



# THE HEALTHY MINDS STUDY

Fall 2020 Data Report

# ABOUT THE HEALTHY MINDS STUDY (HMS)



## STUDY TEAM

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

Co-investigator: Sasha Zhou, PhD, MPH, MHSA

Project Managers: Amber Talaski, MPH & Akilah Patterson, MPH

## REPORT TEAM

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

Report Automation: Paul Schulz & Lingxi Li

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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 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 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](http://data.healthymindsnetwork.org).

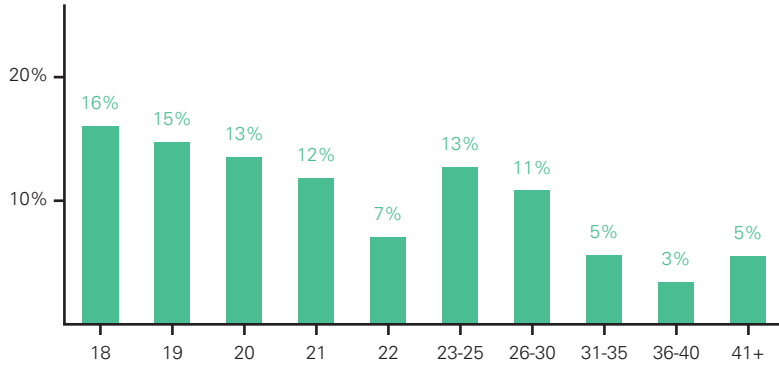
# KEY FINDINGS

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

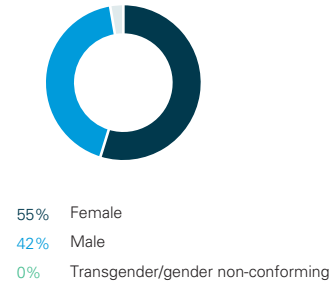
Estimated values of selected measures	Percentage of students
Major depression (positive PHQ-9 screen)	21%
Depression overall, including major and moderate (positive PHQ-9 screen)	39%
Anxiety disorder (positive GAD-7 screen)	34%
Eating disorder (positive SCOFF screen)	11%
Non-suicidal self-injury (past year)	23%
Suicidal ideation (past year)	13%
Lifetime diagnoses of mental disorders	41%
Psychiatric medication (past year)	24%
Mental health therapy/counseling (past year)	29%
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)	53%
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=32754)

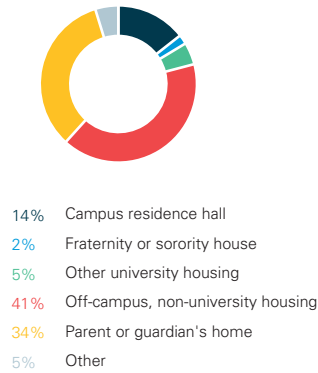
**Age (years)**



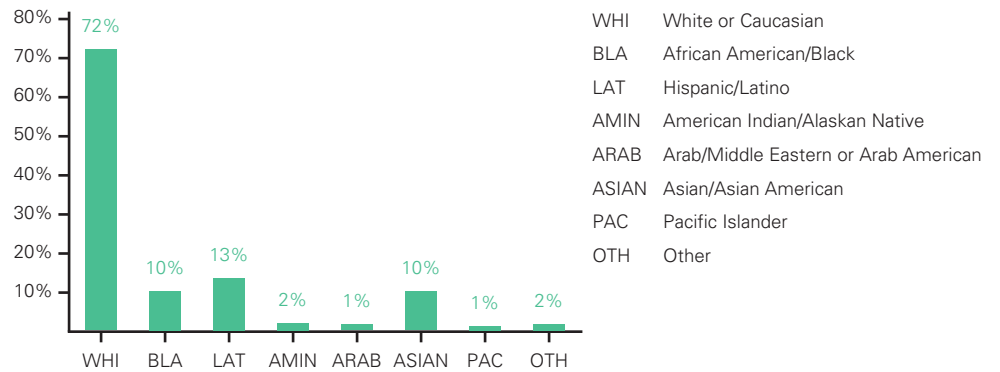
**Gender**



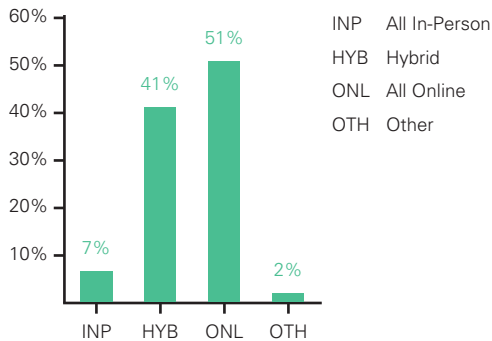
**Living arrangement**



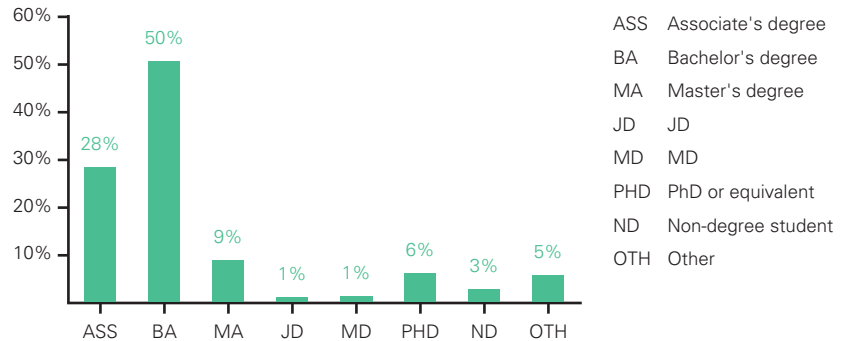
**Race/ethnicity**



**Class Format**



**Degree program**

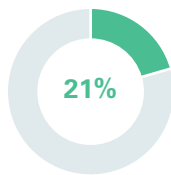


# PREVALENCE OF MENTAL HEALTH PROBLEMS

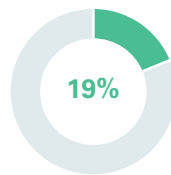
## DEPRESSION SCREEN

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).

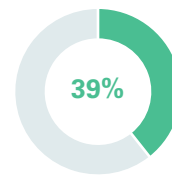
Severe depression



Moderate depression



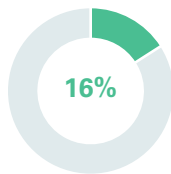
Any depression



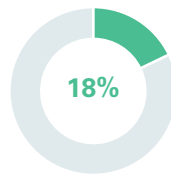
## ANXIETY SCREEN

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.

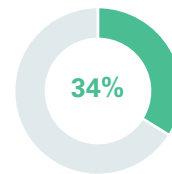
Severe anxiety



Moderate anxiety



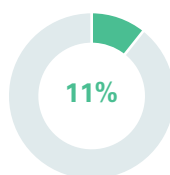
Any anxiety



## 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

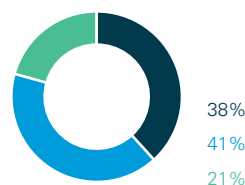


## LONELINESS

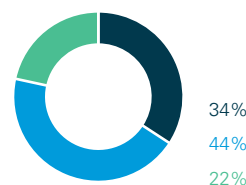
Loneliness is measured using the UCLA three-item Loneliness Scale (Hughes, Waite, Hawkey, & Cacioppo, 2004).

How often do you feel...

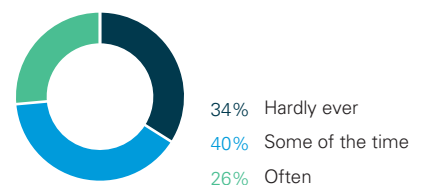
that you lack companionship



left out



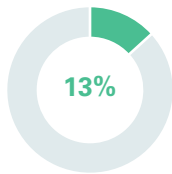
isolated from others



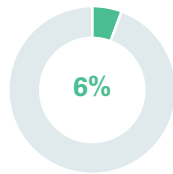


## SUICIDALITY AND SELF-INJURIOUS BEHAVIOR

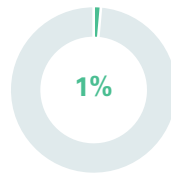
Suicidal ideation (past year)



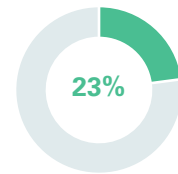
Suicide plan (past year)



Suicide attempt (past year)



Non-suicidal self-injury (past year)



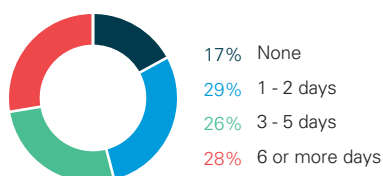
## LIFETIME DIAGNOSES OF MENTAL DISORDERS

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)

28%	Depression or other mood disorders (e.g., major depressive disorder, persistent depressive disorder)
3%	Bipolar (e.g., bipolar I or II, cyclothymia)
31%	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)
7%	Neurodevelopmental disorder or intellectual disability (e.g., attention deficit disorder, attention deficit hyperactivity disorder, intellectual disability, autism spectrum disorder)
3%	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 use disorder (e.g., alcohol abuse, abuse of other drugs)
59%	No, none of these

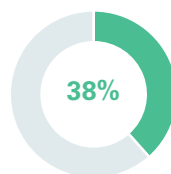
## ACADEMIC IMPAIRMENT

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)

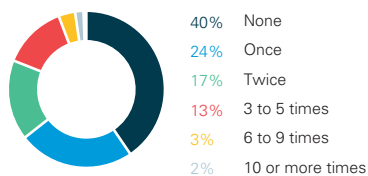
20%	Marijuana
1%	Cocaine (any form, including crack, powder, or freebase)
0%	Heroin
0%	Opioid pain relievers (such as Vicodin, OxyContin, Percocet, Demerol, Dilaudid, codeine, hydrocodone, methadone, morphine) without a prescription or more than prescribed
0%	Benzodiazepenes
0%	Methamphetamines (also 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)
1%	LSD (also known as acid)
2%	Psilocybin (also known as magic mushrooms, boomers, shrooms)
0%	Kratom
0%	Athletic performance enhancers (anything that violates policies set by school or any athletic governing body)
1%	Other drugs without a prescription
79%	No, none of these

## Binge drinking

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

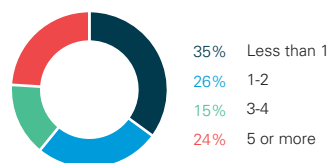
- A 12-ounce can or bottle of beer
- A 4-ounce glass of wine
- A shot of liquor straight or in a mixed drink

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)

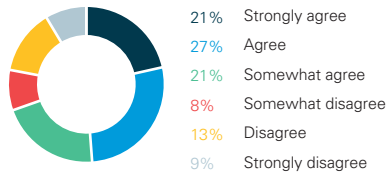


# ATTITUDES AND BELIEFS ABOUT MENTAL HEALTH SERVICES

## KNOWLEDGE

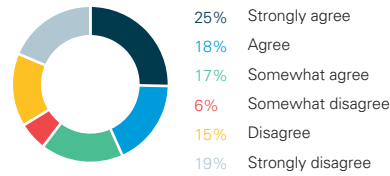
### Knowledge of campus mental health resources

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.



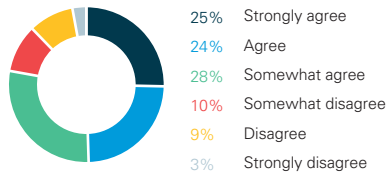
### Perceived need (past year)

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)

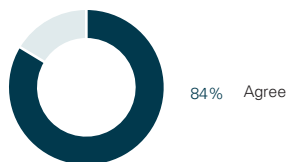
I currently need help for emotional or mental health problems such as feeling sad, blue, anxious or nervous.



## 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.)
17%	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.)
7%	Anti-anxiety medications (e.g., lorazepam (Ativan), clonazepam (Klonopin), alprazolam (Xanax), buspirone (BuSpar), etc.)
3%	Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazepine (Tegretol), etc.)
4%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
2%	Other medication for mental or emotional health
76%	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.)
26%	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.)
12%	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.)
4%	Other medication for mental or emotional health
65%	None

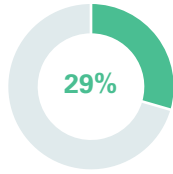
## Mental health care access

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

11%	Much more difficult or limited access
18%	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
41%	Don't know or not applicable (have not tried to access care)

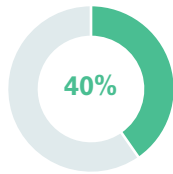
**Mental health counseling/therapy, all students (past year)**

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)?



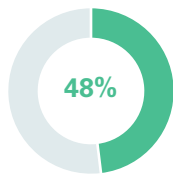
**Mental health counseling/therapy among students with positive depression or anxiety screens (past year)**

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)?



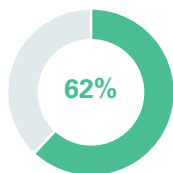
**Mental health counseling/therapy, all students (lifetime)**

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
40%	Friend (who is not a roommate)
30%	Significant other
37%	Family member
4%	Religious counselor or other religious contact
2%	Support group
1%	Other non-clinical source
35%	None of the above
4%	Faculty member/professor
2%	Staff member

**Barriers to help-seeking**

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

4%	I haven't had the chance to go but I plan to
40%	No need for services
17%	Financial reasons (too expensive, not covered by insurance)
18%	Not enough time
13%	Not sure where to go
7%	Difficulty finding an available appointment
21%	Prefer to deal with issues on my own or with support from family/friends
2%	Privacy concerns
4%	People providing services don't understand me
7%	Other
15%	No barriers

# REFERENCES

## MENTAL HEALTH SCREENS

Center for Collegiate Mental Health (2015). CCAPS User Manual. University Park, PA.

Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., & Biswas-Diener, R. (2009). New measures of well-being: Flourishing and positive and negative feelings. *Social Indicators Research*, 39, 247-266.

Morgan, J. F., Reid, F., & Lacey, J. H. (1999). The SCOFF questionnaire: assessment of a new screening tool for eating disorders *BMJ*, 319(7223), 1467-1468.

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Hughes, M.E., Waite, L.J., Hawkey, L.C., & Cacioppo, J.T. (2004). A short scale for measuring loneliness in large surveys: Results from two population-based studies. *Research on Aging*, 26(6), 655-672.

## SELECTED ARTICLES PUBLISHED WITH HMS DATA

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Email: [healthyminds@umich.edu](mailto:healthyminds@umich.edu)

Website: [www.healthymindsnetwork.org](http://www.healthymindsnetwork.org)



# APPENDIX: DESCRIPTIVE STATISTICS FOR SURVEY ITEMS

MEASURE

All Students

95% CONFIDENCE INTERVAL

## Respondent Characteristics

<b>Sample</b>		
N	32754	
Response Rate	14%	
<b>Gender</b>		
Female	55%	(54%, 56%)
Male	42%	(42%, 43%)
Transgender/gender non-conforming	0%	(0%, 1%)
<b>Race/Ethnicity</b>		
White / Caucasian	72%	(71%, 73%)
Black / African American	10%	(10%, 11%)
Hispanic / Latino	13%	(13%, 14%)
American Indian	2%	(2%, 2%)
Arab / Middle Eastern	1%	(1%, 2%)
Asian / Asian American	10%	(9%, 10%)
Pacific Islander	1%	(1%, 1%)
Other	2%	(1%, 2%)
<b>Country</b>		
US Resident / Citizen	96%	(96%, 96%)
International	4%	(4%, 4%)
<b>Residence</b>		
Campus residence hall	14%	(14%, 15%)
Fraternity / sorority house	2%	(2%, 2%)
Other campus housing	5%	(4%, 5%)
Off-campus / non-university housing	41%	(40%, 42%)
Parent or guardian's home	34%	(33%, 34%)
Other	5%	(4%, 5%)
<b>Academic level</b>		
Associates	28%	(27%, 29%)
Bachelors	50%	(50%, 51%)
Masters	9%	(8%, 9%)
JD	1%	(1%, 1%)
MD	1%	(1%, 1%)
PhD or equivalent	6%	(6%, 6%)
Other	5%	(5%, 6%)
Non-degree	3%	(2%, 3%)
<b>Ever trained for or served in the military (Armed Forces, Reserves, or National Guard)</b>	3%	(2%, 3%)
<b>Age</b>		
18-22	63%	(62%, 63%)
23-25	13%	(12%, 13%)
26-30	11%	(10%, 11%)
31+	14%	(14%, 15%)
<b>Highest educational attainment of either parent</b>		
Less than high school degree	5%	(4%, 5%)
High school degree	25%	(25%, 26%)
College degree	41%	(40%, 41%)
Graduate degree	29%	(28%, 30%)

**Respondent Characteristics**

<b>Religiosity</b>		
Very important	23%	(22%, 24%)
Important	22%	(22%, 23%)
Neutral	25%	(24%, 26%)
Unimportant	14%	(13%, 15%)
Very unimportant	16%	(15%, 16%)
<b>Current financial situation</b>		
Always stressful	16%	(16%, 17%)
Often stressful	24%	(23%, 25%)
Stressful	35%	(35%, 36%)
Rarely Stressful	18%	(18%, 19%)
Never Stressful	6%	(6%, 7%)
<b>Financial situation growing up</b>		
Always stressful	12%	(12%, 13%)
Often stressful	18%	(17%, 18%)
Stressful	29%	(28%, 30%)
Rarely Stressful	27%	(27%, 28%)
Never Stressful	14%	(13%, 14%)
<b>Relationship status</b>		
Single	50%	(49%, 51%)
In a relationship	33%	(32%, 34%)
Married or domestic partnership	15%	(14%, 15%)
Divorced	1%	(1%, 2%)
<b>Sexual orientation</b>		
Heterosexual	81%	(80%, 81%)
Bisexual	10%	(10%, 11%)
Gay / lesbian	3%	(2%, 3%)
Queer	3%	(2%, 3%)
Questioning	3%	(3%, 3%)
Other	3%	(3%, 4%)
<b>Chronic disease</b>		
Diabetes	2%	(1%, 2%)
High blood pressure	4%	(3%, 4%)
Asthma	15%	(14%, 15%)
Thyroid disease (e.g., hypothyroid or hyperthyroid)	3%	(3%, 4%)
Gastrointestinal disease (e.g., Crohn's Disease, Ulcerative Colitis)	2%	(2%, 2%)
Arthritis	2%	(2%, 2%)
Sickle cell anemia	0%	(0%, 0%)
Seizure disorders (e.g., epilepsy)	1%	(1%, 1%)
Cancers	1%	(1%, 1%)
High cholesterol	2%	(2%, 3%)
HIV/AIDS	0%	(0%, 0%)
Other autoimmune disorder (please specify)	2%	(2%, 3%)
Other chronic disease (please specify)	5%	(4%, 5%)

**Race/Ethnicity Subcategories**

<b>Black</b>		
African	17%	(15%, 19%)
African American	73%	(70%, 75%)
African Carribean	11%	(9%, 12%)
Afro-Latina/o/x	5%	(4%, 6%)
Other	6%	(4%, 7%)



**Race/Ethnicity Subcategories**

<b>Asian</b>		
East Asian (eg Chinese, Japanese, Korean, Taiwanese)	46%	(44%, 49%)
Southeast Asian (eg Cambodian, Vietnamese, Hmong)	19%	(16%, 22%)
South Asian (eg Indian, Pakistani, Nepalese, Sri Lankan)	22%	(20%, 25%)
Filipina/o/x	15%	(13%, 17%)
Other	2%	(2%, 3%)
<b>Hispanic</b>		
Mexican/Mexican American	49%	(46%, 51%)
Central American	12%	(10%, 14%)
South American	18%	(16%, 20%)
Caribbean	14%	(13%, 16%)
Other	11%	(10%, 12%)

**Mental Health Measures**

<b>Positive Mental Health</b>		
Flourishing Scale (8-56)	43.2	(43.0, 43.4)
<b>Depression (PHQ-9)</b>		
Overall score (0-27)	8.9	(8.8, 9.0)
In moderate range (10-14)	17%	(16%, 17%)
In moderately severe range (15-19)	10%	(10%, 11%)
In severe range (20-27)	8%	(8%, 9%)
Major depression (positive screen)	21%	(20%, 21%)
Other depression (positive screen)	19%	(18%, 19%)
Depression overall	39%	(38%, 40%)
<b>Impairment from depression (1)</b>		
Not difficult at all	23%	(22%, 24%)
Somewhat difficult	51%	(50%, 52%)
Very difficult	17%	(17%, 18%)
Extremely difficult	8%	(8%, 9%)
<b>Generalized anxiety (GAD-7)</b>		
Overall score (0-21)	7.7	(7.5, 7.8)
In moderate range (10-14)	18%	(17%, 19%)
In severe range (15-21)	16%	(15%, 17%)
Probable anxiety disorder (positive screen)	34%	(33%, 35%)
<b>Depression/Anxiety</b>		
Depression or anxiety disorder	47%	(46%, 48%)
<b>Disordered eating and body image</b>		
Probable eating disorder (3+ on SCOFF)	11%	(10%, 11%)
Need to be very thin to feel good about self	25%	(24%, 26%)
Think you are very underweight	2%	(1%, 2%)
<b>Academic impairment from mental health, past 4 weeks (2)</b>		
None	17%	(16%, 18%)
1-2 days	29%	(28%, 30%)
3-5 days	26%	(26%, 27%)
6 or more days	28%	(27%, 28%)

(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?

**Self-Injury and Suicide**

<b><i>Non-suicidal self-injury, past year</i></b>		
Any	23%	(22%, 24%)
Cutting self	5%	(5%, 6%)
Burning self	2%	(1%, 2%)
Punching or banging self	10%	(9%, 10%)
Scratching self	8%	(8%, 9%)
Pulling one's hair	8%	(8%, 8%)
Biting self	4%	(4%, 5%)
Interfering with wound healing	8%	(8%, 9%)
Carving words or symbols in skin	1%	(1%, 1%)
Rubbing sharp objects on skin	3%	(2%, 3%)
Punching or banging wall or object	7%	(7%, 8%)
Other	1%	(1%, 2%)
<b><i>Frequency of self-injury, past year (among those with any)</i></b>		
Once or twice	52%	(50%, 54%)
Once a month or less	25%	(24%, 27%)
2 or 3 times a month	13%	(12%, 14%)
Once or twice a week	6%	(5%, 7%)
3 to 5 days a week	3%	(2%, 3%)
Nearly everyday, or everyday	1%	(1%, 2%)
<b><i>Suicidality</i></b>		
Seriously thought about attempting suicide, past year	13%	(13%, 14%)
Made a plan for attempting suicide, past year	6%	(5%, 6%)
Attempted suicide, past year	1%	(1%, 2%)

**Previous Diagnoses of Mental Disorders**

<b>Mental disorders</b> Any	41%	(40%, 42%)
<b>Depression or mood disorder</b> Any Major depression Dysthymia Premenstrual dysphoric disorder	28% 14% 2% 1%	(27%, 29%) (14%, 15%) (2%, 3%) (1%, 1%)
<b>Bipolar and related disorders</b> Any Bipolar I disorder Bipolar II disorder Cyclothymic disorder	3% 1% 1% 0%	(3%, 3%) (1%, 1%) (1%, 2%) (0%, 0%)
<b>Anxiety disorder</b> Any Generalized anxiety disorder Panic disorder Agoraphobia Specific phobia Social anxiety disorder or social phobia	31% 25% 5% 0% 1% 7%	(30%, 32%) (24%, 25%) (4%, 5%) (0%, 1%) (0%, 1%) (6%, 7%)
<b>Obsessive-compulsive or related disorders</b> Any Obsessive-compulsive disorder	5% 4%	(4%, 5%) (3%, 4%)
<b>Trauma and stressor related disorders</b> Any Posttraumatic stress disorder Acute stress disorder	8% 7% 1%	(7%, 8%) (6%, 7%) (0%, 1%)
<b>Psychotic disorder</b> Any Schizophrenia	0% 0%	(0%, 1%) (0%, 0%)
<b>Neurodevelopmental disorder or intellectual disability</b> Any ADHD Other intellectual disability Autism spectrum disorder	7% 6% 0% 1%	(7%, 8%) (6%, 7%) (0%, 0%) (1%, 2%)
<b>Eating disorder</b> Any Anorexia nervosa Bulimia nervosa Binge eating disorder	3% 2% 1% 1%	(3%, 4%) (1%, 2%) (1%, 1%) (1%, 1%)
<b>Personality disorder</b> Any	1%	(1%, 2%)
<b>Substance abuse disorder</b> Any Alcohol abuse disorder	2% 1%	(1%, 2%) (1%, 1%)

### Health Behaviors and Lifestyle

<b>Substance use, past 30 days</b>		
Cigarettes	7%	(6%, 7%)
Vape pen or E-Cigarette	15%	(14%, 15%)
Marijuana	20%	(19%, 21%)
Cocaine	1%	(1%, 1%)
Heroin	0%	(0%, 0%)
Opioid pain relievers without a prescription or more than prescribed	0%	(0%, 1%)
Benzodiazepenes	0%	(0%, 1%)
Methamphetamines	0%	(0%, 0%)
Other stimulants without a prescription or more than prescribed	1%	(1%, 2%)
MDMA (also known as Ecstasy or Molly)	0%	(0%, 0%)
Ketamine (also known as K, Special K)	0%	(0%, 0%)
LSD (also known as acid)	1%	(1%, 1%)
Psilocybin (also known as magic mushrooms, boomers, shrooms)	2%	(1%, 2%)
Kratom	0%	(0%, 1%)
Athletic performance enhancers (anything that violates policies set by school or any athletic governing body)	0%	(0%, 0%)
Other drugs without a prescription	1%	(1%, 1%)
<b>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.)</b>		
More than one time	28%	(28%, 29%)
More than 3 times	9%	(8%, 9%)
<b>Time studying/doing homework</b>		
Less than 1 hour/week	2%	(1%, 2%)
1-2 hours/week	6%	(5%, 6%)
3-5 hours/week	20%	(19%, 21%)
6-10 hours/week	28%	(27%, 29%)
11-15 hours/week	17%	(17%, 18%)
16-20 hours/week	13%	(12%, 14%)
More than 20 hours/week	15%	(14%, 15%)
<b>Violence (past 12 months)</b>		
Did anyone strike or physically injure you?	6%	(6%, 6%)

### Attitudes and Beliefs about Services

<b>...think less of someone who has received mental health treatment.</b>		
I...	6%	(5%, 6%)
Most people...	45%	(44%, 46%)
<b>know where to go to access resources</b>		
Agree or strongly agree	70%	(69%, 70%)
<b>Beliefs about effectiveness of treatment for depression</b>		
Believes medication is helpful or very helpful for depression	60%	(60%, 61%)
Believes therapy is helpful or very helpful for depression	84%	(83%, 85%)

**Help-Seeking**

<b><i>Think you needed help for emotional or mental health problems, past year</i></b>		
Strongly agree	25%	(25%, 26%)
Agree	18%	(17%, 19%)
Somewhat agree	17%	(16%, 18%)
Somewhat disagree	6%	(5%, 6%)
Disagree	15%	(15%, 16%)
Strongly disagree	19%	(18%, 19%)
<b><i>Prescriber (among those with any past-year medication use)</i></b>		
General practitioner/nurse practitioner/primary care physician	62%	(61%, 64%)
Psychiatrist	36%	(34%, 37%)
Other type of health provider	4%	(4%, 5%)
No prescription	4%	(3%, 5%)
Don't know	1%	(1%, 2%)
<b><i>Discussed medication with provider, past year (among those with medication use)</i></b>		
Not at all	9%	(8%, 10%)
1-2 times	40%	(38%, 42%)
3-5 times	27%	(26%, 29%)
More than 5 times	22%	(20%, 23%)
<b><i>Whom you would talk to, if you were experiencing serious emotional distress</i></b>		
Professional clinician	33%	(32%, 34%)
Roommate	15%	(14%, 15%)
Friend (who is not a roommate)	43%	(42%, 43%)
Significant other	35%	(34%, 35%)
Family member	43%	(43%, 44%)
Religious counselor / other religious contact	7%	(6%, 7%)
Support group	4%	(3%, 4%)
Other non-clinical source	1%	(1%, 2%)
No one	9%	(9%, 10%)
<b><i>Therapy or counseling for mental health</i></b>		
Past year	29%	(29%, 30%)
Current	14%	(14%, 15%)
<b><i>Visits in past year, among those with any</i></b>		
1-3	39%	(37%, 40%)
4-6	20%	(19%, 21%)
7-9	13%	(12%, 14%)
More than 10	7%	(6%, 8%)
<b><i>Use of specific providers for therapy or counseling for mental health</i></b>		
Campus Provider A	10%	(9%, 10%)
Campus Provider B	1%	(1%, 1%)
Campus Provider C	2%	(2%, 3%)
Psychiatric emergency services	1%	(1%, 1%)
Inpatient psychiatric hospital	1%	(1%, 1%)
Partial hospitalization program	1%	(1%, 1%)
Provider in the local community (not on campus)	9%	(9%, 10%)
Provider in another location (such as hometown)	11%	(11%, 12%)
Other	2%	(2%, 2%)
<b><i>Any medication or therapy for mental health</i></b>		
Past year	39%	(38%, 40%)
Current	26%	(26%, 27%)

**Help-Seeking**

<b><i>Any medication or therapy, among those with positive depression or anxiety screen</i></b>		
Past year	53%	(52%, 54%)
Current	38%	(37%, 39%)
<b><i>Any visit to a health provider</i></b>		
Past year	71%	(70%, 71%)
<b><i>Received counseling or support for mental health from these sources, past year</i></b>		
Roommate	14%	(13%, 14%)
Friend (other than roommate)	40%	(39%, 41%)
Significant other	30%	(30%, 31%)
Family member	37%	(36%, 37%)
Religious contact	4%	(4%, 5%)
Support group	2%	(2%, 3%)
Other non-clinical source	1%	(1%, 1%)
None of the above	35%	(34%, 36%)
<b><i>How helpful, overall, do you think the medication(s) was or has been for your mental or emotional health?</i></b>		
Very helpful	38%	(36%, 40%)
Helpful	32%	(30%, 34%)
Somewhat helpful	22%	(20%, 23%)
Not helpful	8%	(7%, 10%)
<b><i>How helpful, overall, do you think therapy or counseling was or has been for your mental or emotional health?</i></b>		
Very helpful	36%	(34%, 37%)
Helpful	27%	(26%, 28%)
Somewhat helpful	25%	(24%, 26%)
Not helpful	13%	(12%, 13%)
<b><i>Of the places you reported receiving counseling or therapy, how were your counseling or therapy sessions conducted?</i></b>		
In-person only	35%	(34%, 37%)
Remote/telehealth only (digital video conferencing, text/app chat, etc.)	29%	(27%, 30%)
Both in-person and remote	36%	(34%, 38%)

**Satisfaction with Therapy, Campus Providers**

<b><i>Convenient hours</i></b>		
Very dissatisfied	3%	(2%, 4%)
Dissatisfied	5%	(4%, 6%)
Somewhat dissatisfied	7%	(5%, 8%)
Somewhat satisfied	19%	(17%, 21%)
Satisfied	42%	(39%, 44%)
Very satisfied	24%	(22%, 27%)
<b><i>Location</i></b>		
Very dissatisfied	2%	(2%, 3%)
Dissatisfied	3%	(2%, 4%)
Somewhat dissatisfied	6%	(5%, 7%)
Somewhat satisfied	15%	(13%, 17%)
Satisfied	47%	(44%, 49%)
Very satisfied	27%	(24%, 29%)
<b><i>Quality of therapists</i></b>		
Very dissatisfied	4%	(3%, 6%)
Dissatisfied	5%	(4%, 6%)
Somewhat dissatisfied	8%	(6%, 9%)
Somewhat satisfied	14%	(12%, 15%)
Satisfied	33%	(30%, 35%)
Very satisfied	36%	(34%, 39%)
<b><i>Respect for privacy concerns</i></b>		
Very dissatisfied	2%	(1%, 3%)
Dissatisfied	1%	(1%, 1%)
Somewhat dissatisfied	2%	(1%, 3%)
Somewhat satisfied	8%	(7%, 9%)
Satisfied	38%	(35%, 40%)
Very satisfied	49%	(46%, 51%)
<b><i>Scheduling appointments w/o long delays</i></b>		
Very dissatisfied	5%	(4%, 6%)
Dissatisfied	5%	(4%, 6%)
Somewhat dissatisfied	7%	(5%, 8%)
Somewhat satisfied	15%	(13%, 16%)
Satisfied	36%	(33%, 38%)
Very satisfied	33%	(30%, 35%)

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

**Satisfaction with Therapy, Non-Campus Providers**

<b><i>Convenient hours</i></b>		
Very dissatisfied	1%	(1%, 2%)
Dissatisfied	3%	(3%, 4%)
Somewhat dissatisfied	7%	(6%, 8%)
Somewhat satisfied	19%	(17%, 21%)
Satisfied	43%	(40%, 45%)
Very satisfied	27%	(25%, 30%)
<b><i>Location</i></b>		
Very dissatisfied	2%	(2%, 3%)
Dissatisfied	3%	(2%, 3%)
Somewhat dissatisfied	6%	(5%, 7%)
Somewhat satisfied	16%	(15%, 18%)
Satisfied	43%	(41%, 45%)
Very satisfied	29%	(28%, 31%)
<b><i>Quality of therapists</i></b>		
Very dissatisfied	3%	(3%, 4%)
Dissatisfied	4%	(3%, 4%)
Somewhat dissatisfied	6%	(6%, 7%)
Somewhat satisfied	14%	(13%, 16%)
Satisfied	31%	(29%, 33%)
Very satisfied	41%	(39%, 43%)
<b><i>Respect for privacy concerns</i></b>		
Very dissatisfied	1%	(1%, 2%)
Dissatisfied	1%	(1%, 1%)
Somewhat dissatisfied	2%	(2%, 3%)
Somewhat satisfied	7%	(6%, 8%)
Satisfied	35%	(34%, 37%)
Very satisfied	53%	(51%, 54%)
<b><i>Scheduling appointments w/o long delays</i></b>		
Very dissatisfied	4%	(3%, 4%)
Dissatisfied	4%	(4%, 5%)
Somewhat dissatisfied	6%	(6%, 7%)
Somewhat satisfied	14%	(12%, 15%)
Satisfied	34%	(32%, 35%)
Very satisfied	38%	(36%, 40%)



**Barriers and Facilitators to Help-Seeking**

<b>Reasons for receiving no or fewer services for mental health</b>		
I haven't had the chance to go but I plan to.	4%	(4%, 5%)
No need for services	40%	(39%, 40%)
Financial reasons	17%	(17%, 18%)
Not enough time	18%	(17%, 18%)
Not sure where to go	13%	(12%, 13%)
Difficulty finding an available appointment	7%	(7%, 8%)
Prefer to deal with issues on my own or with support from family/friends	21%	(20%, 22%)
Other	7%	(6%, 7%)
No barriers	15%	(15%, 16%)
<b>Reasons for seeking help</b>		
Decided on my own	71%	(69%, 72%)
Friend encouraged or pressured me	18%	(17%, 20%)
Family member encouraged or pressured me	36%	(34%, 37%)
Other person encouraged or pressured me	5%	(5%, 6%)
A campus advisor mandated me to seek help by campus staff	1%	(1%, 1%)
I acquired more information about my options	1%	(1%, 2%)
A campus advisor referred me to seek help	3%	(3%, 4%)
Health professional recommended help	13%	(12%, 14%)
Other reasons	4%	(3%, 5%)
<b>Source of health insurance</b>		
None (uninsured)	5%	(5%, 6%)
Parent's employer	47%	(47%, 48%)
Own employer	9%	(8%, 9%)
Spouse's employer	4%	(4%, 4%)
Student plan	5%	(5%, 6%)
Embassy or other international source	0%	(0%, 0%)
Individual market	2%	(2%, 3%)
Public insurance	10%	(9%, 10%)
Uncertain whether insured	1%	(1%, 2%)
Insured but uncertain of source	3%	(3%, 4%)
<b>Plan provides any coverage for local mental health visits (among those with a plan)</b>		
Yes, it definitely would	31%	(30%, 32%)
I think it would but am not sure	29%	(28%, 30%)
I have no idea	30%	(29%, 31%)
I think it would not but am not sure	7%	(7%, 8%)
No, it definitely would not	3%	(3%, 4%)
<b>Plan meets needs for mental health services (among those with a plan)</b>		
Have not needed plan to cover services	58%	(57%, 59%)
Yes, everything I have needed is covered	32%	(31%, 33%)
No, the coverage is inadequate to meet my needs	10%	(9%, 10%)

**Supportiveness of Academic and Social Environment**

<i>Talked with any academic personnel about mental health problems affecting performance</i>	14%	(13%, 14%)
<i>Supportiveness of response by academic personnel</i>		
Very supportive	51%	(48%, 53%)
Supportive	41%	(38%, 43%)
Not supportive	7%	(5%, 8%)
Very unsupportive	2%	(1%, 2%)
<i>Whom would you talk to about mental health problems affecting academic performance</i>		
Professor from one of classes	30%	(30%, 31%)
Academic advisor	27%	(26%, 27%)
Another faculty member	5%	(5%, 6%)
Teaching assistant	1%	(1%, 2%)
Student services staff	10%	(10%, 11%)
Dean of Students or Class Dean	3%	(2%, 3%)
Other	4%	(4%, 5%)
No one	32%	(32%, 33%)
<i>Persistence/retention</i>		
Am confident I will finish my degree no matter the challenges	74%	(74%, 75%)