Comprehensive Report 2024

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Created by The Center for Collegiate Mental Health (CCMH)

2025-01-14

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The following report summarizes your center's CCAPS data and compares it to a national sample of 268 centers.

Annual Baseline CCAPS Trends

This section provides an overview of the annual baseline CCAPS trends for your center. Baseline CCAPS captures the first CCAPS administration of the year for each client, where the data year runs from July 1 to June 30th of the following year.

CCAPS-62 Trends

Annual sample sizes

The following table provides the number of clients with CCAPS-62 data each year at your center and in the national data. This table provides context for interpreting the graphs that follow.

Years where the number of clients at your center seems comparatively low may be due to low utilization of the CCAPS-62 at your center during that time period. Data may also appear incomplete if membership with CCMH varied from year to year. For Titanium users, this may also be due to data being partially purged from Titanium for older years, indicating that the data available does not represent the entire sample for that year.

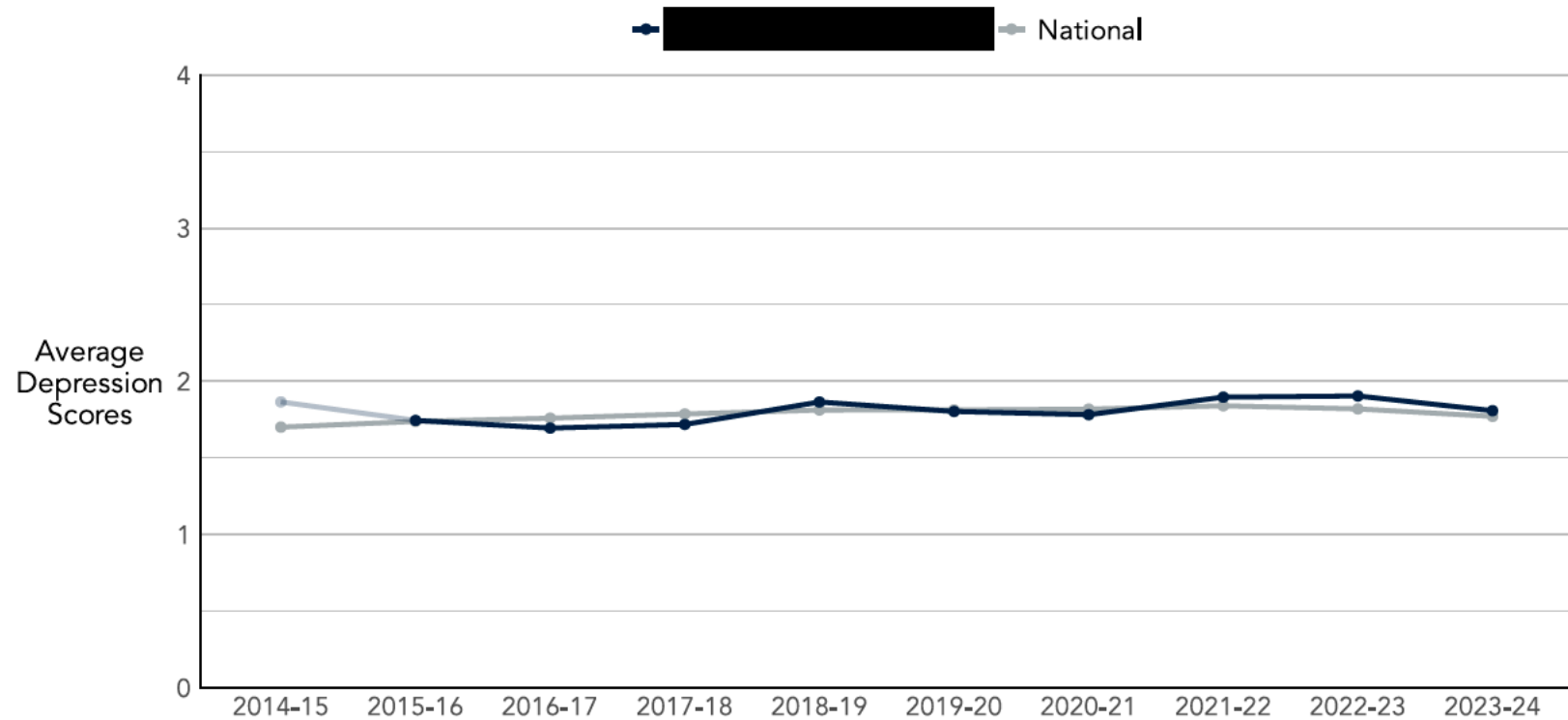| Year	Number of local clients	Number of national clients
2014-2015	476	74281
2015-2016	901	99961
2016-2017	2371	108836
2017-2018	2615	120421
2018-2019	2402	136524
2019-2020	2165	112510
2020-2021	1681	87221
2021-2022	1875	114158
2022-2023	1755	108806
2023-2024	1576	102607

Annual mean CCAPS-62 scores

The following data points are the average CCAPS-62 scores for your center for each year. The scores are raw mean scores ranging from 0 to 4, not percentiles. Higher scores indicate more distress.
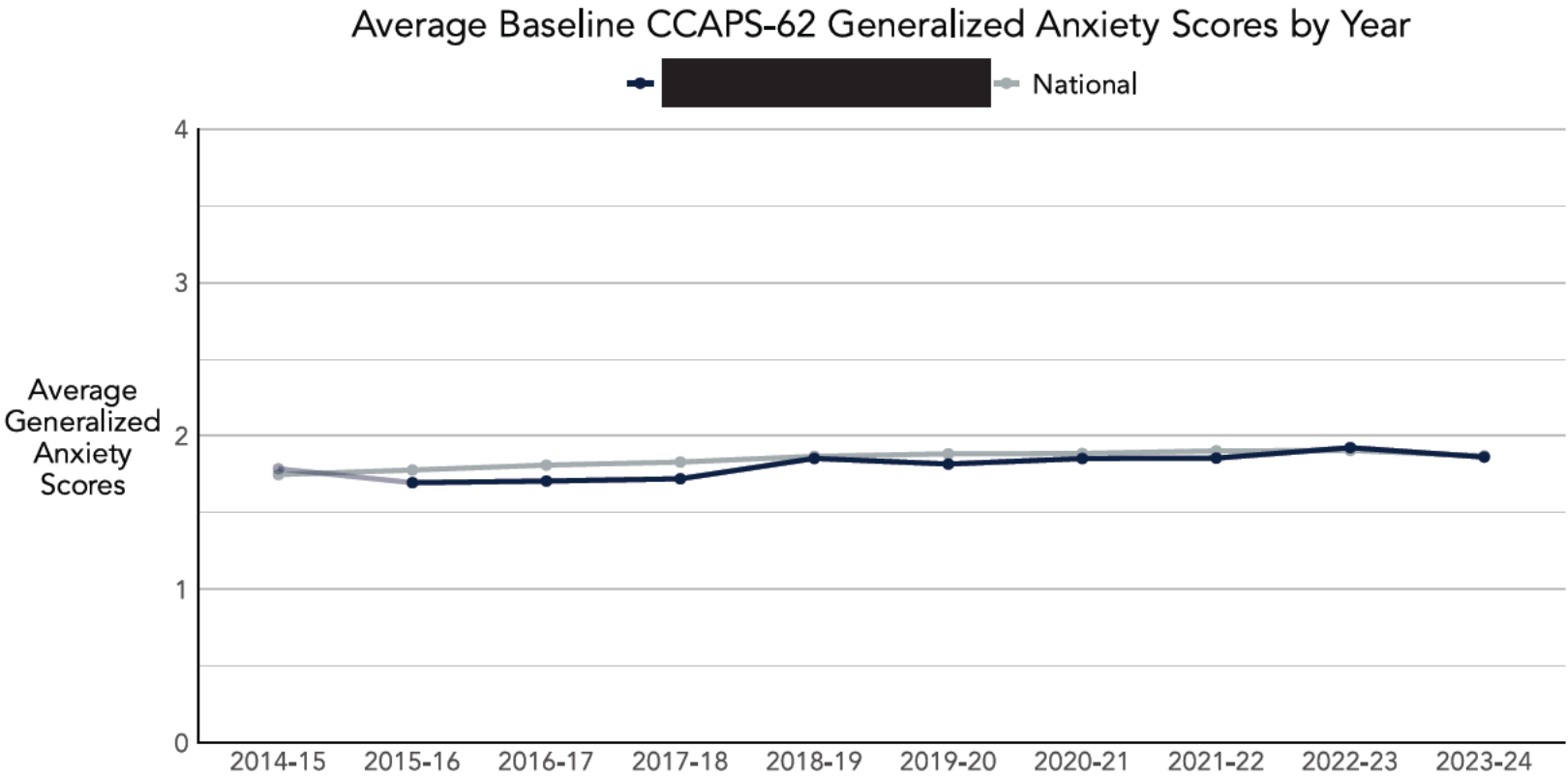
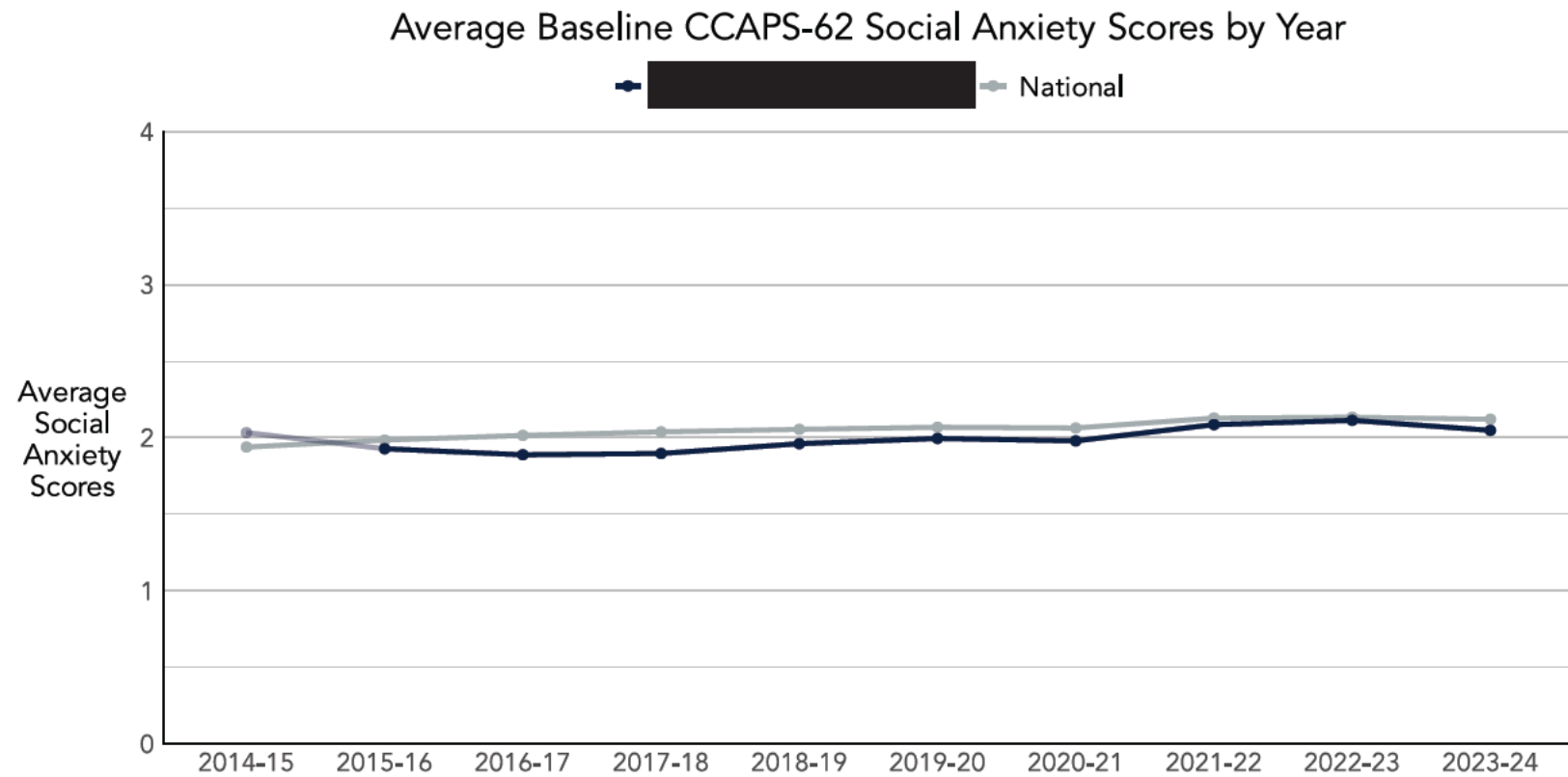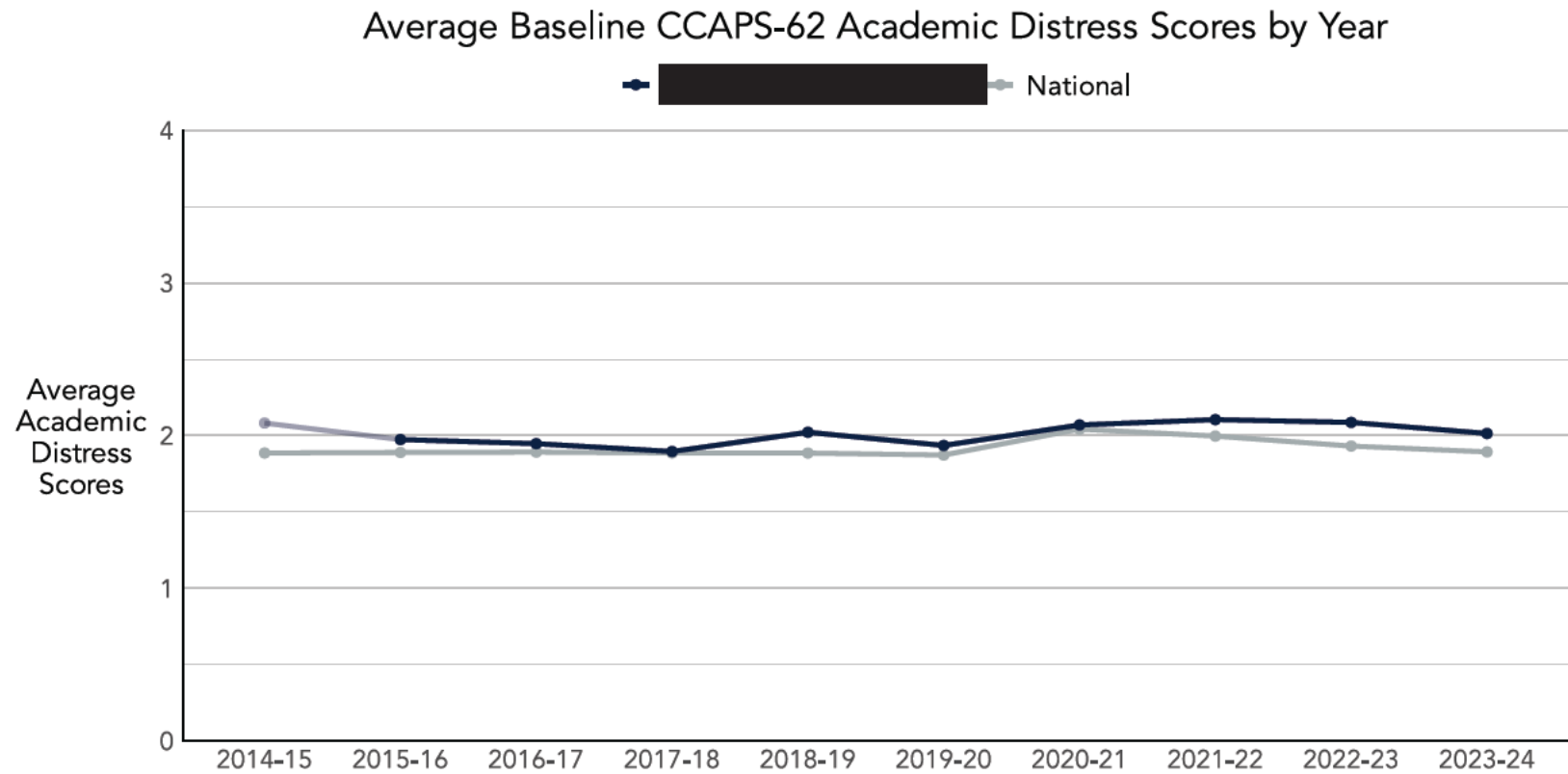| Year	Depression	Anxiety	Social Anxiety	Academics	Eating	Hostility	Substance	Family	DI
2014-2015	1.87	1.78	2.03	2.08	1.10	1.00	0.83	1.26	1.87
2015-2016	1.74	1.69	1.93	1.97	1.04	0.94	0.83	1.18	1.74
2016-2017	1.69	1.71	1.89	1.95	1.01	0.93	0.87	1.14	1.72
2017-2018	1.72	1.72	1.90	1.90	1.03	0.94	0.82	1.16	1.72
2018-2019	1.87	1.85	1.96	2.02	1.05	1.00	0.79	1.24	1.86
2019-2020	1.80	1.82	1.99	1.93	1.07	0.92	0.74	1.22	1.80
2020-2021	1.78	1.85	1.98	2.07	1.13	0.91	0.67	1.28	1.82
2021-2022	1.90	1.86	2.09	2.10	1.10	0.97	0.70	1.32	1.88
2022-2023	1.90	1.92	2.11	2.09	1.13	0.96	0.67	1.33	1.90
2023-2024	1.81	1.86	2.05	2.01	1.12	0.97	0.63	1.34	1.82

The following graphs display average CCAPS-62 raw subscale scores (0-4) by year for your center compared to national data (graphed in grey). Data points for your center that are lighter/more transparent represent years where the number of clients is low, and data should be interpreted cautiously. This may be due to low utilization of the CCAPS at your center during that time period. For Titanium users, this may also be due to data being partially purged from Titanium for older years, indicating that the data available does not represent

Average Baseline CCAPS-62 Depression Scores by Year

▬▬▬ ████████████████ ▬●▬ National

Average Baseline CCAPS-62 Generalized Anxiety Scores by Year

████████████████ National

Average Baseline CCAPS-62 Social Anxiety Scores by Year

Average Baseline CCAPS-62 Academic Distress Scores by Year

Average Baseline CCAPS-62 Eating Concerns Scores by Year

Average Baseline CCAPS-62 Frustration/Anger Scores by Year

■ National

Average Frustration/ Anger Scores

Average Baseline CCAPS-62 Substance Use Scores by Year

▬▬ ██████████████████ ▬▬ National

Average Substance Use Scores

4

3

2

1

0

2014-15 2015-16 2016-17 2017-18 2018-19 2019-20 2020-21 2021-22 2022-23 2023-24

Average Baseline CCAPS-62 Family Distress Scores by Year

National

Average Family Distress Scores

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0

2014–15 2015–16 2016–17 2017–18 2018–19 2019–20 2020–21 2021–22 2022–23 2023–24
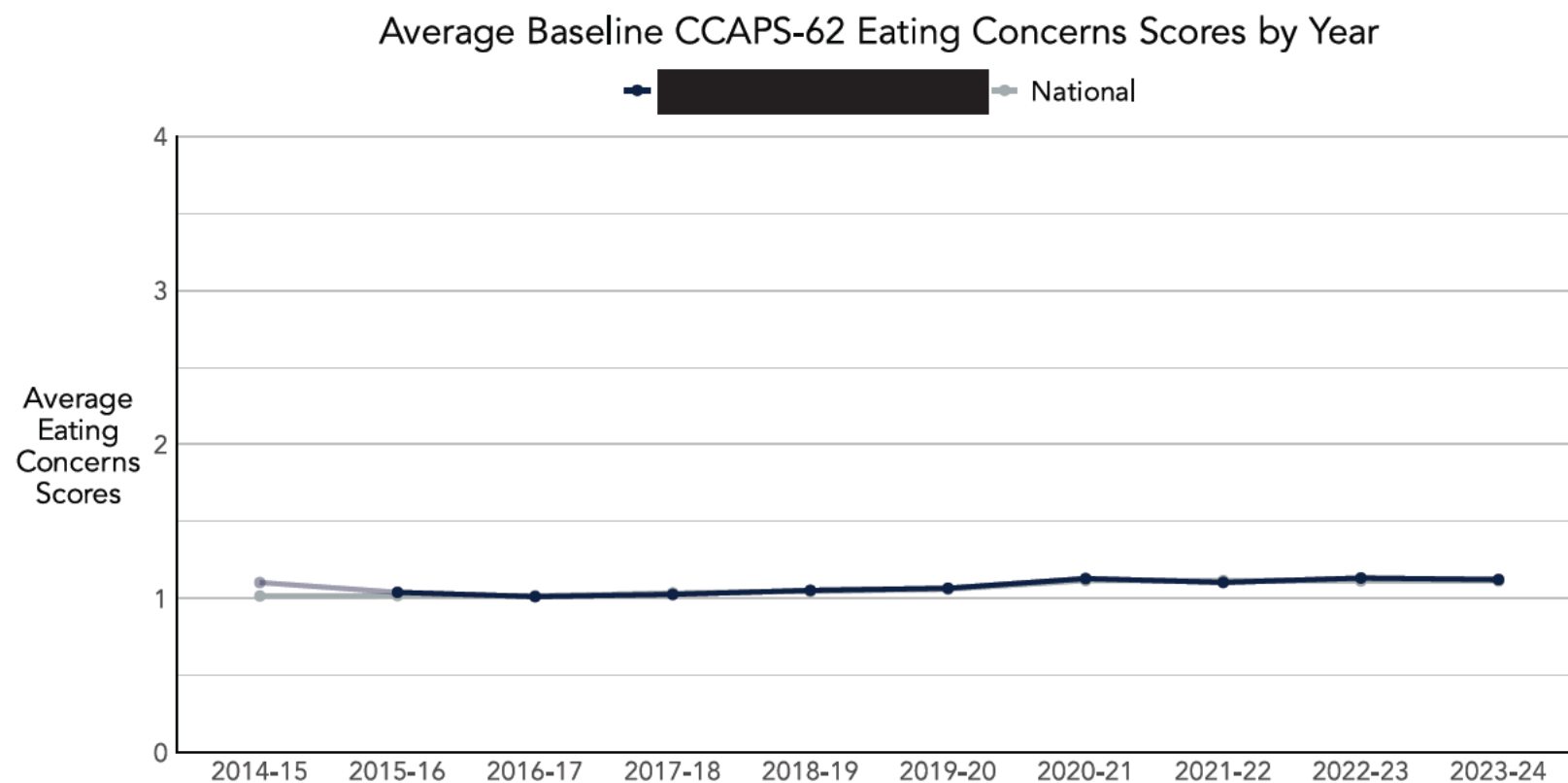
Average Baseline CCAPS-62 Scores by Year

Average CCAPS Subscale Scores

Legend:
- Social Anxiety
- Academic Distress
- Generalized Anxiety
- Distress Index (DI)
- Depression
- Family Distress
- Eating Concerns
- Frustration/Anger
- Substance Use

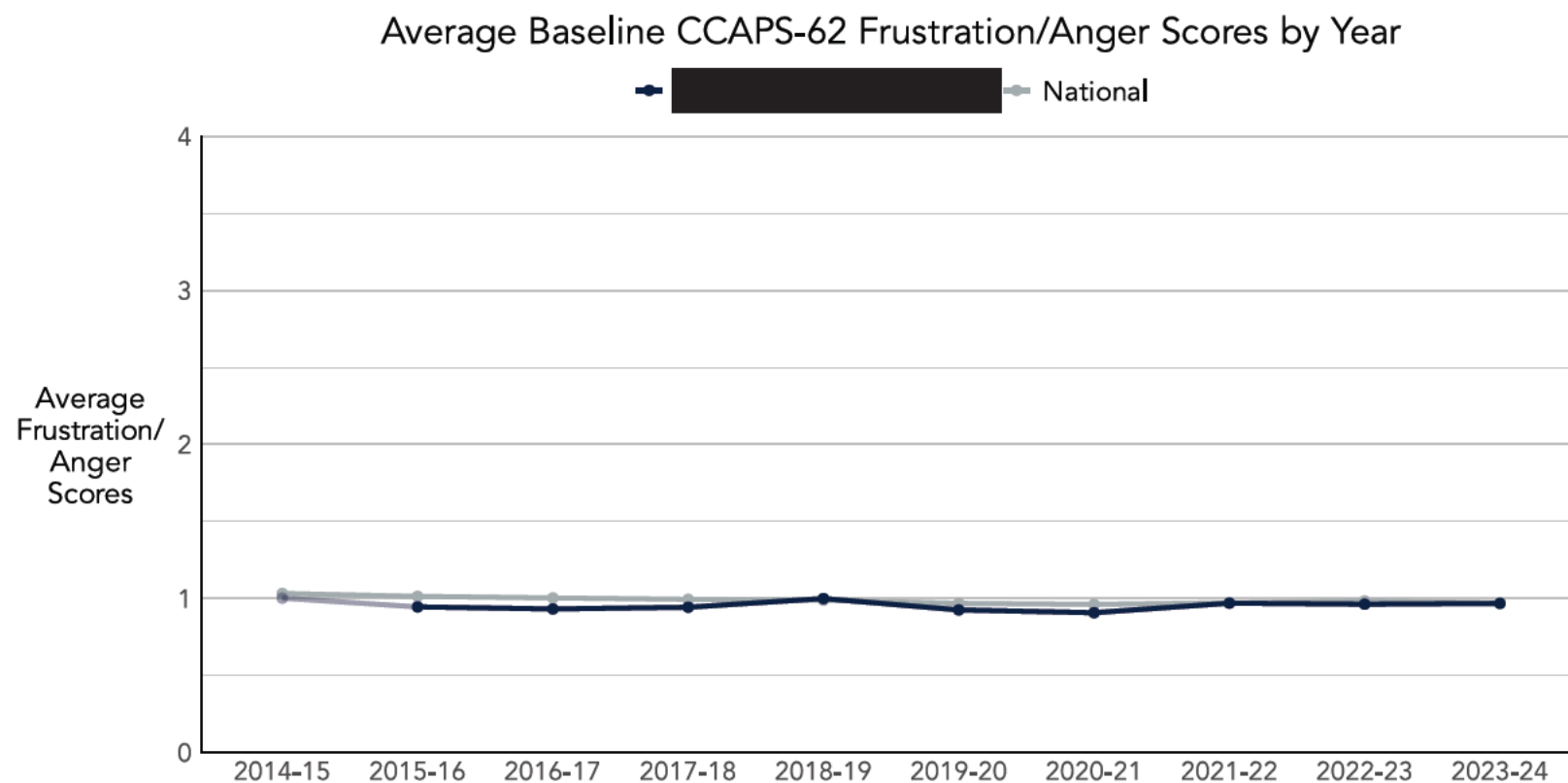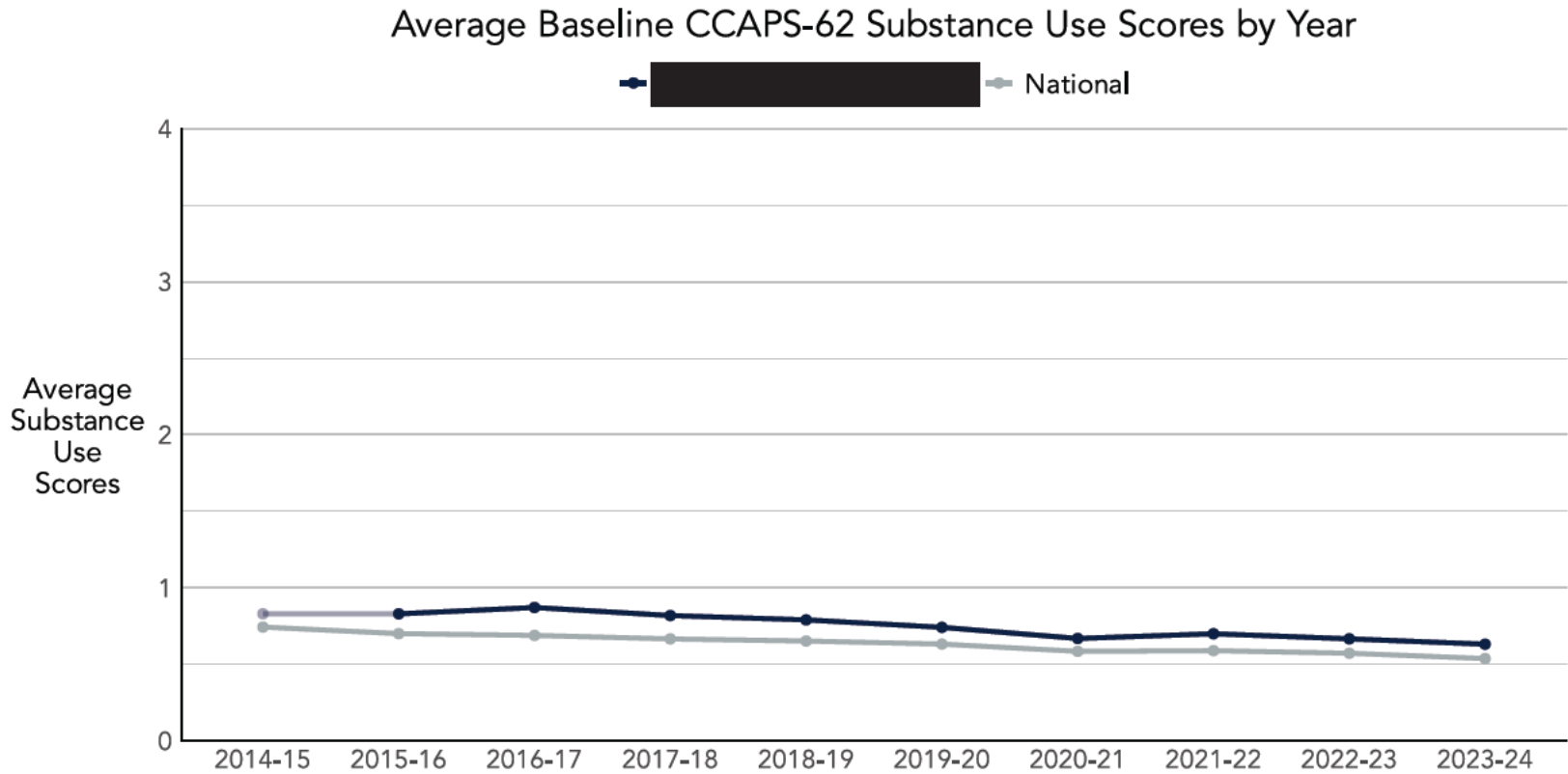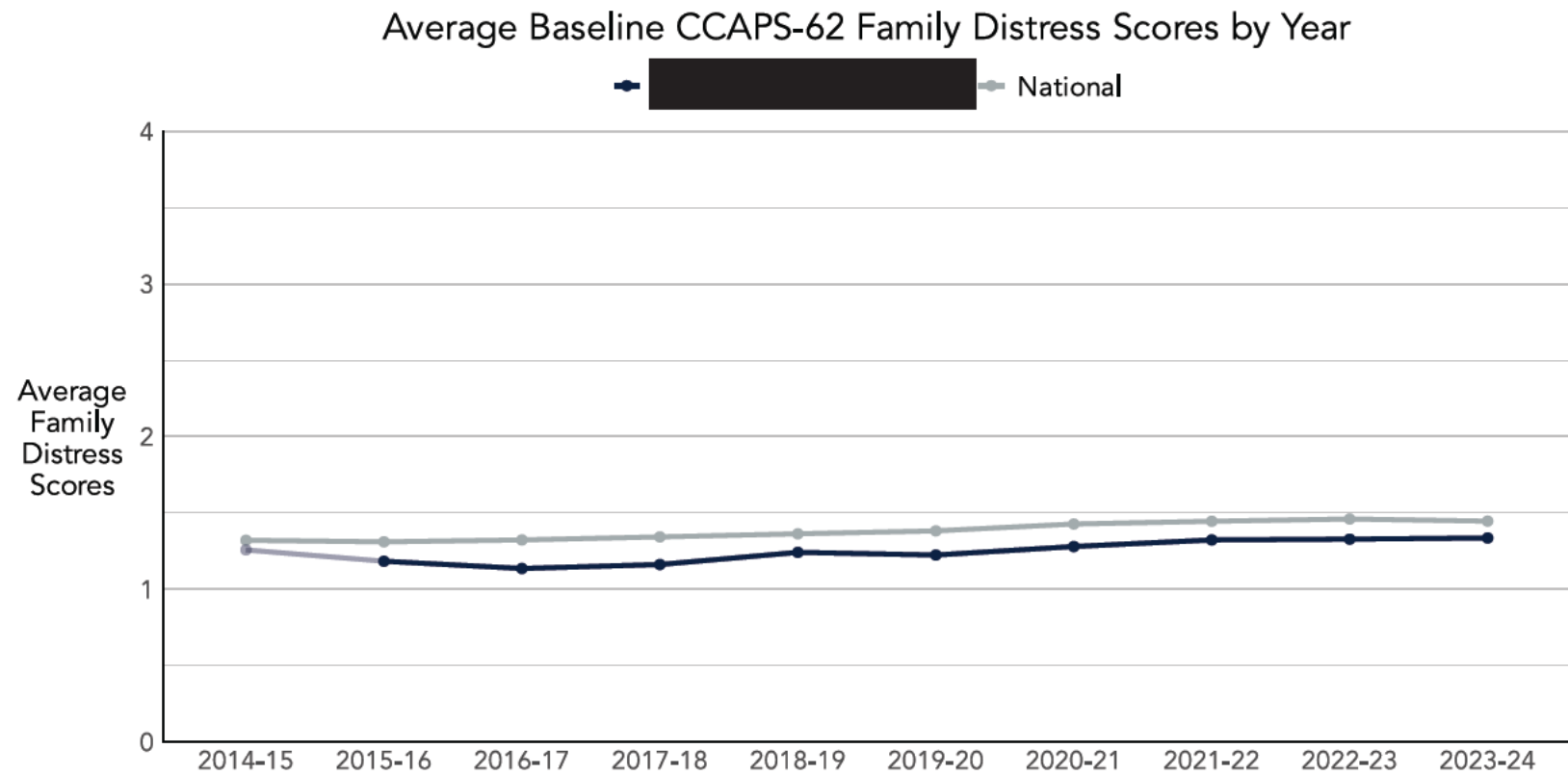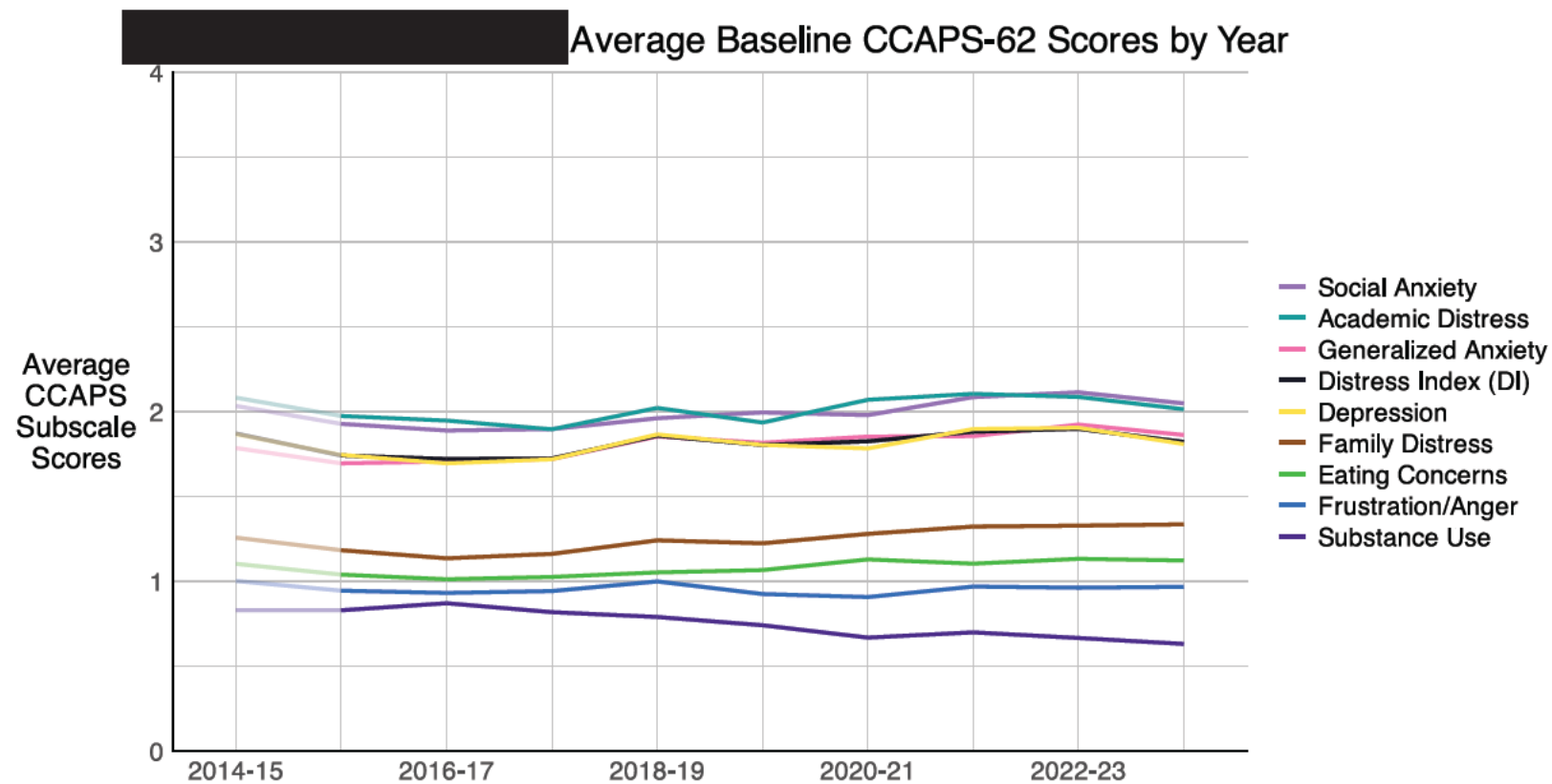X-axis: 2014-15, 2016-17, 2018-19, 2020-21, 2022-23

CCAPS-34 Trends

Annual sample sizes

The following table provides the number of clients with CCAPS-34 data each year at your center and in the national data. This table provides context for interpreting the graphs that follow.

Years where the number of clients at your center seems comparatively low may be due to low utilization of the CCAPS at your center during that time period. Data may also appear incomplete if membership with CCMH varied from year to year. For Titanium users, this may also be due to data being partially purged from Titanium for older years, indicating that the data available does not represent the entire sample for that year.

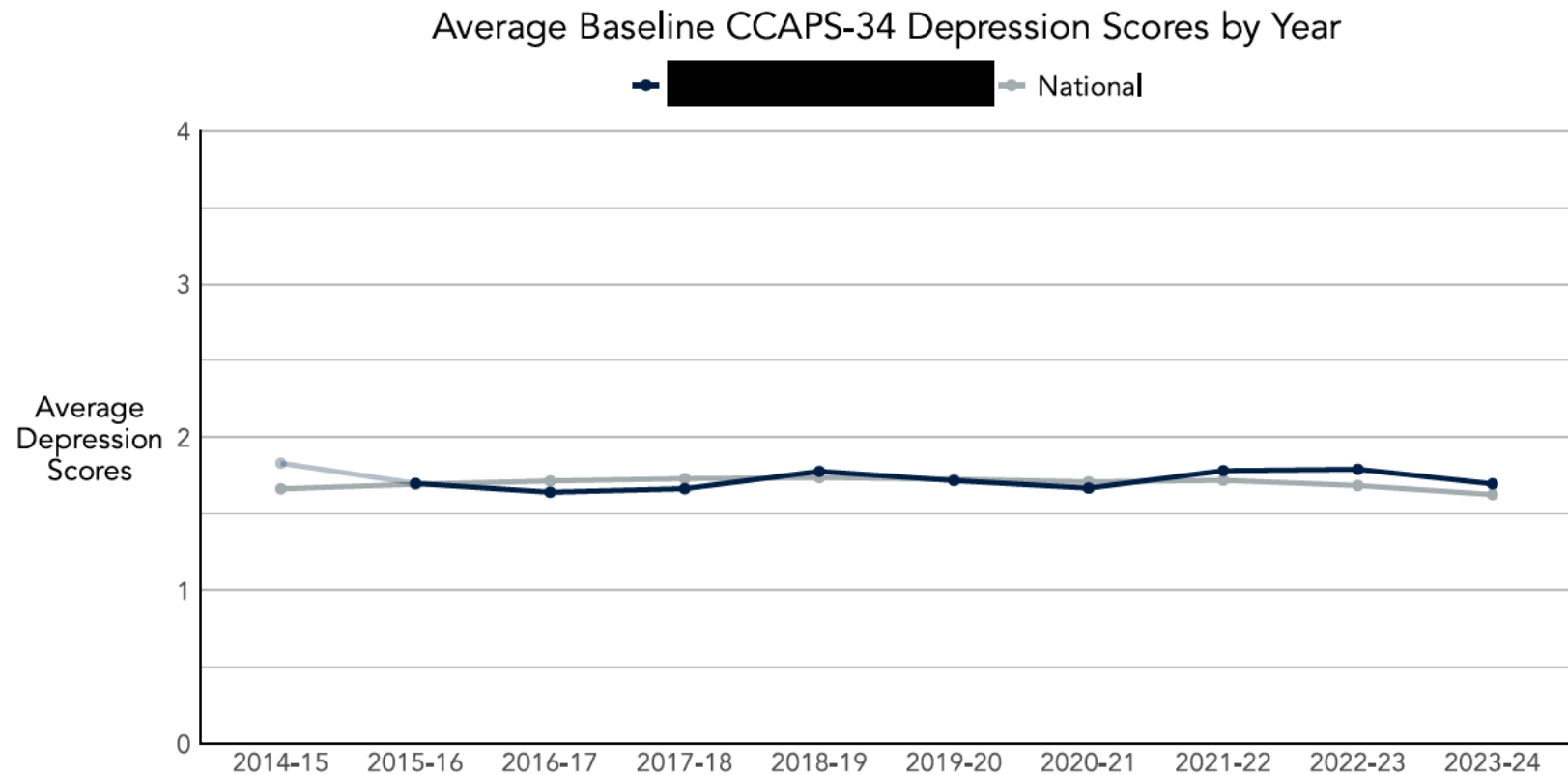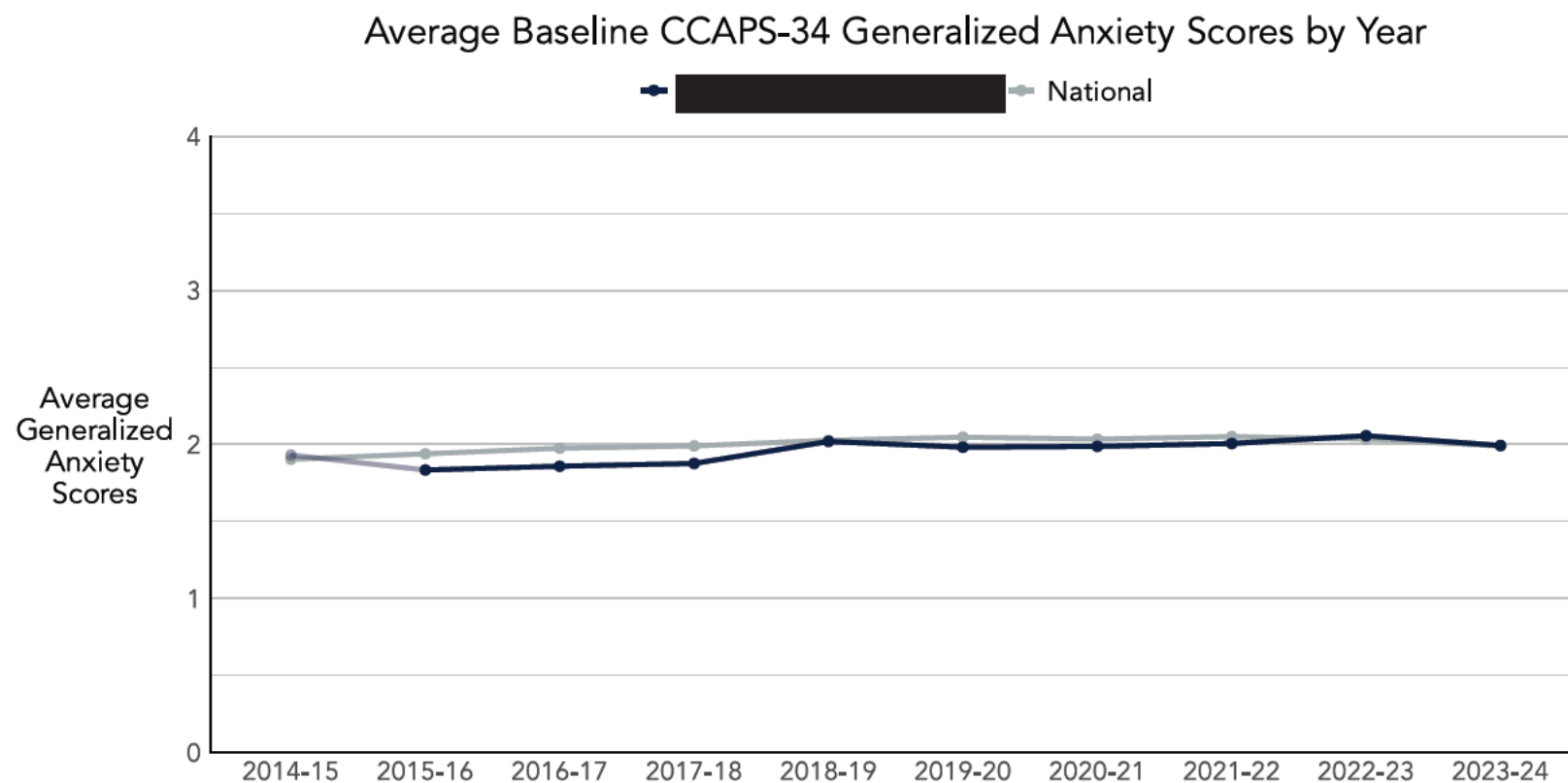| Year	Number of local clients	Number of national clients
2014-2015	515	92641
2015-2016	995	122513
2016-2017	2585	136468
2017-2018	2883	153131
2018-2019	2721	174910
2019-2020	2413	152324
2020-2021	1864	121647
2021-2022	2125	153017
2022-2023	1990	147945
2023-2024	1804	137248

Annual mean CCAPS-34 scores

The following data points are the average CCAPS-34 scores for your center for each year. The scores are raw mean scores ranging from 0 to 4, not percentiles. Higher scores indicate more distress.

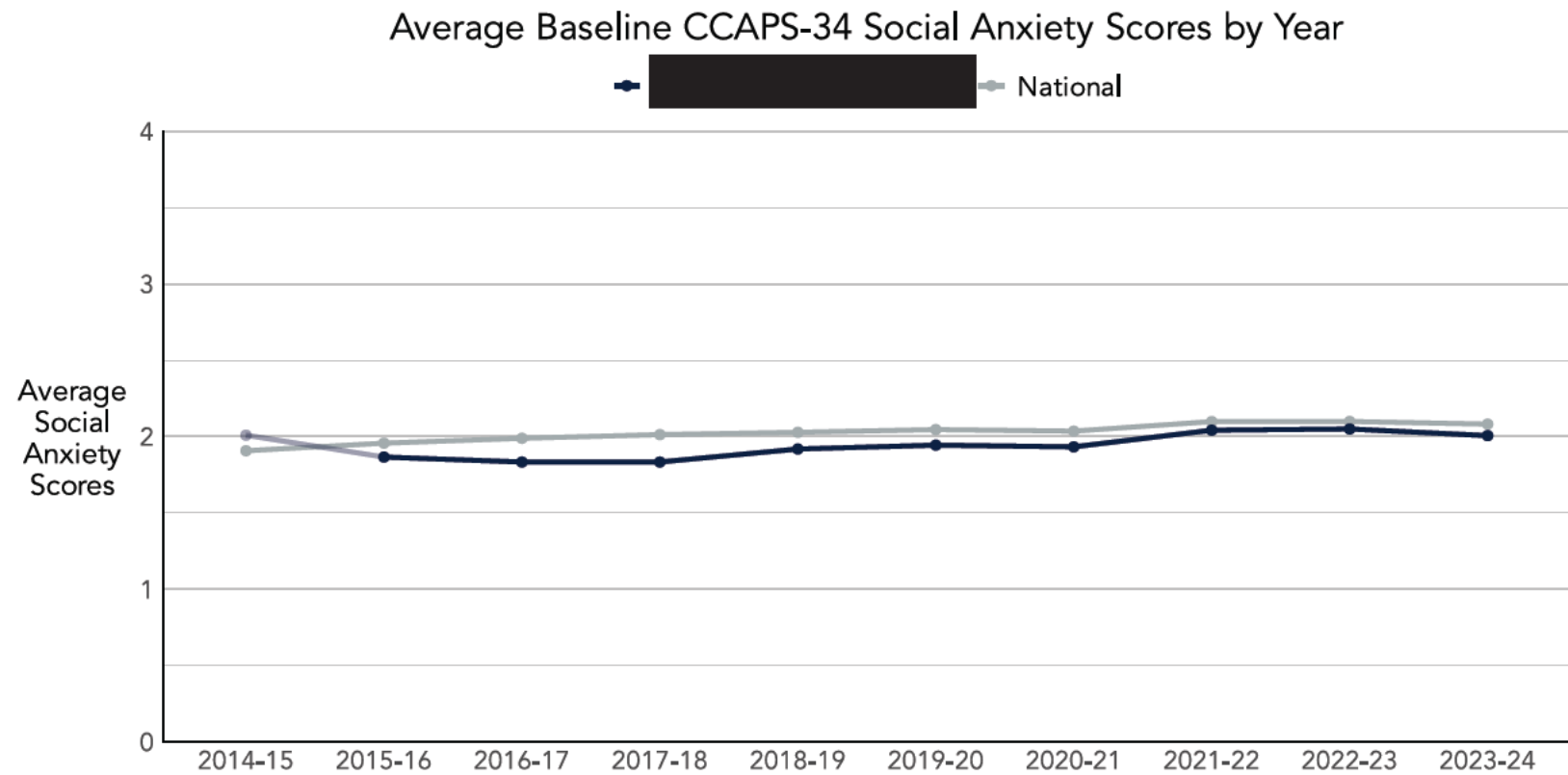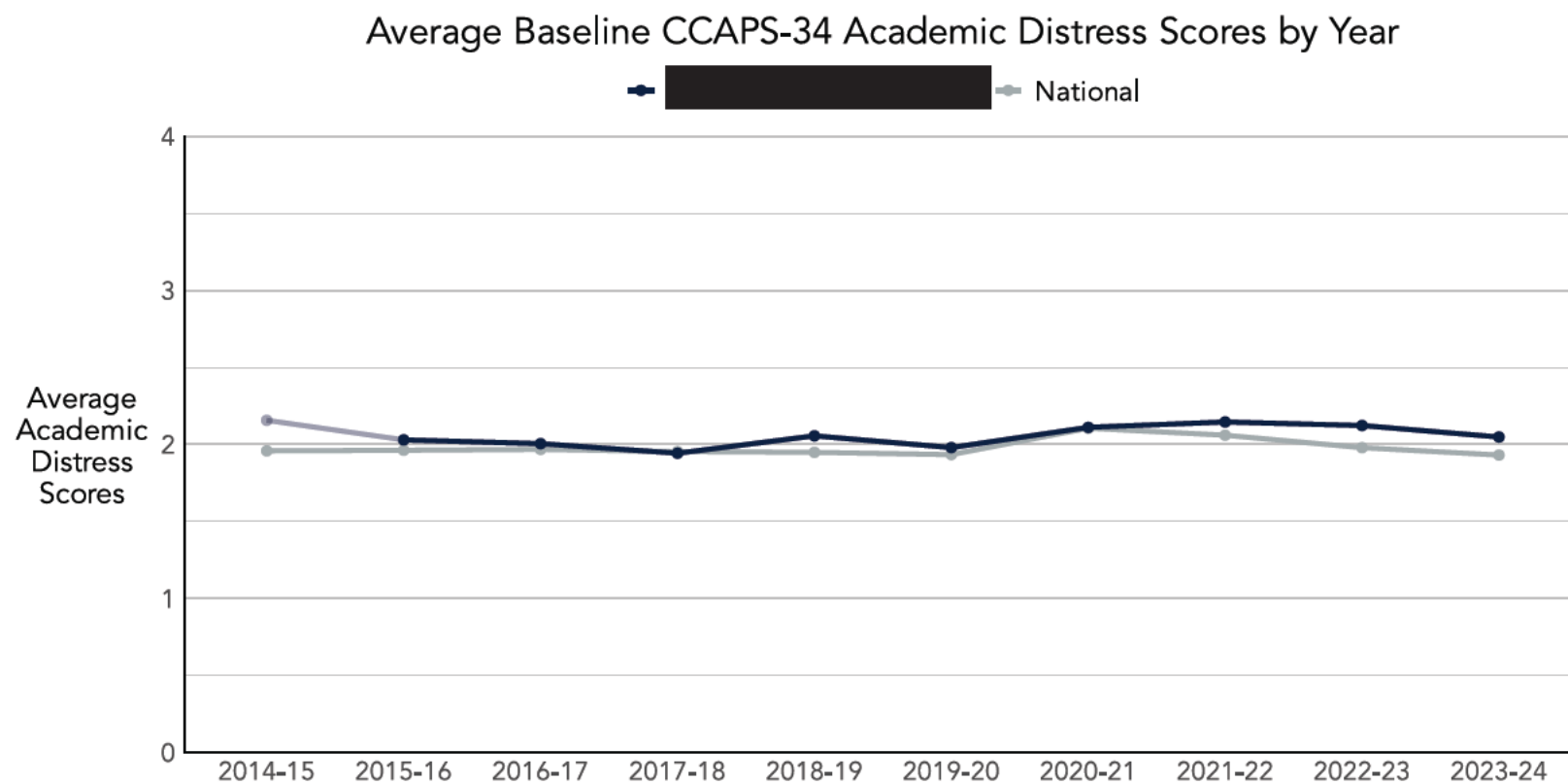| Year	Depression	Anxiety	Social Anxiety	Academics	Eating	Hostility	Alcohol	DI
2014-2015	1.83	1.93	2.01	2.16	1.00	0.87	0.76	1.84
2015-2016	1.70	1.83	1.87	2.03	0.92	0.82	0.76	1.72
2016-2017	1.64	1.86	1.83	2.00	0.92	0.81	0.81	1.70
2017-2018	1.67	1.88	1.83	1.94	0.94	0.80	0.74	1.70
2018-2019	1.78	2.02	1.92	2.06	0.95	0.85	0.69	1.82
2019-2020	1.72	1.98	1.94	1.98	0.97	0.78	0.65	1.77
2020-2021	1.67	1.99	1.93	2.11	1.03	0.75	0.57	1.78
2021-2022	1.78	2.01	2.04	2.15	1.00	0.81	0.59	1.84
2022-2023	1.79	2.06	2.05	2.12	1.04	0.80	0.56	1.85
2023-2024	1.70	1.99	2.01	2.05	1.00	0.82	0.54	1.79

Annual Baseline CCAPS Trends

The following graphs display average CCAPS-34 raw subscale scores (0-4) by year for your center compared to national data (graphed in grey). Data points for your center that are lighter/more transparent represent years where the number of clients is low, and data should be interpreted cautiously. This may be due to low utilization of the CCAPS at your center during that time period. For Titanium users, this may also be due to data being partially purged from Titanium for older years, indicating that the data available does not represent

Average Baseline CCAPS-34 Depression Scores by Year

Average Baseline CCAPS-34 Generalized Anxiety Scores by Year

Average Baseline CCAPS-34 Social Anxiety Scores by Year

Average Baseline CCAPS-34 Academic Distress Scores by Year

Average Baseline CCAPS-34 Eating Concerns Scores by Year

Average Baseline CCAPS-34 Frustration/Anger Scores by Year

Legend: ████████████ ▪ National

Average Frustration/ Anger Scores (y-axis: 0 to 4)

X-axis: 2014–15, 2015–16, 2016–17, 2017–18, 2018–19, 2019–20, 2020–21, 2021–22, 2022–23, 2023–24

Average Baseline CCAPS-34 Alcohol Use Scores by Year

Average Baseline CCAPS-34 Distress Index (DI) Scores by Year

Average Baseline CCAPS-34 Scores by Year

Average CCAPS Subscale Scores

Legend:
- Academic Distress
- Social Anxiety
- Generalized Anxiety
- Distress Index (DI)
- Depression
- Eating Concerns
- Frustration/Anger
- Alcohol Use

X-axis: 2014-15, 2016-17, 2018-19, 2020-21, 2022-23
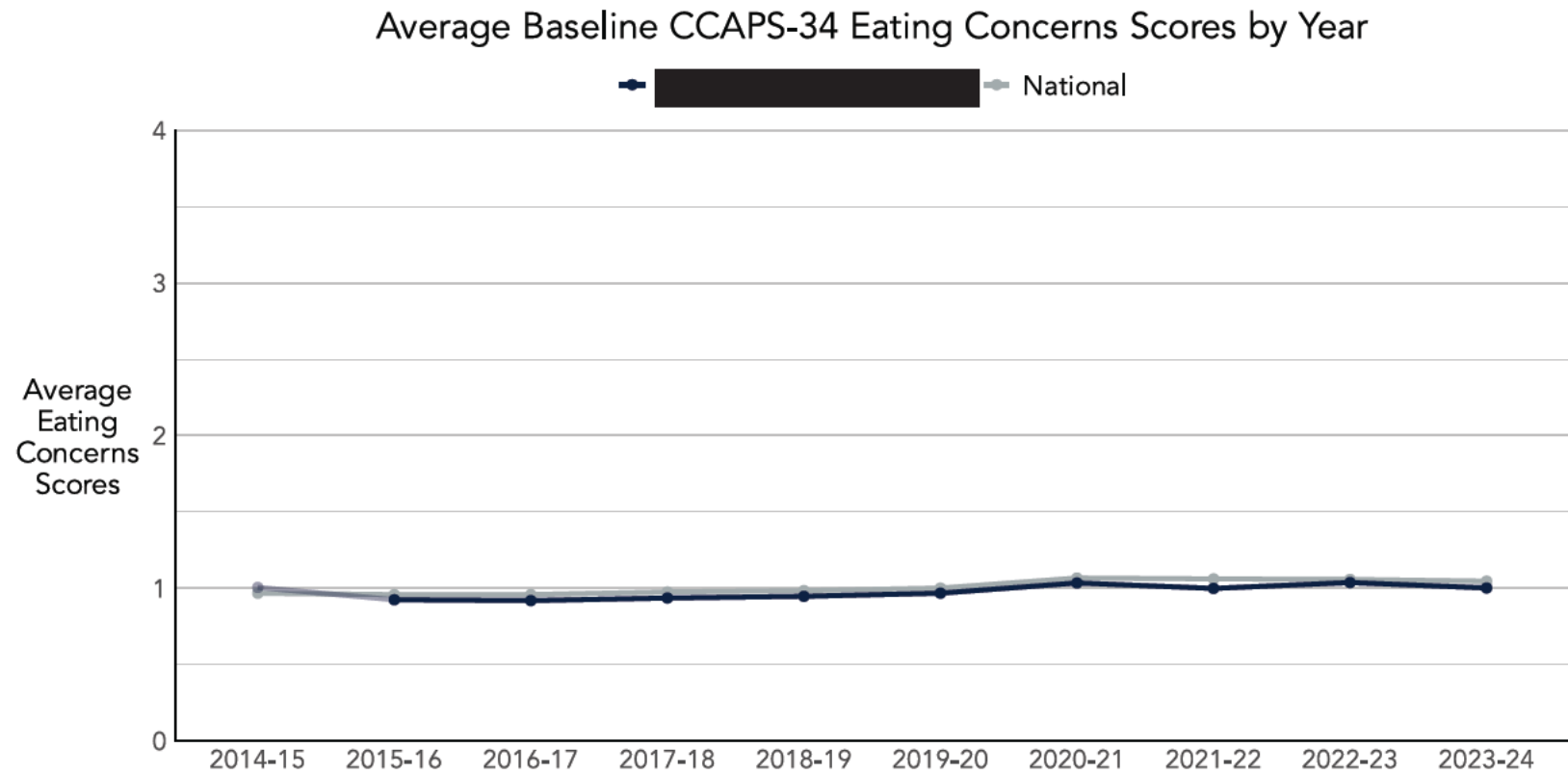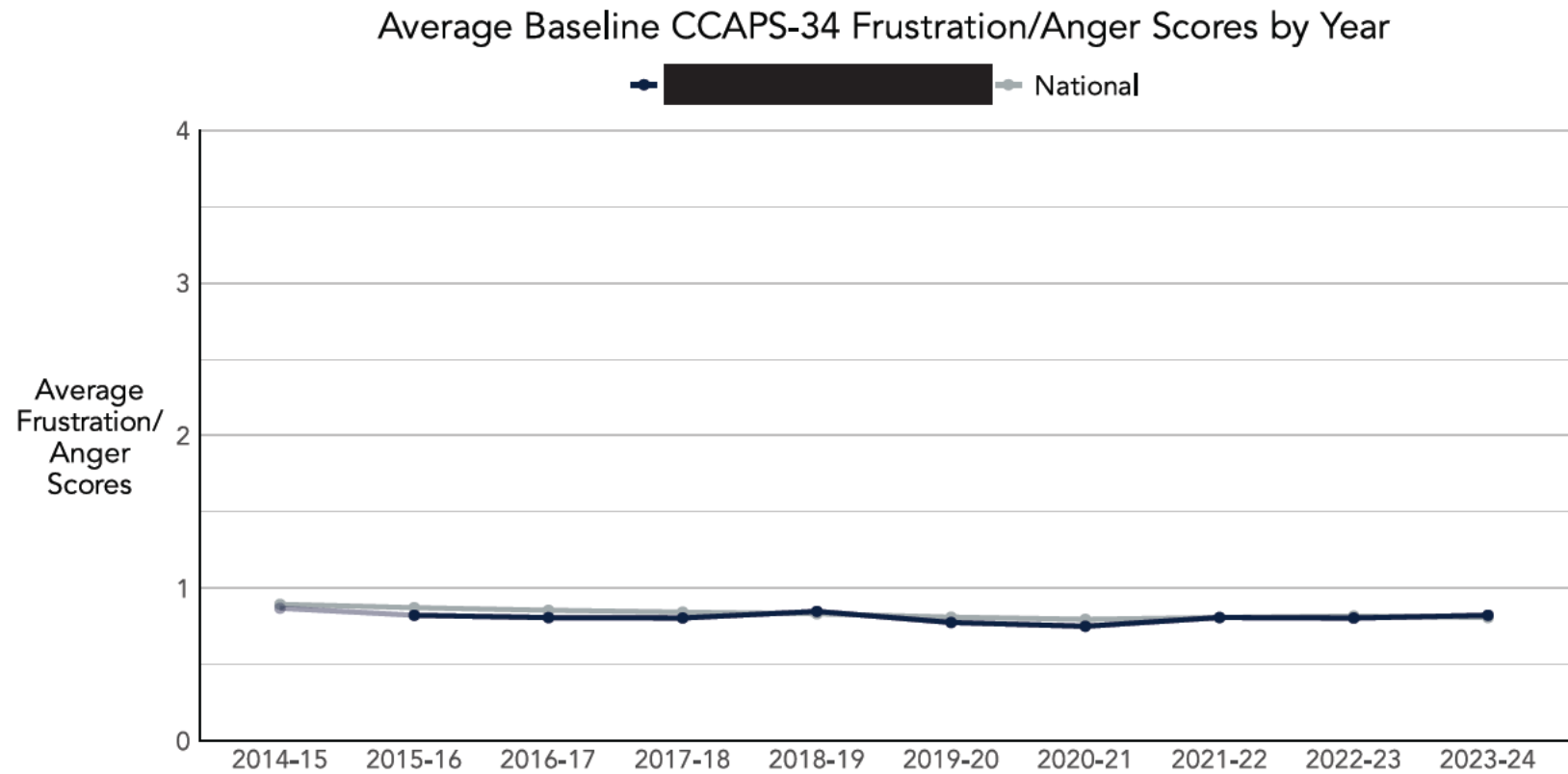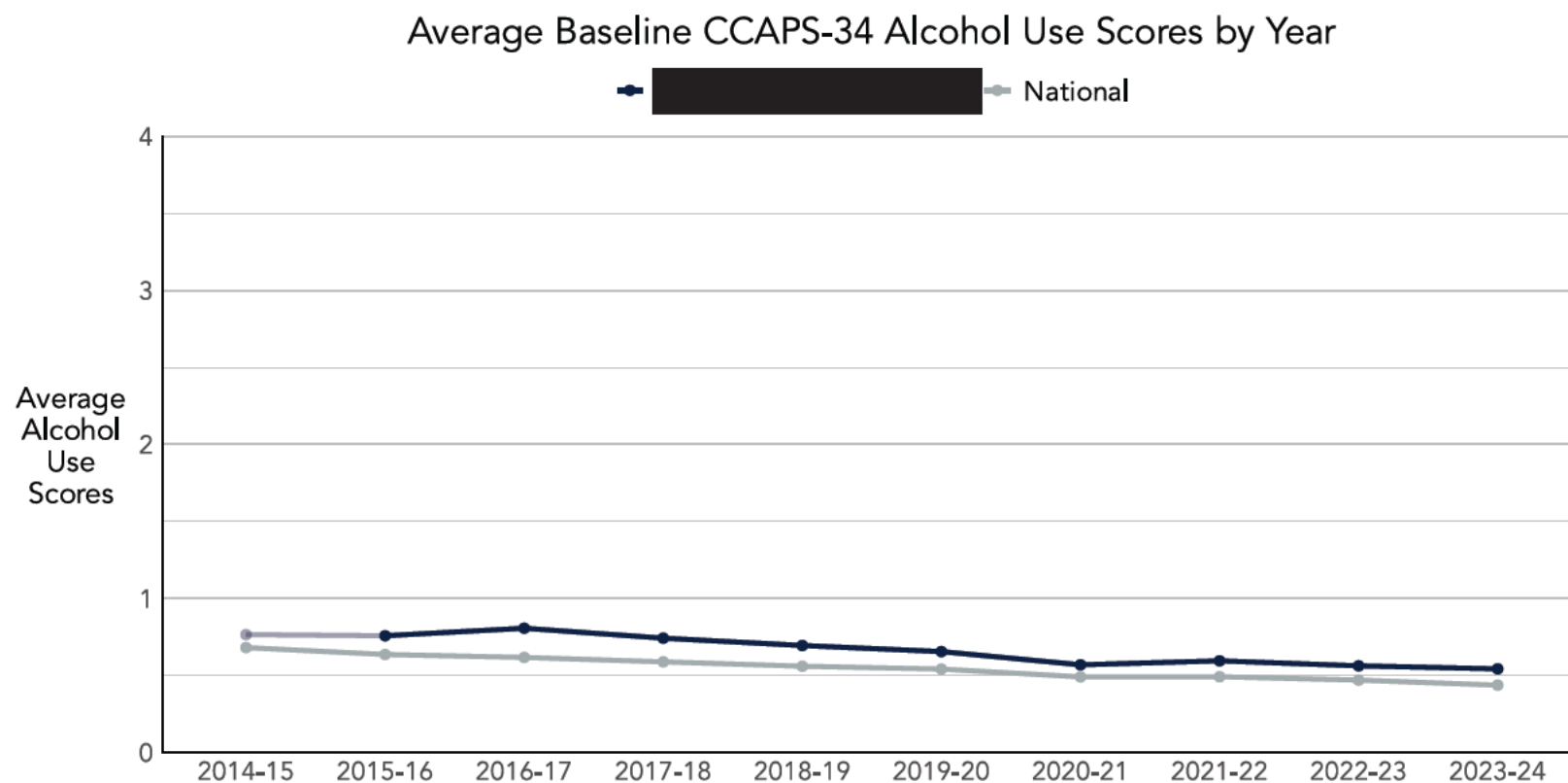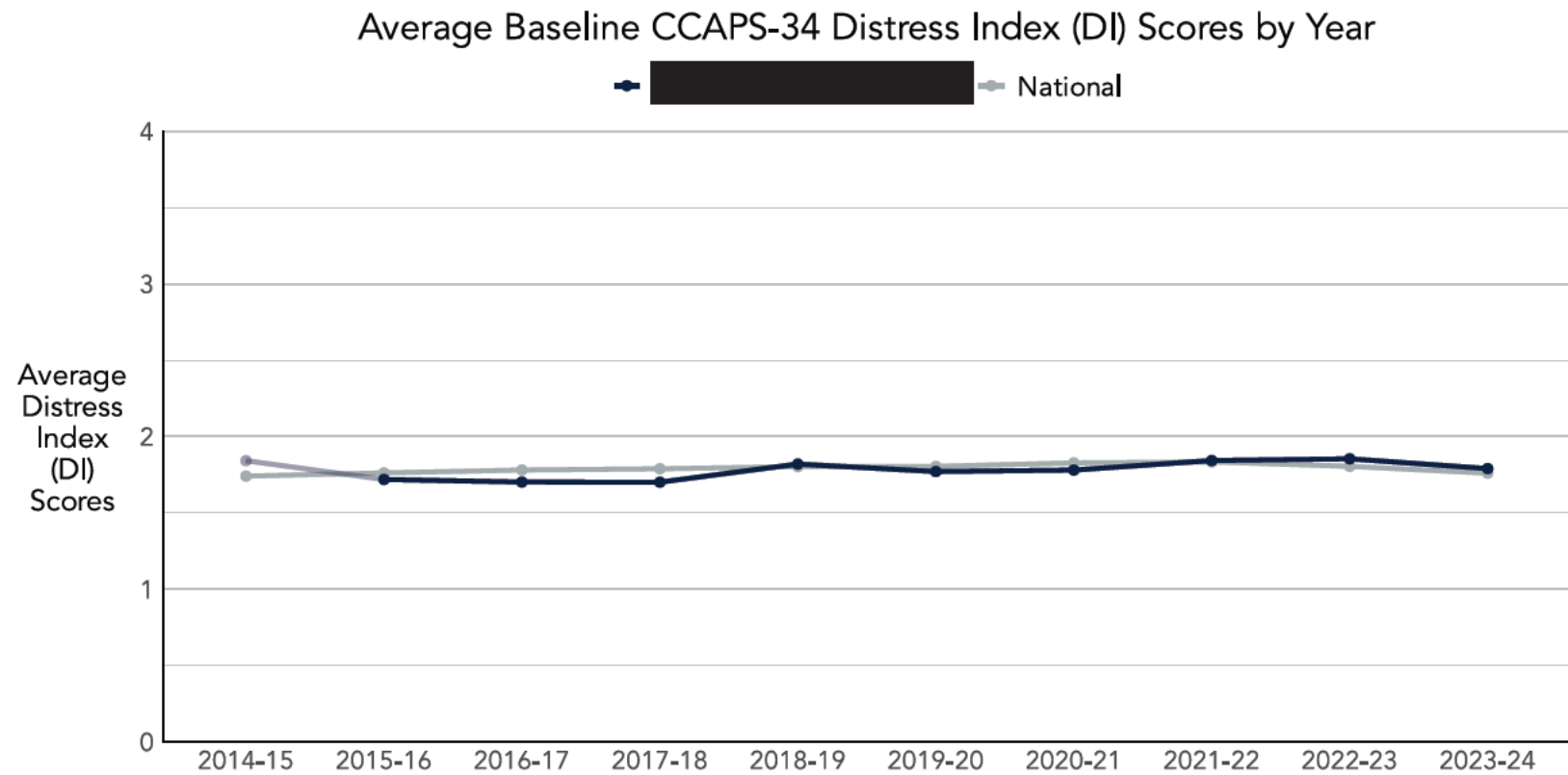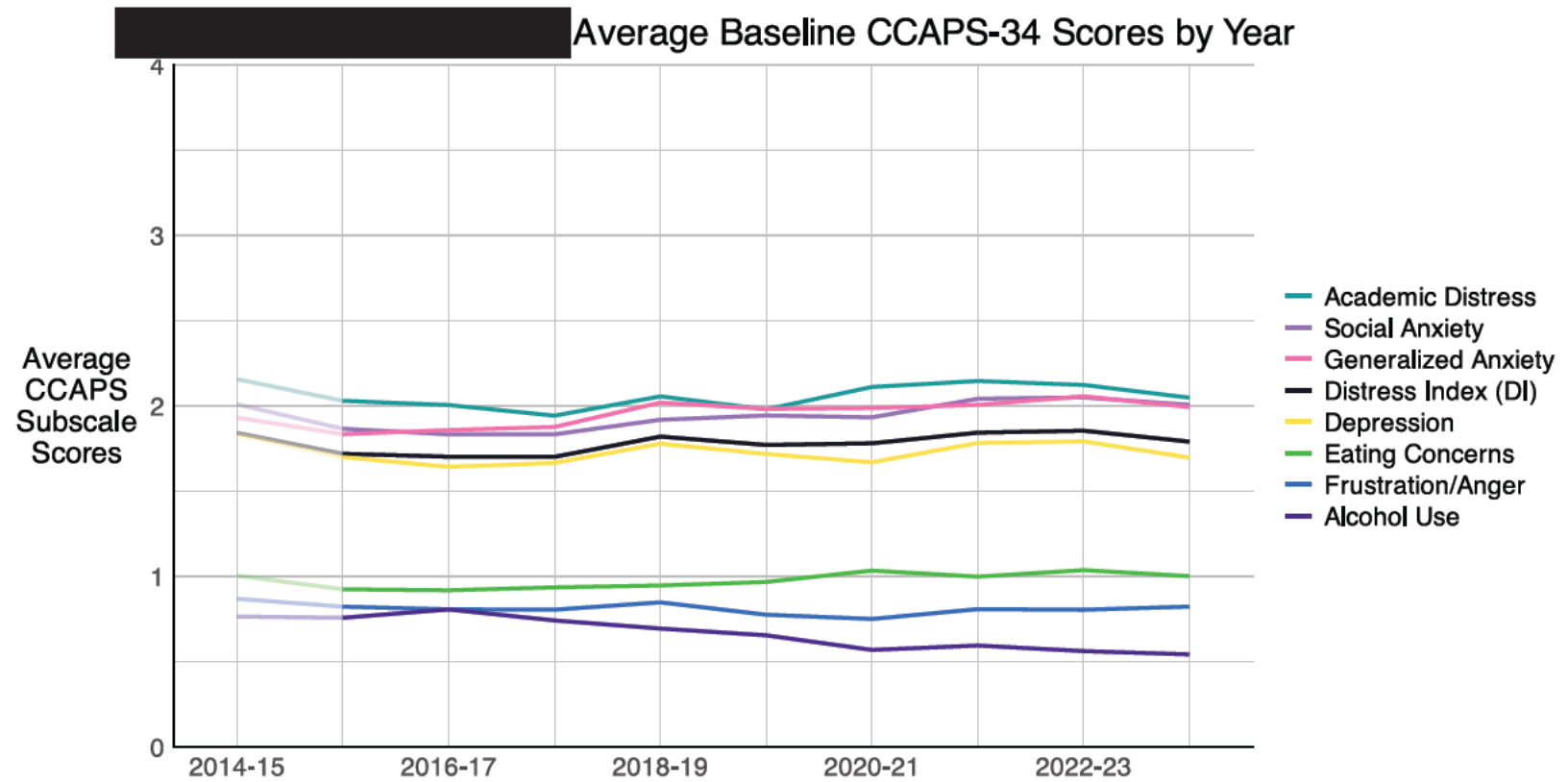
Critical Item Trends

The following table and graphs display average raw scores (0 to 4) for two critical items, SI ("I have thoughts of ending my life") and THO ("I have thoughts of hurting others"), over time.

Year	SI	THO
2014-2015	0.91	0.17
2015-2016	0.79	0.16
2016-2017	0.70	0.15
2017-2018	0.74	0.14
2018-2019	0.83	0.16
2019-2020	0.75	0.12
2020-2021	0.66	0.10
2021-2022	0.79	0.12
2022-2023	0.81	0.13
2023-2024	0.72	0.16

Average Baseline Suicidal Ideation Scores by Year

Average Baseline Thoughts of Hurting Others Scores by Year

[legend: ████] National

Average Thoughts of Hurting Others Scores

(chart showing years 2014-15 through 2023-24 with values near 0 on a scale of 0 to 4)
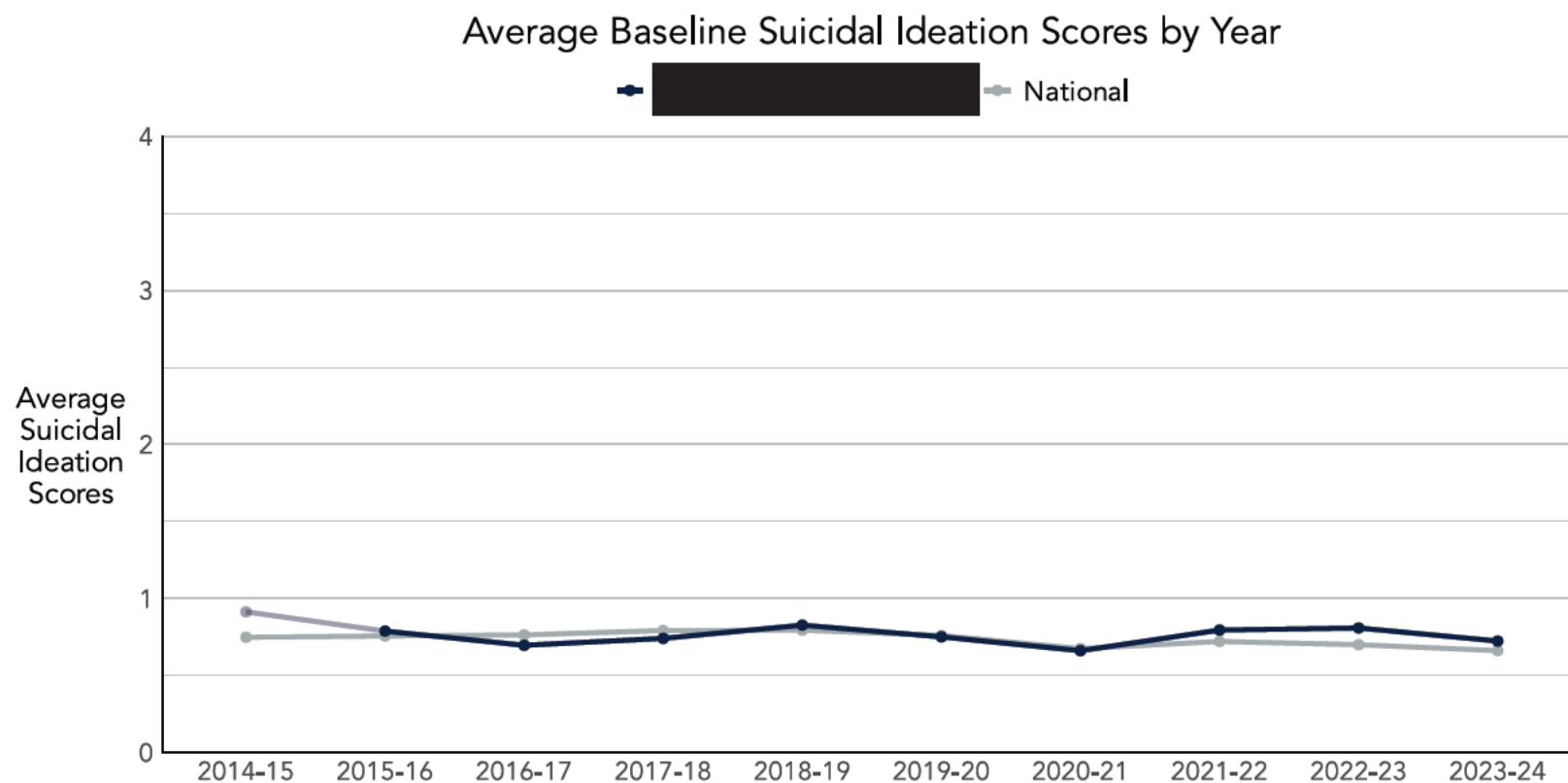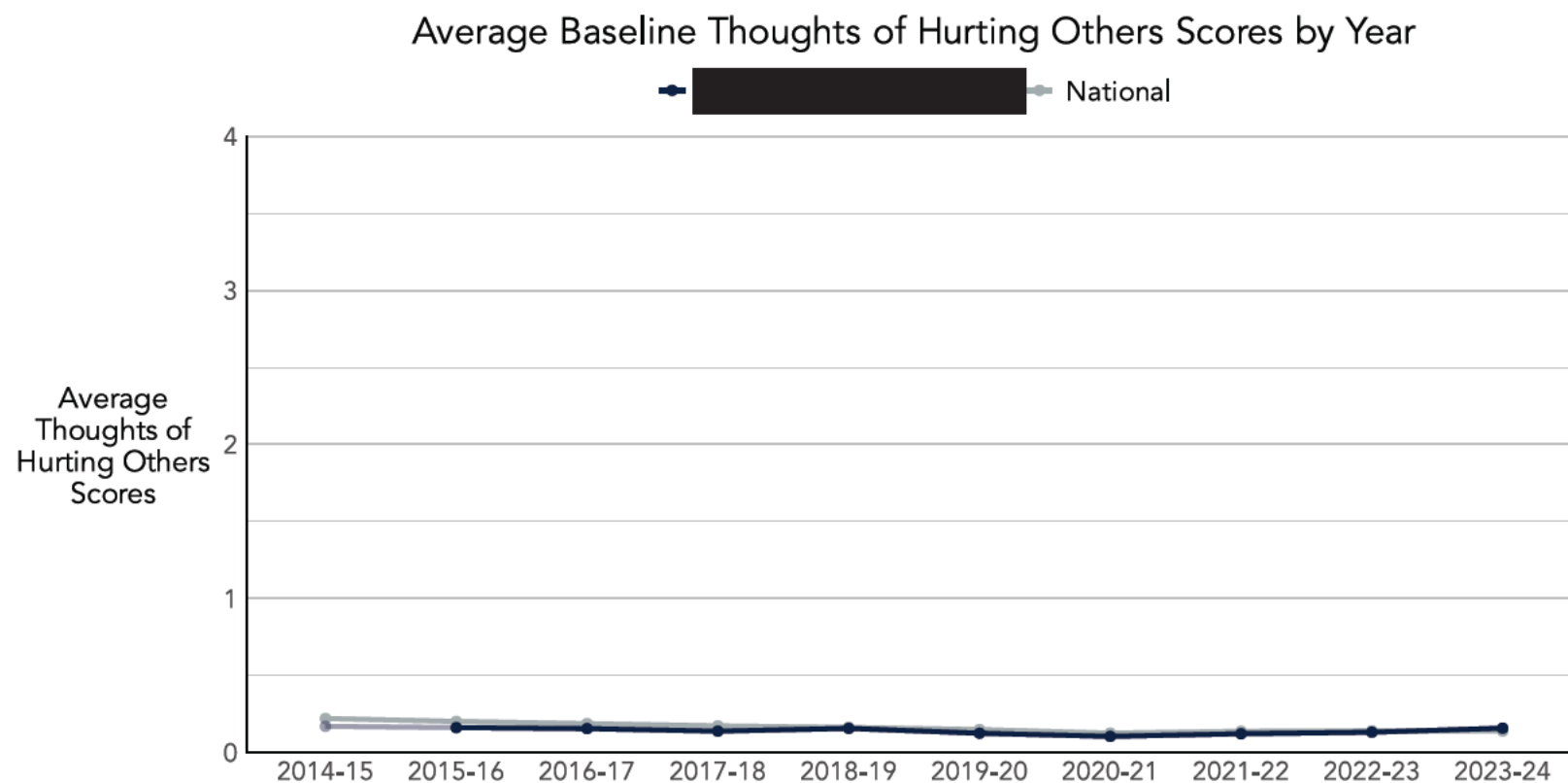
Annual Pre-Post Change Trends

This section provides an overview of the trends in pre-post CCAPS-34 change for your center. Change is calculated as the difference between each client's first and last CCAPS of each year, with positive values indicating improvement (reduction in scores).

Annual sample sizes

The following table provides the number of clients with at least two CCAPS-34 administrations each year at your center and in the national data. This table provides context for interpreting the graphs that follow. This table also includes a column indicating the percentage of clients at your center who had multiple (i.e. at least two) CCAPS-34 administrations each year.

Years where the number of clients at your center seems comparatively low or where the percentage of clients with multiple CCAPS is low may be due to the CCAPS being used mainly at baseline and not at repeated measures during treatment. For Titanium users, low number of clients in older years may also be due to data being partially purged from Titanium for older years, indicating that the data available does not represent the entire sample for that year.

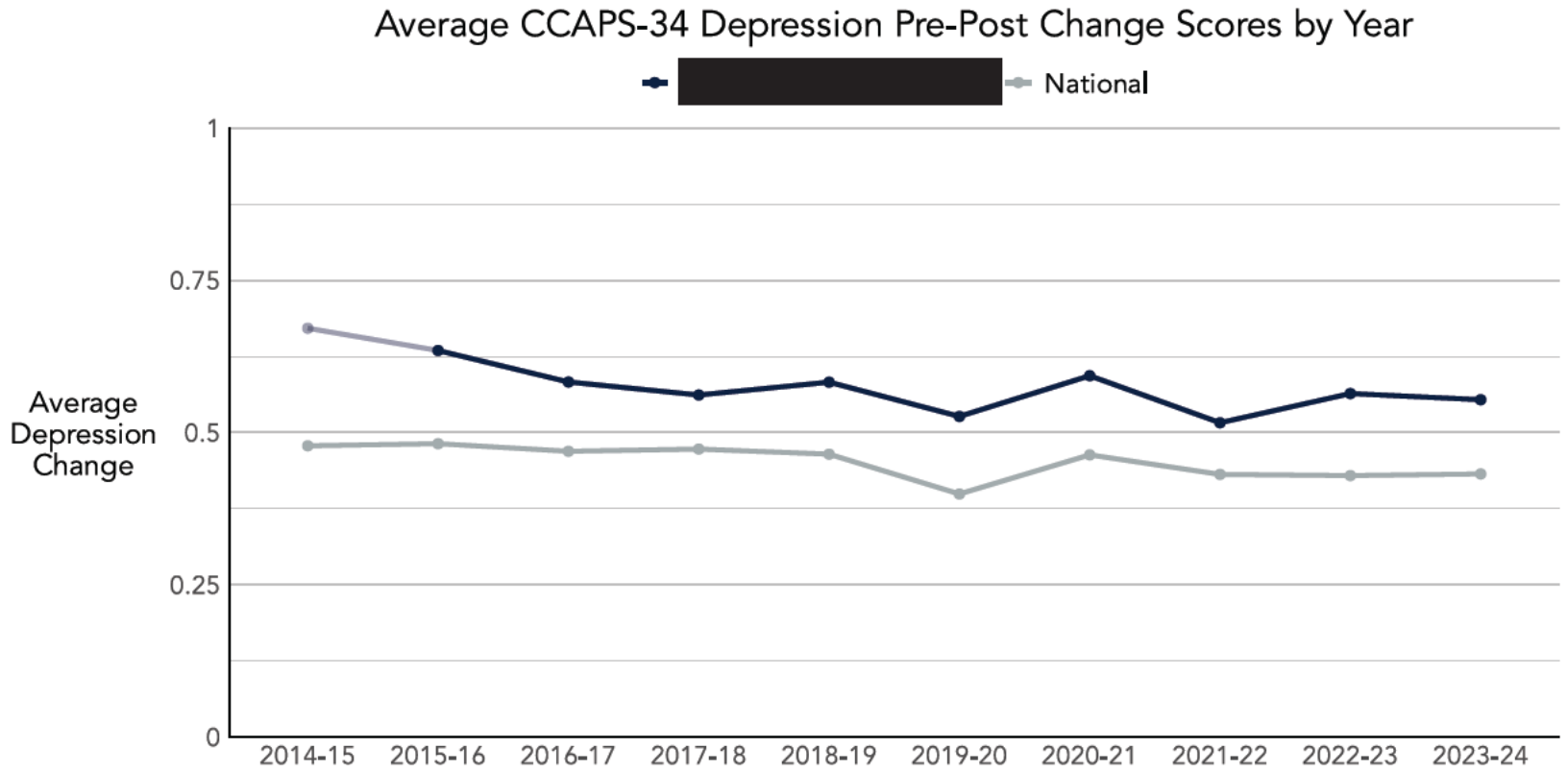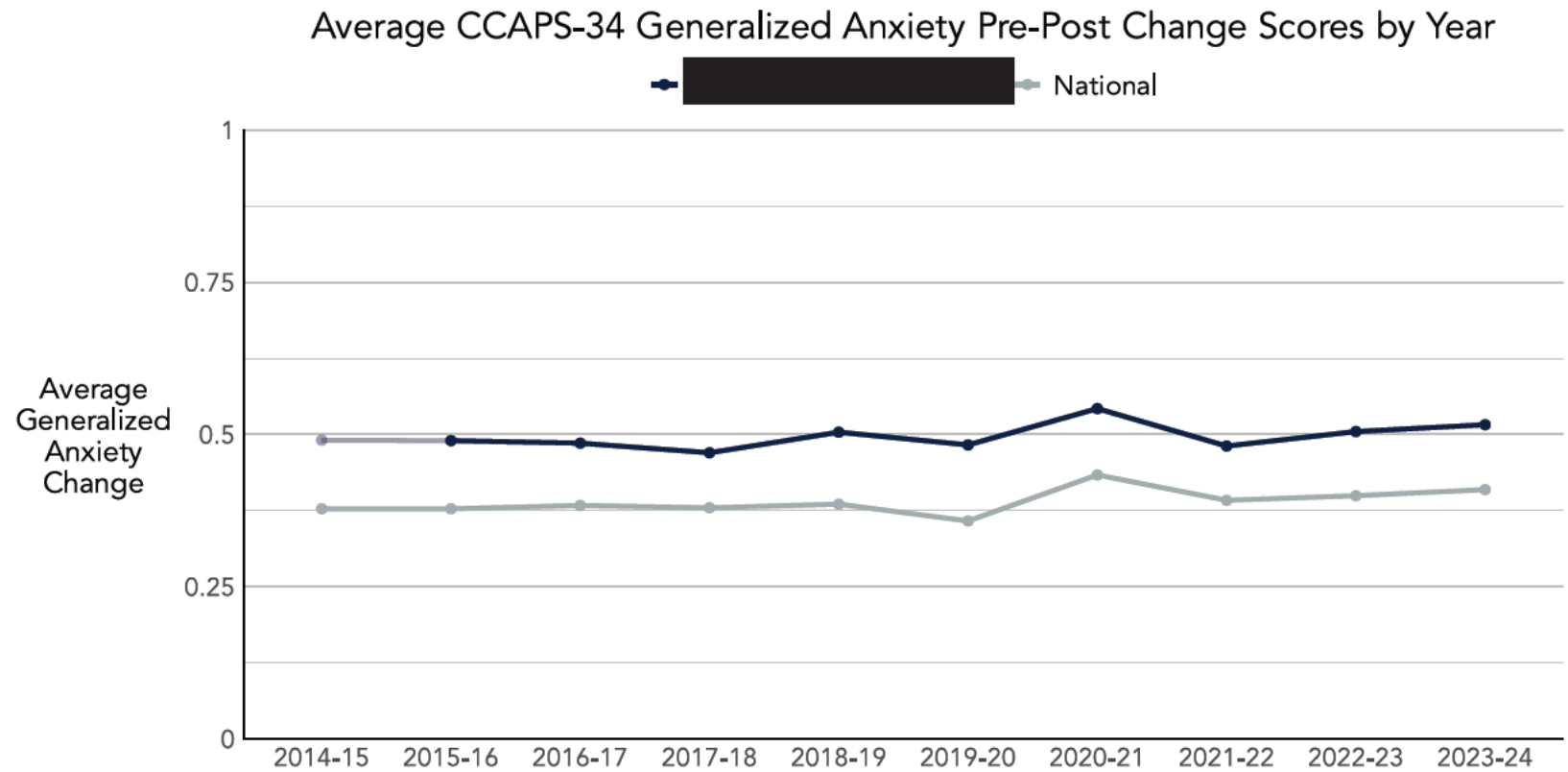| Year	Number of local clients	Percent of clients with multiple CCAPS	Number of national clients
2014-2015	352	68%	33563
2015-2016	763	77%	48801
2016-2017	1663	64%	57346
2017-2018	1801	62%	66416
2018-2019	1868	69%	78018
2019-2020	1668	69%	67008
2020-2021	1399	75%	54296
2021-2022	1455	68%	68035
2022-2023	1372	69%	70199
2023-2024	1317	73%	69309

Annual mean CCAPS pre-post change scores

The following table and graphs summarize average CCAPS-34 pre-post change scores by year. The graphs display trends for your center compared to national data (graphed in grey). Data points for your center that are lighter/more transparent represent years where the number of clients is low, and data should be interpreted cautiously.
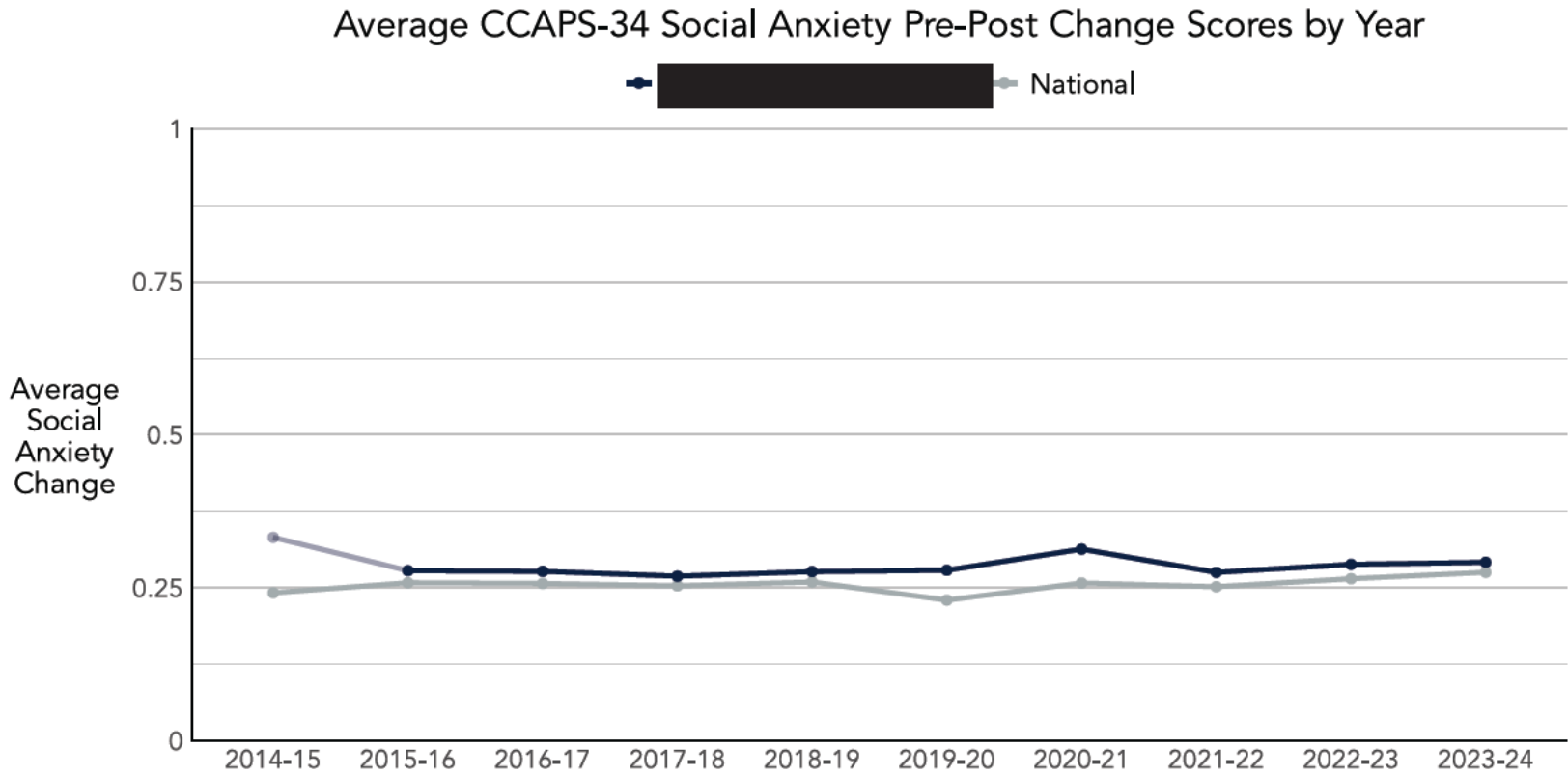
Average pre-post change is most accurate for centers that are administering the CCAPS at every session. Other CCAPS administration schedules may result in pre-post data that does not capture the full treatment for all clients (e.g. administering the CCAPS at 1st and 3rd sessions does not capture the full treatment for clients who attend 5 sessions).

Additionally, pre-post change is influenced by average baseline scores. Centers with lower average baseline scores (see baseline CCAPS-34 section) may have less room for improvement and thus may have smaller pre-post change scores.

Year	Depression	Anxiety	Social Anxiety	Academics	Eating	Hostility	Alcohol	DI
2014-2015	0.67	0.49	0.33	0.39	0.22	0.35	0.22	0.54
2015-2016	0.63	0.49	0.28	0.42	0.22	0.32	0.30	0.51
2016-2017	0.58	0.49	0.28	0.40	0.20	0.30	0.27	0.49
2017-2018	0.56	0.47	0.27	0.30	0.21	0.30	0.25	0.47
2018-2019	0.58	0.50	0.28	0.34	0.16	0.31	0.25	0.49
2019-2020	0.53	0.48	0.28	0.32	0.18	0.27	0.25	0.46
2020-2021	0.59	0.54	0.31	0.35	0.31	0.35	0.27	0.52
2021-2022	0.52	0.48	0.28	0.28	0.21	0.30	0.25	0.45
2022-2023	0.56	0.50	0.29	0.36	0.25	0.32	0.19	0.49
2023-2024	0.55	0.52	0.29	0.34	0.22	0.35	0.21	0.49

Average CCAPS-34 Depression Pre-Post Change Scores by Year

Average CCAPS-34 Generalized Anxiety Pre-Post Change Scores by Year

[■■■■■■■■■■] National

Average Generalized Anxiety Change

1

0.75

0.5

0.25

0

2014-15 2015-16 2016-17 2017-18 2018-19 2019-20 2020-21 2021-22 2022-23 2023-24

Average CCAPS-34 Social Anxiety Pre-Post Change Scores by Year

Average CCAPS-34 Academic Distress Pre-Post Change Scores by Year

■■■■■■■■■■■■■■■■■■■■■■■   ■ National

Average CCAPS-34 Eating Concerns Pre-Post Change Scores by Year

Average CCAPS-34 Frustration/Anger Pre-Post Change Scores by Year

Average CCAPS-34 Alcohol Use Pre-Post Change Scores by Year

Average
Alcohol
Use
Change

Legend: ██████████ National

Average CCAPS-34 Distress Index (DI) Pre-Post Change Scores by Year

■— [REDACTED]   ■— National

Average Pre-post CCAPS-34 Change Scores by Year

Average CCAPS Change Scores

Legend:
- Depression
- Generalized Anxiety
- Distress Index (DI)
- Frustration/Anger
- Academic Distress
- Social Anxiety
- Eating Concerns
- Alcohol Use

X-axis: 2014-15, 2016-17, 2018-19, 2020-21, 2022-23
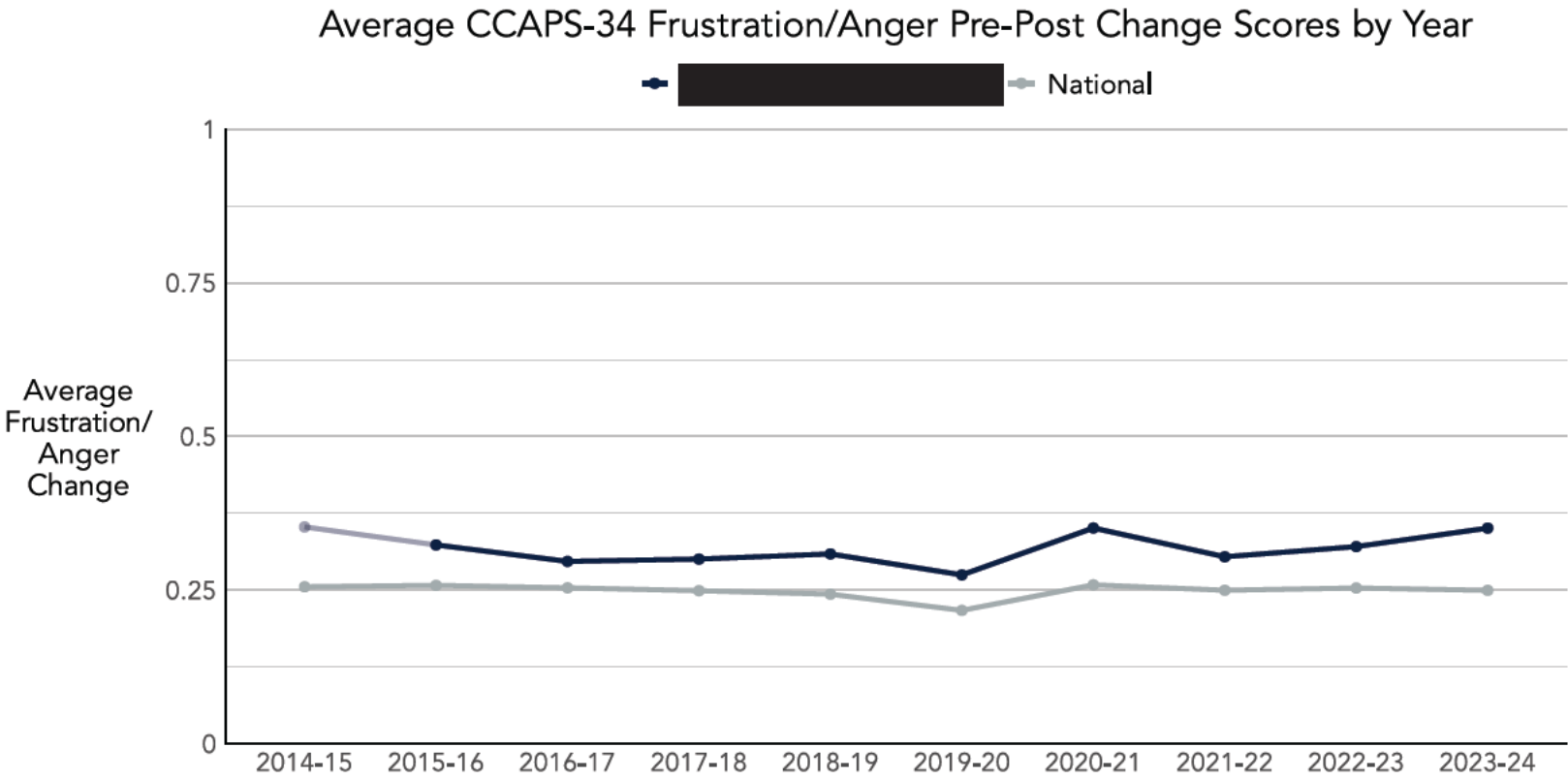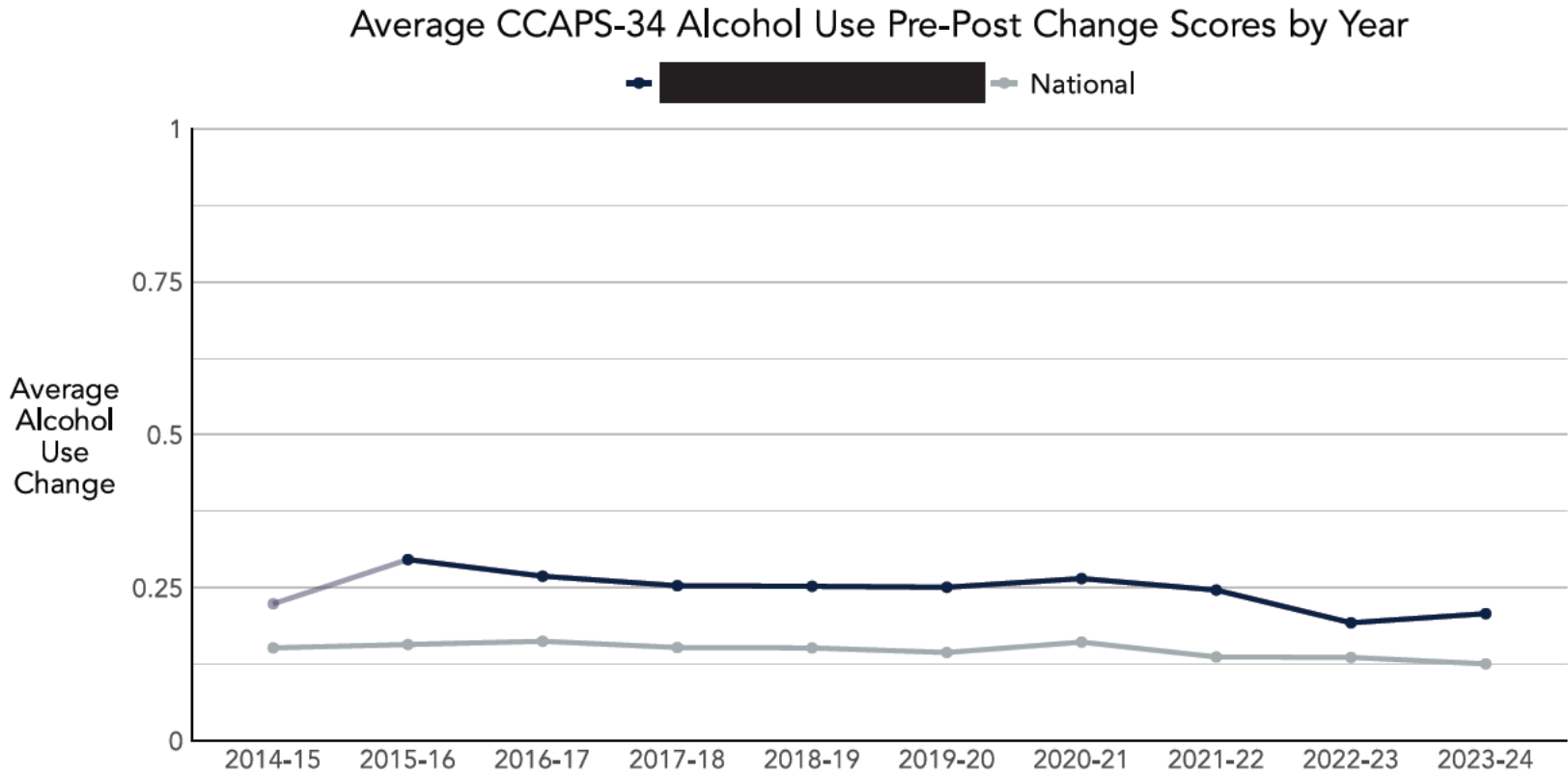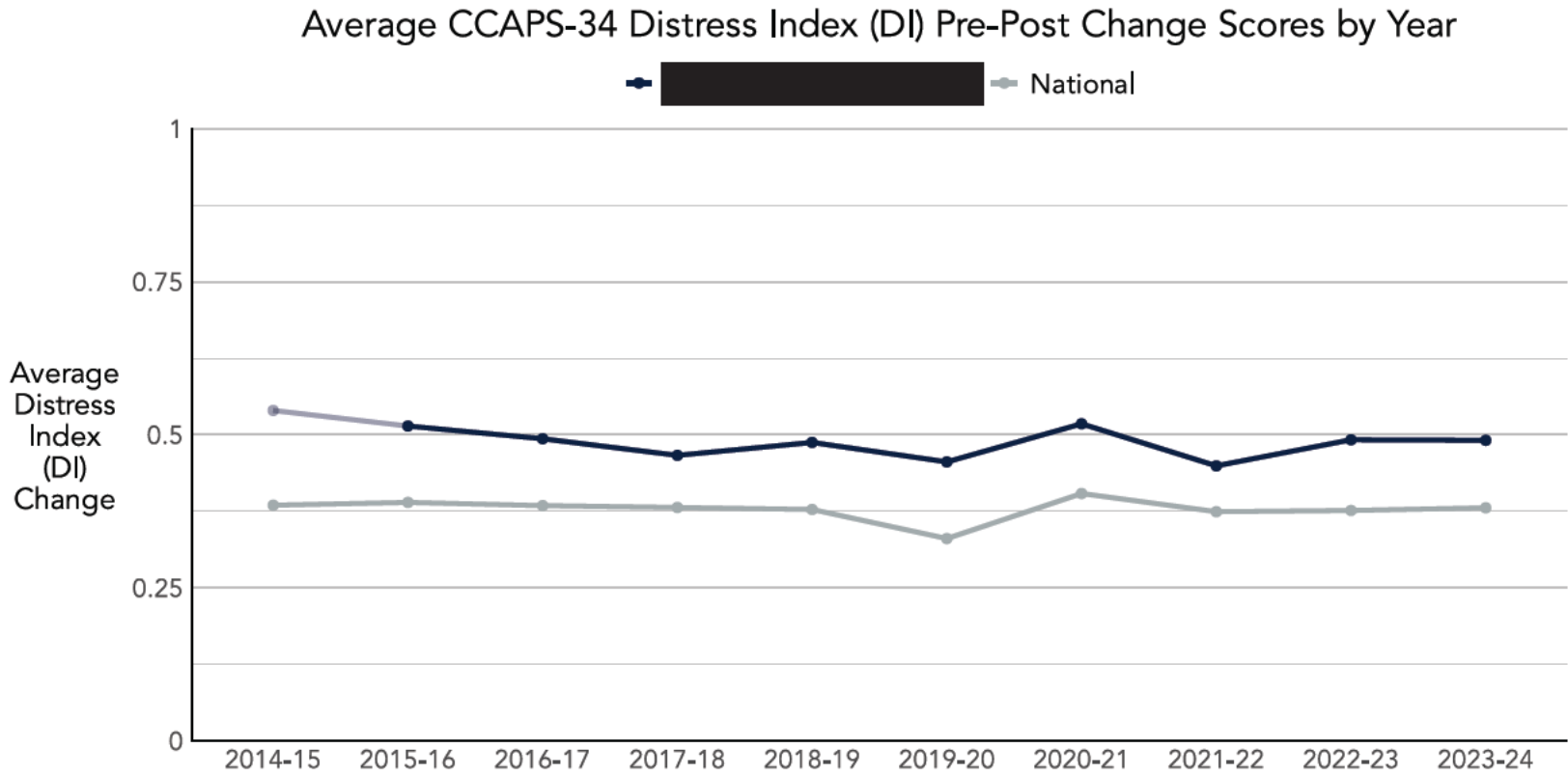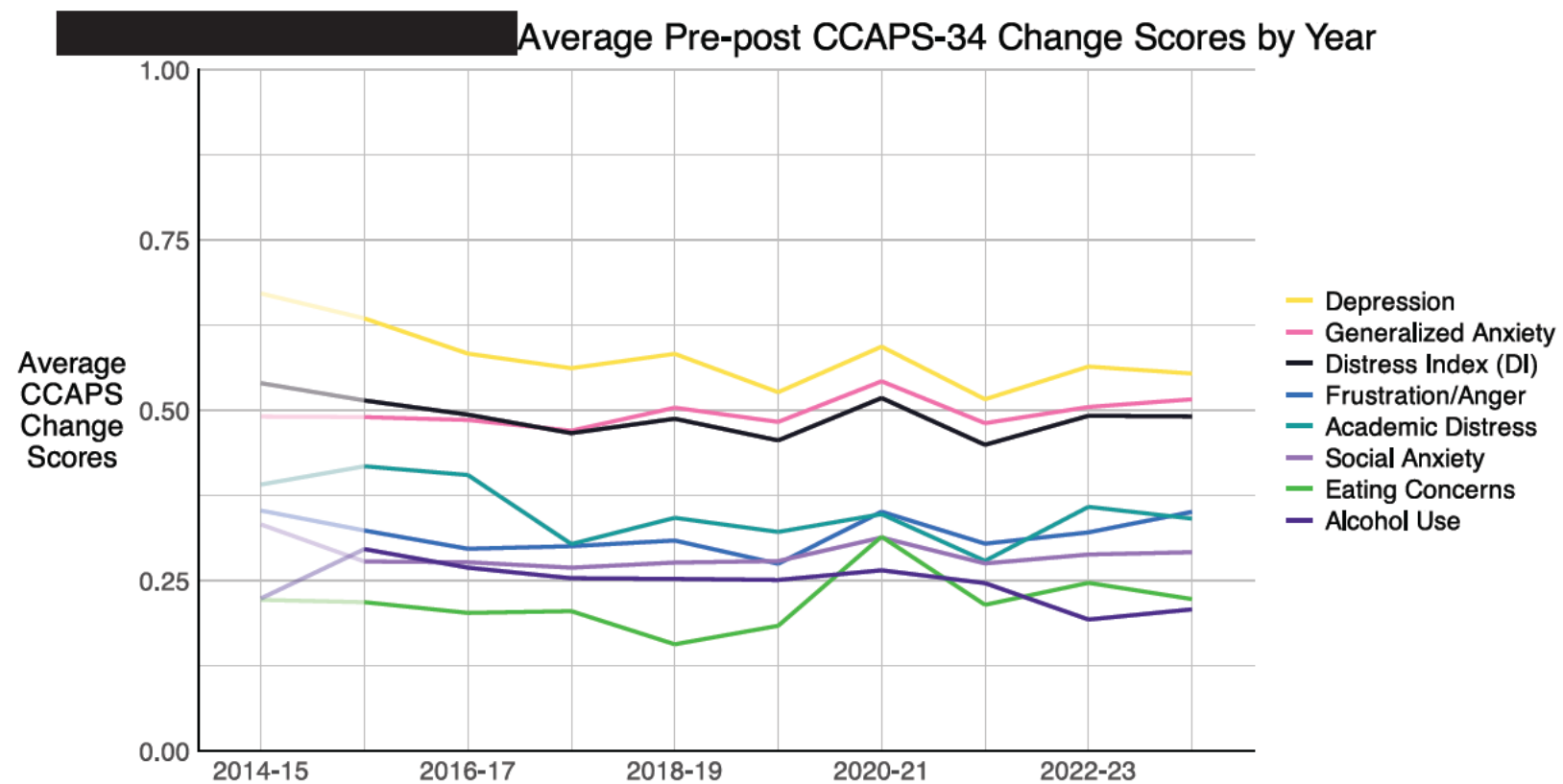
Y-axis: 0.00, 0.25, 0.50, 0.75, 1.00

Monthly Trends

This section provides an overview of the monthly trends for your center for the most recent year of data (2023-2024). Each client is included once in the data, in the month of their first CCAPS administration of the most recent year.

CCAPS-34 Monthly Trends

Monthly sample sizes

The following table provides the number of clients with baseline CCAPS-34 data in each month at your center and in the national data. This table provides context for interpreting the graphs that follow.

Months where the number of clients at your center is comparatively low should be interpreted with caution.

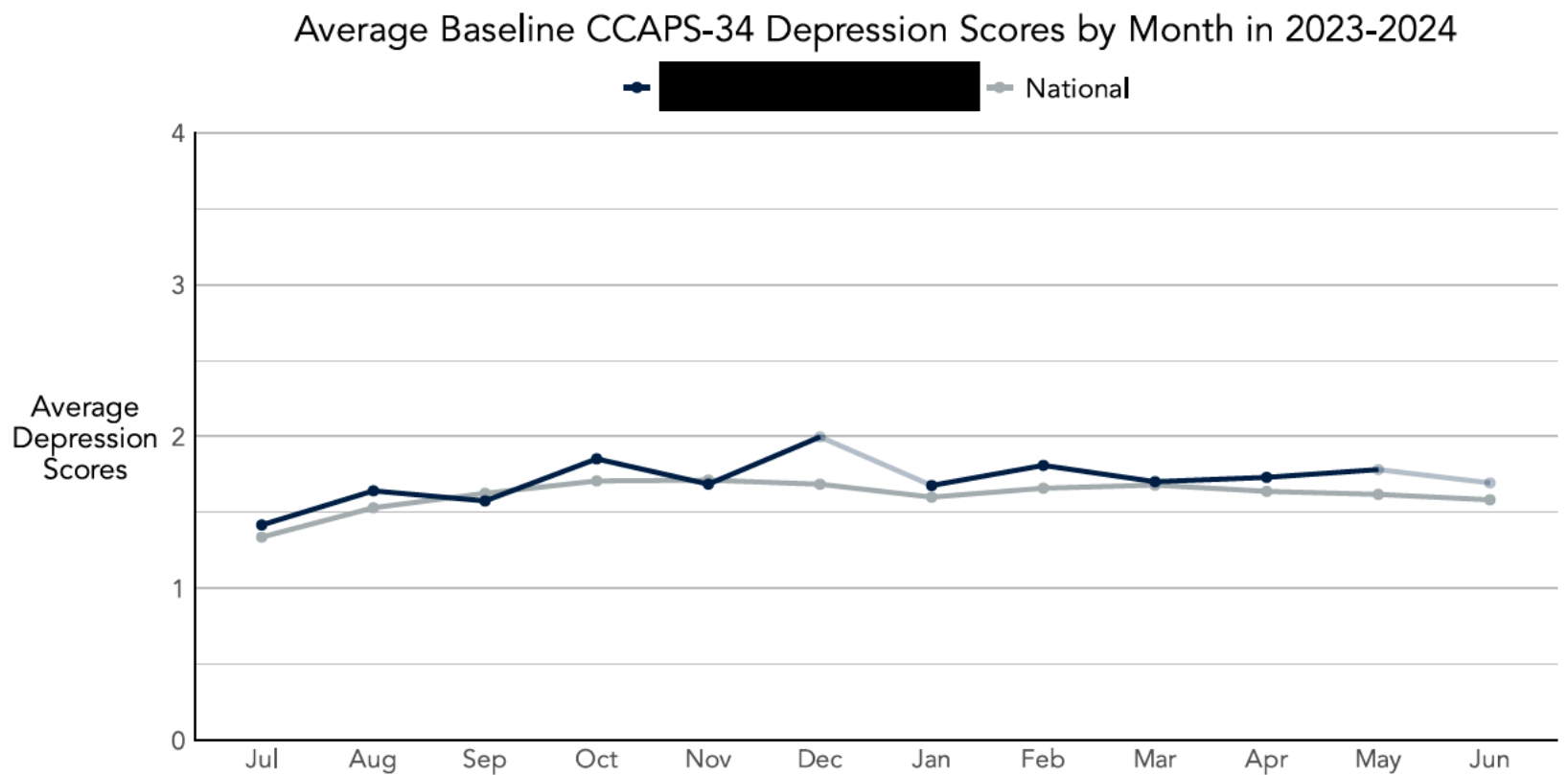| Month	Number of local clients	Number of national clients
Jul 2023	97	8532
Aug 2023	202	14126
Sep 2023	323	24001
Oct 2023	252	21111
Nov 2023	179	13871
Dec 2023	56	4513
Jan 2024	210	11896
Feb 2024	161	14485
Mar 2024	139	9893
Apr 2024	121	9700
May 2024	34	3085
Jun 2024	30	2035

Monthly average CCAPS-34 scores

The following data points are the average CCAPS-34 scores for your center for each month The scores are raw mean scores ranging from 0 to 4, not percentiles. Higher scores indicate more distress.
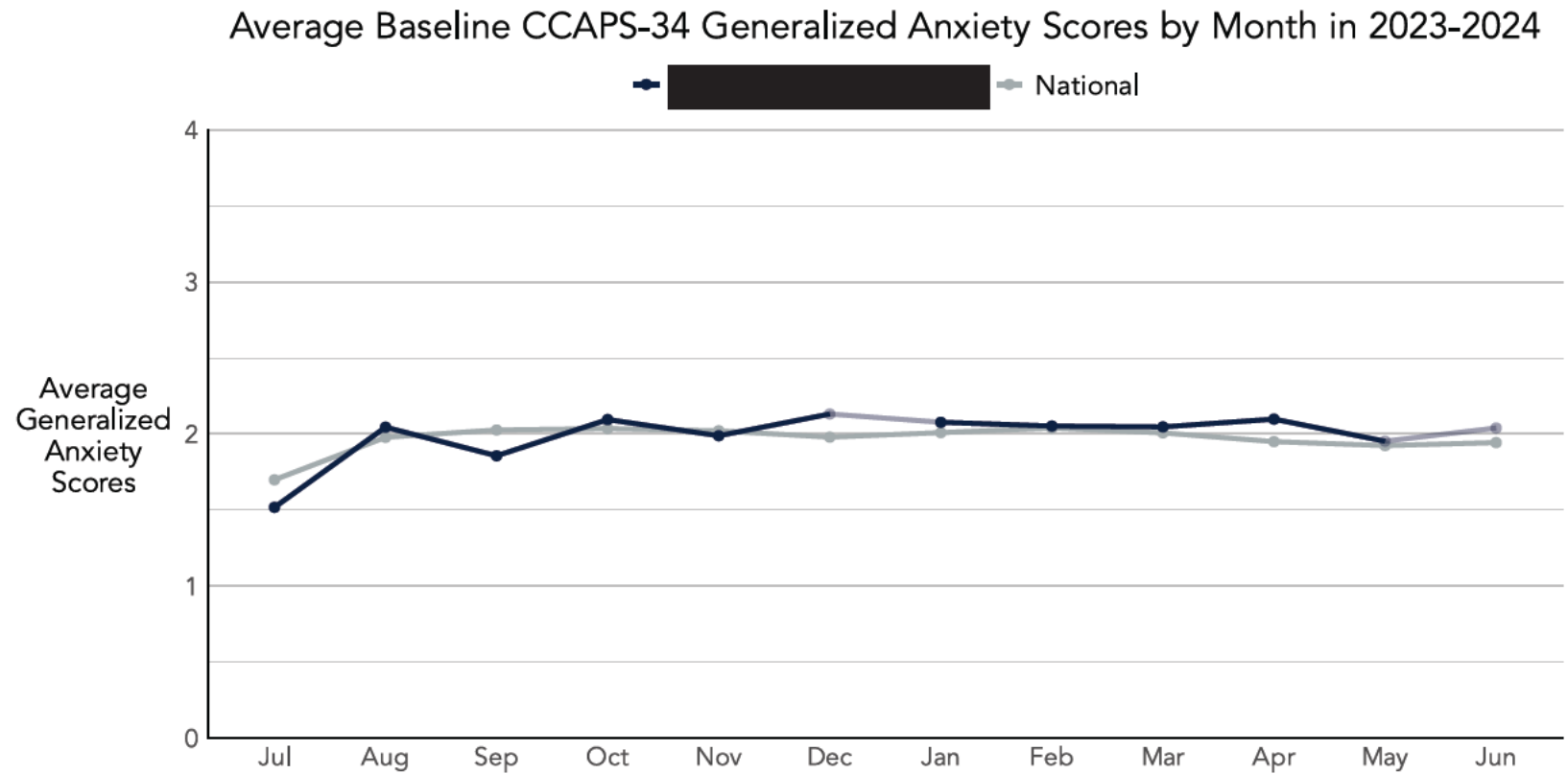
Month	Depression	Anxiety	Social Anxiety	Academics	Eating	Hostility	Alcohol	DI
Jul 2023	1.42	1.52	1.83	1.95	0.81	0.58	0.29	1.44
Aug 2023	1.64	2.04	2.06	1.69	0.88	0.84	0.50	1.74
Sep 2023	1.58	1.86	2.02	1.86	1.11	0.79	0.49	1.68
Oct 2023	1.85	2.09	2.06	2.26	1.19	0.92	0.66	1.94
Nov 2023	1.69	1.99	1.93	2.24	0.94	0.80	0.67	1.81
Dec 2023	2.00	2.13	2.12	2.33	0.93	0.76	0.45	1.96
Jan 2024	1.68	2.08	2.02	1.90	0.89	0.85	0.53	1.80
Feb 2024	1.81	2.05	2.14	2.20	0.98	0.87	0.51	1.89
Mar 2024	1.70	2.05	1.91	2.17	0.95	0.77	0.65	1.80
Apr 2024	1.73	2.10	1.93	2.28	1.01	0.85	0.50	1.87
May 2024	1.78	1.95	1.91	2.28	0.89	0.82	0.28	1.82
Jun 2024	1.69	2.04	1.94	1.79	1.37	0.92	0.84	1.79

Monthly Trends

The following graphs display average CCAPS-34 raw subscale scores (0-4) by month for your center compared to national data (graphed in grey). Data points for your center that are lighter/more transparent represent years where the number of clients is low, and data should be interpreted cautiously. This may be due to low utilization of the CCAPS at your center during that time period. Evaluating the

Average Baseline CCAPS-34 Depression Scores by Month in 2023-2024

Average Baseline CCAPS-34 Generalized Anxiety Scores by Month in 2023-2024

Average Baseline CCAPS-34 Social Anxiety Scores by Month in 2023-2024

████████████ National

Average Baseline CCAPS-34 Academic Distress Scores by Month in 2023-2024

■ ████████████   ● National
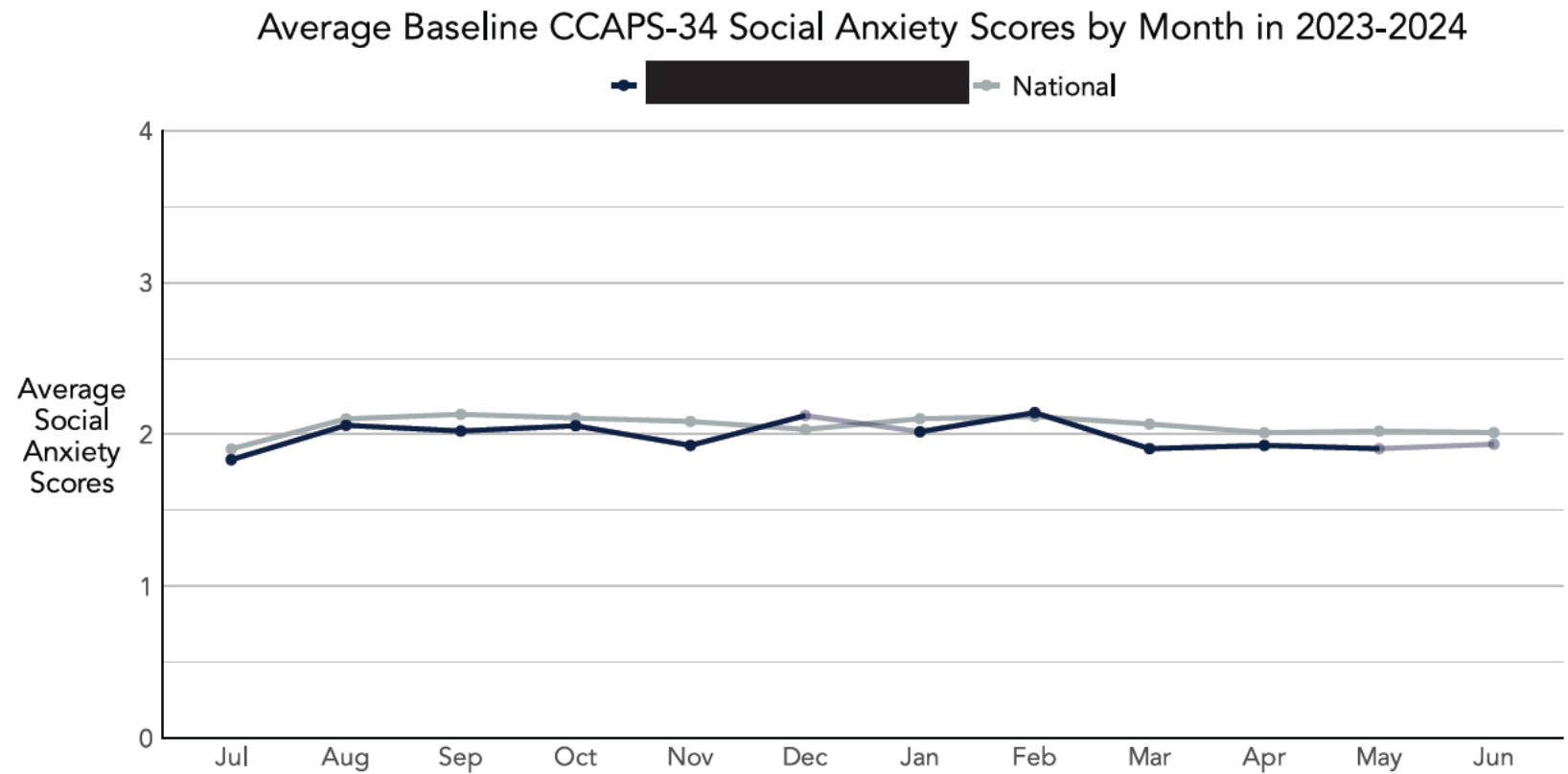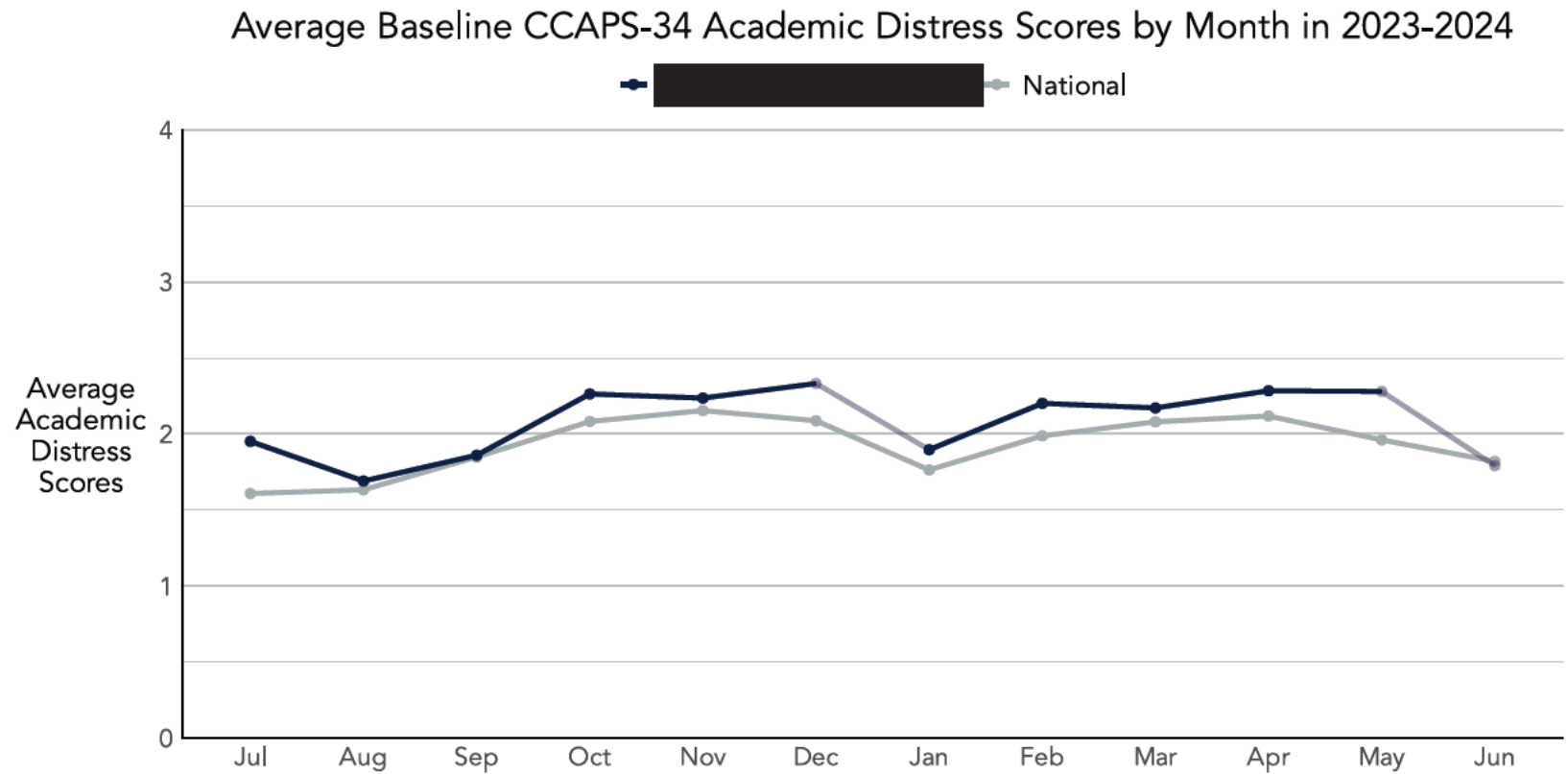
Average Baseline CCAPS-34 Eating Concerns Scores by Month in 2023-2024

████████████████ National

Average Eating Concerns Scores

4

3

2

1

0

Jul Aug Sep Oct Nov Dec Jan Feb Mar Apr May Jun

Average Baseline CCAPS-34 Frustration/Anger Scores by Month in 2023-2024

■ [REDACTED]   ■ National

Average Baseline CCAPS-34 Alcohol Use Scores by Month in 2023-2024

National

Average Baseline CCAPS-34 Distress Index (DI) Scores by Month in 2023-2024

[legend: ████████] ●── National

Average Distress Index (DI) Scores

Average Baseline CCAPS-34 Scores by Month in 2023-2024

Average CCAPS Subscale Scores

Legend:
- Generalized Anxiety
- Social Anxiety
- Distress Index (DI)
- Academic Distress
- Depression
- Eating Concerns
- Frustration/Anger
- Alcohol Use

X-axis: Jul, Aug, Sep, Oct, Nov, Dec, Jan, Feb, Mar, Apr, May, Jun