THE HEALTHY MINDS STUDY

2021 Winter/Spring Data Report

ABOUT THE HEALTHY MINDS STUDY (HMS)

STUDY TEAM

Principal Investigators: Daniel Eisenberg, PhD & Sarah Ketchen Lipson, EdM, PhD & Justin Heinze, PhD

Co-investigator: Sasha Zhou, PhD, MPH, MHSA

Project Managers: Amber Talaski, MPH & Akilah Patterson, MPH

REPORT TEAM

Graphic Designer: Sarah Fogel, University of Michigan School of Art and Design, Class of 2014

Report Automation: Paul Schulz & Liz Hanley

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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 Advarra. 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 sample of currently enrolled students over the age of 18, either randomly selected or their entire student population. 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. 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 Winter 2021 study was 15%. It is important to raise the question of whether the 15% who participated are different in important ways from the 85% who did not participate. We address this issue by constructing non-response weights using administrative data on full student populations. Most of the 102 schools in the Winter 2021 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.
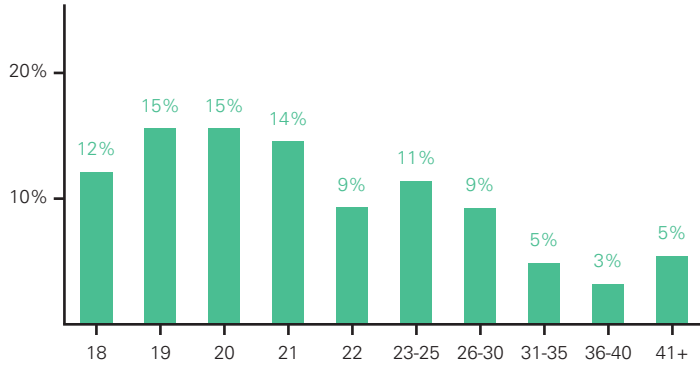
KEY FINDINGS

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

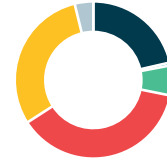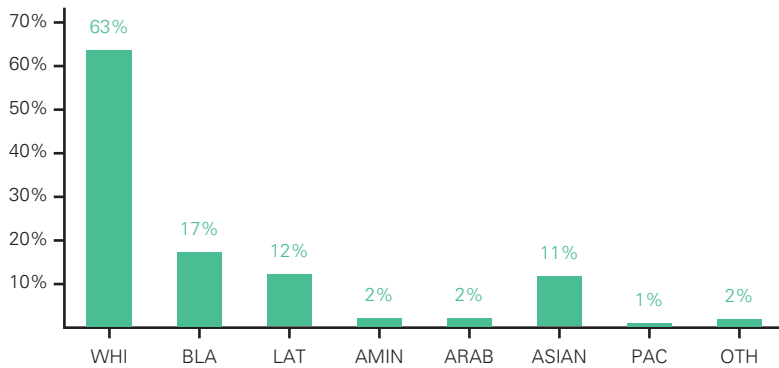| Estimated values of selected measures	Percentage of students
Major depression (positive PHQ-9 screen)	22%
Depression overall, including major and moderate (positive PHQ-9 screen)	41%
Anxiety disorder (positive GAD-7 screen)	34%
Eating disorder (positive SCOFF screen)	12%
Non-suicidal self-injury (past year)	23%
Suicidal ideation (past year)	13%
Lifetime diagnoses of mental disorders	40%
Psychiatric medication (past year)	25%
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)	52%
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."	45%

SAMPLE CHARACTERISTICS (N=103748)

Age (years)

Age	Percentage
18	12%
19	15%
20	15%
21	14%
22	9%
23-25	11%
26-30	9%
31-35	5%
36-40	3%
41+	5%

Gender

- 58% Female
- 39% Male
- 3% Other

Living arrangement

- 21% Campus residence hall
- 1% Fraternity or sorority house
- 6% Other university housing
- 38% Off-campus, non-university housing
- 30% Parent or guardian's home
- 4% Other

Race/ethnicity

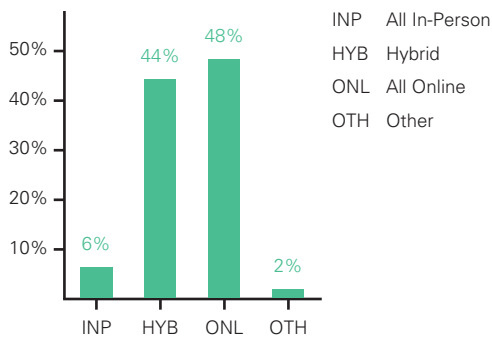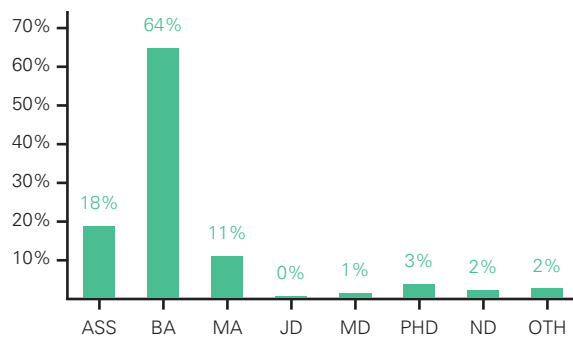| Code	Percentage
WHI	63%
BLA	17%
LAT	12%
AMIN	2%
ARAB	2%
ASIAN	11%
PAC	1%
OTH	2%

- 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

Class Format

Code	Percentage
INP	6%
HYB	44%
ONL	48%
OTH	2%

- INP — All In-Person
- HYB — Hybrid
- ONL — All Online
- OTH — Other

Degree program

| Code	Percentage
ASS	18%
BA	64%
MA	11%
JD	0%
MD	1%
PHD	3%
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).
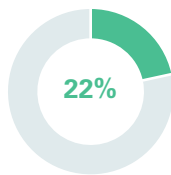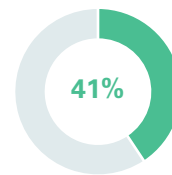
| Severe depression	Moderate depression	Any depression
22%	19%	41%
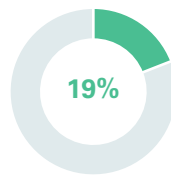
ANXIETY SCREEN

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.
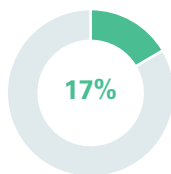
Severe anxiety	Moderate anxiety	Any anxiety
17%	18%	34%
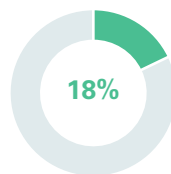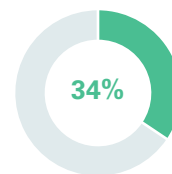
EATING DISORDER SCREEN

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

12%
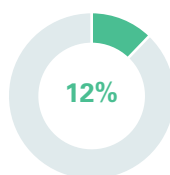
LONELINESS

How often do you feel...

lack companionship	left out	isolated from others	
36%	32%	32%	Hardly ever
43%	45%	40%	Some of the time
21%	23%	28%	Often
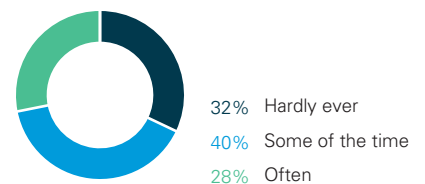
SUICIDALITY AND SELF-INJUROUS BEHAVIOR

Suicidal ideation (past year)

13%

Suicide plan (past year)

5%

Suicide attempt (past year)

1%

Non-suicidal self-injury (past year)

23%
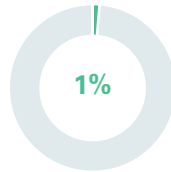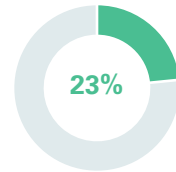
LIFETIME DIAGNOSES OF MENTAL DISORDERS

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)

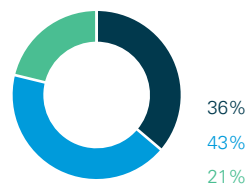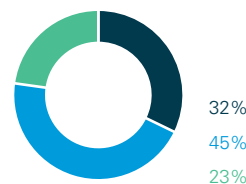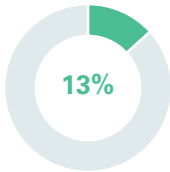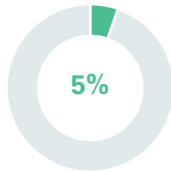|	
27%	Depression or other mood disorders (e.g., major depressive disorder, persistent depressive disorder)
3%	Bipolar (e.g., bipolar I or II, cyclothymia)
31%	Anxiety (e.g., generalized anxiety disorder, phobias)
3%	Obsessive-compulsive or related disorders (e.g., obsessive-compulsive disorder, body dysmorphia)
8%	Trauma and Stressor Related Disorders (e.g., posttraumatic stress disorder)
7%	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)
1%	Psychosis (e.g., schizophrenia, schizo-affective disorder)
1%	Personality disorder (e.g., antisocial personality disorder, paranoid personality disorder, schizoid personality disorder)
1%	Substance use disorder (e.g., alcohol abuse, abuse of other drugs)
60%	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?

18% None
28% 1 - 2 days
26% 3 - 5 days
27% 6 or more days
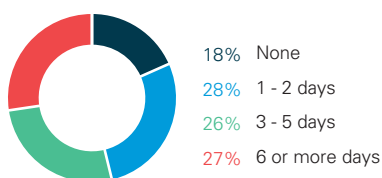
POSITIVE MENTAL HEALTH

Positive mental health

38%
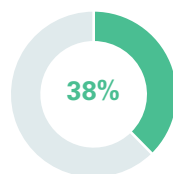
Positive mental health (psychological well-being) is measured using The Flourishing Scale, an eight-item summary measure of the respondent's self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism (Diener, Wirtz, Tov, Kim-Prieto, Choi, Oishi, & Biswas-Diener , 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)

20%	Marijuana
1%	Cocaine (any form, including crack, powder, or freebase)
0%	Heroin
0%	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)
1%	Other stimulants (such as Ritalin, Adderall) without a prescription or more than prescribed
0%	MDMA (also known as Ecstasy or Molly)
0%	Ketamine (also known as K, Special K)
1%	LSD (also known as acid)
1%	Psilocybin (also known as magic mushrooms, boomers, shrooms)
0%	Kratom
0%	Athletic performance enhancers (anything that violates policies set by school or any athletic governing body)
1%	Other drugs without a prescription
79%	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)

41% None
23% Once
16% Twice
14% 3 to 5 times
3% 6 to 9 times
2% 10 or more times
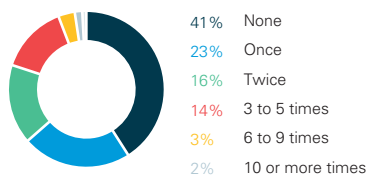
Exercise

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)

32% Less than 1
18% 1-2
13% 3-4
38% 5 or more
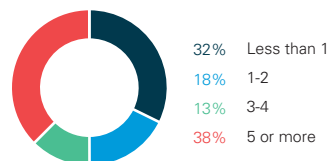
ATTITUDES AND BELIEFS ABOUT MENTAL HEALTH SERVICES

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 to access resources from my school.

- 23% Strongly agree
- 27% Agree
- 20% Somewhat agree
- 8% Somewhat disagree
- 13% Disagree
- 9% Strongly disagree
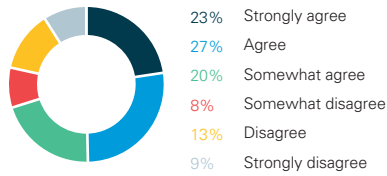
Perceived need (past year)

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

- 28% Strongly agree
- 18% Agree
- 16% Somewhat agree
- 6% Somewhat disagree
- 14% Disagree
- 18% Strongly disagree
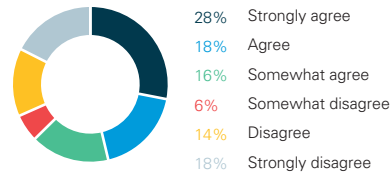
Perceived need (current)

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

- 27% Strongly agree
- 23% Agree
- 28% Somewhat agree
- 10% Somewhat disagree
- 9% Disagree
- 3% Strongly disagree

SCHOOL CLIMATE

Anti-racism

I believe my school actively works towards combating racism within the campus community.

- 81% Agree

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.)
17%	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
75%	None

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

In the past 12 months have you taken any of the following types of medications? Please count only those you took, or are taking, several times per week. (Select all that apply)

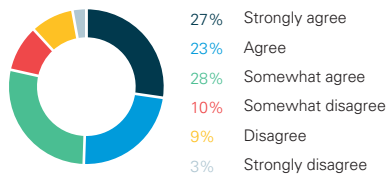|	
8%	Psychostimulants (e.g., methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.)
26%	Antidepressants (e.g., fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), escitalopram (Lexapro), venlafaxine (Effexor), buproprion (Wellbutrin), etc.)
2%	Anti-psychotics (e.g., haloperidol (Haldol), clozapine (Clozaril), risperidone (Risperdal), olanzapine (Zyprexa), etc.)
12%	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
65%	None

Mental health care access

How has your access to mental health care been affected by the COVID-19 pandemic?

12%	Much more difficult or limited access
18%	Somewhat more difficult or limited access
28%	No significant change in access
2%	Somewhat less difficult or limited access
2%	Much less difficult or limited access
38%	Don't know or not applicable (have not tried to access care)

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

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

30%

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

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

40%
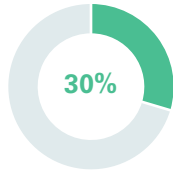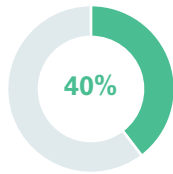
Mental health counseling/therapy, all students (lifetime)

Have you ever received counseling or therapy for mental health concerns?
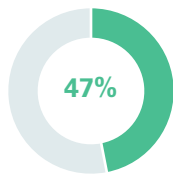
47%

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

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

59%
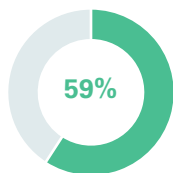
Informal help-seeking

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)

15%	Roommate
41%	Friend (who is not a roommate)
30%	Significant other
37%	Family member
4%	Religious counselor or other religious contact
2%	Support group
1%	Other non-clinical source
35%	None of the above
4%	Faculty member/professor
2%	Staff member

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)

5%	I haven't had the chance to go but I plan to
37%	No need for services
18%	Financial reasons (too expensive, not covered by insurance)
19%	Not enough time
14%	Not sure where to go
9%	Difficulty finding an available appointment
19%	Prefer to deal with issues on my own or with support from family/friends
2%	Privacy concerns
4%	People providing services don't understand me
6%	Other
17%	No barriers

REFERENCES

MENTAL HEALTH SCREENS

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

Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., & Biswas-Diener, R. (2009). New measures of well-being: Flourishing and positive and negative feelings. Social Indicators Research, 39, 247-266.

Morgan, J. F., Reid, F., & Lacey, J. H. (1999). The SCOFF questionnaire: assessment of a new screening tool for eating disorders BMJ, 319(7223), 1467-1468.

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Email: healthyminds@umich.edu
Website: www.healthymindsnetwork.org

APPENDIX: DESCRIPTIVE STATISTICS FOR SURVEY ITEMS

MEASURE	All Students	95% CONFIDENCE INTERVAL
Respondent Characteristics		
Sample		
N	103748	
Response Rate	15%	
Gender		
Female	58%	(57%, 58%)
Male	39%	(38%, 39%)
Other	3%	(2%, 3%)
Race/Ethnicity		
White / Caucasian	63%	(63%, 64%)
Black / African American	17%	(17%, 17%)
Hispanic / Latino	12%	(12%, 12%)
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	94%	(94%, 95%)
International	6%	(5%, 6%)
Residence		
Campus residence hall	21%	(21%, 22%)
Fraternity / sorority house	1%	(1%, 1%)
Other campus housing	6%	(6%, 6%)
Off-campus / non-university housing	38%	(37%, 38%)
Parent or guardian's home	30%	(30%, 31%)
Other	4%	(4%, 4%)
Academic level		
Associates	18%	(18%, 19%)
Bachelors	64%	(64%, 65%)
Masters	11%	(10%, 11%)
JD	0%	(0%, 1%)
MD	1%	(1%, 1%)
PhD or equivalent	3%	(3%, 4%)
Other	2%	(2%, 2%)
Non-degree	2%	(2%, 2%)
Ever trained for or served in the military (Armed Forces, Reserves, or National Guard)	3%	(3%, 4%)
Age		
18-22	66%	(66%, 67%)
23-25	11%	(11%, 12%)
26-30	9%	(9%, 9%)
31+	13%	(13%, 14%)
Highest educational attainment of either parent		
Less than high school degree	5%	(5%, 6%)
High school degree	27%	(26%, 27%)
College degree	38%	(37%, 38%)
Graduate degree	30%	(30%, 31%)

Respondent Characteristics

MEASURE	All Students	95% CONFIDENCE INTERVAL
Religiosity		
Very important	24%	(24%, 25%)
Important	22%	(21%, 22%)
Neutral	25%	(25%, 25%)
Unimportant	14%	(13%, 14%)
Very unimportant	16%	(15%, 16%)
Current financial situation		
Always stressful	15%	(15%, 16%)
Often stressful	24%	(23%, 24%)
Stressful	35%	(35%, 35%)
Rarely Stressful	19%	(19%, 19%)
Never Stressful	7%	(7%, 7%)
Financial situation growing up		
Always stressful	13%	(12%, 13%)
Often stressful	19%	(19%, 19%)
Stressful	29%	(28%, 29%)
Rarely Stressful	26%	(25%, 26%)
Never Stressful	14%	(13%, 14%)
Relationship status		
Single	51%	(51%, 52%)
In a relationship	34%	(33%, 34%)
Married or domestic partnership	13%	(13%, 13%)
Divorced	1%	(1%, 1%)
Sexual orientation		
Heterosexual	78%	(78%, 79%)
Bisexual	12%	(11%, 12%)
Gay / lesbian	3%	(3%, 3%)
Queer	3%	(3%, 3%)
Questioning	3%	(3%, 3%)
Other	3%	(3%, 3%)
Chronic disease		
Diabetes	2%	(2%, 2%)
High blood pressure	4%	(4%, 5%)
Asthma	15%	(14%, 15%)
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	3%	(3%, 3%)
HIV/AIDS	0%	(0%, 0%)
Other autoimmune disorder (please specify)	2%	(2%, 2%)
Other chronic disease (please specify)	5%	(4%, 5%)

Mental Health Measures

	All Students	95% CONFIDENCE INTERVAL
Positive Mental Health		
Flourishing Scale (8-56)	43.1	(43.0, 43.2)
Depression (PHQ-9)		
Overall score (0-27)	9.1	(9.0, 9.2)
In moderate range (10-14)	17%	(16%, 17%)
In moderately severe range (15-19)	11%	(11%, 11%)
In severe range (20-27)	8%	(8%, 8%)
Major depression (positive screen)	22%	(21%, 22%)
Other depression (positive screen)	19%	(19%, 19%)
Depression overall	41%	(40%, 41%)

Mental Health Measures

MEASURE	All Students	95% CONFIDENCE INTERVAL
Impairment from depression (1)		
Not difficult at all	23%	(22%, 23%)
Somewhat difficult	51%	(51%, 52%)
Very difficult	17%	(17%, 18%)
Extremely difficult	9%	(8%, 9%)
Generalized anxiety (GAD-7)		
Overall score (0-21)	7.8	(7.7, 7.8)
In moderate range (10-14)	18%	(17%, 18%)
In severe range (15-21)	17%	(16%, 17%)
Probable anxiety disorder (positive screen)	34%	(34%, 35%)
Depression/Anxiety		
Depression or anxiety disorder	48%	(48%, 49%)
Disordered eating and body image		
Probable eating disorder (3+ on SCOFF)	12%	(12%, 12%)
Need to be very thin to feel good about self	27%	(26%, 27%)
Think you are very underweight	1%	(1%, 2%)
Academic impairment from mental health, past 4 weeks (2)		
None	18%	(18%, 19%)
1-2 days	28%	(27%, 28%)
3-5 days	26%	(26%, 27%)
6 or more days	27%	(27%, 28%)

Self-Injury and Suicide

MEASURE	All Students	95% CONFIDENCE INTERVAL
Non-suicidal self-injury, past year		
Any	23%	(23%, 24%)
Cutting self	5%	(5%, 5%)
Burning self	1%	(1%, 2%)
Punching or banging self	9%	(9%, 9%)
Scratching self	9%	(9%, 9%)
Pulling one's hair	9%	(8%, 9%)
Biting self	5%	(4%, 5%)
Interfering with wound healing	8%	(8%, 8%)
Carving words or symbols in skin	1%	(1%, 1%)
Rubbing sharp objects on skin	3%	(3%, 3%)
Punching or banging wall or object	7%	(7%, 7%)
Other	2%	(1%, 2%)
Frequency of self-injury, past year (among those with any)		
Once or twice	51%	(50%, 52%)
Once a month or less	25%	(24%, 26%)
2 or 3 times a month	14%	(13%, 14%)
Once or twice a week	6%	(5%, 6%)
3 to 5 days a week	3%	(2%, 3%)
Nearly everyday, or everyday	2%	(2%, 2%)
Suicidality		
Seriously thought about attempting suicide, past year	13%	(13%, 14%)
Made a plan for attempting suicide, past year	5%	(5%, 6%)
Attempted suicide, past year	1%	(1%, 1%)

(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?

Previous Diagnoses of Mental Disorders

MEASURE	All Students	95% CONFIDENCE INTERVAL
Mental disorders		
Any	40%	(39%, 40%)
Depression or mood disorder		
Any	27%	(26%, 27%)
Major depression	14%	(13%, 14%)
Dysthymia	2%	(2%, 2%)
Premenstrual dysphoric disorder	1%	(1%, 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	31%	(30%, 31%)
Generalized anxiety disorder	24%	(24%, 25%)
Panic disorder	5%	(5%, 5%)
Agorophobia	0%	(0%, 0%)
Specific phobia	1%	(1%, 1%)
Social anxiety disorder or social phobia	7%	(7%, 7%)
Obsessive-compulsive or related disorders		
Any	5%	(5%, 5%)
Obsessive-compulsive disorder	4%	(4%, 4%)
Trauma and stressor related disorders		
Any	8%	(7%, 8%)
Posttraumatic stress disorder	7%	(6%, 7%)
Acute stress disorder	1%	(1%, 1%)
Psychotic disorder		
Any	1%	(0%, 1%)
Schizophrenia	0%	(0%, 0%)
Neurodevelopmental disorder or intellectual disability		
Any	7%	(7%, 7%)
ADHD	6%	(6%, 6%)
Other intellectual disability	0%	(0%, 0%)
Autism spectrum disorder	1%	(1%, 1%)
Eating disorder		
Any	4%	(4%, 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	1%	(1%, 2%)
Alcohol abuse disorder	1%	(1%, 1%)

Health Behaviors and Lifestyle

MEASURE	All Students	95% CONFIDENCE INTERVAL
Substance use, past 30 days		
Cigarettes	7%	(7%, 7%)
Vape pen or E-Cigarette	15%	(14%, 15%)
Marijuana	20%	(19%, 20%)
Cocaine	1%	(1%, 1%)
Heroin	0%	(0%, 0%)
Opioid pain relievers without a prescription or more than prescribed	0%	(0%, 0%)
Benzodiazepenes	1%	(1%, 1%)
Methamphetamines	0%	(0%, 0%)
Other stimulants without a prescription or more than prescribed	1%	(1%, 1%)
MDMA (also known as Ecstasy or Molly)	0%	(0%, 0%)
Ketamine (also known as K, Special K)	0%	(0%, 0%)
LSD (also known as acid)	1%	(0%, 1%)
Psilocybin (also known as magic mushrooms, boomers, shrooms)	1%	(1%, 1%)
Kratom	0%	(0%, 0%)
Athletic performance enhancers (anything that violates policies set by school or any athletic governing body)	0%	(0%, 0%)
Other drugs without a prescription	1%	(0%, 1%)
In the past 2 weeks, about how many times did you have 4 [female]/5 [male]/4 or 5 [not female or male] or more alcoholic drinks in a row? (1 drink is a can of beer, a glass of wine, a wine cooler, a shot of liquor, or a mixed drink.)		
More than one time	28%	(28%, 28%)
More than 3 times	9%	(9%, 10%)
Time studying/doing homework		
Less than 1 hour/week	2%	(2%, 2%)
1-2 hours/week	6%	(6%, 6%)
3-5 hours/week	21%	(21%, 22%)
6-10 hours/week	28%	(28%, 29%)
11-15 hours/week	17%	(17%, 18%)
16-20 hours/week	12%	(12%, 12%)
More than 20 hours/week	13%	(13%, 14%)
Violence (past 12 months)		
Did anyone strike or physically injure you?	6%	(6%, 6%)

Attitudes and Beliefs about Services

MEASURE	All Students	95% CONFIDENCE INTERVAL
...think less of someone who has received mental health treatment.		
I...	6%	(5%, 6%)
Most people...	45%	(45%, 46%)
know where to go to access resources		
Agree or strongly agree	70%	(70%, 71%)
Beliefs about effectiveness of treatment for depression		
Believes medication is helpful or very helpful for depression	61%	(60%, 61%)
Believes therapy is helpful or very helpful for depression	83%	(83%, 84%)

Help-Seeking

MEASURE	All Students	95% CONFIDENCE INTERVAL
Think you needed help for emotional or mental health problems, past year		
Strongly agree	28%	(28%, 29%)
Agree	18%	(18%, 19%)
Somewhat agree	16%	(16%, 17%)
Somewhat disagree	6%	(5%, 6%)
Disagree	14%	(14%, 14%)
Strongly disagree	18%	(17%, 18%)
Psychotropic medication		
Any, current	20%	(19%, 20%)
Psychostimulants	6%	(5%, 6%)
Anti-depressants	17%	(17%, 18%)
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	60%	(59%, 61%)
Psychiatrist	37%	(36%, 38%)
Other type of health provider	4%	(3%, 4%)
No prescription	5%	(4%, 5%)
Don't know	1%	(1%, 2%)
Discussed medication with provider, past year (among those with medication use)		
Not at all	10%	(9%, 10%)
1-2 times	39%	(38%, 40%)
3-5 times	28%	(27%, 29%)
More than 5 times	22%	(22%, 23%)
Whom you would talk to, if you were experiencing serious emotional distress		
Professional clinician	33%	(32%, 33%)
Roommate	14%	(14%, 15%)
Friend (who is not a roommate)	41%	(41%, 42%)
Significant other	33%	(32%, 33%)
Family member	41%	(41%, 42%)
Religious counselor / other religious contact	6%	(6%, 7%)
Support group	3%	(3%, 3%)
Other non-clinical source	1%	(1%, 1%)
No one	10%	(10%, 10%)
Therapy or counseling for mental health		
Past year	30%	(29%, 30%)
Current	16%	(16%, 16%)
Visits in past year, among those with any		
1-3	37%	(36%, 38%)
4-6	19%	(18%, 19%)
7-9	13%	(13%, 14%)
More than 10	7%	(7%, 8%)
Use of specific providers for therapy or counseling for mental health		
Campus Provider A	11%	(11%, 12%)
Campus Provider B	1%	(1%, 1%)
Campus Provider C	2%	(2%, 2%)
Psychiatric emergency services	1%	(1%, 1%)
Inpatient psychiatric hospital	1%	(1%, 1%)
Partial hospitalization program	1%	(1%, 1%)
Provider in the local community (not on campus)	8%	(8%, 9%)
Provider in another location (such as hometown)	12%	(11%, 12%)
Other	2%	(2%, 2%)

Help-Seeking

MEASURE	All Students	95% CONFIDENCE INTERVAL
Any medication or therapy for mental health		
Past year	39%	(39%, 40%)
Current	28%	(27%, 28%)
Any medication or therapy, among those with positive depression or anxiety screen		
Past year	52%	(51%, 53%)
Current	38%	(37%, 39%)
Any visit to a health provider		
Past year	70%	(69%, 70%)
Received counseling or support for mental health from these sources, past year		
Roommate	15%	(14%, 15%)
Friend (other than roommate)	41%	(41%, 42%)
Significant other	30%	(29%, 30%)
Family member	37%	(36%, 37%)
Religious contact	4%	(4%, 4%)
Support group	2%	(2%, 2%)
Other non-clinical source	1%	(1%, 1%)
None of the above	35%	(34%, 35%)
How helpful, overall, do you think the medication(s) was or has been for your mental or emotional health?		
Very helpful	39%	(38%, 40%)
Helpful	31%	(30%, 32%)
Somewhat helpful	22%	(22%, 23%)
Not helpful	8%	(7%, 8%)
How helpful, overall, do you think therapy or counseling was or has been for your mental or emotional health?		
Very helpful	35%	(34%, 36%)
Helpful	28%	(27%, 29%)
Somewhat helpful	25%	(24%, 26%)
Not helpful	12%	(11%, 12%)
Of the places you reported receiving counseling or therapy, how were your counseling or therapy sessions conducted?		
In-person only	22%	(22%, 23%)
Remote/telehealth only (digital video conferencing, text/app chat, etc.)	42%	(41%, 43%)
Both in-person and remote	35%	(34%, 36%)

Satisfaction with Therapy, Campus Providers

MEASURE	All Students	95% CONFIDENCE INTERVAL
Convenient hours		
Very dissatisfied	3%	(3%, 4%)
Dissatisfied	4%	(4%, 5%)
Somewhat dissatisfied	8%	(8%, 9%)
Somewhat satisfied	20%	(19%, 21%)
Satisfied	43%	(41%, 44%)
Very satisfied	22%	(21%, 23%)
Location		
Very dissatisfied	2%	(2%, 3%)
Dissatisfied	4%	(3%, 4%)
Somewhat dissatisfied	7%	(6%, 8%)
Somewhat satisfied	17%	(16%, 18%)
Satisfied	46%	(45%, 47%)
Very satisfied	24%	(23%, 25%)
Quality of therapists		
Very dissatisfied	4%	(3%, 4%)
Dissatisfied	4%	(4%, 5%)
Somewhat dissatisfied	8%	(7%, 8%)
Somewhat satisfied	16%	(14%, 17%)
Satisfied	31%	(29%, 32%)
Very satisfied	30%	(29%, 32%)
Respect for privacy concerns		
Very dissatisfied	2%	(1%, 2%)
Dissatisfied	1%	(1%, 2%)
Somewhat dissatisfied	2%	(2%, 3%)
Somewhat satisfied	9%	(8%, 10%)
Satisfied	39%	(38%, 41%)
Very satisfied	46%	(45%, 48%)
Scheduling appointments w/o long delays		
Very dissatisfied	5%	(5%, 6%)
Dissatisfied	6%	(5%, 6%)
Somewhat dissatisfied	8%	(7%, 9%)
Somewhat satisfied	15%	(14%, 16%)
Satisfied	35%	(33%, 36%)
Very satisfied	31%	(30%, 32%)

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

MEASURE	All Students	95% CONFIDENCE INTERVAL
Convenient hours		
Very dissatisfied	2%	(2%, 3%)
Dissatisfied	3%	(3%, 4%)
Somewhat dissatisfied	7%	(6%, 8%)
Somewhat satisfied	18%	(16%, 19%)
Satisfied	42%	(41%, 43%)
Very satisfied	28%	(27%, 30%)
Location		
Very dissatisfied	2%	(2%, 3%)
Dissatisfied	4%	(3%, 4%)
Somewhat dissatisfied	7%	(6%, 7%)
Somewhat satisfied	15%	(14%, 15%)
Satisfied	43%	(42%, 45%)
Very satisfied	29%	(28%, 30%)
Quality of therapists		
Very dissatisfied	3%	(2%, 3%)
Dissatisfied	4%	(4%, 5%)
Somewhat dissatisfied	7%	(6%, 7%)
Somewhat satisfied	14%	(13%, 15%)
Satisfied	32%	(31%, 33%)
Very satisfied	40%	(39%, 41%)
Respect for privacy concerns		
Very dissatisfied	2%	(1%, 2%)
Dissatisfied	1%	(1%, 1%)
Somewhat dissatisfied	2%	(2%, 2%)
Somewhat satisfied	7%	(7%, 8%)
Satisfied	36%	(35%, 37%)
Very satisfied	52%	(51%, 53%)
Scheduling appointments w/o long delays		
Very dissatisfied	4%	(3%, 4%)
Dissatisfied	4%	(4%, 5%)
Somewhat dissatisfied	7%	(6%, 7%)
Somewhat satisfied	13%	(13%, 14%)
Satisfied	34%	(33%, 35%)
Very satisfied	38%	(37%, 39%)

Barriers and Facilitators to Help-Seeking

MEASURE	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.	5%	(5%, 6%)
No need for services	37%	(37%, 38%)
Financial reasons	18%	(18%, 18%)
Not enough time	19%	(19%, 19%)
Not sure where to go	14%	(14%, 15%)
Difficulty finding an available appointment	9%	(8%, 9%)
Prefer to deal with issues on my own or with support from family/friends	19%	(19%, 20%)
Other	6%	(6%, 6%)
No barriers	17%	(16%, 17%)
Reasons for seeking help		
Decided on my own	73%	(73%, 74%)
Friend encouraged or pressured me	19%	(18%, 19%)
Family member encouraged or pressured me	32%	(32%, 33%)
Other person encouraged or pressured me	4%	(4%, 5%)
A campus advisor mandated me to seek help by campus staff	1%	(1%, 1%)
I acquired more information about my options	1%	(1%, 1%)
A campus advisor referred me to seek help	3%	(3%, 3%)
Health professional recommended help	12%	(12%, 13%)
Other reasons	4%	(3%, 4%)
Source of health insurance		
None (uninsured)	6%	(6%, 7%)
Parent's employer	46%	(46%, 47%)
Own employer	9%	(9%, 9%)
Spouse's employer	3%	(3%, 3%)
Student plan	6%	(6%, 6%)
Embassy or other international source	0%	(0%, 0%)
Individual market	2%	(2%, 2%)
Public insurance	8%	(8%, 9%)
Uncertain whether insured	1%	(1%, 1%)
Insured but uncertain of source	3%	(3%, 3%)
Plan provides any coverage for local mental health visits (among those with a plan)		
Yes, it definitely would	31%	(31%, 32%)
I think it would but am not sure	28%	(28%, 29%)
I have no idea	31%	(30%, 31%)
I think it would not but am not sure	7%	(7%, 7%)
No, it definitely would not	3%	(3%, 4%)
Plan meets needs for mental health services (among those with a plan)		
Have not needed plan to cover services	58%	(57%, 58%)
Yes, everything I have needed is covered	32%	(32%, 33%)
No, the coverage is inadequate to meet my needs	10%	(10%, 11%)

Supportiveness of Academic and Social Environment

MEASURE	All Students	95% CONFIDENCE INTERVAL
Talked with any academic personnel about mental health problems affecting performance	16%	(15%, 16%)
Supportiveness of response by academic personnel		
Very supportive	51%	(50%, 53%)
Supportive	39%	(38%, 40%)
Not supportive	7%	(6%, 8%)
Very unsupportive	3%	(2%, 3%)
Whom would you talk to about mental health problems affecting academic performance		
Professor from one of classes	29%	(29%, 29%)
Academic advisor	25%	(24%, 25%)
Another faculty member	5%	(5%, 5%)
Teaching assistant	2%	(1%, 2%)
Student services staff	9%	(9%, 10%)
Dean of Students or Class Dean	3%	(3%, 3%)
Other	4%	(4%, 4%)
No one	33%	(33%, 34%)
Persistence/retention		
Am confident I will finish my degree no matter the challenges	78%	(77%, 78%)

Ethnicity Subcategories

Black		
African	14%	(13%, 15%)
African American	79%	(78%, 80%)
African Carribean	8%	(8%, 9%)
Afro-Latina/o/x	3%	(3%, 4%)
Other	4%	(4%, 5%)
Asian		
East Asian (eg Chinese, Japanese, Korean, Taiwanese)	43%	(42%, 44%)
Southeast Asian (eg Cambodian, Vietnamese, Hmong)	16%	(15%, 17%)
South Asian (eg Indian, Pakistani, Nepalese, Sri Lankan)	23%	(22%, 24%)
Filipina/o/x	10%	(9%, 11%)
Other	2%	(2%, 3%)
Hispanic		
Mexican/Mexican American	57%	(56%, 58%)
Central American	13%	(12%, 14%)
South American	14%	(14%, 15%)
Carribean	11%	(10%, 12%)
Other	8%	(8%, 9%)