Texas A&M University San Antonio 21-22 Descriptive Statistics for Survey Items

Measure	All Students (%)	95% Confidence Interval	National Sample (%)	Significantly Different from National Sample			
Sample	` '		` ,				
N	441						
Response Rate	7.28%						
Respondent Characteristics							
Gender							
Female	80%	(0.76, 0.83)	68%	Х			
Male	18%	(0.14, 0.21)	28%	Х			
Other	2%	(0.01, 0.03)	4%	X			
Race / Ethnicity*							
White / Caucasian	29%	(0.25, 0.33)	67%	X			
Black / African American	8%	(0.05, 0.10)	8%				
Hispanic / Latino	76%	(0.72, 0.80)	15%	X			
American Indian or Alaska Native	2%	(0.01, 0.04)	1%				
Arab / Middle Eastern	2%	(0.01, 0.03)	2%				
Asian / Asian American	2%	(0.01, 0.04)	15%	Χ			
Pacific Islander	1%	(0.00, 0.02)	1%				
Other	1%	(0.00, 0.02)	2%				
Country							
International	1%	(0.00, 0.02)	8%	Χ			
Residence							
Campus residence hall	10%	(0.07, 0.13)	27%	Χ			
Campus apartment	0%	(0.00, 0.01)	7%	X			
Fraternity / sorority house	0%	(0.00, 0.00)	1%				
On- or off-campus co-operative							
housing	2%	(0.01, 0.03)	1%				
Off-campus, non-university housing	36%	(0.31, 0.40)	36%				
Off campus, in my parent(s)							
/guardian(s)/relatives' home	44%	(0.39, 0.49)	19%	X			
Other	4%	(0.02, 0.06)	3%				
Degree Program							
Associates	2%	(0.01, 0.03)	16%	Х			
Bachelors	85%	(0.82, 0.89)	60%	X			
Masters	10%	(0.07, 0.13)	11%				
JD	0%	(0.00, 0.00)	1%				
MD	0%	(0.00, 0.00)	1%	X			
PhD or equivalent	0%	(0.00, 0.00)	6%	X			
Other	0%	(0.00, 0.01)	3%	X			
Non-degree	0%	(0.00, 0.01)	2%	X			

^{*}participants can select more than one race/ethnicity; totals may exceed 100%

18-22 50%	Measure	All Students (%)	95% Confidence Interval	National Sample (%)	Significantly Different from National Sample
23-25	Age				
26-30	18-22	50%	(0.45, 0.55)	67%	X
31+ 23% (0.19,0.27) 11% X Highest educational attainment of either parent	23-25	16%	(0.12, 0.19)	12%	Χ
### ### #### #########################	26-30	11%	(0.08, 0.14)	10%	
either parent Less than high school degree 15% (0.11, 0.18) 5% X High school degree 17% (0.14, 0.21) 10% X Some college, no degree 19% (0.15, 0.22) 10% X College degree 31% (0.27, 0.35) 34% Carduate degree 10% (0.07, 0.13) 33% X Religiosity Wery important 18% (0.15, 0.22) 15% Important 21% (0.17, 0.25) 17% X Neutral 33% (0.29, 0.38) 24% X X Unimportant 9% (0.07, 0.12) 15% X Very unimportant 3% (0.10, 0.16) 22% X Current financial situation Wery unimportant 3% (0.16, 0.23) 14% X Very unimportant 20% (0.16, 0.23) 14% X Stressful 31% (0.27, 0.35) 23% X Stressful 3% (0.29, 0.38) 34% X	31+	23%	(0.19, 0.27)	11%	X
Less than high school degree 15% (0.11, 0.18) 5% X High school degree 17% (0.14, 0.21) 10% X Some college, no degree 19% (0.15, 0.22) 10% X College degree 31% (0.27, 0.35) 34% X Graduate degree 10% (0.07, 0.13) 33% X Religiosity Very important 18% (0.15, 0.22) 15% Important X Important 21% (0.17, 0.25) 17% X X Neutral 33% (0.29, 0.38) 24% X Unimportant 19% (0.07, 0.12) 15% X Very unimportant 13% (0.10, 0.16) 22% X Current financial situation Always stressful 20% (0.16, 0.23) 14% X Often stressful 31% (0.27, 0.35) 23% X Stressful 33% (0.29, 0.38) 34% X	Highest educational attainment of				
High school degree	either parent				
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College degree 31% (0.27, 0.35) 34% Graduate degree 10% (0.07, 0.13) 33% X Religiosity Very important 18% (0.15, 0.22) 15% Important 21% (0.17, 0.25) 17% X Neutral 33% (0.29, 0.38) 24% X Unimportant 9% (0.07, 0.12) 15% X Very unimportant 13% (0.10, 0.16) 22% X Current financial situation Always stressful 20% (0.16, 0.23) 14% X Often stressful 31% (0.27, 0.35) 23% X Stressful 33% (0.29, 0.38) 34% S Rarely Stressful 13% (0.10, 0.16) 19% X Never Stressful 2% (0.01, 0.03) 7% X Financial situation growing up A X X Always stressful 26% (0.22, 0.30) 12% X <td>High school degree</td> <td>17%</td> <td>(0.14, 0.21)</td> <td>10%</td> <td>X</td>	High school degree	17%	(0.14, 0.21)	10%	X
Graduate degree 10% (0.07, 0.13) 33% X Religiosity Very important 18% (0.15, 0.22) 15% Important 21% (0.17, 0.25) 17% X Neutral 33% (0.29, 0.38) 24% X Unimportant 9% (0.07, 0.12) 15% X Very unimportant 13% (0.10, 0.16) 22% X Current financial situation X X X Always stressful 20% (0.16, 0.23) 14% X Often stressful 31% (0.27, 0.35) 23% X Stressful 33% (0.29, 0.38) 34% Rarely Stressful 13% (0.10, 0.16) 19% X Never Stressful 2% (0.01, 0.03) 7% X Financial situation growing up X X X Always stressful 26% (0.22, 0.30) 12% X Stressful 29% (0.25, 0.34) 17%	Some college, no degree	19%	(0.15, 0.22)	10%	Χ
Religiosity Very important 18% (0.15, 0.22) 15% Important 21% (0.17, 0.25) 17% X Neutral 33% (0.29, 0.38) 24% X Unimportant 9% (0.07, 0.12) 15% X Very unimportant 13% (0.10, 0.16) 22% X Current financial situation Always stressful 20% (0.16, 0.23) 14% X Often stressful 31% (0.27, 0.35) 23% X Stressful 33% (0.29, 0.38) 34% X Stressful 13% (0.10, 0.16) 19% X Never Stressful 2% (0.01, 0.03) 7% X Financial situation growing up Always stressful 26% (0.22, 0.30) 12% X Often stressful 29% (0.25, 0.34) 17% X Stressful 24% (0.20, 0.29) 26% X	College degree	31%	(0.27, 0.35)	34%	
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Important	Religiosity				
Neutral 33%	Very important	18%	(0.15, 0.22)	15%	
Unimportant 9% (0.07, 0.12) 15% X Very unimportant 13% (0.10, 0.16) 22% X Current financial situation Always stressful 20% (0.16, 0.23) 14% X Often stressful 31% (0.27, 0.35) 23% X Stressful 33% (0.29, 0.38) 34% Rarely Stressful 13% (0.10, 0.16) 19% X Never Stressful 2% (0.01, 0.03) 7% X Financial situation growing up Always stressful 26% (0.22, 0.30) 12% X Often stressful 29% (0.25, 0.34) 17% X Stressful 24% (0.20, 0.29) 26% X Rarely Stressful 14% (0.10, 0.17) 26% X Never Stressful 6% (0.04, 0.08) 16% X Relationship Status Single 37% (0.33, 0.42) 47% X In a relationsh	Important	21%	(0.17, 0.25)	17%	X
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Financial situation growing up 26% (0.22, 0.30) 12% X Often stressful 29% (0.25, 0.34) 17% X Stressful 24% (0.20, 0.29) 26% Rarely Stressful 14% (0.10, 0.17) 26% X Never Stressful 6% (0.04, 0.08) 16% X Relationship Status Single 37% (0.33, 0.42) 47% X In a relationship 32% (0.28, 0.37) 33% X Married 23% (0.19, 0.27) 12% X Divorced 1% (0.00, 0.02) 1% X Sexual Orientation Heterosexual 73% (0.69, 0.77) 70% Sexual Sexual Gay / Lesbian 13% (0.10, 0.16) 14% X Queer 2% (0.01, 0.03) 5% X Questioning 2% (0.01, 0.04) 4%		2%		7%	Х
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Married 23% (0.19, 0.27) 12% X Divorced 1% (0.00, 0.02) 1% Sexual Orientation Heterosexual 73% (0.69, 0.77) 70% Bisexual 7% (0.04, 0.09) 5% Gay / Lesbian 13% (0.10, 0.16) 14% Queer 2% (0.01, 0.03) 5% X Questioning 2% (0.01, 0.04) 4%	_				
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Bisexual 7% (0.04, 0.09) 5% Gay / Lesbian 13% (0.10, 0.16) 14% Queer 2% (0.01, 0.03) 5% X Questioning 2% (0.01, 0.04) 4%	Heterosexual	73%	(0.69, 0.77)	70%	
Gay / Lesbian 13% (0.10, 0.16) 14% Queer 2% (0.01, 0.03) 5% X Questioning 2% (0.01, 0.04) 4%					
Queer 2% (0.01, 0.03) 5% X Questioning 2% (0.01, 0.04) 4%					
Questioning 2% (0.01, 0.04) 4%	·				X
			(0.00, 0.01)		X

Measure	All Students (%)	95% Confidence Interval	National Sample (%)	Significantly Different from National Sample
Chronic Disease	. ,		· ,	
Diabetes	3%	(0.01, 0.05)	1%	Х
High blood pressure	5%	(0.03, 0.08)	3%	Χ
Asthma	14%	(0.11, 0.17)	13%	
Thyroid disease (e.g., hypothyroid		(6:22, 6:2:)		
or hyperthyroid)	4%	(0.02, 0.06)	3%	
Gastrointestinal disease (e.g.,		, ,		
Crohn's Disease, Ulcerative Colitis)	3%	(0.01, 0.04)	3%	
Arthritis	3%	(0.01, 0.04)	2%	
Sickle cell anemia	0%	(0.00, 0.01)	0%	
Seizure disorders (e.g., epilepsy)	0%	(0.00, 0.01)	1%	
Cancers	1%	(0.00, 0.01)	1%	
High cholesterol	4%	(0.02, 0.06)	2%	Χ
HIV/AIDS	0%	(0.00, 0.00)	0%	
Other autoimmune disorder (please		, , , , , , , , , , , , , , , , , , , ,		
specify)	2%	(0.00, 0.03)	2%	
Other chronic disease	3%	(0.01, 0.04)	5%	Х
	Men	tal Health Measures		
Positive Mental Health				
Flourishing Scale (8-56)	40.3	(39.03, 41.57)	38.8	X
In flourishing range (48-56)	36%	(0.31, 0.40)	30%	Х
Depression (PHQ-9)				
Overall score (0-27)	10.0	(9.31, 10.61)	9.5	
In moderately severe to severe				
range (15-27)	25%	(0.21, 0.29)	23%	
In moderate range (10-14)	23%	(0.18, 0.27)	21%	
Any depression (10-27)	48%	(0.43, 0.53)	43%	
Impairment from depression*				
Not difficult at all	20%	(0.16, 0.24)	17%	
Somewhat difficult	46%	(0.41, 0.51)	46%	
Very difficult	15%	(0.11, 0.18)	16%	
Extremely difficult	7%	(0.05, 0.09)	7%	
Generalized anxiety (GAD-7)				
Overall score (0-21)	8.7	(8.14, 9.30)	8.3	
In moderate range (10-14)	20%	(0.16, 0.24)	20%	
In severe range (15-21)	19%	(0.15, 0.22)	18%	
Any anxiety (10-21)	39%	(0.34, 0.44)	38%	
Depression/Anxiety				
Depression or anxiety symptoms	53%	(0.48, 0.58)	51%	
Disordered eating & body image				
Probable eating disorder (3+ on				
SCOFF)	19%	(0.16, 0.23)	15%	Χ
Need to be very thin to feel good				
about self	34%	(0.30, 0.39)	33%	
	_			

^{*}How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Measure	All Students (%)	95% Confidence Interval	National Sample (%)	Significantly Different from National Sample
Academic impairment from mental	()		(- /	
health, past 4 weeks**				
None	10%	(0.07, 0.13)	14%	Х
1-2 days	27%	(0.22, 0.31)	28%	
3-5 days	30%	(0.26, 0.34)	26%	
6 or more days	29%	(0.25, 0.33)	25%	
	Self	f-Injury and Suicide		
Non-suicidal self-injury, past year		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		
Any	23%	(0.19, 0.27)	28%	Х
Cutting self	4%	(0.02, 0.06)	6%	
Burning self	1%	(0.00, 0.02)	2%	
Punching or banging self	6%	(0.04, 0.08)	10%	Х
Scratching self	7%	(0.05, 0.10)	10%	Х
Biting self	5%	(0.02, 0.06)	9%	
Interfering with wound healing	5%	(0.03, 0.07)	9%	Х
Carving words or symbols in skin	0%	(0.00, 0.00)	1%	
Rubbing sharp objects on skin	3%	(0.02, 0.05)	3%	
Punching or banging wall or object	5%	(0.03, 0.07)	7%	
Other	1%	(0.00, 0.02)	2%	
Suicidality				
Seriously thought about attempting				
suicide, past year	13%	(0.10, 0.16)	14%	
Made a plan for attempting suicide,				
past year (among those with				
suicidal ideation)	31%	(0.18, 0.43)	41%	
Attempted suicide, past year		()		
(among those with suicidal ideation)	10%	(0.02, 0.18)	9%	
	Previous Dia	agnosis of Mental Dis	orders	
Mental disorders				
Any	43%	(0.38, 0.48)	47%	
Depression (e.g., major depressive		, ,		
disorder, persistent depressive				
disorder)	24%	(0.20, 0.28)	26%	
Anxiety (e.g., generalized anxiety				
disorder, phobias)	28%	(0.23, 0.32)	31%	
Bipolar (e.g., bipolar I or II,				
cyclothymia)	2%	(0.01, 0.04)	3%	
Obsessive-compulsive or related				
disorders (e.g., obsessive-				
compulsive disorder, body dysmorphia)	2%	(0.01, 0.04)	5%	X
Trauma and stressor related	2/0	(0.01, 0.04)	3/0	٨
disorders (e.g., post-traumatic				
stress disorder)	9%	(0.06, 0.11)	8%	

^{**}How many days have you felt that emotional or mental difficulties have hurt your academic performance?

Measure	All Students (%)	95% Confidence Interval	National Sample (%)	Significantly Different from National Sample
Mental disorders, continued	(/-C/		(/-)	
Neurodevelopmental disorder or				
intellectual disability (e.g., attention				
deficit disorder, intellectual				
disability, autism spectrum				
disorder)	6%	(0.04, 0.08)	8%	
Psychosis (e.g., schizophrenia, schizo-affective disorder)	0%	(0.00, 0.01)	0%	
Personality disorder (e.g., antisocial		(===,==,		
personality disorder, paranoid				
personality disorder)	2%	(0.00, 0.03)	1%	
Eating disorder (e.g., anorexia				
nervosa, bulimia nervosa)	2%	(0.01, 0.04)	5%	X
Substance use disorder (e.g.,				
alcohol abuse, abuse of other drugs)	1%	(0.00, 0.02)	1%	
	Health	Behaviors and Lifesty	⁄le	
Substance use, past 30 days				
Cigarettes	12%	(0.09, 0.15)	24%	X
Vape pen or E-Cigarette	11%	(0.08, 0.14)	16%	X
Marijuana	12%	(0.09, 0.15)	18%	X
Cocaine	1%	(0.00, 0.01)	1%	
Heroin	0%	(0.00, 0.00)	0%	
Methamphetamines	0%	(0.00, 0.01)	0%	Χ
Other stimulants without a				
prescription or more than				
prescribed	1%	(0.00, 0.01)	1%	
MDMA (also known as Ecstacy or				
Molly)	0%	(0.00, 0.00)	0%	
Opioid pain relievers without a				
prescription or more than	40/	(0.00, 0.04)	00/	
prescribed	1%	(0.00, 0.01)	0%	V
Benzodiazepenes	1%	(0.00, 0.02)	0%	X
Ketamine (also known as K, Special	0%	(0.00, 0.00)	0%	
K)	0%	(0.00, 0.00)	0%	
LSD (also known as acid) Psilocybin (also known as magic	U%	(0.00, 0.01)	U%	
mushrooms, boomers, shrooms)	1%	(0.00, 0.01)	1%	
Kratom	0%	(0.00, 0.01)	0%	
Athletic performance enhancers	0%	(0.00, 0.01)	0%	
Other drugs without a prescription	0%	(0.00, 0.00)	0%	
Violence	U/0	(0.00, 0.01)	070	
Have been struck or physically				
injured by another person in the				
past 12 months	0%	(0.00, 0.00)	1%	
=		, , , , , , , , , , , , , , , , , , , ,		

Measure	All Students (%)	95% Confidence Interval	National Sample (%)	Significantly Different from National Sample
		Help-Seeking		
I know where to go to access				
resources				
Agree or strongly agree	79%	(0.75, 0.83)	76%	
Think you needed help for				
emotional or mental health				
problems, past year				
Strongly Agree	30%	(0.26, 0.34)	30%	
Agree	18%	(0.15, 0.22)	18%	
Somewhat agree	14%	(0.11, 0.18)	14%	
Somewhat disagree	6%	(0.04, 0.08)	5%	
Disagree	11%	(0.08, 0.14)	11%	
Strongly disagree	10%	(0.08, 0.13)	10%	
Did not answer	10%	(0.07, 0.13)	12%	
Psychotropic medication				
Current	18%	(0.14, 0.22)	25%	Х
Any, past 12 months	22%	(0.18, 0.26)	29%	X
Antidepressants	13%	(0.10, 0.16)	19%	Х
Anti-anxiety medications	7%	(0.05, 0.10)	8%	
Psychostimulants	4%	(0.02, 0.05)	6%	
Anti-psychotics	1%	(0.00, 0.01)	1%	
Mood stabilizers	2%	(0.01, 0.03)	2%	
Sleep medications	5%	(0.03, 0.06)	4%	
Other	1%	(0.00, 0.02)	2%	
Prescriber				
General practitioner/nurse	68%	(0.58, 0.78)	56%	Х
Psychiatrist	31%	(0.21, 0.40)	43%	X
Other type of health provider	0%	(0.00, 0.00)	3%	
No prescription	7%	(0.02, 0.13)	3%	X
How helpful do you think the medication(s) was or has been for your mental or emotional health?				
Very helpful	36%	(0.26, 0.47)	40%	
Helpful	35%	(0.25, 0.46)	31%	
Somewhat helpful	20%	(0.11, 0.29)	22%	
Not helpful	8%	(0.02, 0.14)	7%	

Measure	All Students (%)	95% Confidence Interval	National Sample (%)	Significantly Different from National Sample
Whom would you talk to, if you were experiencing severe emotional distress?				
Professional clinician	36%	(0.32, 0.41)	40%	
Roommate	8%	(0.05, 0.10)	18%	Χ
Friend (who is not a roommate)	40%	(0.35, 0.44)	46%	X
Significant other	39%	(0.34, 0.43)	36%	
Family member	41%	(0.36, 0.45)	45%	
Religious counselor or other				
religious contact	6%	(0.04, 0.08)	5%	
Support group	5%	(0.03, 0.07)	3%	
Other non-clinical source	1%	(0.00, 0.02)	1%	
No one	11%	(0.08, 0.14)	8%	Χ
Therapy or counseling for mental health				
Past year	33%	(0.28, 0.37)	39%	X
Current (among those with any)	40%	(0.32, 0.49)	55%	X
Visits in past year, among those				
with any				
1-3	46%	(0.37, 0.54)	27%	Χ
4-6	24%	(0.17, 0.32)	20%	
7-9	17%	(0.10, 0.23)	12%	
10 or more	13%	(0.07, 0.19)	41%	X

Use of specific providers for therapy or counseling Campus Provider A	Measure	All Students (%)	95% Confidence Interval	National Sample (%)	Significantly Different from National Sample
Campus Provider A 41% (0.33, 0.50) 40% Campus Provider B 1% (-0.01, 0.02) 5% X Campus Provider C 0% (0.00, 0.00) 0% Psychiatric emergency services 1% (-0.01, 0.02) 3% Inpatient psychiatric hospital 2% (-0.01, 0.04) 4% Partial hospitalization program 0% (0.00, 0.00) 2% Provider in the local community (not on campus) 37% (0.29, 0.46) 29% X Provider in another location (such as hometown) 14% (0.08, 0.20) 46% X Other 14% (0.08, 0.20) 46% X Other 14% (0.08, 0.20) 6% X How were your counseling or therapy sessions conducted? In-person only 25% (0.18, 0.33) 32% Remote/telehealth only 51% (0.43, 0.60) 47% X Both in-person and remote 26% (0.18, 0.33) 37% X How helpful do you think therapy are counseling was or has been for your mental or e		` '		` '	
Campus Provider B 1% (-0.01, 0.02) 5% X Campus Provider C 0% (0.00, 0.00) 0% Psychiatric emergency services 1% (-0.01, 0.02) 3% Inpatient psychiatric hospital 2% (-0.01, 0.04) 4% Partial hospitalization program 0% (0.00, 0.00) 2% Provider in the local community (not on campus) 37% (0.29, 0.46) 29% X Provider in another location (such as hometown) 14% (0.08, 0.20) 46% X Other 14% (0.08, 0.20) 46% X How were your counseling or therapy sessions conducted? 1 1.00 1					
Campus Provider C 0% (0.00, 0.00) 0% Psychiatric emergency services 1% (-0.01, 0.02) 3% Inpatient psychiatric hospital 2% (-0.01, 0.04) 4% Partial hospitalization program 0% (0.00, 0.00) 2% Provider in the local community (not on campus) 37% (0.29, 0.46) 29% X Provider in another location (such as hometown) 14% (0.08, 0.20) 46% X Other 14% (0.08, 0.20) 6% X W Provider in another location (such as hometown) 25% (0.18, 0.33) 32% W Provider in another location (such as hometown) 25% (0.18, 0.33) 32% W Provider in another location (such as hometown) 25% (0.18, 0.33) 32% W Provider in another location (such as hometown) 25% (0.18, 0.33) 32% W Provider in another location (such as hometown) 25% (0.18, 0.33) 32% W Provider in location (such as hometown) 25% (0.18, 0.33) 32% W Provider in location (such as hometown) 25% (0.18, 0.33) 32% W Provider in location (such as hometown) 25% (0.18, 0.33) 32% W Provider in location (such as hometown) 25% (0.18, 0.33) 32% W Provider in location (such as hometown) 25% (0.18, 0.33) 32% W Provider in location (such as hometown) 25% (0.18, 0.33) 32% W Provider Provid	Campus Provider A	41%	(0.33, 0.50)	40%	
Psychiatric emergency services 1% (-0.01, 0.02) 3%	Campus Provider B	1%	(-0.01, 0.02)	5%	Χ
Inpatient psychiatric hospital 2%	Campus Provider C	0%	(0.00, 0.00)	0%	
Partial hospitalization program	Psychiatric emergency services	1%	(-0.01, 0.02)	3%	
Provider in the local community (not on campus) 37% (0.29, 0.46) 29% X	Inpatient psychiatric hospital	2%	(-0.01, 0.04)	4%	
(not on campus) 37% (0.29, 0.46) 29% X Provider in another location (such as hometown) 14% (0.08, 0.20) 46% X Other 14% (0.08, 0.20) 6% X How were your counseling or therapy sessions conducted? In-person only 25% (0.18, 0.33) 32% Remote/telehealth only 51% (0.43, 0.60) 47% Both in-person and remote 26% (0.18, 0.33) 37% X How helpful do you think therapy or counseling was or has been for your mental or emotional health? Very helpful 28% (0.22, 0.35) 27% Somewhat helpful 28% (0.22, 0.35) 27% Somewhat helpful 9% (0.05, 0.13) 13% Any medication or therapy for mental health Past year 41% (0.36, 0.45) 47% X Any wisit to a health provider Past year 41% (0.36, 0.45) 47% X Any visit to a health provider Past year 61% (0.56, 0.66) 75% X Received counseling or support for mental health from these sources, past year Roommate 6% (0.04, 0.08) 16% X Friend (other than roommate) 33% (0.28, 0.37) 41% X Significant other 32% (0.28, 0.37) 30% Family member 29% (0.24, 0.33) 37% X Religious contact 2% (0.01, 0.04) 3% Support group 2% (0.01, 0.04) 2% Faculty member/professor 0% (0.00, 0.01) 1% Staff member 33% (0.29, 0.38) 24% X Other non-clinical source 2% (0.01, 0.04) 4% X	Partial hospitalization program	0%	(0.00, 0.00)	2%	
Provider in another location (such as hometown) 14% (0.08, 0.20) 46% X Other 14% (0.08, 0.20) 6% X How were your counseling or therapy sessions conducted? In-person only 25% (0.18, 0.33) 32% Remote/telehealth only 51% (0.43, 0.60) 47% Both in-person and remote 26% (0.18, 0.33) 37% X How helpful do you think therapy or counseling was or has been for your mental or emotional health? Very helpful 28% (0.22, 0.35) 27% Somewhat helpful 28% (0.20, 0.32) 25% Not helpful 9% (0.05, 0.13) 13% Any medication or therapy for mental health Past year 41% (0.36, 0.45) 47% X Any visit to a health provider Past year 61% (0.56, 0.66) 75% X Received counseling or support for mental health from these sources, past year Roommate 6% (0.04, 0.08) 16% X Friend (other than roommate) 33% (0.28, 0.37) 41% X Significant other 32% (0.28, 0.37) 30% Friend (other than roommate) 29% (0.24, 0.33) 37% X Religious contact 2% (0.01, 0.04) 3% Support group 2% (0.01, 0.04) 2% Faculty member / professor 9% (0.00, 0.01) 11% Staff member 33% (0.29, 0.38) 24% X Other non-clinical source 2% (0.01, 0.04) 4% X	Provider in the local community				
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Other 14%	Provider in another location (such				
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### Company sessions conducted?	Other	14%	(0.08, 0.20)	6%	X
In-person only	•				
Remote/telehealth only 51% (0.43, 0.60) 47% Remote/telehealth only 26% (0.18, 0.33) 37% X Received counseling or support for mental health from these sources, past year 80% (0.04, 0.08) 16% X Friend (other than roommate) 33% (0.28, 0.37) 30% X Religious contact 2% (0.01, 0.04) 3% X X X X X X X X X	• •				
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your mental or emotional health? Very helpful 36% (0.30, 0.43) 34% Helpful 28% (0.22, 0.35) 27% Somewhat helpful 26% (0.20, 0.32) 25% Not helpful 9% (0.05, 0.13) 13% Any medication or therapy for mental health 8 8 Past year 41% (0.36, 0.45) 47% X Any visit to a health provider 8 8 47% X Past year 61% (0.56, 0.66) 75% X Received counseling or support for mental health from these sources, past year 8 8 16% X Received (other than roommate) 33% (0.28, 0.37) 41% X Significant other 32% (0.28, 0.37) 30% X Family member 29% (0.24, 0.33) 37% X Religious contact 2% (0.01, 0.04) 3% X Support group 2% (0.01, 0.04) 2% X Facul					
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Somewhat helpful 26% (0.20, 0.32) 25% Not helpful 9% (0.05, 0.13) 13% Any medication or therapy for mental health *** *** Past year 41% (0.36, 0.45) 47% X Any visit to a health provider *** *** *** Past year 61% (0.56, 0.66) 75% X Received counseling or support for mental health from these sources, past year *** *** *** Roommate 6% (0.04, 0.08) 16% X Friend (other than roommate) 33% (0.28, 0.37) 41% X Significant other 32% (0.28, 0.37) 30% ** Family member 29% (0.24, 0.33) 37% X Religious contact 2% (0.01, 0.04) 3% X Support group 2% (0.01, 0.04) 2% ** Faculty member/professor 0% (0.00, 0.01) 1% X Staff member 33% (0.29, 0.38)<					
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Any visit to a health provider Past year 61% (0.56, 0.66) 75% X Received counseling or support for mental health from these sources, past year Roommate 6% (0.04, 0.08) 16% X Friend (other than roommate) 33% (0.28, 0.37) 41% X Significant other 32% (0.28, 0.37) 30% S Family member 29% (0.24, 0.33) 37% X Religious contact 2% (0.01, 0.04) 3% Support group 2% (0.01, 0.04) 2% Faculty member/professor 0% (0.00, 0.01) 1% Staff member 33% (0.29, 0.38) 24% X Other non-clinical source 2% (0.01, 0.04) 4% X					
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Received counseling or support for mental health from these sources, past year Roommate 6% (0.04, 0.08) 16% X Friend (other than roommate) 33% (0.28, 0.37) 41% X Significant other 32% (0.28, 0.37) 30% Family member 29% (0.24, 0.33) 37% X Religious contact 2% (0.01, 0.04) 3% X Support group 2% (0.01, 0.04) 2% X Faculty member/professor 0% (0.00, 0.01) 1% X Staff member 33% (0.29, 0.38) 24% X Other non-clinical source 2% (0.01, 0.04) 4% X	Any visit to a health provider				
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Religious contact 2% (0.01, 0.04) 3% Support group 2% (0.01, 0.04) 2% Faculty member/professor 0% (0.00, 0.01) 1% Staff member 33% (0.29, 0.38) 24% X Other non-clinical source 2% (0.01, 0.04) 4% X	Significant other	32%	(0.28, 0.37)	30%	
Support group 2% (0.01, 0.04) 2% Faculty member/professor 0% (0.00, 0.01) 1% Staff member 33% (0.29, 0.38) 24% X Other non-clinical source 2% (0.01, 0.04) 4% X	Family member	29%	(0.24, 0.33)	37%	Χ
Faculty member/professor 0% (0.00, 0.01) 1% Staff member 33% (0.29, 0.38) 24% X Other non-clinical source 2% (0.01, 0.04) 4% X	Religious contact	2%	(0.01, 0.04)	3%	
Staff member 33% (0.29, 0.38) 24% X Other non-clinical source 2% (0.01, 0.04) 4% X	Support group	2%	(0.01, 0.04)	2%	
Other non-clinical source 2% (0.01, 0.04) 4% X		0%	(0.00, 0.01)	1%	
Other non-clinical source 2% (0.01, 0.04) 4% X	Staff member	33%	(0.29, 0.38)	24%	X
None of the above 0% (0.00, 0.01) 2% X	Other non-clinical source	2%	(0.01, 0.04)	4%	X
	None of the above	0%	(0.00, 0.01)	2%	X

Measure	All Students (%)	95% Confidence Interval	National Sample (%)	Significantly Different from National Sample
	Satisfaction wi	th Therapy: Campus	Providers	
Convenient hours				
Very dissatisfied	4%	(-0.01, 0.09)	5%	
Dissatisfied	2%	(-0.02, 0.05)	7%	
Somewhat dissatisfied	9%	(0.01, 0.17)	10%	
Somewhat satisfied	19%	(0.08, 0.29)	22%	
Satisfied	41%	(0.28, 0.54)	39%	
Very satisfied	26%	(0.14, 0.38)	20%	
Location				
Very dissatisfied	4%	(-0.01, 0.09)	3%	
Dissatisfied	7%	(0.00, 0.14)	4%	
Somewhat dissatisfied	7%	(0.00, 0.14)	7%	
Somewhat satisfied	15%	(0.05, 0.24)	17%	
Satisfied	35%	(0.22, 0.48)	46%	
Very satisfied	33%	(0.21, 0.46)	26%	
Quality of therapists				
Very dissatisfied	6%	(-0.01, 0.12)	5%	
Dissatisfied	6%	(-0.01, 0.12)	7%	
Somewhat dissatisfied	4%	(-0.01, 0.09)	9%	
Somewhat satisfied	7%	(0.00, 0.14)	19%	Χ
Satisfied	43%	(0.29, 0.56)	34%	
Very satisfied	37%	(0.24, 0.50)	29%	
Respect for privacy concerns				
Very dissatisfied	4%	(-0.01, 0.09)	2%	
Dissatisfied	0%	(0.00, 0.00)	1%	
Somewhat dissatisfied	4%	(-0.01, 0.09)	2%	
Somewhat satisfied	4%	(-0.01, 0.09)	10%	
Satisfied	39%	(0.26, 0.52)	43%	
Very satisfied	50%	(0.37, 0.63)	44%	
Ability to schedule appoinments without long delays				
Very dissatisfied	6%	(-0.01, 0.12)	11%	
Dissatisfied	4%	(-0.01, 0.09)	10%	
Somewhat dissatisfied	4%	(-0.01, 0.09)	11%	
Somewhat satisfied	13%	(0.04, 0.22)	16%	
Satisfied	39%	(0.26, 0.52)	31%	
Very satisfied	35%	(0.22, 0.48)	25%	
Respect and consideration for my cultural/racial background				
Very dissatisfied	6%	(-0.01, 0.12)	2%	Х
Dissatisfied	0%	(0.00, 0.00)	1%	
Somewhat dissatisfied	0%	(0.00, 0.00)	3%	
Somewhat satisfied	4%	(-0.01, 0.09)	11%	
Satisfied	43%	(0.29, 0.56)	44%	
Very satisfied	48%	(0.35, 0.62)	41%	

Convenient hours	Measure	All Students (%)	95% Confidence Interval	National Sample (%)	Significantly Different from National Sample
Very dissatisfied 4% (-0.01, 0.09) 5% Dissatisfied 2% (-0.02, 0.05) 7% Somewhat dissatisfied 19% (0.01, 0.17) 10% Somewhat satisfied 19% (0.08, 0.29) 22% Satisfied 41% (0.28, 0.54) 39% Very satisfied 26% (0.14, 0.38) 20% Location Very dissatisfied 4% (-0.01, 0.09) 3% Dissatisfied 7% (0.00, 0.14) 4% Somewhat dissatisfied 7% (0.00, 0.14) 7% Somewhat satisfied 35% (0.21, 0.46) 26% Very satisfied 6% (-0.01, 0.12) 5% Usatisfied 6% (-0.01, 0.12) 7% Somewhat dissatisfied 4% (-0.01, 0.09) 9% Somewhat satisfied 4% (-0.01, 0.09) 2% Somewhat satisfied 4% (-0.01, 0.09) 2%		Satisfaction with	Therapy: Non-Campu	us Providers	
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, ,	Somewhat satisfied	4%	(-0.01, 0.09)	11%	
Very satisfied 48% (0.35, 0.62) 41%	Satisfied	43%	(0.29, 0.56)	44%	
	Very satisfied	48%	(0.35, 0.62)	41%	

Reasons for seeking help	Measure	All Students (%)	95% Confidence Interval	National Sample (%)	Significantly Different from National Sample
Decided on my own		Barriers and	Facilitators to Help-S	Seeking	
Friend encouraged or pressured me	Reasons for seeking help				
Family member encouraged or pressured me 1% (0.00, 0.02) 1% Other person encouraged or pressured me 8% (0.05, 0.10) 13% X A campus advisor mandated me to seek help by campus staff 1% (0.00, 0.02) 3% X I acquired more information about my options 2% (0.00, 0.03) 2% A campus advisor referred me to seek help 9% (0.00, 0.01) 0% Health professional recommended help 2% (0.00, 0.03) 1% Other reasons 0% (0.00, 0.03) 1% Other reasons or receiving no or fewer services for mental health 1 I haven't gone yet but I plan to 8% (0.06, 0.11) 5% X No need for services 21% (0.17, 0.24) 20% Financial reasons 14% (0.11, 0.17) 7% X Not enough time 10% (0.07, 0.13) 9% Not sure where to go 11% (0.08, 0.14) 8% X Difficulty finding an appointment 2% (0.01, 0.03) 3% Prefer to deal with issues on my own or with support from family friends 12% (0.01, 0.04) 2% People providing services don't understand me 6% (0.04, 0.08) 5% Other 4% (0.02, 0.06) 3% No barriers 1% (0.00, 0.02) 2% Source of health insurance None (uninsured) 20% (0.16, 0.23) 3% X Spaces of health insurance None (uninsured) 20% (0.16, 0.23) 3% X Spouse's employer 32% (0.04, 0.09) 3% X Student plan 1% (0.00, 0.00) 0% Individual market 3% (0.00, 0.00) 0% Individual market 3% (0.00, 0.01) 1% X Uncertain whether insured 2% (0.01, 0.00) 0% Individual market 10% (0.00, 0.01) 1% X	Decided on my own	27%	(0.23, 0.31)	32%	X
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Uncertain whether insured 2% (0.01, 0.03) 1% X			·		,,
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	Insured but uncertain of source	4%	(0.02, 0.06)	2%	.,

Measure	All Students (%)	95% Confidence Interval	National Sample (%)	Significantly Different from National Sample
Plan provides any coverage for				
local mental health visits				
Yes, it definitely would	30%	(0.25, 0.35)	27%	
I think it would but am not sure	19%	(0.15, 0.23)	26%	X
I have no idea	26%	(0.22, 0.31)	23%	
I think it would not but am not sure	6%	(0.03, 0.08)	6%	
No, it definitely would not	5%	(0.03, 0.07)	3%	X
Plan meets needs for mental health services				
Have not needed plan to cover				
services	18%	(0.14, 0.22)	20%	
Yes, everything I have needed is covered	23%	(0.19, 0.27)	24%	
No, the coverage is inadequate to	2370	(0.13, 0.27)	2470	
meet my needs	8%	(0.05, 0.11)	8%	
Unsure	38%	(0.33, 0.43)	33%	Χ
		, , ,		
Su	pportiveness of	Academic and Social	Environment	
Talked with any academic				
personnel about mental health				
problems affecting performance				
Past year	14%	(0.11, 0.18)	18%	
Supportiveness of response by academic personnel				
Very supportive	53%	(0.40, 0.66)	48%	
Supportive	40%	(0.28, 0.53)	42%	
Not supportive	4%	(-0.01, 0.08)	7%	
Very unsupportive	2%	(-0.02, 0.05)	3%	
Whom would you talk to about mental health problems affecting				
academic performance		(0.00.00)	0.10/	
Professor from one of my classes	30%	(0.26, 0.34)	31%	
Academic advisor	25%	(0.21, 0.29)	26%	
Another faculty member	4%	(0.02, 0.06)	5%	
Teaching assistant	1%	(0.00, 0.01)	2%	X
Student services staff	13%	(0.10, 0.17)	10%	X
Dean of Students or Class Dean	2%	(0.01, 0.04)	5%	X
Other	6%	(0.04, 0.08)	4%	
None of the above	37%	(0.32, 0.41)	33%	
Persistence / Retention				
I am confident that I will finish my	707	(0.70, 2.22)		
degree no matter the challenges	76%	(0.72, 0.80)	77%	

Measure	All Students (%)	95% Confidence Interval	National Sample	Significantly Different from National Sample
ivieasure	(%)	intervai	(%)	Irom National Sample
Ethnicity Subcategories*				
Black				
African	11%	(0.01, 0.22)	20%	
African American	86%	(0.74, 0.97)	66%	X
African Caribbean	20%	(0.07, 0.33)	15%	
Afro-Latina/o/x	11%	(0.01, 0.22)	7%	
Other	3%	(-0.03, 0.08)	6%	
Asian				
East Asian (e.g., Chinese, Japanese, Korean, Taiwanese)	36%	(0.07, 0.66)	53%	
Southeast Asian (e.g., Cambodian,	3070	(0.07, 0.00)	3370	
Vietnamese, Hmong)	27%	(0.00, 0.55)	13%	
South Asian (e.g., Indian, Pakistani,				
Nepalese, Sri Lankan)	27%	(0.00, 0.55)	25%	
Filipina/o/x	45%	(0.15, 0.76)	9%	X
Other	0%	(0.00, 0.00)	2%	
Hispanic				
Mexican/Mexican American	91%	(0.88, 0.94)	54%	
Central American	5%	(0.03, 0.08)	11%	X
South American	3%	(0.01, 0.05)	16%	
Caribbean	2%	(0.00, 0.03)	13%	
Other	4%	(0.02, 0.06)	7%	

^{*}participants can select more than one race/ethnicity; totals may exceed 100%

Note: the confidence intervals are wide for these numbers, because the sample sizes are small