

H. Mental Health

Students reported experiencing the following within the last 12 months:

Felt things were hopeless

| | Percent (%) | Male | Female | Total |
|---|-------------|------|--------|-------|
| No, never | 33.1 | 26.7 | 28.9 | 28.9 |
| No, not last 12 months | 24.4 | 25.5 | 25.3 | 25.3 |
| Yes, last 2 weeks | 18.0 | 16.2 | 16.6 | 16.6 |
| Yes, last 30 days | 7.1 | 9.7 | 8.9 | 8.9 |
| Yes, in last 12 months | 17.4 | 21.9 | 20.3 | 20.3 |
| <i>Any time within the last 12 months</i> | 42.4 | 47.8 | 45.8 | 45.8 |

Felt overwhelmed by all you had to do

| | Percent (%) | Male | Female | Total |
|---|-------------|------|--------|-------|
| No, never | 15.4 | 5.4 | 8.7 | 8.7 |
| No, not last 12 months | 6.8 | 3.3 | 4.7 | 4.7 |
| Yes, last 2 weeks | 47.6 | 59.8 | 55.9 | 55.9 |
| Yes, last 30 days | 13.5 | 18.0 | 16.4 | 16.4 |
| Yes, in last 12 months | 16.7 | 13.4 | 14.3 | 14.3 |
| <i>Any time within the last 12 months</i> | 77.8 | 91.3 | 86.6 | 86.6 |

Felt exhausted (not from physical activity)

| | Percent (%) | Male | Female | Total |
|---|-------------|------|--------|-------|
| No, never | 17.7 | 5.9 | 9.7 | 9.7 |
| No, not last 12 months | 9.3 | 4.9 | 6.6 | 6.6 |
| Yes, last 2 weeks | 42.4 | 59.9 | 54.3 | 54.3 |
| Yes, last 30 days | 15.1 | 16.7 | 16.0 | 16.0 |
| Yes, in last 12 months | 15.4 | 12.6 | 13.4 | 13.4 |
| <i>Any time within the last 12 months</i> | 73.0 | 89.1 | 83.7 | 83.7 |

Felt very lonely

| | Percent (%) | Male | Female | Total |
|---|-------------|------|--------|-------|
| No, never | 23.0 | 17.0 | 19.0 | 19.0 |
| No, not last 12 months | 22.0 | 22.9 | 23.0 | 23.0 |
| Yes, last 2 weeks | 24.6 | 26.9 | 25.9 | 25.9 |
| Yes, last 30 days | 10.0 | 12.3 | 11.6 | 11.6 |
| Yes, in last 12 months | 20.4 | 20.9 | 20.5 | 20.5 |
| <i>Any time within the last 12 months</i> | 55.0 | 60.1 | 58.0 | 58.0 |

Findings continued

Felt very sad

| Percent (%) | Male | Female | Total |
|---|------|--------|-------|
| No, never | 20.3 | 13.1 | 15.4 |
| No, not last 12 months | 21.3 | 20.8 | 21.0 |
| Yes, last 2 weeks | 23.5 | 27.9 | 26.4 |
| Yes, last 30 days | 10.6 | 15.7 | 14.1 |
| Yes, in last 12 months | 24.2 | 22.6 | 23.0 |
| <i>Any time within the last 12 months</i> | 58.4 | 66.2 | 63.6 |

Felt overwhelming anxiety

| Percent (%) | Male | Female | Total |
|---|------|--------|-------|
| No, never | 31.7 | 22.3 | 25.3 |
| No, not last 12 months | 15.1 | 12.6 | 13.7 |
| Yes, last 2 weeks | 21.5 | 31.4 | 28.3 |
| Yes, last 30 days | 13.5 | 13.0 | 13.0 |
| Yes, in last 12 months | 18.3 | 20.6 | 19.7 |
| <i>Any time within the last 12 months</i> | 53.2 | 65.1 | 61.0 |

Seriously considered suicide

| Percent (%) | Male | Female | Total |
|---|------|--------|-------|
| No, never | 70.1 | 73.8 | 72.2 |
| No, not last 12 months | 19.0 | 16.4 | 17.7 |
| Yes, last 2 weeks | 1.9 | 1.9 | 2.0 |
| Yes, last 30 days | 1.6 | 0.6 | 0.9 |
| Yes, in last 12 months | 7.4 | 7.3 | 7.3 |
| <i>Any time within the last 12 months</i> | 10.9 | 9.8 | 10.1 |

Intentionally cut, burned, bruised, or otherwise injured yourself

| Percent (%) | Male | Female | Total |
|---|------|--------|-------|
| No, never | 83.0 | 75.7 | 77.7 |
| No, not last 12 months | 10.3 | 17.0 | 15.2 |
| Yes, last 2 weeks | 1.3 | 1.6 | 1.6 |
| Yes, last 30 days | 2.3 | 0.7 | 1.2 |
| Yes, in last 12 months | 3.2 | 4.9 | 4.4 |
| <i>Any time within the last 12 months</i> | 6.8 | 7.3 | 7.1 |

Felt so depressed that it was difficult to function

| Percent (%) | Male | Female | Total |
|---|------|--------|-------|
| No, never | 39.2 | 37.8 | 38.5 |
| No, not last 12 months | 24.9 | 25.9 | 25.5 |
| Yes, last 2 weeks | 10.7 | 12.6 | 11.9 |
| Yes, last 30 days | 5.2 | 8.6 | 7.6 |
| Yes, in last 12 months | 20.1 | 15.1 | 16.5 |
| <i>Any time within the last 12 months</i> | 35.9 | 36.2 | 36.0 |

Felt overwhelming anger

| Percent (%) | Male | Female | Total |
|---|------|--------|-------|
| No, never | 35.5 | 34.9 | 35.1 |
| No, not last 12 months | 27.4 | 25.7 | 26.0 |
| Yes, last 2 weeks | 9.0 | 12.1 | 11.0 |
| Yes, last 30 days | 11.3 | 9.4 | 10.0 |
| Yes, in last 12 months | 16.8 | 17.9 | 17.8 |
| <i>Any time within the last 12 months</i> | 37.1 | 39.4 | 38.8 |

Attempted suicide

| Percent (%) | Male | Female | Total |
|---|------|--------|-------|
| No, never | 92.6 | 88.7 | 90.0 |
| No, not last 12 months | 5.2 | 11.0 | 9.2 |
| Yes, last 2 weeks | 0.3 | 0.0 | 0.1 |
| Yes, last 30 days | 0.3 | 0.0 | 0.1 |
| Yes, in last 12 months | 1.6 | 0.3 | 0.7 |
| <i>Any time within the last 12 months</i> | 2.3 | 0.3 | 0.9 |

Findings continued

Within the last 12 months, diagnosed or treated by a professional for the following:

| | Percent (%) | Male | Female | Total |
|--|-------------|------|--------|-------|
| Anorexia | | 0.3 | 0.6 | 0.6 |
| Anxiety | | 13.6 | 24.9 | 21.3 |
| Attention Deficit and Hyperactivity Disorder | | 7.1 | 5.4 | 6.0 |
| Bipolar Disorder | | 3.2 | 3.2 | 3.2 |
| Bulimia | | 0.3 | 0.6 | 0.6 |
| Depression | | 15.2 | 20.0 | 18.4 |
| Insomnia | | 6.8 | 6.1 | 6.4 |
| Other sleep disorder | | 4.9 | 3.5 | 3.9 |
| Obsessive Compulsive Disorder | | 1.6 | 2.3 | 2.2 |
| Panic attacks | | 5.2 | 11.7 | 9.5 |
| Phobia | | 0.6 | 1.2 | 1.0 |
| Schizophrenia | | 0.3 | 0.1 | 0.2 |
| Substance abuse or addiction | | 1.9 | 1.2 | 1.5 |
| Other addiction | | 1.3 | 0.4 | 0.7 |
| Other mental health condition | | 4.2 | 3.9 | 3.9 |
| <i>Students reporting none of the above</i> | | 74.3 | 64.2 | 67.5 |
| <i>Students reporting only one of the above</i> | | 7.7 | 11.2 | 10.0 |
| <i>Students reporting both Depression and Anxiety</i> | | 10.0 | 15.3 | 13.6 |
| <i>Students reporting any two or more of the above excluding the combination of Depression and Anxiety</i> | | 9.6 | 10.0 | 9.9 |

Within the last 12 months, any of the following been traumatic or very difficult to handle:

| | Percent (%) | Male | Female | Total |
|--|-------------|------|--------|-------|
| Academics | | 41.7 | 49.1 | 46.5 |
| Career-related issue | | 27.9 | 27.3 | 27.4 |
| Death of family member or friend | | 16.1 | 19.9 | 18.5 |
| Family problems | | 16.2 | 30.1 | 26.0 |
| Intimate relationships | | 31.3 | 33.5 | 32.7 |
| Other social relationships | | 20.3 | 24.7 | 23.2 |
| Finances | | 34.0 | 40.8 | 38.4 |
| Health problem of family member or partner | | 14.3 | 22.0 | 20.0 |
| Personal appearance | | 18.6 | 28.3 | 25.2 |
| Personal health issue | | 18.3 | 26.2 | 24.0 |
| Sleep difficulties | | 28.8 | 34.6 | 32.8 |
| Other | | 7.2 | 10.7 | 10.0 |
| <i>Students reporting none of the above</i> | | 28.8 | 22.8 | 24.9 |
| <i>Students reporting only one of the above</i> | | 14.7 | 10.4 | 11.8 |
| <i>Students reporting 2 of the above</i> | | 11.2 | 10.4 | 10.8 |
| <i>Students reporting 3 or more of the above</i> | | 45.4 | 56.3 | 52.6 |

Findings continued

Within the last 12 months, how would you rate the overall level of stress experienced:

| | <i>Percent (%)</i> | Male | Female | Total |
|--------------------------|--------------------|-------------|---------------|--------------|
| No stress | | 1.9 | 1.0 | 1.5 |
| Less than average stress | | 9.3 | 2.8 | 4.9 |
| Average stress | | 38.0 | 30.5 | 33.0 |
| More than average stress | | 40.9 | 51.1 | 47.5 |
| Tremendous stress | | 9.9 | 14.7 | 13.1 |