



University of Washington-Seattle

THE HEALTHY MINDS STUDY

2016-2017 Data Report

ABOUT THE HEALTHY MINDS STUDY (HMS)



STUDY TEAM

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

Research Study Coordinators: Adam Kern, BA, Peter Ceglarek, MPH & Megan Phillips, MA

REPORT TEAM

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

Report Automation: Andy Inscore, BS

TABLE OF CONTENTS

STUDY PURPOSE	1
STUDY DESIGN	1
ABOUT THIS REPORT	2
KEY FINDINGS	3
SAMPLE CHARACTERISTICS	4
PREVALENCE OF MENTAL HEALTH PROBLEMS	5
POSITIVE MENTAL HEALTH	6
HEALTH BEHAVIORS AND LIFESTYLE	7
ATTITUDES AND BELIEFS ABOUT MENTAL HEALTH SERVICES	7
USE OF SERVICES	8
REFERENCES	10
APPENDIX: DESCRIPTIVE STATISTICS FOR SURVEY ITEMS	11

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.

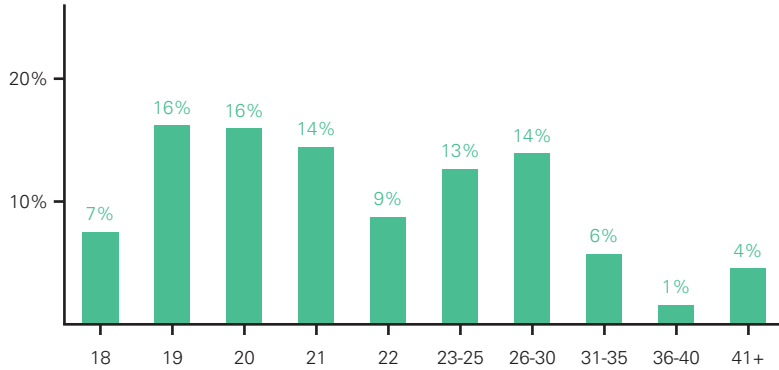
KEY FINDINGS

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 Washington-Seattle	Percentage of students
Major depression (positive PHQ-9 screen)	11%
Depression overall, including major and moderate (positive PHQ-9 screen)	28%
Anxiety disorder (positive GAD-7 screen)	23%
Eating disorder (positive SCOFF screen)	10%
Non-suicidal self-injury (past year)	20%
Suicidal ideation (past year)	12%
Lifetime diagnoses of mental disorders	27%
Psychiatric medication (past year)	17%
Mental health therapy/counseling (past year)	22%
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)	46%
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."	44%

SAMPLE CHARACTERISTICS (N=668)

Age (years)

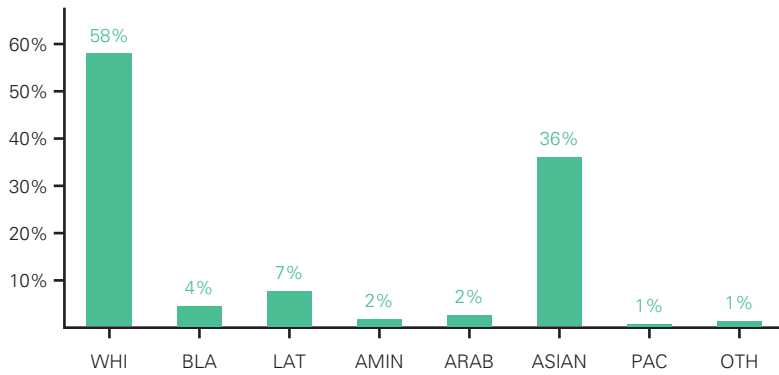


Gender



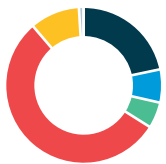
49% Female
49% Male
1% Other

Race/ethnicity



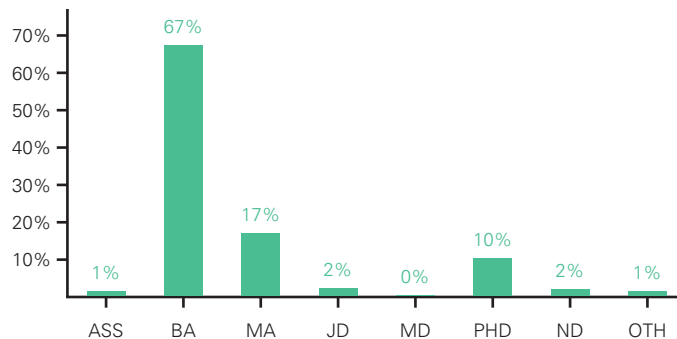
WHI White or Caucasian
BLA African American/Black
LAT Hispanic/Latino
AMIN American Indian/Alaskan Native
ARAB Arab/Middle Eastern or Arab American
ASIAN Asian/Asian American
PAC Pacific Islander
OTH Other

Living arrangement



22% Campus residence hall
7% Fraternity or sorority house
5% Other university housing
55% Off-campus, non-university housing
10% Parent or guardian's home
1% Other

Degree program



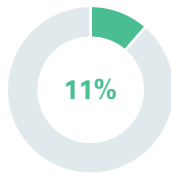
ASS Associate's degree
BA Bachelor's degree
MA Master's degree
JD JD
MD MD
PHD PhD or equivalent
ND Non-degree student
OTH Other

PREVALENCE OF MENTAL HEALTH PROBLEMS

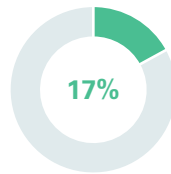
DEPRESSION SCREEN

Depression is measured using the 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).

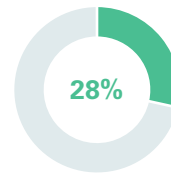
Severe depression



Moderate depression



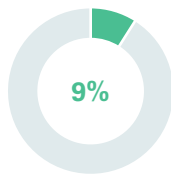
Any depression



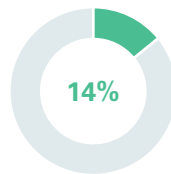
ANXIETY SCREEN

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.

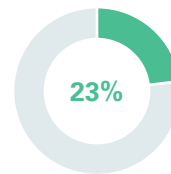
Severe anxiety



Moderate anxiety



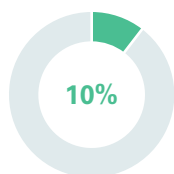
Any anxiety



EATING DISORDER SCREEN

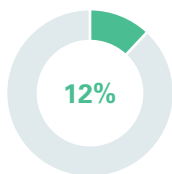
Eating disorders are measured using the written U.S. version of the SCOFF, a five-item screening tool designed to identify subjects likely to have an eating disorder (Morgan, Reid, & Lacey, 1999).

Eating disorders

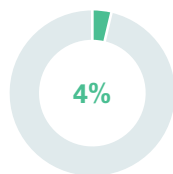


SUICIDALITY AND SELF-INJUROUS BEHAVIOR

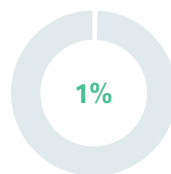
Suicidal ideation (past year)



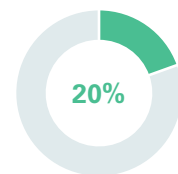
Suicide plan (past year)



Suicide attempt (past year)



Non-suicidal self-injury (past year)



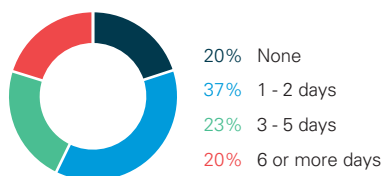
LIFETIME DIAGNOSES OF MENTAL DISORDERS

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)

18%	Depression or other mood disorders (e.g., major depressive disorder, bipolar/manic depression, dysthymia)
19%	Anxiety (e.g., generalized anxiety disorder, phobias, obsessive-compulsive disorder, post-traumatic stress disorder)
6%	Attention disorder or learning disability (e.g., attention deficit disorder, attention deficit hyperactivity disorder, learning disability)
2%	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)
0%	Substance abuse disorder (e.g., alcohol abuse, abuse of other drugs)
73%	No, none of these

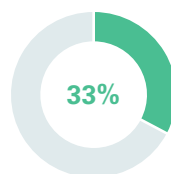
ACADEMIC IMPAIRMENT

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)

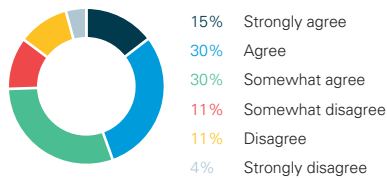
26%	Marijuana
2%	Cocaine (any form, including crack, powder, or freebase)
0%	Heroin
0%	Methamphetamines (also known as speed, crystal meth, or ice)
2%	Other stimulants (such as Ritalin, Adderall) without a prescription
1%	Ecstasy
2%	Other drugs without a prescription
74%	No, none of these

ATTITUDES AND BELIEFS ABOUT MENTAL HEALTH SERVICES

KNOWLEDGE

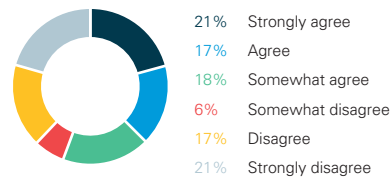
Knowledge of campus mental health resources

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



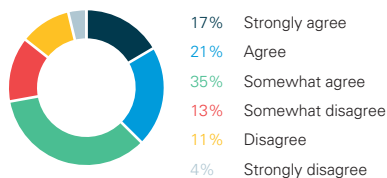
Perceived need (past year)

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)

2%	Psychostimulants (e.g., methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.)
12%	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.)
5%	Anti-anxiety medications (e.g., lorazepam (Ativan), clonazepam (Klonopin), alprazolam (Xanax), buspirone (BuSpar), etc.)
0%	Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazapine (Tegretol), etc.)
2%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
1%	Other medication for mental or emotional health
83%	None

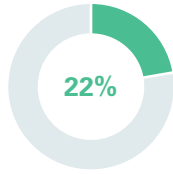
Psychotropic medication use among students with positive depression or anxiety screens (past year)

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)

2%	Psychostimulants (e.g., methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.)
21%	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.)
10%	Anti-anxiety medications (e.g., lorazepam (Ativan), clonazepam (Klonopin), alprazolam (Xanax), buspirone (BuSpar), etc.)
1%	Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazapine (Tegretol), etc.)
4%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
4%	Other medication for mental or emotional health
72%	None

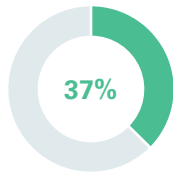
Mental health counseling/therapy, all students (past year)

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)?



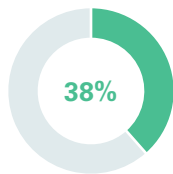
Mental health counseling/therapy among students with positive depression or anxiety screens (past year)

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)?



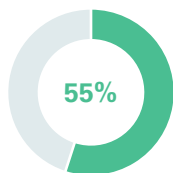
Mental health counseling/therapy, all students (lifetime)

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)

18%	Roommate
41%	Friend (who is not a roommate)
32%	Significant other
35%	Family member
2%	Religious counselor or other religious contact
2%	Support group
0%	Other non-clinical source
35%	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
31%	No need for services
35%	Financial reasons (too expensive, not covered by insurance)
41%	Not enough time
17%	Not sure where to go
21%	Difficulty finding an available appointment
26%	Prefer to deal with issues on my own or with support from family/friends
10%	Other
12%	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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Email: healthyminds@umich.edu
Website: www.healthymindsnetwork.org



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	668			
Response Rate	17%			
<i>Gender</i>				
Female	49%	(45%, 54%)	56%	X
Male	49%	(45%, 53%)	42%	X
Other	1%	(1%, 2%)	2%	
<i>Race/Ethnicity</i>				
White / Caucasian	58%	(53%, 62%)	71%	X
Black / African American	4%	(2%, 7%)	10%	X
Hispanic / Latino	7%	(5%, 10%)	8%	
American Indian	2%	(1%, 2%)	2%	
Arab / Middle Eastern	2%	(1%, 4%)	2%	
Asian / Asian American	36%	(32%, 40%)	13%	X
Pacific Islander	1%	(0%, 1%)	1%	
Other	1%	(0%, 2%)	3%	X
<i>Country</i>				
US Resident / Citizen	87%	(84%, 89%)	93%	X
International	13%	(11%, 16%)	7%	X
<i>Residence</i>				
Campus residence hall	22%	(18%, 25%)	26%	X
Fraternity / sorority house	7%	(5%, 9%)	1%	X
Other campus housing	5%	(3%, 7%)	7%	
Off-campus / non-university housing	55%	(50%, 59%)	45%	X
Parent or guardian's home	10%	(8%, 13%)	18%	X
Other	1%	(0%, 2%)	3%	X
<i>Academic level</i>				
Associates	1%	(0%, 2%)	13%	X
Bachelors	67%	(63%, 71%)	67%	
Masters	17%	(14%, 20%)	11%	X
JD	2%	(1%, 4%)	1%	X
MD	0%	(0%, 0%)	1%	X
PhD or equivalent	10%	(8%, 12%)	5%	X
Non-degree	2%	(1%, 3%)	2%	
Other	1%	(1%, 2%)	3%	X
<i>Ever trained for or served in the military (Armed Forces, Reserves, or National Guard)</i>	3%	(1%, 5%)	3%	
<i>Age</i>				
18-22	62%	(58%, 66%)	63%	
23-25	13%	(10%, 15%)	13%	
26-30	14%	(11%, 17%)	11%	X
31+	12%	(9%, 14%)	12%	
<i>Highest educational attainment of either parent</i>				
Less than high school degree	4%	(2%, 6%)	4%	
High school degree	16%	(13%, 19%)	25%	X
College degree	39%	(35%, 43%)	39%	
Graduate degree	41%	(37%, 45%)	32%	X
<i>Religiosity</i>				
Very important	12%	(9%, 14%)	18%	X
Important	15%	(12%, 18%)	21%	X
Neutral	24%	(21%, 28%)	26%	
Unimportant	19%	(16%, 22%)	16%	
Very unimportant	30%	(26%, 34%)	18%	X

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Current financial situation				
Always stressful	8%	(6%, 11%)	14%	X
Often stressful	22%	(18%, 25%)	25%	X
Stressful	39%	(35%, 44%)	37%	
Rarely Stressful	24%	(20%, 27%)	18%	X
Never Stressful	7%	(5%, 9%)	6%	
Financial situation growing up				
Always stressful	5%	(3%, 7%)	9%	X
Often stressful	15%	(12%, 18%)	16%	
Stressful	25%	(21%, 28%)	27%	
Rarely Stressful	36%	(32%, 40%)	31%	X
Never Stressful	20%	(16%, 23%)	17%	
Relationship status				
Single	49%	(45%, 54%)	49%	
In a relationship	36%	(32%, 40%)	36%	
Married or domestic partnership	12%	(10%, 15%)	13%	
Divorced	1%	(0%, 1%)	1%	
Sexual orientation				
Heterosexual	85%	(82%, 88%)	84%	
Bisexual	8%	(6%, 10%)	7%	
Gay / lesbian	3%	(2%, 5%)	4%	
Questioning	2%	(1%, 2%)	2%	
Other	3%	(1%, 4%)	3%	

Mental Health Measures

Positive Mental Health				
Flourishing Scale (8-56)	42.7	(41.9, 43.5)	44.2	X
Depression (PHQ-9)				
Overall score (0-27)	7.4	(6.9, 7.8)	7.6	
In moderate range (10-14)	15%	(12%, 18%)	13%	
In moderately severe range (15-19)	8%	(6%, 10%)	7%	
In severe range (20-27)	2%	(1%, 3%)	4%	X
Major depression (positive screen)	11%	(9%, 14%)	14%	
Other depression (positive screen)	17%	(14%, 20%)	17%	
Depression overall	28%	(24%, 32%)	31%	
Impairment from depression (1)				
Not difficult at all	30%	(26%, 34%)	31%	
Somewhat difficult	54%	(49%, 58%)	53%	
Very difficult	12%	(9%, 15%)	12%	
Extremely difficult	4%	(3%, 6%)	4%	
Generalized anxiety (GAD-7)				
Overall score (0-21)	6.2	(5.8, 6.7)	6.4	
In moderate range (10-14)	14%	(11%, 17%)	16%	
In severe range (15-21)	9%	(7%, 11%)	10%	
Probable anxiety disorder (positive screen)	23%	(19%, 27%)	26%	
Depression/Anxiety				
Depression or anxiety disorder	37%	(33%, 42%)	38%	
Disordered eating and body image				
Probable eating disorder (3+ on SCOFF)	10%	(8%, 13%)	9%	
Need to be very thin to feel good about self	23%	(19%, 26%)	21%	
Think you are very underweight	1%	(0%, 1%)	1%	
Academic impairment from mental health, past 4 weeks (2)				
None	20%	(17%, 23%)	26%	X
1-2 days	37%	(33%, 41%)	33%	
3-5 days	23%	(19%, 26%)	23%	
6 or more days	20%	(17%, 24%)	18%	

(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
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Self-Injury and Suicide

Non-suicidal self-injury, past year				
Any	20%	(16%, 23%)	21%	
Cutting self	3%	(2%, 5%)	5%	
Burning self	1%	(0%, 2%)	2%	
Punching or banging self	8%	(6%, 11%)	7%	
Scratching self	8%	(6%, 10%)	8%	
Pulling one's hair	7%	(5%, 9%)	7%	
Biting self	4%	(2%, 6%)	5%	
Interfering with wound healing	4%	(3%, 6%)	6%	
Carving words or symbols in skin	1%	(0%, 2%)	1%	
Rubbing sharp objects on skin	3%	(2%, 4%)	3%	
Punching or banging wall or object	6%	(4%, 9%)	6%	
Other	2%	(0%, 3%)	1%	
Frequency of self-injury, past year (among those with any)				
Once or twice	59%	(49%, 69%)	54%	
Once a month or less	26%	(17%, 35%)	24%	
2 or 3 times a month	8%	(3%, 13%)	12%	
Once or twice a week	5%	(1%, 9%)	5%	
3 to 5 days a week	1%	(0%, 3%)	2%	
Nearly everyday, or everyday	1%	(0%, 3%)	2%	
Suicidality				
Seriously thought about attempting suicide, past year	12%	(9%, 15%)	11%	
Made a plan for attempting suicide, past year	4%	(2%, 5%)	5%	
Attempted suicide, past year	1%	(0%, 1%)	1%	

Previous Diagnoses of Mental Disorders

Mental disorders				
Any	27%	(23%, 31%)	36%	X
Depression or mood disorder				
Any	18%	(15%, 21%)	23%	X
Major depression	9%	(6%, 11%)	10%	
Dysthymia	2%	(1%, 3%)	2%	
Bipolar	1%	(0%, 1%)	3%	X
Cyclothymia	0%	(0%, 1%)	0%	
Anxiety disorder				
Any	19%	(16%, 22%)	24%	X
Generalized anxiety disorder	14%	(11%, 17%)	17%	X
Panic disorder	3%	(2%, 4%)	4%	
Agoraphobia	0%	(0%, 0%)	0%	
Specific phobia	1%	(0%, 2%)	1%	
Social phobia	1%	(1%, 2%)	3%	
Obsessive-compulsive disorder (OCD)	1%	(0%, 2%)	3%	X
Acute stress disorder	0%	(0%, 1%)	1%	
Post traumatic stress disorder (PTSD)	2%	(1%, 3%)	4%	X
Attention or learning disorder				
Any	6%	(3%, 8%)	11%	X
ADHD	5%	(3%, 8%)	10%	X
Learning disorder	0%	(0%, 1%)	1%	
Eating disorder				
Any	2%	(1%, 3%)	3%	
Anorexia nervosa	1%	(0%, 2%)	1%	
Bulimia nervosa	0%	(0%, 1%)	1%	
Binge eating disorder	0%	(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	0%	(0%, 1%)	0%	
Schizophrenia	0%	(0%, 0%)	0%	
<i>Personality disorder</i>				
Any	1%	(0%, 1%)	1%	
<i>Substance abuse disorder</i>				
Any	0%	(0%, 1%)	2%	X
Alcohol abuse disorder	0%	(0%, 0%)	1%	
Health Behaviors and Lifestyle				
<i>Substance use, past 30 days</i>				
Cigarettes	9%	(6%, 12%)	12%	X
Marijuana	26%	(22%, 30%)	22%	
Cocaine	2%	(1%, 3%)	2%	
Heroin	0%	(0%, 0%)	0%	
Methamphetamines	0%	(0%, 0%)	0%	
Other stimulants without a prescription	2%	(0%, 3%)	3%	
Ecstasy	1%	(0%, 2%)	1%	
Other drugs without a prescription	2%	(0%, 3%)	2%	
<i>Obese (BMI\geq30)</i>	9%	(6%, 12%)	19%	X
<i>Time studying/doing homework</i>				
Less than 1 hour/week	2%	(1%, 3%)	2%	
1-2 hours/week	3%	(2%, 5%)	7%	X
3-5 hours/week	17%	(13%, 20%)	23%	X
6-10 hours/week	28%	(24%, 32%)	28%	
11-15 hours/week	19%	(16%, 22%)	16%	
16-20 hours/week	13%	(10%, 15%)	12%	
More than 20 hours/week	18%	(15%, 22%)	12%	X
<i>Violence (past 12 months)</i>				
Did anyone strike or physically injure you?	6%	(4%, 8%)	7%	
Attitudes and Beliefs about Services				
<i>...think less of someone who has received mental health treatment.</i>				
I...	6%	(3%, 8%)	6%	
Most people...	44%	(39%, 49%)	47%	
<i>Knows where to go for professional help for mental health</i>				
Agree or strongly agree	74%	(71%, 78%)	74%	
<i>Beliefs about effectiveness of treatment for depression</i>				
Believes medication is helpful or very helpful for depression	58%	(54%, 63%)	59%	
Believes therapy is helpful or very helpful for depression	85%	(81%, 88%)	83%	

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	21%	(17%, 24%)	19%	
Agree	17%	(13%, 20%)	15%	
Somewhat agree	18%	(15%, 22%)	17%	
Somewhat disagree	6%	(4%, 9%)	6%	
Disagree	17%	(14%, 21%)	17%	
Strongly disagree	21%	(17%, 24%)	26%	X
<i>Psychotropic medication</i>				
Any, past year	17%	(14%, 21%)	22%	X
Any, current	12%	(9%, 15%)	16%	X
Psychostimulants	2%	(1%, 4%)	6%	X
Anti-depressants	12%	(9%, 15%)	13%	
Anti-psychotics	1%	(0%, 1%)	1%	
Anti-anxiety	5%	(3%, 7%)	8%	X
Mood stabilizers	0%	(0%, 1%)	2%	X
Other	1%	(0%, 2%)	2%	
<i>Prescriber (among those with any past-year medication use)</i>				
General practitioner/nurse practitioner/primary care physician	50%	(39%, 60%)	58%	
Psychiatrist	33%	(24%, 43%)	33%	
Other type of health provider	6%	(1%, 11%)	4%	
No prescription	14%	(6%, 21%)	10%	
Don't know	1%	(0%, 3%)	2%	
<i>Discussed medication with provider, past year (among those with medication use)</i>				
Not at all	17%	(9%, 26%)	14%	
1-2 times	46%	(35%, 56%)	37%	
3-5 times	23%	(15%, 32%)	26%	
More than 5 times	12%	(6%, 19%)	21%	X
<i>Whom you would talk to, if you were experiencing serious emotional distress</i>				
Professional clinician	30%	(26%, 34%)	30%	
Roommate	20%	(17%, 24%)	17%	
Friend (who is not a roommate)	52%	(47%, 56%)	49%	
Significant other	38%	(34%, 42%)	36%	
Family member	47%	(43%, 51%)	47%	
Religious counselor / other religious contact	4%	(2%, 5%)	7%	X
Support group	3%	(2%, 4%)	3%	
Other non-clinical source	1%	(0%, 2%)	2%	
No one	7%	(5%, 9%)	8%	
<i>Therapy or counseling for mental health</i>				
Past year	22%	(19%, 26%)	24%	
Current	11%	(8%, 13%)	11%	
<i>Visits in past year, among those with any</i>				
1-3	42%	(35%, 49%)	42%	
4-6	18%	(13%, 23%)	20%	
7-9	13%	(8%, 17%)	13%	
More than 10	10%	(6%, 15%)	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	10%	(8%, 13%)	11%	
Campus Provider B	5%	(3%, 7%)	1%	X
Campus Provider C	1%	(0%, 2%)	1%	
Psychiatric emergency services	0%	(0%, 1%)	0%	
Inpatient psychiatric hospital	0%	(0%, 1%)	1%	
Partial hospitalization program	0%	(0%, 0%)	0%	
Provider in the local community (not on campus)	8%	(6%, 10%)	7%	
Provider in another location (such as hometown)	4%	(2%, 5%)	7%	X
Other	0%	(0%, 1%)	1%	X
<i>Any medication or therapy for mental health</i>				
Past year	30%	(26%, 34%)	34%	X
Current	17%	(14%, 21%)	22%	X
<i>Any medication or therapy, among those with positive depression or anxiety screen</i>				
Past year	46%	(38%, 53%)	51%	
Current	28%	(21%, 34%)	35%	X
<i>Any visit to a health provider</i>				
Past year	75%	(71%, 79%)	76%	
<i>Received counseling or support for mental health from these sources, past year</i>				
Roommate	18%	(15%, 22%)	15%	X
Friend (other than roommate)	41%	(37%, 45%)	40%	
Significant other	32%	(28%, 36%)	29%	
Family member	35%	(31%, 39%)	35%	
Religious contact	2%	(1%, 3%)	4%	X
Support group	2%	(1%, 3%)	2%	
Other non-clinical source	0%	(0%, 1%)	1%	X
None of the above	35%	(31%, 40%)	39%	
<i>How helpful, overall, do you think the medication(s) was or has been for your mental or emotional health?</i>				
Very helpful	31%	(21%, 40%)	36%	
Helpful	30%	(20%, 39%)	31%	
Somewhat helpful	22%	(13%, 32%)	23%	
Not helpful	17%	(9%, 26%)	9%	X
<i>How helpful, overall, do you think therapy or counseling was or has been for your mental or emotional health?</i>				
Very helpful	30%	(24%, 37%)	31%	
Helpful	29%	(23%, 36%)	27%	
Somewhat helpful	28%	(22%, 34%)	27%	
Not helpful	13%	(8%, 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	1%	(0%, 3%)	4%	X
Dissatisfied	3%	(0%, 6%)	5%	
Somewhat dissatisfied	1%	(0%, 4%)	7%	
Somewhat satisfied	14%	(6%, 21%)	18%	
Satisfied	51%	(39%, 62%)	43%	
Very satisfied	30%	(20%, 41%)	23%	
<i>Location</i>				
Very dissatisfied	0%	(0%, 0%)	1%	X
Dissatisfied	1%	(0%, 3%)	2%	
Somewhat dissatisfied	3%	(0%, 7%)	4%	
Somewhat satisfied	10%	(3%, 17%)	10%	
Satisfied	38%	(27%, 50%)	47%	
Very satisfied	48%	(36%, 59%)	36%	
<i>Quality of therapists</i>				
Very dissatisfied	2%	(0%, 4%)	4%	
Dissatisfied	4%	(0%, 9%)	5%	
Somewhat dissatisfied	0%	(0%, 0%)	6%	
Somewhat satisfied	14%	(6%, 21%)	16%	
Satisfied	36%	(25%, 46%)	36%	
Very satisfied	44%	(33%, 56%)	34%	
<i>Respect for privacy concerns</i>				
Very dissatisfied	0%	(0%, 0%)	2%	
Dissatisfied	1%	(0%, 2%)	1%	
Somewhat dissatisfied	1%	(0%, 3%)	2%	
Somewhat satisfied	6%	(1%, 11%)	7%	
Satisfied	34%	(23%, 45%)	39%	
Very satisfied	59%	(47%, 70%)	50%	
<i>Scheduling appointments w/o long delays</i>				
Very dissatisfied	7%	(2%, 13%)	7%	
Dissatisfied	3%	(0%, 5%)	7%	
Somewhat dissatisfied	9%	(2%, 16%)	9%	
Somewhat satisfied	18%	(10%, 27%)	15%	
Satisfied	31%	(20%, 42%)	34%	
Very satisfied	32%	(20%, 43%)	29%	

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

<i>Convenient hours</i>				
Very dissatisfied	0%	(0%, 0%)	3%	
Dissatisfied	4%	(0%, 12%)	3%	
Somewhat dissatisfied	9%	(0%, 28%)	6%	
Somewhat satisfied	32%	(9%, 56%)	18%	
Satisfied	42%	(18%, 66%)	44%	
Very satisfied	13%	(0%, 28%)	27%	
<i>Location</i>				
Very dissatisfied	3%	(0%, 9%)	2%	
Dissatisfied	5%	(0%, 10%)	4%	
Somewhat dissatisfied	4%	(0%, 8%)	7%	
Somewhat satisfied	26%	(15%, 37%)	18%	
Satisfied	39%	(27%, 51%)	40%	
Very satisfied	23%	(14%, 33%)	29%	
<i>Quality of therapists</i>				
Very dissatisfied	2%	(0%, 6%)	3%	
Dissatisfied	9%	(1%, 17%)	4%	
Somewhat dissatisfied	3%	(0%, 7%)	6%	
Somewhat satisfied	8%	(2%, 15%)	14%	
Satisfied	40%	(28%, 52%)	30%	
Very satisfied	37%	(25%, 48%)	42%	
<i>Respect for privacy concerns</i>				
Very dissatisfied	3%	(0%, 9%)	1%	
Dissatisfied	0%	(0%, 0%)	1%	
Somewhat dissatisfied	2%	(0%, 6%)	2%	
Somewhat satisfied	4%	(0%, 9%)	7%	
Satisfied	40%	(28%, 52%)	33%	
Very satisfied	50%	(38%, 63%)	54%	
<i>Scheduling appointments w/o long delays</i>				
Very dissatisfied	6%	(0%, 13%)	3%	
Dissatisfied	4%	(0%, 9%)	4%	
Somewhat dissatisfied	5%	(0%, 10%)	6%	
Somewhat satisfied	22%	(12%, 33%)	14%	
Satisfied	30%	(20%, 41%)	34%	
Very satisfied	32%	(21%, 43%)	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%	(0%, 4%)	2%	
No need for services	31%	(25%, 37%)	35%	
Financial reasons	35%	(29%, 41%)	23%	X
Not enough time	41%	(35%, 48%)	35%	
Not sure where to go	17%	(12%, 22%)	13%	X
Difficulty finding an available appointment	21%	(15%, 26%)	13%	X
Prefer to deal with issues on my own or with support from family/friends	26%	(20%, 31%)	28%	
Other	10%	(6%, 13%)	10%	
No barriers	12%	(8%, 17%)	14%	
Reasons for seeking help				
Decided on my own	81%	(74%, 87%)	74%	
Friend encouraged or pressured me	28%	(21%, 35%)	21%	X
Family member encouraged or pressured me	31%	(24%, 39%)	35%	
Other person encouraged or pressured me	11%	(5%, 16%)	7%	
I was mandated by campus staff	0%	(0%, 0%)	2%	
I acquired more information about my options	3%	(1%, 6%)	1%	X
Other reasons	6%	(2%, 10%)	6%	
Source of health insurance				
None (uninsured)	3%	(1%, 4%)	3%	
Parent's employer	46%	(41%, 50%)	50%	X
Own employer	11%	(9%, 14%)	8%	X
Spouse's employer	2%	(1%, 3%)	3%	
Student plan	14%	(11%, 17%)	9%	X
Embassy or other international source	1%	(0%, 2%)	1%	
Individual market	2%	(1%, 3%)	2%	
Public insurance	11%	(9%, 14%)	10%	
Uncertain whether insured	0%	(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	28%	(24%, 32%)	28%	
I think it would but am not sure	30%	(26%, 34%)	29%	
I have no idea	33%	(29%, 38%)	34%	
I think it would not but am not sure	8%	(5%, 10%)	7%	
No, it definitely would not	1%	(0%, 2%)	3%	X
Plan meets needs for mental health services (among those with a plan)				
Have not needed plan to cover services	68%	(64%, 72%)	64%	X
Yes, everything I have needed is covered	23%	(19%, 27%)	29%	X
No, the coverage is inadequate to meet my needs	8%	(6%, 11%)	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>	13%	(10%, 16%)	13%	
<i>Supportiveness of response by academic personnel</i>				
Very supportive	41%	(28%, 54%)	51%	
Supportive	49%	(36%, 62%)	40%	
Not supportive	5%	(0%, 10%)	7%	
Very unsupportive	5%	(0%, 12%)	2%	
<i>Whom would you talk to about mental health problems affecting academic performance</i>				
Professor from one of classes	23%	(20%, 27%)	30%	X
Academic advisor	33%	(29%, 37%)	28%	X
Another faculty member	4%	(3%, 6%)	6%	
Teaching assistant	6%	(4%, 8%)	2%	X
Student services staff	10%	(7%, 12%)	11%	
Dean of Students or Class Dean	2%	(1%, 3%)	4%	X
Other	34%	(30%, 38%)	32%	
No one	5%	(3%, 7%)	6%	
<i>Persistence/retention</i>				
Am confident I will finish my degree no matter the challenges	83%	(79%, 86%)	83%	