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. It is important to raise the question of whether the percentage of students who participated are different in important ways from those who did not participate. We address this issue by constructing non-response weights. The non-response weights adjust specifically for the fact that female students have consistently higher response rates than male students in our survey (and in most other survey studies). We construct the weights by comparing the female-male composition of our respondent sample to the reported female-male ratio for the full student population at each institution (which is typically available from basic enrollment statistics). If the respondent sample has a smaller percentage of males and larger percentage of females, as compared to the composition of the full student population, then male students in our sample are assigned a higher non-response weight value than female students. This means that weighted estimates are representative of the female-male distribution in the full student population. For students with nonbinary gender identities, we are not able to use this same process, however, because we are generally not able to obtain accurate statistics on the representation of these groups in the full student population. Therefore, rather than making assumptions, we assign a weight value to students with nonbinary identifiers that leaves their representation in the weighted sample the same as in the unweighted sample. In the future, if and when more reliable information becomes available at the full student population level, we will be able to incorporate that information into sample weights for groups other than female and male gender identities. 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 report 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 Service Utilization/Help-Seeking. For each measure, the data tables display the following information: the value for your institution, the 95% confidence interval for your institution's value, the value for the national sample, an indicator of whether your institution's value is significantly higher or lower than the national value, the value for your institution's peer sample, and an indicator of whether your institution's value is significantly higher or lower than the peer value. All values in this report 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 8,000 students provided their entire population. For the sake of consistency, these schools were not treated any differently than those schools that provided a 8,000 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 (using X in the "Sig" column).

PEER GROUPS

Each institution that participated in the 2022-2023 iteration of the Healthy Minds Study has been categorized into one of four "peer groups" based on student population size (small < 5,000 students, large >= 5,000 students) and public/private status.

Peer Group 1 = Small, private schools (N = 36 schools)

Peer Group 2 = Small, public schools (N = 23 schools)

Peer Group 3 = Large, public schools (N = 54 schools)

Peer Group 4 = Large, private schools (N = 18 schools)

The value provided in the "Peer Sample" column is that of your institution's peer group (not including your institution). This allows for comparison to a smaller group of schools most similar to your institution based on two key characteristics.

Respondent Characteristics

Sample

	All Students
N	340
Response Rate	13.14%

Gender

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Woman	54%	0.51	0.57	54%		54%	
Man	43%	0.40	0.46	41%		41%	
Gender Minority*	4%	0.03	0.05	6%		8%	X

*Gender minority category includes respondents who selected trans man, trans woman, nonbinary, queer, or self-identify response options

Race/Ethnicity

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
White/Caucasian	81%	0.78	0.83	61%	X	60%	X
Black/African American	10%	0.09	0.13	17%	X	26%	X
Hispanic/Latino	11%	0.09	0.14	16%	X	14%	
American Indian	1%	0.00	0.02	2%		1%	
Arab/Middle Eastern	1%	0.00	0.02	2%		1%	
Asian/Asian American	4%	0.03	0.05	12%	X	7%	
Pacific Islander	1%	0.00	0.01	1%		1%	
Other Race/Ethnicity	1%	0.01	0.02	2%		2%	
Multiracial	9%	0.07	0.11	11%		10%	

Country

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
International	10%	0.08	0.12	7%		8%	

Academic level

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Associate	28%	0.26	0.31	23%	X	7%	X
Bachelor's	64%	0.61	0.67	59%		85%	X
Master's	6%	0.05	0.08	9%		6%	
PhD	0%	0.00	0.01	3%	X	1%	
JD	0%	0.00	0.00	1%		0%	
MD	0%	0.00	0.01	2%		0%	
Other	0%	0.00	0.00	2%	X	1%	
Non-degree	1%	0.00	0.02	2%		1%	

Age

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
18-22	85%	0.83	0.87	68%	X	82%	
23-25	8%	0.06	0.10	11%		8%	
26-30	2%	0.01	0.03	8%	X	4%	X
31+	5%	0.04	0.07	13%	X	6%	

Educational attainment of parents/guardians

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Less than HS degree	6%	0.04	0.07	5%		4%	
High school degree	15%	0.13	0.17	13%		11%	
Some college, no degree	20%	0.18	0.23	14%	X	13%	X
College degree	41%	0.37	0.44	37%		37%	
Graduate degree	19%	0.16	0.21	31%	X	35%	X

Current financial situation

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Always stressful	15%	0.13	0.18	18%		17%	
Often stressful	25%	0.23	0.28	25%		25%	
Sometimes stressful	37%	0.34	0.40	34%		33%	
Rarely stressful	18%	0.16	0.20	17%		18%	
Never stressful	4%	0.03	0.06	7%		7%	

Financial situation growing up

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Always stressful	13%	0.11	0.15	14%		12%	
Often stressful	18%	0.15	0.20	19%		18%	
Sometimes stressful	33%	0.30	0.36	27%	X	28%	
Rarely stressful	25%	0.23	0.28	25%		26%	
Never stressful	11%	0.09	0.13	14%		16%	X

Sexual orientation

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Heterosexual	77%	0.74	0.80	73%		69%	X
Gay or lesbian	6%	0.04	0.07	6%		7%	
Bisexual	12%	0.10	0.14	13%		14%	
Queer	1%	0.01	0.02	4%	X	5%	X
Questioning	3%	0.02	0.04	3%		3%	
Other	6%	0.05	0.08	8%		9%	

Mental Health Measures

Positive mental health

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
In flourishing range (48-56)	41%	0.37	0.44	36%		39%	

Depression (PHQ-9)

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
In moderate range (10-14)	18%	0.16	0.21	21%		21%	
In severe range (15-27)	20%	0.17	0.23	20%		20%	
Any depression (10-27)	38%	0.35	0.42	41%		41%	

Impairment from depression

How difficult have these problems (noted above) made it for you to do your work, take care of things at home, or get along with other people?

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Not difficult at all	28%	0.25	0.31	23%		23%	
Somewhat difficult	54%	0.50	0.57	54%		54%	
Very difficult	14%	0.11	0.16	16%		16%	
Extremely difficult	5%	0.04	0.07	7%		7%	

Generalized anxiety (GAD-7)

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
In moderate range (10-14)	19%	0.17	0.22	19%		19%	
In severe range (15-21)	16%	0.13	0.18	17%		17%	
Any anxiety (10-21)	35%	0.32	0.38	36%		36%	

Depression/Anxiety

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Depression or anxiety disorder	48%	0.45	0.51	49%		49%	

Disordered eating & body image

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Potential eating disorder (3+ on SCOFF)	12%	0.10	0.14	14%		14%	
Need to be very thin to feel good about self	27%	0.24	0.30	30%		28%	

Academic impairment from mental health, past 4 weeks

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
None	28%	0.25	0.31	20%	X	20%	X
1-2 days	31%	0.28	0.34	31%		32%	
3-5 days	21%	0.18	0.23	25%		24%	
6 or more days	21%	0.18	0.24	24%		24%	

Self-Injury and Suicide

Non-suicidal self-injury, past year

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Any	25%	0.22	0.28	29%		31%	X
Cutting self	8%	0.06	0.10	8%		9%	
Burning self	2%	0.01	0.04	3%		4%	
Punching or banging self	9%	0.07	0.11	14%	X	15%	X
Scratching self	13%	0.10	0.15	14%		15%	
Pulling one's hair	10%	0.08	0.12	13%		13%	
Biting self	8%	0.06	0.10	8%		9%	
Interfering with wound healing	12%	0.09	0.14	13%		14%	
Carving words or symbols in skin	3%	0.02	0.04	1%		2%	
Rubbing sharp objects on skin	4%	0.03	0.06	5%		6%	
Punching or banging wall or object	10%	0.08	0.13	11%		12%	
Other	3%	0.02	0.05	3%		2%	

Suicidality

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Suicidal ideation	12%	0.10	0.14	14%		15%	
Suicide plan	6%	0.05	0.08	6%		7%	
Suicide attempt	1%	0.00	0.02	2%		2%	

Previous Diagnoses of Mental Disorders

Mental disorders

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Any	30%	0.27	0.33	46%	X	45%	X
Depression or mood disorder	21%	0.18	0.24	36%	X	34%	X
Anxiety disorder	26%	0.23	0.29	40%	X	39%	X
Bipolar and related disorders	3%	0.02	0.05	6%		5%	
Obsessive-compulsive or related disorders	6%	0.05	0.09	11%	X	12%	X
Trauma and stressor related disorders	9%	0.07	0.12	16%	X	15%	X
Psychotic disorder	1%	0.00	0.02	1%		1%	
Neurodevelopmental disorder or intellectual disability	7%	0.05	0.10	18%	X	19%	X
Eating disorder	6%	0.05	0.09	9%		9%	
Personality disorder	1%	0.00	0.02	3%		3%	
Substance abuse disorder	1%	0.00	0.02	3%	X	2%	

Health Behaviors and Lifestyle

Substance use, past 30 days

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Cigarettes	5%	0.04	0.07	8%		8%	
Marijuana	16%	0.14	0.19	23%	X	26%	X
Cocaine	1%	0.01	0.02	1%		1%	
Heroin	1%	0.01	0.02	0%	X	0%	X
Opioid pain relievers*	0%	0.00	0.01	1%		1%	
Benzodiazepenes	0%	0.00	0.01	1%		1%	
Methamphetamines	0%	0.00	0.01	0%		0%	
Other stimulants*	1%	0.00	0.02	2%		3%	
MDMA (Ecstacy, Molly)	0%	0.00	0.01	0%		1%	
Ketamine (K, Special K)	0%	0.00	0.01	0%		0%	
LSD (acid)	1%	0.01	0.03	1%		1%	
Psilocybin (magic mushrooms, shrooms)	0%	0.00	0.01	2%	X	3%	X
Kratom	0%	0.00	0.01	0%		0%	
Athletic performance enhancers	0%	0.00	0.01	0%		0%	
Other drugs*	1%	0.00	0.02	1%		1%	

*Without a prescription or more than prescribed

Alcohol Use & Binge Drinking

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?

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Any alcohol in past 30 days	40%	0.37	0.44	49%	X	52%	X
One or more times	31%	0.28	0.34	32%		36%	
3 or more times	8%	0.06	0.10	10%		13%	X

Attitudes and Beliefs about Services

Stigma: Personal and Perceived

...think less of someone who has received mental health treatment.

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
I...	4%	0.03	0.06	6%		6%	
Most people...	46%	0.42	0.49	41%		38%	X

Knowledge of Services

I know where to go to access resources.

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Agree or strongly agree	81%	0.79	0.84	76%		83%	

Help-Seeking

Think you needed help for emotional or mental health problems, past year

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Strongly agree	27%	0.25	0.31	29%		31%	
Agree	13%	0.11	0.15	19%	X	19%	X
Somewhat agree	16%	0.14	0.19	17%		17%	
Somewhat disagree	7%	0.05	0.09	6%		5%	
Disagree	17%	0.15	0.20	14%		13%	
Strongly disagree	19%	0.17	0.22	15%		14%	X

Psychotropic medication use

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Any, past year	22%	0.20	0.25	29%	X	28%	
Psychostimulants	6%	0.04	0.08	9%		9%	X
Anti-depressants	14%	0.12	0.17	22%	X	21%	X
Anti-psychotics	1%	0.00	0.02	2%		2%	
Anti-anxiety	9%	0.07	0.11	11%		10%	
Mood stabilizers	5%	0.03	0.07	4%		4%	
Other	3%	0.02	0.04	4%		3%	

Prescriber (among those with any past-year medication use)

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
General practitioner/Primary care physician	67%	0.59	0.74	59%		55%	
Psychiatrist	20%	0.14	0.27	36%	X	39%	X
Other type of health provider	9%	0.06	0.15	3%	X	3%	X
No prescription	4%	0.02	0.09	3%		4%	

Whom would you talk to if you were experiencing severe emotional distress?

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Professional clinician	31%	0.28	0.35	41%	X	42%	X
Roommate	14%	0.12	0.17	18%		22%	X
Friend (who is not a roommate)	53%	0.50	0.57	50%		53%	
Significant Other	48%	0.45	0.51	39%	X	36%	X
Family member	57%	0.53	0.60	52%		55%	
Religious contact	15%	0.12	0.17	7%	X	7%	X
Support group	5%	0.04	0.07	4%		4%	
Other non-clinical source	2%	0.01	0.03	2%		2%	
No one	11%	0.09	0.13	12%		11%	

Therapy or counseling for mental health

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Past year	22%	0.19	0.25	36%	X	40%	X
Current	12%	0.10	0.14	29%	X	30%	X

Visits in past year, among those with any

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
1-3	12%	0.08	0.16	19%		20%	X
4-6	17%	0.13	0.22	13%		16%	
7-9	8%	0.05	0.12	8%		9%	
10 or more	24%	0.19	0.29	28%		28%	

Use of specific providers for therapy or counseling for mental health

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Campus Provider A	51%	0.44	0.58	40%		54%	
Campus Provider B	0%	0.00	0.02	6%		6%	
Psychiatric emergency services	10%	0.07	0.16	5%		5%	X
Inpatient psychiatric hospital	12%	0.08	0.17	7%		7%	
Partial hospitalization program	2%	0.01	0.06	3%		3%	
Provider in the local community (not on campus)	24%	0.18	0.30	32%		22%	
Provider in another location (such as hometown)	54%	0.48	0.60	59%		59%	
Other	40%	0.34	0.46	14%	X	12%	X

How were your counseling or therapy sessions conducted?

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
In-person only	45%	0.38	0.53	43%		50%	
Remote/telehealth only	34%	0.28	0.42	32%		25%	
Both in-person and remote	20%	0.15	0.27	25%		25%	

Any medication or therapy for mental health

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Past year	34%	0.30	0.37	46%	X	48%	X

Received counseling or support for mental health from these sources, past year

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Any	69%	0.66	0.73	69%		70%	
Roommate	24%	0.20	0.29	33%	X	39%	X
Friend (who is not a roommate)	58%	0.54	0.62	57%		60%	
Significant other	54%	0.50	0.59	50%		50%	
Family member	56%	0.52	0.60	57%		60%	
Religious contact	20%	0.16	0.25	12%	X	13%	
Support group	8%	0.05	0.11	7%		7%	
Faculty member	16%	0.12	0.21	16%		23%	
Staff member	6%	0.04	0.10	8%		13%	X
Other non-clinical source	5%	0.03	0.09	3%		4%	
None of these	31%	0.27	0.34	31%		30%	

How helpful do you think the medication(s) was or has been for your mental or emotional health?

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very helpful	41%	0.34	0.49	40%		38%	
Helpful	23%	0.17	0.29	30%		32%	
Somewhat helpful	25%	0.19	0.32	23%		22%	
Not helpful	11%	0.07	0.17	8%		8%	

How helpful do you think therapy or counseling was or has been for your mental or emotional health?

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very helpful	39%	0.33	0.44	35%		35%	
Helpful	12%	0.09	0.16	27%	X	29%	X
Somewhat helpful	29%	0.25	0.35	25%		25%	
Not helpful	20%	0.16	0.25	13%	X	11%	X

Satisfaction with On-Campus Providers*

Convenient hours

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	2%	0.00	0.07	4%		5%	
Dissatisfied	2%	0.00	0.07	6%		7%	
Somewhat dissatisfied	13%	0.08	0.22	10%		10%	
Somewhat satisfied	22%	0.15	0.31	21%		21%	
Satisfied	33%	0.24	0.42	40%		39%	
Very satisfied	28%	0.20	0.37	22%		22%	

Location

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	2%	0.00	0.07	2%		3%	
Dissatisfied	0%	0.00	0.04	3%		3%	
Somewhat dissatisfied	0%	0.00	0.04	5%		5%	
Somewhat satisfied	18%	0.11	0.26	14%		14%	
Satisfied	44%	0.35	0.54	47%		47%	
Very satisfied	36%	0.28	0.46	31%		31%	

Quality of therapists

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	0%	0.00	0.04	5%		4%	
Dissatisfied	8%	0.04	0.15	6%		6%	
Somewhat dissatisfied	9%	0.04	0.16	8%		7%	
Somewhat satisfied	17%	0.11	0.26	18%		19%	
Satisfied	30%	0.22	0.39	35%		36%	
Very satisfied	36%	0.28	0.46	31%		31%	

*Note: The measures in this section tend to have larger confidence intervals due to fewer respondents

Respect for privacy concerns

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	0%	0.00	0.04	2%		2%	
Dissatisfied	0%	0.00	0.04	2%		2%	
Somewhat dissatisfied	2%	0.00	0.07	3%		3%	
Somewhat satisfied	24%	0.17	0.34	9%	X	10%	X
Satisfied	29%	0.21	0.39	42%		42%	
Very satisfied	45%	0.35	0.54	46%		45%	

Scheduling appointments without long delays

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	0%	0.00	0.04	7%		7%	
Dissatisfied	4%	0.01	0.10	8%		7%	
Somewhat dissatisfied	3%	0.01	0.08	9%		9%	
Somewhat satisfied	29%	0.21	0.39	15%	X	15%	
Satisfied	30%	0.22	0.40	35%		36%	
Very satisfied	34%	0.25	0.44	30%		30%	

Respect and consideration for my cultural background

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	0%	0.00	0.04	1%		2%	
Dissatisfied	5%	0.02	0.11	2%		2%	
Somewhat dissatisfied	4%	0.01	0.10	2%		2%	
Somewhat satisfied	2%	0.00	0.08	10%		9%	
Satisfied	41%	0.32	0.51	42%		43%	
Very satisfied	48%	0.38	0.58	46%		45%	

Satisfaction with Off-Campus Providers*

Convenient hours

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	4%	0.02	0.08	3%		4%	
Dissatisfied	3%	0.01	0.07	4%		4%	
Somewhat dissatisfied	1%	0.00	0.05	7%		7%	
Somewhat satisfied	26%	0.20	0.33	20%		20%	
Satisfied	48%	0.41	0.56	40%		42%	
Very satisfied	21%	0.15	0.28	27%		25%	

Location

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	5%	0.03	0.10	3%		4%	
Dissatisfied	3%	0.01	0.07	4%		4%	
Somewhat dissatisfied	3%	0.01	0.07	7%		7%	
Somewhat satisfied	20%	0.14	0.27	16%		17%	
Satisfied	48%	0.40	0.56	41%		42%	
Very satisfied	24%	0.18	0.31	31%		29%	

Quality of therapists

	Arr Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	5%	0.03	0.10	5%		5%	
Dissatisfied	4%	0.02	0.09	6%		4%	
Somewhat dissatisfied	10%	0.06	0.16	9%		9%	
Somewhat satisfied	12%	0.07	0.18	17%		15%	
Satisfied	34%	0.27	0.42	32%		33%	
Very satisfied	35%	0.28	0.43	34%		36%	

*Note: The measures in this section tend to have larger confidence intervals due to fewer respondents

Respect for privacy concerns

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	4%	0.02	0.08	3%		3%	
Dissatisfied	6%	0.03	0.11	2%		2%	X
Somewhat dissatisfied	4%	0.02	0.08	4%		3%	
Somewhat satisfied	7%	0.04	0.12	10%		10%	
Satisfied	40%	0.33	0.48	36%		36%	
Very satisfied	41%	0.33	0.48	47%		47%	

Scheduling appointments without long delays

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	1%	0.00	0.05	5%		5%	
Dissatisfied	4%	0.02	0.09	4%		4%	
Somewhat dissatisfied	9%	0.06	0.15	7%		6%	
Somewhat satisfied	11%	0.07	0.17	16%		15%	
Satisfied	41%	0.34	0.49	35%		37%	
Very satisfied	37%	0.30	0.45	35%		35%	

Respect and consideration for my cultural background

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	1%	0.00	0.05	2%		2%	
Dissatisfied	6%	0.03	0.10	1%	X	1%	X
Somewhat dissatisfied	1%	0.00	0.05	3%		3%	
Somewhat satisfied	7%	0.04	0.12	10%		10%	
Satisfied	41%	0.33	0.48	38%		39%	
Very satisfied	47%	0.39	0.55	47%		47%	

Barriers and Facilitators to Help-Seeking

Reasons for receiving no or fewer services for mental health

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
I haven't had the chance to go but I plan to	8%	0.06	0.11	9%		8%	
No need for services	54%	0.49	0.58	47%		50%	
Financial reasons	9%	0.07	0.12	14%		11%	
Not enough time	12%	0.10	0.15	17%		16%	
Not sure where to go	9%	0.07	0.12	15%	X	13%	
Difficulty finding an available appointment	1%	0.00	0.02	4%	X	4%	X
Prefer to deal with issues on my own or with family/friend support	18%	0.15	0.21	22%		21%	
Privacy concerns	4%	0.03	0.07	6%		6%	
People providing services don't understand me	2%	0.01	0.04	5%	X	5%	
Fear of being mistreated due to my identity/identities	2%	0.01	0.04	3%		3%	
Other	4%	0.03	0.06	4%		3%	
No barriers	16%	0.13	0.19	15%		16%	

Reasons for seeking help

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Decided on my own	61%	0.55	0.67	75%	X	73%	X
Friend encouraged me	13%	0.09	0.17	16%		19%	
Friend pressured me	5%	0.03	0.08	3%		3%	
Family member encouraged me	30%	0.24	0.35	30%		33%	
Family member pressured me	7%	0.04	0.11	8%		8%	
Other person encouraged me	6%	0.03	0.09	5%		6%	
Campus advisor mandated me to seek help by campus staff	2%	0.01	0.04	1%		1%	
Campus advisor referred me to seek help	4%	0.02	0.07	4%		5%	
Health professional recommended help	18%	0.14	0.23	15%		15%	
I acquired more information about my options	3%	0.02	0.06	1%	X	1%	X
Other reasons	5%	0.03	0.09	4%		4%	

Source of health insurance

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
None (uninsured)	6%	0.05	0.08	6%		5%	
Parent's employer	66%	0.62	0.69	59%	X	66%	
Own employer	3%	0.02	0.05	9%	X	4%	
Spouse's employer	2%	0.01	0.03	3%		2%	
Student plan	4%	0.02	0.05	9%	X	10%	X
Embassy or other international source	1%	0.01	0.02	0%	X	0%	
Individual market	4%	0.03	0.05	3%		2%	
Public insurance	9%	0.07	0.11	13%		10%	
Uncertain whether insured	3%	0.02	0.04	2%		2%	
Insured but uncertain of source	5%	0.04	0.07	4%		5%	

Plan provides any coverage for local mental health visits

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Yes, it definitely would	16%	0.14	0.19	32%	X	30%	X
I think it would but am not sure	30%	0.26	0.33	28%		29%	
I have no idea	45%	0.41	0.48	30%	X	31%	X
I think it would not but am not sure	6%	0.04	0.08	7%		7%	
No, it definitely would not	4%	0.03	0.06	3%		3%	

Supportiveness of Academic and Social Environment

Talked with any academic personnel about mental health problems affecting performance

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Past year	13%	0.10	0.15	18%	X	24%	X

Supportiveness of response by academic personnel

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very supportive	57%	0.47	0.66	52%		53%	
Supportive	34%	0.26	0.44	39%		41%	
Not supportive	7%	0.03	0.14	6%		5%	
Very unsupportive	2%	0.00	0.08	2%		1%	

Whom would you talk to about mental health problems affecting academic performance

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Professor from one of my classes	42%	0.39	0.45	38%		44%	
Academic advisor	30%	0.27	0.33	32%		36%	X
Another faculty member	8%	0.06	0.10	7%		9%	
Teaching assistant	3%	0.02	0.04	2%		1%	
Student services staff	11%	0.09	0.13	12%		12%	
Dean of Students or Class Dean	8%	0.06	0.10	5%		8%	
Other	3%	0.02	0.05	5%		6%	
No one	35%	0.32	0.39	36%		31%	

Persistence / Retention

I am confident that I will finish my degree no matter the challenges

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Agree or Strongly Agree	83%	0.80	0.85	82%		85%	

Ethnicity Subcategories*

Black

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
African	18%	0.12	0.27	15%		11%	
African American	66%	0.56	0.75	74%		79%	
African Caribbean	9%	0.05	0.17	14%		12%	
Afro-Latina/o/x	3%	0.01	0.09	5%		4%	
Other	6%	0.03	0.13	4%		3%	

Hispanic

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Mexican/Mexican American	40%	0.31	0.49	52%		36%	
Central American	19%	0.13	0.28	11%		13%	
South American	23%	0.16	0.32	17%		23%	
Caribbean	13%	0.08	0.21	15%		20%	
Spanish/Portugese	16%	0.10	0.24	7%		9%	
Other	2%	0.00	0.07	8%		9%	

Asian

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
East Asian	28%	0.16	0.45	40%		45%	
Southeast Asian	19%	0.09	0.35	15%		16%	
South Asian	26%	0.14	0.43	34%		27%	
Filipina/o/x	13%	0.05	0.29	14%		15%	
Other	13%	0.05	0.29	3%		3%	

*Note: The measures in this section tend to have larger confidence intervals due to fewer respondents