

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



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ACHA-NCHA DATA

Publications and Reports
Surveys
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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

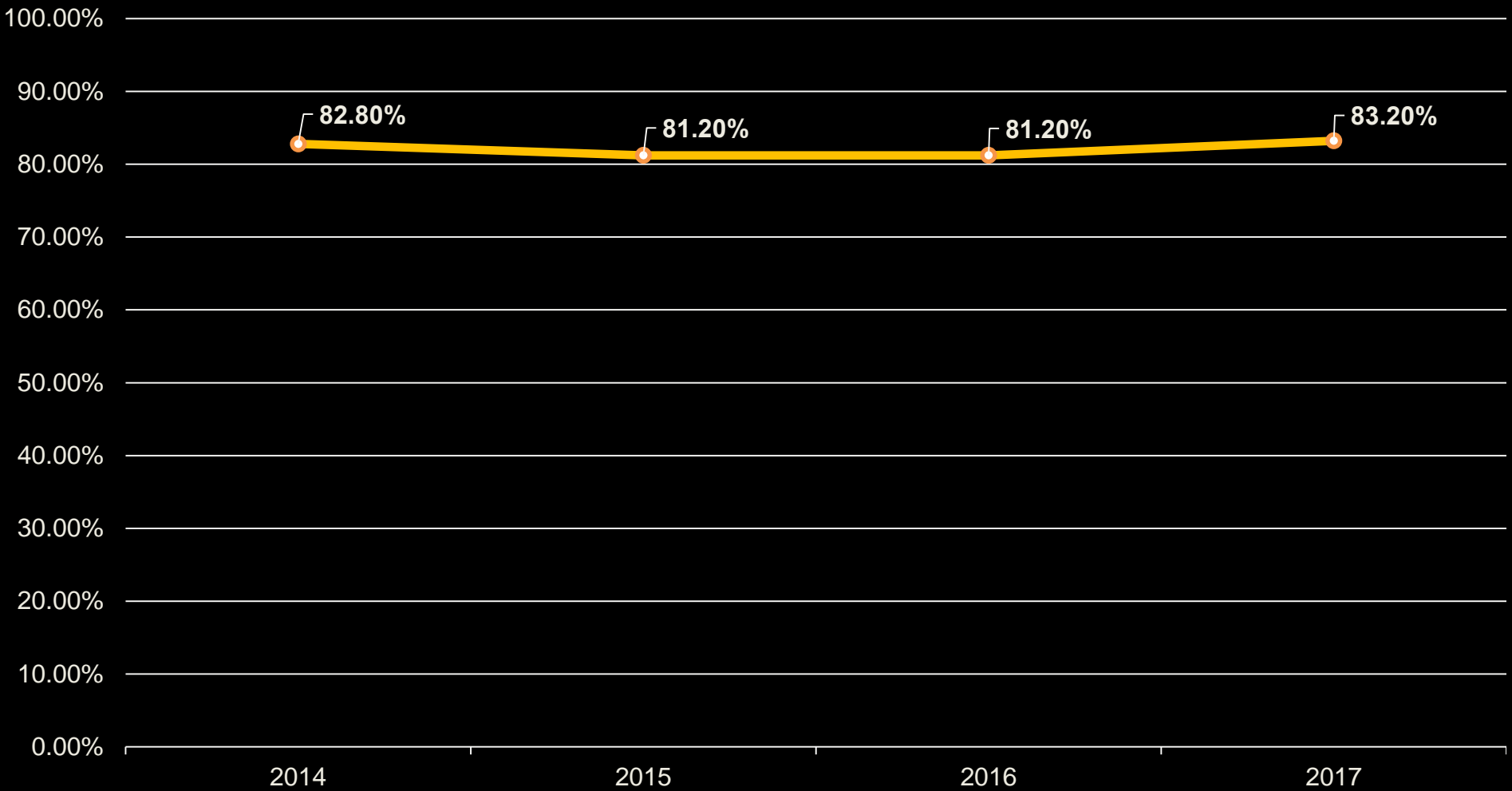
Last 30 Days	Male (%)	Female (%)	Total (%)
Alcohol (any)	75.8	77.7	76.9
Never used alcohol	14.2	11.0	12.1
Perceived alcohol use	93.0	94.9	94.2
Marijuana (any)	14.7	12.7	13.5
Never used marijuana	61.2	60.3	60.5
Perceived marijuana use	73.7	80.9	78.5

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

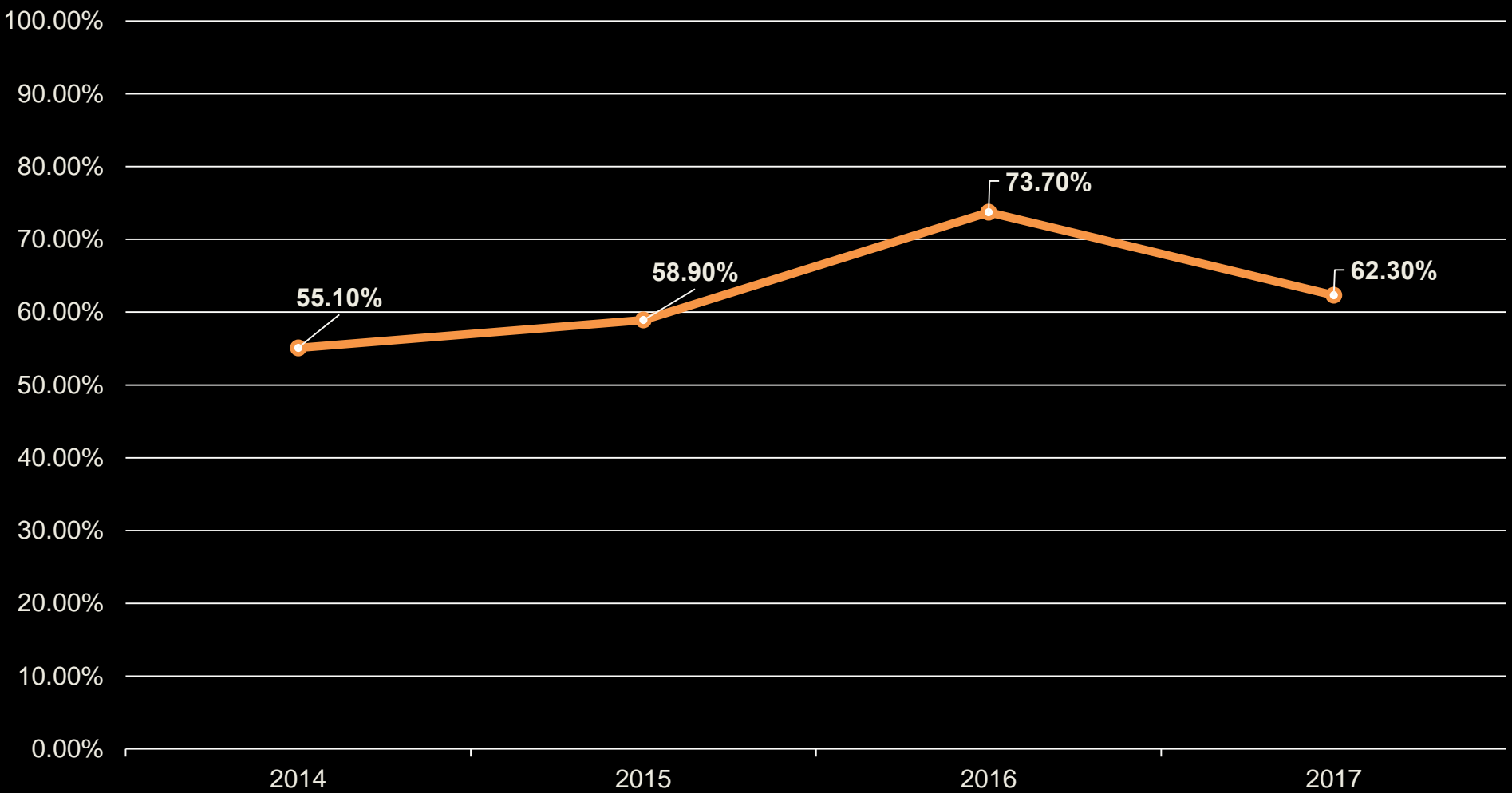
Graduate students reported experiences within the last 12 months

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

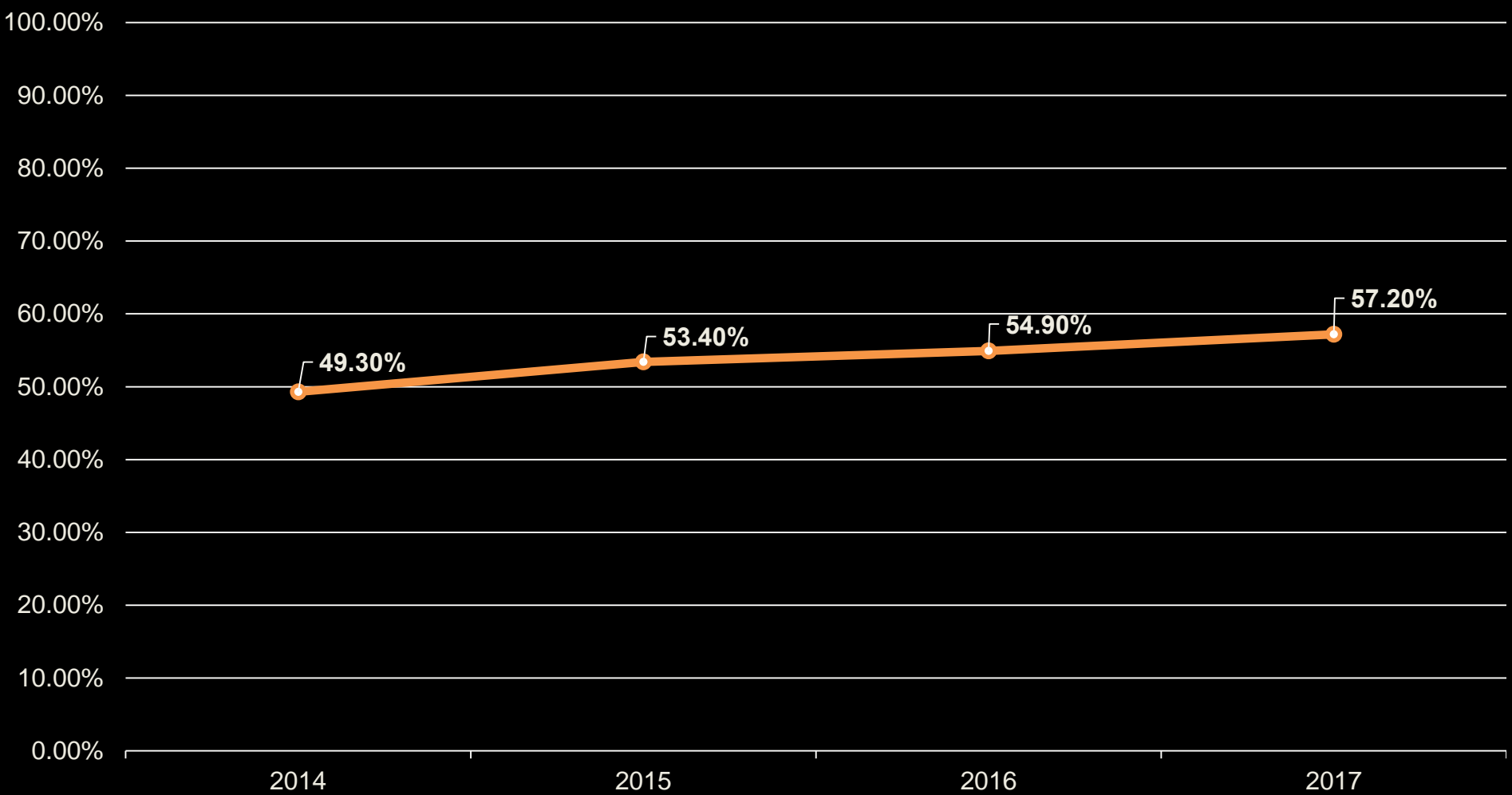


Very sad in last 12 months



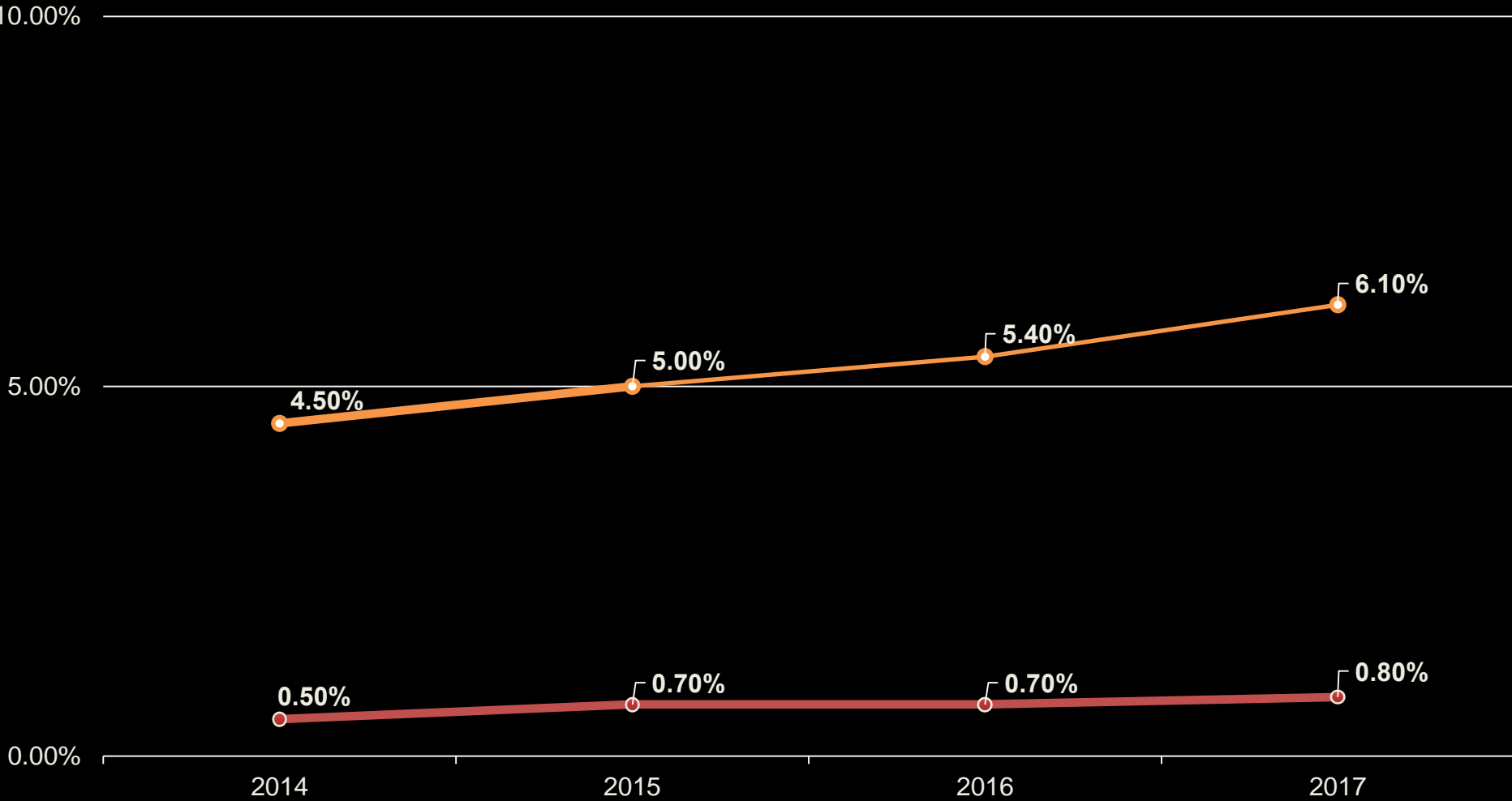
ACHA-NCHA II Spring data (http://www.acha-ncha.org/pubs_rpts.html)

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

