

2009 NCHA

Mental Health

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National College Health Assessment

- Administered Spring 2009
 - Last administered in Spring 2006
- 10,000 randomly selected OSU students
 - Undergraduate
 - Graduate/professional
- 21.2% response rate

n = 2124



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Last 7 days: on how many days did you get enough sleep to feel rested?

		Frequency	Percent
	0 days	182	8.7
	1 day	242	11.6
	2 days	370	17.7
	3 days	379	18.1
	4 days	364	17.4
	5 days	331	15.8
	6 days	150	7.2
	7 days	76	3.6
	Total	2094	100.0

Last 7 days: how much of a problem with sleepiness?

		Frequency	Percent
	No problem at all	198	9.5
	A little problem	1062	50.7
	More than a little problem	522	24.9
	A big problem	230	11.0
	A very big problem	82	3.9
	Total	2094	100.0

Last 12 months: Any of the following affected your academic performance: sleep difficulties

		Frequency	Percent
	Not happened to me, not applicable	957	46.1
	Exp'd but academics not negatively affected	691	33.3
	Lower grade on exam/project	287	13.8
	Lower grade in course	112	5.4
	Incomplete or dropped course	14	.7
	Sig disruption thesis, dissertation, research, practicum	17	.8
	Total	2078	100.0

More 4th and 5th year undergraduates reported lower grades in a course compared to other ranks.

Last 12 months: level of stress

		Frequency	Percent
	No stress	27	1.3
	Less than average stress	175	8.3
	Average stress	766	36.5
	More than average stress	906	43.1
	Tremendous stress	226	10.8
	Total	2100	100.0

Females suffered more “heavy stress” than males in the last 12 months.

Ever: felt overwhelmed

		Frequency	Percent
	No, never	194	9.2
	No, not in last 12 mos	87	4.1
	Yes, in the last 2 weeks	1090	51.8
	Yes, in the last 30 days	359	17.1
	Yes, in the last 12 mos	373	17.7
	Total	2103	100.0

Compared to males, more females felt overwhelmed in the last 2 weeks and the last 30 days.



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Ever: felt exhausted

		Frequency	Percent
	No, never	258	12.3
	No, not in last 12 mos	132	6.3
	Yes, in the last 2 weeks	1040	49.4
	Yes, in the last 30 days	339	16.1
	Yes, in the last 12 mos	335	15.9
	Total	2104	100.0

Significantly more females felt exhausted in the last 2 weeks and the last 30 days than males.

Would you consider seeking mental health from a professional in the future?

		Frequency	Percent
	No	604	29.0
	Yes	1479	71.0
	Total	2083	100.0

More females than males would consider seeking mental help from a professional in the future.

76.5% females; 62.8% males

Ever: diagnosed with depression

		Frequency	Percent
	No	1674	80.4
	Yes	409	19.6
	Total	2083	100.0

More females reported having been diagnosed with depression than males.

Ever: intentionally injured self

		Frequency	Percent
	No, never	1783	84.9
	No, not in last 12 mos	224	10.7
	Yes, in the last 2 weeks	20	1.0
	Yes, in the last 30 days	18	.9
	Yes, in the last 12 mos	56	2.7
	Total	2101	100.0

More females have intentionally injured themselves in the last 12 months than males; same goes for at some point beyond 12 months.

Compared with other ranks, 1st year undergraduates intentionally injured themselves more in the last 2 weeks and last 30 days.



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Ever: seriously considered suicide

		Frequency	Percent
	No, never	1697	80.7
	No, not in last 12 mos	262	12.5
	Yes, in the last 2 weeks	27	1.3
	Yes, in the last 30 days	24	1.1
	Yes, in the last 12 mos	93	4.4
	Total	2103	100.0

More females have seriously considered suicide within the last 12 months compared to males; same goes for beyond 12 months.

Ever: attempted suicide

		Frequency	Percent
	No, never	1947	92.9
	No, not in last 12 mos	118	5.6
	Yes, in the last 2 weeks	6	.3
	Yes, in the last 30 days	4	.2
	Yes, in the last 12 mos	20	1.0
	Total	2095	100.0

More 5th year undergraduates attempted suicide in the last 12 months than any other rank.

Last 12 months: victim of stalking

		Frequency	Percent
	No	1995	94.5
	Yes	117	5.5
	Total	2112	100.0

Significantly more females report having been a victim of stalking in the last 12 months.

Last 12 months: verbally threatened

		Frequency	Percent
	No	1602	75.7
	Yes	514	24.3
	Total	2116	100.0

Significantly more males report having been verbally threatened in the last 12 months.

Last 12 months: emotionally abusive relationship

		Frequency	Percent
	No	1904	90.1
	Yes	209	9.9
	Total	2113	100.0

More females report having been in an emotionally abusive relationship in the last 12 months.

Last 12 months: physically abusive relationship

		Frequency	Percent
	No	2057	97.6
	Yes	51	2.4
	Total	2108	100.0

Last 12 months: sexually abusive relationship

		Frequency	Percent
	No	2075	98.6
	Yes	30	1.4
	Total	2105	100.0

More females report having been in a sexually abusive relationship in the last 12 months.

Alcohol Use: Last 30 days

- **Slightly higher alcohol use off campus in comparison to on campus**
 - 1-2 days: 17.5% off campus; 15.8% on campus
- **Higher alcohol use with fraternity/sorority members in “heavier” drinking**
 - 6-9 days: 21.9% Greek; 19.2% non-Greek
 - 10-19 days: 22.8% Greek; 15.2% non-Greek
 - 20-29 days: 6.0% Greek; 2.2% non-Greek
- **Higher alcohol use in rec sports participants in “heavier drinking”**
 - 6-9 days: 24.3% rec sports; 17.3% non-rec sports
 - 10-19 days: 21.0% rec sports; 13.7% non-rec sports
 - 20-29 days: 3.3% rec sports; 2.3% non-rec sports

Binge Drinking

5 or more drinks: how many times in the last 2 weeks?		Frequency	Percent
	N/A, don't drink	356	16.8
	None	843	39.9
	1 time	318	15.0
	2 times	203	9.6
	3 times	117	5.5
	4+ times	114	13.1
	Total	2114	100.0

n = 2124

Drive after having 5 or more drinks		Frequency	Percent
	N/A, don't drive	270	12.8
	N/A, don't drink	328	15.6
	No	1455	69.0
	Yes	55	2.6
	Total	2108	100.0

5 or more drinks:

How many times over the last 2 weeks?

- **Significantly more undergraduates have had 5 or more drinks in one sitting over the past 2 weeks than graduates/professionals**
 - 1-2 times: 26.1% undergraduate; 19.6% graduate/professional
 - 3-5 times: 16.5% undergraduate; 5.7% graduate/professional
 - 6-9 times: 5.1% undergraduate; 0.9% graduate/professional
- **Significantly more fraternity/sorority members consumed 5 or more drinks in one sitting over the past 2 weeks than non-members**
 - 1-2 times: 27.4% fraternity/sorority; 24.3% non-member
 - 3-5 times: 21.9% fraternity/sorority; 13.1% non-member
 - 6-9 times: 10.5% fraternity/sorority; 3.6% non-member

5 or more drinks:

How many times over the last 2 weeks?

- Significantly more rec sports participants consumed 5 or more drinks in one sitting over the past 2 weeks compared to non-rec sports participants
 - 1-2 times: 26.9% rec sports; 23.9% non-rec sports
 - 3-5 times: 21.1% rec sports; 11.0% non-rec sports
 - 6-9 times: 8.3% rec sports; 2.5% non-rec sports

Consequences of Drinking: within the last 12 months

- 35.2% of undergraduates did something they later regretted compared to 24.4% of graduates/professionals
- 42.9% of fraternity/sorority members did something they later regretted compared to 31.3% non-members
- 38.8% rec sports participants did something they later regretted in comparison with 29.4% of non-rec sports participants

Prescription Drug Use (unprescribed): Last 12 months

Painkillers		Frequency	Percent
	No	1919	90.9
	Yes	192	9.1
	Total	2111	100.0

Stimulants		Frequency	Percent
	No	1928	91.4
	Yes	182	8.6
	Total	2110	100.0

Prescription Drug Use (unprescribed): Last 12 months

- Significantly more fraternity/sorority members reported taking unprescribed painkillers than non-members
 - 12.8% members; 8.8% non-members
- Same goes for stimulants
 - 16.0% members; 7.8% non-members

Prescription Drug Use (unprescribed): Last 12 months

- Those that were under heavier stress reported having used unprescribed antidepressants more than those under less stress; same goes for unprescribed painkillers.
- Interestingly, sedatives is spread across fairly evenly, except for those under tremendous stress, who report using them more.

Looking for more?

<http://studentaffairs.osu.edu/assessment/>

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