



Utah Valley University

THE HEALTHY MINDS STUDY

Fall 2020 Data Report

ABOUT THE HEALTHY MINDS STUDY (HMS)



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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, an independent Institutional Review Board. To further protect respondent privacy, the study is covered by a Certificate of Confidentiality from the National Institutes of Health.

SAMPLING

Each participating school provides the HMS team with a randomly selected sample of currently enrolled students over the age of 18. Large schools typically provide a random sample of 8,000 students or more, while smaller schools typically provide a sample of all students. Schools with graduate students typically include both undergraduates and graduate students in the sample.

DATA COLLECTION

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

NON-RESPONSE ANALYSIS

A potential concern in any survey study is that those who respond to the survey will not be fully representative of the population from which they are drawn. In the HMS, we can be confident that those who are invited to fill out the survey are representative of the full student population because these students are randomly selected from the full list of currently enrolled students. However it is still possible that those who actually complete the survey are different in important ways from those who do not complete the survey. The overall participation rate for the fall 2020 study was 14%. It is important to raise the question of whether the 14% who participated are different in important ways from the 86% who did not participate. We address this issue by constructing non-response weights using administrative data on full student populations. Most of the 36 schools in the fall 2020 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: sex, 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

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.

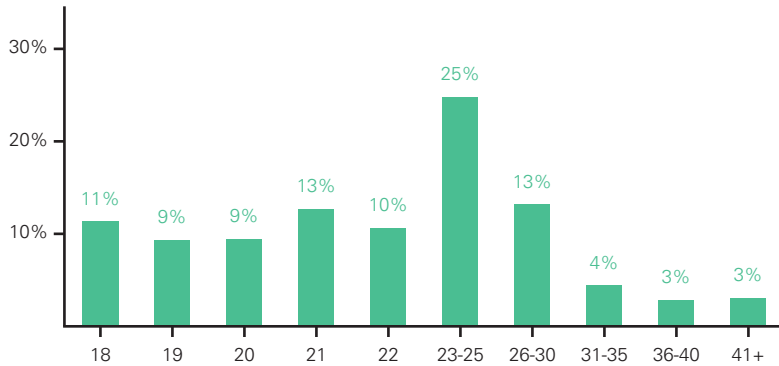
KEY FINDINGS

This section offers a quick look at results that may be of special interest to your institution.

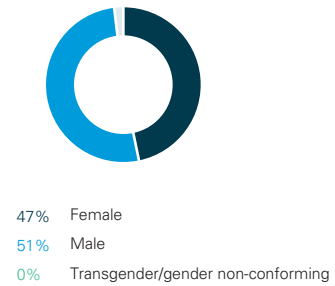
Estimated values of selected measures for Utah Valley University	Percentage of students
Major depression (positive PHQ-9 screen)	22%
Depression overall, including major and moderate (positive PHQ-9 screen)	42%
Anxiety disorder (positive GAD-7 screen)	33%
Eating disorder (positive SCOFF screen)	13%
Non-suicidal self-injury (past year)	28%
Suicidal ideation (past year)	17%
Lifetime diagnoses of mental disorders	44%
Psychiatric medication (past year)	28%
Mental health therapy/counseling (past year)	32%
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)	56%
Personal stigma: agrees with "I would think less of someone who has received mental health treatment."	6%
Perceived public stigma: agrees with "Most people would think less of someone who has received mental health treatment."	45%

SAMPLE CHARACTERISTICS (N=1361)

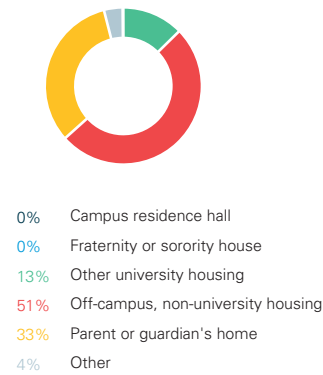
Age (years)



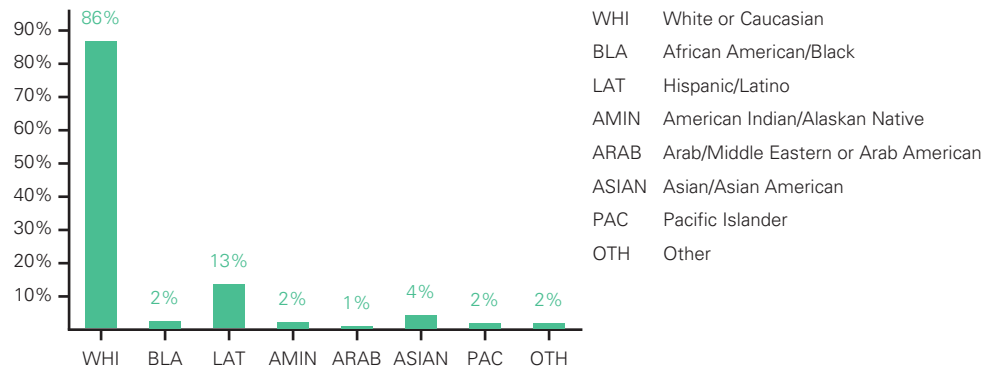
Gender



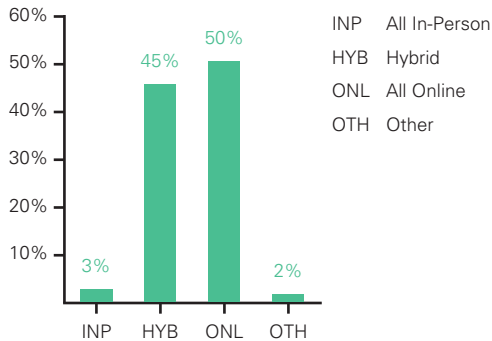
Living arrangement



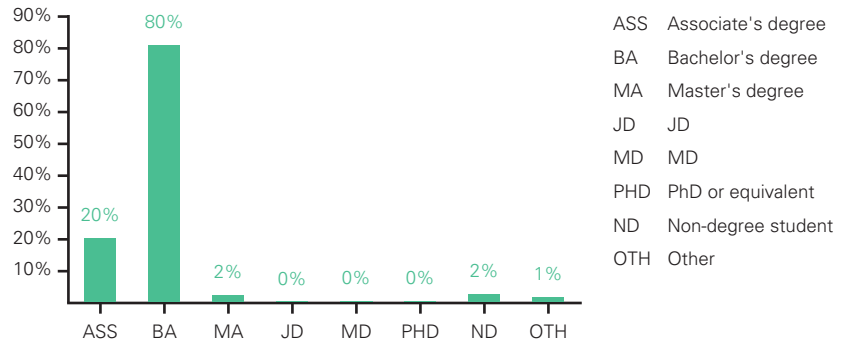
Race/ethnicity



Class Format



Degree program

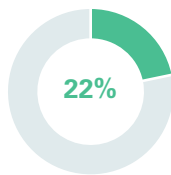


PREVALENCE OF MENTAL HEALTH PROBLEMS

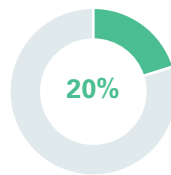
DEPRESSION SCREEN

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).

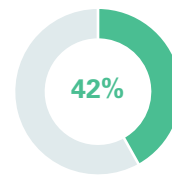
Severe depression



Moderate depression



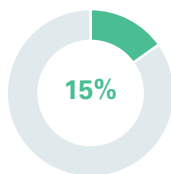
Any depression



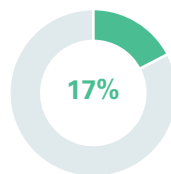
ANXIETY SCREEN

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.

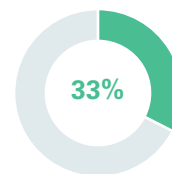
Severe anxiety



Moderate anxiety



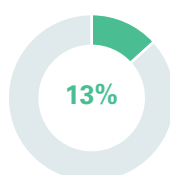
Any anxiety



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).

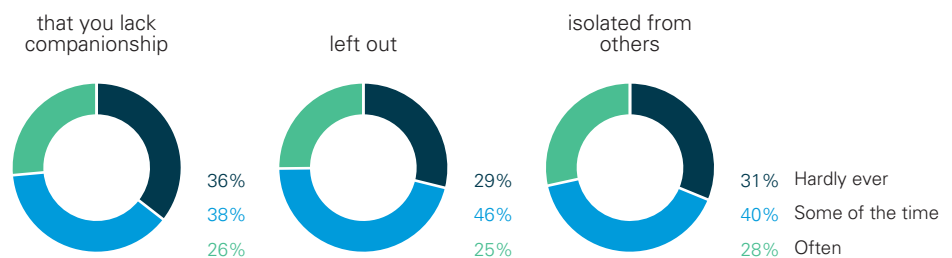
Eating disorders



LONELINESS

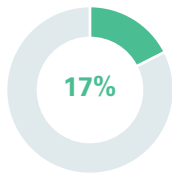
Loneliness is measured using the UCLA three-item Loneliness Scale (Hughes, Waite, Hawkey, & Cacioppo, 2004).

How often do you feel...

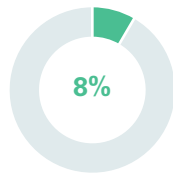


SUICIDALITY AND SELF-INJURIOUS BEHAVIOR

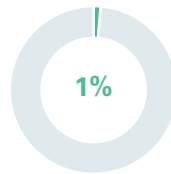
Suicidal ideation (past year)



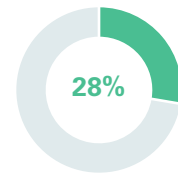
Suicide plan (past year)



Suicide attempt (past year)



Non-suicidal self-injury (past year)



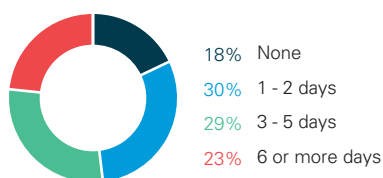
LIFETIME DIAGNOSES OF MENTAL DISORDERS

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)

32%	Depression or other mood disorders (e.g., major depressive disorder, persistent depressive disorder)
3%	Bipolar (e.g., bipolar I or II, cyclothymia)
33%	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)
9%	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)
2%	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)
56%	No, none of these

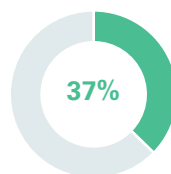
ACADEMIC IMPAIRMENT

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)

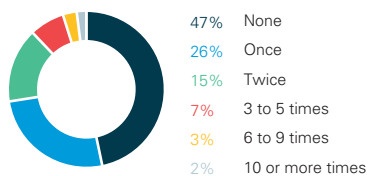
7%	Marijuana
0%	Cocaine (any form, including crack, powder, or freebase)
0%	Heroin
1%	Opioid pain relievers (such as Vicodin, OxyContin, Percocet, Demerol, Dilaudid, codeine, hydrocodone, methadone, morphine) without a prescription or more than prescribed
0%	Benzodiazepenes
0%	Methamphetamines (also 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)
0%	LSD (also known as acid)
0%	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)
0%	Other drugs without a prescription
91%	No, none of these

Binge drinking

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

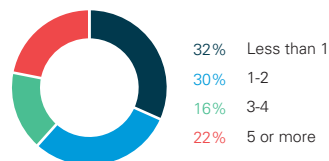
- A 12-ounce can or bottle of beer
- A 4-ounce glass of wine
- A shot of liquor straight or in a mixed drink

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



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)

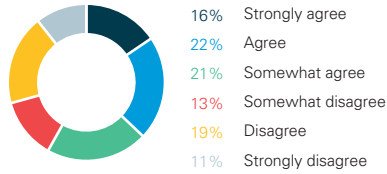


ATTITUDES AND BELIEFS ABOUT MENTAL HEALTH SERVICES

KNOWLEDGE

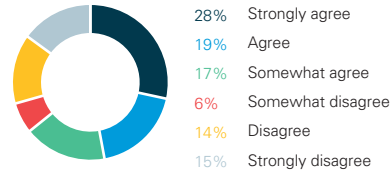
Knowledge of campus mental health resources

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.



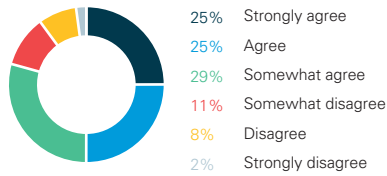
Perceived need (past year)

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)

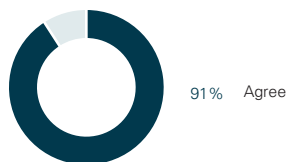
I currently need help for emotional or mental health problems such as feeling sad, blue, anxious or nervous.



SCHOOL CLIMATE

Anti-racism

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



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.)
22%	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.)
8%	Anti-anxiety medications (e.g., lorazepam (Ativan), clonazepam (Klonopin), alprazolam (Xanax), buspirone (BuSpar), etc.)
4%	Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazepine (Tegretol), etc.)
6%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
2%	Other medication for mental or emotional health
72%	None

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

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

9%	Psychostimulants (e.g., methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.)
33%	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.)
6%	Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazepine (Tegretol), etc.)
8%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
4%	Other medication for mental or emotional health
59%	None

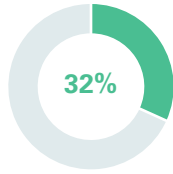
Mental health care access

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

10%	Much more difficult or limited access
17%	Somewhat more difficult or limited access
27%	No significant change in access
1%	Somewhat less difficult or limited access
1%	Much less difficult or limited access
44%	Don't know or not applicable (have not tried to access care)

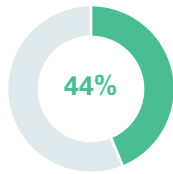
Mental health counseling/therapy, all students (past year)

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)?



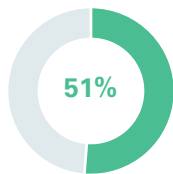
Mental health counseling/therapy among students with positive depression or anxiety screens (past year)

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)?



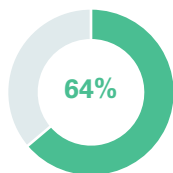
Mental health counseling/therapy, all students (lifetime)

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)

14%	Roommate
38%	Friend (who is not a roommate)
36%	Significant other
49%	Family member
13%	Religious counselor or other religious contact
3%	Support group
1%	Other non-clinical source
25%	None of the above
3%	Faculty member/professor
1%	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)

4%	I haven't had the chance to go but I plan to
41%	No need for services
28%	Financial reasons (too expensive, not covered by insurance)
18%	Not enough time
15%	Not sure where to go
9%	Difficulty finding an available appointment
21%	Prefer to deal with issues on my own or with support from family/friends
0%	Privacy concerns
4%	People providing services don't understand me
7%	Other
12%	No barriers

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MENTAL HEALTH SCREENS

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APPENDIX: DESCRIPTIVE STATISTICS FOR SURVEY ITEMS

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Respondent Characteristics				
<i>Sample</i>				
N	1361			
Response Rate	17%			
<i>Gender</i>				
Female	47%	(44%, 50%)	55%	X
Male	51%	(49%, 54%)	42%	X
Transgender/gender non-conforming	0%	(0%, 0%)	0%	
<i>Race/Ethnicity</i>				
White / Caucasian	86%	(84%, 88%)	72%	X
Black / African American	2%	(1%, 3%)	10%	X
Hispanic / Latino	13%	(11%, 15%)	13%	
American Indian	2%	(1%, 3%)	2%	
Arab / Middle Eastern	1%	(0%, 1%)	1%	X
Asian / Asian American	4%	(3%, 5%)	10%	X
Pacific Islander	2%	(1%, 2%)	1%	
Other	2%	(1%, 2%)	2%	
<i>Country</i>				
US Resident / Citizen	98%	(97%, 99%)	96%	X
International	2%	(1%, 3%)	4%	X
<i>Residence</i>				
Campus residence hall	0%	(0%, 0%)	14%	X
Fraternity / sorority house	0%	(0%, 0%)	2%	X
Other campus housing	13%	(11%, 15%)	5%	X
Off-campus / non-university housing	51%	(48%, 54%)	41%	X
Parent or guardian's home	33%	(30%, 35%)	34%	
Other	4%	(3%, 5%)	5%	
<i>Academic level</i>				
Associates	20%	(18%, 22%)	28%	X
Bachelors	80%	(78%, 83%)	50%	X
Masters	2%	(1%, 3%)	9%	X
JD	0%	(0%, 0%)	1%	
MD	0%	(0%, 0%)	1%	X
PhD or equivalent	0%	(0%, 0%)	6%	X
Other	1%	(1%, 2%)		
Non-degree	2%	(1%, 3%)	5%	X
			3%	
<i>Ever trained for or served in the military (Armed Forces, Reserves, or National Guard)</i>	3%	(2%, 4%)	3%	
<i>Age</i>				
18-22	53%	(50%, 55%)	63%	X
23-25	25%	(22%, 27%)	13%	X
26-30	13%	(11%, 15%)	11%	X
31+	10%	(8%, 11%)	14%	X
<i>Highest educational attainment of either parent</i>				
Less than high school degree	3%	(2%, 4%)	5%	X
High school degree	20%	(18%, 23%)	25%	X
College degree	44%	(41%, 47%)	41%	X
Graduate degree	33%	(30%, 36%)	29%	X

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Respondent Characteristics				
Religiosity				
Very important	52%	(49%, 55%)	23%	X
Important	17%	(15%, 19%)	22%	X
Neutral	14%	(12%, 16%)	25%	X
Unimportant	9%	(8%, 11%)	14%	X
Very unimportant	8%	(6%, 9%)	16%	X
Current financial situation				
Always stressful	14%	(12%, 16%)	16%	X
Often stressful	29%	(27%, 32%)	24%	X
Stressful	38%	(35%, 41%)	35%	
Rarely Stressful	16%	(14%, 18%)	18%	X
Never Stressful	3%	(2%, 4%)	6%	X
Financial situation growing up				
Always stressful	12%	(10%, 13%)	12%	
Often stressful	20%	(18%, 23%)	18%	X
Stressful	29%	(26%, 31%)	29%	
Rarely Stressful	27%	(24%, 29%)	27%	
Never Stressful	13%	(11%, 14%)	14%	
Relationship status				
Single	47%	(44%, 50%)	50%	
In a relationship	19%	(17%, 21%)	33%	X
Married or domestic partnership	33%	(30%, 35%)	15%	X
Divorced	1%	(1%, 2%)	1%	
Sexual orientation				
Heterosexual	84%	(82%, 86%)	81%	X
Bisexual	9%	(7%, 10%)	10%	
Gay / lesbian	2%	(1%, 3%)	3%	
Queer	2%	(1%, 2%)	3%	X
Questioning	3%	(2%, 3%)	3%	
Other	3%	(2%, 5%)	3%	
Chronic disease				
Diabetes	1%	(1%, 2%)	2%	
High blood pressure	3%	(2%, 4%)	4%	
Asthma	15%	(13%, 17%)	15%	
Thyroid disease (e.g., hypothyroid or hyperthyroid)	3%	(2%, 4%)	3%	
Gastrointestinal disease (e.g., Crohn's Disease, Ulcerative Colitis)	2%	(1%, 3%)	2%	
Arthritis	2%	(1%, 3%)	2%	
Sickle cell anemia	0%	(0%, 0%)	0%	
Seizure disorders (e.g., epilepsy)	1%	(0%, 2%)	1%	
Cancers	1%	(0%, 1%)	1%	
High cholesterol	1%	(0%, 2%)	2%	
HIV/AIDS	0%	(0%, 0%)	0%	X
Other autoimmune disorder (please specify)	2%	(1%, 3%)	2%	
Other chronic disease (please specify)	5%	(4%, 6%)	5%	

Race/Ethnicity Subcategories

Black				
African	49%	(26%, 72%)	17%	X
African American	39%	(16%, 62%)	73%	X
African Carribean	8%	(0%, 20%)	11%	
Afro-Latina/o/x	16%	(0%, 32%)	5%	X
Other	13%	(0%, 26%)	6%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Race/Ethnicity Subcategories				
Asian				
East Asian (eg Chinese, Japanese, Korean, Taiwanese)	66%	(52%, 79%)	46%	X
Southeast Asian (eg Cambodian, Vietnamese, Hmong)	12%	(3%, 21%)	19%	
South Asian (eg Indian, Pakistani, Nepalese, Sri Lankan)	4%	(0%, 9%)	22%	X
Filipina/o/x	13%	(4%, 23%)	15%	
Other	4%	(0%, 11%)	2%	
Hispanic				
Mexican/Mexican American	46%	(38%, 54%)	49%	
Central American	12%	(7%, 17%)	12%	
South American	32%	(24%, 39%)	18%	X
Caribbean	6%	(2%, 10%)	14%	X
Other	8%	(4%, 13%)	11%	

Mental Health Measures				
Positive Mental Health				
Flourishing Scale (8-56)	43.3	(42.7, 43.8)	43.2	
Depression (PHQ-9)				
Overall score (0-27)	9.3	(9.0, 9.7)	8.9	X
In moderate range (10-14)	19%	(17%, 21%)	17%	X
In moderately severe range (15-19)	11%	(9%, 13%)	10%	
In severe range (20-27)	9%	(8%, 11%)	8%	
Major depression (positive screen)	22%	(19%, 24%)	21%	
Other depression (positive screen)	20%	(18%, 22%)	19%	
Depression overall	42%	(39%, 45%)	39%	
Impairment from depression (1)				
Not difficult at all	24%	(21%, 26%)	23%	
Somewhat difficult	51%	(48%, 54%)	51%	
Very difficult	18%	(16%, 20%)	17%	
Extremely difficult	8%	(6%, 9%)	8%	
Generalized anxiety (GAD-7)				
Overall score (0-21)	7.4	(7.1, 7.8)	7.7	
In moderate range (10-14)	17%	(15%, 19%)	18%	
In severe range (15-21)	15%	(13%, 17%)	16%	
Probable anxiety disorder (positive screen)	33%	(30%, 35%)	34%	
Depression/Anxiety				
Depression or anxiety disorder	48%	(45%, 51%)	47%	
Disordered eating and body image				
Probable eating disorder (3+ on SCOFF)	13%	(11%, 15%)	11%	X
Need to be very thin to feel good about self	28%	(25%, 30%)	25%	X
Think you are very underweight	2%	(1%, 3%)	2%	
Academic impairment from mental health, past 4 weeks (2)				
None	18%	(16%, 20%)	17%	
1-2 days	30%	(28%, 33%)	29%	
3-5 days	29%	(26%, 31%)	26%	
6 or more days	23%	(21%, 26%)	28%	X

(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?

MEASURE

All Students

95% CONFIDENCE INTERVAL

NATIONAL SAMPLE

Significantly Different from National Sample

Self-Injury and Suicide

Non-suicidal self-injury, past year				
Any	28%	(25%, 30%)	23%	X
Cutting self	6%	(5%, 7%)	5%	
Burning self	2%	(1%, 2%)	2%	
Punching or banging self	12%	(10%, 14%)	10%	X
Scratching self	10%	(8%, 11%)	8%	
Pulling one's hair	9%	(7%, 10%)	8%	
Biting self	6%	(5%, 7%)	4%	X
Interfering with wound healing	10%	(8%, 12%)	8%	X
Carving words or symbols in skin	1%	(0%, 1%)	1%	
Rubbing sharp objects on skin	3%	(2%, 4%)	3%	
Punching or banging wall or object	9%	(7%, 10%)	7%	
Other	2%	(1%, 3%)	1%	
Frequency of self-injury, past year (among those with any)				
Once or twice	49%	(43%, 54%)	52%	
Once a month or less	25%	(20%, 30%)	25%	
2 or 3 times a month	16%	(12%, 20%)	13%	
Once or twice a week	9%	(5%, 12%)	6%	
3 to 5 days a week	2%	(1%, 4%)	3%	
Nearly everyday, or everyday	0%	(0%, 1%)	1%	
Suicidality				
Seriously thought about attempting suicide, past year	17%	(15%, 20%)	13%	X
Made a plan for attempting suicide, past year	8%	(7%, 10%)	6%	X
Attempted suicide, past year	1%	(1%, 2%)	1%	

Previous Diagnoses of Mental Disorders

Mental disorders				
Any	44%	(42%, 47%)	41%	X
Depression or mood disorder				
Any	32%	(29%, 34%)	28%	X
Major depression	18%	(16%, 20%)	14%	X
Dysthymia	2%	(1%, 3%)	2%	
Premenstrual dysphoric disorder	0%	(0%, 0%)	1%	X
Bipolar and related disorders				
Any	3%	(2%, 4%)	3%	
Bipolar I disorder	1%	(0%, 2%)	1%	
Bipolar II disorder	1%	(1%, 2%)	1%	
Cyclothymic disorder	0%	(0%, 0%)	0%	
Anxiety disorder				
Any	33%	(30%, 35%)	31%	
Generalized anxiety disorder	27%	(24%, 29%)	25%	
Panic disorder	5%	(4%, 7%)	5%	
Agoraphobia	0%	(0%, 0%)	0%	
Specific phobia	1%	(0%, 1%)	1%	
Social anxiety disorder or social phobia	8%	(6%, 9%)	7%	
Obsessive-compulsive or related disorders				
Any	6%	(5%, 8%)	5%	X
Obsessive-compulsive disorder	5%	(4%, 7%)	4%	X
Trauma and stressor related disorders				
Any	8%	(7%, 10%)	8%	
Posttraumatic stress disorder	7%	(6%, 9%)	7%	
Acute stress disorder	1%	(0%, 1%)	1%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Previous Diagnoses of Mental Disorders				
<i>Psychotic disorder</i>				
Any	1%	(0%, 1%)	0%	
Schizophrenia	0%	(0%, 0%)	0%	
<i>Neurodevelopmental disorder or intellectual disability</i>				
Any	9%	(7%, 10%)	7%	
ADHD	7%	(6%, 9%)	6%	
Other intellectual disability	0%	(0%, 1%)	0%	
Autism spectrum disorder	2%	(1%, 3%)	1%	
<i>Eating disorder</i>				
Any	4%	(3%, 6%)	3%	
Anorexia nervosa	2%	(1%, 3%)	2%	
Bulimia nervosa	1%	(1%, 2%)	1%	
Binge eating disorder	1%	(1%, 2%)	1%	
<i>Personality disorder</i>				
Any	2%	(1%, 2%)	1%	
<i>Substance abuse disorder</i>				
Any	1%	(0%, 1%)	2%	X
Alcohol abuse disorder	0%	(0%, 1%)	1%	

Health Behaviors and Lifestyle

<i>Substance use, past 30 days</i>				
Cigarettes	2%	(1%, 3%)	7%	X
Vape pen or E-Cigarette	7%	(5%, 8%)	15%	X
Marijuana	7%	(6%, 9%)	20%	X
Cocaine	0%	(0%, 0%)	1%	
Heroin	0%	(0%, 0%)	0%	
Opioid pain relievers without a prescription or more than prescribed	1%	(0%, 1%)	0%	
Benzodiazepenes	0%	(0%, 1%)	0%	
Methamphetamines	0%	(0%, 0%)	0%	
Other stimulants without a prescription or more than prescribed	1%	(0%, 2%)	1%	
MDMA (also known as Ecstasy or Molly)	0%	(0%, 0%)	0%	
Ketamine (also known as K, Special K)	0%	(0%, 0%)	0%	
LSD (also known as acid)	0%	(0%, 1%)	1%	
Psilocybin (also known as magic mushrooms, boomers, shrooms)	0%	(0%, 1%)	2%	X
Kratom	0%	(0%, 1%)	0%	
Athletic performance enhancers (anything that violates policies set by school or any athletic governing body)	0%	(0%, 0%)	0%	
Other drugs without a prescription	0%	(0%, 1%)	1%	
<i>In the past 2 weeks, about how many times did you have 4 [female]/5 [male]/4 or 5 [transgender/gender non-conforming] 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.)</i>				
More than one time	7%	(6%, 9%)	28%	X
More than 3 times	2%	(1%, 2%)	9%	X
<i>Time studying/doing homework</i>				
Less than 1 hour/week	1%	(1%, 2%)	2%	
1-2 hours/week	5%	(3%, 6%)	6%	
3-5 hours/week	19%	(17%, 21%)	20%	
6-10 hours/week	28%	(25%, 30%)	28%	
11-15 hours/week	20%	(18%, 23%)	17%	
16-20 hours/week	14%	(12%, 16%)	13%	
More than 20 hours/week	13%	(11%, 15%)	15%	X

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Health Behaviors and Lifestyle				
<i>Violence (past 12 months)</i> Did anyone strike or physically injure you?	5%	(3%, 6%)	6%	
Attitudes and Beliefs about Services				
<i>...think less of someone who has received mental health treatment.</i> I... Most people...	6% 45%	(4%, 7%) (42%, 48%)	6% 45%	
<i>know where to go to access resources</i> Agree or strongly agree	58%	(55%, 61%)	70%	X
<i>Beliefs about effectiveness of treatment for depression</i> Believes medication is helpful or very helpful for depression Believes therapy is helpful or very helpful for depression	68% 86%	(65%, 71%) (84%, 89%)	60% 84%	X X
Help-Seeking				
<i>Think you needed help for emotional or mental health problems, past year</i> Strongly agree Agree Somewhat agree Somewhat disagree Disagree Strongly disagree	28% 19% 17% 6% 14% 15%	(26%, 31%) (16%, 21%) (15%, 19%) (5%, 8%) (12%, 17%) (13%, 17%)	25% 18% 17% 6% 15% 19%	X X
<i>Prescriber (among those with any past-year medication use)</i> General practitioner/nurse practitioner/primary care physician Psychiatrist Other type of health provider No prescription Don't know	71% 26% 6% 2% 1%	(66%, 76%) (21%, 31%) (3%, 9%) (1%, 3%) (0%, 2%)	62% 36% 4% 4% 1%	X X
<i>Discussed medication with provider, past year (among those with medication use)</i> Not at all 1-2 times 3-5 times More than 5 times	4% 45% 27% 23%	(2%, 7%) (39%, 50%) (22%, 32%) (18%, 28%)	9% 40% 27% 22%	X
<i>Whom you would talk to, if you were experiencing serious emotional distress</i> Professional clinician Roommate Friend (who is not a roommate) Significant other Family member Religious counselor / other religious contact Support group Other non-clinical source No one	34% 14% 36% 40% 52% 17% 4% 1% 8%	(32%, 37%) (12%, 16%) (33%, 38%) (37%, 42%) (50%, 55%) (15%, 19%) (3%, 6%) (0%, 1%) (6%, 9%)	33% 15% 43% 35% 43% 7% 4% 1% 9%	 X X X X
<i>Therapy or counseling for mental health</i> Past year Current	32% 14%	(29%, 34%) (12%, 16%)	29% 14%	

MEASURE

All Students

95% CONFIDENCE INTERVAL

NATIONAL SAMPLE

Significantly Different from National Sample

Help-Seeking

<i>Visits in past year, among those with any</i>				
1-3	38%	(34%, 42%)	39%	
4-6	18%	(15%, 21%)	20%	
7-9	12%	(9%, 14%)	13%	
More than 10	10%	(7%, 12%)	7%	X
<i>Use of specific providers for therapy or counseling for mental health</i>				
Campus Provider A	5%	(4%, 7%)	10%	X
Campus Provider B	2%	(1%, 3%)	1%	X
Campus Provider C	1%	(1%, 2%)	2%	X
<i>Use of specific providers for therapy or counseling for mental health</i>				
Psychiatric emergency services	2%	(1%, 2%)	1%	
Inpatient psychiatric hospital	2%	(1%, 3%)	1%	
Partial hospitalization program	1%	(0%, 1%)	1%	
Provider in the local community (not on campus)	15%	(12%, 17%)	9%	X
Provider in another location (such as hometown)	11%	(9%, 12%)	11%	
Other	4%	(2%, 5%)	2%	X
<i>Any medication or therapy for mental health</i>				
Past year	41%	(39%, 44%)	39%	
Current	28%	(25%, 30%)	26%	
<i>Any medication or therapy, among those with positive depression or anxiety screen</i>				
Past year	56%	(52%, 60%)	53%	
Current	40%	(36%, 44%)	38%	
<i>Any visit to a health provider</i>				
Past year	66%	(63%, 68%)	71%	X
<i>Received counseling or support for mental health from these sources, past year</i>				
Roommate	14%	(12%, 16%)	14%	
Friend (other than roommate)	38%	(35%, 41%)	40%	
Significant other	36%	(33%, 39%)	30%	X
Family member	49%	(46%, 52%)	37%	X
Religious contact	13%	(11%, 15%)	4%	X
Support group	3%	(2%, 4%)	2%	
Other non-clinical source	1%	(1%, 2%)	1%	
None of the above	25%	(22%, 27%)	35%	X
<i>How helpful, overall, do you think the medication(s) was or has been for your mental or emotional health?</i>				
Very helpful	41%	(36%, 46%)	38%	
Helpful	33%	(28%, 38%)	32%	
Somewhat helpful	20%	(16%, 25%)	22%	
Not helpful	6%	(3%, 8%)	8%	
<i>How helpful, overall, do you think therapy or counseling was or has been for your mental or emotional health?</i>				
Very helpful	40%	(36%, 44%)	36%	
Helpful	27%	(24%, 31%)	27%	
Somewhat helpful	22%	(19%, 26%)	25%	
Not helpful	11%	(9%, 14%)	13%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
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Help-Seeking

<i>Of the places you reported receiving counseling or therapy, how were your counseling or therapy sessions conducted?</i>				
In-person only	42%	(37%, 47%)	35%	X
Remote/telehealth only (digital video conferencing, text/app chat, etc.)	23%	(19%, 28%)	29%	X
Both in-person and remote	34%	(30%, 39%)	36%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
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Satisfaction with Therapy, Campus Providers

<i>Convenient hours</i>				
Very dissatisfied	5%	(0%, 10%)	3%	
Dissatisfied	3%	(0%, 6%)	5%	
Somewhat dissatisfied	2%	(0%, 5%)	7%	
Somewhat satisfied	18%	(10%, 26%)	19%	
Satisfied	52%	(41%, 63%)	42%	
Very satisfied	20%	(12%, 29%)	24%	
<i>Location</i>				
Very dissatisfied	4%	(0%, 9%)	2%	
Dissatisfied	3%	(0%, 7%)	3%	
Somewhat dissatisfied	5%	(0%, 10%)	6%	
Somewhat satisfied	14%	(7%, 21%)	15%	
Satisfied	54%	(43%, 65%)	47%	
Very satisfied	20%	(12%, 29%)	27%	
<i>Quality of therapists</i>				
Very dissatisfied	4%	(0%, 9%)	4%	
Dissatisfied	2%	(0%, 4%)	5%	
Somewhat dissatisfied	8%	(2%, 14%)	8%	
Somewhat satisfied	21%	(12%, 30%)	14%	
Satisfied	34%	(24%, 44%)	33%	
Very satisfied	31%	(21%, 41%)	36%	
<i>Respect for privacy concerns</i>				
Very dissatisfied	2%	(0%, 7%)	2%	
Dissatisfied	1%	(0%, 3%)	1%	
Somewhat dissatisfied	0%	(0%, 0%)	2%	
Somewhat satisfied	9%	(3%, 14%)	8%	
Satisfied	36%	(25%, 47%)	38%	
Very satisfied	52%	(41%, 63%)	49%	
<i>Scheduling appointments w/o long delays</i>				
Very dissatisfied	8%	(2%, 15%)	5%	
Dissatisfied	10%	(3%, 16%)	5%	
Somewhat dissatisfied	7%	(1%, 12%)	7%	
Somewhat satisfied	15%	(7%, 22%)	15%	
Satisfied	34%	(24%, 44%)	36%	
Very satisfied	27%	(17%, 36%)	33%	

Note: the confidence intervals are wide for these numbers, because the sample sizes are small (these questions were only asked of service users).

MEASURE

All Students

95% CONFIDENCE
INTERVAL

NATIONAL
SAMPLE

Significantly Different
from National Sample

Satisfaction with Therapy, Non-Campus Providers

Convenient hours				
Very dissatisfied	1%	(0%, 2%)	1%	
Dissatisfied	5%	(1%, 9%)	3%	
Somewhat dissatisfied	7%	(2%, 11%)	7%	
Somewhat satisfied	17%	(10%, 24%)	19%	
Satisfied	49%	(39%, 58%)	43%	
Very satisfied	23%	(15%, 30%)	27%	
Location				
Very dissatisfied	1%	(0%, 3%)	2%	X
Dissatisfied	5%	(2%, 7%)	3%	
Somewhat dissatisfied	7%	(4%, 10%)	6%	
Somewhat satisfied	17%	(13%, 21%)	16%	
Satisfied	42%	(37%, 48%)	43%	
Very satisfied	28%	(23%, 33%)	29%	
Quality of therapists				
Very dissatisfied	2%	(1%, 4%)	3%	
Dissatisfied	4%	(2%, 7%)	4%	
Somewhat dissatisfied	4%	(2%, 7%)	6%	
Somewhat satisfied	14%	(10%, 18%)	14%	
Satisfied	32%	(26%, 37%)	31%	
Very satisfied	43%	(38%, 49%)	41%	
Respect for privacy concerns				
Very dissatisfied	2%	(0%, 4%)	1%	
Dissatisfied	0%	(0%, 0%)	1%	
Somewhat dissatisfied	1%	(0%, 3%)	2%	
Somewhat satisfied	6%	(3%, 8%)	7%	
Satisfied	35%	(29%, 40%)	35%	
Very satisfied	57%	(51%, 63%)	53%	
Scheduling appointments w/o long delays				
Very dissatisfied	3%	(1%, 5%)	4%	
Dissatisfied	4%	(2%, 6%)	4%	
Somewhat dissatisfied	8%	(5%, 12%)	6%	
Somewhat satisfied	14%	(10%, 18%)	14%	
Satisfied	37%	(31%, 43%)	34%	
Very satisfied	33%	(28%, 39%)	38%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
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Barriers and Facilitators to Help-Seeking

Reasons for receiving no or fewer services for mental health				
I haven't had the chance to go but I plan to.	4%	(3%, 5%)	4%	
No need for services	41%	(38%, 44%)	40%	
Financial reasons	28%	(25%, 30%)	17%	X
Not enough time	18%	(15%, 20%)	18%	
Not sure where to go	15%	(13%, 17%)	13%	X
Difficulty finding an available appointment	9%	(7%, 11%)	7%	X
Prefer to deal with issues on my own or with support from family/friends	21%	(19%, 24%)	21%	
Other	7%	(6%, 9%)	7%	
No barriers	12%	(10%, 14%)	15%	X
Reasons for seeking help				
Decided on my own	73%	(69%, 77%)	71%	
Friend encouraged or pressured me	18%	(14%, 21%)	18%	
Family member encouraged or pressured me	43%	(39%, 48%)	36%	X
Other person encouraged or pressured me	7%	(5%, 10%)	5%	X
A campus advisor mandated me to seek help by campus staff	0%	(0%, 0%)	1%	X
I acquired more information about my options	2%	(1%, 4%)	1%	
A campus advisor referred me to seek help	0%	(0%, 1%)	3%	X
Health professional recommended help	13%	(10%, 16%)	13%	
Other reasons	3%	(1%, 5%)	4%	
Source of health insurance				
None (uninsured)	10%	(8%, 12%)	5%	X
Parent's employer	52%	(49%, 55%)	47%	X
Own employer	11%	(9%, 13%)	9%	X
Spouse's employer	6%	(5%, 8%)	4%	X
Student plan	0%	(0%, 1%)	5%	X
Embassy or other international source	0%	(0%, 0%)	0%	
Individual market	3%	(2%, 4%)	2%	X
Public insurance	6%	(5%, 7%)	10%	X
Uncertain whether insured	1%	(0%, 1%)	1%	
Insured but uncertain of source	2%	(1%, 3%)	3%	X
Plan provides any coverage for local mental health visits (among those with a plan)				
Yes, it definitely would	28%	(25%, 31%)	31%	
I think it would but am not sure	28%	(25%, 31%)	29%	
I have no idea	32%	(29%, 35%)	30%	
I think it would not but am not sure	8%	(7%, 10%)	7%	
No, it definitely would not	4%	(3%, 5%)	3%	
Plan meets needs for mental health services (among those with a plan)				
Have not needed plan to cover services	57%	(54%, 60%)	58%	
Yes, everything I have needed is covered	30%	(27%, 33%)	32%	
No, the coverage is inadequate to meet my needs	13%	(11%, 15%)	10%	X

MEASURE

All Students

95% CONFIDENCE
INTERVAL

NATIONAL
SAMPLE

Significantly Different
from National Sample

Supportiveness of Academic and Social Environment

<i>Talked with any academic personnel about mental health problems affecting performance</i>	10%	(8%, 11%)	14%	X
<i>Supportiveness of response by academic personnel</i>				
Very supportive	43%	(33%, 52%)	51%	
Supportive	49%	(39%, 58%)	41%	
Not supportive	7%	(2%, 11%)	7%	
Very unsupportive	2%	(0%, 5%)	2%	
<i>Whom would you talk to about mental health problems affecting academic performance</i>				
Professor from one of classes	27%	(25%, 30%)	30%	X
Academic advisor	27%	(25%, 30%)	27%	
Another faculty member	3%	(2%, 4%)	5%	X
Teaching assistant	1%	(0%, 2%)	1%	
Student services staff	10%	(8%, 11%)	10%	
Dean of Students or Class Dean	1%	(0%, 2%)	3%	X
Other	3%	(2%, 4%)	4%	X
No one	39%	(36%, 41%)	32%	X
<i>Persistence/retention</i>				
Am confident I will finish my degree no matter the challenges	73%	(70%, 75%)	74%	