

Supporting Students with Mental Health Challenges

**Council of Graduate Schools – 57th Annual Meeting
December 7, 2017**

Graduate Student Mental Health: Current snapshot and trends

American College Health Association – National College Health Assessment

http://www.acha-ncha.org/pubs_rpts.html



ABOUT ACHA-NCHA | TO PARTICIPATE | ACHA-NCHA DATA

ACHA-NCHA DATA

- Publications and Reports
- Surveys
- Data Highlights
- Published Research
- Variable Computations
- Research Projects and Data Access

Publications and Reports



► Results from the ACHA-NCHA IIc, Fall 2015 to present

Changes were made to the ACHA-NCHA IIb survey instrument beginning Fall 2015. The ACHA-NCHA IIc now includes E-cigarettes in items #8A and #9A. Items #20 (sexual partners), #47 (sex and gender identity), and #48 (sexual orientation) have been revisited. A new variable has been computed based on sex at birth and gender identity. The new variable is used to sort cases into groups-female, male, non-binary, and missing for reporting purposes.

► Results from the ACHA-NCHA IIb, Fall 2011 to Spring 2015

Changes were made to the ACHA-NCHA II survey instrument after Spring 2011. Item # 66 (student veteran status) was added. Items #16 (alcohol consequences), #54 (race/ethnicity), and #65 (disability status) were edited. Data from these items **SHOULD NOT** be compared with the same items in other versions of the ACHA-NCHA.

► Results from the ACHA-NCHA II, Fall 2008 to Spring 2011

The original ACHA-NCHA rewritten and introduced as the ACHA-NCHA II beginning with the Fall 2008 data collection period. Comparisons between data collected with the original ACHA-NCHA (Spring 2000 – Spring 2008) may not be made with data collected from the ACHA-NCHA II.



► Results from the original ACHA-NCHA, Spring 2000 through Spring 2008

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General Health of Graduate Students – Spring 2017

| Self-assessment and preventative-care | % |
|---|----------|
| Reporting good , very good , or excellent health | 89.0 |
| Reporting very good or excellent health | 59.6 |
| Dental exam and cleaning in last 12 months | 65.6 |
| Influenza vaccination | 52.3 |
| Tested for HIV (lifetime) | 43.5 |
| Routine gynecological exam (female identified) | 40.6 |

Graduate students diagnosed or treated with these concerns within the last 12 months

| Issue | % |
|--------------------------|------|
| Allergies | 16.2 |
| Sinus infection | 12.7 |
| Back pain | 12.6 |
| Urinary tract infection | 8.8 |
| Migraine headaches | 7.3 |
| Asthma | 6.1 |
| Strep throat | 5.9 |
| Broken bone or Sprain | 4.6 |
| Ear infection | 4.3 |
| Bronchitis | 4.3 |
| High cholesterol | 3.7 |
| Hypertension | 3.6 |
| Irritable Bowel Syndrome | 3.5 |

Graduate students diagnosed or treated with these concerns within the last 12 months

| Issue | % |
|---|-----|
| Psychiatric condition | 8.7 |
| Chronic illness (e.g., cancer, diabetes, auto-immune) | 7.0 |
| Attention Deficit and Hyperactivity Disorder | 6.5 |
| Learning disability | 2.5 |
| Deafness/hearing loss | 1.6 |
| Partial sightedness/blindness | 1.2 |
| Mobility/dexterity disability | 0.8 |
| Speech or language disorder | 0.6 |
| | |
| Any other disability | 1.5 |

Graduate students reporting these factors affecting academic performance within the last 12 months

| Issue | % |
|-------------------------------------|------|
| Stress | 20.1 |
| Anxiety | 17.3 |
| Sleep difficulties | 11.5 |
| Depression | 11.2 |
| Work | 10.4 |
| Concern for family or friend | 7.1 |
| Relationship difficulties | 6.9 |
| Internet use/computer games | 5.6 |
| Finances | 4.4 |
| ADD/ADHD | 4.1 |
| Death of a friend/family member | 3.5 |
| Chronic or serious health condition | 3.3 |
| Homesickness | 2.2 |

Graduate students reported experiences within the last 12 months

| Experience | Male (%) | Female (%) | Total (%) |
|---------------------------------|-----------------|-------------------|------------------|
| Verbal threat | 14.7 | 14.2 | 14.6 |
| Emotional abusive relationship | 5.3 | 7.6 | 6.9 |
| Nonconsensual touching | 2.8 | 6.5 | 5.3 |
| Stalking | 1.8 | 4.2 | 3.5 |
| Assault (not sexual) | 2.0 | 2.0 | 2.0 |
| Physical fight | 2.8 | 1.1 | 1.7 |
| Physically abusive relationship | 1.4 | 1.1 | 1.2 |
| Sexually abusive relationship | .5 | 1.2 | 1.0 |
| Nonconsensual penetration | 0.3 | 1.2 | 0.9 |

Graduate students substance use

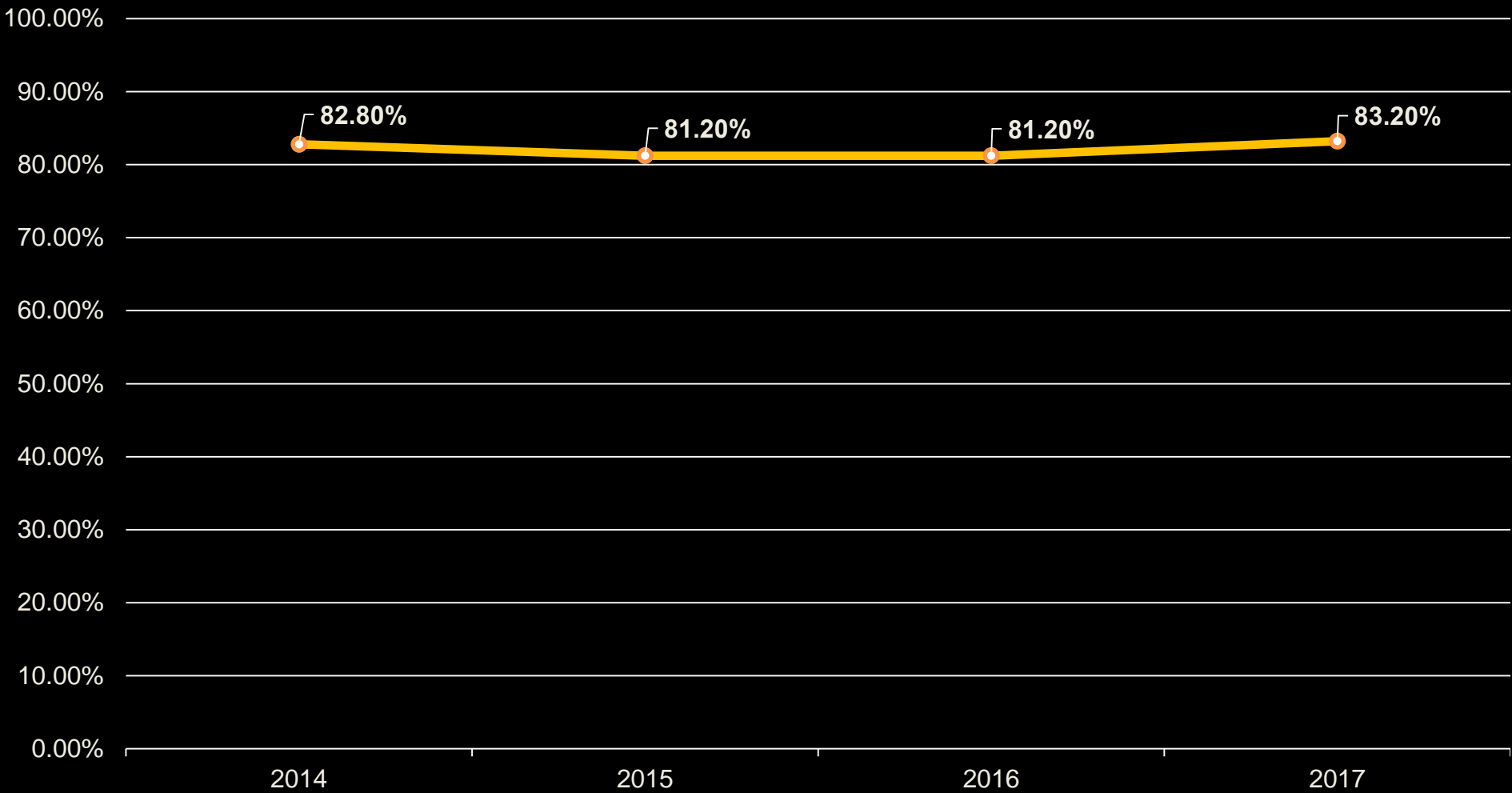
| Last 30 Days | Male (%) | Female (%) | Total (%) |
|-------------------------|-----------------|-------------------|------------------|
| Alcohol (any) | 75.8 | 77.7 | 76.9 |
| Never used alcohol | 14.2 | 11.0 | 12.1 |
| Perceived alcohol use | 93.0 | 94.9 | 94.2 |
| Marijuana (any) | 14.7 | 12.7 | 13.5 |
| Never used marijuana | 61.2 | 60.3 | 60.5 |
| Perceived marijuana use | 73.7 | 80.9 | 78.5 |

| Last 12 months | | | |
|---|-----|------|-------------|
| Pain killers, sedatives, and/or stimulants (not prescribed) | 9.7 | 10.3 | 10.2 |

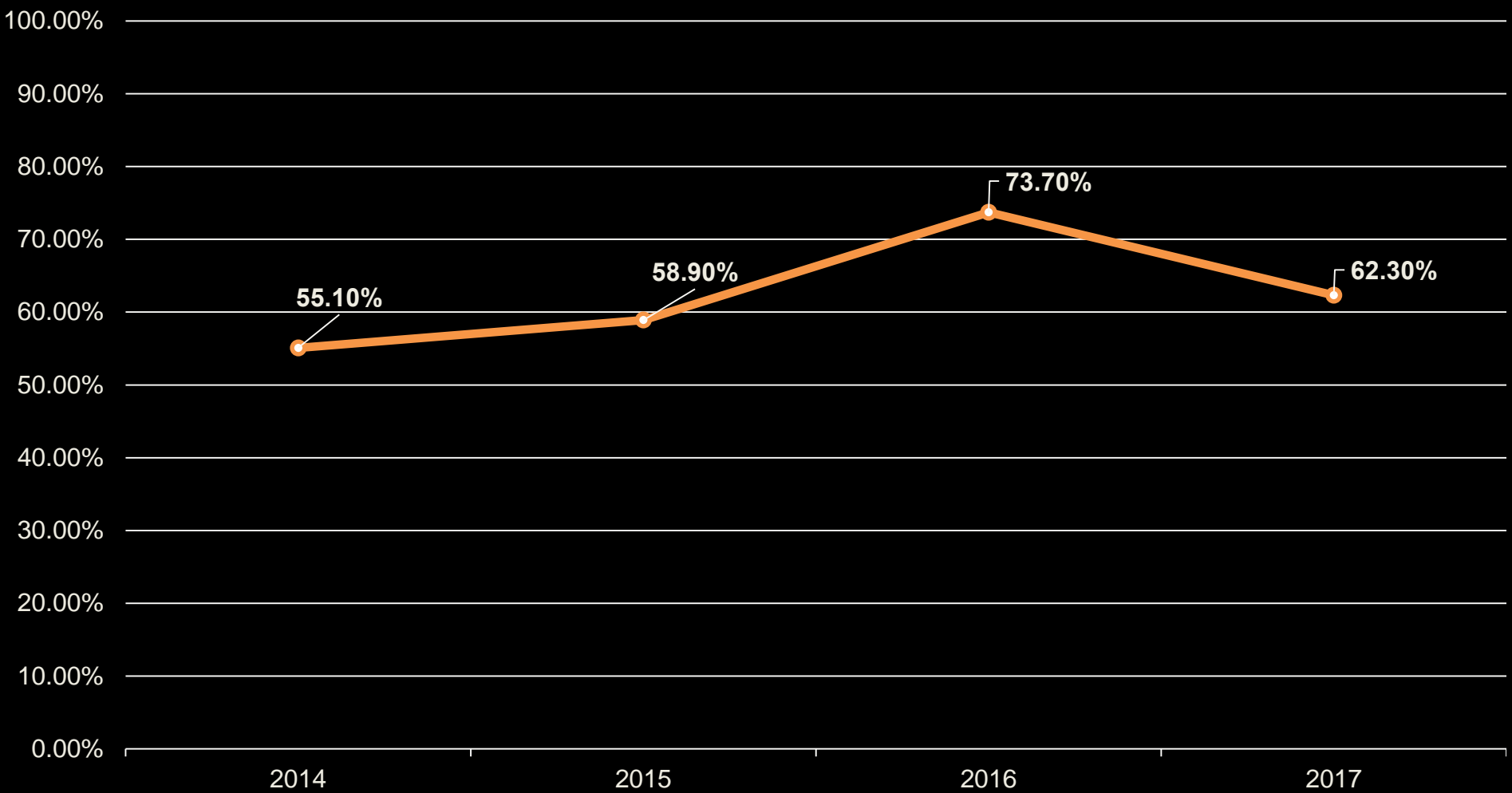
Graduate students reported experiences within the last 12 months

| Experience | Male (%) | Female (%) | Total (%) |
|---|-----------------|-------------------|------------------|
| Felt overwhelmed by all you had to do | 74.0 | 88.2 | 83.2 |
| Felt exhausted (not from exercise) | 74.0 | 86.0 | 81.8 |
| Felt very sad | 53.4 | 67.0 | 62.3 |
| Felt overwhelming anxiety | 45.8 | 63.1 | 57.2 |
| Felt very lonely | 48.3 | 58.8 | 55.3 |
| Felt things were hopeless | 39.0 | 46.5 | 44.0 |
| Felt so depressed - difficult to function | 30.5 | 38.0 | 35.7 |
| Felt overwhelming anger | 30.6 | 37.1 | 35.1 |
| Seriously considered suicide | 5.7 | 6.1 | 6.1 |
| Attempted suicide | 1.1 | 0.6 | 0.8 |

Overwhelmed by all had to do in last 12 months

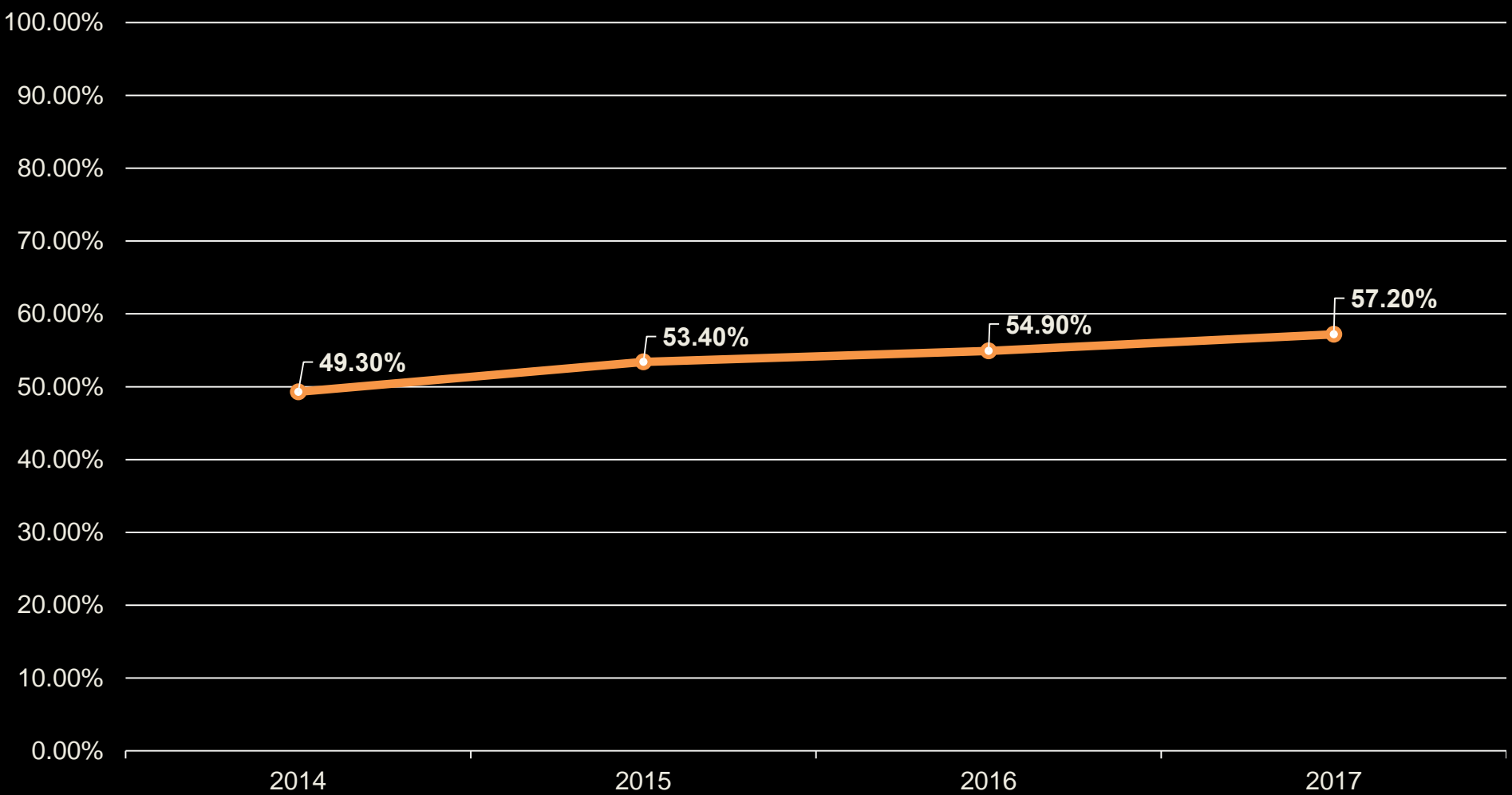


Very sad in last 12 months



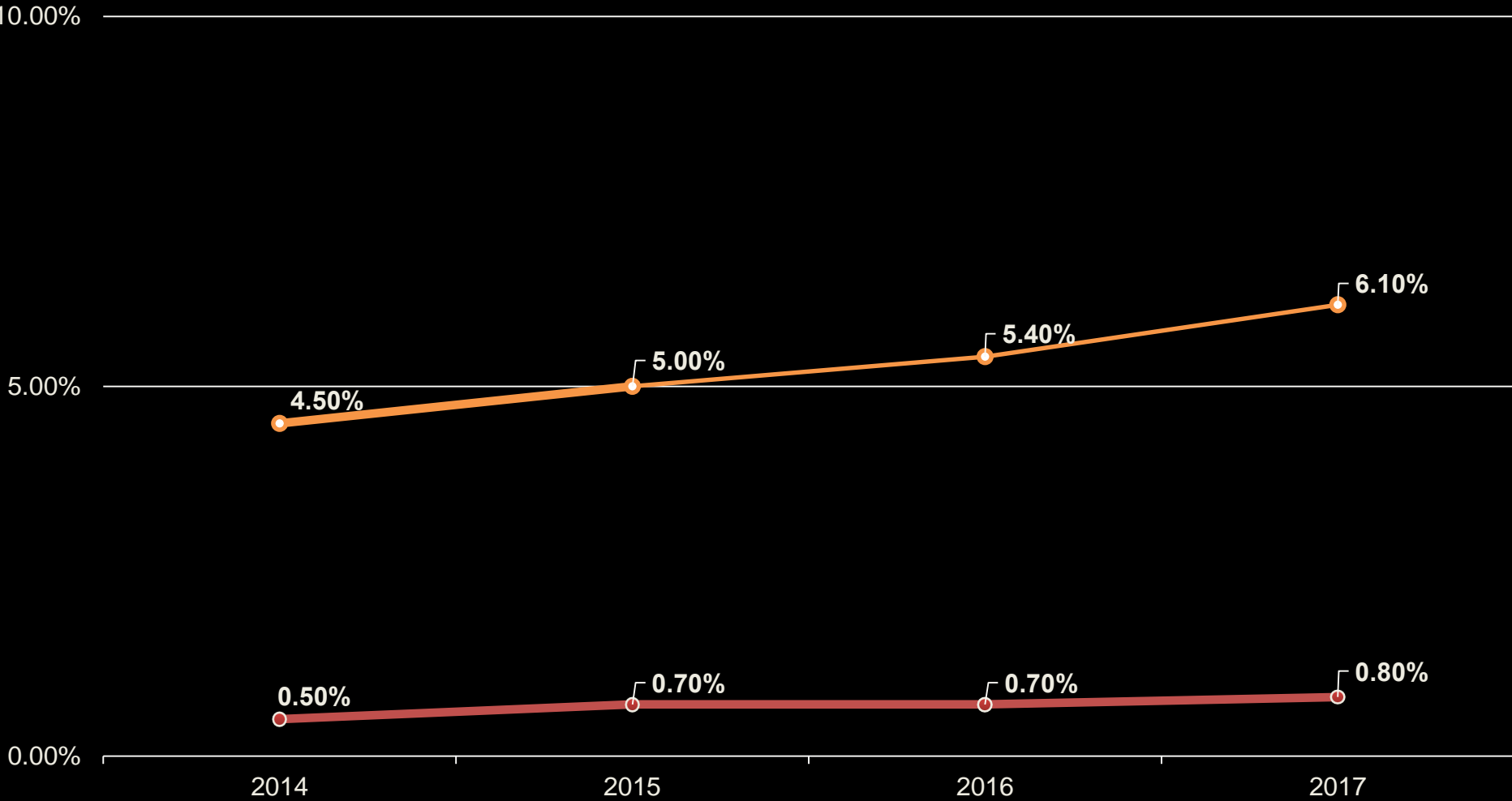
ACHA-NCHA II Spring data (http://www.acha-ncha.org/pubs_rpts.html)

Overwhelming anxiety in last 12 months



ACHA-NCHA II Spring data (http://www.acha-ncha.org/pubs_rpts.html)

Suicidality in last 12 months



Reporting Very Good or Excellent Health

