



NASPA Consortium: Mental Health and Counseling Student Survey 2010

The Mental Health and Counseling Student Survey, developed by NASPA and StudentVoice, was administered at the University of Utah in Spring 2010 to a random sample of undergraduate and graduate students. Students were sent an e-mail via StudentVoice to complete the survey electronically. The total number of surveys was 853 which represents a 16% response rate.

Demographics: Of the respondents, 54% were female, 46% were male. Seventy-nine percent of the students identified as White/Caucasian, 6% as Asian/Pacific Islander, 5% Latino, 1% Middle Eastern, and 3% multiracial/ethnic. Less than 1% identified as Black/African-American or Indigenous/Native American and 4% of the sample preferred not to identify. Of the sample, 76% were full-time and 43% were transfer students. The top five majors in the sample were Social Sciences (16%), Health Sciences (14%), Humanities/Liberal Arts (11%), Engineering (11%) and Business (10%). Thirteen percent of the sample indicated that they live on campus.

11% First year/Freshman (15% response rate)

11% Sophomore (12% response rate)

22% Junior (18% response rate)

27% Senior (10% response rate)

27% Graduate student (21% response rate)

1% Non-degree seeking

1% Other

Summary of Key Findings:

Comparisons of University of Utah data to the national sample found the following item means to be **SIGNIFICANTLY DIFFERENT** in these areas (UU students _____ compared to the national sample):

Academic Success

- Are less able to keep up with school work
- Have a harder time staying motivated for classes

Social Interactions

- Do not make friends as easily
- Feel less comfortable around other people
- Experience less enjoyment around other people

Mental Health Issues and Substance Use

- Experience less panic/fear

- Use less alcohol
- Have fewer purging behaviors

Suicidal Ideation and Behaviors

- Have seriously considered suicide at a higher rate
- Have made a suicide attempt at a higher rate
- Have more frequent thoughts of “ending my life”

History of Abuse and Harassing Behaviors

- Have experienced harassing, controlling, and/or abusive behavior from another person, at a higher rate
- Have a higher history of familial abuse

Counseling and Medication

- Higher usage of counseling
- Higher usage of medication for mental health concerns

Actions Taken:

Study results were presented to the University Counseling Center (UCC) in the October 2010 in-house Staff Development presentation. The UCC Research team continues to compare University of Utah data to the national sample to inform future campus outreach presentations, research projects and in-house data collection.