

# De Anza College Office of Institutional Research and Planning

July 24, 2013

TO: Mary Sullivan, Coordinator, Health Services

FROM: Mallory Newell, De Anza College Research

SUBJECT: ACHA-NCHA Health Center Survey Results, Spring 2013 – Mental Health Focus

## Overview

The American College Health Association-National College Health Assessment Survey (ACHA-NCHA) was administered at De Anza College in Spring 2011 and Spring 2013. In 2011, 7,500 randomly selected students were administered the survey by ACHA to De Anza students through a form email as well as a follow-up reminder email. This resulted in 887 valid responses (12%). In 2013, 9,818 students were contacted, and 1,103 students responded (11%).

## Mental Health Findings

In regards to the mental health findings, responses to the selected questions remained stable from 2011 to 2013.

- 71% of respondents stated in both years that they felt overwhelmed by all they have to do at anytime within the past 12 months.
- About 55% of respondents reported in both years that they felt very sad at any time within the last 12 months.
- About 46% of respondents reported in both years that they felt things were hopeless at any time within the last 12 months.
- About 9% of respondents reported in both years that they seriously considered suicide at any time within the last 12 months.
- About 6% of respondents reported in both years that they intentionally cut, burned, bruised or otherwise injured themselves at any time within the last 12 months.
- About 42% of respondents reported in both years that they their academics had been traumatic or very difficult to handle within the last 12 months.

## Survey Respondents Compared to De Anza Student Population

Overall, the survey respondents were overrepresented by white, female, full-time students by about 10 percentage points when compared to the student population.

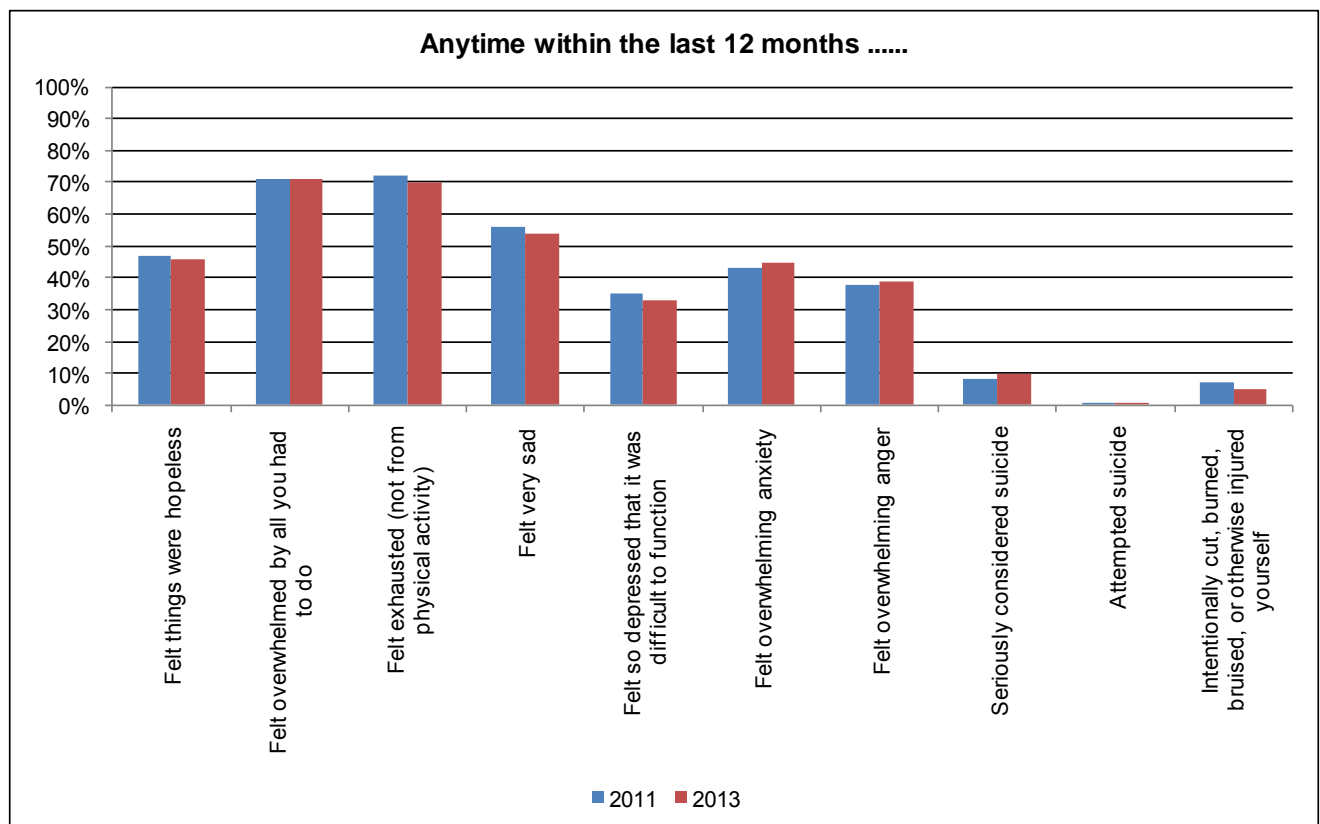
- In both 2011 and 2013, the sample was comprised of a higher rate of students that identify as white, about a 10 percentage point difference.

# De Anza College Office of Institutional Research and Planning

- The rate of female respondents was also higher than the population in both years, also a ten percentage point difference.
- The percent of students who identified as full-time was also larger than the student population, this was about a 13 percentage point difference.
- In 2011, the percent of international students who responded was higher at 14% compared to 7% in the population, while in 2013, the international students who responded was slightly lower, 6% compared to 9% in the student population.
- The distribution by age for survey respondents was similar to that of the student population in both years.

## Results

The following chart and tables provide a comparison of the 2011 results to the 2013 results in regards to the questions focusing on Mental Health.



## De Anza College Office of Institutional Research and Planning

Students reported experiencing the following within the last 12 months:

	2011 Percent	2013 Percent	Percent Difference
<b>Felt things were hopeless</b>			
No, never	32%	33%	-1%
No, not last 12 months	21%	22%	-1%
Yes, last 2 weeks	17%	18%	-1%
Yes, last 30 days	10%	8%	2%
Yes, in last 12 months	21%	19%	2%
Any time within the last 12 months	47%	46%	1%

	2011 Percent	2013 Percent	Percent Difference
<b>Felt overwhelmed by all you had to do</b>			
No, never	19%	18%	1%
No, not last 12 months	10%	11%	-1%
Yes, last 2 weeks	32%	36%	-4%
Yes, last 30 days	17%	15%	2%
Yes, in last 12 months	21%	20%	1%
Any time within the last 12 months	71%	71%	0%

	2011 Percent	2013 Percent	Percent Difference
<b>Felt exhausted (not from physical activity)</b>			
No, never	19%	19%	0%
No, not last 12 months	10%	11%	-1%
Yes, last 2 weeks	38%	38%	0%
Yes, last 30 days	14%	14%	0%
Yes, in last 12 months	19%	18%	1%
Any time within the last 12 months	72%	70%	2%

	2011 Percent	2013 Percent	Percent Difference
<b>Felt very sad</b>			
No, never	24%	26%	-2%
No, not last 12 months	19%	20%	-1%
Yes, last 2 weeks	22%	21%	1%
Yes, last 30 days	11%	11%	0%
Yes, in last 12 months	23%	21%	2%
Any time within the last 12 months	56%	54%	2%

## De Anza College Office of Institutional Research and Planning

	2011	2013	Percent
<b>Felt so depressed that it was difficult to function</b>	Percent	Percent	Difference
No, never	41%	42%	-1%
No, not last 12 months	25%	25%	0%
Yes, last 2 weeks	11%	12%	-1%
Yes, last 30 days	6%	6%	0%
Yes, in last 12 months	17%	15%	2%
Any time within the last 12 months	35%	33%	2%

	2011	2013	Percent
<b>Felt overwhelming anxiety</b>	Percent	Percent	Difference
No, never	37%	36%	1%
No, not last 12 months	20%	19%	1%
Yes, last 2 weeks	16%	18%	-2%
Yes, last 30 days	8%	9%	-1%
Yes, in last 12 months	18%	18%	0%
Any time within the last 12 months	43%	45%	-2%

	2011	2013	Percent
<b>Felt overwhelming anger</b>	Percent	Percent	Difference
No, never	39%	39%	0%
No, not last 12 months	23%	22%	1%
Yes, last 2 weeks	13%	15%	-2%
Yes, last 30 days	7%	8%	-1%
Yes, in last 12 months	19%	17%	2%
Any time within the last 12 months	38%	39%	-1%

	2011	2013	Percent
<b>Seriously considered suicide</b>	Percent	Percent	Difference
No, never	80%	74%	6%
No, not last 12 months	13%	17%	-4%
Yes, last 2 weeks	2%	3%	-1%
Yes, last 30 days	2%	1%	1%
Yes, in last 12 months	4%	6%	-2%
Any time within the last 12 months	8%	10%	-2%

## De Anza College Office of Institutional Research and Planning

<b>Attempted suicide</b>	2011 Percent	2013 Percent	Percent Difference
No, never	90%	89%	1%
No, not last 12 months	9%	10%	-1%
Yes, last 2 weeks	0%	0%	0%
Yes, last 30 days	0%	0%	0%
Yes, in last 12 months	1%	1%	0%
Any time within the last 12 months	1%	1%	0%

<b>Intentionally cut, burned, bruised, or otherwise injured yourself</b>	2011 Percent	2013 Percent	Percent Difference
No, never	81%	81%	0%
No, not last 12 months	13%	14%	-1%
Yes, last 2 weeks	2%	2%	0%
Yes, last 30 days	1%	1%	0%
Yes, in last 12 months	4%	3%	1%
Any time within the last 12 months	7%	5%	2%

<b>Within the last 12 months, any of the following been traumatic or very difficult to handle:</b>	2011 Percent	2013 Percent	Percent Difference
Academics	41%	43%	-2%
Career-related issue	34%	34%	0%
Death of family member or friend	12%	14%	-2%
Family problems	33%	36%	-3%
Intimate relationships	29%	27%	2%
Other social relationships	22%	24%	-2%
Finances	42%	41%	1%
Health problem of family member or partner	18%	21%	-3%
Personal appearance	23%	26%	-3%
Personal health issue	22%	25%	-3%
Sleep difficulties	29%	31%	-2%
Other	13%	13%	0%