

## Preliminary Results

## Overview

- Quick History
- 2009 Pilot Study & Executive Report Review
  - Prevalence and Severity
  - Campus Violence
  - Psychotherapy
  - Academics
  - Alcohol
  - Eating Concerns
  - Military
  - Trauma
  - Social Support
  - Sexual Orientation
- Implications
- Discussion



## 2009 Pilot Study Overview

- Fall semester 9/1/2008 through 12/31/2008
- Archival, anonymous, data gathered during routine clinical practice.
- One-time pilot data pooling.
- Population (not a sample) of clients at 66 participating centers
- 28,217 clients
- About 1/4 current capacity.
- Future data flow is in preparation.

## Institutional Characteristics

| Campus Size                                                                | Count |
|----------------------------------------------------------------------------|-------|
| Under 1,500                                                                | 1     |
| 1,501 - 2,500                                                              | 4     |
| 2,501 - 5,000                                                              | 7     |
| 5,001 - 7,500                                                              | 5     |
| 7,501 - 10,000                                                             | 7     |
| 10,001 - 15,000                                                            | 7     |
| 15,001 - 20,000                                                            | 6     |
| 20,001 - 25,000                                                            | 9     |
| 25,001 - 30,000                                                            | 11    |
| 30,001 - 35,000                                                            | 4     |
| 35,001 - 40,000                                                            | 1     |
| 40,001 - 50,000                                                            | 4     |
| 50,001 and over                                                            | 0     |
| Location of Campus                                                         | Count |
| Northeast (CT, ME, MA, NH, NJ, NY, PA, RI, VT)                             | 13    |
| Midwest (IL, IN, IA, KS, MI, MN, MO, NE, ND, OH, SD, WI)                   | 15    |
| South (AL, AR, DE, DC, FL, GA, KY, LA, MD, ME, NC, OK, SC, TN, TX, VA, WV) | 26    |
| West (AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY)                  | 12    |

## Institutional cont.

| Athletic Division | Count |
|-------------------|-------|
| None              | 4     |
| Division I        | 41    |
| Division II       | 9     |
| Division III      | 12    |
| Institution Type  | Count |
| Private           | 17    |
| Public            | 47    |
| Combined          | 2     |

## Student Characteristics

| Age                       |           |         | Race/Ethnicity                      |       |       |
|---------------------------|-----------|---------|-------------------------------------|-------|-------|
| Minimum = 18              |           |         | African American / Black            | 1911  | 77    |
| Maximum = 80              |           |         | American Indian / Alaskan           | 109   | .4    |
| Mean = 22.7               |           |         | Arab American                       | 113   | .5    |
| Standard Deviation = 6.38 |           |         | Asian American / Asian              | 1558  | 6.2   |
| Gender                    | Frequency | Valid % | East Indian                         | 156   | .6    |
| Male                      | 9141      | 35.4    | White                               | 17569 | 70.4  |
| Female                    | 16615     | 64.3    | Hispanic / Latino/a                 | 1444  | 5.8   |
| Transgender               | 41        | .2      | Native Hawaiian or Pacific Islander | 77    | .3    |
| Prefer not to answer      | 46        | .2      | Multi-racial                        | 789   | 3.2   |
| Total                     | 25843     | 100.0   | Prefer not to answer                | 607   | 2.4   |
|                           |           |         | Other                               | 623   | 2.5   |
|                           |           |         | Total                               | 24956 | 100.0 |

| Country of Origin                              |  |  |
|------------------------------------------------|--|--|
| 170+ countries were represented                |  |  |
| More than 40 countries had 20 students or more |  |  |

## Students cont.

| Status                                  | Frequency | Valid % | Transfer Student Status                                    | Frequency | Valid % |
|-----------------------------------------|-----------|---------|------------------------------------------------------------|-----------|---------|
| Freshman / first year                   | 4597      | 18.1    | not transfer student                                       | 14813     | 79.2    |
| Sophomore                               | 4927      | 19.4    | transfer student                                           | 3888      | 20.8    |
| Junior                                  | 5732      | 22.6    | Total                                                      | 18701     | 100.0   |
| Senior                                  | 5728      | 22.6    | Athlete Status (competes with other colleges/universities) |           |         |
| Graduate or Professional Degree Student | 3744      | 14.7    | No                                                         | 14784     | 92.7    |
| Non-student                             | 169       | .7      | Athlete                                                    | 1171      | 7.3     |
| High school student taking classes      | 3         | .0      | Total                                                      | 15955     | 100.0   |
| Non-degree student                      | 64        | .3      | First-Generation Status                                    |           |         |
| Faculty or staff                        | 76        | .3      | No                                                         | 13586     | 76.8    |
| Other                                   | 346       | 1.4     | Yes                                                        | 4093      | 23.2    |
| Total                                   | 25386     | 100.0   | Total                                                      | 17679     | 100.0   |

## Students cont.

| Sexual Orientation   | Frequency | Valid % | Relationship Status                      | Frequency | Valid % |
|----------------------|-----------|---------|------------------------------------------|-----------|---------|
| Heterosexual         | 19546     | 89.2    | Single                                   | 14941     | 61.6    |
| Gay                  | 457       | 2.1     | Serious dating or committed relationship | 7228      | 29.9    |
| Lesbian              | 271       | 1.2     | Civil union or domestic partnership      | 138       | .6      |
| Bisexual             | 638       | 2.9     | Married                                  | 1475      | 6.1     |
| Questioning          | 291       | 1.3     | Divorced                                 | 250       | 1.0     |
| Prefer not to answer | 718       | 3.3     | Separated                                | 192       | .8      |
| Total                | 21911     | 100.0   | Widowed                                  | 21        | .1      |
|                      |           |         | Total                                    | 24245     | 100.0   |

| International Student Status | Frequency | Valid % |
|------------------------------|-----------|---------|
| No                           | 21675     | 95.9    |
| Yes                          | 929       | 4.1     |
| Total                        | 22604     | 100.0   |

## Prevalence & Severity

| Rates of Prior Mental Health Treatment |                        |       |    |
|----------------------------------------|------------------------|-------|----|
| Question                               | Answer                 | N     | %  |
| Prior counseling experience            | Never                  | 11841 | 49 |
|                                        | Prior to College       | 4619  | 19 |
|                                        | After Starting College | 4303  | 18 |
|                                        | Both                   | 3538  | 15 |
| Prior use of psychiatric medications   | Never                  | 15805 | 66 |
|                                        | Prior to College       | 2301  | 10 |
|                                        | After Starting College | 3324  | 14 |
|                                        | Both                   | 2659  | 11 |
| Prior psychiatric hospitalization      | Never                  | 21753 | 91 |
|                                        | Prior to College       | 1102  | 5  |
|                                        | After Starting College | 719   | 3  |
|                                        | Both                   | 223   | 1  |
| Prior drug or alcohol treatment        | Never                  | 21922 | 95 |
|                                        | Prior to College       | 459   | 2  |
|                                        | After Starting College | 518   | 2  |
|                                        | Both                   | 145   | 1  |

## Prevalence & Severity

| Rates of Concerning Behaviors               |                        |       |    |
|---------------------------------------------|------------------------|-------|----|
| Non-suicidal self-injury                    | Never                  | 18607 | 79 |
|                                             | Prior to College       | 2612  | 11 |
|                                             | After Starting College | 785   | 3  |
|                                             | Both                   | 1631  | 7  |
| Seriously considered suicide                | Never                  | 18044 | 75 |
|                                             | Prior to College       | 2694  | 11 |
|                                             | After Starting College | 1323  | 6  |
|                                             | Both                   | 1907  | 8  |
| Prior suicide attempt                       | Never                  | 21978 | 92 |
|                                             | Prior to College       | 1288  | 5  |
|                                             | After Starting College | 491   | 2  |
|                                             | Both                   | 240   | 1  |
| Seriously considered harming another person | Never                  | 21676 | 92 |
|                                             | Prior to College       | 755   | 3  |
|                                             | After Starting College | 352   | 1  |
|                                             | Both                   | 835   | 4  |
| Intentionally harmed another person         | Never                  | 22389 | 95 |
|                                             | Prior to College       | 744   | 3  |
|                                             | After Starting College | 207   | 1  |
|                                             | Both                   | 289   | 1  |

## CSCMH vs. PSU-General

| Experience                   | Pulse | CAPS | CSCMH |
|------------------------------|-------|------|-------|
| Prior Counseling             | 31%   | 53%  | 51%   |
| Prior Meds                   | 10%   | 30%  | 34%   |
| Psych Hospitalization        | 2%    | 6%   | 9%    |
| Prior D&A Tx.                | 4%    | 5%   | 5%    |
| Seriously considered suicide | 7%    | 23%  | 25%   |
| Attempted Suicide            | ---   | 6%   | 8%    |

## Violence

- April 16<sup>th</sup>, 2009 was two-year anniversary of tragedy at Virginia Tech
- Subsequent shootings at Northern Illinois Univ., South Mountain Community College, Central Arkansas Univ., Henry Ford Community College, and Gettysburg College call attention to fatal consequences of campus violence

## Violence (cont.)

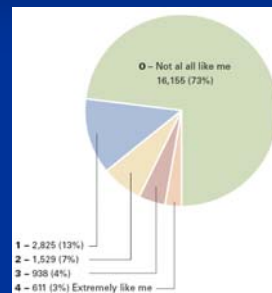
- Campus violence not new: in 1807, more than half the student body at Princeton suspended due to rioting
- Campus violence increasingly prevalent and severe: college students suffer 500,000 violent crimes annually (DeVoe et al., 2002)
- 31% of students report physical or sexual assault within past 12 months (ACHA, 2007)

## Violence (cont.)

- How prevalent are students' fears that they will lose control and act violently?
- What factors differentiate students with high and low fears of losing control and acting violently?

## Violence

"I am afraid I may lose control and act violently."



Is associated with...

| Male                                              |
|---------------------------------------------------|
| To have previously harmed another person          |
| To strongly endorse the following CCAPS items:    |
| Fear of having a panic attack in public           |
| Having unwanted thoughts that can't be controlled |
| Experiencing nightmares or flashbacks             |
| Feeling irritable                                 |
| Suicidal ideation                                 |
| Low academic motivation                           |
| Frequently getting into arguments                 |

## Psychotherapy Outcomes

- Routine outcome assessment not only helps inform case conceptualization and treatment plans:
  - Treatment effectiveness: Are the services we provide promoting (hopefully, positive) change?
  - Process of change: What is changing, and how do we understand the nature and the potential mechanisms?
- Repeated use of the CCAPS allows us to begin to address some of these questions.

## Psychotherapy Outcomes

- Pre-post CCAPS data on over 1500 students
- 6 weeks - average between administrations
- Statistically significant decreases were observed in both:
  - depressive symptoms & suicidal ideation
- Students at high risk (suicidality and initial depressive symptoms) showed much greater improvements.
  - Suicide  $d = .37$  (moderate effect size,  $N=356$ )
  - Depressive symptoms  $d = .87$  (large effect size,  $N=558$ )

## Mental Health and Academic Success

| Level                        | Self-reported GPA | Level                        | Academic Distress (Scale of 0-4) |
|------------------------------|-------------------|------------------------------|----------------------------------|
| Never considered suicide     | 3.12              | Never considered suicide     | 1.78                             |
| Seriously considered suicide | 3.04              | Seriously considered suicide | 2.33                             |
| Past suicide attempt         | 2.98              | Past suicide attempt         | 2.35                             |

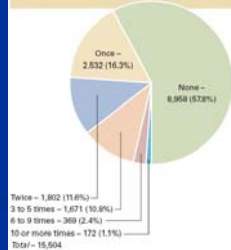
- Students who reported experiencing unwanted sexual contact scored significantly higher on the Academic Distress subscale of the CCAPS (2.10) than students who did not (1.85).
- International students reported experiencing greater academic distress than non-international students (2.03 vs. 1.89), even though self-reported GPA's tended to be higher for international students (3.29) than non-international students (3.12).

## Alcohol and Academics

Harvard's College Alcohol Study defines binge drinking as having five or more drinks in a row for men and four or more drinks in a row for women.

Think back over the last two weeks. How many times have you had: five or more drinks\* in a row (for males) OR four or more drinks\* in a row (for females)?  
 (\*A drink is a bottle of beer, a glass of wine, a wine cooler, a shot glass of liquor, or a mixed drink.)

| Binge drinking | GPA  | Academic Subscale |
|----------------|------|-------------------|
| None           | 3.19 | 1.84              |
| Once           | 3.11 | 1.95              |
| Twice          | 3.06 | 1.97              |
| 3 - 5x         | 3.04 | 2.07              |
| 6 - 9          | 2.98 | 2.17              |
| 10+            | 2.95 | 2.36              |



## Alcohol misc.

- 6.3% of students scored a 3 or above on the CCAPS Substance Abuse subscale
  - Significantly elevated levels of depression
- Almost 50% of students who reported 10 or more binge drinking episodes in the previous two weeks also indicated that they have seriously considered suicide.

## Eating Disorders

- Moderate to high Eating Concerns associated with:
  - Depression
  - Generalized Anxiety
  - Hostility
  - Social Anxiety
  - Family of Origin Issues

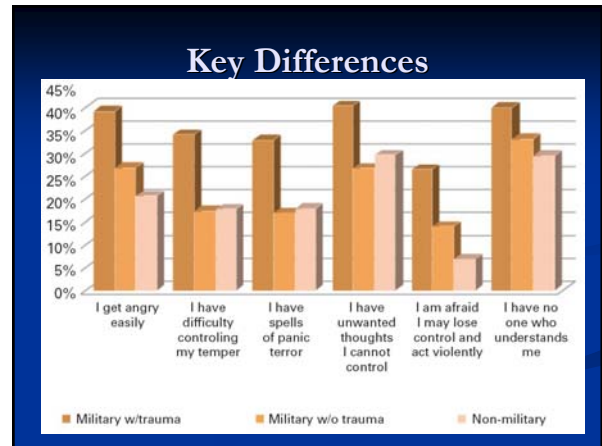
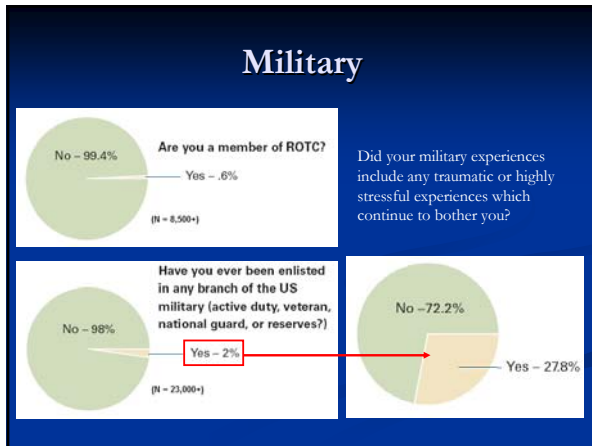
## Eating Disorders cont.

- Clinical assessment can be impacted by stereotypes
- 4% of men report moderate to high ED levels
- Gay male students (16%), Female students (15%)
- No difference between heterosexual and lesbian/bisexual females

| Race             | Eating/Body Image Concerns |
|------------------|----------------------------|
| White            | 16%                        |
| Asian-American   | 15.5%                      |
| Hispanic/Latina  | 12.5%                      |
| African American | 11.5%                      |

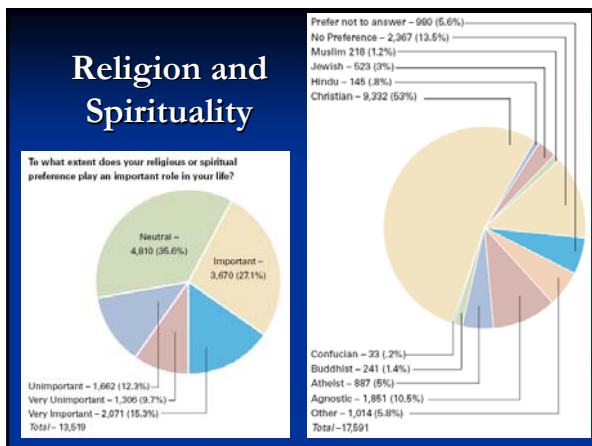
## Eating cont.

- 14.7% of students seeking counseling (15% of women) report moderate to high levels of eating concerns overall.
- 37% of students (44% of women) give some endorsement to the statement, "The less I eat, the better I feel about myself."  
  - BUT - just 4% of students (8.5% of women) strongly endorsed
- Less than 1% of students (.5% of women) report purging to control their weight.



- ## Trauma
- Students with a traumatic experience have significantly higher rates of:
    - Substance Use
    - History of self-harming behaviors
    - Suicidal thoughts
    - Past suicide attempts
    - Thoughts of harming others
    - Generalized Anxiety
    - Depression
    - Hostility
    - Academic Distress

- ## Trauma cont.
- 31% of students report having experienced a traumatic event either before or since coming to college
    - 29% also report that the trauma caused them to experience intense fear, helplessness, or horror
  - Unwanted sexual experiences *prior to or after starting college*:
    - 9.5% of men, 28% of women, and 30% of transgendered
  - Gay men and lesbians are more than twice as likely as their heterosexual peers to report unwanted sexual experiences.

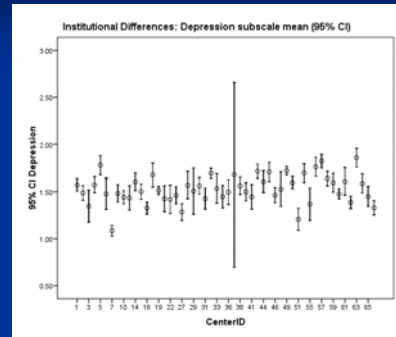


- ## Spirituality cont.
- Students who strongly endorsed the CCAPS item “Spirituality and religion are integral parts of my identity” had significantly fewer symptoms of:
    - Depression
    - Suicide
    - Substance abuse.
  - Students who strongly endorsed the CCAPS item “I find my spirituality to be an important source of support” were significantly less likely to endorse the CCAPS items, :
    - “I feel worthless”
    - “I have thoughts of ending my life”

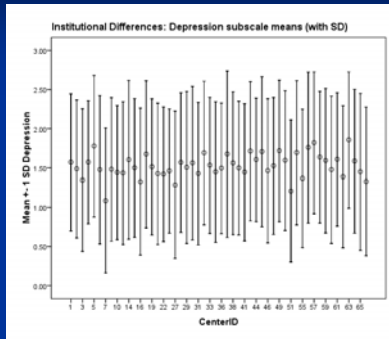
## Generalizability

- Institutional characteristics accounted for less than 5% of the variance across all nine subscales of the CCAPS.
- Counseling centers tend to see the same types of clients and problems
- Clinical norms derived from the data (i.e., CCAPS subscale norms) should be relevant for clients at all institutions.

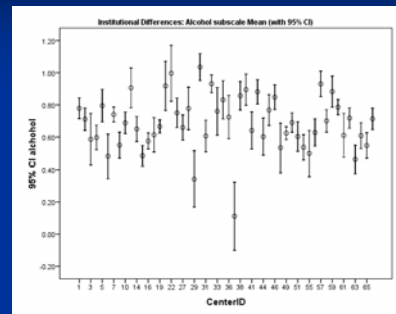
## Generalizability: Depression



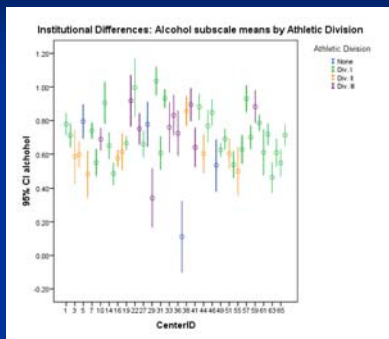
## Generalizability: Depression



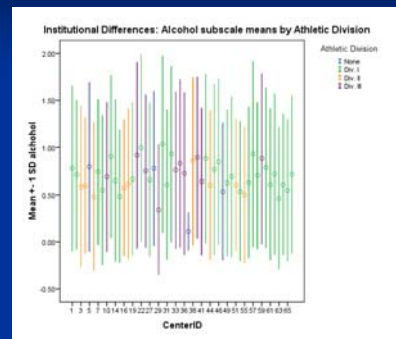
## Generalizability: Alcohol



## Generalizability: Alcohol



## Generalizability: Alcohol



## Contextual Variables – Social Support

- Social support:
  - I get the emotional help and support I need from my (a) family and (b) my social network.
  - 9,000 students with complete data
- Higher levels of social support are correlated to significantly lower levels of distress on each the following CCAPS subscales:
  - Depression
  - Anxiety
  - Hostility (frustration and anger)
  - Social Role Anxiety
  - Academic Problems
  - Family of Origin Problems

## Contextual Variables - Questioning

- Questioning Sexual Orientation and Suicidality
  - Average suicidality scores were twice as high as heterosexual students.
  - Significantly higher than non-questioning gay, lesbian and bisexual students.
- Scored significantly higher on the CCAPS scales of:
  - Depression
  - Social Anxiety
  - Eating Concerns
- Positive Family-of-Origin helps with Social Anxiety and Eating, but NOT Depression.

## Discussion, Q&A

