

# Amarillo College 2022-2023 National Comparison Report

## **ABOUT THE HEALTHY MINDS STUDY (HMS)**

### **Study Team**

Principal Investigators: Daniel Eisenberg, PhD, Sarah Ketchen Lipson, PhD, Justin Heinze, PhD, & Sasha Zhou, PhD, MPH, MHSA

Study Coordinators: Brenda Vyletel, MSE, Haley Henry, BA, Juliana Fucinari, MPH, Mac Murphy, MPH, MSSW, Julia Bell, MPH

Data & Reports: Erin Voichoski, MPH

## **STUDY PURPOSE**

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

## **STUDY DESIGN**

The Healthy Minds Study is designed to protect the privacy and confidentiality of participants. HMS is approved by Advarra. To further protect respondent privacy, the study is covered by a Certificate of Confidentiality from the National Institutes of Health.

## **SAMPLING**

Each participating school provides the HMS team with a sample of currently enrolled students over the age of 18, either randomly selected or their entire student population. Schools with graduate students typically include both undergraduates and graduate students in the sample.

## DATA COLLECTION

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

## NON-RESPONSE ANALYSIS

A potential concern in any survey study is that those who respond to the survey will not be fully representative of the population from which they are drawn. In the HMS, we can be confident that those who are invited to fill out the survey are representative of the full student population because these students are randomly selected from the full list of currently enrolled students. However it is still possible that those who actually complete the survey are different in important ways from those who do not complete the survey. It is important to raise the question of whether the percentage of students who participated are different in important ways from those who did not participate. We address this issue by constructing non-response weights. The non-response weights adjust specifically for the fact that female students have consistently higher response rates than male students in our survey (and in most other survey studies). We construct the weights by comparing the female-male composition of our respondent sample to the reported female-male ratio for the full student population at each institution (which is typically available from basic enrollment statistics). If the respondent sample has a smaller percentage of males and larger percentage of females, as compared to the composition of the full student population, then male students in our sample are assigned a higher non-response weight value than female students. This means that weighted estimates are representative of the female-male distribution in the full student population. For students with nonbinary gender identities, we are not able to use this same process, however, because we are generally not able to obtain accurate statistics on the representation of these groups in the full student population. Therefore, rather than making assumptions, we assign a weight value to students with nonbinary identifiers that leaves their representation in the weighted sample the same as in the unweighted sample. In the future, if and when more reliable information becomes available at the full student population level, we will be able to incorporate that information into sample weights for groups other than female and male gender identities. Finally, note that these sample weights give equal aggregate weight to each school in the national estimates. An alternative would have been to assign weights in proportion to school size, but we decided that we did not want our overall national estimates to be dominated by schools in our sample with very large enrollments.

## ABOUT THIS REPORT

This report 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 Service Utilization/Help-Seeking. For each measure, the data tables display the following information: the value for your institution, the 95% confidence interval for your institution's value, the value for the national sample, an indicator of whether your institution's value is significantly higher or lower than the national value, the value for your institution's peer sample, and an indicator of whether your institution's value is significantly higher or lower than the peer value. All values in this report 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 8,000 students provided their entire population. For the sake of consistency, these schools were not treated any differently than those schools that provided a 8,000 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 (using X in the "Sig" column).

## PEER GROUPS

Each institution that participated in the 2022-2023 iteration of the Healthy Minds Study has been categorized into one of four "peer groups" based on student population size (small < 5,000 students, large  $\geq$  5,000 students) and public/private status.

Peer Group 1 = Small, private schools (N = 36 schools)

Peer Group 2 = Small, public schools (N = 23 schools)

Peer Group 3 = Large, public schools (N = 54 schools)

Peer Group 4 = Large, private schools (N = 18 schools)

The value provided in the "Peer Sample" column is that of your institution's peer group (not including your institution). This allows for comparison to a smaller group of schools most similar to your institution based on two key characteristics.

## Respondent Characteristics

### Sample

	All Students
N	501
Response Rate	8.38%

### Gender

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Woman	64%	0.61	0.67	54%	X	54%	X
Man	34%	0.31	0.37	41%	X	42%	X
Gender Minority*	3%	0.02	0.04	6%	X	5%	

\*Gender minority category includes respondents who selected trans man, trans woman, nonbinary, queer, or self-identify response options

### Race/Ethnicity

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
White/Caucasian	50%	0.47	0.53	62%	X	58%	X
Black/African American	8%	0.06	0.10	17%	X	13%	X
Hispanic/Latino	45%	0.42	0.48	16%	X	20%	X
American Indian	4%	0.03	0.05	2%	X	2%	X
Arab/Middle Eastern	1%	0.00	0.02	2%		3%	X
Asian/Asian American	4%	0.03	0.06	12%	X	15%	X
Pacific Islander	0%	0.00	0.01	1%		1%	
Other Race/Ethnicity	1%	0.00	0.02	2%		2%	
Multiracial	11%	0.09	0.13	11%		12%	

## Country

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
International	1%	0.01	0.02	7%	X	8%	X

## Academic level

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Associate	88%	0.86	0.90	22%	X	29%	X
Bachelor's	4%	0.03	0.06	59%	X	48%	X
Master's	0%	0.00	0.01	9%	X	10%	X
PhD	0%	0.00	0.01	3%	X	5%	X
JD	0%	0.00	0.00	1%	X	1%	X
MD	0%	0.00	0.00	2%	X	2%	X
Other	6%	0.05	0.08	2%	X	3%	X
Non-degree	1%	0.01	0.02	2%		2%	X

## Age

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
18-22	37%	0.34	0.40	69%	X	58%	X
23-25	11%	0.09	0.13	11%		13%	
26-30	15%	0.13	0.17	8%	X	12%	
31+	37%	0.34	0.40	12%	X	17%	X

## Educational attainment of parents/guardians

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Less than HS degree	17%	0.15	0.20	5%	X	7%	X
High school degree	20%	0.18	0.23	13%	X	13%	X
Some college, no degree	26%	0.23	0.29	14%	X	14%	X
College degree	29%	0.26	0.32	37%	X	36%	X
Graduate degree	8%	0.06	0.10	31%	X	29%	X

### Current financial situation

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Always stressful	32%	0.29	0.35	18%	X	18%	X
Often stressful	31%	0.28	0.34	25%	X	25%	X
Sometimes stressful	27%	0.24	0.30	34%	X	34%	X
Rarely stressful	7%	0.06	0.09	17%	X	17%	X
Never stressful	3%	0.02	0.05	7%	X	6%	X

### Financial situation growing up

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Always stressful	29%	0.26	0.31	14%	X	15%	X
Often stressful	25%	0.22	0.28	19%	X	19%	X
Sometimes stressful	26%	0.23	0.29	28%		27%	
Rarely stressful	13%	0.11	0.15	25%	X	25%	X
Never stressful	7%	0.06	0.09	14%	X	14%	X

### Sexual orientation

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Heterosexual	77%	0.74	0.80	73%		75%	
Gay or lesbian	5%	0.04	0.06	6%		5%	
Bisexual	11%	0.09	0.13	13%		12%	
Queer	1%	0.00	0.02	4%	X	4%	X
Questioning	2%	0.01	0.03	3%		3%	
Other	8%	0.06	0.09	8%		7%	

## Mental Health Measures

### Positive mental health

	All Students	Confidence Interval	National Sample	Sig	Peer Sample	Sig
In flourishing range (48-56)	29%	0.26 0.32	36%	X	35%	X

### Depression (PHQ-9)

	All Students	Confidence Interval	National Sample	Sig	Peer Sample	Sig
In moderate range (10-14)	21%	0.18 0.24	20%		20%	
In severe range (15-27)	24%	0.21 0.27	20%		20%	
Any depression (10-27)	45%	0.42 0.48	41%		40%	X

### Impairment from depression

How difficult have these problems (noted above) made it for you to do your work, take care of things at home, or get along with other people?

	All Students	Confidence Interval	National Sample	Sig	Peer Sample	Sig
Not difficult at all	21%	0.19 0.24	23%		23%	
Somewhat difficult	50%	0.46 0.53	54%		54%	
Very difficult	21%	0.18 0.24	16%	X	16%	X
Extremely difficult	8%	0.06 0.10	7%		7%	

### Generalized anxiety (GAD-7)

	All Students	Confidence Interval	National Sample	Sig	Peer Sample	Sig
In moderate range (10-14)	20%	0.17 0.22	19%		18%	
In severe range (15-21)	23%	0.20 0.26	17%	X	16%	X
Any anxiety (10-21)	43%	0.39 0.46	35%	X	35%	X

### Depression/Anxiety

	All Students	Confidence Interval	National Sample	Sig	Peer Sample	Sig
Depression or anxiety disorder	55%	0.52 0.58	49%	X	48%	X

## Disordered eating & body image

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Potential eating disorder (3+ on SCOFF)	16%	0.14	0.19	14%		15%	
Need to be very thin to feel good about self	26%	0.24	0.29	30%		30%	

## Academic impairment from mental health, past 4 weeks

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
None	22%	0.20	0.25	20%		21%	
1-2 days	25%	0.23	0.28	31%	X	31%	X
3-5 days	23%	0.20	0.25	25%		24%	
6 or more days	30%	0.27	0.33	24%	X	24%	X

## Self-Injury and Suicide

### Non-suicidal self-injury, past year

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Any	21%	0.18	0.24	29%	X	28%	X
Cutting self	5%	0.03	0.07	8%	X	7%	
Burning self	2%	0.01	0.03	3%		3%	
Punching or banging self	9%	0.07	0.11	14%	X	13%	X
Scratching self	10%	0.08	0.12	14%	X	12%	
Pulling one's hair	9%	0.07	0.11	13%	X	12%	
Biting self	6%	0.04	0.08	8%		7%	
Interfering with wound healing	7%	0.06	0.09	13%	X	12%	X
Carving words or symbols in skin	1%	0.01	0.02	1%		1%	
Rubbing sharp objects on skin	4%	0.03	0.05	5%		4%	
Punching or banging wall or object	8%	0.06	0.10	11%		10%	
Other	2%	0.01	0.03	3%		3%	



## Suicidality

	All Students	Confidence Interval	National Sample	Sig	Peer Sample	Sig
Suicidal ideation	14%	0.11 0.16	14%		14%	
Suicide plan	7%	0.06 0.09	6%		6%	
Suicide attempt	1%	0.01 0.02	2%		2%	

## Previous Diagnoses of Mental Disorders

### Mental disorders

	All Students	Confidence Interval	National Sample	Sig	Peer Sample	Sig
Any	45%	0.42 0.49	46%		45%	
Depression or mood disorder	39%	0.36 0.43	36%		35%	
Anxiety disorder	39%	0.36 0.43	40%		39%	
Bipolar and related disorders	12%	0.10 0.16	6%	X	6%	X
Obsessive-compulsive or related disorders	4%	0.03 0.07	11%	X	10%	X
Trauma and stressor related disorders	19%	0.16 0.23	16%		15%	
Psychotic disorder	5%	0.03 0.07	1%	X	1%	X
Neurodevelopmental disorder or intellectual disability	13%	0.10 0.16	18%	X	18%	
Eating disorder	8%	0.06 0.11	9%		8%	
Personality disorder	6%	0.05 0.09	3%	X	3%	X
Substance abuse disorder	4%	0.03 0.07	3%		3%	

## Health Behaviors and Lifestyle

### Substance use, past 30 days

	All Students	Confidence Interval	National Sample	Sig	Peer Sample	Sig
Cigarettes	13%	0.11 0.16	8%	X	8%	X
Marijuana	13%	0.11 0.16	23%	X	21%	X
Cocaine	1%	0.00 0.02	1%		1%	
Heroin	0%	0.00 0.01	0%		0%	
Opioid pain relievers*	1%	0.00 0.02	1%		1%	
Benzodiazepenes	2%	0.01 0.03	1%		1%	
Methamphetamines	0%	0.00 0.01	0%		0%	
Other stimulants*	0%	0.00 0.01	2%	X	1%	
MDMA (Ecstasy, Molly)	0%	0.00 0.01	0%		0%	
Ketamine (K, Special K)	0%	0.00 0.01	0%		0%	
LSD (acid)	0%	0.00 0.01	1%		0%	
Psilocybin (magic mushrooms, shrooms)	1%	0.00 0.02	2%		2%	
Kratom	1%	0.00 0.02	0%		0%	
Athletic performance enhancers	0%	0.00 0.01	0%		0%	
Other drugs*	0%	0.00 0.01	1%		1%	

\*Without a prescription or more than prescribed

### Alcohol Use & Binge Drinking

In the past 2 weeks, about how many times did you have 4 [female]/5 [male]/4 or 5 [not female or male] or more alcoholic drinks in a row?

	All Students	Confidence Interval	National Sample	Sig	Peer Sample	Sig
Any alcohol in past 30 days	40%	0.37 0.44	49%	X	47%	X
One or more times	23%	0.21 0.26	32%	X	29%	X
3 or more times	6%	0.04 0.07	10%	X	9%	X

## Attitudes and Beliefs about Services

### Stigma: Personal and Perceived

... think less of someone who has received mental health treatment.

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
I...	8%	0.07	0.11	6%		7%	
Most people...	45%	0.42	0.48	41%		44%	

### Knowledge of Services

I know where to go to access resources.

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Agree or strongly agree	66%	0.63	0.69	77%	X	73%	X

### Help-Seeking

Think you needed help for emotional or mental health problems, past year

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Strongly agree	26%	0.23	0.29	29%		27%	
Agree	18%	0.16	0.21	19%		19%	
Somewhat agree	18%	0.16	0.21	17%		18%	
Somewhat disagree	7%	0.05	0.08	6%		6%	
Disagree	11%	0.09	0.13	14%		14%	
Strongly disagree	20%	0.17	0.23	14%	X	15%	X

### Psychotropic medication use

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Any, past year	27%	0.25	0.31	29%		27%	
Psychostimulants	3%	0.02	0.05	9%	X	9%	X
Anti-depressants	23%	0.20	0.26	22%		21%	
Anti-psychotics	3%	0.02	0.04	2%		2%	
Anti-anxiety	12%	0.10	0.14	11%		10%	
Mood stabilizers	6%	0.04	0.08	4%		4%	X
Other	3%	0.02	0.05	4%		4%	

### Prescriber (among those with any past-year medication use)

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
General practitioner/Primary care physician	66%	0.60	0.72	59%		58%	
Psychiatrist	26%	0.21	0.32	36%		36%	
Other type of health provider	4%	0.02	0.08	3%		3%	
No prescription	3%	0.01	0.06	3%		3%	

### Whom would you talk to if you were experiencing severe emotional distress?

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Professional clinician	25%	0.22	0.28	42%	X	41%	X
Roommate	6%	0.04	0.07	18%	X	15%	X
Friend (who is not a roommate)	30%	0.27	0.33	51%	X	49%	X
Significant Other	38%	0.35	0.41	40%		40%	
Family member	42%	0.39	0.46	52%	X	50%	X
Religious contact	12%	0.10	0.14	7%	X	7%	X
Support group	5%	0.03	0.06	4%		5%	
Other non-clinical source	3%	0.02	0.05	2%		2%	
No one	21%	0.18	0.23	11%	X	12%	X

### Therapy or counseling for mental health

	All Students	Confidence Interval	National Sample	Sig	Peer Sample	Sig
Past year	25%	0.22 0.28	36%	X	32%	X
Current	30%	0.26 0.35	28%		28%	

### Visits in past year, among those with any

	All Students	Confidence Interval	National Sample	Sig	Peer Sample	Sig
1-3	19%	0.16 0.24	19%		18%	
4-6	14%	0.11 0.18	13%		13%	
7-9	5%	0.03 0.07	8%		7%	
10 or more	18%	0.14 0.22	28%	X	26%	X

### Use of specific providers for therapy or counseling for mental health

	All Students	Confidence Interval	National Sample	Sig	Peer Sample	Sig
Campus Provider A	26%	0.20 0.32	41%	X	31%	
Campus Provider B	9%	0.06 0.13	6%		5%	
Psychiatric emergency services	9%	0.06 0.14	5%		6%	
Inpatient psychiatric hospital	14%	0.10 0.19	7%	X	8%	X
Partial hospitalization program	1%	0.00 0.04	3%		4%	
Provider in the local community (not on campus)	64%	0.58 0.69	32%	X	40%	X
Provider in another location (such as hometown)	31%	0.26 0.37	59%	X	56%	X
Other	23%	0.18 0.29	15%	X	16%	

### How were your counseling or therapy sessions conducted?

	All Students	Confidence Interval	National Sample	Sig	Peer Sample	Sig
In-person only	65%	0.58 0.71	43%	X	37%	X
Remote/telehealth only	16%	0.11 0.21	32%	X	38%	X
Both in-person and remote	19%	0.14 0.25	25%		25%	

### Any medication or therapy for mental health

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Past year	38%	0.35	0.41	46%	X	43%	

### Received counseling or support for mental health from these sources, past year

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Any	58%	0.55	0.61	69%	X	67%	X
Roommate	8%	0.06	0.12	33%	X	27%	X
Friend (who is not a roommate)	40%	0.36	0.44	58%	X	55%	X
Significant other	43%	0.39	0.47	50%	X	49%	
Family member	43%	0.39	0.47	57%	X	53%	X
Religious contact	14%	0.11	0.17	12%		11%	
Support group	7%	0.05	0.10	7%		7%	
Faculty member	5%	0.03	0.08	16%	X	11%	
Staff member	7%	0.04	0.10	8%		6%	
Other non-clinical source	2%	0.01	0.05	3%		3%	
None of these	42%	0.39	0.45	31%	X	33%	X

### How helpful do you think the medication(s) was or has been for your mental or emotional health?

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very helpful	33%	0.27	0.39	40%		41%	
Helpful	33%	0.27	0.39	30%		30%	
Somewhat helpful	23%	0.18	0.29	23%		21%	
Not helpful	11%	0.07	0.16	8%		8%	

### How helpful do you think therapy or counseling was or has been for your mental or emotional health?

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very helpful	36%	0.31	0.41	35%		35%	
Helpful	26%	0.22	0.31	27%		27%	
Somewhat helpful	26%	0.22	0.30	26%		25%	
Not helpful	12%	0.09	0.16	13%		13%	

## Satisfaction with On-Campus Providers\*

### Convenient hours

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	4%	0.01	0.12	4%		4%	
Dissatisfied	0%	0.00	0.06	6%		6%	
Somewhat dissatisfied	2%	0.00	0.09	10%		9%	
Somewhat satisfied	4%	0.01	0.12	21%	X	21%	X
Satisfied	44%	0.33	0.56	40%		41%	
Very satisfied	50%	0.38	0.61	22%	X	22%	X

### Location

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	2%	0.00	0.10	2%		2%	
Dissatisfied	0%	0.00	0.07	3%		3%	
Somewhat dissatisfied	2%	0.00	0.10	5%		6%	
Somewhat satisfied	7%	0.02	0.17	14%		15%	
Satisfied	47%	0.35	0.59	47%		46%	
Very satisfied	46%	0.34	0.59	31%		32%	

### Quality of therapists

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	2%	0.00	0.10	5%		5%	
Dissatisfied	0%	0.00	0.06	6%		6%	
Somewhat dissatisfied	4%	0.01	0.13	8%		9%	
Somewhat satisfied	15%	0.08	0.25	18%		18%	
Satisfied	38%	0.27	0.50	35%		37%	
Very satisfied	45%	0.34	0.57	31%		29%	

\*Note: The measures in this section tend to have larger confidence intervals due to fewer respondents

### Respect for privacy concerns

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	0%	0.00	0.06	2%		2%	
Dissatisfied	0%	0.00	0.06	2%		1%	
Somewhat dissatisfied	8%	0.03	0.18	3%		3%	
Somewhat satisfied	6%	0.02	0.15	10%		9%	
Satisfied	41%	0.30	0.53	41%		42%	
Very satisfied	46%	0.35	0.58	46%		45%	

### Scheduling appointments without long delays

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	6%	0.02	0.15	7%		7%	
Dissatisfied	8%	0.03	0.18	7%		7%	
Somewhat dissatisfied	0%	0.00	0.06	9%		9%	
Somewhat satisfied	12%	0.06	0.23	15%		16%	
Satisfied	29%	0.19	0.41	35%		35%	
Very satisfied	48%	0.37	0.60	30%		28%	X

### Respect and consideration for my cultural background

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	0%	0.00	0.06	1%		1%	
Dissatisfied	0%	0.00	0.06	2%		1%	
Somewhat dissatisfied	0%	0.00	0.06	2%		3%	
Somewhat satisfied	13%	0.06	0.23	10%		10%	
Satisfied	34%	0.23	0.46	42%		42%	
Very satisfied	56%	0.44	0.67	45%		45%	



## Satisfaction with Off-Campus Providers\*

### Convenient hours

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	5%	0.02	0.08	3%		4%	
Dissatisfied	8%	0.05	0.12	4%		4%	
Somewhat dissatisfied	10%	0.06	0.15	7%		8%	
Somewhat satisfied	22%	0.17	0.28	20%		19%	
Satisfied	37%	0.31	0.43	40%		39%	
Very satisfied	21%	0.16	0.27	27%		28%	

### Location

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	3%	0.02	0.07	3%		3%	
Dissatisfied	5%	0.03	0.09	4%		4%	
Somewhat dissatisfied	11%	0.07	0.15	7%		7%	
Somewhat satisfied	12%	0.08	0.17	16%		16%	
Satisfied	43%	0.37	0.50	41%		40%	
Very satisfied	28%	0.23	0.35	31%		32%	

### Quality of therapists

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	3%	0.02	0.07	5%		6%	
Dissatisfied	8%	0.05	0.12	6%		6%	
Somewhat dissatisfied	11%	0.07	0.15	9%		8%	
Somewhat satisfied	22%	0.17	0.28	17%		17%	
Satisfied	30%	0.25	0.37	32%		31%	
Very satisfied	28%	0.23	0.35	34%		34%	

\*Note: The measures in this section tend to have larger confidence intervals due to fewer respondents

### Respect for privacy concerns

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	1%	0.00	0.04	3%		3%	
Dissatisfied	3%	0.02	0.07	2%		2%	
Somewhat dissatisfied	4%	0.02	0.08	4%		3%	
Somewhat satisfied	16%	0.12	0.22	10%		11%	
Satisfied	33%	0.27	0.40	36%		35%	
Very satisfied	44%	0.37	0.50	47%		48%	

### Scheduling appointments without long delays

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	9%	0.06	0.14	5%		5%	
Dissatisfied	3%	0.01	0.06	4%		5%	
Somewhat dissatisfied	10%	0.06	0.15	7%		7%	
Somewhat satisfied	17%	0.13	0.23	16%		16%	
Satisfied	33%	0.27	0.40	35%		33%	
Very satisfied	31%	0.26	0.38	36%		35%	

### Respect and consideration for my cultural background

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very dissatisfied	3%	0.01	0.06	2%		3%	
Dissatisfied	0%	0.00	0.02	1%		1%	
Somewhat dissatisfied	3%	0.01	0.06	3%		3%	
Somewhat satisfied	13%	0.09	0.18	10%		11%	
Satisfied	46%	0.40	0.53	38%		36%	
Very satisfied	37%	0.31	0.44	47%		47%	

## Barriers and Facilitators to Help-Seeking

### Reasons for receiving no or fewer services for mental health

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
I haven't had the chance to go but I plan to	10%	0.07	0.13	9%		9%	
No need for services	44%	0.40	0.48	47%		45%	
Financial reasons	22%	0.19	0.26	14%	X	17%	X
Not enough time	19%	0.16	0.22	17%		18%	
Not sure where to go	18%	0.15	0.22	15%		16%	
Difficulty finding an available appointment	4%	0.02	0.06	4%		4%	
Prefer to deal with issues on my own or with family/friend support	16%	0.13	0.19	22%	X	23%	X
Privacy concerns	7%	0.05	0.10	6%		6%	
People providing services don't understand me	3%	0.02	0.05	5%		5%	
Fear of being mistreated due to my identity/identities	3%	0.02	0.05	3%		3%	
Other	6%	0.04	0.08	4%		4%	
No barriers	14%	0.12	0.18	15%		14%	

### Reasons for seeking help

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Decided on my own	75%	0.70	0.80	74%		75%	
Friend encouraged me	11%	0.08	0.15	16%		15%	
Friend pressured me	3%	0.02	0.06	3%		3%	
Family member encouraged me	22%	0.18	0.27	31%	X	29%	
Family member pressured me	7%	0.04	0.10	8%		7%	
Other person encouraged me	12%	0.09	0.16	5%	X	4%	X
Campus advisor mandated me to seek help by campus staff	0%	0.00	0.01	1%		1%	
Campus advisor referred me to seek help	2%	0.01	0.05	4%		3%	
Health professional recommended help	13%	0.09	0.17	15%		15%	
I acquired more information about my options	1%	0.00	0.03	1%		1%	
Other reasons	5%	0.03	0.08	4%		4%	

### Source of health insurance

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
None (uninsured)	31%	0.28	0.34	5%	X	6%	X
Parent's employer	24%	0.22	0.27	59%	X	52%	X
Own employer	19%	0.17	0.22	8%	X	11%	X
Spouse's employer	8%	0.06	0.10	3%	X	4%	X
Student plan	1%	0.00	0.02	9%	X	9%	X
Embassy or other international source	0%	0.00	0.01	0%		0%	
Individual market	2%	0.01	0.04	3%		3%	
Public insurance	16%	0.14	0.19	12%	X	14%	
Uncertain whether insured	1%	0.00	0.02	2%		2%	
Insured but uncertain of source	2%	0.01	0.03	4%		4%	

### Plan provides any coverage for local mental health visits

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Yes, it definitely would	28%	0.24	0.31	32%		33%	
I think it would but am not sure	28%	0.24	0.32	28%		27%	
I have no idea	33%	0.30	0.37	30%		30%	
I think it would not but am not sure	5%	0.04	0.07	7%		7%	
No, it definitely would not	6%	0.04	0.08	3%	X	3%	X

## Supportiveness of Academic and Social Environment

Talked with any academic personnel about mental health problems affecting performance

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Past year	14%	0.12	0.17	18%		15%	

Supportiveness of response by academic personnel

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Very supportive	64%	0.55	0.72	52%		51%	
Supportive	32%	0.24	0.41	39%		39%	
Not supportive	1%	0.00	0.06	6%		7%	X
Very unsupportive	2%	0.01	0.07	2%		3%	

Whom would you talk to about mental health problems affecting academic performance

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Professor from one of my classes	30%	0.27	0.33	38%	X	35%	
Academic advisor	22%	0.20	0.25	32%	X	30%	X
Another faculty member	5%	0.04	0.07	7%		6%	
Teaching assistant	3%	0.02	0.04	2%		3%	
Student services staff	11%	0.09	0.13	12%		13%	
Dean of Students or Class Dean	1%	0.01	0.02	6%	X	4%	X
Other	6%	0.04	0.07	5%		5%	
No one	46%	0.43	0.49	36%	X	39%	X

## Persistence / Retention

I am confident that I will finish my degree no matter the challenges

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Agree or Strongly Agree	73%	0.70	0.76	83%	X	81%	X

## Ethnicity Subcategories\*

### Black

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
African	4%	0.01	0.12	15%	X	20%	X
African American	86%	0.76	0.93	74%		69%	
African Caribbean	6%	0.02	0.14	14%		12%	
Afro-Latina/o/x	4%	0.01	0.12	5%		6%	
Other	4%	0.01	0.12	4%		5%	

### Hispanic

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
Mexican/Mexican American	93%	0.90	0.95	51%	X	62%	X
Central American	4%	0.03	0.07	11%	X	10%	X
South American	0%	0.00	0.01	17%	X	13%	X
Caribbean	0%	0.00	0.01	15%	X	11%	X
Spanish/Portugese	2%	0.01	0.04	7%	X	6%	
Other	3%	0.02	0.05	8%	X	7%	

### Asian

	All Students	Confidence	Interval	National Sample	Sig	Peer Sample	Sig
East Asian	11%	0.04	0.26	40%	X	36%	X
Southeast Asian	67%	0.50	0.80	15%	X	16%	X
South Asian	0%	0.00	0.11	34%	X	38%	X
Filipina/o/x	4%	0.00	0.16	14%		12%	
Other	22%	0.11	0.38	3%	X	3%	X

\*Note: The measures in this section tend to have larger confidence intervals due to fewer respondents