Center for Collegiate Mental Health

(CCMH)

2018 ANNUAL REPORT

BRINGING SCIENCE AND PRACTICE Together.

PennState

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Acknowledgements

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2018 Report Introduction

The 2018 Annual Report summarizes data contributed to CCMH during the 2017-2018 academic year, beginning July 1, 2017 and ending on June 30, 2018. De-identified data were contributed by 152 college and university counseling centers, describing 179,964 unique college students seeking mental health treatment, 3,723 clinicians, and over 1,384,712 appointments.

The following are critical to understand when reading this report:

1. **This report describes college students receiving mental health services, NOT the general college student population.**
2. **Year-to-year changes in the number of students in this report are unrelated to changes in counseling center utilization.** These changes are due to the number and type of centers contributing data from one year to the next.
3. This report **is not a survey**. The data summarized herein is gathered during routine clinical practice at participating counseling centers, de-identified, and then contributed to CCMH.
4. The number of clients will vary by question due to variations in clinical procedure and the utilization rate of standardized questions within centers.
5. Counseling centers are required to receive IRB (institutional review board) approval at their institution to participate in data contribution to CCMH. Although CCMH maintains membership of almost 550 institutional counseling centers, only a portion of these institutions proceed with the IRB process and contribute data.

2018 Report Highlights

The following are key findings and implications contained in this year's report:

REMINDERS FROM PRIOR REPORTS

1. **2015:** Between Fall 2009 and Spring 2015, counseling center utilization increased by an average of 30-40%, while enrollment increased by only 5%. Increase in demand is primarily characterized by a growing frequency of students with a lifetime prevalence of threat-to-self indicators. These same students utilized 20-30% more services than students without threat-to-self indicators.
2. **2016:** Between Fall 2010 and Spring 2016, counseling center resources devoted to "rapid access" services increased by 28% on average, whereas resources allocated to "routine treatment" decreased slightly by 7.6%.
3. **2017:** Treatment provided by counseling centers was shown to be effective in reducing mental health distress, comparable to findings from randomized clinical trials. While some students improve quickly with a few sessions of therapy, others need more extended services to achieve the same level of change. Rigid policies related to session limits derived from averages may prematurely terminate treatment for students who would have improved with more treatment.

2018 HIGHLIGHTS

Special Section: This year's report examined the impact of two counseling center policies on treatment outcomes:

1. EMR Sharing Policy: Levels of access to counseling center EMRs by health center staff (none, partial, or open) were not associated with significant differences in symptom reduction during treatment in counseling center clients.
2. Clinical Model Policy: Counseling centers that use a treatment model (e.g., students wait to be assigned to a clinician when an opening exists) produced significantly more symptom reduction, provided a significantly greater dosage of treatment (appointments per student), and offered significantly shorter wait-times between appointments than counseling centers that prioritize rapid absorption of students by clinicians.

Other Highlights:

1. As assessed by clinicians, anxiety and depression continue to be the most common concerns of students (Page 16) and the most common overall concerns (Page 17). As a top-most concern, anxiety did not increase in prevalence for the first time in four years whereas depression continued to increase (Page 13).
2. The self-reported lifetime prevalence rates of "threat-to-self" characteristics (non-suicidal self-injury, 27.8%; serious suicidal ideation, 35.8%; and suicide attempts, 10.3%) increased for the eighth year in a row among students receiving counseling services (Page 10). Importantly, only 8.2% of students seeking treatment report serious suicidality in the last month (Page 10), and clinicians report suicidality as a presenting concern for just under 10% of students (Page 16).
3. The rate of prior counseling (54.4%) has demonstrated an upward trend for the last three years (Page 10). Other treatment variables, including taken a medication and hospitalization for mental health concerns have remained relatively flat or unclear in terms of trends.

4. Average rates of student self-reported anxiety and depression continue to increase while other areas of self-reported distress remain flat or are decreasing (Page 12).

5. Clinicians are now completing a Case Closure form that offers a range of information regarding the nature of treatment termination and critical incidents that occur during treatment (Page 18).

Center Policies and Treatment Outcomes

BACKGROUND

Based on CCMH member and Advisory Board feedback, the suggestion was made to examine counseling center policies that might impact treatment outcomes and types of services provided to students. When these ideas were further explored by CCMH members and the Advisory Board, the following two policies emerged with the greatest interest:

1. Practices regarding the sharing of electronic medical records (EMRs) with health center staff.
2. The impact of clinical models used to manage entry into routine counseling services.

A survey was sent to all CCMH members that inquired about the policies of their center related to EMR sharing practices and the clinical model implemented for routine counseling services. In the following sections, the findings related to the impact of these two center policies on treatment outcome and service provision are reviewed.

EMR Sharing Policy

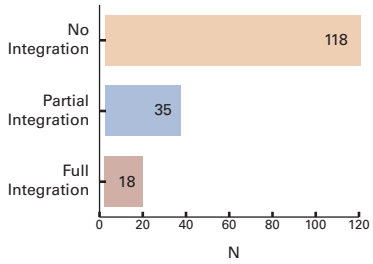
In order to examine the question of EMR "integration" raised by our members, CCMH focused specifically on the policy governing shared access to EMRs between counseling and health center staff.

Based on survey responses, counseling centers were grouped according to their EMR sharing practices (see Table 1):

1. No EMR Integration: A counseling center that does not share an EMR with health services.
2. Partial EMR Integration: A counseling center that shares an EMR with health services, but access and information sharing is limited, partial, or unidirectional in nature.
3. Full EMR Integration: A counseling center that shares an EMR with the health services and there is full bi-directional access to counseling and health records across professionals.

In order to compare symptom change between EMR policy groups, we calculated the average level of symptom change by counseling center. This was achieved by comparing the first and last administration of the CCAPS-34 for clients who scored above the low cut (e.g., moderate or high distress) during their first CCAPS-34 administration. Average symptom change by centers were sorted by EMR policy and then averaged as a group according to their sharing practices. Centers were included in the study if they had first and last administrations for a sufficient number of clients who began treatment in the moderate or elevated range of distress.

Table 1 – EMR Sharing Policy Frequencies

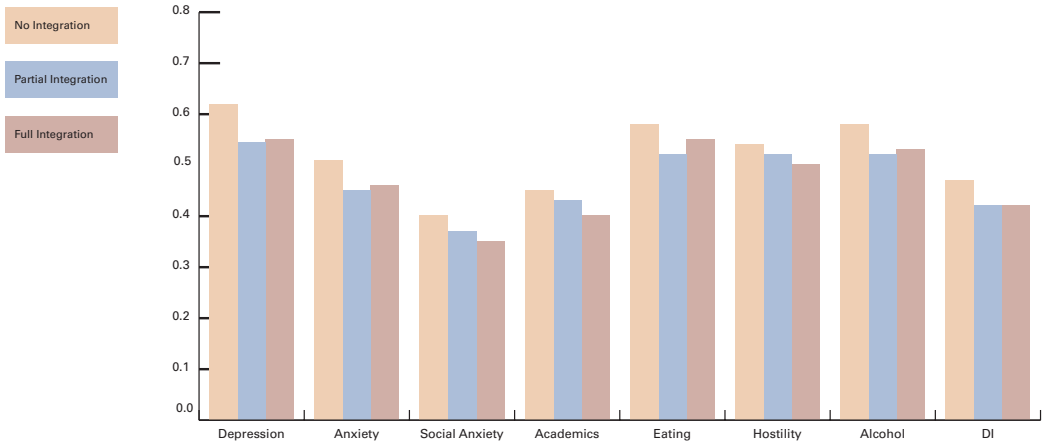


EMR SHARING POLICY: FINDINGS AND IMPLICATIONS

Examination of this question was completed using data from 171 different institutions representing 93,861 unique students. Results indicated that the level of access to the counseling center EMRs by health center staff (none, partial, or full integrated) was not associated with any significant changes in all CCAPS-34 subscales including Depression, Generalized Anxiety, Social Anxiety, Academic Distress, Eating Concerns, Hostility, Alcohol Use, and General Distress (see Table 2). One important limitation of this study is variability in the frequency of CCAPS administration by individual counseling centers.

Findings from this study of 171 counseling centers indicate that the most common policy options governing EMR integration between counseling and health centers were not associated with significantly different mental health treatment outcomes. (It is worth noting that non-EMR integrated centers demonstrated consistently better outcomes that were not significantly different.) Practically speaking, these findings suggest that policy decisions related to EMR access/integration are unlikely to directly impact the effectiveness of mental health treatment provided in the counseling center. Rather, enhanced treatment outcomes are likely to be determined by other factors, such as access to effective treatment (see Page 8) or collaborative/coordinated care, both of which can, and do, exist in many models of counseling center administration and records access.

Table 2 – CCAPS-34 Change by EMR Integration Policy

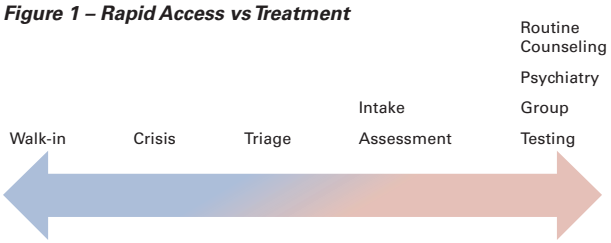


Impact of Clinical Models on Treatment Outcomes

Prior CCMH findings indicate that counseling centers are coping with rapidly increasing demand for services, particularly by students with threat to self characteristics, who utilize 20-30% more services than students without these characteristics (CCMH 2015 Annual Report). Consequently, in order to accommodate this rising demand, counseling centers have diverted more resources to "rapid access" services (such as crisis or triage appointments) compared to "routine treatment" (routine individual counseling services) (CCMH 2016 Annual Report).

In the current report, CCMH sought to further understand how different clinical models, which structure routine care procedures, impact treatment outcomes. Historically, counseling centers utilized clinical models that provided students with a distinct period of treatment, typically in the form of weekly therapy. However, as demand has continued to rise, counseling centers have been under pressure to prioritize rapid access instead of treatment in order to accommodate the needs of students in a more timely manner. When a counseling center prioritizes access, clinicians are often expected to "absorb" new clients for routine care regardless of availability within their current caseload. Consequently, follow-up sessions are likely to be scheduled weeks apart and clinicians actively seek to "shed" or terminate existing clients in order to accomodate new ones. Alternatively, counseling centers that prioritize treatment will utilize a system that holds incoming clients and assigns new cases to each clinician only when they have space available (i.e., treatment is finished with the previous client). Contrary to access or absorption models, treatment models allow clinicians to be "full" and provide weekly appointments if needed. Both clinical models can be short-term in nature (e.g., 6 sessions or less). See Figure 1 below for a diagram outlining the concept of rapid access versus routine treatment.

Figure 1 – Rapid Access vs Treatment

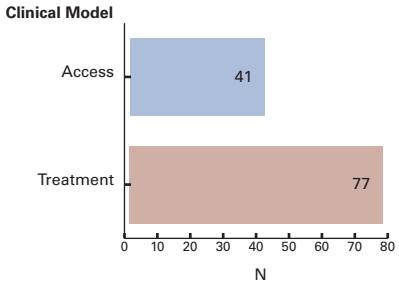


CCMH was interested in the following questions regarding the impact of center policies related to access and routine treatment:

1. Are there differences in symptom change between centers that prioritize access versus routine treatment?
2. Are there differences in the average number of counseling appointments attended at centers that prioritize access versus routine treatment?
3. Are there differences in average number of days between counseling appointments at centers that prioritize access versus routine treatment?

In order to incorporate appointment level data in these analyses, only schools that contribute data to CCMH were included (see Table 3).

Table 3 – Frequency of Clinical Models



IMPACT OF CLINICAL MODELS ON TREATMENT OUTCOMES: FINDINGS AND IMPLICATIONS

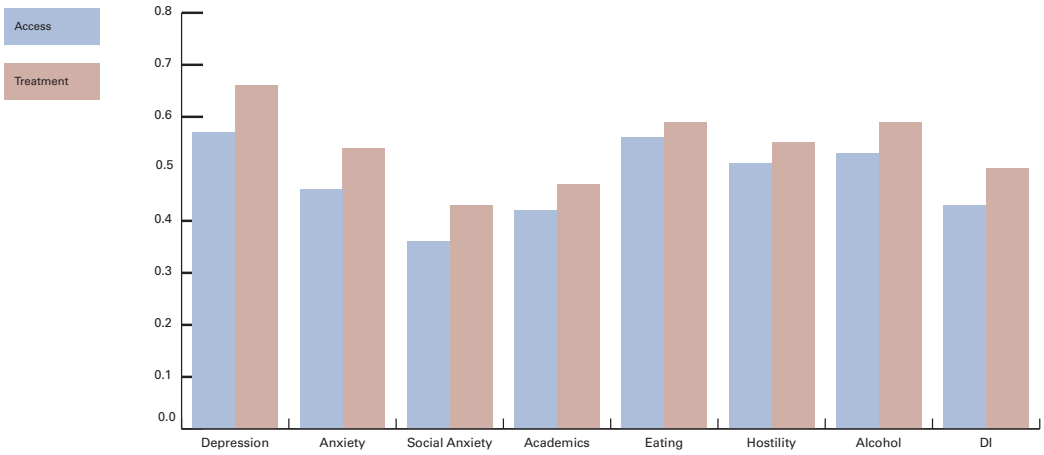
- Centers that prioritize routine treatment demonstrated significantly greater decreases on CCAPS-34 Subscales of Depression, Generalized Anxiety, Social Anxiety, and General Distress compared to centers prioritizing access (see Table 4). While there were differences in the sympton change on the CCAPS-34 Subscales of Academic Distress, Eating Concerns, Hostility, and Alcohol use, these differences were not statistically significant.
- Students who received services at centers that prioritized routine treatment attended significantly more appointments on average than students who sought services at centers that prioritized access (see Table 5).
- Students who received counseling services at centers that prioritized access waited significantly more days between counseling appointments than students at centers that prioritized routine treatment (see Table 6).

The findings from this study clearly highlight the dilemma faced by counseling centers when making clinical policy decisions. Years of constantly rising demand lead to longer and longer wait times and a growing pressure to "do something" so students can access services more quickly. In lieu of an infusion of staffing and resources, one can easily see how a center might gradually prioritize access (getting students in the door), increase clinician's caseloads beyond traditionally acceptable levels, and dilute the dose of treatment provided to each student in order to accommodate the rising demand. While this response to systemic pressure makes intuitive sense and may provide a short-term fix by granting more students an initial appointment more readily, one can easily see how this decision may also act as a slippery slope that will become increasingly difficult to recover from and could lead to the loss of treatment if new resources are not forthcoming.

While counseling centers must constantly seek to strike a balance between the clinical principles of access and treatment, our findings suggest that de-prioritizing treatment in favor of access may have significant negative consequences for students in need. Results indicate that clinical models that prioritize access produce less symptom reduction, provide a significantly reduced dosage of treatment (appointments per student), and offer longer durations between appointments compared to counseling centers that prioritize a treatment system.

Moving forward, it will be important for institutions to respond to growing demand in an informed, intentional, and transparent manner such that counseling centers and the students they serve understand the type and level of services that are funded. While it is important to be responsive to students in need, it is equally important to provide effective treatment.

Table 4 – CCAPS-34 Change by Clinical Model



APPOINTMENT OUTCOMES

Table 5 – Numbers of Appointments by Clinical Model

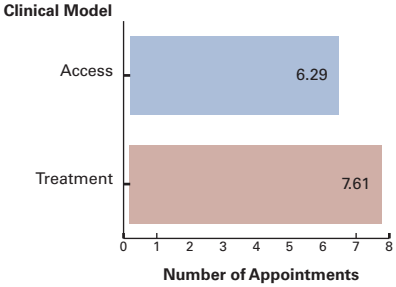
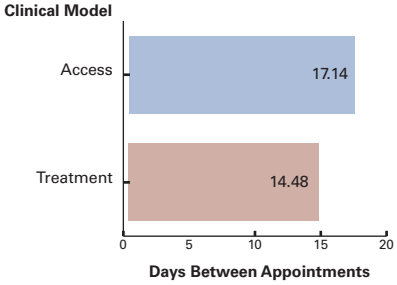


Table 6 – Days Between Appointments by Clinical Model



2018 Publications

- Fleming, A.R., Edwin, M., Hayes, J.A., Locke, B.D., & Lockard, A.J. (2018) Treatment-seeking college students with disabilities: Presenting concerns, protective factors, and academic distress. *Rehabilitation Psychology, 63,* 55-67.
- Jones, P.J., Park, S.Y., & Lefevor, G.T. (2018). Contemporary college student anxiety: The role of support and academic distress in collegiate anxiety. *Journal of College Counseling, 21,* 252-264.
- Lefevor, G.T., Park, S.Y., & Pedersen, T.R. (2018). Psychological distress among sexual and religious minorities: An examination of power and privilege. *Journal of Gay & Lesbian Mental Health, 22,* 90-104.
- Lockard, A.L., Hayes, J.A., Locke, B.D., Bieschke, K.J., & Castonguay, L.G. (2018). Helping those who help themselves: Does counseling enhance retention? *Journal of Counseling and Development, 97,* 128-140.
- Youn, S.J., Xiao, H., McAleavey, A.A., Scofield, B.E., Pedersen, T.R., Castonguay, L.G., Hayes, J.A., & Locke, B.D. (2018). Assessing and investigating clinicians' research interests: Lessons on expanding practices and data collection in a large practice research network. *Psychotherapy.* doi: 10.1037/pst0000192

Mental Health Trends

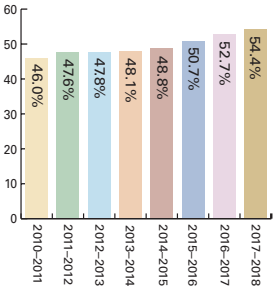
As of this report, CCMH has generated eight annual data sets (2010-2011 through 2017-2018), making it possible to examine numerous years of trends among college students seeking mental health services. To examine trends across key mental health indicators, the following items from the Mental Health History section of the Standardized Data Set (SDS) were simplified to "Yes" or "No," providing a proxy for the lifetime prevalence of each item. These items may have changed slightly over time; please refer to prior versions of the SDS for specifics.

Data Sets

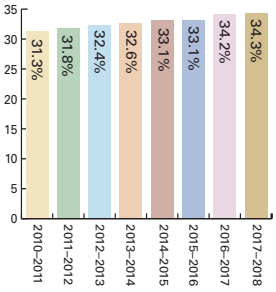
The below table summarizes the amount of data contributed to CCMH over the past eight academic years. These numbers indicate the amount of data contributed to CCMH, and do not represent an increase in utilization of counseling center services, as the number merely reflects an increase in data that has been contributed by counseling centers.

Year	# of Institutions	# of Clients
2010-2011	97	82,611
2011-2012	120	97,012
2012-2013	132	95,109
2013-2014	140	101,027
2014-2015	139	100,736
2015-2016	139	150,483
2016-2017	147	161,014
2017-2018	152	179,964

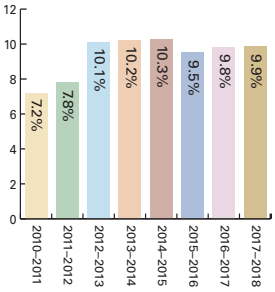
Attended counseling for mental health concerns



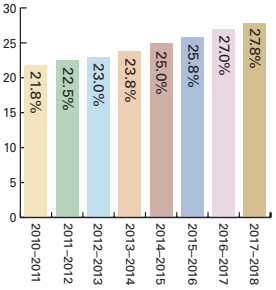
Taken a medication for mental health concerns



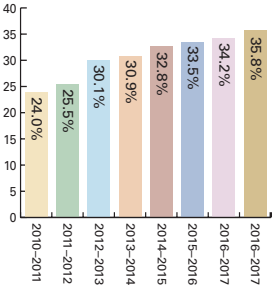
Been hospitalized for mental health concerns



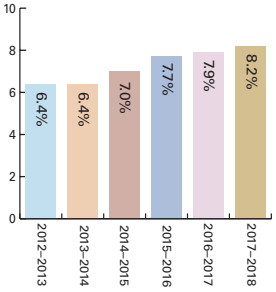
Purposely injured yourself without suicidal intent (e.g., cutting, hitting, burning, hair pulling, etc.)



Seriously considered attempting suicide

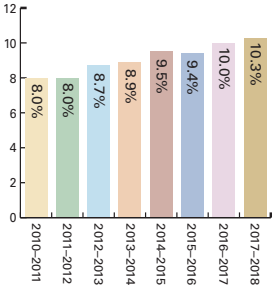


Seriously considered attempting suicide (last time = within the last month or sooner)

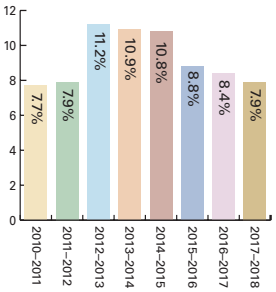


NOTE: New question in 2012

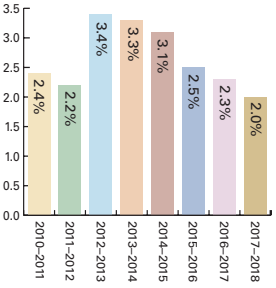
Made a suicide attempt



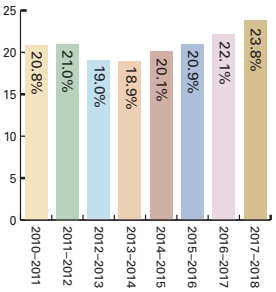
Considered seriously hurting another person



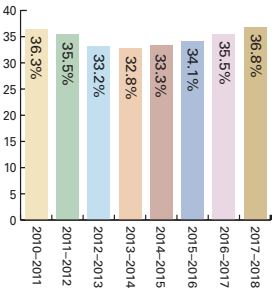
Intentionally caused serious injury to another person



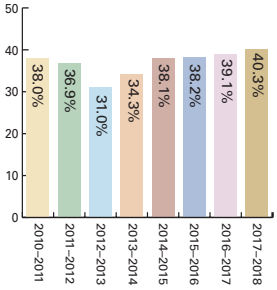
Had unwanted sexual contact(s) or experience(s)



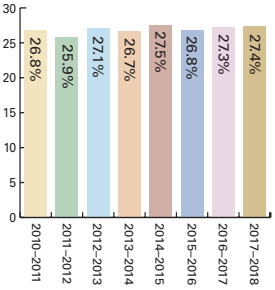
Experienced harassing, controlling, and/or abusive behavior from another person (e.g., friend, family member, partner, authority figure, etc.)



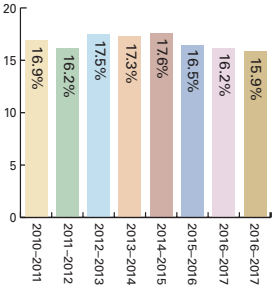
Experienced a traumatic event that caused you to feel intense fear, helplessness, or horror



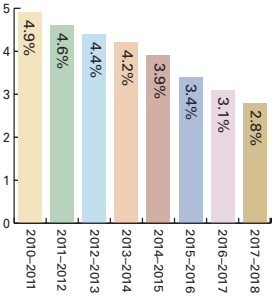
Felt the need to reduce your alcohol or drug use



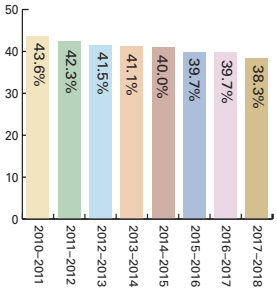
Others have expressed concern about your alcohol or drug use



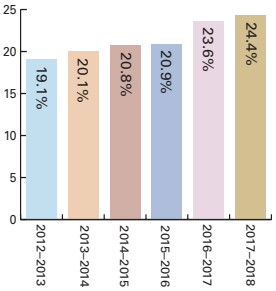
Received treatment for alcohol or drug use



Engaged in binge drinking (within the last 2 weeks)



Used marijuana (within the last 2 weeks)

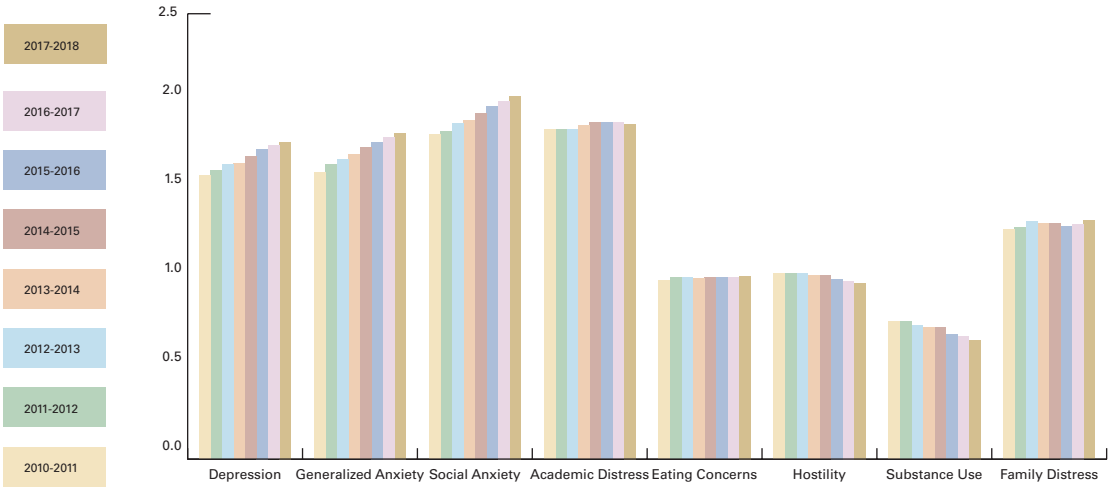


NOTE: New question in 2012

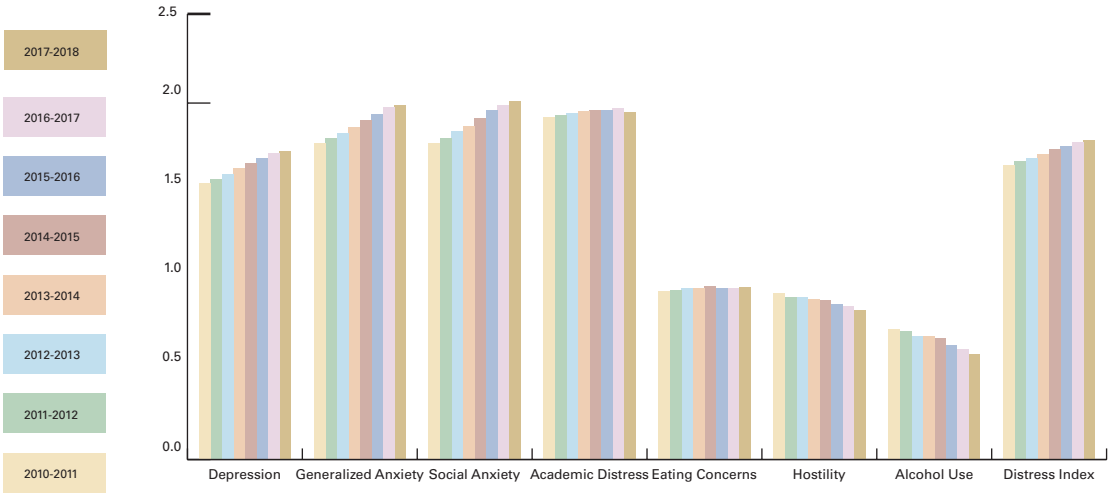
CCAPS Trends

The Counseling Center Assessment of Psychological Symptoms (CCAPS) is a multidimensional assessment and outcome-monitoring instrument used by CCMH counseling centers. The frequency and clinical timing of CCAPS administration varies by counseling center. Students respond to the items on a five-point Likert scale from 0 (not at all like me) to 4 (extremely like me). The following charts provide information regarding trends in student self-reported distress as indicated by the CCAPS subscales.

CCAPS-62 Trends: Average Subscale Scores (2010 to 2018)



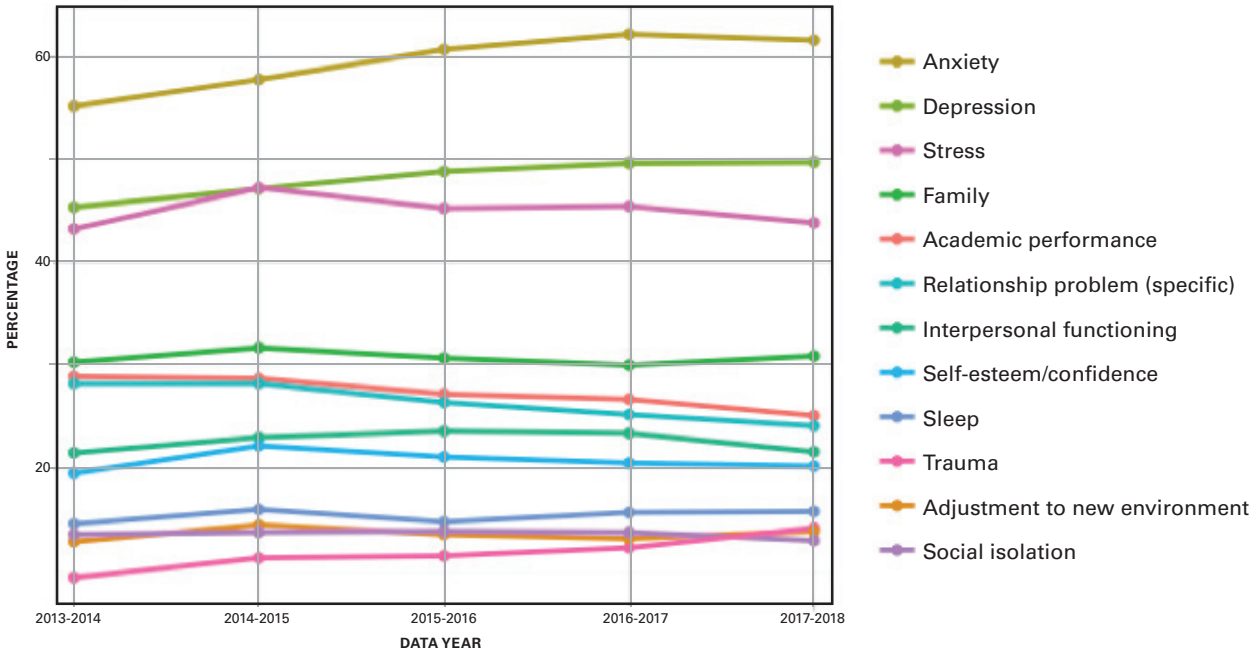
CCAPS-34 Trends: Average Subscale Scores (2010 to 2018)



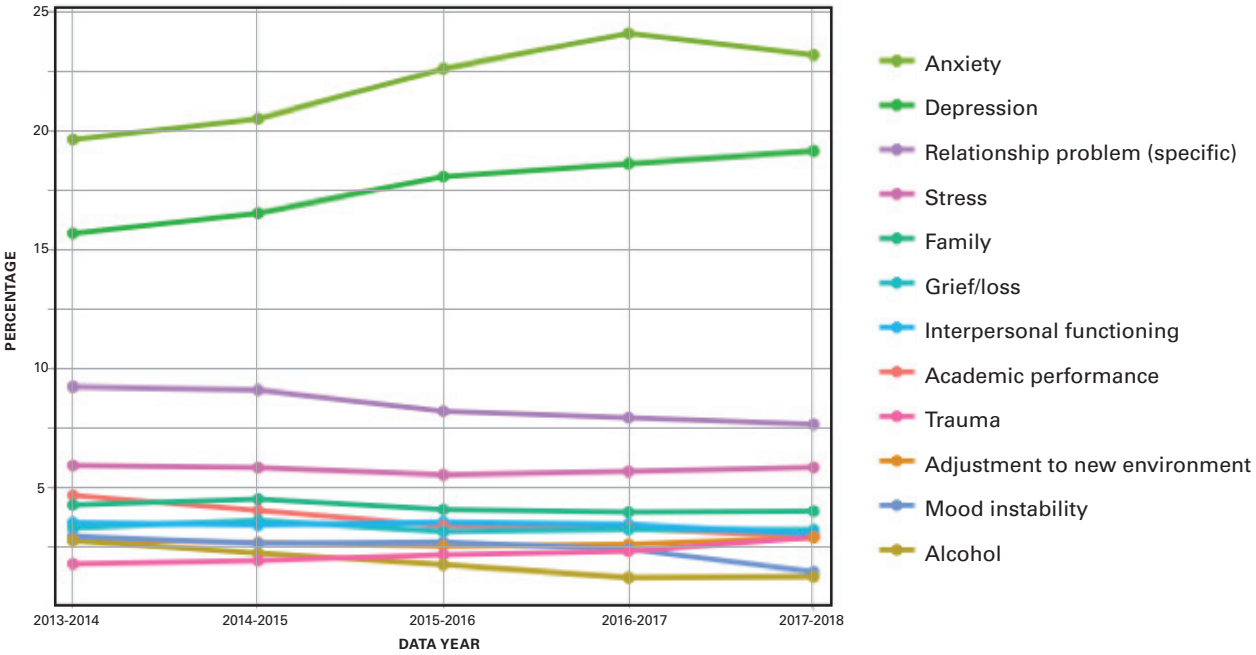
CLICC Trends

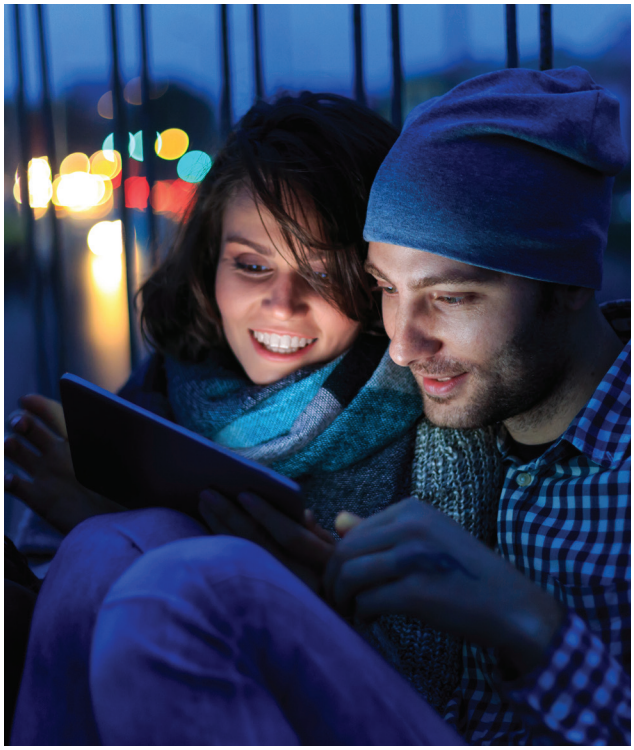
The Clinician Index of Client Concerns (CLICC) was designed to capture the presenting concerns of counseling center clients, as assessed by the clinician, at the point of intake or equivalent appointment. The CLICC includes 54 concerns and asks the clinician (a) to check all that apply and (b) to identify the "top concern" of those selected.

CLICC Trends (Check All That Apply): Percentage of Clients with Each Concern from 2013 to 2018



CLICC Trends (Top Concern): Percentage of Clients with Each Concern from 2013 to 2018





Counseling Center Resource Utilization by Students

Data from 2017-2018 were analyzed to determine how counseling center resources were distributed among students seeking services. The following points describe how counseling center appointments are utilized by 166,261 students across participating CCMH centers in 2017-2018:

- The most common number of appointments per client/per year is one (1).
- Clients averaged 5.61 total appointments with a range of 1-112 appointments.
- 20% of clients accounted for 56% of all appointments, averaging 15 appointments.
- 10% of clients accounted for 38% of all appointments, averaging 20 appointments.
- 5% of clients accounted for 24% of all appointments, averaging 25 appointments.
- 1% of clients accounted for 7% of all appointments, averaging 38 appointments.
- 10 clients utilized a total of 948 appointments.

Average Number of Attended Individual Sessions

A common question within counseling centers is: What is the average number of counseling sessions attended by clients? To examine this question, we reviewed the 2017-2018 appointment data for initial clinical evaluations and any individual counseling session:

1. Total number of attended appointments (initial and individual counseling only): 593,517
2. Total number of clients who attended appointments: 130,418
3. Average number of attended counseling sessions per client (593,517 divided by 130,418): 4.55

This analysis of appointment attendance data across 146 institutions and approximately 594,000 appointments indicates that clients attend slightly less than five sessions of individual counseling on average, which is similar to previous annual report findings.

Standardized Data Set (SDS)

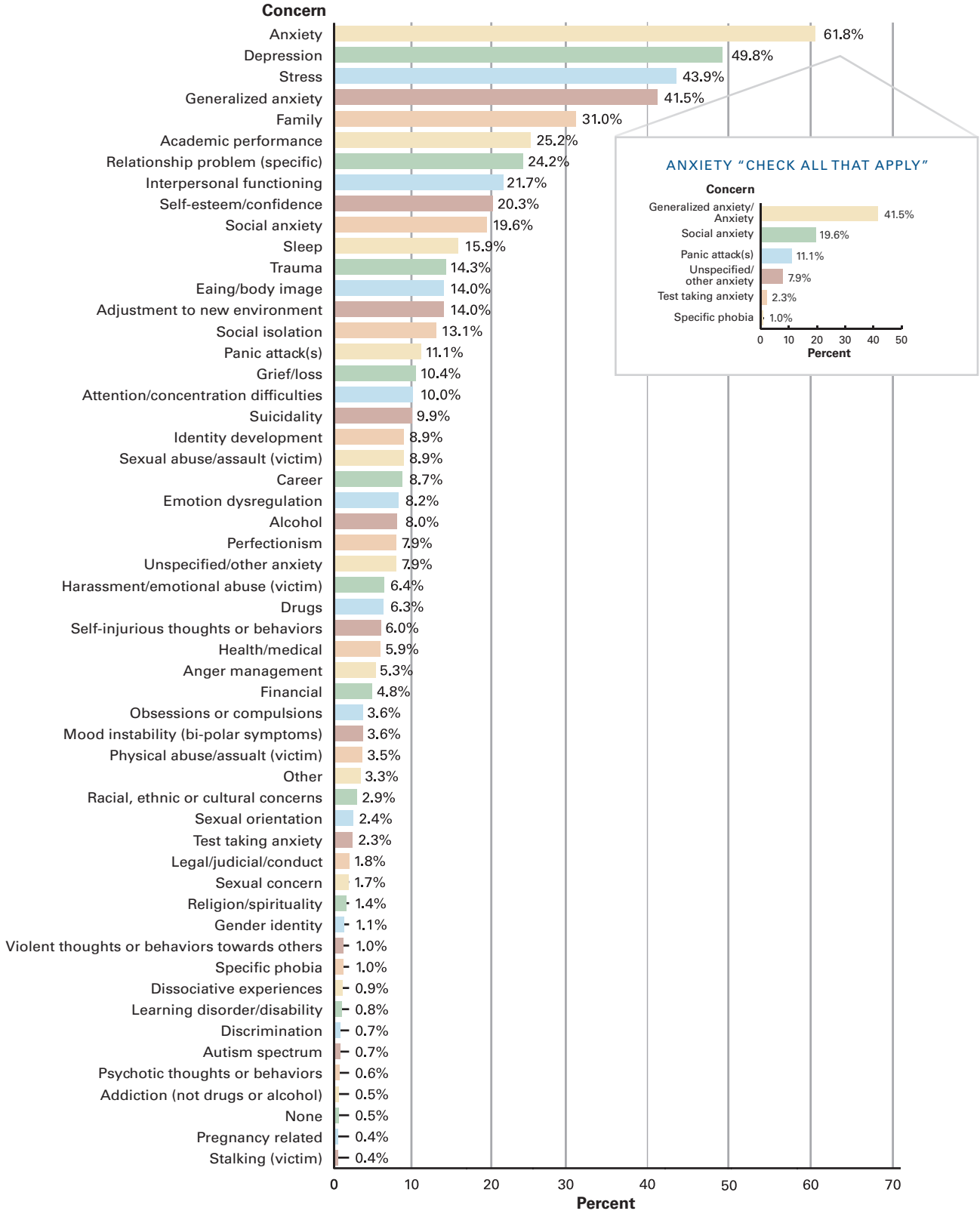
The Standardized Data Set (SDS) is a set of standardized data materials used by counseling centers during routine clinical practice. In this section, we provide a closer analysis of selected forms from the SDS: the Clinician Index of Client Concerns (CLICC); the Case Closure Form; and client, provider, center, and institutional demographic information.

Clinician Index of Client Concerns (CLICC)

The CLICC was designed by CCMH to measure the most common presenting concerns of counseling center clients, as assessed by the clinician, at the point of intake or equivalent initial appointment. The resulting data allow individual centers and CCMH to easily report on the most common client concerns in a wide array of research initiatives. The CLICC includes 54 concerns and asks the clinician (a) to check all that apply and (b) to identify the "top concern" of those selected. This dual approach captures the complexity of each client while also highlighting the primary concern of each student. Starting in July 2017, the category of "anxiety" was expanded to include options for six specific sub-types of anxiety, including generalized, social, unspecified/other, and test anxiety, as well as panic attacks and specific phobias.

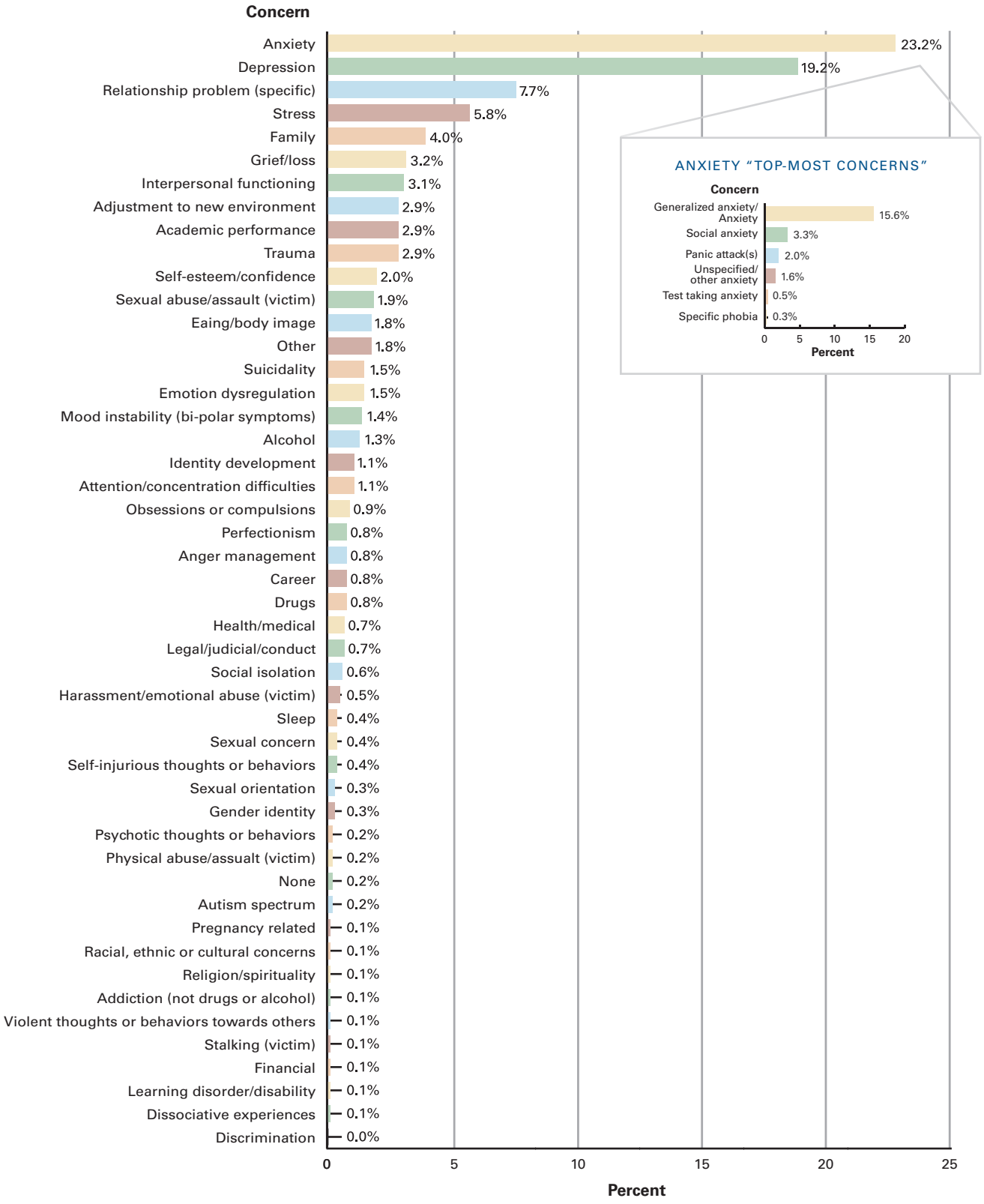
CLICC – "CHECK ALL THAT APPLY"

For each client, clinicians are asked to "check all that apply" from a list of 54 concerns (as one client can have many concurrent concerns). This graph illustrates the frequency of each concern across all clients during the 2017-2018 academic year, regardless of how many concerns a student had or what their top concern was (N= 69,596).



CLICC – "TOP-MOST CONCERN"

Clinicians are then asked to choose one primary concern (i.e., the top concern) per client. This graph illustrates the frequency of each concern as the primary concern for clients during the 2017-2018 academic year (N= 69,596).



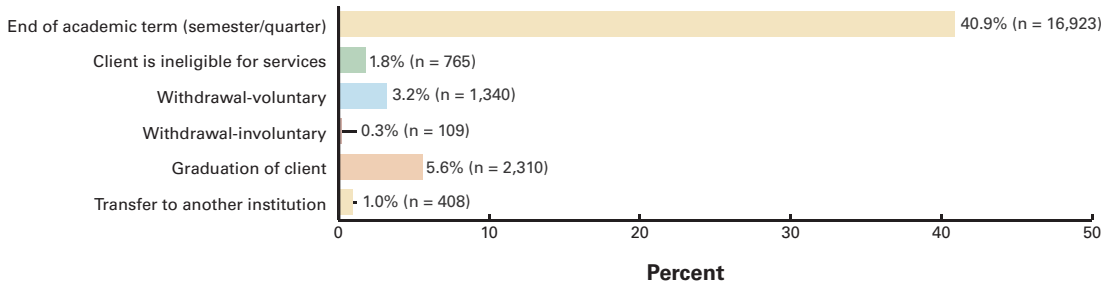
Case Closure Form

Beginning in July 2017, components of the Critical Incident and the Termination forms were merged to create the Case Closure Form. This form captures a wide array of reasons (academic, clinical, and client factors) why services ended for a client, as well as significant events that might have occurred during the course of services. Clinicians are asked to complete this form following the end of their service provision with a client. Clinicians can "select all that apply" from a checklist of 20 reasons why services may have ended for a given client. Additionally, they indicate if any of the provided significant events occurred during treatment.

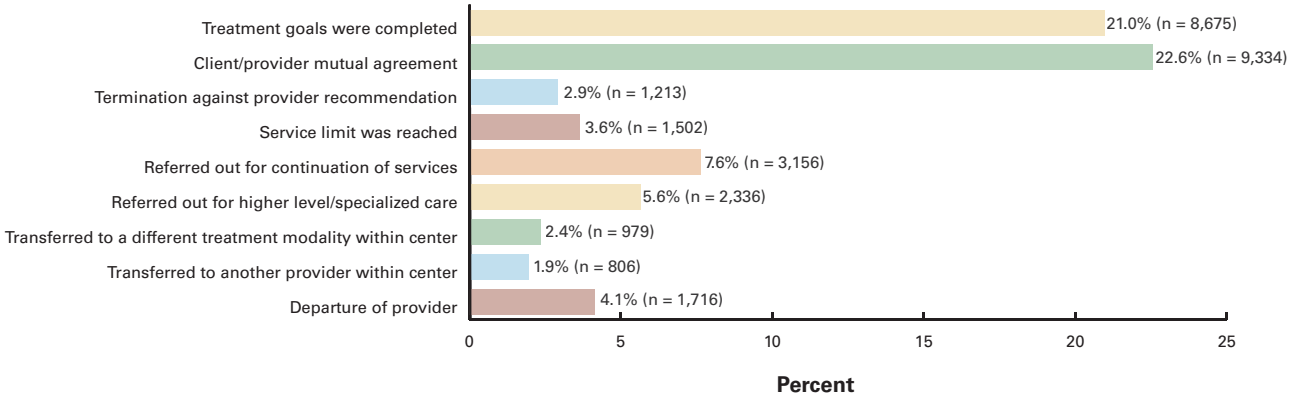
REASONS FOR CLOSURE OF CASE

The following graphs describe the frequency of the various reasons why services ended for students who received treatment. Included within these frequencies (percentages) are only students who received treatment and had a provider complete a Case Closure Form related to their case during the 2017-2018 academic year (N= 41,365). Of note, the top two most endorsed reasons for closure of a case were the timing of the academic term 41%, followed by, the client not returning for their last appointment 27%.

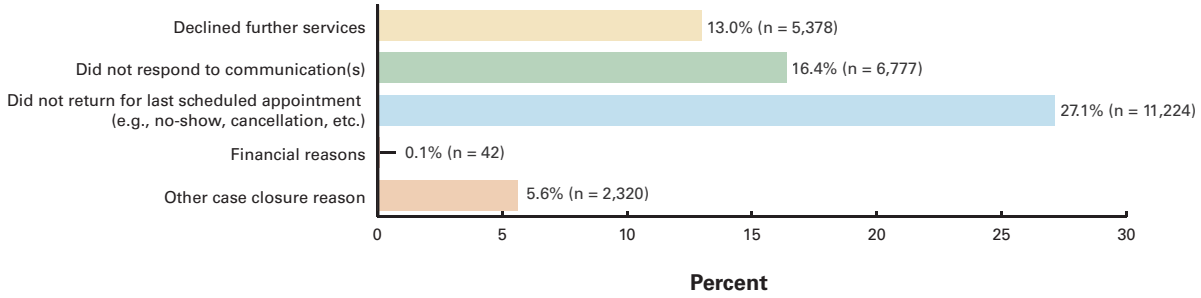
Academic Status Reasons



Clinical Factor Reasons

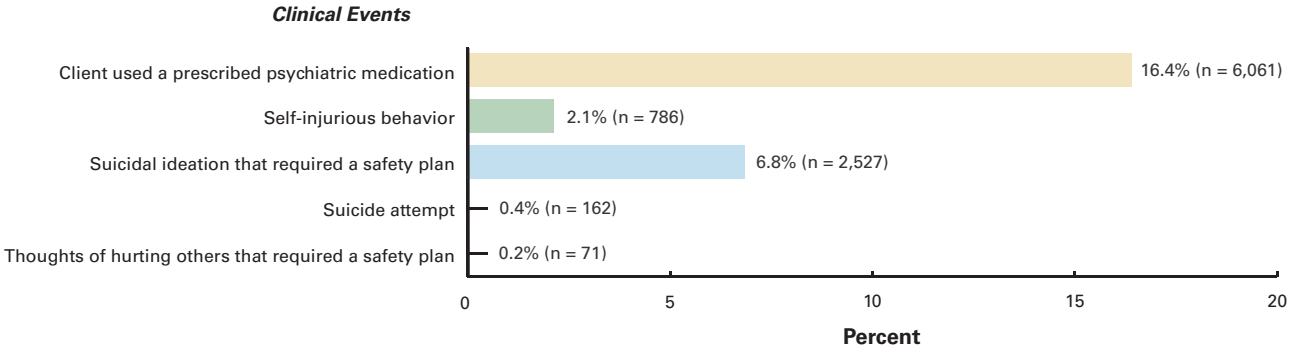


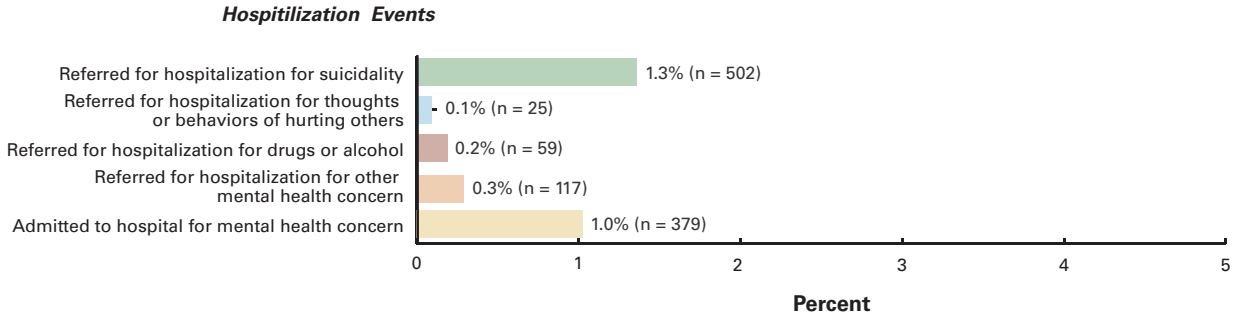
Client Factor Reasons

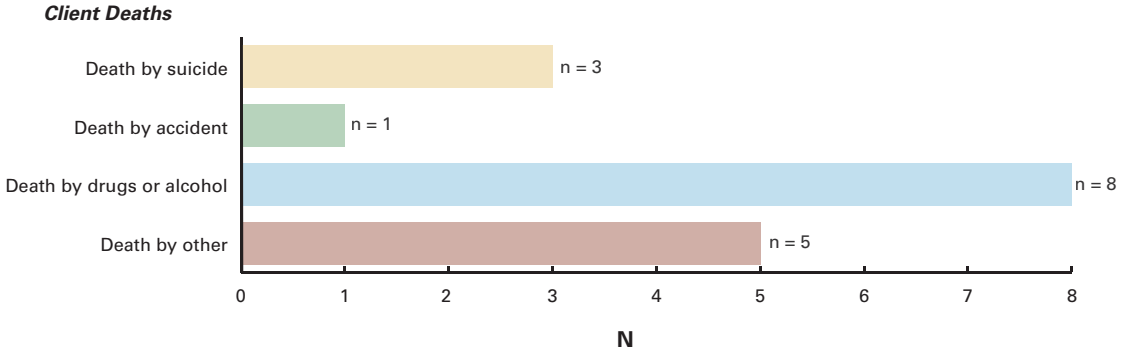


CASE EVENTS

This graph describes the frequency of significant events that occurred during a course of treatment. Included within these frequencies (percentages) are only those students who received treatment and had a provider complete a Case Closure Form related to their case during the 2017-2018 academic year (N= 36,923). The most common significant event to occur in treatment was the use of a psychiatric medication (16.4%). It is also noteworthy that 2.1% of clients engaged in self-injury, 6.8% experienced suicidal ideation that required a safety plan, and 1.3% of were referred to the hospital for suicidality during the course of treatment.







Client Demographic Information

The SDS contains a number of "core" or required items and a larger number of optional items that are typically asked of students seeking services. Because counseling centers vary in the types of questions they ask, the total number of responses varies by question.

What is your gender identity?

	n	Percent
Female	80,605	64.0
Male	42,819	34.0
Transgender	846	0.7
Self-Identify	1,720	1.4

This question is from the Standardized Data Set Question #88

What was your sex at birth?

	Overall (%) *n*=18,896	Female (%) *n*=12,185	Male (%) *n*=6,222	Transgender (%) *n*=143	Self-Identify (%) *n*=346
Female	66.5	99.7	0.6	74.1	77.5
Male	33.5	0.3	99.4	25.9	22.3
Intersex	0.0	0.0	0.0	0.0	0.3

This question is from the Standardized Data Set Question #90

Do you consider yourself to be:

	Overall (%) *n*=119,531	Female (%) *n*=76,463	Male (%) *n*=40,588	Transgender (%) *n*=803	Self-Identify (%) *n*=1,677
Heterosexual/ Straight	78.9	78.5	84.1	13.6	4.2
Lesbian	1.9	2.7	0.1	6.0	8.1
Gay	3.0	0.3	7.7	12.0	8.3
Bisexual	10.1	12.2	5.0	30.0	27.0
Questioning	2.8	3.2	1.9	6.0	4.8
Self-Identify	3.3	3.1	1.2	32.5	47.7

This question is from the Standardized Data Set Question #91

Since puberty, with whom have you had sexual experience(s)?

	Overall (%) *n*=13,916	Female (%) *n*=9,142	Male (%) *n*=4,473	Transgender (%) *n*=81	Self-Identify (%) *n*=220
Only with men	45.9	66.2	6.0	11.1	23.6
Mostly with men	10.7	14.0	3.6	18.5	16.4
About the same number of men and women	2.8	3.1	1.6	11.1	12.7
Mostly with women	2.8	1.4	4.9	14.8	10.9
Only with women	23.6	1.6	69.1	17.3	14.1
I have not had sexual experiences	14.3	13.7	14.7	27.2	22.3

This question is from the Standardized Data Set Question #93

People are different in their sexual attraction to other people. Which best describes your current feelings? Are you:

	Overall (%) *n*=16,664	Female (%) *n*=10,845	Male (%) *n*=5,426	Transgender (%) *n*=112	Self-Identify (%) *n*=281
Only attracted to women	26.5	2.4	76.0	8.9	10.3
Mostly attracted to women	5.8	3.1	10.2	25.0	18.5
Equally attracted to women and men	6.3	7.6	2.0	22.3	30.6
Mostly attracted to men	15.1	20.7	3.8	22.3	11.4
Only attracted to men	42.8	62.4	6.3	3.6	4.3
Not sure	2.2	2.5	1.1	8.9	10.0
I do not experience sexual attraction	1.4	1.4	0.5	8.9	14.9

This question is from the Standardized Data Set Question #94

What is your race/ethnicity?

	Overall (%) *n*=118,800	Female (%) *n*=75,996	Male (%) *n*=40,340	Transgender (%) *n*=812	Self-Identify (%) *n*=1,652
African-American/ Black	9.6	10.6	8.1	6.2	6.7
American Indian or Alaskan Native	0.5	0.5	0.4	0.1	0.3
Asian American/Asian	8.5	8.3	9.1	6.8	5.3
Hispanic/Latino/a	9.1	9.4	8.6	6.5	7.3
Native Hawaiian or Pacific Islander	0.2	0.2	0.2	0.2	0.1
Multiracial	5.1	5.2	4.7	7.3	8.0
White	65.4	64.5	66.9	71.8	68.5
Self-Identify	1.7	1.4	2.1	1.1	3.8

This question is from the Standardized Data Set Question #95

What is your country of origin?

Country	*n*
United States	106,611
China	2,206
India	1,581
Mexico	743
Korea, Republic of	557
Puerto Rico	449
Canada	440
Colombia	437
Brazil	382
United Kingdom	369
Philippines	292
Iran, Islamic Republic of	291
Pakistan	273
Vietnam	273
Venezuela	268
Nigeria	236
Peru	230
Russian Federation	224
Saudi Arabia	222
Bangladesh	195
Jamaica	195
Taiwan	181
Germany	173
Afghanistan	160
United States Minor Outlying Islands	158
Ecuador	154

Country	*n*
Turkey	147
Japan	144
Haiti	134
Egypt	127
Cuba	125
Dominican Republic	125
Nepal	124
Italy	112
France	105
Malaysia	95
El Salvador	91
Guatemala	88
Indonesia	83
Hong Kong	79
Spain	79
Ukraine	79
Kenya	78
Chile	76
Ethiopia	76
Argentina	74
Australia	72
Ghana	69
Honduras	69
South Africa	69
Bolivia	67
Lebanon	66
Palestinian Territory	63
Kuwait	61
Poland	60

Country	*n*
Israel	59
Panama	59
Thailand	58
Singapore	54
Sri Lanka	51
Ireland	50
Jordan	50
Romania	48
Costa Rica	47
Korea, Democratic People's Republic of	46
Iraq	45
Albania	44
Trinidad and Tobago	44
Sudan	43
Sweden	43
Liberia	41
Morocco	41
Bahamas	39
Netherlands	39
New Zealand	32
Greece	31
Kazakhstan	31
Cameroon	30
Nicaragua	30
Myanmar	29
Somalia	27
Bosnia and Herzegovina	26

Country	*n*
Bulgaria	26
Syrian Arab Republic	25
Aland Islands	24
Hungary	24
Norway	24
Zimbabwe	23
Congo, The Democratic Republic of the	22
Georgia	22
Guyana	22
Rwanda	22
Switzerland	22
United Arab Emirates	22
Cambodia	19
Denmark	19
Lithuania	19
Oman	19
Virgin Islands, U.S.	19
Uganda	18
Mongolia	17
Sierra Leone	17
Cote D'ivoire	16
Netherlands Antilles	16
Portugal	16
Serbia	16
Armenia	15

Country	*n*
Czech Republic	15
Finland	15
Tunisia	15
Uzbekistan	15
Belgium	14
Cayman Islands	14
Yemen	14
Bermuda	13
Cyprus	13
Eritrea	13
Guam	13
Paraguay	13
Uruguay	13
Zambia	13
Austria	12
Angola	11
Gambia	11
Moldova, Republic of	11
Tanzania, United Republic of	11
Algeria	10
Belarus	10
Latvia	10
Senegal	10

Countries with less than 10 individuals:

Barbados, Belize, Kyrgyzstan, Dominica, Guinea, Mauritius, Qatar, Estonia, Iceland, Lao People's Democratic Republic, Macao, Macedonia, The Former Yugoslav Republic of, Botswana, Burundi, Cape Verde, Croatia, Togo, Azerbaijan, Benin, Saint Lucia, Turks and Caicos Islands, American Samoa, Luxembourg, Mali, Montenegro, Northern Mariana Islands, Slovakia, Slovenia, Antigua and Barbuda, Aruba, Bahrain, Burkina Faso, Congo, Grenada, Libyan Arab Jamahiriya, Malawi, Mauritania, Saint Kitts and Nevis, Suriname, Swaziland, Brunei Darussalam, Christmas Island, Fiji, Madagascar, Malta, Marshall Islands, Micronesia, Federated States of, Mozambique, Namibia, Tajikistan, Tonga, Virgin Islands, British, Comoros, Equatorial Guinea, French Polynesia, Gabon, Guernsey, Isle of Man, Nauru, Niue, Palau, Reunion, Saint Helena, Saint Vincent and the Grenadines, Seychelles, Solomon Islands, Timor-leste, Turkmenistan, Vanuatu.

This question is from the Standardized Data Set Question #31

Are you an international student?

	Overall (%) *n*=116,550	Female (%) *n*=74,905	Male (%) *n*=39,258	Transgender (%) *n*=783	Self-Identify (%) *n*=1,604
No	93.9	94.6	92.4	97.4	98.3
Yes	6.1	5.4	7.6	2.6	1.7

This question is from the Standardized Data Set Question #32

Are you the first generation in your family to attend college?

	Overall (%) *n*=112,111	Female (%) *n*=71,856	Male (%) *n*=37,906	Transgender (%) *n*=752	Self-Identify (%) *n*=1,597
No	77.5	76.4	79.6	77.9	78.1
Yes	22.5	23.6	20.4	22.1	21.9

This question is from the Standardized Data Set Question #56

Current academic status

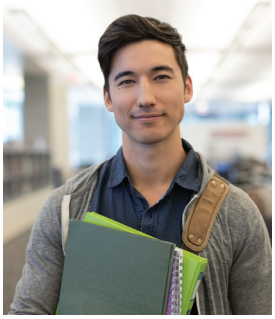
	Overall (%) *n*=120,630	Female (%) *n*=77,290	Male (%) *n*=40,902	Transgender (%) *n*=806	Self-Identify (%) *n*=1,632
Freshmen/first-year	21.2	21.8	19.7	28.4	25.1
Sophomore	20.6	20.8	20.3	21.1	20.2
Junior	22.5	22.3	23.0	22.1	23.0
Senior	20.5	20.1	21.4	19.1	19.9
Graduate/Professional degree student	13.9	13.9	14.2	7.4	9.7
Non-student	0.2	0.1	0.3	0.0	0.2
High school student taking college classes	0.0	0.0	0.0	0.0	0.0
Non-degree student	0.2	0.2	0.2	0.2	0.4
Faculty or staff	0.1	0.1	0.1	0.0	0.1
Other	0.8	0.8	0.8	1.6	1.5

This question is from the Standardized Data Set Question #37

Graduate or professional degree program

	Overall (%) *n*=36,875	Female (%) *n*=23,222	Male (%) *n*=13,000	Transgender (%) *n*=204	Self-Identify (%) *n*=449
Post-baccalaureate	9.5	9.5	9.8	7.8	6.5
Masters	13.5	14.3	12.2	9.3	11.6
Doctoral Degree	8.8	8.3	9.7	6.4	8.0
Law	2.1	2.1	2.2	0.5	0.9
Medical	2.5	2.7	2.2	1.5	0.4
Pharmacy	0.6	0.7	0.5	0.0	0.4
Dental	0.2	0.3	0.2	0.0	0.0
Veterinary Medicine	0.8	1.2	0.3	0.0	0.0
Not applicable	56.9	55.7	58.5	68.6	68.8
Other	5.0	5.3	4.5	5.9	3.3

This question is from the Standardized Data Set Question #39



What year are you in your graduate/professional program?

	Overall (%) *n*=17,907	Female (%) *n*=11,078	Male (%) *n*=6,575	Transgender (%) *n*=81	Self-Identify (%) *n*=173
1	35.7	36.8	33.7	32.1	36.4
2	24.1	25.0	22.5	24.7	23.1
3	15.6	15.3	16.3	13.6	12.1
4	18.0	17.1	19.4	21.0	17.3
5+	6.7	5.7	8.2	8.6	11.0

This question is from the Standardized Data Set Question #41

Did you transfer from another campus/institution to this school?

	Overall (%) *n*=114,143	Female (%) *n*=73,280	Male (%) *n*=38,597	Transgender (%) *n*=743	Self-Identify (%) *n*=1,523
No	81.3	82.2	79.9	74.8	77.3
Yes	18.7	17.8	20.1	25.2	22.7

This question is from the Standardized Data Set Question #46

What kind of housing do you currently have?

	Overall (%) *n*=102,276	Female (%) *n*=65,916	Male (%) *n*=34,264	Transgender (%) *n*=697	Self-Identify (%) *n*=1,399
On-campus residence hall/apartment	37.0	38.2	34.2	45.2	44.6
On/off campus fraternity/sorority house	1.9	1.8	2.1	0.7	0.5
On/off campus co-operative housing	0.9	0.9	1.0	1.4	0.7
Off-campus apartment/house	59.0	57.9	61.4	51.5	53.2
Other	1.1	1.1	1.2	1.1	1.0

This question is from the Standardized Data Set Question #42

With whom do you live? (check all that apply)

	Overall (%) *n*=100,239	Female (%) *n*=64,557	Male (%) *n*=33,616	Transgender (%) *n*=702	Self-Identify (%) *n*=1,364
Alone	12.8	12.2	13.9	16.4	14.7
Spouse, partner, or significant other	9.4	9.7	8.5	11.5	12.1
Roommate(s)	69.0	69.4	68.7	62.8	64.7
Children	1.9	2.2	1.5	1.1	1.4
Parent(s) or guardian(s)	9.9	9.7	10.0	14.7	12.4
Family (other)	4.6	4.7	4.5	7.1	6.1
Other	1.3	1.2	1.2	2.7	1.7

This question is from the Standardized Data Set Question #44

Relationship status

	Overall (%) *n*=119,485	Female (%) *n*=76,578	Male (%) *n*=40,447	Transgender (%) *n*=811	Self-Identify (%) *n*=1,649
Single	61.7	59.2	66.5	58.8	59.7
Serious dating or committed relationship	33.9	36.3	29.1	37.7	36.9
Civil union, domestic partnership, or equivalent	0.4	0.4	0.3	0.6	0.8
Married	3.3	3.3	3.4	1.8	2.1
Divorced	0.4	0.4	0.3	0.4	0.2
Separated	0.4	0.4	0.4	0.5	0.2
Widowed	0.0	0.0	0.0	0.1	0.1

This question is from the Standardized Data Set Question #33

Please indicate your level of involvement in organized extra-curricular activities (e.g., sports, clubs, student government, etc.)

	Overall (%) *n*=66,750	Female (%) *n*=42,989	Male (%) *n*=22,484	Transgender (%) *n*=418	Self-Identify (%) *n*=859
None	29.6	28.3	31.8	32.8	30.7
Occasional participation	21.5	20.3	23.5	23.4	22.4
One regularly attended activity	18.6	18.9	17.9	19.9	19.0
Two regularly attended activities	15.9	17.1	13.6	13.9	14.6
Three or more regularly attended activities	14.5	15.4	13.0	10.0	13.4

This question is from the Standardized Data Set Question #48

Do you currently participate in any of the following organized college athletics?: Intramurals

	Overall (%) *n*=95,881	Female (%) *n*=61,831	Male (%) *n*=32,071	Transgender (%) *n*=646	Self-Identify (%) *n*=1,333
No	91.4	94.2	85.5	97.4	98.3
Yes	8.6	5.8	14.5	2.6	1.7

This question is from the Standardized Data Set Question #1151

Do you currently participate in any of the following organized college athletics?: Club

	Overall (%) *n*=96,298	Female (%) *n*=62,4561	Male (%) *n*=31,844	Transgender (%) *n*=652	Self-Identify (%) *n*=1,346
No	84.5	84.9	83.7	82.5	84.7
Yes	15.5	15.1	16.3	17.5	15.3

This question is from the Standardized Data Set Question #1152

Do you currently participate in any of the following organized college athletics?: Varsity

	Overall (%) *n*=94,329	Female (%) *n*=61,286	Male (%) *n*=31,082	Transgender (%) *n*=639	Self-Identify (%) *n*=1,322
No	96.5	96.5	96.3	99.1	99.5
Yes	3.5	3.5	3.7	0.9	0.5

This question is from the Standardized Data Set Question #1153

Religious or spiritual preference

	Overall (%) *n*=107,476	Female (%) *n*=68,858	Male (%) *n*=36,412	Transgender (%) *n*=711	Self-Identify (%) *n*=1,495
Agnostic	14.7	13.0	17.2	23.3	26.8
Atheist	9.6	7.5	12.9	20.5	16.3
Buddhist	1.0	0.9	1.2	2.3	1.9
Catholic	16.0	16.9	15.0	3.5	2.9
Christian	29.3	32.4	24.8	9.1	9.2
Hindu	1.2	1.2	1.4	0.1	0.3
Jewish	2.6	2.4	2.8	2.7	2.7
Muslim	1.8	1.6	2.1	1.0	1.0
No preference	20.7	21.1	19.7	26.6	25.4
Self-Identify	3.2	3.0	3.0	10.8	13.7

This question is from the Standardized Data Set Question #97

To what extent does your religious or spiritual preference play an important role in your life?

	Overall (%) *n*=82,194	Female (%) *n*=53,036	Male (%) *n*=27,380	Transgender (%) *n*=570	Self-Identify (%) *n*=1,208
Very important	13.2	14.7	10.9	5.8	7.1
Important	21.6	22.6	20.1	14.4	17.2
Neutral	33.8	33.6	34.2	33.9	35.2
Unimportant	16.2	15.7	17.2	19.5	16.8
Very unimportant	15.0	13.4	17.5	26.5	23.7

This question is from the Standardized Data Set Question #36

How would you describe your financial situation right now?

	Overall (%) *n*=95,538	Female (%) *n*=61,417	Male (%) *n*=32,077	Transgender (%) *n*=661	Self-Identify (%) *n*=1,383
Always stressful	13.2	14.2	11.0	19.5	18.8
Often stressful	20.8	21.5	19.1	27.1	24.5
Sometimes stressful	35.0	35.1	34.9	32.2	36.6
Rarely stressful	22.2	21.2	24.4	18.2	16.2
Never stressful	8.8	8.0	10.6	3.0	3.9

This question is from the Standardized Data Set Question #57

How would you describe your financial situation growing up?

	Overall (%) *n*=68,608	Female (%) *n*=44,140	Male (%) *n*=23,026	Transgender (%) *n*=456	Self-Identify (%) *n*=986
Always stressful	9.9	10.6	8.3	14.0	13.4
Often stressful	15.1	15.5	13.9	21.1	21.0
Sometimes stressful	23.8	24.1	22.9	28.9	25.8
Rarely stressful	29.1	28.5	30.5	24.6	25.8
Never stressful	22.1	21.2	24.5	11.4	14.1

This question is from the Standardized Data Set Question #58

Are you a member of ROTC?

	Overall (%) *n*=70,154	Female (%) *n*=44,788	Male (%) *n*=23,976	Transgender (%) *n*=449	Self-Identify (%) *n*=941
No	99.2	99.4	98.9	98.7	99.8
Yes	0.8	0.6	1.1	1.3	0.2

This question is from the Standardized Data Set Question #51

Have you ever served in any branch of the US military (active duty, veteran, National Guard, or reserves)?

	Overall (%) *n*=120,913	Female (%) *n*=77,398	Female (%) *n*=41,023	Transgender (%) *n*=825	Self-Identify (%) *n*=1,667
No	98.5	99.1	97.3	98.5	99.2
Yes	1.5	0.9	2.7	1.5	0.8

This question is from the Standardized Data Set Question #98

Did your military experience include any traumatic or highly stressful experiences which continue to bother you?

	Overall (%) *n*=1,510	Female (%) *n*=535	Male (%) *n*=953	Transgender (%) *n*=9	Self-Identify (%) *n*=13
No	70.7	74.4	68.6	66.7	76.9
Yes	29.3	25.6	31.4	33.3	23.1

This question is from the Standardized Data Set Question #53

Mental Health History Items

Attended counseling for mental health concerns

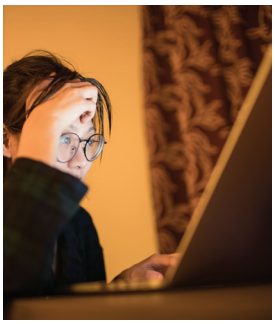
	Overall (%) *n*=117,751	Female (%) *n*=75,629	Male (%) *n*=39,679	Transgender (%) *n*=804	Self-Identify (%) *n*=1,639
Never	45.5	42.8	52.3	17.7	20.3
Prior to college	21.5	22.9	18.3	31.7	28.7
After starting college	18.4	18.7	17.8	19.2	22.0
Both	14.5	15.6	11.6	31.5	29.0

This question is from the Standardized Data Set Question #1

Taken a prescribed medication for mental health concerns

	Overall (%) *n*=116,118	Female (%) *n*=74,621	Male (%) *n*=39,069	Transgender (%) *n*=801	Self-Identify (%) *n*=1,627
Never	65.3	63.9	69.4	40.6	45.0
Prior to college	8.7	8.8	8.3	15.9	13.2
After starting college	13.5	13.9	12.5	15.2	17.8
Both	12.4	13.4	9.9	28.3	24.0

This question is from the Standardized Data Set Question #2



NOTE: The following paired questions ask the student to identify "How many times" and "The last time" for each experience/event. Frequencies for "The last time" questions are based on students who reported having the experience one time or more.

Been hospitalized for mental health concerns (how many times)

	Overall (%) *n*=120,328	Female (%) *n*=77,223	Male (%) *n*=40,611	Transgender (%) *n*=819	Self-Identify (%) *n*=1,675
Never	89.8	89.9	90.3	77.2	81.3
1 time	6.9	6.9	6.5	11.8	12.6
2-3 times	2.6	2.5	2.6	7.4	4.5
4-5 times	0.4	0.4	0.3	2.0	0.7
More than 5 times	0.3	0.3	0.3	1.6	1.0

This question is from the Standardized Data Set Question #64

Been hospitalized for mental health concerns (the last time)

	Overall (%) *n*=11,917	Female (%) *n*=7,607	Male (%) *n*=3,827	Transgender (%) *n*=180	Self-Identify (%) *n*=303
Never	0.2	0.2	0.2	0.6	0.0
Within the last 2 weeks	8.5	7.7	10.7	3.3	3.3
Within the last month	4.7	4.2	5.8	2.8	2.0
Within the last year	21.3	21.0	22.2	21.7	19.1
Within the last 1-5 years	44.0	45.7	39.1	55.0	57.4
More than 5 years ago	21.3	21.2	22.1	16.7	18.2

This question is from the Standardized Data Set Question #65

Purposely injured yourself without suicidal intent (e.g., cutting, hitting, burning, etc.) (how many times)

	Overall (%) *n*=120,367	Female (%) *n*=77,277	Male (%) *n*=40,603	Transgender (%) *n*=817	Self-Identify (%) *n*=1,670
Never	71.8	67.9	81.5	37.7	35.2
1 time	5.6	6.0	5.0	5.3	6.0
2-3 times	7.8	8.6	6.0	11.4	13.2
4-5 times	2.9	3.4	1.9	5.8	5.6
More than 5 times	11.8	14.2	5.6	39.9	40.0

This question is from the Standardized Data Set Question #72

Purposely injured yourself without suicidal intent (e.g., cutting, hitting, burning, etc.) (the last time)

	Overall (%) *n*=31,682	Female (%) *n*=23,238	Male (%) *n*=6,935	Transgender (%) *n*=476	Self-Identify (%) *n*=1,033
Never	0.3	0.3	0.3	0.0	0.3
Within the last 2 weeks	12.5	11.6	14.9	14.3	14.3
Within the last month	8.8	8.4	9.6	11.6	9.5
Within the last year	20.7	20.4	21.3	23.1	24.3
Within the last 1-5 years	35.9	36.9	32.4	37.4	35.8
More than 5 years ago	21.9	22.4	21.5	13.7	15.8

This question is from the Standardized Data Set Question #73

Seriously considered attempting suicide (how many times)

	Overall (%) *n*=121,073	Female (%) *n*=77,685	Male (%) *n*=40,876	Transgender (%) *n*=825	Self-Identify (%) *n*=1,687
Never	64.0	63.7	66.6	28.4	29.2
1 time	12.7	12.8	12.4	12.5	14.0
2-3 times	13.1	13.4	11.7	23.5	25.0
4-5 times	2.7	2.8	2.2	8.5	5.7
More than 5 times	7.6	7.3	7.0	27.2	26.0

This question is from the Standardized Data Set Question #74

Seriously considered attempting suicide (the last time)

	Overall (%) *n*=40,120	Female (%) *n*=26,029	Male (%) *n*=12,410	Transgender (%) *n*=551	Self-Identify (%) *n*=1,130
Never	0.3	0.2	0.3	0.2	0.4
Within the last 2 weeks	14.6	13.3	17.2	15.4	13.5
Within the last month	10.2	9.9	10.9	8.7	10.0
Within the last year	22.3	21.9	22.6	26.9	23.8
Within the last 1-5 years	36.8	38.3	33.4	37.7	38.9
More than 5 years ago	15.9	16.3	15.5	11.1	13.4

This question is from the Standardized Data Set Question #75

Made a suicide attempt (how many times)

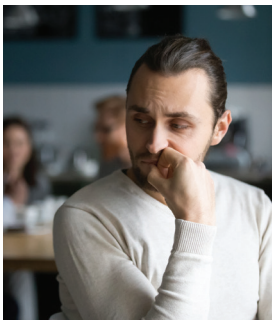
	Overall (%) *n*=120,062	Female (%) *n*=77,053	Male (%) *n*=40,529	Transgender (%) *n*=814	Self-Identify (%) *n*=1,666
Never	89.5	89.1	91.4	67.2	71.2
1 time	6.8	7.0	5.8	16.7	15.5
2-3 times	3.0	3.2	2.2	10.7	8.9
4-5 times	0.4	0.4	0.3	2.3	2.3
More than 5 times	0.4	0.4	0.3	3.1	2.0

This question is from the Standardized Data Set Question #76

Made a suicide attempt (the last time)

	Overall (%) *n*=11,924	Female (%) *n*=7,957	Male (%) *n*=3,251	Transgender (%) *n*=253	Self-Identify (%) *n*=463
Never	0.2	0.2	0.2	0.0	0.2
Within the last 2 weeks	4.6	4.3	6.0	4.0	1.5
Within the last month	2.9	2.8	3.6	2.8	0.9
Within the last year	14.7	14.3	15.7	13.8	16.4
Within the last 1-5 years	47.0	48.2	42.6	57.3	52.5
More than 5 years ago	30.4	30.2	31.9	22.1	28.5

This question is from the Standardized Data Set Question #77



Considered causing serious physical injury to another (how many times)

	Overall (%) *n*=119,096	Female (%) *n*=76,385	Male (%) *n*=40,249	Transgender (%) *n*=808	Self-Identify (%) *n*=1,654
Never	92.0	93.8	89.1	84.2	83.7
1 time	2.7	2.2	3.4	3.1	4.2
2-3 times	3.0	2.4	3.9	6.7	6.0
4-5 times	0.5	0.4	0.8	1.4	1.2
More than 5 times	1.8	1.2	2.8	4.7	5.0

This question is from the Standardized Data Set Question #78

Considered causing serious physical injury to another (the last time)

	Overall (%) *n*=8,694	Female (%) *n*=4,341	Male (%) *n*=3,980	Transgender (%) *n*=115	Self-Identify (%) *n*=258
Never	0.4	0.5	0.3	0.0	1.2
Within the last 2 weeks	15.1	14.1	16.7	10.4	10.5
Within the last month	11.6	12.3	11.2	11.3	6.2
Within the last year	24.8	25.0	24.3	29.6	24.8
Within the last 1-5 years	32.2	32.4	31.9	30.4	34.5
More than 5 years ago	15.9	15.7	15.5	18.3	22.9

This question is from the Standardized Data Set Question #79

Intentionally caused serious physical injury to another (how many times)

	Overall (%) *n*=118,186	Female (%) *n*=75,784	Male (%) *n*=39,949	Transgender (%) *n*=805	Self-Identify (%) *n*=1,648
Never	97.9	98.6	96.8	97.3	96.5
1 time	1.0	0.8	1.4	1.4	1.4
2-3 times	0.7	0.5	1.1	0.7	1.5
4-5 times	0.1	0.1	0.2	0.1	0.1
More than 5 times	0.3	0.1	0.5	0.5	0.5

This question is from the Standardized Data Set Question #80

Intentionally caused serious physical injury to another (the last time)

	Overall (%) *n*=2,165	Female (%) *n*=966	Male (%) *n*=1,127	Transgender (%) *n*=19	Self-Identify (%) *n*=53
Never	1.2	1.4	1.2	0.0	0.0
Within the last 2 weeks	5.1	5.5	5.0	5.3	1.9
Within the last month	4.7	6.4	3.5	0.0	0.0
Within the last year	16.2	18.1	14.6	15.8	15.1
Within the last 1-5 years	35.2	35.7	35.5	26.3	24.5
More than 5 years ago	37.6	32.8	40.4	52.6	58.5

This question is from the Standardized Data Set Question #81

Someone had sexual contact with you without your consent (e.g., you were afraid to stop what was happening, passed out, drugged, drunk, incapacitated, asleep, threatened or physically forced) (how many times)

	Overall (%) *n*=118,981	Female (%) *n*=76,299	Male (%) *n*=40,213	Transgender (%) *n*=803	Self-Identify (%) *n*=1,666
Never	75.9	68.4	91.0	65.6	57.0
1 time	13.0	16.6	6.0	13.6	16.3
2-3 times	7.3	9.9	2.0	11.6	15.4
4-5 times	1.1	1.5	0.3	2.2	3.5
More than 5 times	2.7	3.5	0.8	7.0	7.9

This question is from the Standardized Data Set Question #82

Someone had sexual contact with you without your consent (e.g., you were afraid to stop what was happening, passed out, drugged, drunk, incapacitated, asleep, threatened or physically forced) (the last time)

	Overall (%) *n*=26,209	Female (%) *n*=22,003	Male (%) *n*=3,287	Transgender (%) *n*=253	Self-Identify (%) *n*=666
Never	0.2	0.1	0.4	0.0	0.0
Within the last 2 weeks	3.3	3.6	2.2	1.6	2.1
Within the last month	3.7	3.7	3.6	2.0	2.4
Within the last year	21.5	21.7	20.7	15.4	20.4
Within the last 1-5 years	43.3	44.2	36.7	46.2	45.3
More than 5 years ago	28.0	26.6	36.5	34.8	29.7

This question is from the Standardized Data Set Question #83

Experienced harassing, controlling, and/or abusive behavior from another person (e.g., friend, family member, partner, or authority figure) (how many times)

	Overall (%) *n*=119,983	Female (%) *n*=76,927	Male (%) *n*=40,563	Transgender (%) *n*=815	Self-Identify (%) *n*=1,678
Never	62.9	58.1	73.8	38.8	35.0
1 time	7.7	9.0	5.3	7.6	8.0
2-3 times	8.4	9.6	5.9	11.9	12.9
4-5 times	2.3	2.6	1.5	4.3	4.5
More than 5 times	18.7	20.8	13.5	37.4	39.6

This question is from the Standardized Data Set Question #84

Experienced harassing, controlling, and/or abusive behavior from another person (e.g., friend, family member, partner, or authority figure) (the last time)

	Overall (%) *n*=39,549	Female (%) *n*=28,746	Male (%) *n*=9,342	Transgender (%) *n*=449	Self-Identify (%) *n*=1,012
Never	0.2	0.2	0.3	0.0	0.1
Within the last 2 weeks	9.6	9.7	9.5	10.7	8.9
Within the last month	7.6	7.6	7.6	8.0	7.5
Within the last year	23.5	24.1	21.3	27.2	26.1
Within the last 1-5 years	39.0	40.3	34.5	38.1	42.9
More than 5 years ago	20.1	18.2	26.9	16.0	14.5

This question is from the Standardized Data Set Question #85

Experienced a traumatic event that caused you to feel intense fear, helplessness, or horror (how many times)

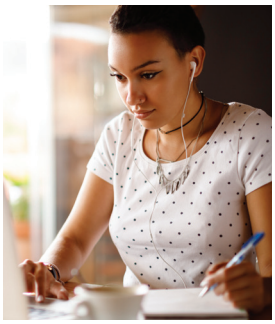
	Overall (%) *n*=116,485	Female (%) *n*=74,732	Male (%) *n*=39,353	Transgender (%) *n*=776	Self-Identify (%) *n*=1,624
Never	59.4	56.2	66.4	45.9	42.6
1 time	17.2	18.7	14.4	15.2	17.0
2-3 times	13.8	15.0	11.3	17.0	18.3
4-5 times	2.4	2.6	1.9	4.1	5.2
More than 5 times	7.2	7.5	5.9	17.8	16.8

This question is from the Standardized Data Set Question #86

Experienced a traumatic event that caused you to feel intense fear, helplessness, or horror (the last time)

	Overall (%) *n*=42,553	Female (%) *n*=29,556	Male (%) *n*=11,747	Transgender (%) *n*=375	Self-Identify (%) *n*=875
Never	0.2	0.1	0.2	0.0	0.3
Within the last 2 weeks	10.0	9.5	11.6	7.7	5.4
Within the last month	7.0	6.9	7.6	4.3	4.2
Within the last year	22.7	23.0	22.1	18.4	22.6
Within the last 1-5 years	36.9	38.1	33.3	42.4	43.1
More than 5 years ago	23.2	22.3	25.2	27.2	24.3

This question is from the Standardized Data Set Question #87



Please select the traumatic event(s) you have experienced:

	Overall (%) *n*=32,743	Female (%) *n*=22,940	Male (%) *n*=8,806	Transgender (%) *n*=335	Self-Identify (%) *n*=662
Childhood physical abuse	17.5	16	20.3	30.7	25.4
Childhood sexual abuse	14.7	16.3	9.8	24.8	19.2
Childhood emotional abuse	45	44.5	44.1	69	62.1
Physical attack (e.g., mugged, beaten up, shot, stabbed, threatened with a weapon)	12.5	9.5	20	13.7	13.1
Sexual violence (rape or attempted rape, sexually assaulted, stalked, abused by intimate partner, etc.)	34.1	42.9	10.3	37.3	45.6
Military combat or war zone experience	0.9	0.3	2.3	0	0.3
Kidnapped or taken hostage	0.9	0.9	0.9	0.6	1.1
Serious accident, fire, or explosion (e.g., an industrial, farm, car, plane, or boating accident)	11.4	10.6	13.7	10.1	9.2
Terrorist attack	0.8	0.7	1.2	0.9	0.2
Near drowning	8.3	6.5	12.4	11.3	12.1
Diagnosed with life threatening illness	3.4	3	4.5	2.1	3.5
Natural disaster (e.g., flood, quake, hurricane, etc.)	4.7	4.4	5.5	3.3	5.1
Imprisonment or torture	0.8	0.5	1.8	1.2	0.6
Animal attack	3.2	2.6	4.8	4.8	3.9
Other (please specify)	24.1	23.1	27.3	19.4	22.1

This question is from the Standardized Data Set Question #99

**The total N includes treatment-seeking students who reported having experienced at least one trauma experience on the SDS Question #99.

Felt the need to reduce your alcohol or drug use (how many times)

	Overall (%) *n*=116,767	Female (%) *n*=74,919	Male (%) *n*=39,402	Transgender (%) *n*=802	Self-Identify (%) *n*=1,644
Never	71.7	75.2	64.8	75.4	72.3
1 time	10.3	9.6	11.8	8.6	10.3
2-3 times	11.0	10.0	12.9	10.0	10.9
4-5 times	1.9	1.6	2.4	1.5	1.5
More than 5 times	5.1	3.6	8.0	4.5	4.9

This question is from the Standardized Data Set Question #66

Felt the need to reduce your alcohol or drug use (the last time)

	Overall (%) *n*=30,375	Female (%) *n*=17,083	Male (%) *n*=12,688	Transgender (%) *n*=186	Self-Identify (%) *n*=418
Never	0.3	0.3	0.3	0.0	0.0
Within the last 2 weeks	27.5	25.2	30.9	24.2	22.7
Within the last month	19.6	19.7	19.6	15.1	18.7
Within the last year	31.8	33.0	30.3	37.6	29.9
Within the last 1-5 years	18.0	19.1	16.3	21.0	23.7
More than 5 years ago	2.8	2.8	2.8	2.2	5.0

This question is from the Standardized Data Set Question #67

Others have expressed concern about your alcohol or drug use (how many times)

	Overall (%) *n*=116,629	Female (%) *n*=74,741	Male (%) *n*=39,455	Transgender (%) *n*=797	Self-Identify (%) *n*=1,636
Never	83.5	86.3	78.4	82.9	82.1
1 time	6.8	6.1	8.2	6.5	6.1
2-3 times	6.1	5.1	7.9	6.3	8.0
4-5 times	1.1	0.8	1.4	1.1	1.2
More than 5 times	2.5	1.6	4.1	3.1	2.6

This question is from the Standardized Data Set Question #68

Others have expressed concern about your alcohol or drug use (the last time)

	Overall (%) *n*=17,443	Female (%) *n*=9,312	Male (%) *n*=7,729	Transgender (%) *n*=126	Self-Identify (%) *n*=276
Never	0.3	0.4	0.3	0.0	0.0
Within the last 2 weeks	20.7	19.7	22.1	10.3	19.2
Within the last month	17.5	17.5	17.6	19.0	14.9
Within the last year	34.6	35.3	33.9	36.5	33.7
Within the last 1-5 years	22.5	22.9	21.7	29.4	27.2
More than 5 years ago	4.3	4.3	4.4	4.8	5.1

This question is from the Standardized Data Set Question #69

Received treatment for alcohol or drug use (how many times)

	Overall (%) *n*=117,313	Female (%) *n*=75,330	Male (%) *n*=39,536	Transgender (%) *n*=805	Self-Identify (%) *n*=1,642
Never	97.1	97.9	95.4	96.9	97.6
1 time	2.2	1.6	3.3	2.6	1.6
2-3 times	0.5	0.3	0.9	0.5	0.4
4-5 times	0.1	0.0	0.1	0.0	0.2
More than 5 times	0.2	0.1	0.3	0.0	0.2

This question is from the Standardized Data Set Question #70

Received treatment for alcohol or drug use (the last time)

	Overall (%) *n*=3,143	Female (%) *n*=1,417	Male (%) *n*=1,665	Transgender (%) *n*=21	Self-Identify (%) *n*=40
Never	0.3	0.4	0.2	0.0	0.0
Within the last 2 weeks	8.5	9.0	8.3	4.8	5.0
Within the last month	7.7	7.3	8.2	4.8	5.0
Within the last year	27.3	28.2	26.7	28.6	20.0
Within the last 1-5 years	40.9	39.3	42.0	47.6	45.0
More than 5 years ago	15.4	15.9	14.7	14.3	25.0

This question is from the Standardized Data Set Question #71

Think back over the last two weeks. How many times have you had: five or more drinks* in a row (for males) OR four or more drinks* in a row (for females)? (*A drink is a bottle of beer, a glass of wine, a wine cooler, a shot glass of liquor, or a mixed drink.)

	Overall (%) *n*=102,019	Female (%) *n*=65,792	Male (%) *n*=34,096	Transgender (%) *n*=680	Self-Identify (%) *n*=1,451
None	61.7	63.2	57.6	77.8	77.9
Once	17.0	17.2	16.8	11.0	12.1
Twice	10.7	10.3	11.8	6.2	5.0
3 to 5 times	8.1	7.3	9.9	3.5	4.2
6 to 9 times	1.5	1.2	2.3	1.2	0.6
10 or more times	1.0	0.7	1.6	0.3	0.2

This question is from the Standardized Data Set Question #19

Think back over the last two weeks. How many times have you smoked marijuana?

	Overall (%) *n*=110,786	Female (%) *n*=71,056	Male (%) *n*=37,415	Transgender (%) *n*=747	Self-Identify (%) *n*=1,568
None	75.6	78.5	70.0	76.8	73.9
Once	6.1	6.0	6.5	5.6	6.4
Twice	4.2	3.8	4.9	3.6	4.3
3 to 5 times	5.5	4.9	6.6	5.2	5.9
6 to 9 times	2.9	2.3	3.9	3.3	3.1
10 or more times	5.8	4.6	8.2	5.4	6.4

This question is from the Standardized Data Set Question #96

Please indicate how much you agree with the statement: "I get the emotional help and support I need from my family."

	Overall (%) *n*=81,247	Female (%) *n*=52,565	Male (%) *n*=26,944	Transgender (%) *n*=571	Self-Identify (%) *n*=1,167
Strongly disagree	10.3	10.2	9.9	27.0	18.9
Somewhat disagree	14.9	15.1	13.8	25.4	23.4
Neutral	15.9	15.0	17.7	14.7	18.6
Somewhat agree	32.2	33.0	31.0	24.7	27.9
Strongly agree	26.7	26.7	27.6	8.2	11.1

This question is from the Standardized Data Set Question #22

Please indicate how much you agree with the statement: "I get the emotional help and support I need from my social network (e.g., friends, acquaintances)."

	Overall (%) *n*=82,853	Female (%) *n*=53,427	Male (%) *n*=27,745	Transgender (%) *n*=541	Self-Identify (%) *n*=1,140
Strongly disagree	6.9	6.2	8.4	5.9	6.2
Somewhat disagree	12.4	11.8	13.6	10.9	12.7
Neutral	18.7	17.6	21.1	13.7	12.2
Somewhat agree	39.1	40.3	36.5	38.6	43.9
Strongly agree	22.9	24.0	20.4	30.9	25.0

This question is from the Standardized Data Set Question #23

Are you registered, with the office for disability services on this campus, as having a documented and diagnosed disability?

	Overall (%) *n*=1119,041	Female (%) *n*=76,450	Male (%) *n*=40,151	Transgender (%) *n*=801	Self-Identify (%) *n*=1,639
No	90.6	90.9	90.7	83.6	83.0
Yes	9.4	9.1	9.3	16.4	17.0

This question is from the Standardized Data Set Question #60

If you selected "Yes" for the previous question, please indicate which category of disability you are registered for (check all that apply):

	Overall (%) *n*=13,846	Female (%) *n*=8,365	Male (%) *n*=4,995	Transgender (%) *n*=153	Self-Identify (%) *n*=333
Difficulty hearing	4.1	3.7	4.8	3.9	4.8
Difficulty seeing	4.5	4.5	4.6	5.9	2.4
Difficulty speaking or language impairment	1.4	1	2.1	0.7	1.8
Mobility limitation/ orthopedic impairment	3.4	3.4	3.2	4.6	5.4
Traumatic brain injury	2.8	2.5	3.2	3.9	1.5
Specific learning disabilities	12.9	13.7	11.8	9.2	9
ADD or ADHD	45.3	38.8	56.8	35.3	39.9
Autism spectrum disorder	4.7	2.2	8.1	14.4	12.9
Cognitive difficulties or intellectual disability	3.7	3.5	4	7.8	3.3
Health impairment/ condition, including chronic conditions	10.4	12.4	7	12.4	9.3
Psychological or psychiatric condition	30.3	35.5	19.8	45.8	50.5
Other	13.3	14.1	12.3	11.1	11.1

This question is from the Standardized Data Set Question #61

Provider Data

The Standardized Data Set includes some basic demographic information about providers (clinicians) at participating counseling centers. The 2017-2018 data set represents 3,723 unique providers. Answer totals may vary by question since some counseling centers do not gather this data on providers or a provider may choose not to answer one or more questions.

Gender

	n	Percent
Male	434	26.2
Female	1,194	72.0
Transgender	13	0.8
Prefer not to answer	18	1.1

Age

n	Mean	Mode
1,490	40.1	31

Race/Ethnicity

	n	Percent
African-American/Black	144	8.8
American Indian or Alaskan Native	5	0.3
Asian American/Asian	125	7.6
White	1,180	71.7
Hispanic/Latino/a	100	6.1
Native Hawaiian or Pacific Islander	4	0.2
Multi-racial	54	3.3
Prefer not to answer	11	0.7
Other	22	1.3

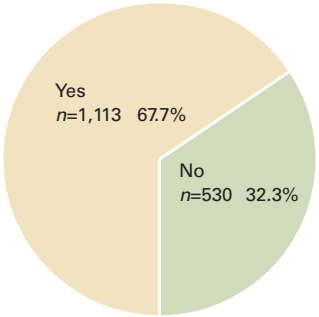
Highest Degree (descending sort)

	n	Percent
Doctor of Philosophy	535	32.4
Master of Arts	286	17.3
Doctor of Psychology	216	13.1
Master of Social Work	169	10.2
Master of Science	156	9.5
Bachelor of Arts	69	4.2
Master of Education	59	3.6
Bachelor of Science	54	3.3
Doctor of Medicine	44	2.7
Other	20	1.2
Education Specialist	14	0.8
Nursing (e.g. RN, RNP, PNP)	11	0.7
Doctor of Education	11	0.7
Doctor of Osteopathy	5	0.3
Doctor of Social Work	1	0.1

Highest Degree-Discipline (descending sort)

	n	Percent
Counseling Psychology	528	34.2
Clinical Psychology	493	31.9
Social Work	178	11.5
Other	152	9.8
Counselor Education	86	5.6
Psychiatry	45	2.9
Marriage and Family Therapist	21	1.4
Nursing	15	1.0
Community Psychology	9	0.6
Higher Education	9	0.6
Educational Psychology	8	0.5
Health Education	2	0.1

Are you licensed under your current degree?



Position Type (descending sort)

	n	Percent
Professional staff member	1,117	67.5
Pre-doctoral intern	163	9.9
Doctoral level trainee (not an intern)	111	6.7
Master's level trainee	100	6.0
Other (please specify)	82	5.0
Post-doctoral level (non-psychiatric)	75	4.5
Psychiatric resident	6	0.4

Center Information

The information below describes the 152 colleges and universities that contributed data to the 2017-2018 CCMH data set.

Does your counseling center currently have an APA accredited pre-doctoral training program?

	n	Percent
Yes	55	36.7
No	95	63.3

Is your counseling center currently accredited by IACS (International Association of Counseling Services)?

	n	Percent
Yes	71	47.3
No	79	52.7

Which services are integrated with your counseling center? (check all that apply)

	n	Percent
Career services	11	7.3
Disability services	5	3.3
Drug and alcohol treatment program	40	26.7
Employee assistance program	2	1.3
Learning services	4	2.7
Health services	16	10.7
Testing services	21	14.0
Other	17	11.3

What psychiatric services are provided by your center?

	n	Percent
None	51	34.5
Part time, in house	50	33.8
Full time, in house	26	17.6
Part time, off-campus consultant	12	8.1
Other	9	6.1

Does your center have an annual individual psychotherapy limit?

	n	Percent
Yes	55	36.7
No	95	63.3

If you answered "yes" to session limit, please enter your individual psychotherapy session limit.

	n	Percent
0	2	3.6
3	1	1.8
7	1	1.8
8	2	3.6
9	1	1.8
10	8	14.5
12	26	47.3
14	2	3.6
15	5	9.1
16	2	3.6
18	1	1.8
20	2	3.6
24	1	1.8

Check each service for which you charge a standard fee. (Don't check services that are initially free–e.g., first eight sessions.)

	n	Percent
Psychiatric evaluation (initial meeting)	25	16.7
Psychiatric follow-up (ongoing client)	25	16.7
Other	20	13.3
Formal assessment: Psychological	17	11.3
Formal assessment: Career	12	8.0
Formal assessment: Disability	9	6.0
Individual counseling	8	5.3
Group counseling	6	4.0
Intake	2	1.3

Institutional Data

Data for the 2017-2018 CCMH data set were contributed by 152 colleges and universities that hold membership with CCMH. Demographics for these institutions are listed below.

	n	Percent
Type of Institution		
Private	55	36.4
Public	93	61.6
Combined	3	2.0
Location of Campus		
Midwest (IA, IL, IN, MI, MN, MT, ND, OH, WI)	38	25.2
Northeast (CT, DE, MA, MD, ME, NJ, NY, PA, VA, VT)	44	29.1
South (AL, AR, FL, GA, KY, MO, MS, NC, NV, OK, SC, TN, TX)	53	35.1
West (CA, CO, ID, OR, UT, WA)	16	10.6
Enrollment		
Under 1,500	4	3.1
1,501-2,500	13	10.0
2,501-5,000	13	10.0
5,001-7,500	11	8.5
7,501-10,000	11	8.5
10,001-15,000	19	14.6
15,001-20,000	14	10.8
20,001-25,000	15	11.5
25,001-30,000	8	6.2
30,001-35,000	11	8.5
35,001-40,000	4	3.1
40,001-50,000	5	3.8
50,001 and over	2	1.5

	n	Percent
Athletic Division		
None	7	4.8
Division I	88	60.3
Division II	25	17.1
Division III	26	17.8
Grade Scale		
0-4	149	98.7
0-100	1	0.7
Other	1	0.7

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