



## 2020 North Dakota Student Wellness and Perception Survey University of North Dakota Institutional Report

### Overview

The 2020 North Dakota Student Wellness and Perception Survey (NDSWAPS) was developed to provide an insight into the current well-being of North Dakota College Students, ranging from their experiences using alcohol / other drugs to mental health symptomology and unwanted sexual experiences. The aim of gathering data through NDSWAPS is to inform and develop prevention and intervention efforts specific to students in North Dakota, in addition to students on each institutions campus, within the North Dakota University System.

All undergraduate students enrolled in the North Dakota University System were invited to participate in the 2020 NDSWAPS via an email notification during Fall 2020; all responses were collected through an online survey platform (i.e., Qualtrics) and were anonymous to promote disclosure of students' true experiences. Across institutions, 32,578 students were invited to participate. Of the population, 3,860 students provided valid responses on the survey (response rate: 11.85%). Survey responses were weighted by two auxiliary variables, year in school and gender (male / female); see the sample weighting separate report for details. All percentages presented are based on valid responses per question.

All undergraduate students at University of North Dakota (UND;  $n = 9714$ ) were invited to participate in the survey. Students received three email invitation notifications for survey participation. A total of 1215 students valid responses to the survey (response rate of 12.51%). However, not every respondent provided a response to each question in the survey, so total sample size per survey item varies. The key findings from the 2020 NDSWAPS among UND students are provided below. All responses are weighted unless otherwise noted.

### **Demographics of Respondents**

Respondents ranged in age from 17 to 70 (Mean = 21.55, SD = 5.48). The majority of respondents identified as a woman (49.40%), followed man (48.20%); the remaining individuals identified as non-binary (0.70%), transgender woman (0.20%), transgender man (0.10%), or preferred to self-describe (1.50%). Most respondents identified as straight or heterosexual (87.80%); the remaining individuals identifies as follows: bisexual (5.90%), prefer to self-describe (1.50%), and gay or lesbian (3.00%); 1.80% preferred not to answer.

The majority of respondents identified as White (92.30%), in addition to Black or African American (2.20%), American Indian or Alaska Native (4.20%), Native Hawaiian or Pacific Islander (0.60%), and Asian (5.30%). Note that respondents were allowed to select more than one racial identity. Respondents that identified as Hispanic or Latinx made up 4.80% of responses. Of respondents, 47.10% reported having permeant residence in North Dakota, 50.90% reported residence in a state outside of North Dakota, and 2.10% residence outside of the United States. With regard to health insurance, 80.70% of respondents reported being covered by their parent's health insurance, 14.50% having independent health insurance, and 4.80% having no health insurance.

Of the total valid responses, 31.20% of respondents reported being in their first year, 22.30% in their second year, 17.40% in their third year, 20.40% in their fourth year, and 8.70% in their fifth year. Full-time students represent 91.80% of respondents. Most students reported living on campus (61.80%). Students involved in activities or organizations on campus are as follows: intercollegiate athlete: 3.70%; intramural or club sport team: 14.70%; sorority or fraternity: 13.40%; student government: 2.10%; and fine arts: 8.20%.

A total of 5.10% reported storing a firearm in their on-campus residence. Of these respondents, 69.10% report storing their firearm unloaded, 69.10% storing their firearm separate from their ammo, 59.00% report storing their firearm in a locked location, and 59.00% report using a gunlock.

## Alcohol Use

### Alcohol Use Overview

**Recent use.** In the 30 days prior to the survey, 18.30% reported consuming alcohol on 1-2 days, 22.00% on 3-5 days, 16.60% on 6-9 days, 8.30% on 10-19 days, 1.80% on 20-29 days, and 0.50% on all 30 days.

*Table 1. Past Year Alcohol Use*

<b>Alcohol Use Frequency</b>	<b>Percent Endorsement</b>
<b>None</b>	20.40
<b>Once</b>	7.10
<b>Six time per year</b>	15.80
<b>Once per month</b>	20.00
<b>Once per week</b>	20.00
<b>Two to three times per week</b>	14.10
<b>Four to five times per week</b>	2.30
<b>Every day</b>	0.30

**Age of onset.** Of all respondents, 1.50% reported first drinking alcohol before 10, 1.40% reported first drinking alcohol from 10-11, 3.80% first began drinking from 12-13, 12.50% reported first drinking from 14-15, 26.60% reported first drinking from 16-17, 32.80% reported first drinking alcohol from 18-20 years old, 4.80% reported first drinking from 21-25, and 0.50% first began drinking at 26 or older.

*Table 2. Alcohol Use of Sample by Data Collection Year*

	<b>2020</b>	<b>2018</b>	<b>2016</b>
<b>Average Drinks per Week</b> (Drinkers Only)	3.76	3.44	6.31
<b>Average Drinks per Week</b> (All Respondents)	3.21	3.16	4.79
<b>Alcohol Use Prior 30 Days (%)</b>	67.40	78.50	76.50
<b>Alcohol Use Past Year (%)</b>	79.40	86.10	82.30
<b>Peak BAC</b>			
<b>Male</b>	.104	.098	.110
<b>Female</b>	.113	.107	.106

**Use location.** In the prior year, 13.50% of respondents reported consuming alcohol at an on-campus event, 26.10% reporting consuming alcohol in on-campus housing, 64.30% reported consuming alcohol at an off-campus event or location, and 78.10% reported consuming alcohol in off-campus housing.

### Alcohol Use for Students Under 21 Years

**Recent use.** In the 30 days prior to the survey, 17.20% reported consuming alcohol on 1-2 days, 19.90% on 3-5 days, 13.70% on 6-9 days, 5.10% on 10-19 days, 0.60% on 20-29 days, and 0.00% on all 30 days.

*Table 3. Past Year Alcohol Use of Sample Under 21*

<b>Alcohol Use Frequency</b>	<b>Percent Endorsement</b>
<b>None</b>	27.50
<b>Once</b>	10.80
<b>Six time per year</b>	16.80
<b>Once per month</b>	20.00
<b>Once per week</b>	16.30
<b>Two to three times per week</b>	8.70
<b>Four to five times per week</b>	0.00
<b>Every day</b>	0.00

**Age of onset.** Of respondents, 2.30% reported first drinking alcohol before 10, 0.70% reported first drinking alcohol from 10-11, 3.50% first began drinking from 12-13, 12.20% reported first drinking from 14-15, 30.60% reported first drinking from 16-17, and 28.10% reported first drinking alcohol from 18-20 years old.

*Table 4. Alcohol Use of Sample Under 21 Years of Age by Data Collection Year*

	<b>2020</b>	<b>2018</b>	<b>2016</b>
<b>Average Drinks per Week</b> (Drinkers Only)	2.93	3.04	7.42
<b>Average Drinks per Week</b> (All Respondents)	2.35	2.55	4.33
<b>Alcohol Use Prior 30 Days (%)</b>	56.50	67.80	61.60
<b>Alcohol Use Past Year (%)</b>	72.50	78.70	70.10
<b>Peak BAC</b>			
<b>Male</b>	.114	.128	.153
<b>Female</b>	.089	.117	.113

**Use location.** In the prior year, 16.90% of respondents reported consuming alcohol at an on-campus event, 37.60% reporting consuming alcohol in on-campus housing, 48.70% reported consuming alcohol at an off-campus event or location, and 69.70% reported consuming alcohol in off-campus housing.

### **Alcohol Use Perceptions**

Respondents reported, on average, believing that 46.35% of students on campus have two drinks or less in a typical week (SD = 23.59, Median = 45.00) and that 27.85% of students on campus do not drink in a typical week (SD = 20.18, Median = 23.00).

*Table 5. Alcohol Use Perceptions*

	<b>2020</b>	<b>2018</b>	<b>2016</b>
<b>Necessary for a good time (%)</b>	3.80	5.30	6.40

*Table 6. Students Perceptions of Student Annual Alcohol Use*

<b>Alcohol Use Frequency Perceptions</b>	<b>Percent Endorsement</b>
<b>Never</b>	0.30
<b>Once per year</b>	0.70
<b>Six times per year</b>	2.90
<b>Once per month</b>	16.80
<b>Once per week</b>	42.60
<b>Two to three times per week</b>	33.10
<b>Four to five times per week</b>	2.90
<b>Every day</b>	0.70

### **Parent Influence on Alcohol Use**

Of all respondents, 75.30% of respondents reported that their parents have talked with them about their expectations regarding alcohol use. Respondents reported parent's expectation or rules about limiting or controlling alcohol use as very effective (36.80%), somewhat effective (42.10%), and not effective (21.10%).

## Tobacco, Nicotine, and Vaping Use

### Tobacco Use

**Recent use.** In the prior 30 days, 4.20% used tobacco on 1-2 days, 1.90% used tobacco on 3-5 days, 0.40% used tobacco on 6-9 days, 1.10% used tobacco on 10-19 days, 0.40% used tobacco on 20-29 days, and 1.40% used tobacco on all 30 days.

*Table 7. Past Year Tobacco Use*

<b>Tobacco Use Frequency</b>	<b>Percent Endorsement</b>
<b>None</b>	83.00
<b>Once</b>	4.50
<b>Six time per year</b>	4.60
<b>Once per month</b>	3.50
<b>Once per week</b>	1.30
<b>Two to three times per week</b>	1.20
<b>Four to five times per week</b>	0.50
<b>Every day</b>	1.50

**Age of onset.** Of those reporting having ever used tobacco, 0.70% reported first using tobacco before 10, 2.40% reported first began using tobacco from 10-11, 5.80% first using tobacco from 12-13, 16.80% reported first using tobacco from 14-15, 26.60% reported first using tobacco from 16-17, 39.00% reported first using tobacco 18-20 years old, and 7.50% first began using tobacco at 21 or older.

*Table 8. Tobacco Use (Percentages) of Sample by Data Collection Year*

	<b>2020</b>	<b>2018</b>	<b>2016</b>
<b>Tobacco Use Prior 30 Day</b>	9.50	8.20	19.00
<b>Tobacco Use Past Year</b>	17.00	16.30	29.90

*Table 9. Students Perceptions of Student Annual Tobacco Use*

<b>Tobacco Use Frequency Perceptions</b>	<b>Percent Endorsement</b>
<b>Never</b>	26.50
<b>Once per year</b>	11.00
<b>Six times per year</b>	14.00
<b>Once per month</b>	17.80
<b>Once per week</b>	12.30
<b>Two to three times per week</b>	9.00
<b>Four to five times per week</b>	4.20
<b>Every day</b>	5.30

**Parents Influence on Tobacco Use.** Respondents reported parent's expectation or rules about limiting or controlling tobacco use as very effective (53.00%), somewhat effective (27.50%), and not effective (19.50%).

### Nicotine Use

**Recent use.** In the prior 30 days, 2.50% used nicotine on 1-2 days, 1.20% used nicotine on 3-5 days, 0.60% used nicotine on 6-9 days, 0.70% used nicotine on 10-19 days, 0.30% used nicotine on 20-29 days, and 2.00% used nicotine on all 30 days.

Table 10. Past Year Nicotine Use

<b>Nicotine Use Frequency</b>	<b>Percent Endorsement</b>
<b>None</b>	89.20
<b>Once</b>	3.50
<b>Six time per year</b>	1.60
<b>Once per month</b>	1.80
<b>Once per week</b>	1.00
<b>Two to three times per week</b>	0.60
<b>Four to five times per week</b>	0.80
<b>Every day</b>	1.50

**Age of onset.** Of those reporting having ever used nicotine, 0.20% reported first using nicotine before 10, 0.40% reported first using nicotine from 10-11, 0% first began using nicotine from 12-13, 10.40% reported first using nicotine from 14-15, 18.90% reported first using nicotine from 16-17, 50.90% reported first using nicotine from 18-20 years old, 15.30% first using nicotine from 21-25, and 3.10% first began using nicotine at 26 or older.

Table 11. Students Perceptions of Student Annual Nicotine Use

<b>Nicotine Use Frequency Perceptions</b>	<b>Percent Endorsement</b>
<b>Never</b>	36.10
<b>Once per year</b>	10.90
<b>Six times per year</b>	9.70
<b>Once per month</b>	13.80
<b>Once per week</b>	9.00
<b>Two to three times per week</b>	8.90
<b>Four to five times per week</b>	5.50
<b>Every day</b>	6.10

### Vaping / Electronic Cigarette Use

**Recent use.** In the prior 30 days, 4.40% used vaping/e-cigarettes on 1-2 days, 2.70% used vaping/e-cigarettes on 3-5 days, 2.30% used vaping/e-cigarettes on 6-9 days, 3.60% used vaping/e-cigarettes on 10-19 days, 2.10% used vaping/e-cigarettes on 20-29 days, and 7.30% used vaping/e-cigarettes on all 30 days.

Table 12. Past Year Vaping / Electronic Cigarette Use

<b>Vaping / E-Cig Use Frequency</b>	<b>Percent Endorsement</b>
<b>None</b>	71.20
<b>Once</b>	4.20
<b>Six time per year</b>	3.30
<b>Once per month</b>	4.20
<b>Once per week</b>	2.60
<b>Two to three times per week</b>	3.50
<b>Four to five times per week</b>	5.50
<b>Every day</b>	5.50

**Age of onset.** Of those reporting having ever used vaping/e-cigarettes, 0% reported first using vaping/e-cigarettes before 0% reported first using vaping/e-cigarettes from 10-11, 1.40% first began using vaping/e-cigarettes from 12-13, 15.70% reported first using vaping/e-cigarettes from 14-15, 34.20% reported first using vaping/e-cigarettes from 16-17, 38.50% reported first using vaping/e-cigarettes from 18-20 years old, 7.30% first using vaping/e-cigarettes from 21-25, and 2.30% first began using vaping/e-cigarettes at 26 or older.

**Use location.** In the prior year, 41.10% of respondents reported using vaping / e-cigarettes at an on-campus event, 44.9-% reporting vaping / e-cigarettes in on-campus housing, 64.60% reported vaping / e-cigarettes at an off-campus event or location, and 69.70% reported vaping / e-cigarettes in off-campus housing.

*Table 13. Students Perceptions of Student Annual Vaping / Electronic Cigarette Use*

<b>Vaping / E-Cig Use Frequency Perceptions</b>	<b>Percent Endorsement</b>
<b>Never</b>	18.60
<b>Once per year</b>	3.00
<b>Six times per year</b>	4.20
<b>Once per month</b>	7.20
<b>Once per week</b>	12.90
<b>Two to three times per week</b>	16.00
<b>Four to five times per week</b>	13.30
<b>Every day</b>	24.70

**Parents Influence on Vaping / Electronic Cigarette Use.** Respondents reported parent’s expectation or rules about limiting or controlling vaping / electronic cigarette use as very effective (47.20%), somewhat effective (28.00%), and not effective (24.70%).

**Cannabis and Vaping Cannabis Use**

**Cannabis Use**

**Recent use of cannabis.** In the prior 30 days, 4.80% used cannabis on 1-2 days, 2.10% used cannabis on 3-5 days, 0.90% used cannabis on 6-9 days, 1.60% used cannabis on 10-19 days, 2.00% used cannabis on 20-29 days, and 1.70% used cannabis on all 30 days.

*Table 14. Past Year Cannabis Use*

<b>Cannabis Use Frequency</b>	<b>Percent Endorsement</b>
<b>None</b>	77.20
<b>Once</b>	7.40
<b>Six time per year</b>	5.00
<b>Once per month</b>	2.80
<b>Once per week</b>	2.00
<b>Two to three times per week</b>	2.20
<b>Four to five times per week</b>	2.10
<b>Every day</b>	1.20

**Age of onset.** Of those reporting having ever used cannabis, 0.70% reported first using cannabis before 10, 0.10% reported first using cannabis from 10-11, 2.60% reported first using cannabis from 12-13, 15.90% reported first using cannabis from 14-15, 32.70% reported first using cannabis from 16-17, 39.50% reported first using cannabis from 18-20 years old, 7.10% first began using cannabis from 21-25, and 1.40% began using cannabis at 26 or older.

*Table 15. Cannabis Use (Percentages) of Sample by Data Collection Year*

	<b>2020</b>	<b>2018</b>	<b>2016</b>
<b>Prior 30 Days</b>	13.20	12.40	13.80
<b>Past Year</b>	22.80	23.20	24.10

**Use location.** In the prior year, 2.80% of respondents reported using cannabis at an on-campus event, 13.60% reporting using cannabis in on-campus housing, 32.90% reported using cannabis at an off-campus event or location, and 68.00% reported using cannabis in off-campus housing.

**Cannabis Use Perceptions.** A total of 1.80% of respondents believe that cannabis is necessary to have a good time.

*Table 16. Students Perceptions of Student Annual Cannabis Use*

<b>Cannabis Use Frequency Perceptions</b>	<b>Percent Endorsement</b>
<b>Never</b>	21.00
<b>Once per year</b>	8.80
<b>Six times per year</b>	11.40
<b>Once per month</b>	18.10
<b>Once per week</b>	18.90
<b>Two to three times per week</b>	13.40
<b>Four to five times per week</b>	5.40
<b>Every day</b>	3.00

**Parent Influence on Cannabis Use.** Respondents reported parent’s expectation or rules about limiting or controlling cannabis use as very effective (50.60%), somewhat effective (27.00%), and not effective (22.50%).

### Vaping Cannabis

**Recent use of vaping cannabis.** In the prior 30 days, 3.30% vaped cannabis on 1-2 days, 1.00% vaped cannabis on 3-5 days, 0.70% vaped cannabis on 6-9 days, 0.90% vaped cannabis on 10-19 days, 0.40% vaped cannabis on 20-29 days, and 0.60% vaped cannabis on all 30 days.

*Table 17. Past Year Vaping Cannabis*

<b>Vaping Cannabis Frequency</b>	<b>Percent Endorsement</b>
<b>None</b>	87.10
<b>Once</b>	3.80
<b>Six time per year</b>	3.70
<b>Once per month</b>	1.80
<b>Once per week</b>	1.40
<b>Two to three times per week</b>	0.80
<b>Four to five times per week</b>	0.70
<b>Every day</b>	0.70

*Table 18. Students Perceptions of Student Annual Vaping Cannabis*

<b>Vaping Cannabis Frequency Perceptions</b>	<b>Percent Endorsement</b>
<b>Never</b>	23.60
<b>Once per year</b>	9.70
<b>Six times per year</b>	11.00
<b>Once per month</b>	17.10
<b>Once per week</b>	15.10
<b>Two to three times per week</b>	12.60
<b>Four to five times per week</b>	5.20
<b>Every day</b>	5.60

## Other Drug Use

### **Other Drug Use**

**Recent use.** During the prior 30 days, 0.80% of respondents reported using amphetamines, 0.80% reported using opioids, 2.50% reported a non-medical use of prescription drugs, and 1.50% reported using other illicit drugs. During the prior year, 1.10% of respondents reported using amphetamines, 2.10% reported using opioids, 3.70% reported a non-medical use of prescription drugs, and 3.20% reported using other illicit drugs.

**Age of onset.** The most common age of onset for amphetamine use was 18-20 years old, 16-17 years old for opioids, 18-20 years old for non-medical use of prescription drugs, and 18-20 years old for other illicit drugs.

### **Other Drug Use Perceptions**

The majority of respondents believe that students on campus have never used amphetamines (57.40%), followed by once per year (20.20%). The majority of respondents believe that students on campus have never used opioids (65.00%), followed by once per year (19.60%). The majority of respondents believe that students on campus have never used prescription drugs for non-medical purposes (41.80%), followed by once per year (17.40%). The majority of respondents believe that students on campus have never used other illicit drugs (54.60%), followed by once per year (22.90%).

### **Parent Influence on Other Drug Use**

A total of 73.60% of respondents reported that their parents have talked to them about their expectations regarding drug use. Respondents reported parent's expectation or rules about limiting or controlling drug use as very effective (64.30%), somewhat effective (19.90%), and not effective (15.70%).

## Alcohol, Tobacco and Other Drug Use

### **Consequences of Using Alcohol and Other Drugs**

*Table 19. Prior Year Alcohol and Other Drug Consequences*

<b>Consequence</b>	<b>Percent Endorsement</b>
<b>Hangover, nauseated, or vomited</b>	79.20
<b>Blackout or memory loss</b>	47.70
<b>Performed poorly on test / project, missed class</b>	32.20
<b>Been in trouble with a college authority</b>	7.70
<b>Driven while under the influence</b>	11.60
<b>Thought they might have a problem</b>	13.60
<b>Done something they later regretted</b>	37.50
<b>Been criticized by someone due to their behavior</b>	26.80
<b>Been arrested for DWI/DUI</b>	1.30
<b>Been hurt or injured</b>	18.70

### **Policies Related to Alcohol and Other Drug Use**

Of the total respondents, 91.50% reported being aware the campus' alcohol and other drug policies and 59.80% stated that the policies are enforced. The majority of respondents stated that stricter policies, laws, or ordinances would not deter them from using alcohol or other drugs (57.60%), whereas 16.20% said that it would. Of those who responded, fines or fees (18.70%), expulsion from college (30.50%) and jail (15.80%) would be most effective in deterring their use.

## Instructor Influence on Alcohol and Other Drug Use

Respondents stated that 53.20% of their instructors never make a lighthearted comment about alcohol or drug use, followed by less than once per month (31.70%). Instructors were reported to never talk about their expectations for students to control their limit of alcohol or other drugs 57.60% of the time, followed by less than once per month (23.90%). Instructors were reported to never talk about resources of alcohol or other drugs 54.20% of the time, followed by less than once per month (27.20%).

Respondents stated that they would be very unlikely to change their alcohol or drug use based on their instructors' expectations (42.70%), followed by unlikely (21.20%). Respondents reported instructor's expectation as a way of limiting or controlling alcohol drug use as not effective (64.60%), somewhat effective (31.20%), and very effective (4.10%).

## Mental Health and Well Being

### Depression and Anxiety

*Table 20. Percent endorsement of depression and anxiety symptoms over prior two weeks*

	<b>Nearly every day</b>	<b>More than half the days</b>	<b>Several days</b>	<b>Not at all</b>
<b>Feeling down and depressed</b>	13.00	14.30	38.50	34.20
<b>Little interest / pleasure in things</b>	11.20	16.10	36.80	35.90
<b>Feeling nervous, anxious, on edge</b>	19.00	17.60	39.40	24.00
<b>Not able to control / stop worry</b>	14.80	15.10	32.60	37.40

In considering the aforementioned depression and anxiety symptoms, 31.40% reported that these experiences have made it extremely or very difficult to complete their academic work; 19.50% reported it has made it extremely or very difficult to take care of daily activities; and 7.50% reported it has made it extremely or very difficult to get along with others.

### Emotional Stress

*Table 21. Percent endorsement of stress over the prior month*

	<b>Very Often</b>	<b>Fairly Often</b>	<b>Sometimes</b>	<b>Almost Never</b>	<b>Never</b>
<b>Could not cope with all had to do</b>	7.80	15.80	30.40	20.70	25.40
<b>Difficulties piled up so high could not overcome them</b>	12.60	16.80	30.70	17.00	22.80

*Table 22. Percent endorsement of emotional distress over the prior month*

	<b>Nearly every day</b>	<b>More than half the days</b>	<b>Several days</b>	<b>Not at all</b>
<b>Hopeless</b>	7.40	12.30	31.10	49.20
<b>Mentally exhausted</b>	22.70	24.20	38.40	14.80
<b>Very lonely</b>	15.00	16.50	34.10	34.30
<b>Overwhelmed by anger</b>	4.60	7.40	25.40	62.50

### Sleep

*Table 23. Average hours of sleep*

<b>Hours of Sleep</b>	<b>Percent Endorsement</b>
<b>Less than 5</b>	5.60
<b>5-6</b>	33.70
<b>7-8</b>	55.20
<b>9 or more</b>	5.60

Over the past two weeks, 23.40% of respondents reported being bothered by their quality or duration of sleep more than half the days. In considering sleep difficulties, 16.80% reported that these experiences have made it extremely or very difficult to complete their academic work; 13.80% reported it has made it extremely or very difficult to take care of daily activities; and 11.80% reported it has made it extremely or very difficult to get along with others.

### Social Support

Of all respondents, 10.40% either very strongly or strongly disagreed that they have friends they can share their ups and downs with. Similarly, 15.80% either very strongly or strongly disagreed that when they are on-campus they receive the emotional support they need.

### Virtual Social Engagement

*Table 24. Percent endorsement of virtual social engagements in prior 6 months*

<b>Event Type</b>	<b>Percent Endorsement</b>
<b>Sponsored by campus</b>	31.00
<b>Sponsored by local community / organization</b>	15.40
<b>Hosted by family / friends</b>	23.80
<b>Supported by larger companies via smartphone applications</b>	7.00

### Mental Health Diagnosis History

*Table 25. Mental health disorder diagnosis in prior 12 months*

<b>Diagnosis</b>	<b>Percent Endorsement</b>
<b>Major depressive disorder</b>	18.30
<b>Generalized or social anxiety disorder</b>	24.20
<b>Panic attacks or panic disorder</b>	9.10
<b>Eating disorder</b>	3.50
<b>Alcohol use disorder</b>	1.30
<b>Cannabis use disorder</b>	1.20
<b>Drug use disorder</b>	1.20
<b>Attention deficit hyperactivity disorder</b>	5.00
<b>Sleep disorder or insomnia</b>	90.50
<b>Other mental health disorder</b>	92.70

*Table 26. Mental Health Service Use in Prior 12 Months*

<b>Service</b>	<b>Percent Endorsement</b>
<b>Psychiatric hospitalization</b>	0.60
<b>Partial hospitalization programming</b>	0.80
<b>Outpatient therapy or counseling</b>	14.20
<b>Outpatient psychiatric medication management</b>	8.30

*Table 27. Virtual Campus Mental and Physical Health Service Use*

<b>Service</b>	<b>Percent Endorsement</b>
<b>Past 6-month mental health service use</b>	6.90
<b>Past 12-month mental health service use</b>	3.00
<b>Past 6-month physical health service use</b>	3.90
<b>Past 12-month physical health service use</b>	2.80

## **Mental Health Social Environment**

Of all respondents, 6.20% reported that they very strongly or strongly agreed that students on their campus have a negative attitude about those who receive psychological help; 5.60% reported that they very strongly or strongly agreed that their family has a negative attitude about those who receive psychological help. Overall, 9.90% of respondents very strongly or strongly agreed that they would be more likely to receive professional psychological help if those about them did not view it negatively.

Respondents stated that their instructors never make a lighthearted comment about mental health difficulties 76.80% of the time, followed by less than once per month (15.40%). Respondents stated that their instructors never talk about resources for mental health difficulties 40.90% of the time, followed by less than once per month (30.70%).

## **Mental Health Service Use Perceptions**

Respondents reported, on average, believing that 28.16% (SD = 19.78) of students on campus have engaged in mental health services in the past year.

### **Self-Injurious Thoughts and Behavior**

#### **Non-Suicidal Self-Injury**

In the prior year, 11.30% of respondents had intentionally hurt themselves without the intent of killing themselves at least one time and 3.80% reported engaging in self-injury five or more times.

#### **Suicidal Thoughts and Behaviors**

In the prior year, 27.80% of respondents reported having thoughts of killing themselves at least once, 9.20% of respondents reported having a plan to kill themselves, 2.00% of respondents attempted to kill themselves.

*Table 28. Percent Endorsement of Suicidal Thoughts and Behaviors in Prior Year History*

	<b>Once</b>	<b>Twice</b>	<b>Three to Five Times</b>	<b>Six to Ten Times</b>	<b>More than Ten Times</b>
<b>Thoughts of killing oneself</b>	8.20	5.40	5.20	2.40	6.60
<b>Plan to kill oneself</b>	4.90	1.70	1.50	0.40	0.70
<b>Attempted to kill oneself</b>	1.50	0.30	0.20	0.00	0.00

#### **Disclosure of Suicidal Thoughts and Behaviors**

In considering any of the aforementioned suicidal thoughts or behaviors, 26.80% of respondents reported telling a peer on campus about their experience, 47.10% reported telling a peer not on their campus, 35.40% reported telling a family member, 13.50% reported telling an on-campus health professional, 30.90% reported telling an off-campus health professional, and 4.70% reported telling an on-campus staff or faculty.

#### **Self-Injurious Thoughts and Behaviors Perceptions**

Respondents reported believing that 23.18% of students on their campus had either thought about suicide or attempted to kill themselves in the past year (SD = 20.69, Median = 15.00).

#### **Instructor Influence on Suicidal Thoughts and Behaviors**

Respondents stated that their instructors never make a lighthearted comment about suicidal thoughts or behaviors 92.80% of the time, followed by less than once per month (4.90%). Respondents stated that their instructors never talk about resources suicidal thoughts and behaviors 54.90% of the time, followed by less than once per month (26.30%).

## Unwanted Sexual Experiences

### **Unwanted Sexual Experiences**

During the prior year, 20.90% of respondents reported that someone has made an unwanted attempt to stroke, fondle, or kiss them without their consent or against their will at least once; 8.80% of respondents reported that someone has attempted to have sex with them without their consent or against their will at least once in the prior year; 3.90% of respondents reported that someone has had sex with them without their consent or against their will at least once in the prior year.

### **Disclosure of Unwanted Sexual Experiences**

In considering any of the aforementioned unwanted experiences, 52.40% of respondents reported telling a peer on campus about their experience, 55.90% reported telling a peer not on their campus, 18.80% reported telling a family member, 6.40% reported telling an on-campus health professional, 8.00% reported telling an off-campus health professional, and 3.70% reported telling an on-campus staff or faculty.

### **Perceptions of Unwanted Sexual Experiences**

Respondents reported believing that 30.16% of students on their campus had an unwanted sexual experience in the past year (SD = 21.61, Median = 25.00).

### **Instructor Influence on Unwanted Sexual Experiences**

Respondents stated that their instructors never make a lighthearted comment about sexual assault or harassment 90.50% of the time, followed by less than once per month (7.10%). Respondents stated that their instructors never talk about resources for sexual assault or harassment 53.50% of the time, followed by less than once per month (29.80%).

## COVID-19-Related Difficulties

*Table 29. Distressing Experiences Related to COVID-19*

	Strongly Disagree	Somewhat Disagree	Neither Agree or Disagree	Somewhat Agree	Strongly Agree
<b>Food Running Out / Unavailable</b>	44.30	14.90	16.90	19.30	4.50
<b>Losing Job / Income</b>	21.50	10.50	11.90	31.20	25.00
<b>Housing / Utilities</b>	28.40	14.80	16.50	27.50	12.80
<b>Loss / Limited Childcare</b>	52.00	7.60	31.60	4.90	3.90
<b>Taking Care of Children</b>	48.70	7.60	29.70	8.80	5.10
<b>Household Conflict</b>	25.00	10.50	18.10	32.60	13.80
<b>Physical Health Concerns</b>	16.10	7.50	11.30	37.70	27.40
<b>Increased Anxiety / Depression</b>	11.90	5.90	8.30	34.70	39.20
<b>Reminders of Past Trauma</b>	29.40	11.80	22.70	19.20	17.00
<b>Social Isolation</b>	9.20	5.00	7.90	34.40	43.50
<b>Increased Anxiety due to News /Media</b>	15.70	8.70	15.20	29.40	31.10