%	(2%, 4%)
Dissatisfied	5%	(4%, 6%)
Somewhat dissatisfied	8%	(7%, 10%)
Somewhat satisfied	15%	(13%, 17%)
Satisfied	35%	(33%, 38%)
Very satisfied	33%	(31%, 36%)
Respect for privacy concerns		
Very dissatisfied	2%	(1%, 3%)
Dissatisfied	1%	(1%, 2%)
Somewhat dissatisfied	2%	(1%, 3%)
Somewhat satisfied	7%	(6%, 8%)
Satisfied	40%	(37%, 43%)
Very satisfied	48%	(45%, 51%)
Scheduling appointments w/o long delays		
Very dissatisfied	8%	(7%, 9%)
Dissatisfied	7%	(6%, 9%)
Somewhat dissatisfied	10%	(8%, 11%)
Somewhat satisfied	16%	(14%, 18%)
Satisfied	31%	(29%, 34%)
Very satisfied	28%	(25%, 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

Convenient hours		
Very dissatisfied	3%	(2%, 4%)
Dissatisfied	3%	(2%, 5%)
Somewhat dissatisfied	6%	(5%, 7%)
Somewhat satisfied	15%	(13%, 17%)
Satisfied	42%	(39%, 44%)
Very satisfied	32%	(29%, 34%)
Location		
Very dissatisfied	3%	(2%, 4%)
Dissatisfied	5%	(3%, 6%)
Somewhat dissatisfied	7%	(6%, 8%)
Somewhat satisfied	16%	(14%, 18%)
Satisfied	38%	(35%, 41%)
Very satisfied	31%	(29%, 34%)
Quality of therapists		
Very dissatisfied	3%	(2%, 4%)
Dissatisfied	4%	(3%, 5%)
Somewhat dissatisfied	6%	(5%, 7%)
Somewhat satisfied	13%	(11%, 15%)
Satisfied	28%	(25%, 31%)
Very satisfied	46%	(43%, 49%)
Respect for privacy concerns		
Very dissatisfied	2%	(1%, 3%)
Dissatisfied	1%	(0%, 2%)
Somewhat dissatisfied	2%	(1%, 2%)
Somewhat satisfied	7%	(5%, 9%)
Satisfied	30%	(28%, 33%)
Very satisfied	58%	(55%, 61%)
Scheduling appointments w/o long delays		
Very dissatisfied	3%	(2%, 4%)
Dissatisfied	4%	(2%, 5%)
Somewhat dissatisfied	5%	(4%, 7%)
Somewhat satisfied	11%	(9%, 13%)
Satisfied	31%	(28%, 34%)
Very satisfied	46%	(43%, 49%)

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		
No need	32%	(31%, 33%)
Haven't had a chance but plan to go	5%	(5%, 5%)
Prefer to deal with issues on my own	41%	(40%, 42%)
Financial reasons (too expensive, no insurance)	20%	(19%, 21%)
Location is inconvenient	7%	(7%, 8%)
Hours are inconvenient	11%	(10%, 12%)
Don't have enough time	33%	(32%, 34%)
Number of sessions is too limited	6%	(6%, 7%)
Waiting time to get appointment is too long	8%	(8%, 9%)
Concerned about privacy	11%	(10%, 11%)
Worry what others will think	12%	(11%, 13%)
Worry that actions will be documented on academic record	8%	(7%, 8%)
Worry that actions will be documented on medical record	10%	(9%, 11%)
Worry that someone will notify parents	7%	(7%, 8%)
Fear being hospitalized	6%	(6%, 7%)
Providers aren't sensitive enough to cultural issues	2%	(2%, 3%)
Providers aren't sensitive enough to sexual identity issues	2%	(1%, 2%)
Have a hard time communicating in English	1%	(1%, 1%)
Question the quality of options	11%	(10%, 11%)
Question whether medication or therapy is helpful	17%	(16%, 17%)
Have had bad experiences with medication and/or therapy	6%	(6%, 7%)
Problem will get better by itself	22%	(21%, 23%)
Question how serious my needs are	33%	(32%, 34%)
Don't think anyone can understand my problems	9%	(8%, 10%)
Stress is normal in college/graduate school	38%	(37%, 39%)
Get a lot of support from other sources, such as friends and family	30%	(29%, 31%)
Other	5%	(5%, 6%)
None (there have been no barriers than I can think of)	36%	(35%, 37%)
Reasons for seeking help		
Decided on my own	71%	(70%, 73%)
Friend encouraged or pressured me	23%	(21%, 24%)
Family member encouraged or pressured me	34%	(32%, 35%)
Other person encouraged or pressured me	6%	(6%, 7%)
I was mandated by campus staff	3%	(2%, 3%)
I acquired more information about my options	2%	(1%, 2%)
Other reasons	8%	(7%, 9%)

Barriers and Facilitators to Help-Seeking

	All Students	95% Confidence Interval
Source of health insurance		
None (uninsured)	4%	(3%, 4%)
Parent's employer	57%	(56%, 58%)
Own employer	7%	(7%, 8%)
Spouse's employer	3%	(3%, 3%)
Student plan	22%	(21%, 23%)
Embassy or other international source	1%	(0%, 1%)
Individual market	3%	(2%, 3%)
Public insurance	7%	(6%, 7%)
Uncertain whether insured	1%	(1%, 1%)
Insured but uncertain of source	4%	(3%, 4%)
Plan provides any coverage for local MH visits (among those with a plan)		
Yes, it definitely would	26%	(26%, 27%)
I think it would but am not sure	32%	(31%, 32%)
I have no idea	34%	(33%, 35%)
I think it would not but am not sure	6%	(5%, 6%)
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	38%	(36%, 40%)
Yes, everything I have needed is covered	55%	(53%, 57%)
No, the coverage is inadequate to meet my needs	8%	(7%, 9%)

Supportiveness of Academic and Social Environment

	All Students	95% Confidence Interval
Talked with any academic personnel about MH problems affecting performance	14%	(13%, 15%)
Supportiveness of response by academic personnel		
Very supportive	45%	(42%, 48%)
Supportive	43%	(40%, 46%)
Not supportive	8%	(7%, 9%)
Very unsupportive	4%	(3%, 5%)
Whom would you talk to about mental health problems affecting academic performance:		
Professor from one of classes	38%	(37%, 39%)
Academic advisor	35%	(34%, 36%)
Another faculty member	7%	(7%, 8%)
Teaching assistant	3%	(3%, 3%)
Student services staff	15%	(15%, 16%)
Dean of Students or Class Dean	5%	(4%, 5%)
Other	6%	(5%, 6%)
No one	31%	(30%, 32%)

MEASURE	All Students	95% CONFIDENCE INTERVAL
At my school students' mental and emotional well-being is a priority		
Strongly agree	14%	(13%, 15%)
Agree	35%	(34%, 36%)
Neither agree nor disagree	33%	(32%, 34%)
Disagree	13%	(12%, 13%)
Strongly disagree	6%	(5%, 6%)
At my school the academic environment has a negative impact on students' mental and emotional well-being		
Strongly agree	12%	(11%, 12%)
Agree	25%	(24%, 26%)
Neither agree nor disagree	32%	(31%, 33%)
Disagree	24%	(23%, 25%)
Strongly disagree	7%	(7%, 8%)
At my school the campus climate encourages free and open discussion about mental and emotional health		
Strongly agree	10%	(9%, 11%)
Agree	32%	(31%, 33%)
Neither agree nor disagree	38%	(37%, 39%)
Disagree	16%	(15%, 16%)
Strongly disagree	5%	(4%, 5%)
Competitiveness between students in your classes		
Very competitive	17%	(16%, 17%)
Competitive	31%	(30%, 32%)
Somewhat competitive	34%	(33%, 35%)
Not competitive	18%	(17%, 19%)
Receives emotional support from family		
Strongly agree	35%	(34%, 36%)
Agree	27%	(27%, 28%)
Neither agree nor disagree	14%	(13%, 15%)
Disagree	9%	(9%, 10%)
Strongly disagree	15%	(14%, 15%)
Friends really try to help you		
Strongly agree	33%	(32%, 34%)
Agree	33%	(32%, 34%)
Neither agree nor disagree	16%	(16%, 17%)
Disagree	7%	(6%, 8%)
Strongly disagree	11%	(10%, 11%)
Treated unfairly because of race, ethnicity, or culture (past year)		
Never	72%	(72%, 73%)
Once in a while	19%	(18%, 20%)
Sometimes	6%	(6%, 7%)
A lot	1%	(1%, 2%)
Most of the time	0%	(0%, 1%)
Almost all of the time	0%	(0%, 0%)
Violence (past 12 months)		
Did anyone strike or physically injure you?	5%	(5%, 6%)
Did anyone sexually assault you?	3%	(3%, 3%)
Did you strike or physically injure anyone?	3%	(3%, 4%)
Belongingness		
See myself as a part of the campus community	54%	(53%, 55%)
Feel that I am a member of the campus community	55%	(54%, 56%)
Feel a sense of belonging to the campus community	49%	(48%, 50%)

MEASURE	All Students	95% CONFIDENCE INTERVAL
Persistence/retention Will transfer to another school before completing degree	6%	(6%, 7%)
Am confident I will finish my degree no matter the challenges	89%	(89%, 90%)