

University of North Carolina, Greensboro

THE HEALTHY MINDS STUDY

2016-2017 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 the Health Sciences and Behavioral Sciences Institutional Review Board at University of Michigan. To further protect respondent privacy, the study is covered by a Certificate of Confidentiality from the National Institutes of Health.

SAMPLING

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

DATA COLLECTION

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

NON-RESPONSE ANALYSIS

A potential concern in any survey study is that those who respond to the survey will not be fully representative of the population from which they are drawn. In the HMS, we can be confident that those who are invited to fill out the survey are representative of the full student population because these students are randomly selected from the full list of currently enrolled students. However it is still possible that those who actually complete the survey are different in important ways from those who do not complete the survey. The overall participation rate for the 2016-2017 study was 23%. It is important to raise the question of whether the 23% who participated are different in important ways from the 77% who did not participate. We address this issue by constructing non-response weights using administrative data on full student populations. Most of the 54 schools in the 2016-2017 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 the University of Michigan and at each participating school. We used the following variables, when available, to estimate which types of students were more or less likely to respond: gender, race/ethnicity, academic level, and grade point average. We used these variables to estimate the response propensity of each type of student (based on multivariate logistic regressions), and then assigned response propensity weights to each student who completed the survey. The less likely a type of student was to complete the survey, the larger the weight they received in the analysis, such that the weighted estimates are representative of the full student population in terms of the administrative variables available for each institution. Finally, note that these sample weights give equal aggregate weight to each school in the national estimates. An alternative would have been to assign weights in proportion to school size, but we decided that we did not want our overall national estimates to be dominated by schools in our sample with very large enrollments.

ABOUT THIS REPORT

This data report provides descriptive statistics (percentages, mean values, etc.) from the sample of respondents at your institution for a set of key measures. In addition to the key measures highlighted in this report, an appendix is also included with descriptive statistics for each survey item (see below).

APPENDIX

The appendix includes values for most measures in the three standard survey modules that are administered on all participating campuses: Demographics, Mental Health Status, and Mental Health Services Utilization/Help-Seeking. For each measure, the data tables display the following information: the value table for your institution, the 95% confidence interval for your institution's value, the value for the national sample, and an indicator if your institution's value is significantly higher or lower than the national value. All values in the appendix have been weighted to be representative of the full student populations to which they refer (see Non-response Analysis). Also note that for some measures, respondents were allowed to check more than one response category (e.g., they might have gone to more than one type of provider for mental health services), so the percentages sometimes add up to more than 100% across response categories. The 95% confidence intervals give a sense of how much uncertainty there is about each estimated value. This uncertainty exists because our estimates are based only on a random sample of students, rather than a complete census of the student population. However, some schools that had less than 4,000 students (the typical requested sample size), provided their entire population. For consistency sake, these schools were not treated any differently than those schools that provided a 4,000 student sample of their full population. Essentially, the confidence interval tells us that there is a 95% probability that the true population value is within this particular range. Because both the school-level and national values are only estimates based on random sampling, we cannot say for certain that your institution's true value is above or below the national value. But in cases where we can say that there is a 95% or higher statistical probability that your institution's value is higher or lower than the national value, we indicate this.

EXPLORING YOUR DATA FURTHER

There are two options for exploring your data beyond what is in this report. First, you can use statistical software (e.g., SPSS, Stata, etc.) to analyze the full data set for your students, which has been provided to your school. Second, you will be able to log on to a user-friendly website with drop-down menus, at data.healthymindsnetwork.org.

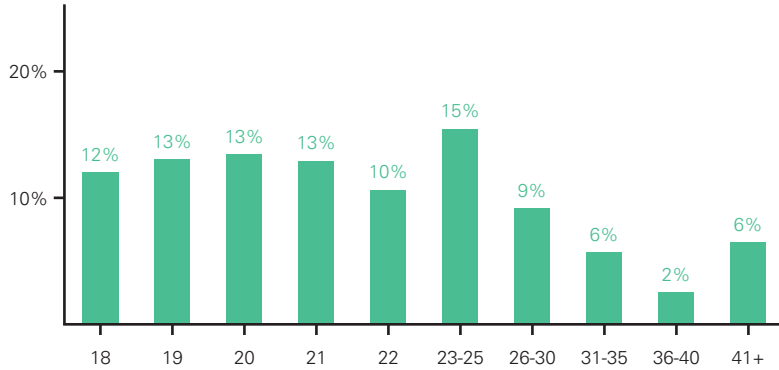
KEY FINDINGS

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

Estimated values of selected measures for University of North Carolina, Greensboro	Percentage of students
Elevated level of depression (positive CCAPS-34 screen)	21%
Elevated level of generalized anxiety (positive CCAPS-34 screen)	31%
Elevated level of eating concerns (positive CCAPS-34 screen)	32%
Non-suicidal self-injury (past year)	9%
Suicidal ideation (past year)	10%
Lifetime diagnoses of mental disorders	44%
Psychiatric medication (past year)	28%
Mental health therapy/counseling (past year)	28%
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)	58%
Personal stigma: agrees with "I would think less of someone who has received mental health treatment."	5%
Perceived public stigma: agrees with "Most people would think less of someone who has received mental health treatment."	69%

SAMPLE CHARACTERISTICS (N=683)

Age (years)

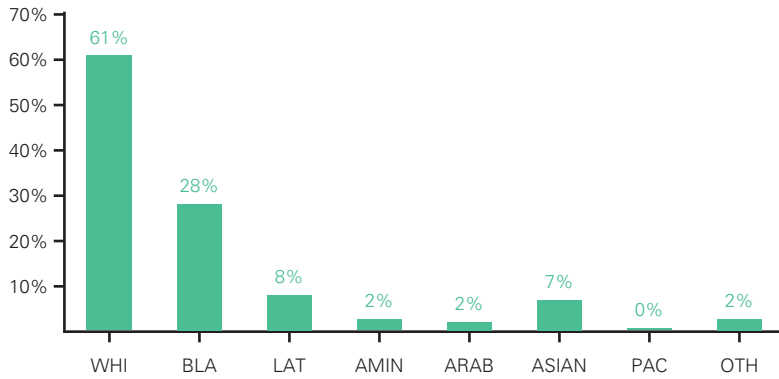


Gender



67% Female
32% Male
2% Other

Race/ethnicity



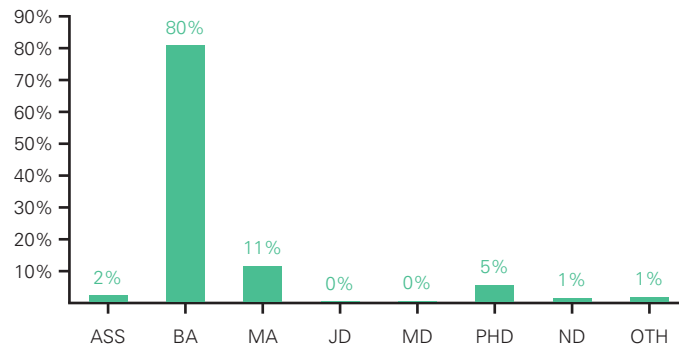
WHI White or Caucasian
BLA African American/Black
LAT Hispanic/Latino
AMIN American Indian/Alaskan Native
ARAB Arab/Middle Eastern or Arab American
ASIAN Asian/Asian American
PAC Pacific Islander
OTH Other

Living arrangement



24% Campus residence hall
0% Fraternity or sorority house
11% Other university housing
47% Off-campus, non-university housing
17% Parent or guardian's home
1% Other

Degree program



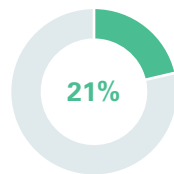
ASS Associate's degree
BA Bachelor's degree
MA Master's degree
JD JD
MD MD
PHD PhD or equivalent
ND Non-degree student
OTH Other

PREVALENCE OF MENTAL HEALTH PROBLEMS

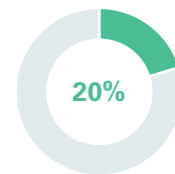
DEPRESSION SCREEN

Depression is measured using the CCAPS-34, a 34-item instrument related to psychological symptoms and distress in college students (CCMH, 2015). The CCAPS-34 contains 6 items that are used to measure depression. The depression score ranges from 0-4, with 1.76-4 being categorized as elevated levels of depression, and 1.01-1.75 being categorized as mild levels of depression.

Elevated level of depression



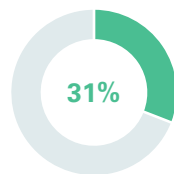
Mild level of depression



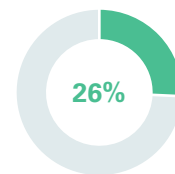
ANXIETY SCREEN

Generalized anxiety is measured using the CCAPS-34, a 34-item instrument related to psychological symptoms and distress in college students (CCMH, 2015). The CCAPS-34 contains 5 items that are used to measure generalized anxiety. The anxiety score ranges from 0-4, with 2.11-4 being categorized as elevated levels of generalized anxiety, and 1.31-2.10 being categorized as mild levels of generalized anxiety.

Elevated level of anxiety



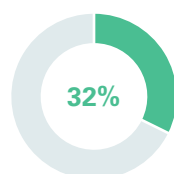
Mild level of anxiety



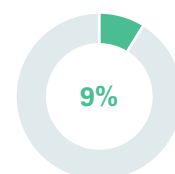
EATING DISORDER SCREEN

Eating concerns measured using the CCAPS-34, a 34-item instrument related to psychological symptoms and distress in college students (CCMH, 2015). The CCAPS-34 contains 3 items that are used to measure eating concerns. The eating concerns score ranges from 0-4, with 1.51-4 being categorized as elevated levels of eating concerns, and 1.08-1.50 being categorized as mild levels of eating concerns.

Elevated level of eating concerns

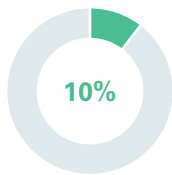


Mild level of eating concerns

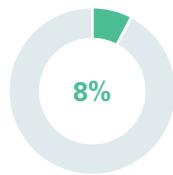


SUICIDALITY AND SELF-INJUROUS BEHAVIOR

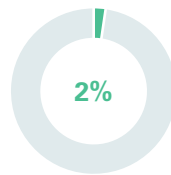
Suicidal ideation (past year)



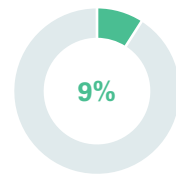
Suicide plan (past year)



Suicide attempt (past year)



Non-suicidal self-injury (past year)



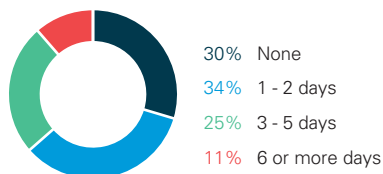
LIFETIME DIAGNOSES OF MENTAL DISORDERS

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)

32%	Depression or other mood disorders (e.g., major depressive disorder, bipolar/manic depression, dysthymia)
33%	Anxiety (e.g., generalized anxiety disorder, phobias, obsessive-compulsive disorder, post-traumatic stress disorder)
11%	Attention disorder or learning disability (e.g., attention deficit disorder, attention deficit hyperactivity disorder, learning disability)
5%	Eating disorder (e.g., anorexia nervosa, bulimia nervosa)
0%	Psychosis (e.g., schizophrenia, schizo-affective disorder)
1%	Personality disorder (e.g., antisocial personality disorder, paranoid personality disorder, schizoid personality disorder)
2%	Substance abuse disorder (e.g., alcohol abuse, abuse of other drugs)
56%	No, none of these

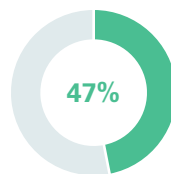
ACADEMIC IMPAIRMENT

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)

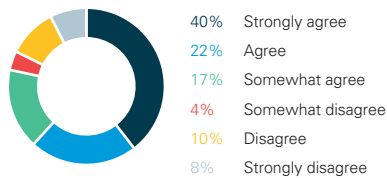
13%	Marijuana
1%	Cocaine (any form, including crack, powder, or freebase)
0%	Heroin
0%	Methamphetamines (also known as speed, crystal meth, or ice)
1%	Other stimulants (such as Ritalin, Adderall) without a prescription
0%	Ecstasy
1%	Other drugs without a prescription
86%	No, none of these

ATTITUDES AND BELIEFS ABOUT MENTAL HEALTH SERVICES

KNOWLEDGE

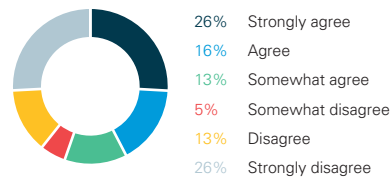
Knowledge of campus mental health resources

If I needed to seek professional help for my mental or emotional health, I would know where to go on my campus.



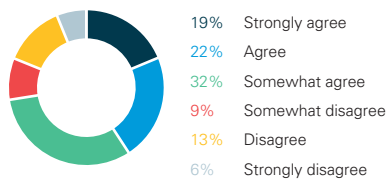
Perceived need (past year)

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.



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)

5%	Psychostimulants (e.g., methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.)
18%	Anti-depressants (e.g., fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), escitalopram (Lexapro), venlafaxine (Effexor), bupropion (Wellbutrin), etc.)
1%	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.)
2%	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

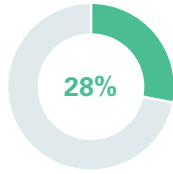
Psychotropic medication use among students with positive depression or anxiety screens (past year)

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)

7%	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.)
2%	Anti-psychotics (e.g., haloperidol (Haldol), clozapine (Clozaril), risperidone (Risperdal), olanzapine (Zyprexa), etc.)
24%	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.)
10%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
4%	Other medication for mental or emotional health
56%	None

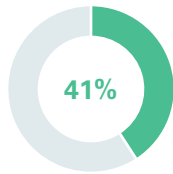
Mental health counseling/therapy, all students (past year)

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)?



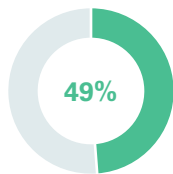
Mental health counseling/therapy among students with positive depression or anxiety screens (past year)

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)?



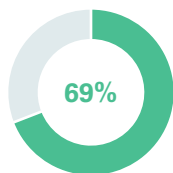
Mental health counseling/therapy, all students (lifetime)

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)

16%	Roommate
44%	Friend (who is not a roommate)
31%	Significant other
40%	Family member
6%	Religious counselor or other religious contact
4%	Support group
1%	Other non-clinical source
33%	None of the above

Barriers to help-seeking

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

2%	I haven't had the chance to go but I plan to
36%	No need for services
26%	Financial reasons (too expensive, not covered by insurance)
41%	Not enough time
11%	Not sure where to go
13%	Difficulty finding an available appointment
25%	Prefer to deal with issues on my own or with support from family/friends
9%	Other
11%	No barriers

Note: Due to a survey programming error, the barriers questions were not asked of students who reported never receiving counseling or therapy.

REFERENCES

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	683			
Response Rate	17%			
<i>Gender</i>				
Female	67%	(63%, 71%)	56%	X
Male	32%	(28%, 36%)	42%	X
Other	2%	(1%, 2%)	2%	
<i>Race/Ethnicity</i>				
White / Caucasian	61%	(57%, 65%)	71%	X
Black / African American	28%	(24%, 32%)	10%	X
Hispanic / Latino	8%	(6%, 10%)	8%	
American Indian	2%	(1%, 4%)	2%	
Arab / Middle Eastern	2%	(1%, 3%)	2%	
Asian / Asian American	7%	(5%, 9%)	13%	X
Pacific Islander	0%	(0%, 1%)	1%	
Other	2%	(1%, 4%)	3%	
<i>Country</i>				
US Resident / Citizen	96%	(94%, 97%)	93%	X
International	4%	(3%, 6%)	7%	X
<i>Residence</i>				
Campus residence hall	24%	(20%, 27%)	26%	
Fraternity / sorority house	0%	(0%, 0%)	1%	
Other campus housing	11%	(8%, 14%)	7%	X
Off-campus / non-university housing	47%	(43%, 51%)	45%	
Parent or guardian's home	17%	(14%, 21%)	18%	
Other	1%	(1%, 2%)	3%	X
<i>Academic level</i>				
Associates	2%	(1%, 3%)	13%	X
Bachelors	80%	(78%, 83%)	67%	X
Masters	11%	(9%, 13%)	11%	
JD	0%	(0%, 0%)	1%	
MD	0%	(0%, 0%)	1%	
PhD or equivalent	5%	(4%, 7%)	5%	
Non-degree	1%	(0%, 2%)	2%	
Other	1%	(1%, 2%)	3%	
<i>Ever trained for or served in the military (Armed Forces, Reserves, or National Guard)</i>	2%	(1%, 3%)	3%	
<i>Age</i>				
18-22	61%	(57%, 65%)	63%	
23-25	15%	(12%, 18%)	13%	
26-30	9%	(7%, 11%)	11%	
31+	14%	(12%, 17%)	12%	X
<i>Highest educational attainment of either parent</i>				
Less than high school degree	2%	(1%, 4%)	4%	X
High school degree	30%	(27%, 34%)	25%	X
College degree	42%	(38%, 46%)	39%	
Graduate degree	25%	(22%, 29%)	32%	X
<i>Religiosity</i>				
Very important	30%	(26%, 33%)	18%	X
Important	22%	(19%, 26%)	21%	
Neutral	24%	(21%, 28%)	26%	
Unimportant	11%	(9%, 14%)	16%	X
Very unimportant	13%	(10%, 15%)	18%	X

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Current financial situation				
Always stressful	15%	(13%, 18%)	14%	
Often stressful	31%	(27%, 35%)	25%	X
Stressful	37%	(33%, 41%)	37%	
Rarely Stressful	13%	(10%, 16%)	18%	X
Never Stressful	3%	(2%, 5%)	6%	X
Financial situation growing up				
Always stressful	11%	(9%, 14%)	9%	
Often stressful	20%	(16%, 23%)	16%	X
Stressful	32%	(28%, 36%)	27%	X
Rarely Stressful	25%	(21%, 28%)	31%	X
Never Stressful	12%	(10%, 15%)	17%	X
Relationship status				
Single	48%	(44%, 52%)	49%	
In a relationship	33%	(30%, 37%)	36%	
Married or domestic partnership	16%	(14%, 19%)	13%	X
Divorced	1%	(0%, 1%)	1%	
Sexual orientation				
Heterosexual	83%	(80%, 86%)	84%	
Bisexual	8%	(6%, 10%)	7%	
Gay / lesbian	4%	(2%, 6%)	4%	
Questioning	1%	(0%, 2%)	2%	
Other	4%	(2%, 5%)	3%	

Mental Health Measures

Positive Mental Health				
Flourishing Scale (8-56)	45.3	(44.5, 46.0)	44.2	X
Depression (CCAPS-34)				
Overall score (0-4)	1.0	(1.0, 1.1)	1.1	X
Elevated (1.76-4.0)	21%	(18%, 25%)	25%	X
Mild (1.01-1.75)	20%	(17%, 24%)	19%	
Generalized anxiety (CCAPS-34)				
Overall score (0-4)	1.6	(1.5, 1.7)	1.6	
Elevated (2.11-4.0)	31%	(27%, 35%)	31%	
Mild (1.31-2.10)	26%	(22%, 29%)	26%	
Depression/Anxiety				
Depression or anxiety disorder	37%	(33%, 41%)	39%	
Disordered eating and body image				
Elevated (CCAPS-34: 1.51-4.0)	32%	(29%, 36%)	33%	
Need to be very thin to feel good about self	21%	(18%, 24%)	21%	
Think you are very underweight	0%	(0%, 1%)	1%	
Academic impairment from mental health, past 4 weeks (1)				
None	30%	(26%, 33%)	26%	X
1-2 days	34%	(30%, 38%)	33%	
3-5 days	25%	(22%, 29%)	23%	
6 or more days	11%	(9%, 14%)	18%	X

(1) 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				
<i>Non-suicidal self-injury, past year</i> Any	9%	(7%, 11%)	9%	
<i>Suicidality</i> Seriously thought about attempting suicide, past year	10%	(8%, 13%)	11%	
Made a plan for attempting suicide, past year	8%	(5%, 10%)	5%	X
Attempted suicide, past year	2%	(1%, 4%)	1%	X

Previous Diagnoses of Mental Disorders

<i>Mental disorders</i> Any	44%	(39%, 48%)	36%	X
<i>Depression or mood disorder</i> Any	32%	(28%, 36%)	23%	X
Major depression	15%	(12%, 18%)	10%	X
Dysthymia	2%	(1%, 3%)	2%	
Bipolar	5%	(3%, 7%)	3%	X
Cyclothymia	0%	(0%, 1%)	0%	
<i>Anxiety disorder</i> Any	33%	(29%, 37%)	24%	X
Generalized anxiety disorder	25%	(21%, 29%)	17%	X
Panic disorder	8%	(6%, 10%)	4%	X
Agoraphobia	1%	(0%, 2%)	0%	X
Specific phobia	1%	(0%, 2%)	1%	
Social phobia	3%	(2%, 5%)	3%	
Obsessive-compulsive disorder (OCD)	3%	(2%, 4%)	3%	
Acute stress disorder	1%	(0%, 2%)	1%	
Post traumatic stress disorder (PTSD)	5%	(3%, 6%)	4%	
<i>Attention or learning disorder</i> Any	11%	(8%, 14%)	11%	
ADHD	10%	(8%, 13%)	10%	
Learning disorder	1%	(0%, 2%)	1%	
<i>Eating disorder</i> Any	5%	(3%, 6%)	3%	X
Anorexia nervosa	2%	(1%, 3%)	1%	
Bulimia nervosa	1%	(0%, 2%)	1%	
Binge eating disorder	2%	(1%, 3%)	1%	X

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Previous Diagnoses of Mental Disorders				
<i>Psychotic disorder</i>				
Any	0%	(0%, 1%)	0%	
Schizophrenia	0%	(0%, 0%)	0%	
<i>Personality disorder</i>				
Any	1%	(0%, 2%)	1%	
<i>Substance abuse disorder</i>				
Any	2%	(1%, 3%)	2%	
Alcohol abuse disorder	1%	(0%, 2%)	1%	
Health Behaviors and Lifestyle				
<i>Substance use, past 30 days</i>				
Cigarettes	10%	(7%, 12%)	12%	
Marijuana	13%	(10%, 16%)	22%	X
Cocaine	1%	(0%, 2%)	2%	
Heroin	0%	(0%, 1%)	0%	
Methamphetamines	0%	(0%, 0%)	0%	
Other stimulants without a prescription	1%	(0%, 2%)	3%	X
Ecstasy	0%	(0%, 0%)	1%	
Other drugs without a prescription	1%	(0%, 2%)	2%	
<i>Obese (BMI\geq30)</i>	25%	(22%, 29%)	19%	X
<i>Time studying/doing homework</i>				
Less than 1 hour/week	1%	(0%, 2%)	2%	
1-2 hours/week	6%	(4%, 8%)	7%	
3-5 hours/week	26%	(23%, 30%)	23%	
6-10 hours/week	33%	(29%, 37%)	28%	X
11-15 hours/week	15%	(12%, 17%)	16%	
16-20 hours/week	9%	(7%, 12%)	12%	
More than 20 hours/week	10%	(7%, 12%)	12%	
<i>Violence (past 12 months)</i>				
Did anyone strike or physically injure you?	6%	(5%, 8%)	7%	
Attitudes and Beliefs about Services				
<i>...think less of someone who has received mental health treatment.</i>				
I...	5%	(3%, 7%)	6%	
Most people...	69%	(65%, 73%)	47%	X
<i>Knows where to go for professional help for mental health</i>				
Agree or strongly agree	78%	(75%, 82%)	74%	X
<i>Beliefs about effectiveness of treatment for depression</i>				
Believes medication is helpful or very helpful for depression	60%	(56%, 64%)	59%	
Believes therapy is helpful or very helpful for depression	78%	(74%, 81%)	83%	X

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Help-Seeking				
<i>Think you needed help for emotional or mental health problems, past year</i>				
Strongly agree	26%	(22%, 29%)	19%	X
Agree	16%	(13%, 20%)	15%	
Somewhat agree	13%	(10%, 16%)	17%	X
Somewhat disagree	5%	(4%, 7%)	6%	
Disagree	13%	(11%, 16%)	17%	X
Strongly disagree	26%	(22%, 30%)	26%	
<i>Psychotropic medication</i>				
Any, past year	28%	(24%, 32%)	22%	X
Any, current	22%	(19%, 26%)	16%	X
Psychostimulants	5%	(3%, 7%)	6%	
Anti-depressants	18%	(15%, 22%)	13%	X
Anti-psychotics	1%	(0%, 1%)	1%	
Anti-anxiety	13%	(10%, 16%)	8%	X
Mood stabilizers	2%	(1%, 3%)	2%	
Other	2%	(1%, 3%)	2%	
<i>Prescriber (among those with any past-year medication use)</i>				
General practitioner/nurse practitioner/primary care physician	57%	(49%, 65%)	58%	
Psychiatrist	38%	(30%, 45%)	33%	
Other type of health provider	4%	(1%, 7%)	4%	
No prescription	4%	(1%, 8%)	10%	X
Don't know	2%	(0%, 6%)	2%	
<i>Discussed medication with provider, past year (among those with medication use)</i>				
Not at all	10%	(5%, 14%)	14%	
1-2 times	40%	(32%, 48%)	37%	
3-5 times	30%	(23%, 37%)	26%	
More than 5 times	19%	(13%, 25%)	21%	
<i>Whom you would talk to, if you were experiencing serious emotional distress</i>				
Professional clinician	41%	(37%, 45%)	30%	X
Roommate	18%	(15%, 21%)	17%	
Friend (who is not a roommate)	53%	(49%, 57%)	49%	X
Significant other	39%	(35%, 43%)	36%	
Family member	52%	(48%, 56%)	47%	X
Religious counselor / other religious contact	13%	(10%, 16%)	7%	X
Support group	7%	(5%, 9%)	3%	X
Other non-clinical source	2%	(1%, 3%)	2%	
No one	5%	(3%, 7%)	8%	X
<i>Therapy or counseling for mental health</i>				
Past year	28%	(24%, 32%)	24%	X
Current	14%	(11%, 16%)	11%	X
<i>Visits in past year, among those with any</i>				
1-3	42%	(36%, 48%)	42%	
4-6	18%	(13%, 22%)	20%	
7-9	15%	(11%, 19%)	13%	
More than 10	7%	(4%, 10%)	7%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Help-Seeking				
<i>Use of specific providers for therapy or counseling for mental health</i>				
Campus Provider A	14%	(11%, 17%)	11%	X
Campus Provider B	3%	(1%, 4%)	1%	
Campus Provider C	1%	(0%, 2%)	1%	
Psychiatric emergency services	0%	(0%, 1%)	0%	
Inpatient psychiatric hospital	1%	(0%, 1%)	1%	
Partial hospitalization program	0%	(0%, 1%)	0%	
Provider in the local community (not on campus)	8%	(6%, 10%)	7%	
Provider in another location (such as hometown)	9%	(7%, 12%)	7%	X
Other	1%	(0%, 2%)	1%	
<i>Any medication or therapy for mental health</i>				
Past year	39%	(35%, 44%)	34%	X
Current	27%	(23%, 31%)	22%	X
<i>Any medication or therapy, among those with positive depression or anxiety screen</i>				
Past year	58%	(51%, 64%)	51%	
Current	40%	(33%, 46%)	35%	
<i>Any visit to a health provider</i>				
Past year	77%	(73%, 80%)	76%	
<i>Received counseling or support for mental health from these sources, past year</i>				
Roommate	16%	(13%, 19%)	15%	
Friend (other than roommate)	44%	(40%, 48%)	40%	
Significant other	31%	(27%, 35%)	29%	
Family member	40%	(36%, 44%)	35%	X
Religious contact	6%	(4%, 8%)	4%	
Support group	4%	(2%, 6%)	2%	X
Other non-clinical source	1%	(0%, 1%)	1%	
None of the above	33%	(29%, 37%)	39%	X
<i>How helpful, overall, do you think the medication(s) was or has been for your mental or emotional health?</i>				
Very helpful	42%	(34%, 50%)	36%	
Helpful	28%	(21%, 35%)	31%	
Somewhat helpful	23%	(16%, 30%)	23%	
Not helpful	7%	(2%, 12%)	9%	
<i>How helpful, overall, do you think therapy or counseling was or has been for your mental or emotional health?</i>				
Very helpful	35%	(29%, 40%)	31%	
Helpful	27%	(22%, 32%)	27%	
Somewhat helpful	25%	(20%, 31%)	27%	
Not helpful	13%	(9%, 17%)	15%	

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	0%	(0%, 0%)	4%	
Dissatisfied	5%	(1%, 10%)	5%	
Somewhat dissatisfied	9%	(2%, 15%)	7%	
Somewhat satisfied	21%	(11%, 31%)	18%	
Satisfied	45%	(34%, 56%)	43%	
Very satisfied	21%	(12%, 29%)	23%	
<i>Location</i>				
Very dissatisfied	0%	(0%, 0%)	1%	
Dissatisfied	0%	(0%, 0%)	2%	
Somewhat dissatisfied	9%	(1%, 16%)	4%	X
Somewhat satisfied	18%	(10%, 27%)	10%	X
Satisfied	48%	(37%, 59%)	47%	
Very satisfied	25%	(16%, 33%)	36%	X
<i>Quality of therapists</i>				
Very dissatisfied	1%	(0%, 3%)	4%	
Dissatisfied	1%	(0%, 2%)	5%	
Somewhat dissatisfied	7%	(2%, 13%)	6%	
Somewhat satisfied	27%	(17%, 38%)	16%	X
Satisfied	29%	(19%, 39%)	36%	
Very satisfied	34%	(24%, 44%)	34%	
<i>Respect for privacy concerns</i>				
Very dissatisfied	0%	(0%, 0%)	2%	
Dissatisfied	2%	(0%, 7%)	1%	
Somewhat dissatisfied	2%	(0%, 6%)	2%	
Somewhat satisfied	9%	(2%, 15%)	7%	
Satisfied	36%	(25%, 47%)	39%	
Very satisfied	51%	(40%, 62%)	50%	
<i>Scheduling appointments w/o long delays</i>				
Very dissatisfied	2%	(0%, 4%)	7%	
Dissatisfied	13%	(5%, 20%)	7%	
Somewhat dissatisfied	8%	(2%, 13%)	9%	X
Somewhat satisfied	13%	(5%, 21%)	15%	
Satisfied	35%	(25%, 46%)	34%	
Very satisfied	29%	(19%, 39%)	29%	

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

Convenient hours				
Very dissatisfied	2%	(0%, 6%)	3%	
Dissatisfied	1%	(0%, 4%)	3%	
Somewhat dissatisfied	4%	(0%, 10%)	6%	
Somewhat satisfied	13%	(3%, 23%)	18%	
Satisfied	50%	(36%, 64%)	44%	
Very satisfied	29%	(17%, 42%)	27%	
Location				
Very dissatisfied	1%	(0%, 3%)	2%	
Dissatisfied	3%	(0%, 6%)	4%	
Somewhat dissatisfied	5%	(1%, 9%)	7%	
Somewhat satisfied	17%	(10%, 24%)	18%	
Satisfied	46%	(36%, 56%)	40%	
Very satisfied	28%	(20%, 37%)	29%	
Quality of therapists				
Very dissatisfied	2%	(0%, 5%)	3%	
Dissatisfied	3%	(0%, 7%)	4%	
Somewhat dissatisfied	7%	(2%, 12%)	6%	
Somewhat satisfied	11%	(4%, 17%)	14%	
Satisfied	35%	(26%, 44%)	30%	
Very satisfied	42%	(32%, 51%)	42%	
Respect for privacy concerns				
Very dissatisfied	1%	(0%, 3%)	1%	
Dissatisfied	3%	(0%, 6%)	1%	
Somewhat dissatisfied	0%	(0%, 0%)	2%	
Somewhat satisfied	6%	(2%, 11%)	7%	
Satisfied	37%	(28%, 47%)	33%	
Very satisfied	53%	(43%, 63%)	54%	
Scheduling appointments w/o long delays				
Very dissatisfied	4%	(0%, 7%)	3%	
Dissatisfied	3%	(0%, 6%)	4%	
Somewhat dissatisfied	5%	(1%, 9%)	6%	
Somewhat satisfied	14%	(7%, 21%)	14%	
Satisfied	36%	(27%, 46%)	34%	
Very satisfied	38%	(29%, 48%)	38%	

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
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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.	2%	(1%, 4%)	2%	
No need for services	36%	(30%, 41%)	35%	
Financial reasons	26%	(21%, 31%)	23%	
Not enough time	41%	(35%, 46%)	35%	X
Not sure where to go	11%	(8%, 15%)	13%	
Difficulty finding an available appointment	13%	(9%, 16%)	13%	
Prefer to deal with issues on my own or with support from family/friends	25%	(20%, 30%)	28%	
Other	9%	(6%, 12%)	10%	
No barriers	11%	(8%, 15%)	14%	
Reasons for seeking help				
Decided on my own	77%	(72%, 83%)	74%	
Friend encouraged or pressured me	17%	(12%, 22%)	21%	
Family member encouraged or pressured me	40%	(33%, 46%)	35%	
Other person encouraged or pressured me	10%	(6%, 14%)	7%	
I was mandated by campus staff	2%	(0%, 4%)	2%	
I acquired more information about my options	1%	(0%, 2%)	1%	
Other reasons	4%	(1%, 6%)	6%	
Source of health insurance				
None (uninsured)	0%	(0%, 1%)	3%	X
Parent's employer	50%	(46%, 54%)	50%	
Own employer	9%	(7%, 11%)	8%	
Spouse's employer	3%	(2%, 4%)	3%	
Student plan	16%	(13%, 19%)	9%	X
Embassy or other international source	1%	(0%, 1%)	1%	
Individual market	5%	(3%, 7%)	2%	X
Public insurance	5%	(3%, 6%)	10%	X
Uncertain whether insured	1%	(0%, 1%)	1%	
Insured but uncertain of source	2%	(1%, 3%)	3%	
Plan provides any coverage for local mental health visits (among those with a plan)				
Yes, it definitely would	30%	(26%, 33%)	28%	
I think it would but am not sure	27%	(23%, 31%)	29%	
I have no idea	32%	(28%, 36%)	34%	
I think it would not but am not sure	8%	(6%, 10%)	7%	
No, it definitely would not	3%	(2%, 5%)	3%	
Plan meets needs for mental health services (among those with a plan)				
Have not needed plan to cover services	62%	(58%, 66%)	64%	
Yes, everything I have needed is covered	28%	(25%, 32%)	29%	
No, the coverage is inadequate to meet my needs	9%	(7%, 12%)	7%	

Note: Due to a survey programming error, the barriers questions were not asked of students who reported never receiving counseling or therapy.

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
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Supportiveness of Academic and Social Environment

<i>Talked with any academic personnel about mental health problems affecting performance</i>	14%	(11%, 17%)	13%	
<i>Supportiveness of response by academic personnel</i>				
Very supportive	48%	(36%, 60%)	51%	
Supportive	39%	(27%, 51%)	40%	
Not supportive	9%	(2%, 16%)	7%	
Very unsupportive	4%	(0%, 9%)	2%	
<i>Whom would you talk to about mental health problems affecting academic performance</i>				
Professor from one of classes	38%	(35%, 42%)	30%	X
Academic advisor	31%	(27%, 34%)	28%	
Another faculty member	7%	(4%, 9%)	6%	
Teaching assistant	4%	(2%, 5%)	2%	X
Student services staff	16%	(13%, 20%)	11%	X
Dean of Students or Class Dean	9%	(7%, 12%)	4%	X
Other	26%	(22%, 29%)	32%	X
No one	6%	(4%, 7%)	6%	
<i>Persistence/retention</i>				
Am confident I will finish my degree no matter the challenges	84%	(81%, 87%)	83%	