



Alfred University Student Affairs Division

Mental Health Survey

Campus Labs, in partnership with the NASPA Assessment and Knowledge Consortium and the Center for Collegiate Mental Health (CCMH), administered a survey of mental health and counseling among college students. This survey was used as a clinical tool for the collection of data from 170 universities across the country (N=9000+) to gain a greater awareness of student counseling needs. This assessment was administered in web format in February and March of 2013. There were 435 student respondents at AU. Among our respondents, 80% were white, 83% lived on campus, 23% played intercollegiate sports, 31% were first years, 23% were sophomores, 26% were juniors and 20% were seniors. 99% of students reported that they were not currently receiving counseling or other therapeutic services off campus.

Items below used a five point scale; five is the highest. Scores in parentheses are from the national study.

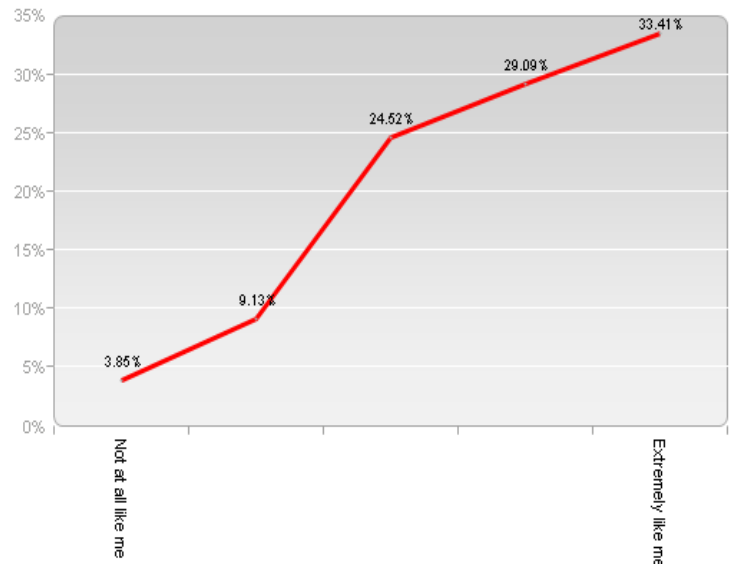
AU's top ranked items overall

- I get the emotional help and support I need from my family: 3.99 (3.94)
- I get the emotional help and support I need from my social networks: 3.94 (3.91)
- I feel that my family loves me: 3.47 (3.52)
- My current financial situation is stressful: 3.34 (3.15)
- I enjoy my classes: 2.84 (2.72)
- I feel confident that I can succeed academically: 2.83 (2.91)
- I like myself: 2.82 (2.93)

Responses of Concern

- I feel disconnected from myself: 1.27 (1.16)
- I feel isolated and alone: 1.22 (1.23)
- I have unwanted thoughts I can't control: 1.19 (1.15)
- There is a history of abuse in my family: 0.62 (0.56)
- I have thoughts of ending my life: 0.36 (0.39)
- I use drugs more than I should: 0.35 (0.31)
- I have thoughts of hurting others: 0.22 (0.23)
- 23% of students report that they have seriously considered attempting suicide
- 9% made a suicide attempt before or during college
- 10% have seriously considered injuring another person
- 24% had unwanted sexual contact(s) or experiences.

Q28. How well does each item describe you during the last two weeks? - I am enthusiastic about life.



Characteristics of Respondents

Respondents who have taken a prescribed medication for mental health concerns...

82% have never taken prescribed medication for mental health, 5% took prescribed medication prior to college, 6% took prescribed medication after starting college, and 7% have taken prescribed medication both before and after starting college

Respondents who have been hospitalized for mental health concerns...

95% have never been hospitalized for mental health concerns, 3% were hospitalized prior to college, and less than 1% were hospitalized after starting college, as well as both before and after

Respondents who have received treatment for alcohol or drug use...

96% have never received treatment for alcohol or drug use, 2% received treatment prior to college, 2% received treatment after starting college, and less than 1% have had treatment before and after college.

Summary and Action Steps:

While Alfred University students reported feeling supported by peers and family, the mental health needs of the student body are significant. Respondents noted that they have seriously considered ending their own lives (23%), made a suicide attempt (9%), considered seriously injuring another person (10%), and having had an unwanted sexual experience (24%). Further, a small, but significant, number of students indicated that they feel disconnected or isolated, have unwanted and intrusive thoughts, or engage in substance use in a problematic manner. Approximately 5% of students surveyed reported that they have been psychiatrically hospitalized at some point and 18% indicated that they have taken medication to address a mental health issue. Given the seriousness of these concerns and preexisting conditions, it appears that the AU campus community could significantly benefit from additional mental health services.

Action steps include:

- Integrate data into presentations and trainings
- Increase marketing of self-assessment and national mental health screening days
- Develop programs/services specifically to match the needs identified in the “Key Findings” section.

Please indicate how well each statement describes you, during the past two weeks, from "not at all like me" (0) to "extremely like me" (4): **“I drink more than I should.”**

