



# Center for Collegiate Mental Health (CCMH)

2016 ANNUAL REPORT



BRINGING SCIENCE AND PRACTICE  
Together.



**PennState**



## Acknowledgements

The 2016 Annual Report was made possible by:

- Collaborative efforts of over 400 university and college counseling centers
- Association for University and College Counseling Center Directors (AUCCCD)
- Titanium Software, Inc.
- The American Foundation for Suicide Prevention (AFSP)
- Penn State University's Student Affairs

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## CCMH: Bringing Science and Practice Together

### INTRODUCTION AND ORIENTATION

During 2015-2016, the membership of CCMH grew to more than 400 institutions making this the largest and most comprehensive report on college students seeking mental health treatment to date. College and university counseling centers make this report possible by participating in a broad range of activities that contribute to both day-to-day clinical practice and the research on college student mental health. CCMH is deeply appreciative of each counseling center's participation and the efforts of our many partners who help to make this report possible each year.

The 2016 Annual Report summarizes data contributed to CCMH during the 2015-2016 academic year, closing on June 30, 2016. De-identified data were contributed by 139 college and university counseling centers, describing 150,483 unique college students seeking mental health treatment (a 50% increase over last year); 3,419 clinicians; and over 1,034,510 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. This report **is not a survey**. The data summarized herein is gathered during routine clinical practice at participating counseling centers, is de-identified, and then contributed to CCMH.
3. The number of clients will vary by question because not all questions are asked at each center and due to variations in the consent process by institution.
4. Counseling centers are required to receive IRB (institutional review board) approval at their institution in order to contribute anonymous, de-identified data.

### 2016 Report Highlights

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

1. Lifetime prevalence rates of "threat-to-self" characteristics (nonsuicidal self-injury and serious suicidal ideation) increased for the sixth year in a row (page 5). This persistent trend, combined with dramatic increases in demand for mental health services documented in last year's report, confirm that counseling centers are evaluating and managing increasing numbers of students who may also represent "threat-to-self."
2. Despite increasing demand marked by risk, lifetime prevalence rates for prior mental health treatment remain stable for the sixth year in a row (page 4). One in two students that sought treatment has had prior counseling, one in three has taken prior medications, and one in ten has been hospitalized. The six-year stability of these trends suggests that students referred for counseling, *do not* have increasing rates of pre-existing mental health concerns.
3. A supplemental survey of CCMH counseling centers found that, on average, counseling centers are providing 28% more "rapid-access" service hours per client and 7.6% fewer "routine" service hours per client over the last six years (page 3). While preliminary in nature, these findings suggest that counseling centers are changing operationally in response to growing demand, characterized by risk, and that this change may be impacting routine treatment capacity, especially when funding is flat. In the context of growing risk-based utilization, this finding highlights the importance of maintaining and growing routine treatment capacity to care for students *after* the initial rapid response has been provided.
4. Anxiety and depression continue to be the most common presenting concerns for college students as identified by counseling center staff (page 9). In addition, students' self-reported distress levels for depression, generalized anxiety, and social anxiety continue to evidence slight but persistent increases each year for the past six years (page 6). Other areas of self-reported distress (academic, eating concerns, hostility, substance abuse, and family distress) have remained relatively flat or decreasing. Thus, anxiety and depression are not only the most common concerns, but students' distress in these areas appears to be growing slowly while other areas of distress are flat or decreasing. These findings highlight the fact that not all aspects of mental health are worsening and that



it will be important to better understand the role of depression and anxiety in college students.

5. Data gathered from counselors at the end of counseling (termination) is reported on for the first time in this year's report (page 11). Key findings include:
  - a. Therapists identified that "client drop-out" played a role in one-third of all terminations, which raises the question of whether students and counselors have different assumptions when scheduling a next appointment. Further, this preliminary no-show rate suggests that the management of client drop-out should receive greater attention during treatment and clinician training.
  - b. Institutional policies (such as session limits or fees) play an important role in determining how treatment ends.
  - c. The majority of clients (at least 64%) were not treated with psychiatric medications during treatment.
  - d. Treatment concerns at termination mirror presenting concerns at the start of treatment.
  - e. The vast majority of treatment concerns were rated as having mild to moderate improvement, on average, at the end of treatment.
6. The most common number of appointments per student is one (1), students average 4.66 counseling appointments, and a minority of students utilize a majority of services (page 7).
7. Trends in students' thoughts or actions related to harming others continue to be infrequent and stable or decreasing (page 5).
8. Over the last six years, students are reporting decreasing rates of distress related to substance/alcohol use and a decreasing frequency of binge drinking (page 5). In contrast, over the last four years, students are reporting slightly increasing rates of marijuana use.

## 2015–2016 Publications

- Bartholomew, T. T., Perez-Rojas, A. E., Lockard, A. J., & Locke, B. D. (in press). "Research doesn't fit in a 50-minute hour": The phenomenology of therapists' involvement in research at a university counseling center. *Counselling Psychology Quarterly*.
- Coduti, W., Hayes, J.A., Locke, B.D., & Youn, S.J. (2016). Mental health and professional help-seeking among college students with disabilities. *Rehabilitation Psychology, 61*, 288-296.
- Hayes, J.A., Lockard, A.J., Janis, R., & Locke, B. D. (2016). Construct validity of the Self-Compassion Scale-Short Form among psychotherapy clients. *Counselling Psychology Quarterly, 29*, 405-422.
- Hayes, J.A., McAleavey, A.A., Castonguay, L.G., & Locke, B.D. (2016). Psychotherapist effects with white and racial/ethnic minority clients: First, the good news. *Journal of Counseling Psychology, 63*, 261-268.
- Kawamoto, A., Youn, S. J., Bartholomew, T. T., Castonguay, L. G., & Locke, B. D. (in press). Inter- and intra-group differences in presenting concerns among international students. *Counselling Psychology Quarterly*.
- Nordberg, S.S., Castonguay, L.G., McAleavey, A.A., Locke, B.D., & Hayes, J.A. (2016). Enhancing feedback for clinical use: Creating and evaluating profiles of clients seeking counseling. *Journal of Counseling Psychology, 63*, 278-293.
- Nordberg, S.S., McAleavey, A.A., Duszak, E., Locke, B.D., Hayes, J.A., & Castonguay, L.G. (in press). The Counseling Center Assessment of Psychological Symptoms Distress Index: A pragmatic exploration of general factors to enhance a multidimensional scale. *Counselling Psychology Quarterly*.
- 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. (in press). Presenting concerns in counseling centers: The view from clinicians on the ground. *Psychological Services*.
- Xiao, H., Carney, D.M., Youn, S.J., Janis, R.A., Castonguay, L.G. Hayes, J.A., & Locke, B.D. (in press). Are we in crisis? National mental health and treatment trends in college counseling centers. *Psychological Services*.



## Impact of Increasing Demand Characterized by Risk

**Overview:** Last year's Annual Report (2015) observed two key national trends over five years of data: (1) the average level of counseling center utilization grew by 30% while the average institutional enrollment grew by only 5%, and (2) this growth in demand includes a persistent increase in "threat-to-self" characteristics such as nonsuicidal self-injury and suicidal ideation (despite no change in the rates of prior mental health treatment).

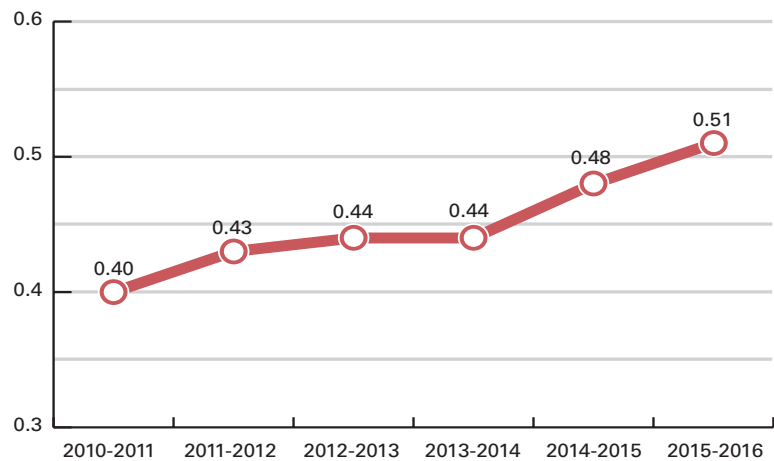
To explore the potential impact of these trends on counseling centers, CCMH conducted a supplemental survey in October 2016 in which CCMH counseling centers were asked to categorize all local individual appointment types into either (a) rapid access or (b) routine. Rapid-access services were defined as services that are typically available within one to five days year-round and include appointments such as crisis, walk-in, on-call, or triage/screening services. Routine services (i.e., all other individual appointments) do not have guaranteed availability across the year and may include intakes, individual counseling, specialized counseling, case management, psychiatry, etc. As part of the survey, CCMH counseling centers provided up to 10 years of data including hours of service, appointments, and clients served. A total of 86 institutions responded with varying years of data. After a careful review of the data, a six-year time span was selected to maximize both center representation and the length of trend period (few institutions contributed data older than six years) resulting in a data set of 81 institutions.

**Analysis:** For each counseling center by year, the number of total scheduled service hours (rapid-access or routine) was divided by the total number of clients served by the center. The resulting annual service ratios per center were then averaged across centers, by year, producing two average annual ratios of service hours per client: (a) rapid-access hours per client and (b) routine hours per client.

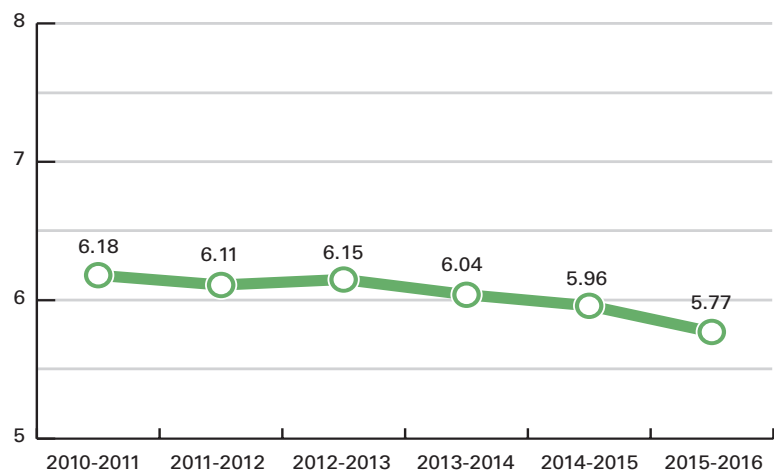
**Results:** As illustrated by the graphs above, rapid-access hours per client has increased 28% over six years, whereas routine hours per client has decreased by 7.6%. (These are trends and do not prove a causal relationship.)

**Discussion:** When these six-year trends are considered alongside the findings from last year's 2015 Annual Report, one possible interpretation is that counseling center operations are successfully responding to the increase in risk-based utilization by reallocating resources in order to rapidly respond, evaluate, and manage the influx of students representing potential risk. This shift, especially in centers with funding models that don't increase with demand, may impact the availability of routine services after the initial contact. Therefore, colleges and universities are encouraged to specifically attend to routine treatment capacity (not just the speed of initial response) as they consider to respond to growing demand for mental health services in higher education.

**Annual Rapid-Access Hours per Client**



**Annual Routine Hours per Client**



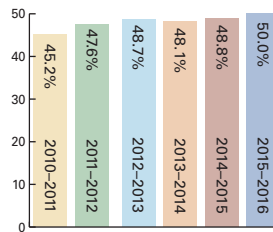
## Mental Health Trends

As of this report, CCMH has generated six annual data sets (2010-2011, 2011-2012, 2012-2013, 2013-2014, 2014-2015, 2015-2016) making it possible to examine trends among college students seeking mental health services. To examine trends across key mental health indicators, the following items 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 Standardized Data Set (SDS) for specifics.

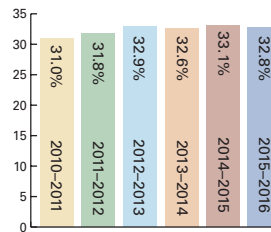
### Data sets

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

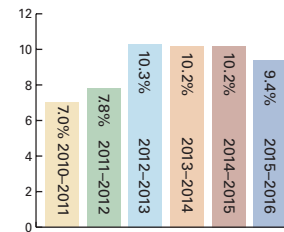
### Attended counseling for mental health concerns



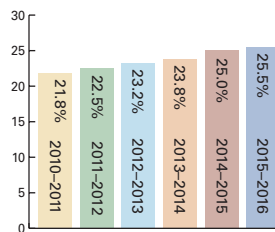
### Taken a medication for mental health concerns



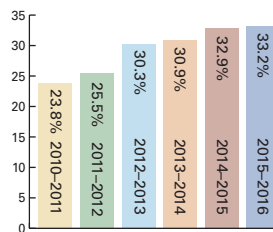
### Been hospitalized for mental health concerns



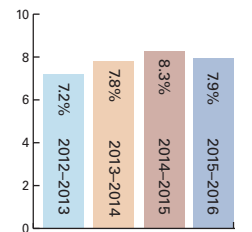
### Purposely injured yourself without suicidal intent (e.g., cutting, hitting, burning, hair pulling, etc.)



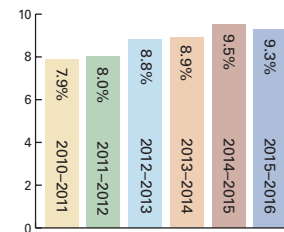
### Seriously considered attempting suicide



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

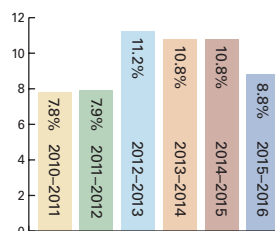


### Made a suicide attempt

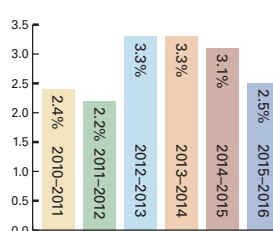


NOTE: New question in 2012

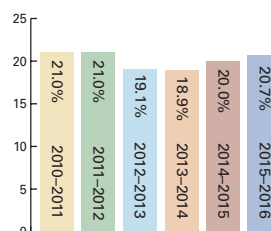
### Considered seriously hurting another person



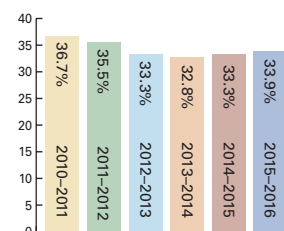
### Intentionally caused serious injury to another person



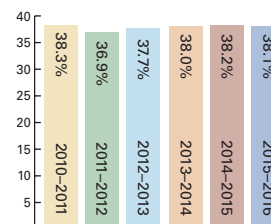
### Had unwanted sexual contact(s) or experience(s)



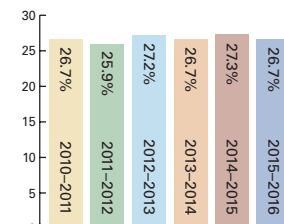
### Experienced harassing, controlling, and/or abusive behavior from another person (e.g., friend, family member, partner, authority figure, etc.)



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

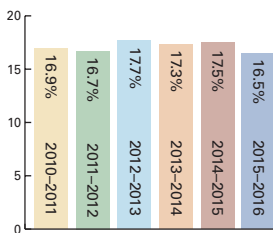


### Felt the need to reduce your alcohol or drug use

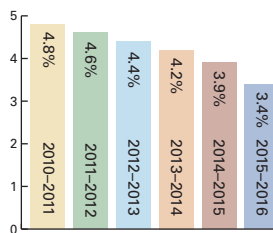




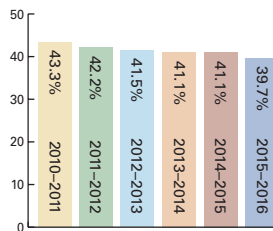
**Others have expressed concern about your alcohol or drug use**



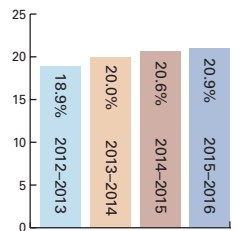
**Received treatment for alcohol or drug use**



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



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



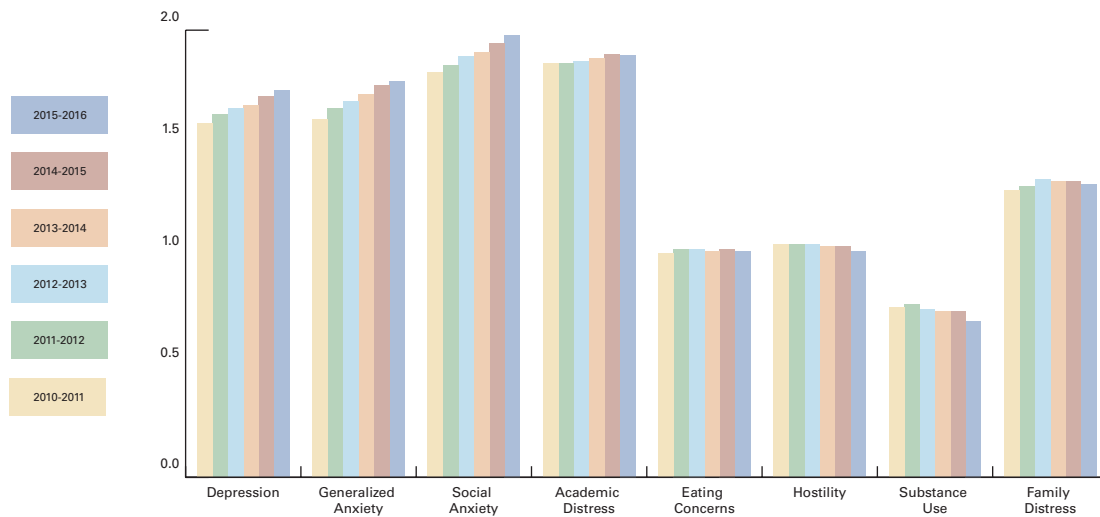
NOTE: New question in 2012



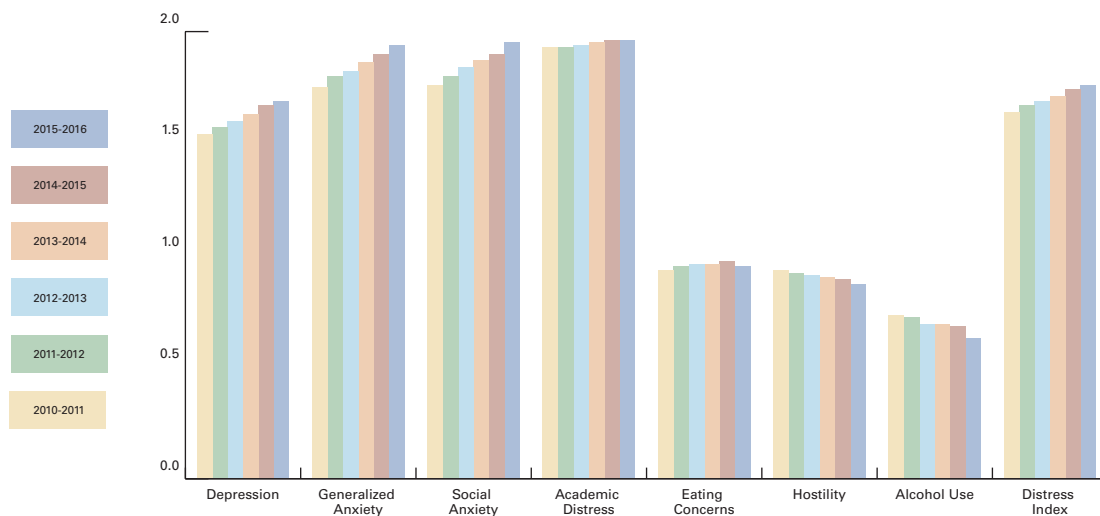
## CCAPS Trends

The Counseling Center Assessment of Psychological Symptoms (CCAPS) is a multidimensional assessment and outcome-monitoring instrument used by CCMH counseling centers. Students respond to the items on a five-point Likert scale from 0 (not at all like me) to 4 (extremely like me). (There are two versions of CCAPS: the 62-item version [long-form] and the 34-item version [short-form] that is used for repeated measurement or brief assessment.) To explore whether student self-reported distress is changing over time, we examined the average raw CCAPS subscale scores over the last six years for both the CCAPS-62 and the CCAPS-34.

**CCAPS-62 Trends: Average Raw Subscale Scores (2010 to 2016)**



**CCAPS-34 Trends: Average Raw Subscale Score (2010 to 2016)**





## Counseling Center Resource Utilization by Students

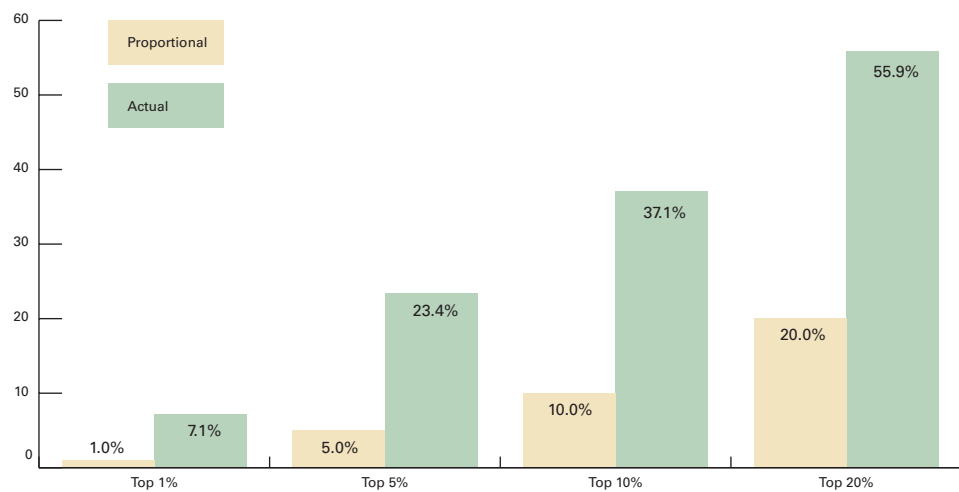
Data from 2015-2016 was analyzed to determine how counseling center resources were distributed among students seeking services. The following points describe how counseling center appointments were utilized by 132,597 students across participating CCMH centers in 2015-2016:

- The most common number of appointments per client/per year is one (1).
- Clients averaged 5.84 appointments with a range of 1-139 appointments.
- Twenty percent of clients accounted for 56% of all appointments.
- Ten percent of clients accounted for 37% of all appointments, averaging 22 appointments.
- Five percent of clients accounted for 23% of all appointments, averaging 27 appointments.
- One percent of clients accounted for 7.1% of all appointments, averaging 41 appointments.
- Ten clients utilized a total of 878 appointments.

These trends are consistent with reporting from prior years. To further illustrate the nature of service utilization by these percentile groups, the chart below contrasts each group's proportional utilization vs. their actual utilization.

As discussed in last year's 2015 Annual Report, students who report a lifetime history of threat-to-self characteristics (nonsuicidal self-injury, suicidal ideation, etc.) use 20-30% more services than those who do not. On the other hand, the most common number of appointments continues to be one (1). These data points highlight the immense diversity of needs (as defined by utilization level) managed by counseling centers.

**Appointment Utilization by Percentage Group: Proportional vs. Actual**





### **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 2015-2016 appointment data for initial clinical evaluations and any individual counseling session:

- A. Total number of attended appointments (initial and individual counseling): 527,778
- B. Total number of clients who attended appointments in A: 113,192
- C. Average number of attended counseling sessions per client (A divided by B): 4.66

This preliminary analysis of actual appointment attendance data across 139 institutions and approximately 528,000 appointments indicates that clients attend slightly less than five sessions of individual counseling on average.

### **Standardized Data Set (SDS)**

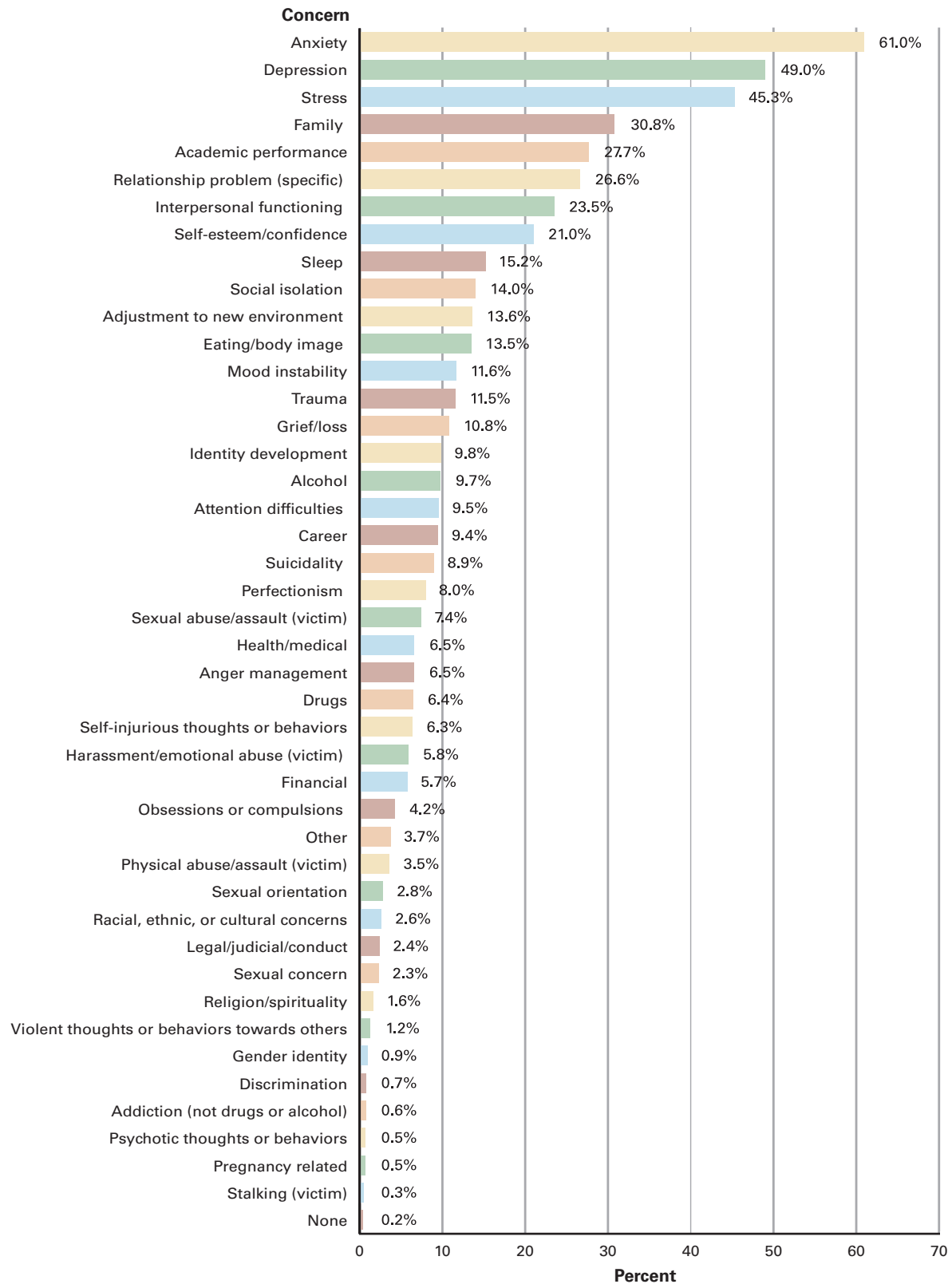
The Standardized Data Set (SDS) is a set of standardized data materials used by counseling centers during routine clinical practice. In this section we provide a closer analysis on the selected forms from the SDS: the Clinician Index of Client Concerns; the Termination Form; and client, provider, center,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

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

The CLICC was designed by CCMH to capture and facilitate reporting on the most common presenting concerns of counseling center clients, as assessed by the clinician, at the point of intake or equivalent appointment. The resulting data enables individual centers and CCMH to quickly and easily report on the most common client concerns in addition to supporting a wide variety of research. The CLICC includes 44 concerns and asks the clinician (a) to check all that apply and (b) to identify the “top concern” of those selected. This dual approach captures the complexity of each client while also highlighting the primary concern of each individual client.

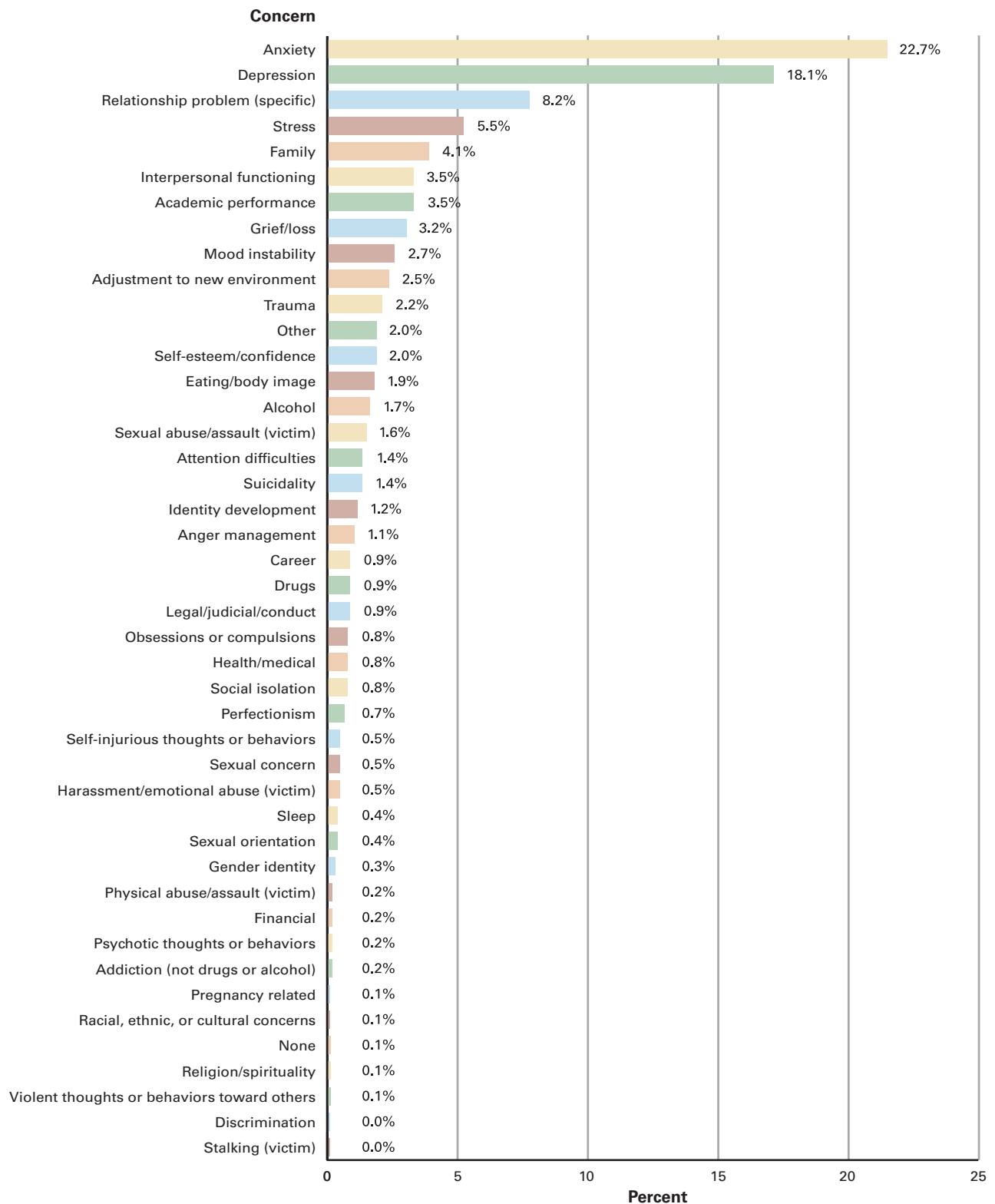
### CLICC – “Check All That Apply”

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 2015-2016 academic year, regardless of how many concerns a student had or what his or her top concern was (N=51,567).



### 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 2015-2016 academic year (N=51,567).

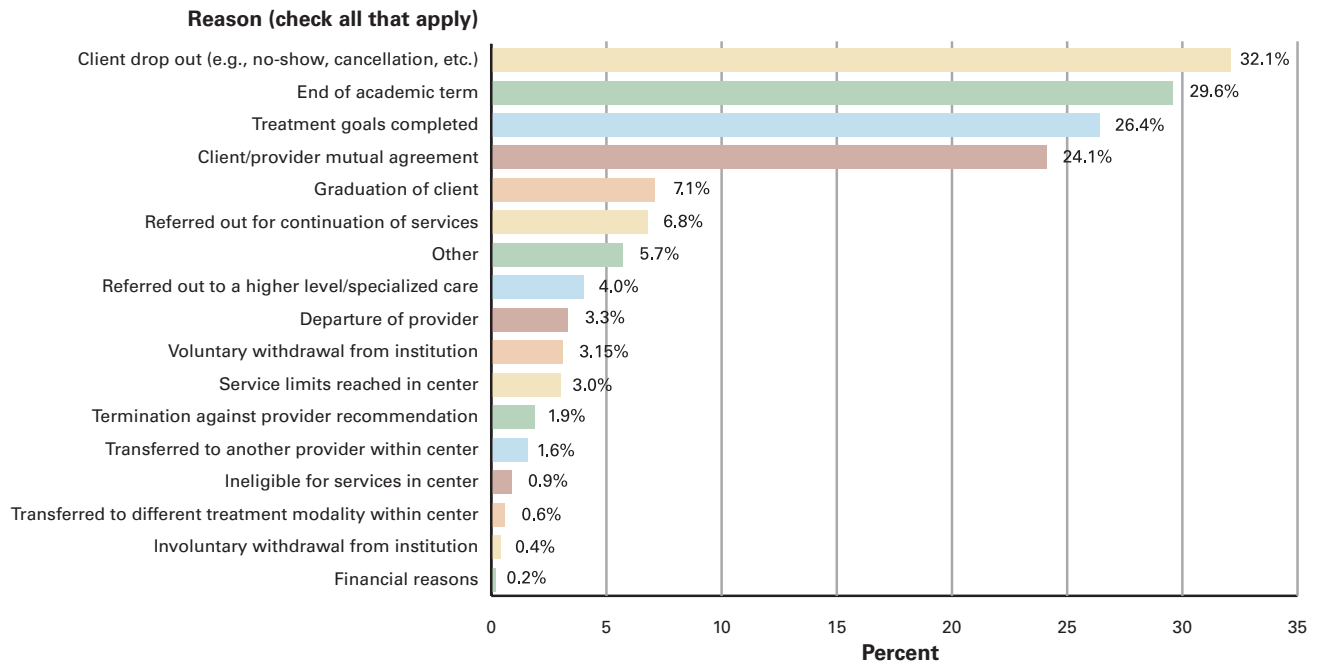




## Termination Form

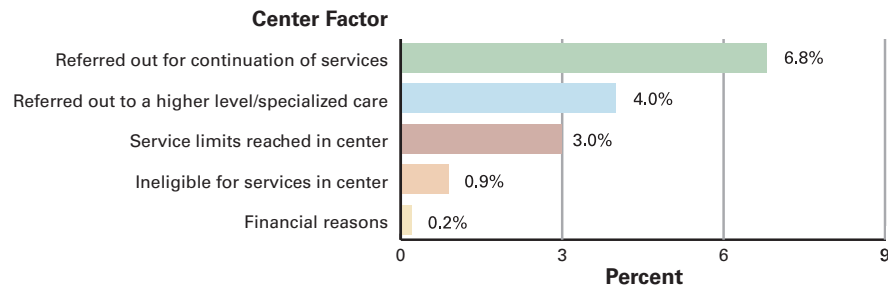
The Termination Form was introduced to CCMH counseling centers beginning July 2015 and is being gradually adopted. Clinicians are asked to complete the Termination Form at the end of individual treatment and instructed to “check all that apply” from a list of termination characteristics. In addition, clinicians are instructed to rate the amount of change that occurred for up to three presenting concerns (drawn from the CLICC categories) on a seven-point scale ranging from 1 (significant deterioration) to 7 (significant improvement). The graph below illustrates the frequency of available termination characteristics for students who received individual treatment during the 2015-2016 academic year (N=10,469).

### Reasons for Termination



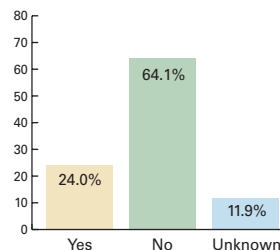
### Role of Center Factors in Termination

The chart below focuses on a sub-set of termination characteristics that are determined by institution-specific variables such as treatment capacity, community referral policies, session limits, and operational definitions of eligibility for services. When considered together, these characteristics highlight the impact of institutional policies and procedures on the treatment provided to students.



### Medications During Treatment

Clinicians are asked: “Did your client take a prescribed psychotropic medication during treatment?” The graph to the right describes whether clinicians indicated client medication use during individual treatment.



### Change in Client Distress

Clinicians rate client change in client concerns on a seven-point scale ranging from 1 (significant deterioration) to 7 (significant improvement). The table below describes the average improvement for 10,469 clients receiving individual treatment. Areas of distress are ordered by the most frequently selected concern.



Rank	CLICC Item	Average Improvement	<i>n</i>	% of <i>n</i>
1	Anxiety	5.2	4,345	19.6
2	Depression	5.2	3,587	16.2
3	Relationship problem (specific)	5.3	1,598	7.2
4	Stress	5.2	1,515	6.8
5	Interpersonal functioning	5.2	1,394	6.3
6	Family	5.0	1,191	5.4
7	Academic performance	4.8	985	4.5
8	Self-esteem/confidence	5.4	730	3.3
9	Grief/loss	5.3	504	2.3
10	Alcohol	4.9	481	2.2
11	Mood instability	5.0	472	2.1
12	Eating/body image	4.9	454	2.1
13	Adjustment to new environment	5.5	412	1.9
14	Trauma	5.0	394	1.8
15	Suicidality	5.4	354	1.6
16	Career	5.4	300	1.4
17	Identity development	5.5	284	1.3
18	Perfectionism	5.3	273	1.2
19	Attention difficulties	5.0	266	1.2
20	Sexual abuse/assault (victim)	5.0	259	1.2
21	Anger management	5.1	257	1.2
22	Social isolation	5.2	250	1.1
23	Drugs	4.8	234	1.1
24	Other	4.4	201	0.9
25	Obsessions or compulsions	5.0	164	0.7
26	Health/medical	4.7	164	0.7
27	Sleep	5.0	152	0.7
28	Legal/judicial/conduct	5.3	141	0.6
30	Self-injurious thoughts or behavior	5.1	94	0.4
31	Racial, ethnic, or cultural concern	5.2	91	0.4
32	Sexual orientation	5.4	77	0.4
33	Harassment/emotional abuse (victim)	5.2	69	0.3
34	Sexual concern	5.3	61	0.3
35	Financial	4.5	50	0.2
36	Physical abuse/assault (victim)	4.6	49	0.2
37	Gender identity	5.3	47	0.2
38	Psychotic thoughts or behaviors	4.5	34	0.2
39	Addiction (not drugs or alcohol)	5.2	22	0.1
40	Religion/spirituality	5.3	20	0.1
41	Discrimination	5.5	13	0.1
42	Pregnancy related	4.7	12	0.1
43	Violent thoughts or behaviors toward others	5.3	10	0.1
44	Stalking (victim)	5.4	8	0.0



### Client Demographic Information

The SDS contains a number of “core” or required items and a larger number of optional items that are typically asked of students seeking services. Because centers can ask different questions, the total number of responses varies by question.

#### What is your gender identity?

	<i>n</i>	Percentage
Woman	70,078	63.2
Man	39,183	35.3
Transgender	537	0.5
Self-Identify	1,166	1.1

This question is from the Standardized Data Set Question #88

#### What was your sex at birth?

	Overall (%) <i>n</i> =17,050	Male (%) <i>n</i> =6,105	Female (%) <i>n</i> =10,656	Transgender (%) <i>n</i> =75	Self-Identify (%) <i>n</i> =214
Female	63.6	0.3	99.7	66.7	70.1
Male	36.4	99.7	0.2	32.0	29.9
Intersex	0.0	0.0	0.0	1.3	0.0

This question is from the Standardized Data Set Question #90

#### Do you consider yourself to be:

	Overall (%) <i>n</i> =102,192	Male (%) <i>n</i> =35,923	Female (%) <i>n</i> =64,628	Transgender (%) <i>n</i> =511	Self-Identify (%) <i>n</i> =1,130
Heterosexual/ Straight	82.5	85.4	82.9	13.9	6.0
Lesbian	1.6	0.1	2.4	7.0	6.5
Gay	2.8	7.4	0.2	6.5	6.7
Bisexual	7.1	3.8	8.5	23.7	21.5
Questioning	2.5	1.8	2.8	8.6	7.3
Self-Identify	3.4	1.6	3.3	40.3	51.9

This question is from the Standardized Data Set Question #91

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

	Overall (%) <i>n</i> =13,669	Male (%) <i>n</i> =4,878	Female (%) <i>n</i> =8,600	Transgender (%) <i>n</i> =55	Self-Identify (%) <i>n</i> =136
Only with men	46.5	5.7	70.4	10.9	17.6
Mostly with men	9.0	3.1	12.3	9.1	12.5
About the same number of men and women	1.9	1.1	2.1	12.7	13.2
Mostly with women	2.2	3.8	1.0	20.0	9.6
Only with women	26.7	71.8	1.3	23.6	18.4
I have not had sexual experiences	13.7	14.5	13.0	23.6	28.7

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=15,350	Male (%) n=5,550	Female (%) n=9,602	Transgender (%) n=58	Self-Identify (%) n=140
Only attracted to women	30.3	80.2	1.7	20.7	17.1
Mostly attracted to women	4.7	8.1	2.4	25.9	19.3
Equally attracted to women and men	4.3	1.6	5.4	19.0	23.6
Mostly attracted to men	12.8	3.4	18.2	19.0	14.3
Only attracted to men	45.7	5.4	69.8	8.6	6.4
Not sure	1.6	1.0	1.8	5.2	10.0
I do not experience sexual attraction	0.6	0.3	0.7	1.7	9.3

This question is from the Standardized Data Set Question #94

**What is your race/ethnicity?**

	Overall (%) n=105,928	Male (%) n=37,409	Female (%) n=66,870	Transgender (%) n=520	Self-Identify (%) n=1,129
African-American/Black	9.2	7.8	10.1	5.8	5.7
American Indian or Alaskan Native	0.5	0.4	0.5	1.0	0.4
Asian American/Asian	7.1	7.3	7.1	5.4	4.9
Hispanic/Latino/a	8.4	7.9	8.8	8.1	5.9
Native Hawaiian or Pacific Islander	0.2	0.2	0.2	0.2	0.2
Multiracial	4.8	4.4	5.0	8.3	7.7
White	68.0	69.9	66.9	69.6	70.3
Self-Identify	1.7	2.1	1.4	1.7	5.0

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
Afghanistan	93	Cuba	138	Israel	51	Norway	27	Taiwan	128
Aland Islands	19	Czech Republic	14	Italy	87	Oman	14	Tanzania, United Republic of	13
Albania	41	Denmark	12	Jamaica	202	Pakistan	211	Thailand	48
Angola	30	Dominican Republic	149	Japan	137	Palestinian Territory	44	Togo	10
Argentina	74	Ecuador	134	Jordan	25	Panama	57	Trinidad and Tobago	80
Armenia	14	Egypt	98	Kazakhstan	15	Paraguay	20	Turkey	149
Australia	81	El Salvador	58	Kenya	53	Peru	210	Uganda	14
Bahamas	39	Eritrea	13	Korea, Democratic People's Republic of	51	Philippines	248	Ukraine	66
Bangladesh	146	Ethiopia	53	Korea, Republic of	462	Poland	79	United Arab Emirates	27
Barbados	12	Finland	17	Kuwait	36	Portugal	15	United Kingdom	304
Belarus	14	France	80	Latvia	12	Puerto Rico	327	United States	95,775
Bermuda	13	Georgia	13	Lebanon	51	Romania	48	United States Minor Outlying Islands	173
Bolivia	49	Germany	183	Liberia	26	Russian Federation	197	Uruguay	14
Bosnia and Herzegovina	32	Ghana	68	Lithuania	14	Rwanda	12	Uzbekistan	22
Brazil	361	Greece	27	Malaysia	70	Saudi Arabia	231	Venezuela	227
Bulgaria	33	Guam	11	Mexico	515	Senegal	12	Vietnam	169
Cambodia	10	Guatemala	63	Moldova, Republic of	11	Serbia	24	Virgin Islands, U.S.	19
Cameroon	22	Guinea	10	Mongolia	17	Sierra Leone	21	Zambia	10
Canada	405	Guyana	42	Morocco	26	Singapore	33	Zimbabwe	24
Cape Verde	11	Haiti	171	Myanmar	21	Slovakia	10		
Cayman Islands	13	Honduras	62	Nepal	87	Somalia	15		
Chile	58	Hong Kong	59	Netherlands	33	South Africa	69		
China	1,564	Hungary	11	Netherlands Antilles	10	Spain	69		
Colombia	412	India	1,113	New Zealand	17	Sri Lanka	43		
Congo, The Democratic Republic of the	16	Indonesia	54	Nicaragua	29	Sudan	34		
Costa Rica	50	Iran, Islamic Republic of	245	Nigeria	162	Sweden	33		
Croatia	12	Iraq	49			Switzerland	18		
		Ireland	55			Syrian Arab Republic	27		

**Countries with less than 10 individuals:**

Algeria	Djibouti	Macao	Saint Kitts and Nevis
American Samoa	Dominica	Macedonia, The Former Yugoslav Republic of	Saint Lucia
Andorra	Equatorial Guinea	Madagascar	Samoa
Antigua and Barbuda	Estonia	Malawi	Slovenia
Aruba	Fiji	Mali	Suriname
Austria	French Polynesia	Malta	Swaziland
Azerbaijan	French Southern Territories	Mauritius	Tajikistan
Bahrain	Gabon	Micronesia, Federated States of	Tonga
Belgium	Gambia	Monaco	Tunisia
Belize	Grenada	Montenegro	Turkmenistan
Benin	Holy See (Vatican City State)	Mozambique	Turks and Caicos Islands
Bhutan	Iceland	Namibia	Virgin Islands, British
Brunei Darussalam	Kyrgyzstan	Niger	Wallis and Futuna
Burkina Faso	Lao People's Democratic Republic	Northern Mariana Islands	Yemen
Burundi	Lesotho	Papua New Guinea	
Congo	Libyan Arab Jamahiriya	Qatar	
Cote d'Ivoire	Luxembourg	Saint Vincent and the Grenadines	
Cyprus			

This question is from the Standardized Data Set Question #31



**Are you an international student?**

	Overall (%) n=104,874	Male (%) n=36,922	Female (%) n=66,347	Transgender (%) n=495	Self-Identify (%) n=1,110
Yes	5.4	6.4	5.0	2.2	1.3
No	94.6	93.6	95.0	97.8	98.7

This question is from the Standardized Data Set Question #32

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

	Overall (%) n=94,066	Male (%) n=32,789	Female (%) n=59,774	Transgender (%) n=486	Self-Identify (%) n=1,017
Yes	22.5	20.8	23.4	22.8	22.1
No	77.5	79.2	76.6	77.2	77.9

This question is from the Standardized Data Set Question #56

**Current academic status**

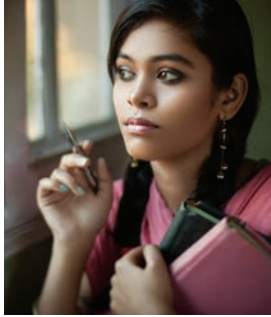
	Overall (%) n=106,292	Male (%) n=37,491	Female (%) n=67,176	Transgender (%) n=510	Self-Identify (%) n=1,115
Freshmen/first-year	20.8	20.0	21.1	25.5	25.7
Sophomore	20.3	20.0	20.6	19.2	19.0
Junior	22.6	23.0	22.3	24.5	21.5
Senior	21.4	22.1	21.0	19.8	20.7
Graduate/professional degree student	13.5	13.2	13.8	9.4	10.0
Non-student	0.2	0.3	0.1	0.2	0.2
High school student taking college classes	0.0	0.0	0.0	0.0	0.0
Non-degree student	0.3	0.3	0.3	0.0	0.3
Faculty or staff	0.1	0.1	0.1	0.0	0.0
Other	0.9	1.0	0.8	1.4	2.5

This question is from the Standardized Data Set Question #37

**Graduate or professional degree program**

	Overall (%) n=34,111	Male (%) n=12,446	Female (%) n=21,185	Transgender (%) n=145	Self-Identify (%) n=235
Post-baccalaureate	11.2	11.5	11.1	9.0	5.1
Masters	14.5	12.6	15.6	13.1	17.0
Doctoral degree	7.3	8.1	6.8	6.9	5.1
Law	1.9	2.0	1.8	0.0	0.6
Medical	2.1	1.8	2.2	0.7	0.3
Pharmacy	0.5	0.4	0.5	0.0	0.6
Dental	0.2	0.2	0.3	0.0	0.0
Veterinary medicine	0.7	0.3	1.0	0.0	0.0
Not applicable	56.2	57.8	55.0	66.2	66.0
Other	5.5	5.3	5.6	4.1	5.4

This question is from the Standardized Data Set Question #39



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

	Overall (%) n=11,308	Male (%) n=4,000	Female (%) n=7,189	Transgender (%) n=33	Self-Identify (%) n=86
1	40.1	38.6	40.9	45.5	44.2
2	27.3	25.6	28.2	24.2	33.7
3	14.9	16.0	14.4	9.1	10.5
4	11.3	12.4	10.7	21.2	7.0
5+	6.4	7.4	5.9	0.0	4.7

This question is from the Standardized Data Set Question #41

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

	Overall (%) n=98,280	Male (%) n=34,432	Female (%) n=62,327	Transgender (%) n=479	Self-Identify (%) n=1,042
Yes	19.9	21.5	19.0	24.4	19.6
No	80.1	78.5	81.0	75.6	80.4

This question is from the Standardized Data Set Question #46

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

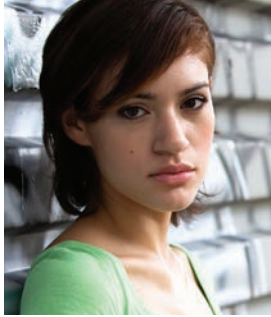
	Overall (%) n=88,626	Male (%) n=30,792	Female (%) n=56,459	Transgender (%) n=442	Self-Identify (%) n=933
On-campus residence hall/apartment	37.5	35.1	38.6	44.1	43.5
On/off campus fraternity/sorority house	1.8	2.1	1.6	0.5	0.1
On/off campus co-operative housing	0.9	0.9	0.8	0.7	1.2
Off-campus apartment/house	58.7	60.7	57.8	54.3	53.4
Other	1.2	1.2	1.2	0.5	1.8

This question is from the Standardized Data Set Question #42

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

	Overall (%) n=91,717	Male (%) n=31,505	Female (%) n=58,665	Transgender (%) n=486	Self-Identify (%) n=1,061
Alone	12.6 (n=10,631)	13.8 (n=4,014)	11.9 (n=6,431)	15.2 (n=65)	13.2 (n=121)
Spouse, partner, or significant other	9.5 (n=8,028)	8.6 (n=2,512)	9.9 (n=5,356)	12.6 (n=54)	11.6 (n=106)
Roommate(s)	69.1 (n=58,338)	68.9 (n=20,114)	69.4 (n=37,344)	63.9 (n=273)	66.3 (n=607)
Children	2.3 (n=1,949)	1.7 (n=510)	2.6 (n=1,419)	2.3 (n=10)	1.1 (n=10)
Parent(s) or guardian(s)	9.5 (n=8,005)	9.3 (n=2,729)	9.5 (n=5,099)	11.9 (n=51)	13.8 (n=126)
Family (other)	4.4 (n=3,714)	4.4 (n=1,270)	4.4 (n=2,361)	5.6 (n=24)	6.4 (n=59)
Other	1.2 (n=1,052)	1.2 (n=356)	1.2 (n=655)	2.1 (n=9)	3.5 (n=32)

This question is from the Standardized Data Set Question #44



### Relationship status

	Overall (%) n=106,820	Male (%) n=37,593	Female (%) n=67,566	Transgender (%) n=526	Self-Identify (%) n=1,135
Single	61.4	66.7	58.5	59.9	59.6
Serious dating or committed relationship	33.6	28.2	36.5	37.1	37.2
Civil union, domestic partnership, or equivalent	0.4	0.3	0.4	0.6	0.4
Married	3.7	3.9	3.6	1.3	1.9
Divorced	0.5	0.4	0.5	0.6	0.2
Separated	0.4	0.5	0.4	0.6	0.6
Widowed	0.0	0.0	0.1	0.0	0.1

This question is from the Standardized Data Set Question #33

## Mental Health History Items

### Attended counseling for mental health concerns

	Overall (%) n=101,875	Male (%) n=35,727	Female (%) n=64,543	Transgender (%) n=505	Self-Identify (%) n=1,100
Never	50.0	55.3	47.6	26.9	27.0
Prior to college	20.2	17.6	21.6	26.9	25.7
After starting college	16.7	16.1	16.9	19.0	21.9
Both	13.1	11.0	13.9	27.1	25.4

This question is from the Standardized Data Set Question #1

### Taken a prescribed medication for mental health concerns

	Overall (%) n=100,305	Male (%) n=35,154	Female (%) n=63,581	Transgender (%) n=489	Self-Identify (%) n=1,081
Never	66.9	69.3	66.1	44.6	49.4
Prior to college	8.9	8.8	8.9	15.1	12.3
After starting college	12.9	12.3	13.0	18.4	18.0
Both	11.3	9.6	11.9	21.9	20.3

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=104,761	Male (%) n=36,668	Female (%) n=66,435	Transgender (%) n=519	Self-Identify (%) n=1,139
Never	90.4	90.5	90.5	80.3	82.4
1 time	6.4	6.3	6.3	12.9	11.9
2-3 times	2.5	2.4	2.5	4.6	4.2
4-5 times	0.4	0.4	0.4	1.3	0.6
More than 5 times	0.3	0.3	0.3	0.8	0.9

This question is from the Standardized Data Set Question #64





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

	Overall (%) n=9,619	Male (%) n=3,314	Female (%) n=6,013	Transgender (%) n=96	Self-Identify (%) n=196
Never	0.6	0.7	0.5	0.0	1.0
Within the last 2 weeks	9.5	10.3	9.2	4.2	6.6
Within the last month	4.8	5.0	4.7	2.1	2.6
Within the last year	20.9	22.0	20.1	22.9	22.4
Within the last 1-5 years	42.3	38.6	44.0	54.2	46.9
More than 5 years ago	22.0	23.4	21.3	16.7	20.4

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=104,494	Male (%) n=36,504	Female (%) n=66,347	Transgender (%) n=508	Self-Identify (%) n=1,135
Never	74.2	82.9	70.3	39.2	38.8
1 time	5.6	5.0	5.9	10.0	5.2
2-3 times	7.0	5.5	7.7	11.0	12.1
4-5 times	2.6	1.6	3.1	5.1	5.1
More than 5 times	10.7	5.1	13.1	34.6	38.9

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=24,700	Male (%) n=5,649	Female (%) n=18,110	Transgender (%) n=291	Self-Identify (%) n=650
Never	0.5	0.7	0.5	0.0	0.3
Within the last 2 weeks	13.7	15.8	13.1	12.4	15.7
Within the last month	8.4	9.6	7.9	10.0	12.8
Within the last year	20.7	20.1	20.7	27.8	23.7
Within the last 1-5 years	34.4	32.4	35.1	32.0	34.0
More than 5 years ago	22.2	21.4	22.8	17.9	13.5

This question is from the Standardized Data Set Question #73

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

	Overall (%) n=105,301	Male (%) n=3,6815	Female (%) n=66,820	Transgender (%) n=523	Self-Identify (%) n=1,143
Never	66.5	68.7	66.2	30.4	31.1
1 time	12.0	11.4	12.3	14.3	15.2
2-3 times	12.2	11.0	12.5	25.6	23.6
4-5 times	2.6	2.3	2.6	6.9	7.1
More than 5 times	6.7	6.6	6.4	22.8	23.0

This question is from the Standardized Data Set Question #74



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

	Overall (%) n=31,488	Male (%) n=10,165	Female (%) n=20,265	Transgender (%) n=334	Self-Identify (%) n=724
Never	0.7	1.0	0.6	0.0	0.6
Within the last 2 weeks	15.5	17.9	14.1	19.2	17.3
Within the last month	10.1	11.1	9.7	9.0	9.1
Within the last year	21.4	20.9	21.4	26.3	24.6
Within the last 1-5 years	35.1	32.6	36.4	32.9	35.9
More than 5 years ago	17.2	16.5	17.8	12.6	12.6

This question is from the Standardized Data Set Question #75

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

	Overall (%) n=104,387	Male (%) n=36,492	Female (%) n=6,6257	Transgender (%) n=508	Self-Identify (%) n=1,130
Never	90.5	92.2	89.9	72.0	72.9
1 time	6.3	5.2	6.7	15.0	14.8
2-3 times	2.5	2.0	2.7	8.3	8.8
4-5 times	0.3	0.3	0.3	2.4	1.3
More than 5 times	0.3	0.3	0.3	2.4	2.2

This question is from the Standardized Data Set Question #76

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

	Overall (%) n=9,273	Male (%) n=2,629	Female (%) n=6,217	Transgender (%) n=137	Self-Identify (%) n=290
Never	0.4	0.4	0.4	0.0	0.0
Within the last 2 weeks	5.5	7.0	4.9	3.6	3.4
Within the last month	3.0	3.4	2.9	1.5	1.0
Within the last year	14.8	14.8	14.7	16.8	15.9
Within the last 1-5 years	44.4	42.5	44.9	52.6	46.9
More than 5 years ago	31.9	31.9	32.1	25.5	32.8

This question is from the Standardized Data Set Question #77

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

	Overall (%) n=103,959	Male (%) n=36,327	Female (%) n=66,001	Transgender (%) n=503	Self-Identify (%) n=1,128
Never	91.0	87.9	93.0	83.3	81.5
1 time	2.9	3.7	2.4	6.4	3.5
2-3 times	3.2	4.5	2.5	5.2	6.2
4-5 times	0.6	0.8	0.4	0.4	1.1
More than 5 times	2.3	3.2	1.6	4.8	7.7

This question is from the Standardized Data Set Question #78



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

	Overall (%) n=8,125	Male (%) n=3,872	Female (%) n=3,987	Transgender (%) n=77	Self-Identify (%) n=189
Never	1.8	1.8	1.9	2.6	0.5
Within the last 2 weeks	18.2	17.5	18.9	14.3	19.0
Within the last month	12.1	12.1	12.3	3.9	10.1
Within the last year	23.4	22.9	23.7	26.0	27.0
Within the last 1-5 years	29.8	30.6	29.0	31.2	29.1
More than 5 years ago	14.7	15.1	14.2	22.1	14.3

This question is from the Standardized Data Set Question #79

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

	Overall (%) n=103,590	Male (%) n=36,226	Female (%) n=65,736	Transgender (%) n=503	Self-Identify (%) n=1,125
Never	97.4	96.2	98.1	97.4	95.6
1 time	1.3	1.8	1.0	1.4	1.7
2-3 times	0.8	1.2	0.6	0.8	1.8
4-5 times	0.1	0.2	0.1	0.2	0.2
More than 5 times	0.3	0.6	0.2	0.2	0.7

This question is from the Standardized Data Set Question #80

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

	Overall (%) n=2,248	Male (%) n=1,166	Female (%) n=1,028	Transgender (%) n=12	Self-Identify (%) n=42
Never	2.1	2.0	2.3	8.3	0.0
Within the last 2 weeks	6.4	3.7	9.5	0.0	4.8
Within the last month	4.7	4.0	5.4	8.3	4.8
Within the last year	17.3	14.8	20.4	0.0	19.0
Within the last 1-5 years	32.3	33.1	31.3	16.7	38.1
More than 5 years ago	37.2	42.5	31.0	66.7	33.3

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=104,232	Male (%) n=36,408	Female (%) n=66,184	Transgender (%) n=511	Self-Identify (%) n=1,129
Never	79.0	92.5	72.0	72.0	59.2
1 time	11.6	4.9	15.3	12.9	13.3
2-3 times	6.0	1.6	8.3	9.4	15.4
4-5 times	0.9	0.2	1.3	1.2	3.9
More than 5 times	2.4	0.8	3.2	4.5	8.2

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=19,359	Male (%) n=2,385	Female (%) n=16,422	Transgender (%) n=132	Self-Identify (%) n=420
Never	0.4	0.8	0.3	0.0	0.0
Within the last 2 weeks	3.8	3.1	3.9	3.0	0.2
Within the last month	3.6	3.4	3.6	3.0	3.6
Within the last year	20.9	19.0	21.1	24.2	21.0
Within the last 1-5 years	40.3	32.3	41.4	36.4	45.5
More than 5 years ago	31.1	41.3	29.6	33.3	29.8

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=104,937	Male (%) n=36,663	Female (%) n=66,625	Transgender (%) n=515	Self-Identify (%) n=1,134
Never	65.9	75.6	61.2	43.3	37.5
1 time	7.3	4.5	8.7	7.6	8.0
2-3 times	7.5	5.5	8.5	12.0	10.8
4-5 times	2.1	1.4	2.4	3.3	4.7
More than 5 times	17.2	12.9	19.1	33.8	39.0

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)**

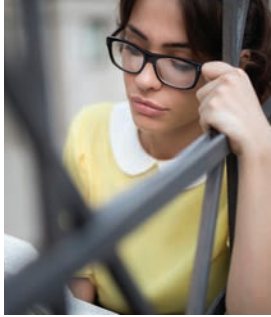
	Overall (%) n=30,964	Male (%) n=7,653	Female (%) n=22,406	Transgender (%) n=263	Self-Identify (%) n=642
Never	0.6	1.0	0.5	0.4	0.2
Within the last 2 weeks	10.5	10.5	10.5	7.2	9.8
Within the last month	7.9	8.0	7.8	13.3	8.9
Within the last year	21.5	19.8	21.9	25.5	24.5
Within the last 1-5 years	37.5	32.0	39.3	35.0	39.6
More than 5 years ago	22.1	28.7	20.1	18.6	17.1

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=102,129	Male (%) n=35,827	Female (%) n=64,696	Transgender (%) n=499	Self-Identify (%) n=1,107
Never	61.7	67.7	58.7	57.7	45.2
1 time	16.6	14.0	18.1	14.0	16.1
2-3 times	12.8	10.8	13.8	14.4	17.5
4-5 times	2.3	2.0	2.4	3.2	5.7
More than 5 times	6.6	5.6	7.0	10.6	15.5

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=34,234	Male (%) n=10,022	Female (%) n=23,471	Transgender (%) n=189	Self-Identify (%) n=552
Never	0.6	0.9	0.5	0.5	0.4
Within the last 2 weeks	11.3	13.1	10.7	6.9	6.7
Within the last month	7.2	8.2	6.9	3.2	5.6
Within the last year	22.0	21.4	22.2	27.0	25.4
Within the last 1-5 years	35.3	32.4	36.4	34.4	37.5
More than 5 years ago	23.6	24.2	23.3	28.0	24.5

This question is from the Standardized Data Set Question #87

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

	Overall (%) n=30,558	Male (%) n=8,084	Female (%) n=21,561	Transgender (%) n=255	Self-Identify (%) n=658
Childhood physical abuse	20.4 (n=3,139)	22.0 (n=897)	19.4 (n=2,129)	31.7 (n=32)	32.0 (n=81)
Childhood sexual abuse	17.4 (n=2,678)	11.5 (n=470)	19.3 (n=2,115)	25.7 (n=26)	26.5 (n=67)
Childhood emotional abuse	45.9 (n=7,074)	45.1 (n=1,840)	45.8 (n=5,025)	59.4 (n=60)	58.9 (n=149)
Physical attack (e.g., mugged, beaten up, shot, stabbed, threatened with a weapon)	16.3 (n=2,514)	25.7 (n=1,049)	12.7 (n=1,393)	27.7 (n=28)	17.4 (n=44)
Sexual violence (rape or attempted rape, sexually assaulted, stalked, abused by intimate partner, etc.)	33.7 (n=5,198)	10.7 (n=435)	41.8 (n=4,587)	38.6 (n=39)	54.2 (n=137)
Military combat or war zone experience	1.4 (n=216)	3.8 (n=156)	0.5 (n=54)	1.0 (n<10)	2.0 (n<10)
Kidnapped or taken hostage	1.1 (n=176)	1.3 (n=53)	1.1 (n=121)	2.0 (n<10)	0.0 (n=0)
Serious accident, fire, or explosion (e.g., an industrial, farm, car, plane, or boating accident)	13.6 (n=2,092)	17.2 (n=703)	12.2 (n=1,343)	13.9 (n=14)	12.6 (n=32)
Terrorist attack	0.9 (n=132)	1.4 (n=59)	0.6 (n=67)	2.0 (n<10)	1.6 (n<10)
Near drowning	8.7 (n=1,345)	12.1 (n=496)	7.3 (n=797)	15.8 (n=16)	14.2 (n=36)
Diagnosed with life threatening illness	4.1 (n=638)	5.5 (n=224)	3.6 (n=394)	5.0 (n<10)	5.9 (n=15)
Natural disaster (e.g., flood, quake, hurricane, etc.)	4.5 (n=697)	5.4 (n=222)	4.1 (n=454)	6.9 (n<10)	5.5 (n=14)
Imprisonment or torture	1.2 (n=186)	2.8 (n=113)	0.6 (n=66)	2.0 (n<10)	2.0 (n<10)
Animal attack	3.4 (n=521)	4.8 (n=196)	4.1 (n=454)	5.0 (n<10)	4.3 (n=11)
Other (please specify)	25.7 (n=3,952)	28.7 (n=1,171)	4.1 (n=454)	15.8 (n=16)	22.9 (n=58)

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=102,671	Male (%) n=36,003	Female (%) n=65,059	Transgender (%) n=492	Self-Identify (%) n=1,117
Never	72.4	65.8	76.1	77.0	72.0
1 time	10.1	11.4	9.5	6.7	9.1
2-3 times	10.6	12.7	9.4	8.5	9.7
4-5 times	1.8	2.3	1.6	1.6	2.2
More than 5 times	5.1	7.8	3.5	6.1	7.0

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=24,994	Male (%) n=10,813	Female (%) n=13,796	Transgender (%) n=102	Self-Identify (%) n=283
Never	0.9	0.8	0.9	2.0	0.7
Within the last 2 weeks	28.8	31.9	26.5	24.5	20.1
Within the last month	18.8	19.1	18.6	10.8	20.8
Within the last year	30.5	29.0	31.6	29.4	30.7
Within the last 1-5 years	17.8	16.1	18.9	26.5	24.7
More than 5 years ago	3.3	3.0	3.5	6.9	2.8

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=101,754	Male (%) n=35,681	Female (%) n=64,493	Transgender (%) n=484	Self-Identify (%) n=1,096
Never	83.0	77.8	85.9	83.7	81.3
1 time	7.1	8.4	6.4	6.0	7.4
2-3 times	6.1	8.0	5.0	6.4	6.3
4-5 times	1.2	1.6	0.9	1.4	1.3
More than 5 times	2.6	4.2	1.7	2.5	3.7

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=15,200	Male (%) n=6,871	Female (%) n= 8,062	Transgender (%) n=75	Self-Identify (%) n=192
Never	1.5	1.4	1.6	2.7	2.1
Within the last 2 weeks	22.2	23.9	20.9	14.7	20.8
Within the last month	16.9	17.1	16.8	13.3	13.0
Within the last year	32.5	31.9	33.0	34.7	32.3
Within the last 1-5 years	22.3	21.3	23.0	28.0	29.7
More than 5 years ago	4.5	4.4	4.7	6.7	2.1

This question is from the Standardized Data Set Question #69



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

	Overall (%) n=102,987	Male (%) n=35,970	Female (%) n=65,395	Transgender (%) n=501	Self-Identify (%) n=1,121
Never	96.5	94.3	97.6	96.8	97.5
1 time	2.6	4.1	1.8	1.6	1.6
2-3 times	0.7	1.2	0.4	0.8	0.4
4-5 times	0.1	0.2	0.1	0.4	0.1
More than 5 times	0.2	0.3	0.1	0.4	0.4

This question is from the Standardized Data Set Question #70

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

	Overall (%) n=3,162	Male (%) n=1,768	Female (%) n=1,354	Transgender (%) n=15	Self-Identify (%) n=25
Never	1.5	1.4	1.7	0.0	0.0
Within the last 2 weeks	8.6	8.8	8.6	6.7	4.0
Within the last month	6.9	7.0	6.8	0.0	8.0
Within the last year	25.4	25.1	25.6	33.3	28.0
Within the last 1-5 years	42.2	43.0	41.1	26.7	48.0
More than 5 years ago	15.4	14.8	16.2	33.3	12.0

This question is from the Standardized Data Set Question #71

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

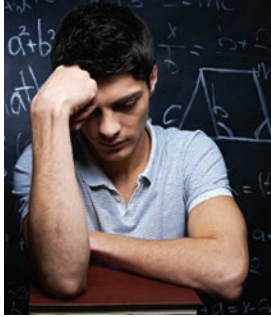
	Overall (%) n=87,564	Male (%) n=30,044	Female (%) n=56,137	Transgender (%) n=436	Self-Identify (%) n=947
None	60.4	55.6	62.6	76.1	74.2
Once	17.4	17.3	17.5	14.0	13.0
Twice	11.0	12.4	10.3	4.6	5.5
3 to 5 times	8.7	10.8	7.7	3.7	5.1
6 to 9 times	1.7	2.4	1.3	0.9	1.9
10 or more times	0.9	1.5	0.6	0.7	0.3

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=77,359	Male (%) n=26,606	Female (%) n=49,514	Transgender (%) n=392	Self-Identify (%) n=847
None	79.1	72.9	82.5	79.8	75.7
Once	5.6	6.2	5.3	6.6	5.8
Twice	3.7	4.6	3.3	3.3	4.4
3 to 5 times	4.6	5.9	3.9	3.3	5.3
6 to 9 times	2.4	3.4	1.8	1.5	3.2
10 or more times	4.6	7.0	3.3	5.4	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=69,036	Male (%) n=23,814	Female (%) n=44,132	Transgender (%) n=326	Self-Identify (%) n=764
Strongly disagree	10.0	9.7	10.0	21.2	17.5
Somewhat disagree	14.4	13.2	14.7	24.8	26.0
Neutral	15.9	17.6	15.0	19.0	17.4
Somewhat agree	31.1	30.1	31.7	26.4	27.1
Strongly agree	28.6	29.4	28.5	8.6	11.9

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=71,140	Male (%) n=24,699	Female (%) n=45,344	Transgender (%) n=325	Self-Identify (%) n=772
Strongly disagree	7.9	9.1	7.3	5.2	6.5
Somewhat disagree	12.9	13.8	12.5	10.2	12.6
Neutral	19.6	21.7	18.4	23.1	15.9
Somewhat agree	37.8	35.4	39.1	35.7	42.4
Strongly agree	21.8	19.9	22.7	25.8	22.7

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=103,066	Male (%) n=36,158	Female (%) n=65,274	Transgender (%) n=517	Self-Identify (%) n=1,117
Yes	8.1	8.6	7.8	12.6	12.2
No	91.9	91.4	92.2	87.4	87.8

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=5,775	Male (%) n=2,326	Female (%) n=3,305	Transgender (%) n=50	Self-Identify (%) n=94
Difficulty seeing	4.1 (n=190)	3.9 (n=73)	4.2 (n=111)	8.1 (n=3)	4.3 (n=3)
Difficulty speaking or language impairment	1.9 (n=86)	2.4 (n=44)	1.5 (n=41)	0.0 (n=0)	1.4 (n=1)
Mobility limitation/orthopedic impairment	5.9 (n=273)	4.5 (n=84)	6.8 (n=181)	10.8 (n<10)	5.8 (n<10)
Traumatic brain injury	3.9 (n=181)	3.9 (n=72)	4.1 (n=108)	2.7 (n<10)	0.0 (n=0)
Specific learning disabilities	21.7 (n=1,002)	19.2 (n=358)	23.4 (n=621)	16.2 (n<10)	24.6 (n=17)
ADD or ADHD	60.0 (n=2,776)	66.8 (n=1,249)	55.1 (n=1,462)	64.9 (n=24)	59.4 (n=41)
Autism spectrum disorder	6.5 (n=302)	10.8 (n=201)	3.1 (n=82)	16.2 (n<10)	18.8 (n=13)
Cognitive difficulties or intellectual disability	5.3 (n=245)	5.0 (n=93)	5.6 (n=149)	2.7 (n<10)	2.9 (n<10)
Health impairment/condition, including chronic conditions	15.6 (n=720)	8.1 (n=152)	20.7 (n=550)	13.5 (n<10)	18.8 (n=13)

This question is from the Standardized Data Set Question #61

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

	Overall (%) n=61,847	Male (%) n=21,319	Female (%) n=39,587	Transgender (%) n=281	Self-Identify (%) n=660
None	29.5	31.7	28.3	33.1	27.9
Occasional participation	21.2	22.9	20.3	25.3	22.3
One regularly attended activity	19.5	18.7	19.9	19.2	20.5
Two regularly attended activities	16.2	14.5	17.2	13.9	16.2
Three or more regularly attended activities	13.5	12.2	14.3	8.5	13.2

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=91,247	Male (%) n=31,977	Female (%) n=57,837	Transgender (%) n=443	Self-Identify (%) n=990
Yes	7.2	8.6	6.6	3.8	2.4
No	92.8	91.4	93.4	96.2	97.6

This question is from the Standardized Data Set Question #50



**Religious or spiritual preference**

	Overall (%) n=93,534	Male (%) n=32,768	Female (%) n=59,316	Transgender (%) n=448	Self-Identify (%) n=1,002
Agnostic	13.5	16.3	11.8	17.9	24.6
Atheist	9.1	12.5	6.9	20.8	16.0
Buddhist	1.0	0.9	1.0	2.9	1.8
Catholic	16.6	15.1	17.7	5.6	3.3
Christian	31.3	26.9	34.2	10.0	9.6
Hindu	0.9	1.0	0.9	0.2	0.3
Jewish	2.6	2.6	2.6	1.8	1.1
Muslim	1.4	1.7	1.2	0.4	0.5
No preference	20.0	19.4	20.2	28.8	25.0
Self-Identify	3.7	3.6	3.4	11.6	17.9

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=71,877	Male (%) n=24,772	Female (%) n=45,900	Transgender (%) n=382	Self-Identify (%) n=823
Very important	14.2	11.6	15.7	4.7	9.5
Important	22.9	21.6	23.8	18.1	19.8
Neutral	35.0	34.9	35.0	33.5	36.2
Unimportant	15.2	16.7	14.4	18.6	17.0
Very unimportant	12.7	15.2	11.1	25.1	17.5

This question is from the Standardized Data Set Question #36

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

	Overall (%) n=82,941	Male (%) n=28,737	Female (%) n=52,855	Transgender (%) n=423	Self-Identify (%) n=926
Always stressful	14.2	11.9	15.3	18.0	19.2
Often stressful	21.5	19.9	22.3	25.3	24.0
Sometimes stressful	35.3	35.6	35.1	36.9	36.0
Rarely stressful	21.0	23.2	19.9	15.8	16.8
Never stressful	8.0	9.5	7.4	4.0	4.0

This question is from the Standardized Data Set Question #57

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

	Overall (%) n=59,229	Male (%) n=20,454	Female (%) n=37,875	Transgender (%) n=270	Self-Identify (%) n=630
Always stressful	9.8	8.1	10.7	13.3	12.1
Often stressful	14.7	13.5	15.1	18.5	21.9
Sometimes stressful	23.6	23.0	23.9	23.7	25.2
Rarely stressful	29.6	31.0	28.9	26.3	25.4
Never stressful	22.3	24.4	21.4	18.1	15.4

This question is from the Standardized Data Set Question #58



**Are you a member of ROTC?**

	Overall (%) n=59,594	Male (%) n=20,829	Female (%) n=37,819	Transgender (%) n=299	Self-Identify (%) n=647
Yes	0.8	1.2	0.6	1.0	0.6
No	99.2	98.8	99.4	99.0	99.4

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=106,323	Male (%) n=37,321	Female (%) n=67,341	Transgender (%) n=525	Self-Identify (%) n=1,136
Yes	1.6	2.9	0.9	1.7	1.1
No	98.4	97.1	99.1	98.3	98.9

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=1,525	Male (%) n=971	Female (%) n=534	Transgender (%) n=8	Self-Identify (%) n=12
Yes	31.1	35.1	23.8	12.5	41.7
No	68.9	64.9	76.2	87.5	58.3

This question is from the Standardized Data Set Question #53

## Provider Data

The Standardized Data Set includes some basic demographic information about providers at participating counseling centers. The 2015-2016 data set represents over 3,419 unique providers. Answer totals vary by question since some counseling centers do not gather this data or a counselor chose not to answer one or more questions.

### Gender

	<i>n</i>	Percentage (%)
Male	352	31.6
Female	756	67.8
Transgender	2	0.2
Prefer not to answer	5	0.4

### Age

	Age (years)	<i>n</i>
Average age	41.7	782
Modal age	29	49

### Race/Ethnicity

	<i>n</i>	Percentage (%)
African-American/Black	80	7.3
American Indian or Alaskan Native	5	0.5
Asian American/Asian	79	7.2
Caucasian/White	814	73.8
Hispanic/Latino/a	64	5.8
Native Hawaiian or Pacific Islander	2	0.2
Multi-racial	36	3.3
Prefer not to answer	3	0.3
Other	20	1.8

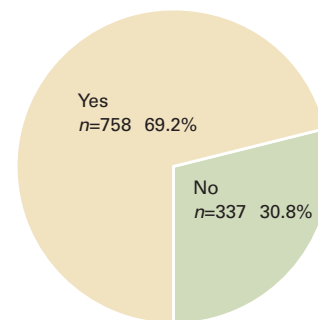
### Highest Degree (descending sort)

	<i>n</i>	Percentage (%)
Doctor of Philosophy	449	40.4
Master of Arts	171	15.4
Doctor of Psychology	137	12.3
Master of Science	106	9.5
Master of Social Work	88	7.9
Doctor of Medicine	32	2.9
Master of Education	27	2.4
Bachelor of Arts	26	2.3
Bachelor of Science	26	2.3
Other	16	1.4
Doctor of Education	12	1.1
Education Specialist	11	1.0
Nursing (e.g., RN, RNP, PNP)	6	0.5
Doctor of Osteopathy	4	0.4

### Highest Degree-Discipline (descending sort)

	<i>n</i>	Percentage
Counseling Psychology	423	38.9
Clinical Psychology	345	31.7
Other	101	9.3
Social Work	90	8.3
Counselor Education	56	5.1
Psychiatry	36	3.3
Marriage and Family Therapist	18	1.7
Nursing	9	0.8
Higher Education	4	0.4
Community Psychology	3	0.3
Educational Psychology	3	0.3

### Are you licensed under your current degree?



### Position Type (descending sort)

	<i>n</i>	Percentage (%)
Professional staff member	785	70.5
Pre-doctoral intern	126	11.3
Doctoral-level trainee (not an intern)	70	6.3
Post-doctoral level (non-psychiatric)	46	4.1
Other	43	3.9
Master's-level trainee	37	3.3
Psychiatric resident	6	0.5

## Center Information

The information below describes the 139 colleges and universities that contributed data to the 2015-2016 CCMH data set.

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

	<i>n</i>	Percentage (%)
Yes	48	35.0
No	89	65.0

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

	<i>n</i>	Percentage (%)
Yes	69	50.4
No	68	49.6

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

	<i>n</i>	Percentage (%)
Career services	11	8.0
Disability services	6	4.4
Drug and alcohol treatment program	36	26.3
Employee assistance program	1	0.7
Learning services	5	3.6
Health services	16	11.7
Testing services	23	16.8
Other	16	11.7



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

	<i>n</i>	Percentage (%)
None	42	30.9
Part time, in house	56	41.2
Full time, in house	18	13.2
Part time, off-campus consultant	8	5.9
Other	12	8.8

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

	<i>n</i>	Percentage (%)
Yes	48	35.0
No	89	65.0

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

	<i>n</i>	Percentage (%)
8	1	2.1
9	1	2.1
10	8	17.0
12	24	51.1
14	1	2.1
15	4	8.5
16	2	4.3
17	1	2.1
18	1	2.1
20	3	6.4
24	1	2.1

\*No school that provided information entered less than 7 sessions

**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>	Percentage (%)
Intake	2	1.5
Individual counseling	6	4.4
Group counseling	6	4.4
Psychiatric evaluation (initial meeting)	22	16.1
Psychiatric follow-up (ongoing client)	23	16.8
Formal assessment: psychological	14	10.2
Formal assessment: career	13	9.5
Formal assessment: disability	8	5.8
Other	18	13.1



## Institutional Data

Data for the 2015-2016 CCMH data set has been contributed by 139 colleges and universities that hold membership with CCMH. Demographics for these institutions are listed below.

Campus Characteristic	<i>n</i>	Percentage (%)
<b>Type of Institution</b>		
Public	90	65.7
Private	44	32.1
Combined	3	2.2
<b>Location of Campus</b>		
Northeast (CT, ME, MA, NJ, NY, PA, RI)	34	25.0
Midwest (IL, IN, IA, MI, MN, MO, ND, OH, WI)	34	25.0
South (AL, AR, DE, DC, FL, GA, KY, MD, MS, NC, OK, SC, TN, TX, VA, WV)	50	36.8
West (CA, CO, ID, MT, NV, OR, UT, WA)	18	13.2
<b>Enrollment</b>		
Under 1,500	4	3.1
1,501-2,500	11	8.5
2,501-5,000	12	9.2
5,001-7,500	11	8.5
7,501-10,000	15	11.5
10,001-15,000	21	16.2
15,001-20,000	14	10.8
20,001-25,000	13	10.0
25,001-30,000	8	6.2
30,001-35,000	11	8.5
35,001-40,000	2	1.5
40,001-50,000	6	4.6
50,001 and over	2	1.5



Campus Characteristic	<i>n</i>	Percentage (%)
<b>Athletic Division</b>		
None	7	5.2
Division I	79	59.0
Division II	24	17.9
Division III	24	17.9
<b>Grade Scale</b>		
0-4	134	97.8
1-5	0	0.0
0-100	1	0.7
Other	2	1.5



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