

UNIVERSITY
Counseling
CENTER

Your responses to this questionnaire will help the University Counseling Center better understand the potential mental health needs of our student athletes and identify potential barriers for accessing services. No identifying information will be collected so that your responses will be as confidential as possible. Your participation is voluntary and you may discontinue at any time. This questionnaire is not intended to diagnose or make any recommendations regarding individual treatment. If you have any mental health concerns you would like to discuss, you are welcome to schedule an appointment with a UCC Counselor.

University Counseling Center
426 SSB
801-581-6826

Which of the following mental health concerns, if any, have negatively affected you over the past year? (Mark all that apply)

- | | | |
|---|---|---|
| <input type="checkbox"/> Depression | <input type="checkbox"/> Substance Use ^a | <input type="checkbox"/> Eating Concerns/Body Image |
| <input type="checkbox"/> Anxiety ^b | <input type="checkbox"/> Adjustment ^c | <input type="checkbox"/> Academic Distress ^d |
| <input type="checkbox"/> Relationships ^e | <input type="checkbox"/> Trauma/Abuse | <input type="checkbox"/> Grief/Loss ^f |
| <input type="checkbox"/> Career Concerns | <input type="checkbox"/> Identity Issues ^g | <input type="checkbox"/> Suicidal Ideation |
| <input type="checkbox"/> Other (Please Specify): | | |
| <input type="checkbox"/> None of these | | |

- ^a alcohol, "other" prescribed, illicit substances, performance enhancing
^b performance anxiety, social anxiety, generalized anxiety
^c life transitions, starting college, homesickness, culture shock, moving to SLC
^d balancing athletics and school, choosing a major, test anxiety
^e family, intimate, social, partner, teammates, peers
^f loss of loved one, loss of participation in sport, injury
^g gender identity, religion/spirituality, sexual orientation, racial/ethnic identity

Are you aware that the University of Utah has a counseling center that offers low cost mental health services to students?

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| Yes | No |

If you were experiencing mental health issues, such as those listed above, how likely would you be to seek out services at the University Counseling Center?

- | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Very Unlikely | Unlikely | Somewhat Unlikely | Somewhat Likely | Likely | Very Likely |

Gender?

- | | |
|-------------------------------|---------------------------------|
| <input type="checkbox"/> Male | <input type="checkbox"/> Female |
|-------------------------------|---------------------------------|

What barriers might prevent you or other student athletes from accessing services at the University Counseling Center?

In what ways might the University Counseling Center make itself more accessible to student athletes specifically?

What sport do you participate in at the university? (response optional)