



# Center for Collegiate Mental Health (CCMH)

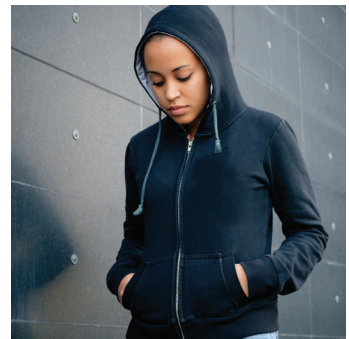
2017 ANNUAL REPORT



BRINGING SCIENCE AND PRACTICE  
Together.



**PennState**





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- Penn State University Student Affairs
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## 2017 Report Introduction

The 2017 Annual Report summarizes data contributed to CCMH during the 2016-2017 academic year, beginning July 1, 2016 and ending on June 30, 2017. De-identified data were contributed by 147 college and university counseling centers, describing 161,014 unique college students seeking mental health treatment, 3,592 clinicians, and 1,255,052 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 more likely 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, then contributed to CCMH.
4. The number of clients will vary by question due to variations in clinical procedure and implementation of CCMH data standards.
5. Counseling centers are required to receive IRB (institutional review board) approval at their respective institutions to participate in data contribution to CCMH. Although CCMH maintains membership of over 480 institutional counseling centers, only a percentage of these institutions are **a)** able to contribute demographic data and **b)** opt-in to participate in data contribution.

## 2016 Report Highlights

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

### REMINDERS FROM PRIOR REPORTS:

1. **2015:** Over five years, 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:** Over six years, counseling center resources devoted to "rapid access" services increased by 28% on average, whereas resources devoted to "routine treatment" decreased slightly by 7.6%.

## 2017 HIGHLIGHTS

1. Treatment provided by counseling centers is effective and achieves the same level of symptom reduction as that reported in randomized clinical trials (RCT's) for concerns such as depression and anxiety. A relationship exists between symptom reduction and length of treatment (Page 5-6).
2. The rate at which students improve during treatment varies, meaning that some students require longer treatment to achieve the same level of improvement (Page 8).
3. The average length of treatment (individual counseling) continues to be approximately 4.5 sessions (Page 16) with the majority of students receiving 2-10 sessions (Page 7). However, a substantial number of students received longer-term treatment of 20+ sessions (Page 7).
4. Length of treatment varies by presenting concern. For example, some common institutional priorities (e.g., supporting survivors of sexual assault, students with suicidal ideation, and gender and sexual minority students) are associated with longer-term treatment (Page 10). Conversely, some common concerns (anxiety and depression) are associated with an average length of treatment.
5. Anxiety and depression are the most common presenting concerns (as assessed by clinicians) and are the only presenting concerns that have demonstrated a clear growth trend over the last 4 years (Page 9). Other presenting concerns appear to be stable.
6. The lifetime prevalence rates of "threat-to-self" characteristics (non-suicidal self-injury, serious suicidal ideation, and suicide attempts) increased for the seventh year in a row among student seeking treatment (Page 13).
7. The lifetime prevalence rates for prior mental health treatment continue to remain largely flat over seven years. (A slight increase in the lifetime prevalence for prior counseling (Page 13) may be emerging.)
8. According to data provided by counselors at the end of treatment, a majority of students (61.2%) did not receive psychiatric medications during treatment.
9. Other notable trends among students in counseling centers: (1) students are increasingly likely to report a past traumatic experience, (2) students are less likely to report prior drug and alcohol treatment, and (3) the percentage of students reporting marijuana use in the last two weeks jumped 3.6% this year (Page 14).



## Visualizing College Student Mental Health Treatment

### INTRODUCTION

The current Annual Report uses visualizations developed from years of CCMH data to explore college student mental health with an emphasis on individual counseling provided by counseling centers. To start, it is worth briefly reviewing the findings from the last two Annual Reports:

- **2015 Annual Report:** Counseling center utilization increased at 5 to 6 times the rate of institutional enrollment, during the preceding five years. This increase is primarily characterized by students reporting a history of “threat-to-self” characteristics, and these same students use about 20-30% more services.
- **2016 Annual Report:** Counseling center resources devoted to “rapid access” services increased by 28%, over the prior six years, whereas resources devoted to “routine treatment” decreased by 7.6% on average.

These findings support the idea that programming focused on suicide prevention, stigma reduction, and community intervention efforts focused on “identification and referral” of at-risk students are succeeding. At the same time, rapidly rising demand, paired with risk and flat funding, seem to be making it increasingly difficult for counseling centers to maintain treatment capacity for students who need it. This may manifest as a long wait for an intake, a waiting list to start counseling, or two to three week gaps between appointments.

The discussion below will further explore the value of treatment and some of the complexities that underlie policy and funding decisions regarding mental health services in higher education.

### UNDERSTANDING THE VALUE OF MENTAL HEALTH TREATMENT

Treatment provided by counseling centers is effective. After comparing treatment outcomes for more than 100 randomized clinical trials (RCT’s) to counseling center services offered nationally, McAleavey et al. (2017) concluded that counseling center treatment achieves the same magnitude of symptom reduction as RCTs across multiple domains such as depression and anxiety. The authors noted, however, that counseling center clients are not consistently returning to “non-clinical” levels of distress at the end of treatment, and hypothesized that this may be related to a shorter average length of treatment when compared to RCT’s. When these findings are considered alongside results from prior CCMH annual reports (rising demand, increasing “rapid access” services, decreasing “routine treatment” services), policy implications emerge quickly.

To visualize the overall effect of counseling center treatment on student distress, data provided by students receiving treatment were examined. Overall distress was measured at the first appointment and then throughout treatment using the Distress Index of the CCAPS. Only students with high levels of initial distress were included for this analysis. Reported levels of distress are averaged at each appointment, and those average scores are plotted in Chart #1.

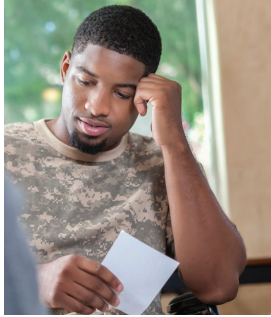
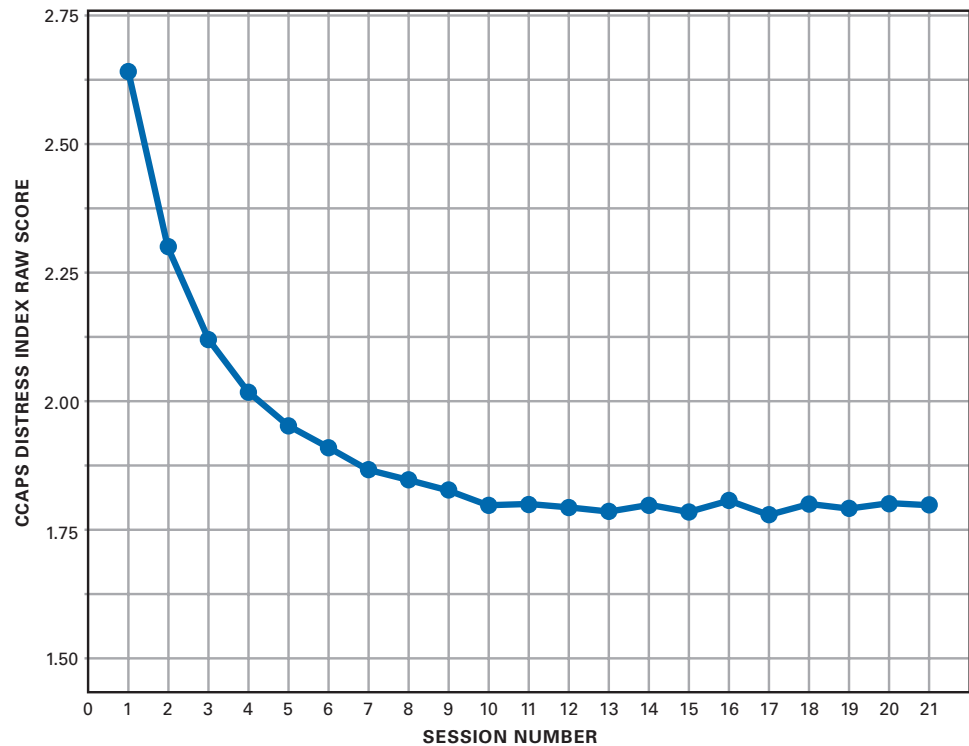


CHART #1 – AVERAGE TREATMENT RESPONSE



NOTE: Data from 2012-2017. Clients with at least 2 attended individual counseling appointments that expressed high levels of distress during their first appointment. N=50,720.

This graph illustrates how students improve, on average, during the course of treatment regardless of any other variables such as presenting concern(s), length of treatment, time of semester, other treatments received, counseling center policies, treatment limits, etc. This can be thought of as an average “treatment response curve” and makes the point that there is an overall relationship between the length of treatment and the average reduction in distress. As such, a casual observer can easily recognize that an arbitrary limit of three sessions would restrict the potential positive impact of treatment. Although this visualization provides us with a perspective on how students respond to treatment in general, it fails to capture the nuance and complexity of the treatment process. For example, the flattening of the change curve after session 10 does not accurately depict the nature of change for students receiving longer treatment.

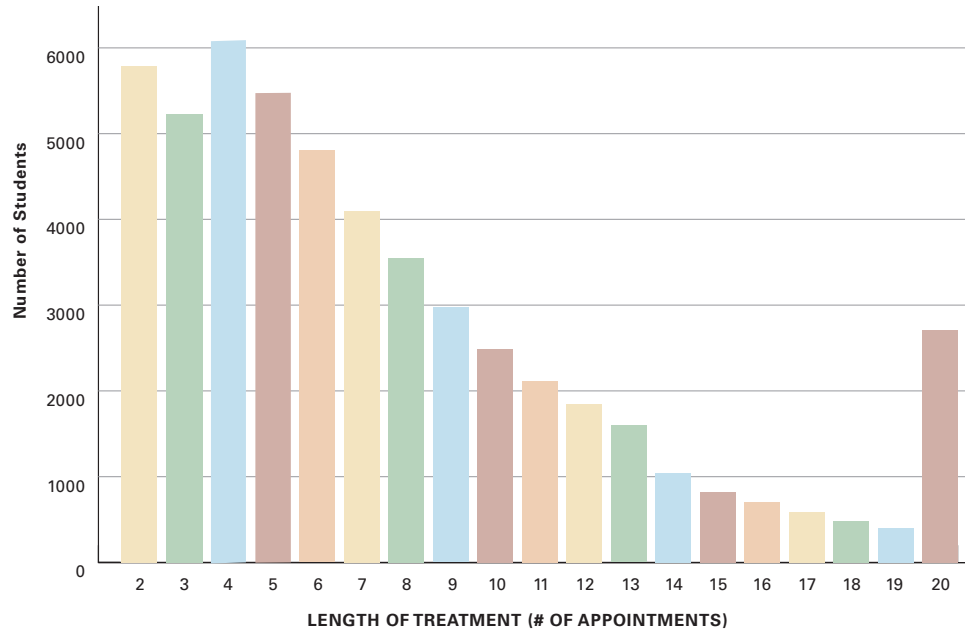




### CHART #2 – AVERAGE LENGTH OF TREATMENT

The average number of counseling sessions last year was approximately 4.5 (Page 16), but the actual length of treatment a student receives will vary widely for many different reasons. The chart below illustrates the distribution of treatment lengths for students who received more than one individual counseling appointment.

NOTE: Data from 2012-2017. Clients with at least 2 attended individual counseling appointments that expressed high levels of distress during their first appointment. N= 52,800

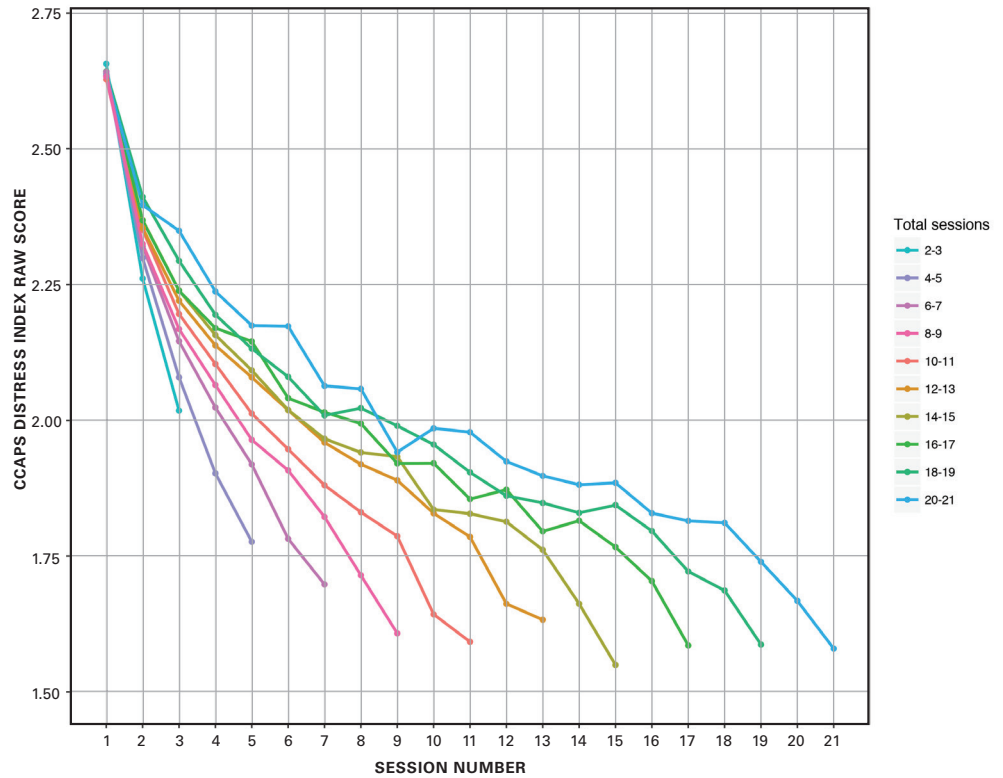


The vast majority of students attended two to five appointments, with a steady decrease from 6 sessions onward. However, the chart also indicates that a large group of students received more than 20 appointments; a length that is generally considered long-term treatment. These findings highlight that counseling centers serve a wide array of treatment needs, ranging from routine problems that demand brief treatment to more severe conditions that demand more extensive services.



### CHART #3 – AVERAGE TREATMENT RESPONSE CURVE BY LENGTH OF TREATMENT

In addition to the wide range of treatment lengths provided by counseling centers, the manner in which students respond to treatment also varies. To help visualize this, students were first grouped by the total number of counseling sessions they received and the average treatment response curve was then plotted for each treatment length group.



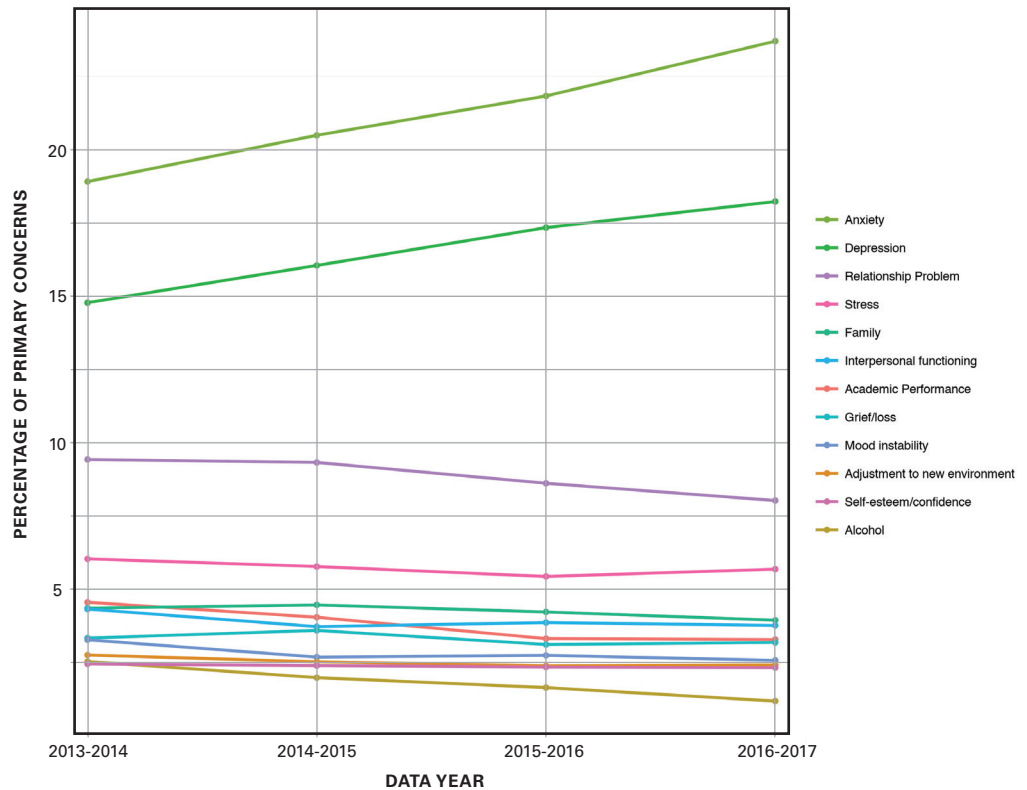
NOTE: Data from 2012-2017. Clients with at least 2 attended individual counseling appointments that expressed high levels of overall distress during their first appointment. N=50,720.

This chart demonstrates some of the problems with over-reliance on aggregate figures, such as average treatment response or treatment length. Specifically, while some students improve very quickly within the first few sessions, others simply need more services to achieve the same level of improvement. This chart further illustrates the problems with an inflexible and/or arbitrarily low session limit. Strict compliance with a rigid policy derived from average treatment length (e.g., a 4-session limit) or average response curve is likely to blunt the potential benefit of treatment by ignoring the fact that students improve at different rates for a wide variety of reasons.



### CHART #4 – TOP-10 REASONS FOR COUNSELING (4-YEAR TREND)

To further explore the nature of treatment provided by counseling centers, it is helpful to understand why students seek help, and whether the reasons for help-seeking have changed over time. To visualize this, we examined four years of national data provided by clinicians after they have assessed each student. In each case, the clinician will identify the primary presenting concern for each student seeking counseling services, even if there are multiple concerns, using the Clinician Index of Client Concerns (CLICC). The chart below illustrates 12 primary presenting concerns that have been among the top-10 during the last four years.



NOTE: Data from 2013-2017. N= 150,621 unique students with CLICC data.

As illustrated above, anxiety (#1) and depression (#2) are the most common primary presenting concerns for college students seeking services, as determined by clinicians, clearly eclipsing the prevalence of all other concerns. Moreover, anxiety and depression have shown year-over-year increases in their frequency whereas other concerns are either flat or decreasing.

### CHART #5 – THE RELATIONSHIP BETWEEN PRESENTING CONCERNS, AVERAGE LENGTH OF TREATMENT, AND PERCENTAGE OF SERVICES USED

The following chart illustrates the complex relationships between student’s primary presenting concerns, average length of treatment, and the percentage of total clinical services used. (NOTE: Data from 2013-2017. N= 161,264 courses of treatment.)

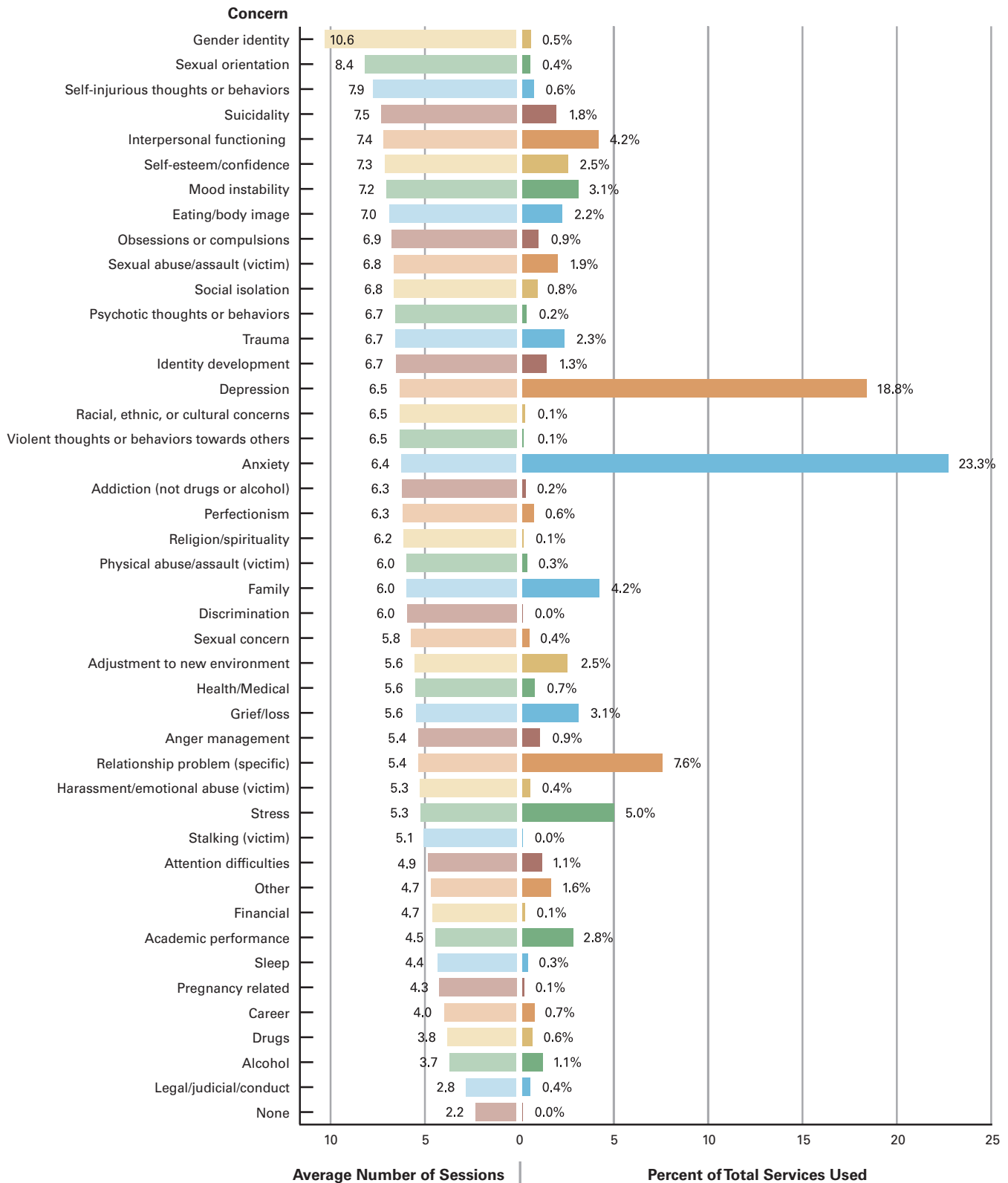




Chart #5 offers many important implications for policy and practice, especially when considered along with prior visualizations. Examples include:

- Anxiety and Depression are the most common presenting concerns in counseling centers (Chart #4) and utilize the vast majority of clinical services. However, they are also associated with a relatively average length of treatment. Conversely, less common primary presenting concerns (sexual orientation, gender identity, self-injury, and suicidality) use far fewer counseling center resources overall, but students with these concerns are likely to require longer than average treatment. This complex interaction between primary presenting concern, treatment length, and percentage of total service utilization further underscores the tension that counseling centers manage when providing routine treatment for common concerns and intensive treatment for less common concerns.
- Anxiety and depression utilize the vast majority of treatment resources in counseling centers, despite the average treatment length, and these concerns are growing in frequency. This dual trend underscores the importance, and bottom-line value, of developing a spectrum of effective interventions aimed at the broader student population.
- A number of primary presenting concerns are frequently identified as institutional priorities (e.g., Title IX concerns, risk to self, diverse identity groups, etc.). It is particularly noteworthy that many of these institutional priorities are associated with longer than average treatment lengths.



## Summary and Policy Implications

In summary, the data and visualizations reviewed above help to further articulate the complex practice of mental health treatment in higher education and offer a number of policy implications worthy of consideration:

- Counseling center treatment is effective, even comparable to RCTs, however centers must have adequate treatment capacity to address the range of primary presenting problems experienced by students.
- Arbitrary and/or rigid treatment limits may prematurely terminate services for students who otherwise would have improved with more treatment.
- The growing prevalence of anxiety and depression represents a substantial challenge for colleges and universities. Institutions and counseling centers will need to work together to develop and offer a continuum of options to educate and support both students seeking counseling services as well as the general student body (e.g., prevention, education, self-help, and expanded treatment capacity).
- Policy makers should take into consideration the potential conflict between institutional priorities and the treatment capacity of the counseling center (including both wait for treatment and treatment length). For example, a well functioning counseling center may still be unable to meet an institution's articulated commitments (e.g., supporting survivors of sexual assault or managing suicidality in students of concern) if policy/funding decisions are not properly aligned with these priorities. Consequences of poor alignment between priorities and resource allocation can include inadequate treatment capacity (overall or for specific concerns), an arbitrary treatment limit (e.g., 3 sessions) that does not consider institutional expectations or student needs, or an uninformed response to rising demand (e.g., mandatory bi-weekly treatment) that is not clinically indicated.
- While treatment limits may be a reasonable response to managing rising demand with limited resources, the data reviewed herein suggests that such limits need to be administered in a flexible manner that actively accounts for individual student situations. Additionally, the alternate costs associated with limited or incomplete treatment for students, stakeholders, and the institution should be considered in advance so that all parties understand the natural consequences of each decision point. Examples might include recurrent depression or anxiety due to incomplete treatment, inadequate treatment for survivors of sexual assault,

lack of support for highly distressed students living in residence halls, or impact on retention and persistence to graduation for distressed students.

- The complex relationship between treatment response, presenting concerns, treatment length, and service utilization suggest that counseling center treatment cannot, and should not, be reduced to "symptom reduction." Rather, treatment must incorporate broader institutional goals and values.

The fiscal and operational demands faced by colleges and universities are very real as are the complex mental health needs of our students and the treatment provided by counseling centers. While each institution must make individualized policy and funding decisions regarding mental health services, the information reviewed here suggests that these decisions should be data driven, clinically informed, and aligned with the institutional values.

## 2017 Publications

- Lefevor, T.G., Janis, R.A., Park, S.Y. (2017). Religious and sexual identities: An intersectional, longitudinal examination of change in therapy. *The Counseling Psychologist*, 45, 387-413.
- Perez-Rojas, A.E., Lockard, A.J., Bartholomew, T., Janis, R.A., Carney, D.M., Xiao, H., Youn, S.J., Scofield, B., Locke, B.D., Castonguay, L.G., & Hayes, J.A. (2017). Presenting concerns in counseling centers: The view from clinicians on the ground. *Psychological Services*, 14, 416-427.
- McAleavey, A.A., Youn, S.J., Xiao, H., Castonguay, L.G., Hayes, J.A., & Locke, B.D. (2017) Effectiveness of routine psychotherapy: Method matters. *Psychotherapy research*, 2-17. <http://dx.doi.org/10.1080/10503307.2017.1395921>
- Scofield, B.E., Stauffer, A.L., Locke, B.D., Hayes, J.A., Hung, Y., Nyce, M.L., Christensen, A.E., Yin, A.Y. (2017). Examining the relationship between students' contact with counseling centers and long-term educational outcomes. *Psychological Services*, 14, 461-469.
- Xiao, H., Carney, D.M., Youn, S.J., Janis, R.A., Castonguay, L.G. Hayes, J.A., & Locke, B.D. (2017). Are we in crisis? National mental health and treatment trends in college counseling centers. *Psychological Services*, 14, 407-415.

## Mental Health Trends

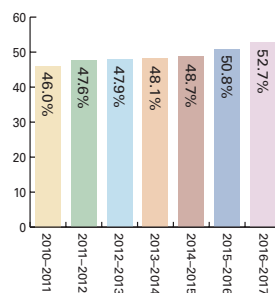
As of this report, CCMH has generated seven annual data sets (2010-2011 through 2016-2017) making it possible to examine trends among college students seeking mental health services. To examine trends across key mental health indicators, the following items from the Mental Health History section of the 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

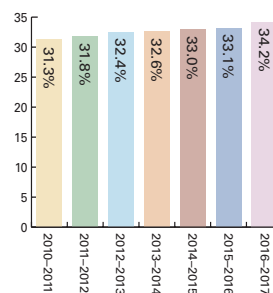
The first table below summarizes the number of contributing institutions and students represented in each of the past seven data sets. Please note that the “# of Clients” represents the total amount of data contributed to CCMH by participating counseling centers. This information should not be used to examine questions about increasing demand as the exact number and mix of centers contributing data will change from year to year.

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

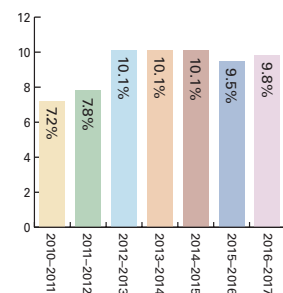
**Attended counseling for mental health concerns**



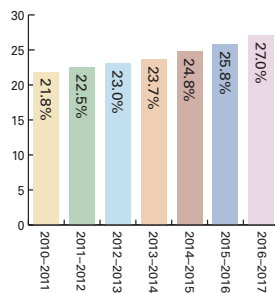
**Taken a medication for mental health concerns**



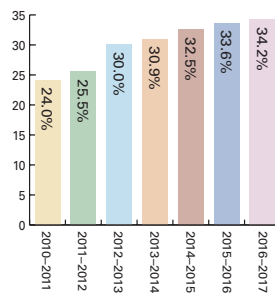
**Been hospitalized for mental health concerns**



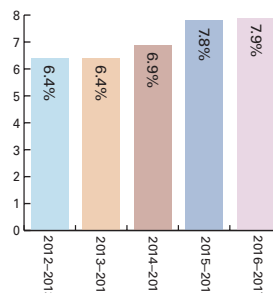
**Purposely injured yourself without suicidal intent (e.g., cutting, hitting, burning, hair pulling, etc.)**



**Seriously considered attempting suicide**

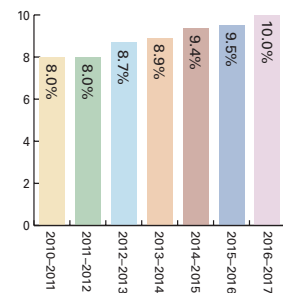


**Seriously considered attempting suicide (last time = within the last month or sooner)**

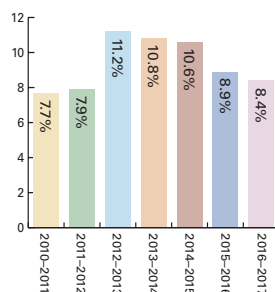


NOTE: New question in 2012

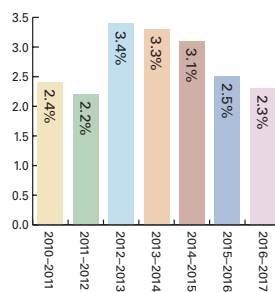
**Made a suicide attempt**



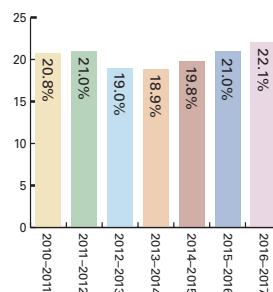
**Considered seriously hurting another person**



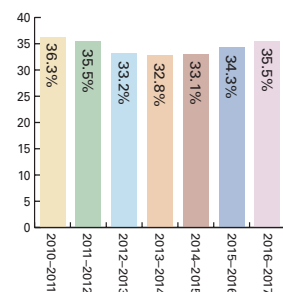
**Intentionally caused serious injury to another person**



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

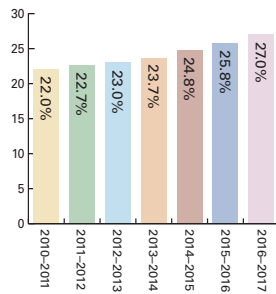


**Experienced harassing, controlling, and/or abusive behavior from another person (e.g., friend, family member, partner, authority figure, etc.)**

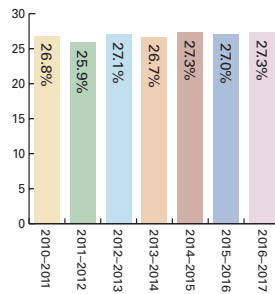




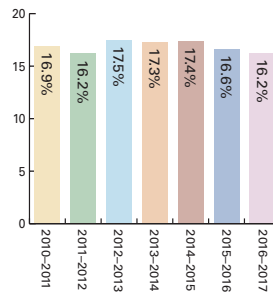
**Experienced a traumatic event that caused you to feel intense fear, helplessness, or horror**



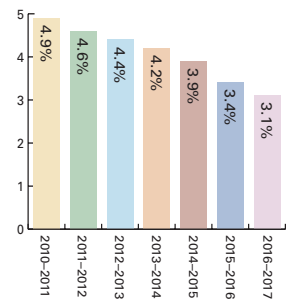
**Felt the need to reduce your alcohol or drug use**



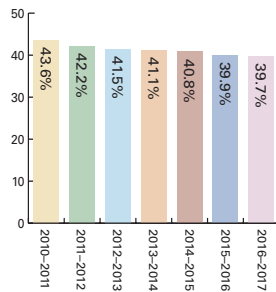
**Others have expressed concern about your alcohol or drug use**



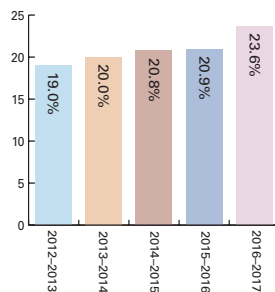
**Received treatment for alcohol or drug use**



**Engaged in binge drinking (within the last 2 weeks)**



**Used marijuana (within the last 2 weeks)**



NOTE: New question in 2012

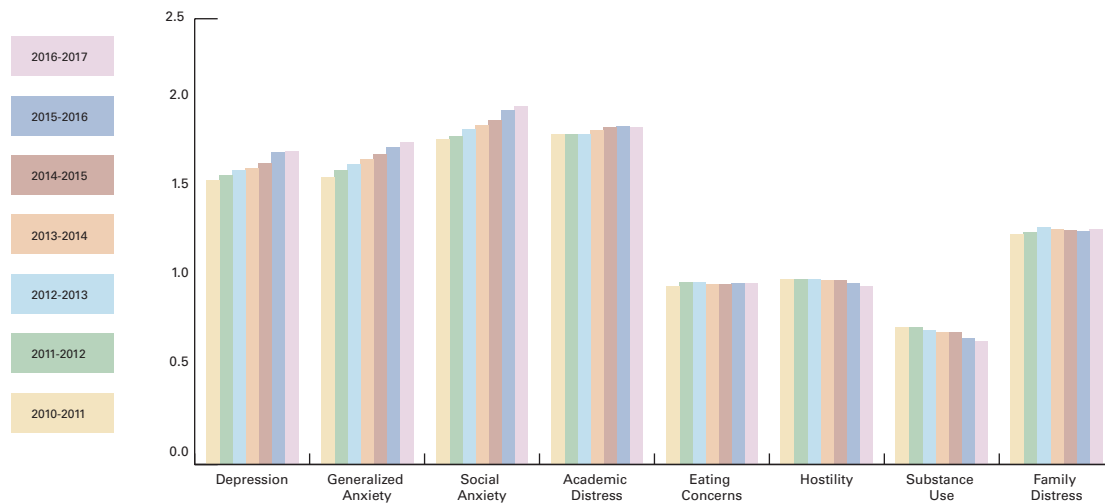


## CCAPS Trends

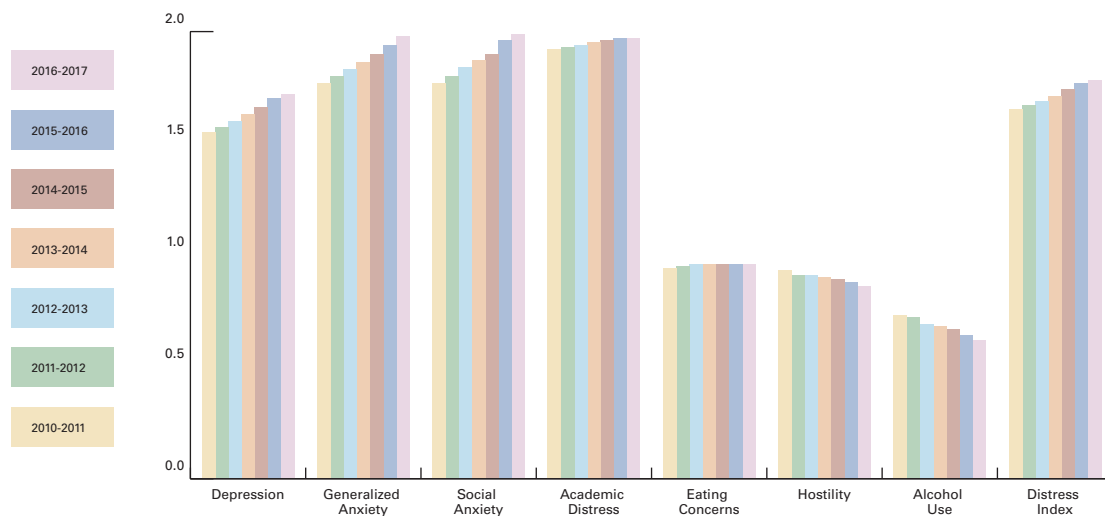
The Counseling Center Assessment of Psychological Symptoms (CCAPS) is a multidimensional assessment and outcome-monitoring instrument used by CCMH counseling centers. How and when the CCAPS is administered varies by counseling center. Students respond to the items on a five-point Likert scale from 0 (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 Raw Subscale Scores (2010 to 2016)

CCAPS-62 Trends: Average Subscale Scores (2010 to 2017)



CCAPS-34 Trends: Average Subscale Score (2010 to 2017)



## Counseling Center Resource Utilization by Students

Data from 2016-2017 was analyzed to determine how counseling center resources were distributed among students seeking services. The following points describe how all counseling center appointments were utilized by 150,255 students across participating CCMH centers in 2016-2017:

- The most common number of appointments per client/per year is one (1).
- Clients averaged 5.61 total appointments with a range of 1-123 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 1,025 appointments.

### Average Number of Attended Individual Sessions

A common question among counseling centers is: What is the average number of counseling sessions attended by clients? To examine this question, we reviewed the 2016-2017 appointment data for initial clinical evaluations and any individual counseling session:

1. Total number of attended appointments (initial clinical evaluation and individual counseling): 545,310
2. Total number of clients who attended appointments in A: 119,710
3. Average number of attended counseling sessions per client (A divided by B): 4.56

This analysis of actual appointment attendance data across 141 institutions and approximately 545,000 appointments indicates that clients attend slightly less than five sessions of individual counseling on average.

### Standardized Data Set (SDS)

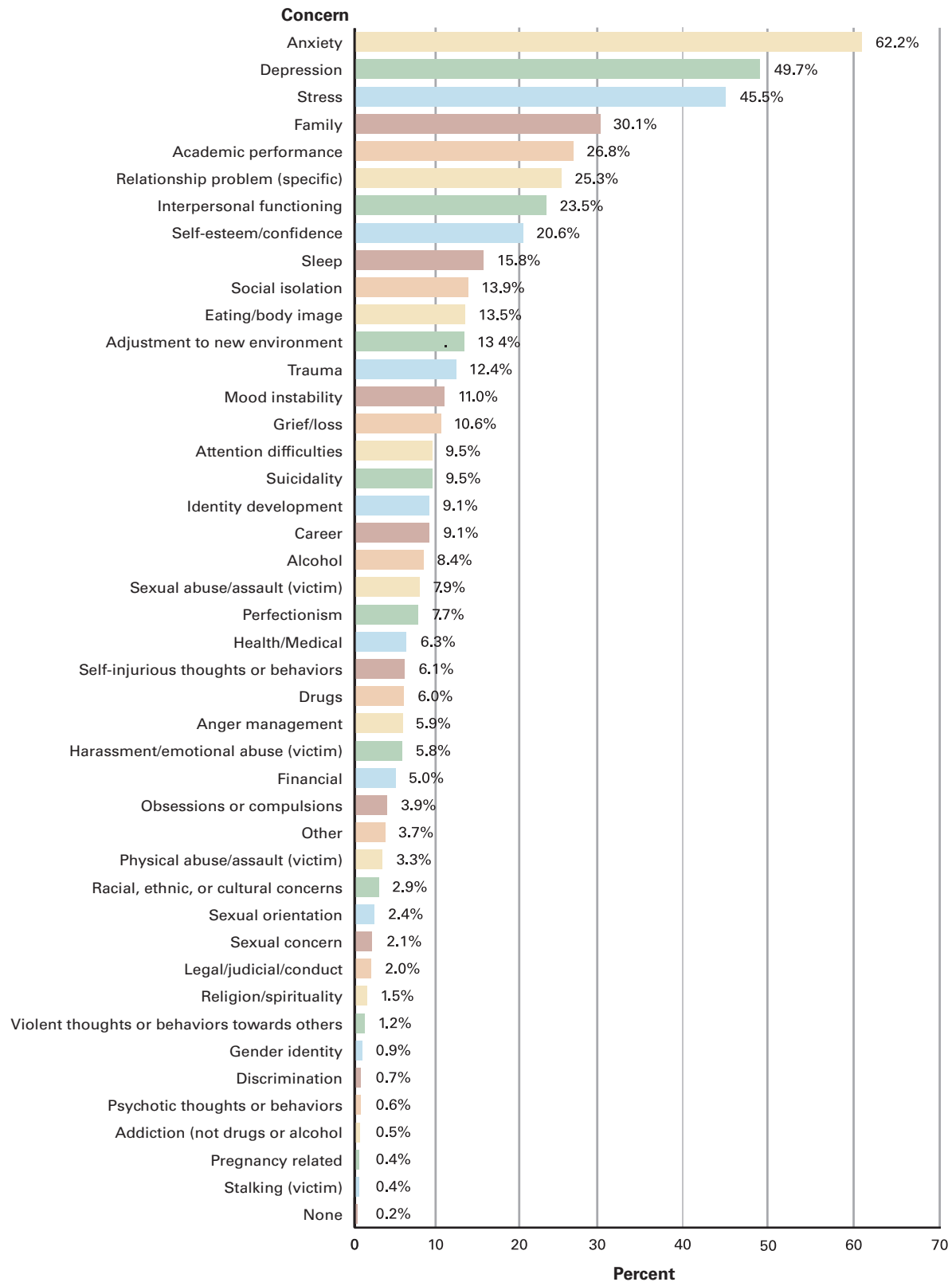
The Standardized Data Set (SDS) is a set of standardized data materials used by counseling centers during routine clinical practice. In this section we provide a closer analysis on selected forms from the SDS: the Clinician Index of Client Concerns (CLICC); the Termination Form; and client, provider,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

#### Clinician Index of Client Concerns (CLICC)

The CLICC was designed by CCMH to capture the most common presenting concerns of counseling center clients, as assessed and reported by the clinician, at the point of intake or equivalent appointment. The resulting data allows individual centers and CCMH to quickly and easily determine the most common client concerns. The CLICC includes 44 presenting concerns and asks the clinician (a) to check all that apply and (b) to identify the “top concern” of those selected.

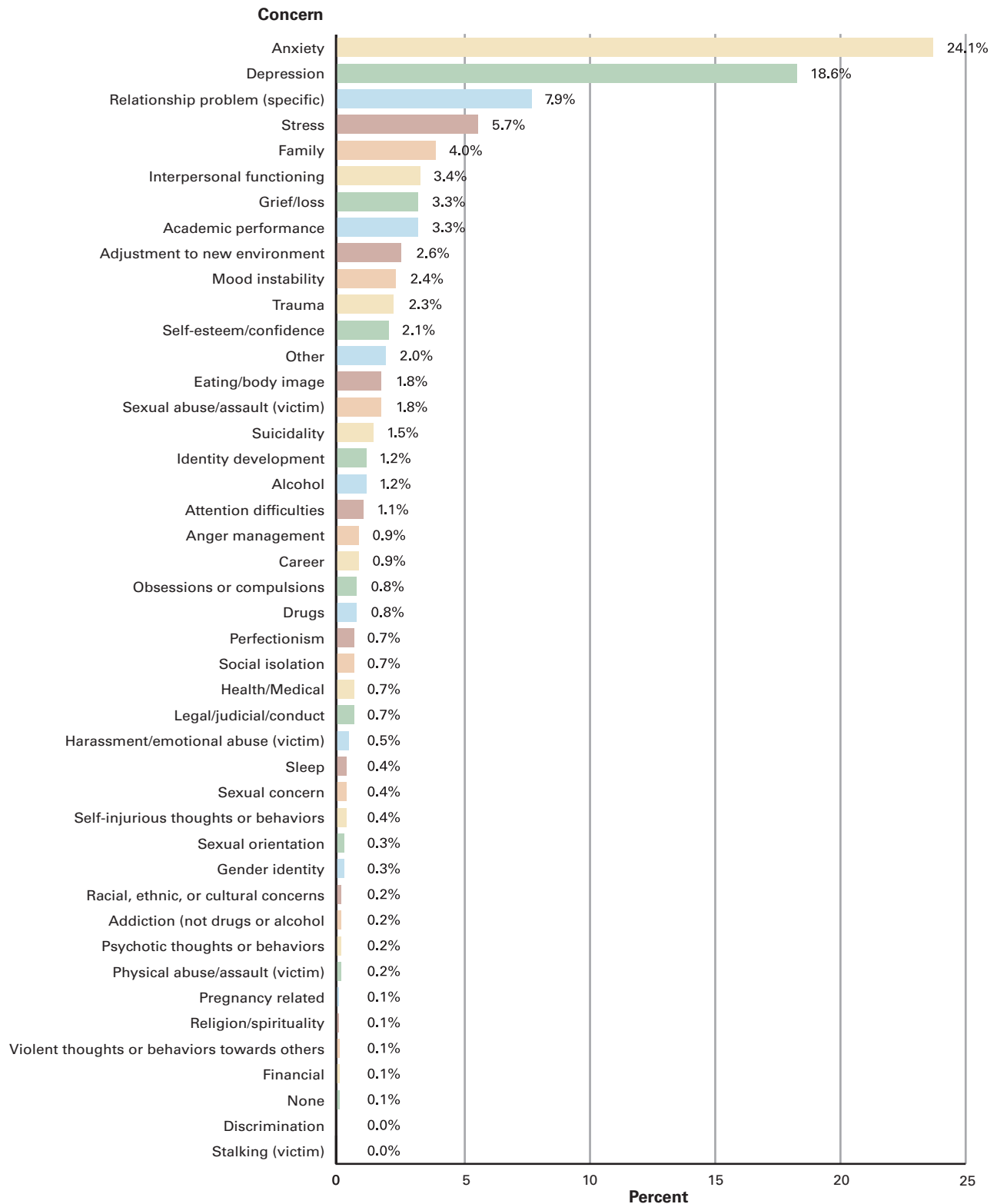
### CLICC – “Check All That Apply”

For each client, clinicians are asked to “check all that apply” from a list of 44 concerns (as one client can have many concurrent concerns). This graph illustrates the frequency of each concern across all clients during the 2016-2017 academic year, regardless of the number of concerns for each client or which concern was the primary one (N= 59,208).



### CLICC – “Top-Most Concern”

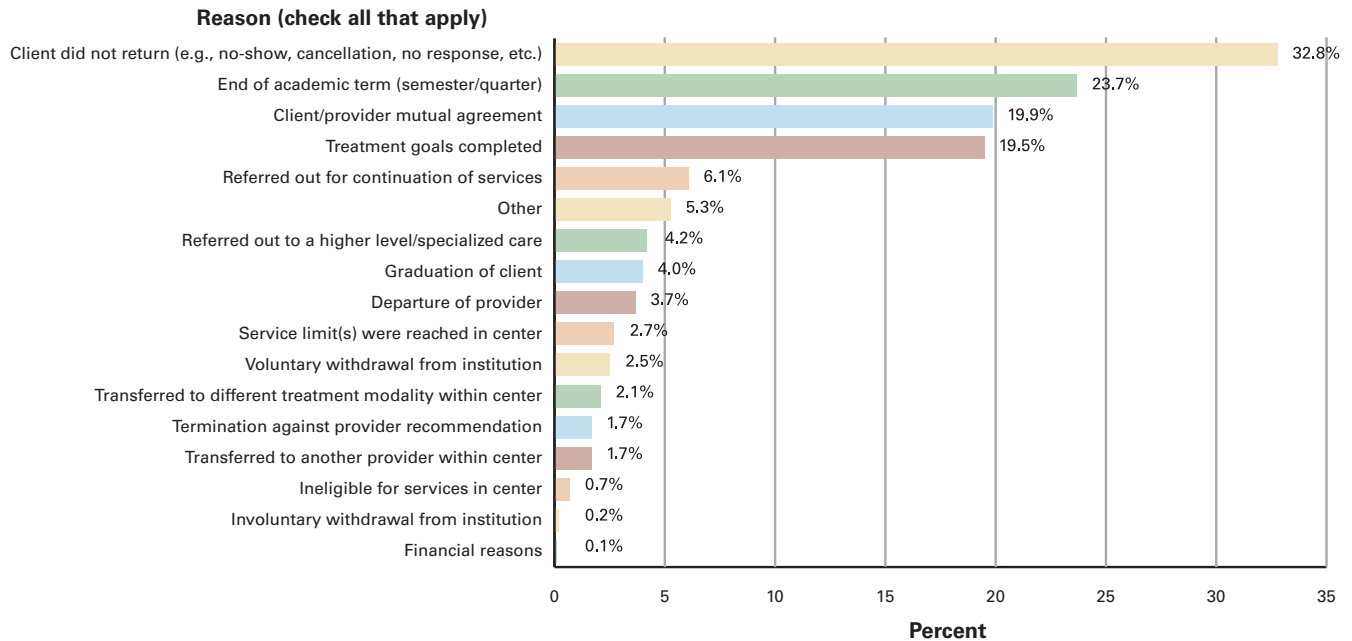
Clinicians are then asked to choose one primary concern (i.e., the top concern) per client. This graph illustrates the frequency of each concern as the primary concern for clients during the 2016-2017 academic year (N= 59,208).



## Termination Form

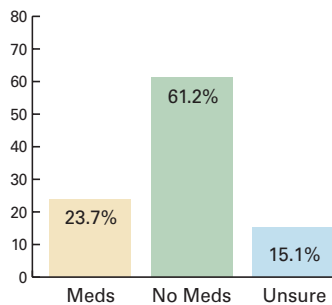
The Termination Form was initiated throughout CCMH counseling centers beginning July 2015. Clinicians are asked to complete the Termination Form following the end of individual treatment with a client. Clinicians can “select all that apply” from a checklist of 17 reasons why individual therapy may have ended for a given client. This graph describes the frequency of each termination reason for students that received individual treatment during the 2016-2017 academic year (N= 19,632).

### Reasons for Termination



### Medications During Treatment

Clinicians were also asked, “Did your client take a prescribed medication during treatment?” Responses are graphed below:





### Client Demographic Information

The SDS contains a number of “core” or required items as well as 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?

	<i>n</i>	Percent
Female	71,095	63.7
Male	38,426	34.5
Transgender	620	0.6
Self-Identify	1,389	1.2

This question is from the Standardized Data Set Question #88

#### What was your sex at birth?

	Overall (%) <i>n</i> =17,529	Female (%) <i>n</i> =11,353	Male (%) <i>n</i> =5,812	Transgender (%) <i>n</i> =91	Self-Identify (%) <i>n</i> =273
Female	66.1	99.7	0.5	60.4	69.2
Male	33.9	0.3	99.4	39.6	30.4
Intersex	0.0	0.0	0.0	0.0	0.4

This question is from the Standardized Data Set Question #90

#### Do you consider yourself to be:

	Overall (%) <i>n</i> =104,203	Female (%) <i>n</i> =66,553	Male (%) <i>n</i> =35,704	Transgender (%) <i>n</i> =594	Self-Identify (%) <i>n</i> =1,352
Heterosexual/ Straight	81.1	81.0	85.5	12.1	4.4
Lesbian	1.7	2.4	0.1	7.1	6.5
Gay	2.8	0.2	7.4	9.1	6.7
Bisexual	8.6	10.4	4.2	29.3	24.9
Questioning	2.6	2.9	1.7	8.2	6.3
Self-Identify	3.3	3.2	1.2	34.2	51.2

This question is from the Standardized Data Set Question #91

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

	Overall (%) <i>n</i> =13,685	Female (%) <i>n</i> =9,012	Male (%) <i>n</i> =4,423	Transgender (%) <i>n</i> =58	Self-Identify (%) <i>n</i> =192
Only with men	47.2	68.3	6.1	10.3	18.2
Mostly with men	10.1	13.4	3.0	8.6	22.4
About the same number of men and women	2.1	2.2	1.2	20.7	10.4
Mostly with women	2.7	1.4	4.6	19.0	12.5
Only with women	23.7	1.2	70.1	19.0	14.1
I have not had sexual experiences	14.1	13.5	15.0	22.4	22.4

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=16,002	Female (%) n=10,419	Male (%) n=5,296	Transgender (%) n=63	Self-Identify (%) n=224
Only attracted to women	27.1	2.0	77.7	12.7	5.8
Mostly attracted to women	5.4	2.6	9.6	33.3	26.8
Equally attracted to women and men	5.7	6.9	2.2	20.6	27.7
Mostly attracted to men	14.4	20.0	3.2	12.7	15.6
Only attracted to men	44.4	65.2	5.7	6.3	5.8
Not sure	1.7	1.8	1.2	6.3	5.4
I do not experience sexual attraction	1.3	1.4	0.4	7.9	12.9

This question is from the Standardized Data Set Question #94

**What is your race/ethnicity?**

	Overall (%) n=109,604	Female (%) n=69,907	Male (%) n=37,722	Transgender (%) n=615	Self-Identify (%) n=1,360
African-American/Black	9.3	10.1	8.0	4.9	7.6
American Indian or Alaskan Native	0.5	0.5	0.5	0.0	0.4
Asian American/Asian	8.0	7.9	8.5	4.4	5.4
Hispanic/Latino/a	8.4	8.5	8.1	6.3	7.4
Native Hawaiian or Pacific Islander	0.2	0.2	0.2	0.3	0.0
Multiracial	4.9	5.1	4.4	7.5	7.3
White	67.2	66.5	68.4	75.1	67.3
Self-Identify	1.5	1.3	1.9	1.5	4.6

This question is from the Standardized Data Set Question #95

**What is your country of origin?**

Country	n	Country	n	Country	n	Country	n	Country	n
United States	96,397	Ecuador	124	Sri Lanka	53	Congo, The Democratic Republic of the	28	Belarus	14
China	1,826	Japan	124	Singapore	52	Liberia	26	Mongolia	14
India	1,295	Afghanistan	122	Israel	50	Rwanda	26	Portugal	14
Mexico	566	Dominican Republic	113	Iraq	49	Guyana	25	Sierra Leone	14
Korea, Republic of	513	Egypt	101	Panama	49	Yemen	25	Uzbekistan	14
Canada	460	Italy	91	Kenya	46	Belgium	24	Belize	13
Colombia	356	Malaysia	89	Albania	45	Morocco	24	Bermuda	13
United Kingdom	329	France	88	Costa Rica	41	New Zealand	24	Cape Verde	13
Puerto Rico	320	Ghana	88	Palestinian Territory	40	Nicaragua	24	Hungary	13
Iran, Islamic Republic of	275	Australia	75	Jordan	39	Virgin Islands, U.S.	24	Kazakhstan	13
Brazil	249	Thailand	74	Korea, Democratic People's Republic of	39	Oman	22	Algeria	12
Saudi Arabia	246	El Salvador	73	Trinidad and Tobago	37	Switzerland	20	Armenia	12
Philippines	239	Nepal	73	Bosnia and Herzegovina	35	Aland Islands	19	Austria	12
Venezuela	217	South Africa	73	Cameroon	35	Myanmar	19	Serbia	12
Pakistan	201	Ukraine	73	Sweden	35	Uganda	19	Uruguay	12
Vietnam	194	Cuba	72	Sudan	33	Denmark	18	Barbados	11
Russian Federation	192	Spain	71	Zimbabwe	33	Tanzania, United Republic of	18	Eritrea	11
Nigeria	188	Poland	68	Bahamas	32	Cambodia	17	Finland	11
Peru	174	Guatemala	67	Greece	32	Czech Republic	17	Georgia	11
Jamaica	166	Indonesia	66	Bulgaria	31	Lithuania	17	Iceland	10
Bangladesh	164	Ethiopia	65	Norway	31	United Arab Emirates	17		
Germany	162	Romania	65	Ireland	30	Guam	16		
Haiti	141	Hong Kong	64	Syrian Arab Republic	30	Cote D'ivoire	15		
United States Minor Outlying Islands	139	Chile	63	Netherlands	29	Paraguay	15		
Taiwan	134	Argentina	57			Somalia	15		
Turkey	132	Kuwait	57						
		Lebanon	55						
		Bolivia	54						
		Honduras	54						

**Countries with less than 10 individuals:**

Croatia, Angola, Dominica, Lao People's Democratic Republic, Macedonia, The Former Yugoslav Republic of, Moldova, Republic of, Netherlands Antilles, Senegal, Azerbaijan, Slovakia, Tunisia, Zambia, American Samoa, Congo, Cyprus, Guinea, Latvia, Macao, Qatar, Antigua and Barbuda, Bahrain, Bhutan, Cayman Islands, Estonia, Tajikistan, Burkina Faso, Burundi, Grenada, Kyrgyzstan, Libyan Arab Jamahiriya, Mauritius, Saint Lucia, Slovenia, Anguilla, Benin, Botswana, Fiji, Gambia, Luxembourg, Madagascar, Mali, Togo, Virgin Islands, British, Gabon, Malawi, Malta, Mauritania, Montenegro, Namibia, Niger, Tonga, Andorra, British Indian Ocean Territory, Chad, Christmas Island, Cocos (Keeling) Islands, Comoros, Equatorial Guinea, French Polynesia, Greenland, Jersey, Micronesia, Federated States of, Montserrat, Mozambique, Palau, Pitcairn, Saint Kitts and Nevis, Samoa, South Georgia and the South Sandwich Islands, Swaziland, Timor-leste, Turkmenistan, Vanuatu, Wallis, and Futuna.

This question is from the Standardized Data Set Question #31





**Are you an international student?**

	Overall (%) n=104,659	Female (%) n=66,903	Male (%) n=35,866	Transgender (%) n=572	Self-Identify (%) n=1,318
No	94.2	94.9	92.8	97.7	97.6
Yes	5.8	5.1	7.2	2.3	2.4

This question is from the Standardized Data Set Question #32

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

	Overall (%) n=97,942	Female (%) n=62,732	Male (%) n=33,363	Transgender (%) n=571	Self-Identify (%) n=1,276
No	78.1	77.1	79.9	73.9	78.3
Yes	21.9	22.9	20.1	26.1	21.7

This question is from the Standardized Data Set Question #56

**Current academic status**

	Overall (%) n=108,332	Female (%) n=69,105	Male (%) n=37,275	Transgender (%) n=597	Self-Identify (%) n=1,355
Freshmen/first-year	21.2	21.5	20.4	28.3	25.2
Sophomore	20.9	21.2	20.4	19.1	22.2
Junior	22.3	22.1	22.6	19.6	21.5
Senior	20.5	20.0	21.5	21.6	19.8
Graduate/Professional degree student	13.8	14.0	13.5	9.4	9.1
Non-student	0.2	0.1	0.3	0.0	0.1
High school student taking college classes	0.0	0.0	0.0	0.0	0.1
Non-degree student	0.2	0.2	0.2	0.2	0.1
Faculty or staff	0.1	0.1	0.1	0.0	0.1
Other	0.8	0.7	1.0	1.8	1.7

This question is from the Standardized Data Set Question #37

**Graduate or professional degree program**

	Overall (%) n=31,429	Female (%) n=19,794	Male (%) n=11,107	Transgender (%) n=153	Self-Identify (%) n=375
Post-baccalaureate	10.9	10.8	11.3	8.5	6.1
Masters	15.1	16.1	13.4	14.4	13.9
Doctoral Degree	8.9	8.4	9.7	8.5	8.8
Law	2.1	2.2	2.1	0.7	0.8
Medical	2.3	2.5	2.1	1.3	0.5
Pharmacy	0.5	0.6	0.4	0.0	0.3
Dental	0.3	0.3	0.2	0.0	0.0
Veterinary Medicine	0.8	1.1	0.3	0.0	0.3
Not applicable	54.8	53.8	56.2	64.1	65.9
Other	4.2	4.2	4.3	2.6	3.5

This question is from the Standardized Data Set Question #39



**What year are you in your graduate/professional program?**

	Overall (%) n=15,226	Female (%) n=9,446	Male (%) n=5,567	Transgender (%) n=58	Self-Identify (%) n=155
1	36.1	38.5	32.0	36.2	40.6
2	24.7	25.3	23.7	27.6	23.9
3	15.3	15.2	15.4	10.3	14.8
4	17.0	15.2	20.2	15.5	14.2
5+	6.9	5.7	8.8	10.3	6.5

This question is from the Standardized Data Set Question #41

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

	Overall (%) n=99,150	Female (%) n=63,428	Male (%) n=33,923	Transgender (%) n=549	Self-Identify (%) n=1,250
No	80.9	81.6	79.7	79.1	79.8
Yes	19.1	18.4	20.3	20.9	20.2

This question is from the Standardized Data Set Question #46

**What kind of housing do you currently have?**

	Overall (%) n=88,623	Female (%) n=56,971	Male (%) n=30,046	Transgender (%) n=499	Self-Identify (%) n=1,107
On-campus residence hall/apartment	37.4	38.4	35.0	46.1	45.3
On/off campus fraternity/sorority house	1.9	1.8	2.3	0.0	0.3
On/off campus co-operative housing	0.8	0.8	0.9	1.2	1.4
Off-campus apartment/house	58.6	57.9	60.4	50.3	51.2
Other	1.3	1.2	1.3	2.4	1.9

This question is from the Standardized Data Set Question #42

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

	Overall (%) n=83,703	Female (%) n=53,976	Male (%) n=28,185	Transgender (%) n=484	Self-Identify (%) n=1,058
Alone	12.7	11.9	14.1	15.5	14.6
Spouse, partner, or significant other	9.5	9.9	8.6	11.6	11.0
Roommate(s)	69.2	69.8	68.3	64.9	65.1
Children	2.2	2.5	1.6	2.5	1.2
Parent(s) or guardian(s)	9.6	9.4	9.8	11.6	12.5
Family (other)	4.3	4.3	4.3	6.4	6.0
Other	1.3	1.2	1.3	2.9	2.4

This question is from the Standardized Data Set Question #44



**Relationship status**

	Overall (%) n=105,922	Female (%) n=67,663	Male (%) n=36,319	Transgender (%) n=600	Self-Identify (%) n=1,340
Single	61.6	59.0	66.6	58.0	59.5
Serious dating or committed relationship	33.7	36.3	28.7	37.8	37.2
Civil union, domestic partnership, or equivalent	0.4	0.4	0.3	0.8	0.6
Married	3.4	3.3	3.5	3.0	2.2
Divorced	0.4	0.5	0.3	0.0	0.2
Separated	0.4	0.4	0.5	0.2	0.3
Widowed	0.0	0.0	0.0	0.2	0.0

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=58,767	Female (%) n=37,842	Male (%) n=19,823	Transgender (%) n=331	Self-Identify (%) n=771
None	27.7	26.5	30.2	23.6	27.2
Occasional participation	22.0	21.2	23.6	27.8	23.0
One regularly attended activity	19.8	20.0	19.3	24.5	20.0
Two regularly attended activities	16.6	17.5	14.9	13.6	17.8
Three or more regularly attended activities	13.8	14.9	12.0	10.6	12.1

This question is from the Standardized Data Set Question #48

**Do you participate on an athletic team that competes with other colleges or universities?**

	Overall (%) n=82,018	Female (%) n=52,704	Male (%) n=27,771	Transgender (%) n=471	Self-Identify (%) n=1,072
No	92.6	93.2	91.3	96.6	95.9
Yes	7.4	6.8	8.7	3.4	4.1

This question is from the Standardized Data Set Question #50



**Religious or spiritual preference**

	Overall (%) n=92,765	Female (%) n=59,288	Male (%) n=31,761	Transgender (%) n=528	Self-Identify (%) n=1,188
Agnostic	14.1	12.6	16.4	22.0	26.9
Atheist	9.6	7.5	13.1	21.4	16.3
Buddhist	1.1	1.1	1.1	2.3	1.8
Catholic	16.2	17.1	15.2	4.7	2.5
Christian	30.3	33.4	25.6	10.8	8.9
Hindu	1.1	1.0	1.2	0.6	0.3
Jewish	2.6	2.6	2.7	2.1	2.4
Muslim	1.6	1.4	2.0	0.2	0.8
No preference	20.1	20.3	19.5	25.9	25.2
Self-Identify	3.3	3.0	3.2	10.0	15.0

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=72,715	Female (%) n=46,839	Male (%) n=24,439	Transgender (%) n=443	Self-Identify (%) n=994
Very important	13.5	14.8	11.3	7.7	6.8
Important	22.3	23.3	20.7	14.0	16.5
Neutral	34.7	34.7	34.6	32.5	38.7
Unimportant	15.6	14.8	17.0	18.3	18.1
Very unimportant	14.0	12.5	16.4	27.5	19.8

This question is from the Standardized Data Set Question #36

**How would you describe your financial situation right now?**

	Overall (%) n=84,030	Female (%) n=54,137	Male (%) n=28,280	Transgender (%) n=494	Self-Identify (%) n=1,119
Always stressful	13.6	14.6	11.5	17.8	17.8
Often stressful	21.1	22.2	18.9	25.5	27.5
Sometimes stressful	35.4	35.5	35.3	32.0	34.3
Rarely stressful	21.5	20.1	24.2	20.0	16.4
Never stressful	8.4	7.6	10.1	4.7	4.0

This question is from the Standardized Data Set Question #57

**How would you describe your financial situation growing up?**

	Overall (%) n=57,288	Female (%) n=36,913	Male (%) n=19,260	Transgender (%) n=333	Self-Identify (%) n=782
Always stressful	9.8	10.5	8.3	15.9	11.3
Often stressful	14.5	14.8	13.5	20.1	22.5
Sometimes stressful	24.1	24.4	23.5	20.7	27.4
Rarely stressful	29.7	29.3	30.8	30.3	24.9
Never stressful	21.8	21.0	23.9	12.9	13.9

This question is from the Standardized Data Set Question #58



**Are you a member of ROTC?**

	Overall (%) n=63,329	Female (%) n=40,488	Male (%) n=21,673	Transgender (%) n=350	Self-Identify (%) n=818
No	99.3	99.5	98.9	99.1	99.6
Yes	0.7	0.5	1.1	0.9	0.4

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=105,752	Female (%) n=67,472	Male (%) n=36,314	Transgender (%) n=604	Self-Identify (%) n=1,362
No	98.5	99.1	97.2	98.3	99.1
Yes	1.5	0.9	2.8	1.7	0.9

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=1,397	Female (%) n=506	Male (%) n=871	Transgender (%) n=9	Self-Identify (%) n=11
No	66.9	73.3	63.6	44.4	54.5
Yes	33.1	26.7	36.4	55.6	45.5

This question is from the Standardized Data Set Question #53

## Mental Health History Items

**Attended counseling for mental health concerns**

	Overall (%) n=102,668	Female (%) n=65,691	Male (%) n=35,071	Transgender (%) n=580	Self-Identify (%) n=1,326
Never	47.5	45.0	53.4	21.4	23.5
Prior to college	20.9	22.2	18.0	30.3	27.9
After starting college	17.7	17.8	17.4	16.7	21.0
Both	14.0	15.0	11.2	31.6	27.7

This question is from the Standardized Data Set Question #1

**Taken a prescribed medication for mental health concerns**

	Overall (%) n=101,098	Female (%) n=64,725	Male (%) n=34,500	Transgender (%) n=567	Self-Identify (%) n=1,306
Never	65.6	64.4	68.9	44.4	46.0
Prior to college	8.8	8.8	8.6	15.0	13.5
After starting college	13.5	13.9	12.5	15.9	17.6
Both	12.2	13.0	10.0	24.7	22.9

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=105,165	Female (%) n=67,315	Male (%) n=35,904	Transgender (%) n=599	Self-Identify (%) n=1,347
Never	89.9	90.1	90.0	79.6	81.6
1 time	6.7	6.7	6.5	11.0	12.0
2-3 times	2.6	2.5	2.7	6.8	5.0
4-5 times	0.4	0.4	0.4	1.3	0.7
More than 5 times	0.3	0.3	0.4	1.2	0.7

This question is from the Standardized Data Set Question #64

**Been hospitalized for mental health concerns (the last time)**

	Overall (%) n=10,181	Female (%) n=6,403	Male (%) n=3,419	Transgender (%) n=118	Self-Identify (%) n=241
Never	0.1	0.1	0.2	0.0	0.0
Within the last 2 weeks	9.3	8.9	10.5	5.9	6.6
Within the last month	4.5	3.9	5.8	1.7	3.7
Within the last year	21.7	21.4	21.9	29.7	22.8
Within the last 1-5 years	42.5	44.6	37.8	48.3	50.2
More than 5 years ago	21.8	21.1	23.8	14.4	16.6

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=105,366	Female (%) n=67,536	Male (%) n=35,879	Transgender (%) n=599	Self-Identify (%) n=1,352
Never	72.7	68.8	82.1	38.1	35.9
1 time	5.5	5.8	4.8	7.0	5.7
2-3 times	7.4	8.2	5.8	10.5	11.8
4-5 times	2.7	3.2	1.6	6.0	5.3
More than 5 times	11.7	14.1	5.5	38.4	41.3

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=26,774	Female (%) n=19,710	Male (%) n=5,905	Transgender (%) n=347	Self-Identify (%) n=812
Never	0.3	0.2	0.5	0.6	0.2
Within the last 2 weeks	12.9	12.2	14.7	14.4	15.8
Within the last month	8.4	8.0	9.2	12.4	11.0
Within the last year	20.5	20.1	21.0	26.8	26.1
Within the last 1-5 years	35.9	37.1	32.6	31.7	31.9
More than 5 years ago	21.9	22.3	22.0	14.1	15.0

This question is from the Standardized Data Set Question #73



**Seriously considered attempting suicide (how many times)**

	Overall (%) n=105,951	Female (%) n=67,860	Male (%) n=36,135	Transgender (%) n=600	Self-Identify (%) n=1,356
Never	65.5	65.2	68.0	28.7	31.3
1 time	12.3	12.5	11.8	13.0	15.6
2-3 times	12.4	12.9	11.1	25.2	22.1
4-5 times	2.6	2.7	2.2	8.3	7.3
More than 5 times	7.1	6.7	6.9	24.8	23.7

This question is from the Standardized Data Set Question #74

**Seriously considered attempting suicide (the last time)**

	Overall (%) n=33,568	Female (%) n=21,768	Male (%) n=10,530	Transgender (%) n=397	Self-Identify (%) n=873
Never	0.2	0.3	0.2	0.0	0.2
Within the last 2 weeks	15.2	13.8	18.3	15.1	15.2
Within the last month	9.9	9.5	10.6	11.6	10.5
Within the last year	21.4	20.9	22.0	27.5	24.7
Within the last 1-5 years	36.9	38.8	33.2	35.8	35.9
More than 5 years ago	16.3	16.7	15.8	10.1	13.4

This question is from the Standardized Data Set Question #75

**Made a suicide attempt (how many times)**

	Overall (%) n=105,186	Female (%) n=67,400	Male (%) n=35,835	Transgender (%) n=597	Self-Identify (%) n=1,354
Never	89.8	89.3	91.6	67.0	73.3
1 time	6.6	6.9	5.6	17.9	13.6
2-3 times	2.9	3.0	2.2	11.2	9.0
4-5 times	0.4	0.4	0.3	1.7	2.2
More than 5 times	0.4	0.4	0.3	2.2	1.8

This question is from the Standardized Data Set Question #76

**Made a suicide attempt (the last time)**

	Overall (%) n=10,131	Female (%) n=6,795	Male (%) n=2,810	Transgender (%) n=184	Self-Identify (%) n=342
Never	0.2	0.2	0.2	0.0	0.0
Within the last 2 weeks	5.3	5.1	6.1	2.2	3.5
Within the last month	2.8	2.5	3.7	3.8	1.5
Within the last year	14.4	13.8	15.6	18.5	16.1
Within the last 1-5 years	46.7	48.1	41.9	53.8	54.7
More than 5 years ago	30.5	30.2	32.5	21.7	24.3

This question is from the Standardized Data Set Question #77



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

	Overall (%) n=104,197	Female (%) n=66,687	Male (%) n=35,571	Transgender (%) n=595	Self-Identify (%) n=1,344
Never	91.5	93.5	88.2	81.5	82.1
1 time	2.7	2.3	3.5	5.0	4.3
2-3 times	3.2	2.5	4.4	6.2	6.5
4-5 times	0.6	0.4	0.8	1.0	1.3
More than 5 times	2.0	1.3	3.1	6.2	5.7

This question is from the Standardized Data Set Question #78

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

	Overall (%) n=8,022	Female (%) n=3,926	Male (%) n=3,775	Transgender (%) n=103	Self-Identify (%) n=218
Never	0.4	0.4	0.5	0.0	0.0
Within the last 2 weeks	16.9	16.6	17.6	8.7	14.2
Within the last month	11.7	12.4	11.2	12.6	9.2
Within the last year	24.5	24.7	24.1	22.3	28.0
Within the last 1-5 years	31.2	31.6	30.9	34.0	28.0
More than 5 years ago	15.3	14.4	15.7	22.3	20.6

This question is from the Standardized Data Set Question #79

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

	Overall (%) n=103,709	Female (%) n=66,362	Male (%) n=35,421	Transgender (%) n=589	Self-Identify (%) n=1,337
Never	97.6	98.4	96.3	96.3	95.6
1 time	1.2	0.9	1.8	2.4	2.2
2-3 times	0.8	0.6	1.2	0.3	1.0
4-5 times	0.1	0.1	0.2	0.2	0.4
More than 5 times	0.3	0.1	0.5	0.8	0.7

This question is from the Standardized Data Set Question #80

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

	Overall (%) n=2,247	Female (%) n=968	Male (%) n=1,203	Transgender (%) n=21	Self-Identify (%) n=55
Never	0.7	0.9	0.5	0.0	0.0
Within the last 2 weeks	6.3	8.2	5.2	0.0	1.8
Within the last month	5.1	5.6	5.0	0.0	0.0
Within the last year	16.3	18.4	15.0	14.3	9.1
Within the last 1-5 years	33.5	33.0	34.8	23.8	16.4
More than 5 years ago	38.1	34.0	39.5	61.9	72.7

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=104,033	Female (%) n=66,567	Male (%) n=35,527	Transgender (%) n=599	Self-Identify (%) n=1,340
Never	77.5	70.2	92.2	64.8	58.5
1 time	12.4	16.2	5.1	14.0	17.4
2-3 times	6.6	9.0	1.8	12.4	13.3
4-5 times	1.1	1.4	0.3	2.3	2.7
More than 5 times	2.4	3.2	0.7	6.5	8.1

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=21,358	Female (%) n=18,127	Male (%) n=2,507	Transgender (%) n=196	Self-Identify (%) n=528
Never	0.2	0.2	0.3	0.0	0.0
Within the last 2 weeks	3.8	4.0	2.5	2.0	1.9
Within the last month	3.2	3.2	3.6	1.5	1.5
Within the last year	21.9	22.2	20.5	17.3	22.5
Within the last 1-5 years	41.1	42.3	32.5	38.3	43.2
More than 5 years ago	29.7	28.1	40.6	40.8	30.9

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=104,909	Female (%) n=67,166	Male (%) n=35,795	Transgender (%) n=604	Self-Identify (%) n=1,344
Never	64.3	59.4	74.9	37.9	34.7
1 time	7.6	9.1	4.8	7.9	8.3
2-3 times	8.0	9.0	5.8	11.8	12.3
4-5 times	2.2	2.5	1.5	3.3	3.9
More than 5 times	18.0	20.0	13.0	39.1	40.9

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=33,371	Female (%) n=24,308	Male (%) n=7,908	Transgender (%) n=347	Self-Identify (%) n=808
Never	0.2	0.1	0.2	0.0	0.1
Within the last 2 weeks	10.3	10.2	10.5	10.4	10.4
Within the last month	7.9	7.9	7.5	8.4	10.5
Within the last year	22.4	22.8	20.7	25.4	25.6
Within the last 1-5 years	38.7	40.1	34.5	38.0	37.9
More than 5 years ago	20.6	18.8	26.5	17.9	15.5

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=102,010	Female (%) n=65,129	Male (%) n=35,009	Transgender (%) n=567	Self-Identify (%) n=1,305
Never	60.8	57.6	67.5	47.6	41.9
1 time	16.9	18.5	13.9	14.3	15.6
2-3 times	13.2	14.2	11.1	18.7	21.3
4-5 times	2.4	2.6	1.8	4.1	5.4
More than 5 times	6.7	7.0	5.7	15.3	15.7

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=36,096	Female (%) n=24,988	Male (%) n=10,126	Transgender (%) n=278	Self-Identify (%) n=704
Never	0.1	0.1	0.2	0.0	0.3
Within the last 2 weeks	10.7	9.9	13.2	4.3	8.7
Within the last month	7.1	7.0	7.7	5.8	3.8
Within the last year	22.6	22.9	21.8	21.9	22.4
Within the last 1-5 years	36.0	36.9	33.2	39.9	41.9
More than 5 years ago	23.4	23.1	23.9	28.1	22.9

This question is from the Standardized Data Set Question #87



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

	Overall (%) n=27,757	Female (%) n=19,480	Male (%) n=7,520	Transgender (%) n=233	Self-Identify (%) n=524
Childhood physical abuse	17.2	15.9	19.8	27.9	22.3
Childhood sexual abuse	14.8	16.5	9.7	21.5	21.8
Childhood emotional abuse	43.7	43.2	43	67	60.3
Physical attack (e.g., mugged, beaten up, shot, stabbed, threatened with a weapon)	12.8	9.5	20.9	15.9	14.1
Sexual violence (rape or attempted rape, sexually assaulted, stalked, abused by intimate partner, etc.)	32.6	41.1	9.4	39.5	42.6
Military combat or war zone experience	1	0.4	2.6	0.4	0.2
Kidnapped or taken hostage	1	1	0.9	1.7	1.1
Serious accident, fire, or explosion (e.g., an industrial, farm, car, plane, or boating accident)	11.7	10.4	14.9	13.3	12.2
Terrorist attack	0.7	0.6	1.1	0.4	0
Near drowning	8.5	6.7	12.7	13.3	11.1
Diagnosed with life threatening illness	3.7	3.3	4.5	1.3	5.5
Natural disaster (e.g., flood, quake, hurricane, etc.)	4	3.5	5.2	2.1	5.5
Imprisonment or torture	0.9	0.5	2	1.3	1.3
Animal attack	3.3	2.7	4.7	2.1	5.3
Other (please specify)	25.1	24.2	28.3	19.3	17.6

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=101,408	Female (%) n=64,692	Male (%) n=34,840	Transgender (%) n=569	Self-Identify (%) n=1,307
Never	71.7	75.5	64.6	74.0	73.1
1 time	10.4	9.7	11.8	11.2	9.4
2-3 times	10.9	9.8	13.0	9.5	10.3
4-5 times	1.8	1.5	2.3	0.5	2.1
More than 5 times	5.1	3.5	8.3	4.7	5.1

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=26,699	Female (%) n=14,797	Male (%) n=11,420	Transgender (%) n=142	Self-Identify (%) n=340
Never	0.3	0.3	0.3	0.0	0.3
Within the last 2 weeks	28.0	25.6	31.4	21.1	22.6
Within the last month	18.8	19.2	18.5	13.4	13.5
Within the last year	31.8	32.8	30.5	34.5	31.5
Within the last 1-5 years	18.1	18.8	16.6	27.5	27.6
More than 5 years ago	3.0	3.2	2.6	3.5	4.4

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=100,540	Female (%) n=64,135	Male (%) n=34,541	Transgender (%) n=567	Self-Identify (%) n=1,297
Never	83.2	86.0	78.0	83.4	82.4
1 time	7.1	6.5	8.4	7.1	6.9
2-3 times	6.1	5.1	7.9	4.9	6.6
4-5 times	1.1	0.8	1.5	1.2	1.5
More than 5 times	2.6	1.7	4.2	3.4	2.7

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=15,539	Female (%) n=8,275	Male (%) n= 6,966	Transgender (%) n=88	Self-Identify (%) n=210
Never	0.3	0.3	0.3	0.0	0.5
Within the last 2 weeks	21.3	19.8	23.3	15.9	19.0
Within the last month	16.9	17.2	16.7	12.5	13.8
Within the last year	35.1	36.1	33.8	37.5	35.7
Within the last 1-5 years	22.1	22.3	21.6	29.5	26.2
More than 5 years ago	4.3	4.3	4.4	4.5	4.8

This question is from the Standardized Data Set Question #69



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

	Overall (%) n=102,905	Female (%) n=65,911	Male (%) n=35,073	Transgender (%) n=591	Self-Identify (%) n=1,330
Never	96.8	97.8	94.7	98.6	96.8
1 time	2.5	1.7	3.9	1.2	2.3
2-3 times	0.6	0.4	1.0	0.2	0.8
4-5 times	0.1	0.0	0.1	0.0	0.0
More than 5 times	0.1	0.1	0.2	0.0	0.1

This question is from the Standardized Data Set Question #70

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

	Overall (%) n=3,106	Female (%) n=1,337	Male (%) n=1,723	Transgender (%) n=7	Self-Identify (%) n=39
Never	0.6	0.6	0.5	0.0	2.6
Within the last 2 weeks	8.3	9.1	7.8	0.0	5.1
Within the last month	6.8	7.1	6.6	14.3	2.6
Within the last year	28.1	27.8	28.4	42.9	20.5
Within the last 1-5 years	41.2	40.2	42.0	28.6	46.2
More than 5 years ago	15.0	15.3	14.7	14.3	23.1

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=89,868	Female (%) n=57,995	Male (%) n=30,179	Transgender (%) n=518	Self-Identify (%) n=1,176
None	60.3	62.4	55.4	77.4	76.3
Once	17.4	17.5	17.6	12.2	11.1
Twice	11.0	10.5	12.2	5.8	6.9
3 to 5 times	8.6	7.6	10.7	2.5	4.3
6 to 9 times	1.7	1.3	2.6	1.2	0.9
10 or more times	0.9	0.6	1.5	1.0	0.5

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=96,700	Female (%) n=61,996	Male (%) n=32,874	Transgender (%) n=560	Self-Identify (%) n=1,270
None	76.4	79.8	70.0	76.1	74.3
Once	6.1	5.8	6.5	5.9	6.8
Twice	4.1	3.8	4.5	4.1	4.6
3 to 5 times	5.4	4.6	6.7	6.1	5.9
6 to 9 times	2.6	2.0	3.8	1.8	2.7
10 or more times	5.5	4.0	8.4	6.1	5.7

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=68,242	Female (%) n=44,179	Male (%) n=22,734	Transgender (%) n=384	Self-Identify (%) n=945
Strongly disagree	10.3	10.3	9.5	24.5	19.0
Somewhat disagree	14.7	15.0	13.5	22.7	24.3
Neutral	16.0	15.1	17.5	20.8	18.7
Somewhat agree	32.0	32.7	31.0	23.4	28.1
Strongly agree	27.1	26.9	28.4	8.6	9.7

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=70,891	Female (%) n=45,642	Male (%) n=23,881	Transgender (%) n=389	Self-Identify (%) n=979
Strongly disagree	7.3	6.6	8.5	6.2	5.8
Somewhat disagree	12.9	12.3	14.0	12.1	10.9
Neutral	18.8	17.5	21.4	15.9	16.3
Somewhat agree	38.4	39.8	35.7	36.0	39.8
Strongly agree	22.7	23.8	20.3	29.8	27.1

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=105,167	Female (%) n=67,251	Male (%) n=35,980	Transgender (%) n=601	Self-Identify (%) n=1,335
No	91.2	91.6	90.8	85.2	86.0
Yes	8.8	8.4	9.2	14.8	14.0

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=11,856	Female (%) n=7,032	Male (%) n=4,494	Transgender (%) n=103	Self-Identify (%) n=227
Difficulty hearing	4.1	3.6	5	2.9	4
Difficulty seeing	4.4	4.1	5	5.8	4
Difficulty speaking or language impairment	1.4	0.9	2.1	1.9	0.4
Mobility limitation/orthopedic impairment	3.8	4.2	3	7.8	5.7
Traumatic brain injury	2.5	2.5	2.6	4.9	0.9
Specific learning disabilities	13.3	14.2	12.1	11.7	8.4
ADD or ADHD	47	40.8	57.7	37.9	30
Autism spectrum disorder	4.5	2.2	7.5	8.7	13.7
Cognitive difficulties or intellectual disability	3.9	3.7	4	5.8	7
Health impairment/condition, including chronic conditions	10.3	12.8	5.9	14.6	15.4
Psychological or psychiatric condition	28.8	33.8	19.4	50.5	49.3
Other	13.2	14.3	11.5	13.6	12.8

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 2016-2017 data-set represents 3,592 unique providers. Answer totals may vary by question because some counseling centers do not collect this data or a provider may choose not to answer one or more questions.

### Gender

	<i>n</i>	Percent
Male	410	26.6
Female	1,100	71.4
Transgender	11	0.7
Prefer not to answer	20	1.3

### Age

<i>n</i>	Mean	Mode
1,401	39.8	29

### Race/Ethnicity

	<i>n</i>	Percent
African-American/Black	137	9.0
American Indian or Alaskan Native	4	0.3
Asian American/Asian	103	6.7
White	1,127	73.7
Hispanic/Latino/a	77	5.0
Native Hawaiian or Pacific Islander	4	0.3
Multi-racial	51	3.3
Prefer not to answer	11	0.7
Other	15	1.0

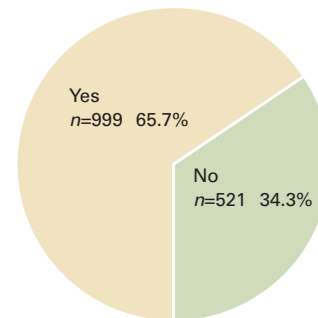
### Highest Degree (descending sort)

	<i>n</i>	Percent
Doctor of Philosophy	522	34.0
Master of Arts	236	15.4
Doctor of Psychology	183	11.9
Master of Science	177	11.5
Master of Social Work	135	8.8
Bachelor of Arts	61	4.0
Bachelor of Science	57	3.7
Master of Education	52	3.4
Doctor of Medicine	47	3.1
Other	24	1.6
Education Specialist	14	0.9
Doctor of Education	12	0.8
Nursing (e.g. RN, RNP, PNP)	8	0.5
Doctor of Osteopathy	5	0.3
Doctor of Social Work	1	0.1

### Highest Degree-Discipline (descending sort)

	<i>n</i>	Percent
Counseling Psychology	537	35.7
Clinical Psychology	452	30.0
Other	166	11.0
Social Work	149	9.9
Counselor Education	90	6.0
Psychiatry	52	3.5
Marriage and Family Therapist	21	1.4
Nursing	12	0.8
Community Psychology	10	0.7
Educational Psychology	7	0.5
Higher Education	7	0.5
Health Education	2	0.1

### Are you licensed under your current degree?



### Position Type (descending sort)

	<i>n</i>	Percent
Professional staff member	1,008	65.5
Pre-doctoral intern	177	11.5
Master's level trainee	111	7.2
Doctoral level trainee (not an intern)	97	6.3
Other (please specify)	73	4.7
Post-doctoral level (non-psychiatric)	65	4.2
Psychiatric resident	8	0.5



## Center Information

The information below describes the 147 colleges and universities that contributed data to the 2016-2017 CCMH data set.

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

	<i>n</i>	Percent
Yes	53	36.3
No	93	63.7

**Does your center have an annual individual psychotherapy limit?**

	<i>n</i>	Percent
Yes	54	37.0
No	92	63.0

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

	<i>n</i>	Percent
Yes	73	50.0
No	73	50.0

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

	<i>n</i>	Percent
0	2	3.7
5	1	1.9
7	1	1.9
8	1	1.9
9	1	1.9
10	7	13.0
12	23	42.6
14	3	5.6
15	5	9.3
16	3	5.6
17	1	1.9
18	1	1.9
20	3	5.6
24	1	1.9

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

	<i>n</i>	Percent
Career services	10	6.8
Disability services	6	4.1
Drug and alcohol treatment program	36	24.7
Employee assistance program	1	0.7
Learning services	5	3.4
Health services	18	12.3
Testing services	24	16.4
Other	17	11.6

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

	<i>n</i>	Percent
Psychiatric follow-up (ongoing client)	26	17.8
Psychiatric evaluation (initial meeting)	25	17.1
Other	20	13.7
Formal assessment: Psychological	17	11.6
Formal assessment: Career	13	8.9
Formal assessment: Disability	10	6.8
Individual counseling	7	4.8
Group counseling	6	4.1
Intake	2	1.4

**What psychiatric services are provided by your center?**

	<i>n</i>	Percent
None	44	30.3
Part time, in house	53	36.6
Full time, in house	26	17.9
Part time, off-campus consultant	12	8.3
Other	10	6.9



## Institutional Data

Data for the 2016-2017 CCMH data set has been contributed by 147 colleges and universities that hold membership with CCMH. Demographics for these institutions are listed below:

	<i>n</i>	Percent
<b>Type of Institution</b>		
Private	50	34.2
Public	93	63.7
Combined	3	2.1
<b>Location of Campus</b>		
Midwest (IA, IL, IN, MI, MN, MT, ND, OH, WI)	35	24.1
Northeast (CT, DE, MA, ME, NJ, NY, PA, RI, VA, VT, WV)	46	31.7
South (AL, AR, FL, GA, KY, MO, MS, NC, NV, OK, SC, TN, TX)	48	33.1
West (CA, CO, ID, OR, UT, WA)	16	11.0
<b>Enrollment</b>		
Under 1,500	4	3.0
1,501-2,500	11	8.3
2,501-5,000	13	9.8
5,001-7,500	11	8.3
7,501-10,000	14	10.6
10,001-15,000	21	15.9
15,001-20,000	14	10.6
20,001-25,000	15	11.4
25,001-30,000	8	6.1
30,001-35,000	12	9.1
35,001-40,000	3	2.3
40,001-50,000	5	3.8
50,001 and over	1	0.8

	<i>n</i>	Percent
<b>Athletic Division</b>		
None	7	4.9
Division I	87	61.3
Division II	23	16.2
Division III	25	17.6
<b>Grade Scale</b>		
0-4	142	97.3
0-100	2	1.4
Other	2	1.4



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