THE HEALTHY MINDS STUDY

ABOUT THE HEALTHY MINDS STUDY (HMS)

STUDY TEAM

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STUDY PURPOSE

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

STUDY DESIGN

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

SAMPLING

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

DATA COLLECTION

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

NON-RESPONSE ANALYSIS

A potential concern in any survey study is that those who respond to the survey will not be fully representative of the population from which they are drawn. In the HMS, we can be confident that those who are invited to fill out the survey are representative of the full student population because these students are randomly selected from the full list of currently enrolled students. However it is still possible that those who actually complete the survey are different in important ways from those who do not complete the survey. The overall participation rate for the 2018-2019 study was 16%. It is important to raise the question of whether the 16% who participated are different in important ways from the 84% who did not participate. We address this issue by constructing non-response weights using administrative data on full student populations. Most of the 79 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 from key survey measures.

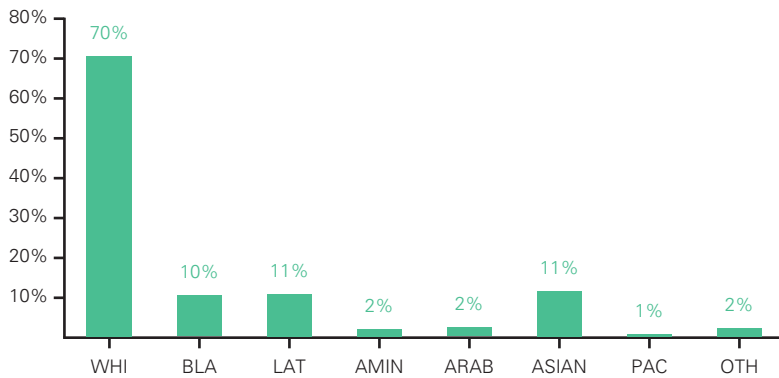| Estimated values of selected measures	Percentage of students
Major depression (positive PHQ-9 screen)	18%
Depression overall, including major and moderate (positive PHQ-9 screen)	36%
Elevated level of depression (positive CCAPS-34 screen)	28%
Anxiety disorder (positive GAD-7 screen)	31%
Elevated level of generalized anxiety (positive CCAPS-34 screen)	31%
Eating disorder (positive SCOFF screen)	10%
Elevated level of eating concerns (positive CCAPS-34 screen)	34%
Non-suicidal self-injury (past year)	24%
Suicidal ideation (past year)	14%
Lifetime diagnoses of mental disorders	37%
Psychiatric medication (past year)	24%
Mental health therapy/counseling (past year)	30%
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)	56%
Personal stigma: agrees with "I would think less of someone who has received mental health treatment."	6%
Perceived public stigma: agrees with "Most people would think less of someone who has received mental health treatment."	47%

SAMPLE CHARACTERISTICS (N=62171)

Age (years)

Age	%
18	15%
19	16%
20	16%
21	15%
22	9%
23-25	11%
26-30	9%
31-35	4%
36-40	2%
41+	4%
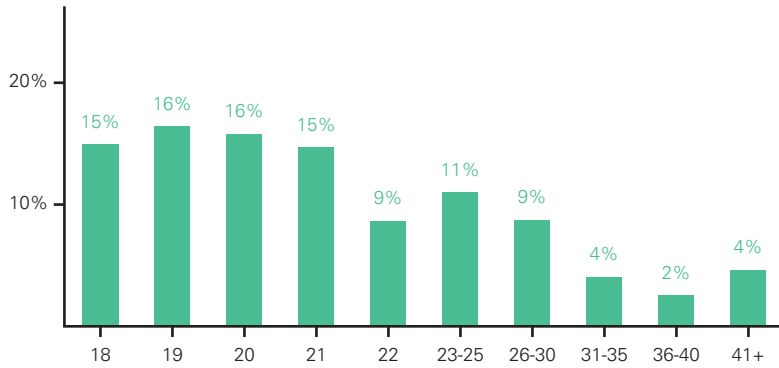
Gender

- 54% Female
- 44% Male
- 2% Other

Race/ethnicity

|	%
WHI	70%
BLA	10%
LAT	11%
AMIN	2%
ARAB	2%
ASIAN	11%
PAC	1%
OTH	2%

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
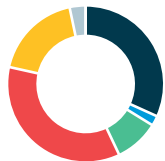
- 32% Campus residence hall
- 2% Fraternity or sorority house
- 9% Other university housing
- 36% Off-campus, non-university housing
- 18% Parent or guardian's home
- 3% Other

Degree program

|	%
ASS	18%
BA	65%
MA	9%
JD	1%
MD	2%
PHD	4%
ND	2%
OTH	2%
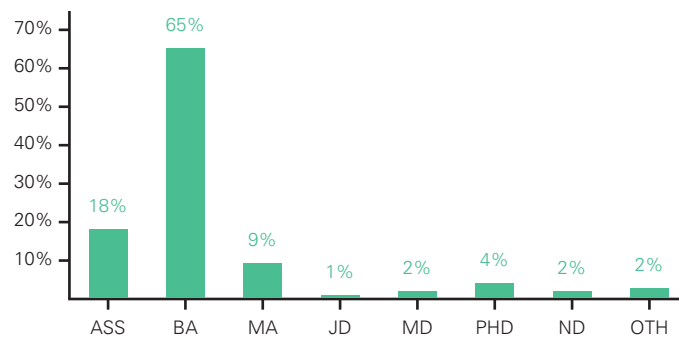
ASS — Associate's degree
BA — Bachelor's degree
MA — Master's degree
JD — JD
MD — MD
PHD — PhD or equivalent
ND — Non-degree student
OTH — Other

PREVALENCE OF MENTAL HEALTH PROBLEMS

DEPRESSION SCREEN

Depression is measured using the Patient Health Questionnaire-9 (PHQ-9), a nine-item instrument based on the symptoms provided in the Diagnostic and Statistical Manual for Mental Disorders for a major depressive episode in the past two weeks (Spitzer, Kroenke, & Williams, 1999). Following the standard algorithm for interpreting the PHQ-9, symptom levels are categorized as severe (score of 15+), moderate (score of 10-14), or mild/minimal (score <10).
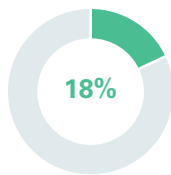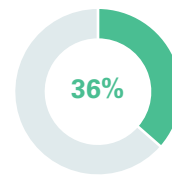
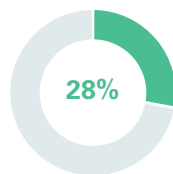| Severe depression	Moderate depression	Any depression
18%	18%	36%
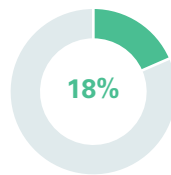
At the campuses that administered the CCAPS version of HMS, depression is measured using the CCAPS-34, a 34-item instrument related to psychological symptoms and distress in college students (CCMH, 2015). The CCAPS-34 contains 6 items that are used to measure depression. The depression score ranges from 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
28%	18%

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.

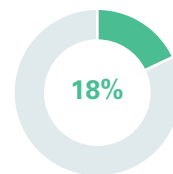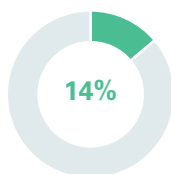| Severe anxiety	Moderate anxiety	Any anxiety
14%	17%	31%
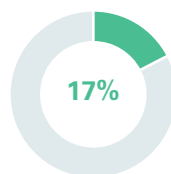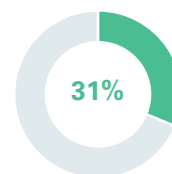
At the campuses that administered the CCAPS version of HMS, anxiety is measured using the CCAPS-34, a 34-item instrument related to psychological symptoms and distress in college students (CCMH, 2015). The CCAPS-34 contains 5 items that are used to measure generalized anxiety. The anxiety score ranges 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

31%
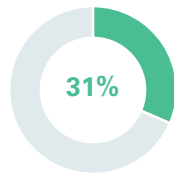
Mild level of anxiety

26%
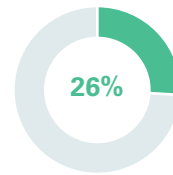
EATING DISORDER SCREEN

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

10%
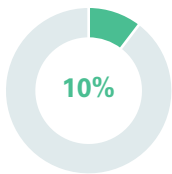
At the campuses that administered the CCAPS version of HMS, eating concerns are measured using the CCAPS-34, a 34-item instrument related to psychological symptoms and distress in college students (CCMH, 2015). The CCAPS-34 contains 3 items that are used to measure eating concerns. The eating concerns 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

34%
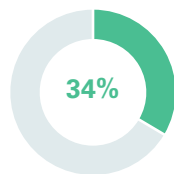
Mild level of eating concerns

7%
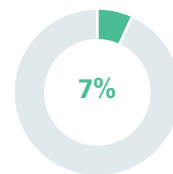
SUICIDALITY AND SELF-INJUROUS BEHAVIOR

Suicidal ideation (past year)

14%
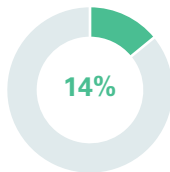
Suicide plan (past year)

6%
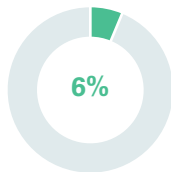
Suicide attempt (past year)

2%

Non-suicidal self-injury (past year)

24%
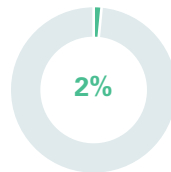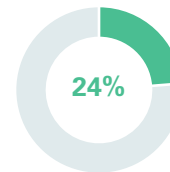
LIFETIME DIAGNOSES OF MENTAL DISORDERS

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)

25%	Depression or other mood disorders (e.g., major depressive disorder, persistent depressive disorder)
3%	Bipolar (e.g., bipolar I or II, cyclothymia)
28%	Anxiety (e.g., generalized anxiety disorder, phobias)
3%	Obsessive-compulsive or related disorders (e.g., obsessive-compulsive disorder, body dysmorphia)
6%	Trauma and Stressor Related Disorders (e.g., posttraumatic stress disorder)
5%	Neurodevelopmental disorder or intellectual disability (e.g., attention deficit disorder, attention deficit hyperactivity disorder, intellectual disability, autism spectrum disorder)
4%	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)
2%	Substance use disorder (e.g., alcohol abuse, abuse of other drugs)
63%	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?

- 24% None
- 33% 1 - 2 days
- 24% 3 - 5 days
- 20% 6 or more days
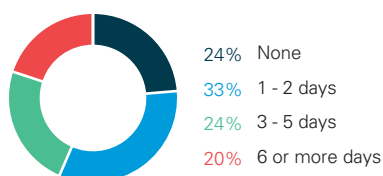
POSITIVE MENTAL HEALTH

Positive mental health

40%
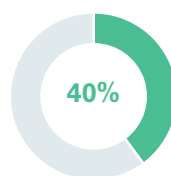
Positive mental health (psychological well-being) is measured using The Flourishing Scale, an eight-item summary measure of the respondent's self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism (Diener, Wirtz, Tov, Kim-Prieto, Choi, Oishi, & Biswas-Diener , 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)

24%	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
1%	Benzodiazepenes
0%	Methamphetamines (also known as speed, crystal meth, or ice)
3%	Other stimulants (such as Ritalin, Adderall) without a prescription or more than prescribed
1%	Ecstasy
1%	Other drugs without a prescription
74%	No, none of these

Binge drinking

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

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

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

35%	None
23%	Once
19%	Twice
17%	3 to 5 times
4%	6 to 9 times
2%	10 or more times
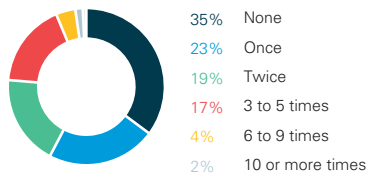
Exercise

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)

31%	Less than 1
26%	1-2
16%	3-4
27%	5 or more
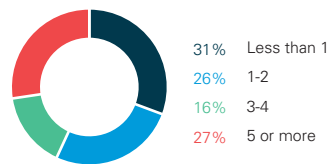
ATTITUDES AND BELIEFS ABOUT MENTAL HEALTH SERVICES

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.

27%	Strongly agree
30%	Agree
18%	Somewhat agree
7%	Somewhat disagree
11%	Disagree
7%	Strongly disagree
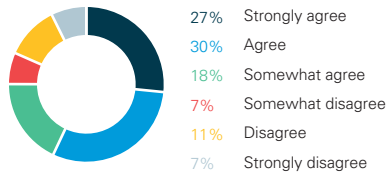
Perceived need (past year)

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

24%	Strongly agree
18%	Agree
17%	Somewhat agree
6%	Somewhat disagree
16%	Disagree
19%	Strongly disagree
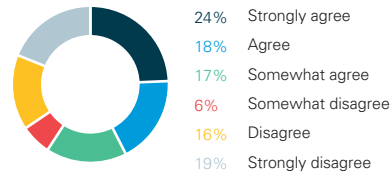
Perceived need (current)

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

23%	Strongly agree
23%	Agree
29%	Somewhat agree
11%	Somewhat disagree
11%	Disagree
3%	Strongly disagree
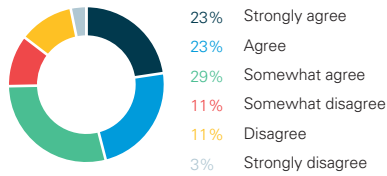
USE OF SERVICES

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.)
16%	Anti-depressants (e.g., fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), escitalopram (Lexapro), venlafaxine (Effexor), buproprion (Wellbutrin), etc.)
1%	Anti-psychotics (e.g., haloperidol (Haldol), clozapine (Clozaril), risperidone (Risperdal), olanzapine (Zyprexa), etc.)
8%	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.)
4%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
2%	Other medication for mental or emotional health
76%	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.)
26%	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.)
13%	Anti-anxiety medications (e.g., lorazepam (Ativan), clonazepam (Klonopin), alprazolam (Xanax), buspirone (BuSpar), etc.)
4%	Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazapine (Tegretol), etc.)
6%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
3%	Other medication for mental or emotional health
64%	None

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

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

30%

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

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

43%
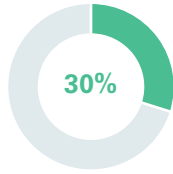
Mental health counseling/therapy, all students (lifetime)

Have you ever received counseling or therapy for mental health concerns?
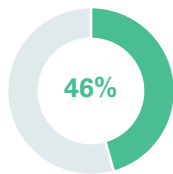
46%

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

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

61%
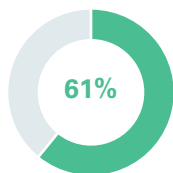
Informal help-seeking

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)

17%	Roommate
44%	Friend (who is not a roommate)
29%	Significant other
37%	Family member
4%	Religious counselor or other religious contact
2%	Support group
1%	Other non-clinical source
34%	None of the above

Barriers to help-seeking

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

4%	I haven't had the chance to go but I plan to
41%	No need for services
15%	Financial reasons (too expensive, not covered by insurance)
23%	Not enough time
10%	Not sure where to go
9%	Difficulty finding an available appointment
27%	Prefer to deal with issues on my own or with support from family/friends
7%	Other
15%	No barriers

REFERENCES

MENTAL HEALTH SCREENS

Center for Collegiate Mental Health (2015). CCAPS User Manual. University Park, PA.

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APPENDIX: DESCRIPTIVE STATISTICS FOR SURVEY ITEMS

MEASURE	All Students	95% CONFIDENCE INTERVAL
Respondent Characteristics		
Sample		
N	62171	
Response Rate	16%	
Gender		
Female	54%	(53%, 55%)
Male	44%	(43%, 44%)
Other	2%	(2%, 2%)
Race/Ethnicity		
White / Caucasian	70%	(70%, 71%)
Black / African American	10%	(10%, 11%)
Hispanic / Latino	11%	(10%, 11%)
American Indian	2%	(2%, 2%)
Arab / Middle Eastern	2%	(2%, 2%)
Asian / Asian American	11%	(11%, 12%)
Pacific Islander	1%	(1%, 1%)
Other	2%	(2%, 2%)
Country		
US Resident / Citizen	93%	(93%, 93%)
International	7%	(7%, 7%)
Residence		
Campus residence hall	32%	(31%, 32%)
Fraternity / sorority house	2%	(2%, 2%)
Other campus housing	9%	(9%, 9%)
Off-campus / non-university housing	36%	(35%, 36%)
Parent or guardian's home	18%	(18%, 19%)
Other	3%	(3%, 4%)
Academic level		
Associates	18%	(17%, 18%)
Bachelors	65%	(64%, 65%)
Masters	9%	(9%, 9%)
JD	1%	(1%, 1%)
MD	2%	(1%, 2%)
PhD or equivalent	4%	(4%, 4%)
Other	2%	(2%, 3%)
Non-degree	2%	(1%, 2%)
Ever trained for or served in the military (Armed Forces, Reserves, or National Guard)	3%	(3%, 4%)
Age		
18-22	70%	(69%, 70%)
23-25	11%	(10%, 11%)
26-30	9%	(8%, 9%)
31+	11%	(10%, 11%)
Highest educational attainment of either parent		
Less than high school degree	4%	(4%, 5%)
High school degree	23%	(23%, 24%)
College degree	39%	(38%, 39%)
Graduate degree	34%	(33%, 34%)

MEASURE	All Students	95% CONFIDENCE INTERVAL

Respondent Characteristics

MEASURE	All Students	95% CONFIDENCE INTERVAL
Religiosity		
Very important	18%	(17%, 18%)
Important	22%	(21%, 22%)
Neutral	26%	(26%, 27%)
Unimportant	16%	(16%, 17%)
Very unimportant	17%	(17%, 18%)
Current financial situation		
Always stressful	14%	(14%, 15%)
Often stressful	24%	(23%, 24%)
Stressful	35%	(35%, 36%)
Rarely Stressful	20%	(20%, 21%)
Never Stressful	7%	(7%, 7%)
Financial situation growing up		
Always stressful	10%	(10%, 11%)
Often stressful	16%	(16%, 17%)
Stressful	27%	(26%, 27%)
Rarely Stressful	29%	(29%, 30%)
Never Stressful	18%	(17%, 18%)
Relationship status		
Single	53%	(52%, 53%)
In a relationship	34%	(34%, 35%)
Married or domestic partnership	11%	(11%, 12%)
Divorced	1%	(1%, 1%)
Sexual orientation		
Heterosexual	82%	(82%, 83%)
Bisexual	9%	(9%, 10%)
Gay / lesbian	3%	(2%, 3%)
Queer	3%	(2%, 3%)
Questioning	3%	(3%, 3%)
Other	3%	(3%, 3%)
Chronic disease		
Diabetes	1%	(1%, 2%)
High blood pressure	3%	(3%, 4%)
Asthma	14%	(13%, 14%)
Thyroid disease (e.g., hypothyroid or hyperthyroid)	3%	(3%, 3%)
Gastrointestinal disease (e.g., Crohn's Disease, Ulcerative Colitis)	2%	(2%, 2%)
Arthritis	2%	(2%, 2%)
Sickle cell anemia	0%	(0%, 0%)
Seizure disorders (e.g., epilepsy)	1%	(1%, 1%)
Cancers	1%	(1%, 1%)
High cholesterol	2%	(2%, 2%)
HIV/AIDS	0%	(0%, 0%)
Other autoimmune disorder (please specify)	2%	(2%, 2%)
Other chronic disease (please specify)	4%	(4%, 4%)

Mental Health Measures

MEASURE	All Students	95% CONFIDENCE INTERVAL
Positive Mental Health		
Flourishing Scale (8-56)	43.8	(43.7, 43.9)
Disordered eating and body image		
Need to be very thin to feel good about self	24%	(23%, 24%)
Think you are very underweight	1%	(1%, 1%)
Academic impairment from mental health, past 4 weeks (1)		
None	24%	(23%, 24%)
1-2 days	33%	(32%, 33%)
3-5 days	24%	(23%, 24%)
6 or more days	20%	(19%, 20%)

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

MEASURE	All Students	95% CONFIDENCE INTERVAL

Mental Health Measures

Suicidality		
Seriously thought about attempting suicide, past year	14%	(14%, 15%)
Made a plan for attempting suicide, past year	6%	(6%, 7%)
Attempted suicide, past year	2%	(1%, 2%)

Previous Diagnoses of Mental Disorders

Mental disorders		
Any	37%	(37%, 38%)
Depression or mood disorder		
Any	25%	(24%, 25%)
Major depression	12%	(11%, 12%)
Dysthymia	3%	(2%, 3%)
Premenstrual dysphoric disorder	1%	(0%, 1%)
Bipolar and related disorders		
Any	3%	(3%, 3%)
Bipolar I disorder	1%	(1%, 1%)
Bipolar II disorder	1%	(1%, 1%)
Cyclothymic disorder	0%	(0%, 0%)
Anxiety disorder		
Any	28%	(27%, 29%)
Generalized anxiety disorder	21%	(21%, 22%)
Panic disorder	5%	(4%, 5%)
Agorophobia	0%	(0%, 0%)
Specific phobia	1%	(1%, 1%)
Social anxiety disorder or social phobia	6%	(6%, 7%)
Obsessive-compulsive or related disorders		
Any	4%	(4%, 5%)
Obsessive-compulsive disorder	3%	(3%, 4%)
Trauma and stressor related disorders		
Any	6%	(6%, 6%)
Posttraumatic stress disorder	5%	(5%, 5%)
Acute stress disorder	1%	(0%, 1%)
Psychotic disorder		
Any	0%	(0%, 1%)
Schizophrenia	0%	(0%, 0%)
Neurodevelopmental disorder or intellectual disability		
Any	5%	(5%, 6%)
ADHD	4%	(4%, 5%)
Other intellectual disability	0%	(0%, 0%)
Autism spectrum disorder	0%	(0%, 0%)
Eating disorder		
Any	4%	(3%, 4%)
Anorexia nervosa	2%	(2%, 2%)
Bulimia nervosa	1%	(1%, 1%)
Binge eating disorder	1%	(1%, 1%)
Personality disorder		
Any	1%	(1%, 1%)
Substance abuse disorder		
Any	2%	(1%, 2%)
Alcohol abuse disorder	1%	(1%, 1%)

MEASURE	All Students	95% CONFIDENCE INTERVAL

Health Behaviors and Lifestyle

Substance use, past 30 days		
Cigarettes	11%	(10%, 11%)
Vape pen or E-Cigarette	17%	(17%, 18%)
Marijuana	24%	(24%, 25%)
Cocaine	2%	(2%, 2%)
Heroin	0%	(0%, 0%)
Opioid pain relievers without a prescription or more than prescribed	1%	(1%, 1%)
Benzodiazepenes	1%	(1%, 1%)
Methamphetamines	0%	(0%, 0%)
Other stimulants without a prescription or more than prescribed	3%	(3%, 3%)
Ecstasy	1%	(0%, 1%)
Other drugs without a prescription	1%	(1%, 2%)

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	37%	(37%, 38%)
More than 3 times	13%	(13%, 14%)

Obese (BMI>=30)	19%	(18%, 19%)

Time studying/doing homework		
Less than 1 hour/week	2%	(2%, 2%)
1-2 hours/week	6%	(6%, 6%)
3-5 hours/week	22%	(22%, 23%)
6-10 hours/week	28%	(28%, 29%)
11-15 hours/week	17%	(17%, 17%)
16-20 hours/week	12%	(12%, 13%)
More than 20 hours/week	12%	(12%, 12%)

Violence (past 12 months)		
Did anyone strike or physically injure you?	7%	(7%, 8%)

Attitudes and Beliefs about Services

...think less of someone who has received mental health treatment.		
I...	6%	(6%, 6%)
Most people...	47%	(46%, 47%)

Knows where to go for professional help for mental health		
Agree or strongly agree	75%	(74%, 76%)

Beliefs about effectiveness of treatment for depression		
Believes medication is helpful or very helpful for depression	59%	(58%, 59%)
Believes therapy is helpful or very helpful for depression	82%	(82%, 83%)

Help-Seeking

Think you needed help for emotional or mental health problems, past year		
Strongly agree	24%	(24%, 25%)
Agree	18%	(18%, 19%)
Somewhat agree	17%	(16%, 17%)
Somewhat disagree	6%	(6%, 7%)
Disagree	16%	(15%, 16%)
Strongly disagree	19%	(18%, 19%)

MEASURE	All Students	95% CONFIDENCE INTERVAL

Help-Seeking

Psychotropic medication		
Any, past year	24%	(23%, 24%)
Any, current	18%	(18%, 19%)
Psychostimulants	6%	(6%, 7%)
Anti-depressants	16%	(15%, 16%)
Anti-psychotics	1%	(1%, 1%)
Anti-anxiety	8%	(7%, 8%)
Mood stabilizers	2%	(2%, 2%)
Other	2%	(2%, 2%)
Prescriber (among those with any past-year medication use)		
General practitioner/nurse practitioner/primary care physician	59%	(58%, 60%)
Psychiatrist	36%	(35%, 37%)
Other type of health provider	4%	(3%, 4%)
No prescription	8%	(7%, 8%)
Don't know	1%	(1%, 2%)
Discussed medication with provider, past year (among those with medication use)		
Not at all	12%	(11%, 13%)
1-2 times	38%	(37%, 39%)
3-5 times	27%	(26%, 28%)
More than 5 times	22%	(21%, 23%)
Whom you would talk to, if you were experiencing serious emotional distress		
Professional clinician	35%	(35%, 36%)
Roommate	19%	(19%, 20%)
Friend (who is not a roommate)	51%	(51%, 52%)
Significant other	34%	(33%, 35%)
Family member	47%	(46%, 48%)
Religious counselor / other religious contact	7%	(7%, 8%)
Support group	3%	(3%, 4%)
Other non-clinical source	2%	(1%, 2%)
No one	8%	(8%, 8%)
Therapy or counseling for mental health		
Past year	30%	(29%, 30%)
Current	14%	(14%, 15%)
Visits in past year, among those with any		
1-3	34%	(34%, 35%)
4-6	22%	(22%, 23%)
7-9	15%	(14%, 15%)
More than 10	8%	(7%, 8%)
Use of specific providers for therapy or counseling for mental health		
Campus Provider A	14%	(14%, 15%)
Campus Provider B	2%	(2%, 2%)
Campus Provider C	1%	(1%, 1%)
Psychiatric emergency services	1%	(1%, 1%)
Inpatient psychiatric hospital	1%	(1%, 1%)
Partial hospitalization program	0%	(0%, 1%)
Provider in the local community (not on campus)	7%	(7%, 7%)
Provider in another location (such as hometown)	11%	(10%, 11%)
Other	2%	(1%, 2%)
Any medication or therapy for mental health		
Past year	39%	(39%, 40%)
Current	26%	(25%, 26%)

MEASURE	All Students	95% CONFIDENCE INTERVAL
Help-Seeking		

MEASURE	All Students	95% CONFIDENCE INTERVAL
Any medication or therapy, among those with positive depression or anxiety screen		
Past year	56%	(55%, 57%)
Current	39%	(38%, 39%)
Any visit to a health provider		
Past year	77%	(76%, 78%)
Received counseling or support for mental health from these sources, past year		
Roommate	17%	(16%, 17%)
Friend (other than roommate)	44%	(43%, 45%)
Significant other	29%	(28%, 29%)
Family member	37%	(37%, 38%)
Religious contact	4%	(4%, 4%)
Support group	2%	(2%, 2%)
Other non-clinical source	1%	(1%, 1%)
None of the above	34%	(34%, 35%)
How helpful, overall, do you think the medication(s) was or has been for your mental or emotional health?		
Very helpful	38%	(37%, 39%)
Helpful	30%	(29%, 31%)
Somewhat helpful	23%	(22%, 24%)
Not helpful	9%	(8%, 10%)
How helpful, overall, do you think therapy or counseling was or has been for your mental or emotional health?		
Very helpful	34%	(33%, 35%)
Helpful	27%	(26%, 27%)
Somewhat helpful	26%	(25%, 27%)
Not helpful	14%	(13%, 15%)

Satisfaction with Therapy, Campus Providers

Convenient hours		
Very dissatisfied	4%	(4%, 5%)
Dissatisfied	7%	(6%, 8%)
Somewhat dissatisfied	9%	(8%, 9%)
Somewhat satisfied	21%	(20%, 22%)
Satisfied	38%	(36%, 39%)
Very satisfied	22%	(21%, 23%)
Location		
Very dissatisfied	2%	(1%, 2%)
Dissatisfied	3%	(2%, 3%)
Somewhat dissatisfied	5%	(4%, 5%)
Somewhat satisfied	13%	(12%, 14%)
Satisfied	46%	(44%, 47%)
Very satisfied	33%	(31%, 34%)
Quality of therapists		
Very dissatisfied	4%	(3%, 4%)
Dissatisfied	5%	(5%, 6%)
Somewhat dissatisfied	7%	(6%, 7%)
Somewhat satisfied	16%	(15%, 17%)
Satisfied	33%	(32%, 35%)
Very satisfied	35%	(34%, 36%)
Respect for privacy concerns		
Very dissatisfied	1%	(1%, 2%)
Dissatisfied	1%	(1%, 1%)
Somewhat dissatisfied	2%	(2%, 3%)
Somewhat satisfied	7%	(6%, 8%)
Satisfied	38%	(36%, 39%)
Very satisfied	51%	(49%, 52%)
Scheduling appointments w/o long delays		
Very dissatisfied	9%	(8%, 10%)
Dissatisfied	9%	(8%, 9%)
Somewhat dissatisfied	10%	(9%, 11%)
Somewhat satisfied	15%	(14%, 16%)
Satisfied	29%	(28%, 31%)
Very satisfied	29%	(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

Convenient hours		
Very dissatisfied	2%	(1%, 3%)
Dissatisfied	3%	(2%, 4%)
Somewhat dissatisfied	6%	(5%, 7%)
Somewhat satisfied	17%	(16%, 19%)
Satisfied	42%	(40%, 44%)
Very satisfied	30%	(28%, 31%)
Location		
Very dissatisfied	2%	(2%, 3%)
Dissatisfied	4%	(3%, 4%)
Somewhat dissatisfied	7%	(6%, 8%)
Somewhat satisfied	16%	(15%, 17%)
Satisfied	40%	(39%, 41%)
Very satisfied	30%	(29%, 32%)
Quality of therapists		
Very dissatisfied	3%	(2%, 3%)
Dissatisfied	4%	(4%, 5%)
Somewhat dissatisfied	5%	(5%, 6%)
Somewhat satisfied	14%	(13%, 15%)
Satisfied	29%	(28%, 31%)
Very satisfied	45%	(43%, 46%)
Respect for privacy concerns		
Very dissatisfied	1%	(1%, 2%)
Dissatisfied	1%	(1%, 1%)
Somewhat dissatisfied	2%	(2%, 2%)
Somewhat satisfied	7%	(6%, 8%)
Satisfied	33%	(31%, 34%)
Very satisfied	56%	(55%, 58%)
Scheduling appointments w/o long delays		
Very dissatisfied	3%	(2%, 3%)
Dissatisfied	4%	(3%, 4%)
Somewhat dissatisfied	6%	(5%, 6%)
Somewhat satisfied	14%	(13%, 15%)
Satisfied	33%	(32%, 34%)
Very satisfied	41%	(40%, 43%)

Barriers and Facilitators to Help-Seeking

	All Students	95% CONFIDENCE INTERVAL
Reasons for receiving no or fewer services for mental health		
I haven't had the chance to go but I plan to.	4%	(4%, 4%)
No need for services	41%	(40%, 42%)
Financial reasons	15%	(14%, 15%)
Not enough time	23%	(23%, 24%)
Not sure where to go	10%	(10%, 11%)
Difficulty finding an available appointment	9%	(8%, 9%)
Prefer to deal with issues on my own or with support from family/friends	27%	(26%, 27%)
Other	7%	(6%, 7%)
No barriers	15%	(14%, 15%)
Reasons for seeking help		
Decided on my own	72%	(71%, 73%)
Friend encouraged or pressured me	23%	(22%, 23%)
Family member encouraged or pressured me	37%	(36%, 38%)
Other person encouraged or pressured me	6%	(5%, 6%)
I was mandated by campus staff	3%	(2%, 3%)
I acquired more information about my options	1%	(1%, 1%)
Other reasons	4%	(4%, 5%)
Source of health insurance		
None (uninsured)	4%	(4%, 4%)
Parent's employer	52%	(51%, 52%)
Own employer	7%	(7%, 8%)
Spouse's employer	3%	(2%, 3%)
Student plan	10%	(10%, 10%)
Embassy or other international source	0%	(0%, 1%)
Individual market	2%	(2%, 2%)
Public insurance	7%	(7%, 8%)
Uncertain whether insured	1%	(1%, 1%)
Insured but uncertain of source	4%	(3%, 4%)
Plan provides any coverage for local mental health visits (among those with a plan)		
Yes, it definitely would	29%	(28%, 29%)
I think it would but am not sure	28%	(28%, 29%)
I have no idea	33%	(32%, 33%)
I think it would not but am not sure	7%	(7%, 8%)
No, it definitely would not	3%	(3%, 3%)
Plan meets needs for mental health services (among those with a plan)		
Have not needed plan to cover services	59%	(59%, 60%)
Yes, everything I have needed is covered	32%	(32%, 33%)
No, the coverage is inadequate to meet my needs	8%	(8%, 8%)

Supportiveness of Academic and Social Environment

MEASURE	All Students	95% CONFIDENCE INTERVAL
Talked with any academic personnel about mental health problems affecting performance	15%	(14%, 15%)
Supportiveness of response by academic personnel Very supportive Supportive Not supportive Very unsupportive	 51% 40% 7% 2%	 (49%, 52%) (38%, 42%) (6%, 8%) (2%, 3%)
Whom would you talk to about mental health problems affecting academic performance Professor from one of classes Academic advisor Another faculty member Teaching assistant Student services staff Dean of Students or Class Dean Other No one	 30% 28% 7% 2% 13% 5% 5% 32%	 (30%, 31%) (27%, 28%) (6%, 7%) (2%, 2%) (12%, 13%) (5%, 6%) (5%, 5%) (31%, 32%)
Persistence/retention Am confident I will finish my degree no matter the challenges	 80%	 (80%, 81%)