



THE HEALTHY MINDS STUDY

2021-2022 Data Report

ABOUT THE HEALTHY MINDS STUDY (HMS)



STUDY TEAM

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STUDY PURPOSE

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

STUDY DESIGN

The Healthy Minds Study is designed to protect the privacy and confidentiality of participants. HMS is approved by 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. 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 data report provides descriptive statistics (percentages, mean values, etc.) from the national sample of respondents 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.

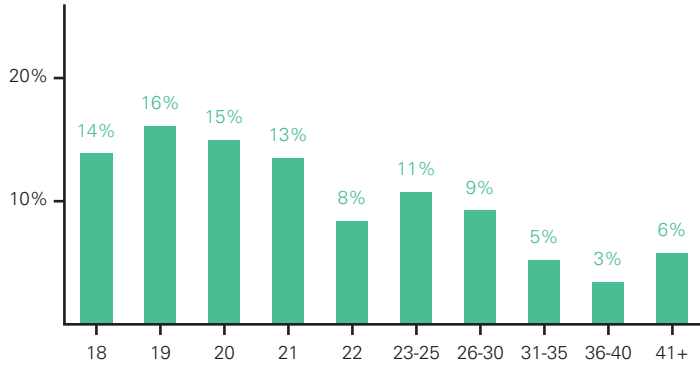
KEY FINDINGS

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

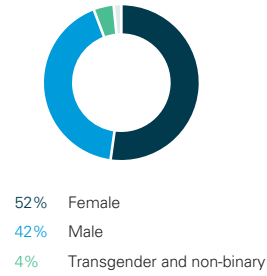
| Estimated values of selected measures | Percentage of students |
|---|------------------------|
| Major depression (positive PHQ-9 screen) | 23% |
| Depression overall, including major and moderate (positive PHQ-9 screen) | 44% |
| Anxiety disorder (positive GAD-7 screen) | 37% |
| Eating disorder (positive SCOFF screen) | 14% |
| Non-suicidal self-injury (past year) | 28% |
| Suicidal ideation (past year) | 15% |
| Lifetime diagnoses of mental disorders | 47% |
| Psychiatric medication (past year) | 29% |
| Mental health therapy/counseling (past year) | 37% |
| Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year) | 60% |
| 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." | 40% |

SAMPLE CHARACTERISTICS (N=95860)

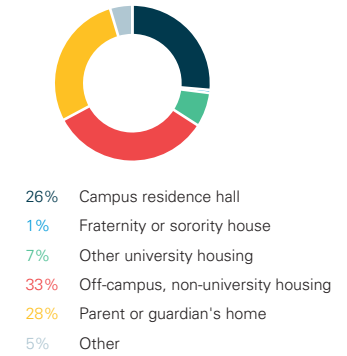
Age (years)



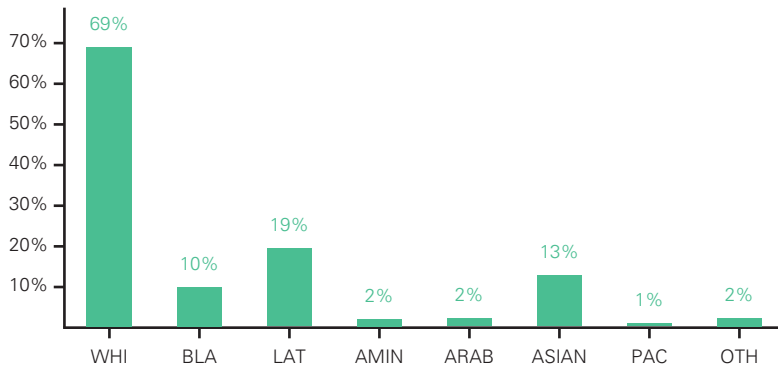
Gender



Living Arrangement

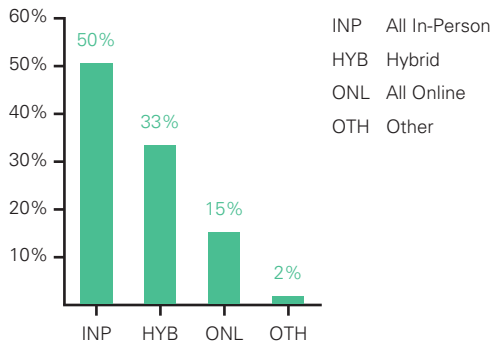


Race/ethnicity



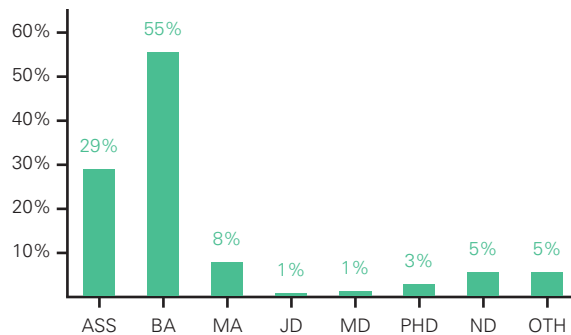
- WHI White or Caucasian
- BLA African American/Black
- LAT Hispanic/Latino
- AMIN American Indian/Alaskan Native
- ARAB Arab/Middle Eastern or Arab American
- ASIAN Asian/Asian American
- PAC Pacific Islander
- OTH Other

Class format



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

Degree program



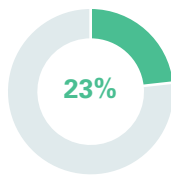
- ASS Associate's degree
- BA Bachelor's degree
- MA Master's degree
- JD JD
- MD MD
- PHD PhD or equivalent
- ND Non-degree student
- OTH Other

PREVALENCE OF MENTAL HEALTH PROBLEMS

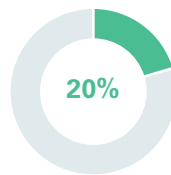
DEPRESSION SCREEN

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).

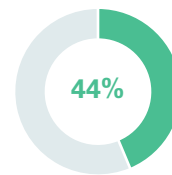
Severe depression



Moderate depression



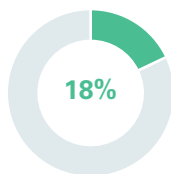
Any depression



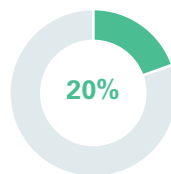
ANXIETY SCREEN

Anxiety is measured using the GAD-7, a seven-item screening tool for screening and severity measuring of generalized anxiety disorder in the past two weeks (Spitzer, Kroenke, Williams, & Lowe, 2006). Following the standard algorithm for interpreting the GAD-7, symptom levels are categorized as severe anxiety, moderate anxiety, or neither.

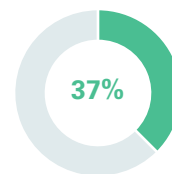
Severe anxiety



Moderate anxiety



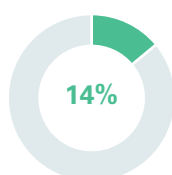
Any anxiety



EATING DISORDER SCREEN

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

Eating disorders



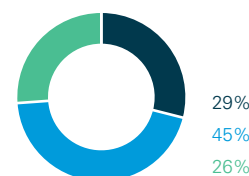
LONELINESS

How often do you feel...

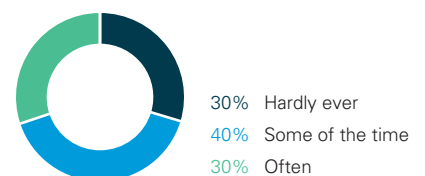
you lack companionship



left out

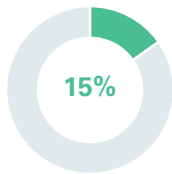


isolated from others

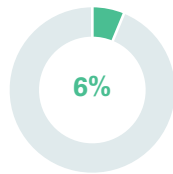


SUICIDALITY AND SELF-INJUROUS BEHAVIOR

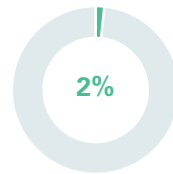
Suicidal ideation (past year)



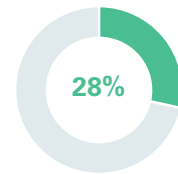
Suicide plan (past year)



Suicide attempt (past year)



Non-suicidal self-injury (past year)



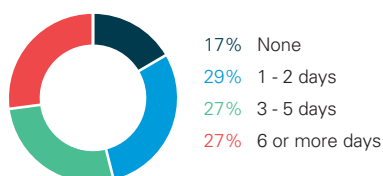
LIFETIME DIAGNOSES OF MENTAL DISORDERS

Have you ever been diagnosed with any of the following conditions by a health professional (e.g. primary care doctor, psychiatrist, psychologist, etc.)? (Select all that apply)

| | |
|-----|--|
| 33% | Depression or other mood disorders (e.g., major depressive disorder, persistent depressive disorder) |
| 4% | Bipolar (e.g., bipolar I or II, cyclothymia) |
| 38% | Anxiety (e.g., generalized anxiety disorder, phobias) |
| 4% | Obsessive-compulsive or related disorders (e.g., obsessive-compulsive disorder, body dysmorphia) |
| 11% | Trauma and stressor related disorders (e.g., posttraumatic stress disorder) |
| 11% | Neurodevelopmental disorder or intellectual disability (e.g., attention deficit disorder, attention deficit hyperactivity disorder, intellectual disability, autism spectrum disorder) |
| 5% | Eating disorder (e.g., anorexia nervosa, bulimia nervosa) |
| 1% | Psychosis (e.g., schizophrenia, schizo-affective disorder) |
| 2% | Personality disorder (e.g., antisocial personality disorder, paranoid personality disorder, schizoid personality disorder) |
| 3% | Substance use disorder (e.g., alcohol abuse, abuse of other drugs) |
| 53% | No, none of these |

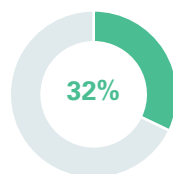
ACADEMIC IMPAIRMENT

In the past 4 weeks, how many days have you felt that emotional or mental difficulties have hurt your academic performance?



POSITIVE MENTAL HEALTH

Positive mental health



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

HEALTH BEHAVIORS AND LIFESTYLE

Drug use

Over the past 30 days, have you used any of the following drugs? (Select all that apply)

| | |
|-----|---|
| 22% | 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) |
| 2% | 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 |
| 76% | No, none of these |

Binge drinking

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

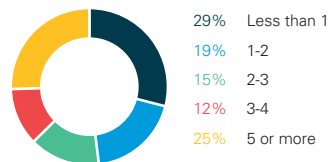
- A 12-ounce can or bottle of beer
- A 4-ounce glass of wine
- A shot of liquor straight or in a mixed drink

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?



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)

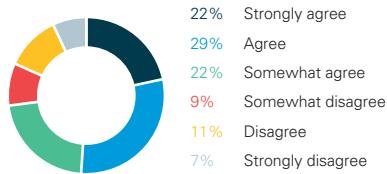


ATTITUDES AND BELIEFS ABOUT MENTAL HEALTH SERVICES

KNOWLEDGE

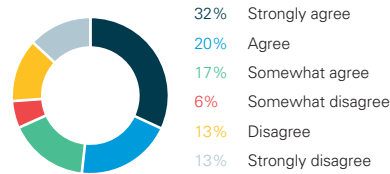
Knowledge of campus mental health resources

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.



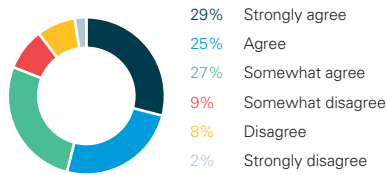
Perceived need (past year)

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



Perceived need (current)

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



SCHOOL CLIMATE

Anti-racism

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



85% 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)

| | |
|-----|--|
| 7% | Psychostimulants (e.g., methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.) |
| 21% | Anti-depressants (e.g., fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), escitalopram (Lexapro), venlafaxine (Effexor), bupropion (Wellbutrin), etc.) |
| 2% | Anti-psychotics (e.g., haloperidol (Haldol), clozapine (Clozaril), risperidone (Risperdal), olanzapine (Zyprexa), etc.) |
| 9% | Anti-anxiety medications (e.g., lorazepam (Ativan), clonazepam (Klonopin), alprazolam (Xanax), buspirone (BuSpar), etc.) |
| 3% | Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazepine (Tegretol), etc.) |
| 5% | Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.) |
| 3% | Other medication for mental or emotional health |
| 71% | None |

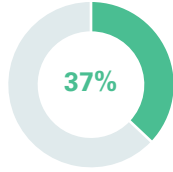
Psychotropic medication use among students with positive depression or anxiety screens (past year)

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

| | |
|-----|---|
| 10% | Psychostimulants (e.g., methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.) |
| 30% | Antidepressants (e.g., fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), escitalopram (Lexapro), venlafaxine (Effexor), bupropion (Wellbutrin), etc.) |
| 3% | 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.) |
| 5% | Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazepine (Tegretol), etc.) |
| 7% | Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.) |
| 4% | Other medication for mental or emotional health |
| 60% | None |

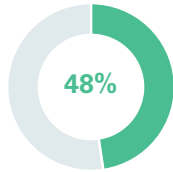
Mental health counseling/therapy, all students (past year)

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



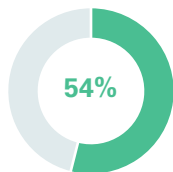
Mental health counseling/therapy among students with positive depression or anxiety screens (past year)

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



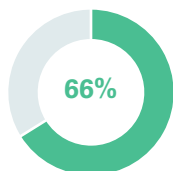
Mental health counseling/therapy, all students (lifetime)

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



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

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



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 |
| 43% | Friend (who is not a roommate) |
| 31% | Significant other |
| 39% | Family member |
| 4% | Religious counselor or other religious contact |
| 3% | Support group |
| 1% | Other non-clinical source |
| 32% | None of the above |
| 5% | 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)

| | |
|-----|--|
| 6% | I haven't had the chance to go but I plan to |
| 33% | No need for services |
| 21% | Financial reasons (too expensive, not covered by insurance) |
| 25% | Not enough time |
| 16% | Not sure where to go |
| 12% | Difficulty finding an available appointment |
| 21% | Prefer to deal with issues on my own or with support from family/friends |
| 2% | Privacy concerns |
| 5% | People providing services don't understand me |
| 6% | Other |
| 15% | No barriers |

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APPENDIX: DESCRIPTIVE STATISTICS FOR SURVEY ITEMS

MEASURE

All Students

95% CONFIDENCE INTERVAL

Respondent Characteristics

| | | |
|---|-------|------------|
| Sample | | |
| N | 95860 | |
| Response Rate | 12% | |
| Gender | | |
| Female | 52% | (52%, 53%) |
| Male | 42% | (41%, 43%) |
| Other | 4% | (4%, 4%) |
| Race/Ethnicity | | |
| White / Caucasian | 69% | (68%, 69%) |
| Black / African American | 10% | (9%, 10%) |
| Hispanic / Latino | 19% | (19%, 20%) |
| American Indian | 2% | (2%, 2%) |
| Arab / Middle Eastern | 2% | (2%, 2%) |
| Asian / Asian American | 13% | (12%, 13%) |
| Pacific Islander | 1% | (1%, 1%) |
| Other | 2% | (2%, 2%) |
| Country | | |
| US Resident / Citizen | 94% | (94%, 94%) |
| International | 6% | (6%, 6%) |
| Residence | | |
| Campus residence hall | 26% | (26%, 27%) |
| Fraternity / sorority house | 1% | (1%, 1%) |
| Other campus housing | 7% | (7%, 7%) |
| Off-campus / non-university housing | 33% | (33%, 34%) |
| Parent or guardian's home | 28% | (28%, 29%) |
| Other | 5% | (4%, 5%) |
| Academic level | | |
| Associates | 29% | (28%, 29%) |
| Bachelors | 55% | (55%, 56%) |
| Masters | 8% | (7%, 8%) |
| JD | 1% | (0%, 1%) |
| MD | 1% | (1%, 1%) |
| PhD or equivalent | 3% | (3%, 3%) |
| Other | 5% | (5%, 6%) |
| Non-degree | 5% | (5%, 6%) |
| Ever trained for or served in the military (Armed Forces, Reserves, or National Guard) | 3% | (3%, 3%) |
| Age | | |
| 18-22 | 66% | (66%, 67%) |
| 23-25 | 11% | (10%, 11%) |
| 26-30 | 9% | (9%, 9%) |
| 31+ | 14% | (14%, 15%) |
| Highest educational attainment of either parent | | |
| Less than high school degree | 7% | (6%, 7%) |
| High school degree | 27% | (26%, 27%) |
| College degree | 37% | (36%, 38%) |
| Graduate degree | 29% | (29%, 30%) |

Respondent Characteristics

| MEASURE | All Students | 95% CONFIDENCE INTERVAL |
|--|--------------|-------------------------|
| Religiosity | | |
| Very important | 17% | (17%, 18%) |
| Important | 19% | (19%, 20%) |
| Neutral | 26% | (26%, 27%) |
| Unimportant | 15% | (15%, 16%) |
| Very unimportant | 22% | (22%, 22%) |
| Current financial situation | | |
| Always stressful | 17% | (16%, 17%) |
| Often stressful | 24% | (24%, 25%) |
| Stressful | 34% | (34%, 35%) |
| Rarely Stressful | 18% | (18%, 18%) |
| Never Stressful | 7% | (6%, 7%) |
| Financial situation growing up | | |
| Always stressful | 14% | (14%, 15%) |
| Often stressful | 19% | (19%, 20%) |
| Stressful | 27% | (27%, 28%) |
| Rarely Stressful | 25% | (24%, 25%) |
| Never Stressful | 14% | (14%, 15%) |
| Relationship status | | |
| Single | 50% | (50%, 51%) |
| In a relationship | 34% | (33%, 34%) |
| Married or domestic partnership | 13% | (13%, 14%) |
| Divorced | 1% | (1%, 2%) |
| Sexual orientation | | |
| Heterosexual | 76% | (75%, 76%) |
| Bisexual | 14% | (14%, 15%) |
| Gay / lesbian | 4% | (4%, 4%) |
| Queer | 5% | (4%, 5%) |
| Questioning | 4% | (4%, 4%) |
| Other | 2% | (2%, 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) | 3% | (3%, 3%) |
| Arthritis | 3% | (2%, 3%) |
| 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%, 3%) |
| Other chronic disease (please specify) | 5% | (5%, 5%) |

Mental Health Measures

| | | |
|------------------------------------|------|--------------|
| Positive Mental Health | | |
| Flourishing Scale (8-56) | 42.0 | (41.9, 42.1) |
| Depression (PHQ-9) | | |
| Overall score (0-27) | 9.5 | (9.5, 9.6) |
| In moderate range (10-14) | 18% | (18%, 18%) |
| In moderately severe range (15-19) | 12% | (11%, 12%) |
| In severe range (20-27) | 9% | (8%, 9%) |
| Major depression (positive screen) | 23% | (23%, 24%) |
| Other depression (positive screen) | 20% | (20%, 21%) |
| Depression overall | 44% | (43%, 44%) |

Mental Health Measures

| MEASURE | All Students | 95% CONFIDENCE INTERVAL |
|--|--------------------------|--|
| <i>Impairment from depression (1)</i> Not difficult at all Somewhat difficult Very difficult Extremely difficult | 21% 52% 18% 9% | (21%, 22%) (52%, 53%) (18%, 18%) (8%, 9%) |
| <i>Generalized anxiety (GAD-7)</i> Overall score (0-21) In moderate range (10-14) In severe range (15-21) Probable anxiety disorder (positive screen) | 8.2 20% 18% 37% | (8.1, 8.3) (19%, 20%) (17%, 18%) (37%, 38%) |
| <i>Depression/Anxiety</i> Depression or anxiety disorder | 52% | (51%, 52%) |
| <i>Disordered eating and body image</i> Probable eating disorder (3+ on SCOFF) Need to be very thin to feel good about self Think you are very underweight | 14% 30% 2% | (14%, 14%) (29%, 30%) (2%, 2%) |
| <i>Academic impairment from mental health, past 4 weeks (2)</i> None 1-2 days 3-5 days 6 or more days | 17% 29% 27% 27% | (16%, 17%) (29%, 30%) (26%, 27%) (27%, 28%) |

Self-Injury and Suicide

| | | |
|--|---|--|
| <i>Non-suicidal self-injury, past year</i> Any Cutting self Burning self Punching or banging self Scratching self Pulling one's hair Biting self Interfering with wound healing Carving words or symbols in skin Rubbing sharp objects on skin Punching or banging wall or object Other | 28% 7% 2% 12% 11% 10% 6% 10% 1% 4% 9% 2% | (28%, 29%) (6%, 7%) (2%, 2%) (11%, 12%) (11%, 12%) (10%, 10%) (6%, 6%) (10%, 11%) (1%, 1%) (4%, 4%) (8%, 9%) (2%, 2%) |
| <i>Frequency of self-injury, past year (among those with any)</i> Once or twice Once a month or less 2 or 3 times a month Once or twice a week 3 to 5 days a week Nearly everyday, or everyday | 49% 25% 14% 6% 3% 2% | (48%, 50%) (24%, 26%) (13%, 15%) (6%, 7%) (3%, 4%) (2%, 3%) |
| <i>Suicidality</i> Seriously thought about attempting suicide, past year Made a plan for attempting suicide, past year Attempted suicide, past year | 15% 6% 2% | (15%, 16%) (6%, 7%) (1%, 2%) |

(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 | 47% | (47%, 48%) |
| Depression or mood disorder Any Major depression Dysthymia Premenstrual dysphoric disorder | 33% 17% 3% 1% | (32%, 34%) (17%, 18%) (3%, 3%) (1%, 1%) |
| Bipolar and related disorders Any Bipolar I disorder Bipolar II disorder Cyclothymic disorder | 4% 1% 2% 0% | (4%, 4%) (1%, 1%) (1%, 2%) (0%, 0%) |
| Anxiety disorder Any Generalized anxiety disorder Panic disorder Agoraphobia Specific phobia Social anxiety disorder or social phobia | 38% 30% 6% 1% 1% 10% | (37%, 38%) (29%, 30%) (6%, 7%) (1%, 1%) (1%, 1%) (9%, 10%) |
| Obsessive-compulsive or related disorders Any Obsessive-compulsive disorder | 6% 5% | (6%, 7%) (5%, 5%) |
| Trauma and stressor related disorders Any Posttraumatic stress disorder Acute stress disorder | 11% 9% 1% | (11%, 11%) (9%, 10%) (1%, 1%) |
| Psychotic disorder Any Schizophrenia | 1% 0% | (1%, 1%) (0%, 0%) |
| Neurodevelopmental disorder or intellectual disability Any ADHD Other intellectual disability Autism spectrum disorder | 11% 9% 1% 2% | (11%, 11%) (9%, 9%) (0%, 1%) (2%, 3%) |
| Eating disorder Any Anorexia nervosa Bulimia nervosa Binge eating disorder | 5% 2% 1% 1% | (5%, 6%) (2%, 3%) (1%, 1%) (1%, 1%) |
| Personality disorder Any | 2% | (2%, 2%) |
| Substance abuse disorder Any Alcohol abuse disorder | 3% 1% | (2%, 3%) (1%, 2%) |

Health Behaviors and Lifestyle

| MEASURE | All Students | 95% CONFIDENCE INTERVAL |
|--|--------------|-------------------------|
| Substance use, past 30 days | | |
| Cigarettes | 8% | (7%, 8%) |
| Vape pen or E-Cigarette | 17% | (16%, 17%) |
| Marijuana | 22% | (22%, 23%) |
| Cocaine | 1% | (1%, 1%) |
| Heroin | 0% | (0%, 0%) |
| Opioid pain relievers without a prescription or more than prescribed | 0% | (0%, 1%) |
| 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) | 2% | (1%, 2%) |
| 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% | (1%, 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 | 29% | (28%, 29%) |
| More than 3 times | 10% | (9%, 10%) |
| Time studying/doing homework | | |
| Less than 1 hour/week | 2% | (2%, 3%) |
| 1-2 hours/week | 6% | (6%, 6%) |
| 3-5 hours/week | 22% | (21%, 22%) |
| 6-10 hours/week | 28% | (27%, 28%) |
| 11-15 hours/week | 17% | (17%, 17%) |
| 16-20 hours/week | 12% | (11%, 12%) |
| More than 20 hours/week | 13% | (13%, 14%) |
| Violence (past 12 months) | | |
| Did anyone strike or physically injure you? | 6% | (6%, 7%) |

Attitudes and Beliefs about Services

| | | |
|---|-----|------------|
| ...think less of someone who has received mental health treatment. | | |
| I... | 6% | (6%, 7%) |
| Most people... | 40% | (40%, 41%) |
| I know where to go to access resources. | | |
| Agree or strongly agree | 73% | (72%, 74%) |

Help-Seeking

| MEASURE | All Students | 95% CONFIDENCE INTERVAL |
|--|--------------|-------------------------|
| <i>Think you needed help for emotional or mental health problems, past year</i> | | |
| Strongly agree | 32% | (31%, 32%) |
| Agree | 20% | (19%, 20%) |
| Somewhat agree | 17% | (16%, 17%) |
| Somewhat disagree | 6% | (5%, 6%) |
| Disagree | 13% | (13%, 13%) |
| Strongly disagree | 13% | (13%, 14%) |
| <i>Psychotropic medication use</i> | | |
| Any, current | 23% | (23%, 24%) |
| Psychostimulants | 7% | (6%, 7%) |
| Anti-depressants | 21% | (21%, 21%) |
| Anti-psychotics | 2% | (1%, 2%) |
| Anti-anxiety | 9% | (8%, 9%) |
| Mood stabilizers | 3% | (3%, 3%) |
| Other | 3% | (3%, 3%) |
| <i>Prescriber (among those with any past-year medication use)</i> | | |
| General practitioner/nurse practitioner/primary care physician | 57% | (56%, 59%) |
| Psychiatrist | 41% | (40%, 42%) |
| Other type of health provider | 3% | (3%, 4%) |
| No prescription | 3% | (3%, 4%) |
| Don't know | 1% | (1%, 2%) |
| <i>Discussed medication with provider, past year (among those with medication use)</i> | | |
| Not at all | 8% | (8%, 9%) |
| 1-2 times | 34% | (33%, 35%) |
| 3-5 times | 29% | (28%, 30%) |
| More than 5 times | 27% | (26%, 28%) |
| <i>Whom you would talk to, if you were experiencing serious emotional distress</i> | | |
| Professional clinician | 36% | (36%, 37%) |
| Roommate | 14% | (14%, 15%) |
| Friend (who is not a roommate) | 43% | (43%, 44%) |
| Significant other | 34% | (33%, 34%) |
| Family member | 42% | (42%, 43%) |
| Religious counselor / other religious contact | 5% | (5%, 6%) |
| Support group | 4% | (3%, 4%) |
| Other non-clinical source | 1% | (1%, 1%) |
| No one | 10% | (10%, 10%) |
| <i>Therapy or counseling for mental health</i> | | |
| Past year | 37% | (36%, 38%) |
| Current | 20% | (20%, 21%) |
| <i>Visits in past year, among those with any</i> | | |
| 1-3 | 31% | (31%, 32%) |
| 4-6 | 19% | (18%, 19%) |
| 7-9 | 14% | (13%, 14%) |
| More than 10 | 9% | (8%, 9%) |
| <i>Use of specific providers for therapy or counseling for mental health</i> | | |
| Campus Provider A | 13% | (13%, 14%) |
| Campus Provider B | 2% | (1%, 2%) |
| Campus Provider C | 0% | (0%, 0%) |
| Psychiatric emergency services | 1% | (1%, 2%) |
| Inpatient psychiatric hospital | 2% | (2%, 2%) |
| Partial hospitalization program | 1% | (1%, 1%) |
| Provider in the local community (not on campus) | 10% | (10%, 11%) |
| Provider in another location (such as hometown) | 17% | (16%, 17%) |
| Other | 3% | (3%, 3%) |

Help-Seeking

| MEASURE | All Students | 95% CONFIDENCE INTERVAL |
|--|---|--|
| <i>Any medication or therapy for mental health</i> Past year Current | 47% 33% | (46%, 48%) (32%, 33%) |
| <i>Any medication or therapy, among those with positive depression or anxiety screen</i> Past year Current | 60% 44% | (59%, 61%) (43%, 45%) |
| <i>Any visit to a health provider</i> Past year | 73% | (72%, 73%) |
| <i>Received counseling or support for mental health from these sources, past year</i> Roommate Friend (other than roommate) Significant other Family member Religious contact Support group Other non-clinical source None of the above | 15% 43% 31% 39% 4% 3% 1% 32% | (15%, 15%) (43%, 44%) (31%, 32%) (38%, 39%) (3%, 4%) (2%, 3%) (1%, 1%) (32%, 33%) |
| <i>How helpful, overall, do you think the medication(s) was or has been for your mental or emotional health?</i> Very helpful Helpful Somewhat helpful Not helpful | 39% 31% 22% 8% | (38%, 40%) (30%, 32%) (21%, 23%) (7%, 8%) |
| <i>How helpful, overall, do you think therapy or counseling was or has been for your mental or emotional health?</i> Very helpful Helpful Somewhat helpful Not helpful | 34% 27% 25% 14% | (33%, 35%) (26%, 28%) (25%, 26%) (13%, 14%) |

Satisfaction with Therapy, Campus Providers

| MEASURE | All Students | 95% CONFIDENCE INTERVAL |
|---|--------------|-------------------------|
| <i>Convenient hours</i> | | |
| Very dissatisfied | 4% | (4%, 5%) |
| Dissatisfied | 6% | (5%, 6%) |
| Somewhat dissatisfied | 9% | (8%, 10%) |
| Somewhat satisfied | 21% | (20%, 22%) |
| Satisfied | 39% | (38%, 41%) |
| Very satisfied | 21% | (19%, 22%) |
| <i>Location</i> | | |
| Very dissatisfied | 3% | (2%, 3%) |
| Dissatisfied | 3% | (3%, 4%) |
| Somewhat dissatisfied | 5% | (5%, 6%) |
| Somewhat satisfied | 15% | (14%, 16%) |
| Satisfied | 47% | (45%, 48%) |
| Very satisfied | 27% | (26%, 28%) |
| <i>Quality of therapists</i> | | |
| Very dissatisfied | 5% | (4%, 5%) |
| Dissatisfied | 5% | (5%, 6%) |
| Somewhat dissatisfied | 8% | (8%, 9%) |
| Somewhat satisfied | 18% | (17%, 19%) |
| Satisfied | 33% | (32%, 34%) |
| Very satisfied | 31% | (30%, 32%) |
| <i>Respect for privacy concerns</i> | | |
| Very dissatisfied | 2% | (1%, 2%) |
| Dissatisfied | 1% | (1%, 1%) |
| Somewhat dissatisfied | 2% | (2%, 2%) |
| Somewhat satisfied | 9% | (8%, 10%) |
| Satisfied | 41% | (40%, 42%) |
| Very satisfied | 45% | (44%, 47%) |
| <i>Scheduling appointments w/o long delays</i> | | |
| Very dissatisfied | 8% | (8%, 9%) |
| Dissatisfied | 8% | (7%, 8%) |
| Somewhat dissatisfied | 9% | (8%, 10%) |
| Somewhat satisfied | 15% | (14%, 16%) |
| Satisfied | 32% | (31%, 33%) |
| Very satisfied | 28% | (27%, 29%) |

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 |
|---|--------------|-------------------------|
| <i>Convenient hours</i> | | |
| Very dissatisfied | 2% | (2%, 3%) |
| Dissatisfied | 3% | (3%, 4%) |
| Somewhat dissatisfied | 6% | (5%, 6%) |
| Somewhat satisfied | 17% | (16%, 18%) |
| Satisfied | 40% | (39%, 42%) |
| Very satisfied | 32% | (30%, 33%) |
| <i>Location</i> | | |
| Very dissatisfied | 2% | (2%, 3%) |
| Dissatisfied | 3% | (3%, 4%) |
| Somewhat dissatisfied | 6% | (6%, 7%) |
| Somewhat satisfied | 16% | (15%, 17%) |
| Satisfied | 40% | (39%, 41%) |
| Very satisfied | 33% | (31%, 34%) |
| <i>Quality of therapists</i> | | |
| Very dissatisfied | 3% | (3%, 4%) |
| Dissatisfied | 5% | (5%, 6%) |
| Somewhat dissatisfied | 7% | (6%, 7%) |
| Somewhat satisfied | 15% | (14%, 15%) |
| Satisfied | 30% | (29%, 31%) |
| Very satisfied | 40% | (39%, 41%) |
| <i>Respect for privacy concerns</i> | | |
| Very dissatisfied | 2% | (1%, 2%) |
| Dissatisfied | 1% | (1%, 1%) |
| Somewhat dissatisfied | 2% | (2%, 2%) |
| Somewhat satisfied | 8% | (7%, 8%) |
| Satisfied | 35% | (34%, 36%) |
| Very satisfied | 52% | (51%, 53%) |
| <i>Scheduling appointments w/o long delays</i> | | |
| Very dissatisfied | 4% | (3%, 4%) |
| Dissatisfied | 4% | (4%, 5%) |
| Somewhat dissatisfied | 7% | (6%, 7%) |
| Somewhat satisfied | 13% | (12%, 14%) |
| Satisfied | 32% | (31%, 34%) |
| Very satisfied | 40% | (39%, 41%) |

Barriers and Facilitators to Help-Seeking

| MEASURE | All Students | 95% CONFIDENCE INTERVAL |
|---|--------------|-------------------------|
| <i>Reasons for receiving no or fewer services for mental health</i> | | |
| I haven't had the chance to go but I plan to. | 6% | (6%, 6%) |
| No need for services | 33% | (32%, 33%) |
| Financial reasons | 21% | (20%, 21%) |
| Not enough time | 25% | (25%, 26%) |
| Not sure where to go | 16% | (16%, 17%) |
| Difficulty finding an available appointment | 12% | (12%, 12%) |
| Prefer to deal with issues on my own or with support from family/friends | 21% | (20%, 21%) |
| Other | 6% | (6%, 6%) |
| No barriers | 15% | (14%, 15%) |
| <i>Reasons for seeking help</i> | | |
| Decided on my own | 74% | (73%, 75%) |
| Friend encouraged or pressured me | 20% | (19%, 20%) |
| Family member encouraged or pressured me | 35% | (34%, 36%) |
| 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%, 4%) |
| Health professional recommended help | 15% | (14%, 15%) |
| Other reasons | 3% | (3%, 3%) |
| <i>Source of health insurance</i> | | |
| None (uninsured) | 4% | (4%, 5%) |
| Parent's employer | 47% | (47%, 48%) |
| Own employer | 8% | (7%, 8%) |
| Spouse's employer | 3% | (3%, 3%) |
| Student plan | 8% | (8%, 8%) |
| Embassy or other international source | 0% | (0%, 0%) |
| Individual market | 2% | (2%, 2%) |
| Public insurance | 12% | (11%, 12%) |
| Uncertain whether insured | 1% | (1%, 1%) |
| Insured but uncertain of source | 3% | (3%, 3%) |
| <i>Plan provides any coverage for local mental health visits (among those with a plan)</i> | | |
| Yes, it definitely would | 33% | (32%, 33%) |
| I think it would but am not sure | 28% | (27%, 29%) |
| I have no idea | 29% | (29%, 30%) |
| I think it would not but am not sure | 7% | (7%, 7%) |
| No, it definitely would not | 3% | (3%, 4%) |
| <i>Plan meets needs for mental health services (among those with a plan)</i> | | |
| Have not needed plan to cover services | 23% | (22%, 23%) |
| Yes, everything I have needed is covered | 29% | (28%, 29%) |
| No, the coverage is inadequate to meet my needs | 9% | (8%, 9%) |

Supportiveness of Academic and Social Environment

| MEASURE | All Students | 95% CONFIDENCE INTERVAL |
|--|--------------|-------------------------|
| <i>Talked with any academic personnel about mental health problems affecting performance</i> | 18% | (18%, 18%) |
| <i>Supportiveness of response by academic personnel</i> | | |
| Very supportive | 49% | (48%, 50%) |
| Supportive | 42% | (41%, 43%) |
| Not supportive | 7% | (6%, 7%) |
| Very unsupportive | 3% | (2%, 3%) |
| <i>Whom would you talk to about mental health problems affecting academic performance</i> | | |
| Professor from one of classes | 32% | (31%, 32%) |
| Academic advisor | 24% | (24%, 25%) |
| Another faculty member | 5% | (5%, 5%) |
| Teaching assistant | 2% | (2%, 2%) |
| Student services staff | 10% | (10%, 10%) |
| Dean of Students or Class Dean | 4% | (4%, 5%) |
| Other | 4% | (4%, 4%) |
| No one | 33% | (32%, 33%) |
| <i>Persistence/retention</i> | | |
| Am confident I will finish my degree no matter the challenges | 76% | (76%, 77%) |

Ethnicity Subcategories

| | | |
|--|-----|------------|
| <i>Black</i> | | |
| African | 19% | (17%, 20%) |
| African American | 65% | (64%, 67%) |
| African Carribean | 16% | (15%, 18%) |
| Afro-Latina/o/x | 7% | (6%, 8%) |
| Other | 7% | (6%, 8%) |
| <i>Asian</i> | | |
| East Asian (eg Chinese, Japanese, Korean, Taiwanese) | 52% | (50%, 53%) |
| Southeast Asian (eg Cambodian, Vietnamese, Hmong) | 15% | (14%, 16%) |
| South Asian (eg Indian, Pakistani, Nepalese, Sri Lankan) | 23% | (21%, 24%) |
| Filipina/o/x | 12% | (11%, 13%) |
| Other | 3% | (3%, 3%) |
| <i>Hispanic</i> | | |
| Mexican/Mexican American | 56% | (55%, 57%) |
| Central American | 11% | (10%, 11%) |
| South American | 15% | (14%, 16%) |
| Carribean | 12% | (11%, 13%) |
| Other | 8% | (7%, 9%) |