

# Center for Collegiate Mental Health (CCMH)

2013 ANNUAL REPORT

PENNSTATE



BRINGING SCIENCE AND PRACTICE  
**Together.**

## Acknowledgements

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- Collaborative efforts of over 250 university and college counseling centers
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- American College Personnel Association (ACPA)
- Commission for Counseling and Psychological Services (CCAPS)
- Penn State University's Student Affairs

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**Brian Mistler, Ph.D.**—Associate Dean of Students and Director of Health Services, Ringling College of Art + Design

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**Dennis Heitzmann, Ph.D.**—(ex-officio)—Director, Counseling and Psychological Services, Penn State University

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## Introduction

### CCMH: BRINGING SCIENCE AND PRACTICE TOGETHER

Welcome to the CCMH 2013 Annual Report! This report summarizes data contributed to CCMH during the 2012-2013 academic year, closing on June 30, 2013. Data was contributed by 132 college and university counseling centers describing more than 95,000 unique college students seeking mental health treatment, 3,000 clinicians, and over 500,000 appointments.

- **CCAPS Updates (Counseling Center Assessment of Psychological Symptoms)**—The CCAPS Profile Report was re-designed in the summer of 2012 and no changes were made in 2013. CCAPS-related enhancements, added in 2012-2013, included:
  - CCAPS Clinician's Guide—A supplement to the CCAPS Technical Manual, this document was written by clinicians to provide a more clinically oriented discussion of the CCAPS for clinicians and administrators. Contact CCMH at [ccmh@psu.edu](mailto:ccmh@psu.edu) to get your copy.
  - CCAPS Web Service—Three electronic medical record (EMR) vendors (Medicat, Point and Click, and Pyramed) are now authorized CCAPS Distributors. If your counseling centers uses one of these EMR's you can now use the CCAPS! Just contact CCMH or your vendor to get started.
- **SDS Updates (Standardized Data Set)**—This report summarizes data on a wide-variety of new or updated SDS items (incorporated in the summer of 2012), including the Critical Incident Form (CIF) which tracks events that occur during treatment, and the new CCMH Appointment Categories.
  - CCMH Appointment Categories—The 2011-2012 data set revealed over 2,500 appointment types in use at participating counseling centers. To cope with this level of operational diversity and enable reporting on different types of treatment, the CCMH Advisory Board approved a set of 16 appointment categories. Counseling centers contributing data in 2012-2013 assigned each of their appointment types to a standardized appointment category. This minor change will greatly improve our ability to examine the types of treatment provided by counseling centers.

➤ **Recent Publications**—CCMH is excited to share with you the following publications that have occurred in the past academic year:

- Castonguay, L.G. (2013). Psychotherapy outcome: A problem worth re-revisiting 50 years later. *Psychotherapy, 50*, 52-67.
- Castonguay, L.G., Barkham, M., Lutz, W., & McAleavey, A.A. (2013). Practice-oriented research: Approaches and application. In M.J. Lambert (Eds.). *Bergin and Garfield's handbook of psychotherapy and behavior change* (sixth edition). New York: Wiley.
- Lockard, A.J., Hayes, J.A., & Graceffo, J. (2013). Effective counseling for ethnic minority clients: Examining changes utilizing a practice-research network. *Journal of College Counseling, 16*, 243-256.
- Maloch, J.K., Bieschke, K.J., McAleavey, A.A., Castonguay, L.G., & Locke, B.D. (2013). Eating concerns in college women across sexual orientation identities. *Journal of College Counseling, 16*, 275-288.
- McAleavey, A.A., Lockard, A.J., Castonguay, L.G., Hayes, J.A., & Locke, B.D. (in press). Building a practice research network: Obstacles faced and lessons learned at the Center for Collegiate Mental Health. *Psychotherapy Research*.
- Nordberg, S.S., Castonguay, L.G., Fisher, A.J., Boswell, J.F., & Kraus, D. (in press). Trajectories of change as a function of initial severity: Analysis of client-response to psychotherapy in a training setting. *Journal of Clinical Psychology*.
- Nordberg, S.S., Hayes, J.A., McAleavey, A.A., Castonguay, L.G., & Locke, B.D. (2013). Treatment utilization on college campuses: Who seeks help for what? *Journal of College Counseling, 16*, 258-274.
- Youn, S., McAleavey, A.A., & Castonguay, L.G. (in press). Practice research networks. In R. Cautin and S. Lillienfeld (Eds.). *The encyclopedia of clinical psychology*. New York: Wiley-Blackwell.



## Annual Report Orientation

When reading this report, please keep the following points in mind:

- This data set describes college students seeking treatment at 132 college and university counseling centers.
- For a comparative non-clinical data set please consider the CCMH/NASPA Assessment Consortium Study in 2010, which was repeated in 2012-2013.
- The actual number of clients per question will vary because counseling centers vary in the questions they ask.
- Each counseling center received local IRB approval to contribute data.
- Because data is gathered as part of routine clinical practice at participating counseling centers, CCMH data generally represents the population of students seeking services at participating institutions.

## Standardized Data Set (SDS)

The Standardized Data Set (SDS) was developed with input from more than 130 counseling centers, representing questions asked of students at their first appointment in a counseling center. Because not all centers ask all questions, the number of responses varies by question.

Many questions were edited, replaced, or added in the summer of 2012. These changes are reflected in this report which summarizes data contributed during the 2012-2013 academic year. Please see the 2012 SDS for details on question changes.

### (SDS) Client Demographic Variables

#### *What is your gender identity?\**

	<i>n</i>	Percentage
Woman	47,731	63.3
Man	27,086	35.9
Transgender	220	0.3
Self-Identify	327	0.4

This question is from the Standardized Data Set Question #88

\*Those who did not specify gender or who identified as transgender were included in the overall total for the questions below

#### *What was your sex at birth?*

	Overall (%) <i>n</i> =7,774	Male (%) <i>n</i> =2,596	Female (%) <i>n</i> =5,078
Female	66.1	0.2	99.7
Male	33.8	99.8	0.3
Intersex	0.0	0.0	0.0

This question is from the Standardized Data Set Question #90

**Sexual orientation—Do you consider yourself to be:**

	Overall (%) n=71,207	Male (%) n=25,518	Female (%) n=44,977
Heterosexual	87.0	87.0	87.9
Lesbian	1.6	0.1	2.4
Gay	2.8	7.4	0.2
Bisexual	4.3	2.4	5.2
Questioning	2.0	1.7	2.1
Self-Identify	2.2	1.4	2.2

This question is from the Standardized Data Set Question #91

**Since puberty, with whom have you had sexual experience(s)?**

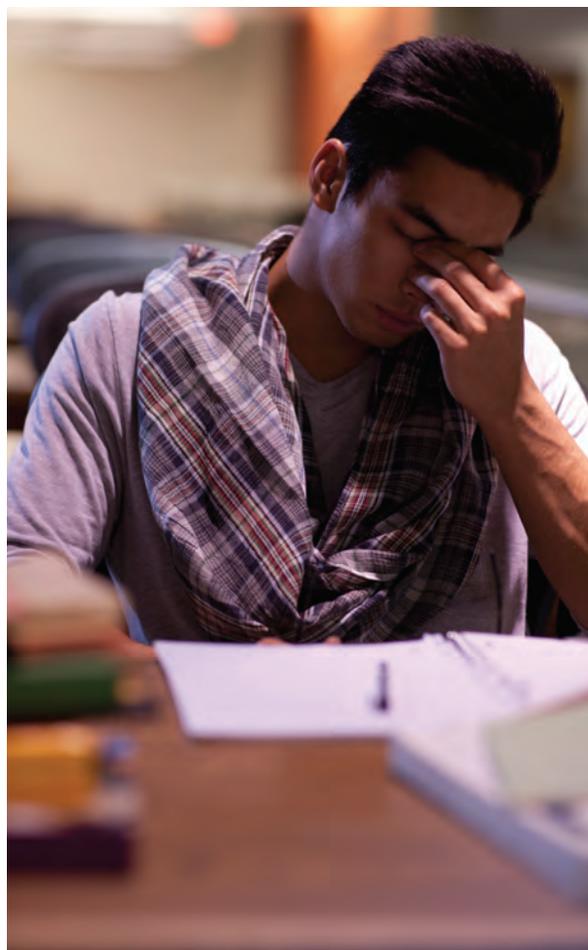
	Overall (%) n=6,956	Male (%) n=2,294	Female (%) n=4,598
Only with men	49.4	4.9	72.1
Mostly with men	8.7	3.4	11.3
About the same number of men and women	1.6	1.0	1.8
Mostly with women	2.9	5.1	1.3
Only with women	24.8	72.7	0.9
I have not had sexual experiences	12.7	12.9	12.6

This question is from the Standardized Data Set Question #93

**People are different in their sexual attraction to other people. Which best describes your current feelings? Are you:**

	Overall (%) n=7,573	Male (%) n=2,558	Female (%) n=4,950
Only attracted to women	28.7	80.9	1.9
Mostly attracted to women	4.2	7.4	2.2
Equally attracted to women and men	2.7	1.3	3.2
Mostly attracted to men	11.3	3.7	15.3
Only attracted to men	51.6	5.4	76.0
Not sure	1.4	1.2	1.4

This question is from the Standardized Data Set Question #94



**What is your race/ethnicity?**

	Overall (%) n=71,126	Male (%) n=25,540	Female (%) n=44,870
African-American/Black	8.9	7.3	9.8
American Indian or Alaskan Native	0.4	0.5	0.4
Asian American/Asian	6.1	6.2	6.0
Hispanic/Latino/a	7.5	6.9	7.8
Native Hawaiian or Pacific Islander	0.2	0.3	0.2
Multi-racial	4.5	4.0	4.7
White	70.6	72.7	69.4
Self-Identify	1.5	2.2	1.5

This question is from the Standardized Data Set Question #95

**What is your country of origin?**

Country	n	Country	n	Country	n	Country	n	Country	n
Afghanistan	65	Costa Rica	30	Iraq	29	Nigeria	110	Sudan	18
Albania	28	Cote d'Ivoire	10	Ireland	52	Norway	22	Sweden	28
Algeria	11	Cuba	91	Israel	45	Pakistan	124	Switzerland	16
Argentina	49	Denmark	13	Italy	76	Palestinian Territory, Occupied	20	Syrian Arab Republic	21
Armenia	11	Dominican Republic	123	Jamaica	132	Panama	38	Taiwan	87
Australia	44	Ecuador	76	Japan	87	Paraguay	14	Tanzania, United Republic of	13
Austria	11	Egypt	40	Jordan	28	Peru	148	Thailand	54
Bahamas	23	El Salvador	54	Kazakhstan	12	Philippines	164	Trinidad and Tobago	41
Bangladesh	84	Eritrea	11	Kenya	36	Poland	64	Turkey	88
Belarus	13	Ethiopia	47	Korea, Democratic People's Republic of	46	Portugal	13	Ukraine	45
Belgium	13	Finland	11	Korea, Republic of	407	Puerto Rico	213	United Arab Emirates	16
Belize	11	France	72	Kuwait	23	Romania	56	United Kingdom	222
Bolivia	37	Germany	192	Latvia	10	Russian Federation	126	United States	69460
Bosnia and Herzegovina	21	Ghana	60	Lebanon	41	Saudi Arabia	146	United States Minor Outlying Islands	304
Brazil	194	Greece	30	Liberia	22	Senegal	11	Venezuela	138
Bulgaria	27	Guatemala	40	Malaysia	44	Serbia	13	Vietnam	137
Cambodia	11	Guyana	24	Mexico	377	Sierra Leone	12	Virgin Islands, U.S.	30
Cameroon	17	Haiti	104	Morocco	14	Singapore	23	Zimbabwe	22
Canada	305	Honduras	31	Myanmar	11	Slovakia	10		
Chile	49	Hong Kong	57	Nepal	47	Somalia	20		
China	846	Hungary	18	Netherlands	25	South Africa	46		
Colombia	281	Indonesia	36	New Zealand	13	Spain	40		
Congo, The Democratic Republic of the	12	Iran, Islamic Republic of	186	Nicaragua	24	Sri Lanka	37		

**Countries with less than 10 individuals:**

Aland Islands	Dominica	Malawi	Saint Helena
American Samoa	Estonia	Mali	Saint Kitts and Nevis
Angola	Fiji	Marshall Islands	Saint Lucia
Anguilla	Gabon	Mauritania	Slovenia
Antigua and Barbuda	Gambia	Mauritius	Solomon Islands
Aruba	Georgia	Mayotte	Suriname
Azerbaijan	Greenland	Micronesia, Federated States of	Tajikistan
Bahrain	Guam	Moldova, Republic of	Togo
Barbados	Guinea	Mongolia	Tunisia
Benin	Iceland	Montenegro	Turkmenistan
Bermuda	Kiribati	Montserrat	Turks and Caicos Islands
Bhutan	Kyrgyzstan	Mozambique	Uganda
British Indian Ocean Territory	Lao People's Democratic Republic	Namibia	Uruguay
Burkina Faso	Libyan Arab Jamahiriya	Netherlands Antilles	Uzbekistan
Burundi	Lithuania	Niger	Vanuatu
Cape Verde	Luxembourg	Northern Mariana Islands	Virgin Islands, British
Cayman Islands	Macao	Oman	Yemen
Croatia	Macedonia, The Former Yugoslav Republic of	Pitcairn	Zambia
Cyprus	Madagascar	Qatar	
Czech Republic		Rwanda	

This question is from the Standardized Data Set Question #31

**Are you an international student?**

	Overall (%) n=82,541	Male (%) n=26,093	Female (%) n=46,373
Yes	4.4	5.2	4.1
No	95.6	94.8	95.9

This question is from the Standardized Data Set Question #32

**Religious or spiritual preference**

	Overall (%) n=62,222	Male (%) n=21,889	Female (%) n=39,121
Agnostic	12.3	14.6	10.9
Atheist	8.7	12.5	6.4
Buddhist	1.0	1.1	1.0
Catholic	17.8	15.8	19.1
Christian	32.9	28.0	36.2
Hindu	0.7	0.9	0.6
Jewish	2.7	2.9	2.7
Muslim	1.2	1.5	1.1
No preference	18.0	17.9	17.9
Self-Identify	4.6	4.8	4.2

This question is from the Standardized Data Set Question #97

**To what extent does your religious or spiritual preference play an important role in your life?**

	Overall (%) n=55,312	Male (%) n=17,046	Female (%) n=30,777
Very important	15.8	13.5	17.3
Important	25.2	24.3	25.9
Neutral	34.8	34.2	35.0
Unimportant	13.2	14.4	12.2
Very unimportant	11.0	13.6	9.6

This question is from the Standardized Data Set Question #36

**Did you transfer from another campus/institution to this school?**

	Overall (%) n=77,090	Male (%) n=24,220	Female (%) n=42,810
Yes	21.7	22.6	20.5
No	78.3	77.4	79.5

This question is from the Standardized Data Set Question #46

**Current academic status**

	Overall (%) n=83,624	Male (%) n=26,541	Female (%) n=46,690
Freshmen/First-year	18.8	19.4	19.4
Sophomore	19.6	19.6	20.3
Junior	22.2	23.3	22.3
Senior	21.6	22.3	21.9
Graduate/professional degree student	14.0	13.6	14.6
Non-student	0.2	0.3	0.2
High school student taking college classes	0.0	0.0	0.0
Non-degree student	0.3	0.4	0.3
Faculty or staff	0.1	0.1	0.1
Other	1.0	1.1	0.9

This question is from the Standardized Data Set Question #37

**Graduate or professional degree program**

	Overall (%) n=26,228	Male (%) n=8,053	Female (%) n=14,225
Post-Baccalaureate	11.8	10.6	12.0
Masters	14.6	12.3	15.6
Doctoral degree	7.6	8.3	7.0
Law	2.7	3.3	2.3
Medical	1.7	1.5	1.8
Pharmacy	0.5	0.4	0.6
Dental	0.2	0.1	0.2
Veterinary Medicine	0.6	0.2	0.8
Not applicable	54.8	58.0	54.2
Other	5.5	5.4	5.4

This question is from the Standardized Data Set Question #39

**What year are you in your graduate/professional program?**

	Overall (%) n=13,135	Male (%) n=3,896	Female (%) n=6,828
1	35.2	33.9	37.4
2	26.0	24.7	26.8
3	15.7	17.7	14.3
4	15.6	15.0	14.4
5+	7.6	8.7	7.1

This question is from the Standardized Data Set Question #41



**What kind of housing do you currently have?**

	Overall (%) n=70,547	Male (%) n=22,695	Female (%) n=40,123
On-campus residence hall/apartment	36.5	35.2	37.7
On/off campus fraternity/sorority house	1.9	2.3	1.8
On/off campus co-operative housing	0.9	1.1	0.8
Off-campus apartment/house	59.3	60.0	58.3
Other	1.5	1.4	1.4

This question is from the Standardized Data Set Question #42

**With whom do you live? (check all that apply)**

	Overall (%)	Male (%)	Female (%)
Alone	11.0 (n=9,422)	11.6 (n=3,129)	10.6 (n=5,075)
Spouse, partner, or significant other	8.5 (n=7,311)	7.6 (n=2,068)	9.0 (n=4,305)
Roommate(s)	51.2 (n=43,835)	51.7 (n=14,016)	50.9 (n=23,302)
Children	2.6 (n=2,223)	1.8 (n=497)	3.1 (n=1,476)
Parent(s) or guardian(s)	7.9 (n=6,748)	7.3 (n=1,987)	8.1 (n=3,854)
Family other	3.6 (n=3,091)	3.3 (n=900)	3.7 (n=1,782)
Other	1.2 (n=997)	1.1 (n=294)	1.2 (n=573)

This question is from the Standardized Data Set Question #44

**Relationship status**

	Overall (%) n=81,560	Male (%) n=25,803	Female (%) n=45,622
Single	60.7	66.0	57.5
Serious dating or committed relationship	32.8	27.6	35.8
Civil union, domestic partnership, or equivalent	0.5	0.4	0.5
Married	4.6	4.7	4.7
Divorced	0.7	0.6	0.8
Separated	0.6	0.7	0.5
Widowed	0.1	0.0	0.1

This question is from the Standardized Data Set Question #33

**Are you registered, with the office for disability services on this campus, as having a documented and diagnosed disability?**

	Overall (%) n=80,616	Male (%) n=25,271	Female (%) n=45,082
Yes	7.3	8.1	6.5
No	92.7	91.9	93.5

This question is from the Standardized Data Set Question #60

**If you selected "Yes" for the previous question, please indicate which category of disability you are registered for (check all that apply):**

	Overall (%)	Male (%)	Female (%)
Attention Deficit/Hyperactivity Disorders	4.2 (n=3,561)	5.5 (n=1,483)	3.2 (n=1,507)
Deaf or Hard of Hearing	0.3 (n=233)	0.3 (n=92)	0.2 (n=113)
Learning Disorders	2.1 (n=1,811)	2.3 (n=621)	1.9 (n=911)
Mobility Impairments	0.2 (n=210)	0.2 (n=53)	0.3 (n=120)
Neurological Disorders	0.5 (n=427)	0.5 (n=134)	0.5 (n=217)
Physical/Health Related Disorders	0.9 (n=805)	0.8 (n=207)	1.0 (n=467)
Psychological Disorder/Condition	2.0 (n=1,721)	1.9 (n=527)	2.0 (n=932)
Visual Impairments	0.4 (n=361)	0.5 (n=138)	0.4 (n=175)
Other	1.1 (n=912)	1.2 (n=317)	1.0 (n=459)

This question is from the Standardized Data Set Question #61

**Please indicate your level of involvement in organized extra-curricular activities (e.g., sports, clubs, student government, etc.)**

	Overall (%) n=45,685	Male (%) n=13,799	Female (%) n=24,935
None	31.9	32.5	30.5
Occasional participation	21.5	22.6	20.7
One regularly attended activity	19.0	18.9	19.1
Two regularly attended activities	15.1	13.8	16.1
Three or more regularly attended activities	12.6	12.2	13.5

This question is from the Standardized Data Set Question #48

**Do you participate on an athletic team that competes with other colleges or universities?**

	Overall (%) n=71,129	Male (%) n=22,753	Female (%) n=39,679
Yes	7.1	8.6	6.3
No	92.9	91.4	93.7

This question is from the Standardized Data Set Question #50



**Are you the first generation in your family to attend college?**

	Overall (%) n=71,492	Male (%) n=22,282	Female (%) n=40,099
Yes	23.0	21.3	23.8
No	77.0	78.7	76.2

This question is from the Standardized Data Set Question #56

**How would you describe your financial situation right now?**

	Overall (%) n=62,603	Male (%) n=19,469	Female (%) n=35,416
Always stressful	16.0	13.5	17.2
Often stressful	22.3	20.7	23.2
Sometimes stressful	34.8	35.0	34.5
Rarely stressful	19.5	22.0	18.5
Never stressful	7.4	8.8	6.6

This question is from the Standardized Data Set Question #57

**How would you describe your financial situation growing up?**

	Overall (%) n=44,298	Male (%) n=13,435	Female (%) n=24,168
Always stressful	9.8	8.0	10.8
Often stressful	14.4	13.6	14.9
Sometimes stressful	23.6	22.5	24.0
Rarely stressful	39.7	31.1	28.8
Never stressful	22.4	24.9	21.4

This question is from the Standardized Data Set Question #58

**Please indicate how much you agree with the statement: "I get the emotional help and support I need from my family."**

	Overall (%) n=53,398	Male (%) n=16,515	Female (%) n=29,919
Strongly disagree	10.7	10.2	10.6
Somewhat disagree	13.7	13.1	13.8
Neutral	15.4	16.6	14.5
Somewhat agree	30.7	29.7	31.4
Strongly agree	29.5	30.3	29.6

This question is from the Standardized Data Set Question #22



**Please indicate how much you agree with the statement:  
"I get the emotional help and support I need from my social network (e.g., friends, acquaintances)."**

	Overall (%) n=53,941	Male (%) n=16,872	Female (%) n=30,163
Strongly disagree	8.8	10.2	7.8
Somewhat disagree	12.7	13.7	12.3
Neutral	18.9	21.4	17.5
Somewhat agree	37.2	34.5	38.8
Strongly agree	22.4	20.2	23.6

This question is from the Standardized Data Set Question #23

**Are you a member of ROTC?**

	Overall (%) n=42,516	Male (%) n=12,929	Female (%) n=22,771
Yes	0.6	1.1	0.5
No	99.4	99.0	99.5

This question is from the Standardized Data Set Question #51

**Have you ever served in any branch of the US military (active duty, veteran, National Guard or reserves)?**

	Overall (%) n=72,553	Male (%) n=25,671	Female (%) n=45,521
Yes	1.8	3.4	0.9
No	98.2	96.6	99.1

This question is from the Standardized Data Set Question #98

**Did your military experience include any traumatic or highly stressful experiences which continue to bother you?**

	Overall (%) n=1,192	Male (%) n=811	Female (%) n=354
Yes	32.6	36.0	24.9
No	67.4	64.0	75.1

This question is from the Standardized Data Set Question #53

**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.)**

	Overall (%) n=69,266	Male (%) n=21,446	Female (%) n=38,693
None	58.5	53.3	61.3
Once	17.4	18.1	17.4
Twice	11.3	12.4	10.7
3 to 5 times	9.7	11.8	8.4
6 to 9 times	2.1	2.9	1.6
10 or more times	1.0	1.5	0.6

This question is from the Standardized Data Set Question #19

**Think back over the last two weeks. How many times have you smoked marijuana?**

	Overall (%) n=69,126	Male (%) n=24,237	Female (%) n=43,582
None	81.0	74.6	84.6
Once	5.1	5.8	4.7
Twice	3.3	4.0	2.8
3 to 5 times	4.2	5.7	3.4
6 to 9 times	2.1	3.0	1.6
10 or more times	4.3	6.8	2.9

This question is from the Standardized Data Set Question #96

## (SDS) Client Mental Health History Questions

### Attended counseling for mental health concerns

	Overall (%) n=78,501	Male (%) n=24,681	Female (%) n=43,618
Never	52.2	56.7	50.6
Prior to college	18.5	16.9	19.2
After starting college	16.2	15.7	16.3
Both	13.1	10.7	14.0

This question is from the Standardized Data Set Question #1

### Taken a prescribed medication for mental health concerns

	Overall (%) n=77,043	Male (%) n=24,115	Female (%) n=42,797
Never	67.6	69.2	67.3
Prior to college	8.7	8.9	8.5
After starting college	12.9	12.4	12.9
Both	10.8	9.5	11.2

This question is from the Standardized Data Set Question #2

**NOTE:** For the following set of questions, each student indicates how many times (frequency) they have had an experience and the last time (recency) they had the experience.

### Been hospitalized for mental health concerns (how many times)

	Overall (%) n=72,227	Male (%) n=25,423	Female (%) n=45,473
Never	89.9	89.5	90.1
1 time	6.5	6.4	6.4
2-3 times	2.8	3.2	2.6
4-5 times	0.4	0.5	0.4
More than 5 times	0.4	0.4	0.4

This question is from the Standardized Data Set Question #64

### Been hospitalized for mental health concerns (the last time)

	Overall (%) n=6,828	Male (%) n=2,462	Female (%) n=4,213
Never	2.0	2.3	1.8
Within the last two weeks	8.2	9.7	7.3
Within the last month	4.1	4.6	3.9
Within the last year	20.3	21.0	19.8
Within the last 1-5 years	38.2	35.6	39.8
More than 5 years ago	27.1	26.7	27.4

This question is from the Standardized Data Set Question #65



### Felt the need to reduce your alcohol or drug use (how many times)

	Overall (%) n=70,035	Male (%) n=24,678	Female (%) n=44,062
Never	72.9	66.3	76.9
1 time	10.3	11.4	9.6
2-3 times	9.9	12.1	8.7
4-5 times	1.6	2.0	1.4
More than 5 times	5.2	8.2	3.5

This question is from the Standardized Data Set Question #66

### Felt the need to reduce your alcohol or drug use (the last time)

	Overall (%) n=14,748	Male (%) n=6,387	Female (%) n=7,998
Never	3.3	3.3	3.3
Within the last two weeks	27.4	31.6	24.2
Within the last month	17.6	17.4	17.8
Within the last year	29.1	27.8	30.1
Within the last 1-5 years	18.3	15.9	20.2
More than 5 years ago	4.3	3.9	4.5

This question is from the Standardized Data Set Question #67

**Others have expressed concern about your alcohol or drug use (how many times)**

	Overall (%) n=70,264	Male (%) n=24,760	Female (%) n=44,197
Never	82.5	77.2	85.5
1 time	7.3	8.3	6.7
2-3 times	6.2	8.1	5.0
4-5 times	1.1	1.4	0.9
More than 5 times	3.0	5.0	1.9

This question is from the Standardized Data Set Question #68

**Others have expressed concern about your alcohol or drug use (the last time)**

	Overall (%) n=9,586	Male (%) n=4,330	Female (%) n=5,024
Never	3.3	3.1	3.4
Within the last two weeks	22.0	24.3	20.2
Within the last month	16.2	16.7	15.7
Within the last year	31.2	31.3	31.3
Within the last 1-5 years	21.8	19.3	23.5
More than 5 years ago	5.5	5.2	5.8

This question is from the Standardized Data Set Question #69

**Received treatment for alcohol or drug use (how many times)**

	Overall (%) n=71,120	Male (%) n=24,985	Female (%) n=44,815
Never	95.6	93.1	97.1
1 time	3.2	4.9	2.2
2-3 times	0.9	1.4	0.5
4-5 times	0.1	0.2	0.1
More than 5 times	0.2	0.4	0.2

This question is from the Standardized Data Set Question #70

**Received treatment for alcohol or drug use (the last time)**

	Overall (%) n=2,531	Male (%) n=1,376	Female (%) n=1,088
Never	4.1	3.4	5.1
Within the last two weeks	9.5	9.7	9.7
Within the last month	5.8	6.0	5.8
Within the last year	26.3	29.2	23.1
Within the last 1-5 years	36.4	34.9	38.2
More than 5 years ago	17.8	16.9	18.1

This question is from the Standardized Data Set Question #71

**Purposely injured yourself without suicidal intent (e.g., cutting, hitting, burning, etc.) (how many times)**

	Overall (%) n=71,896	Male (%) n=25,357	Female (%) n=45,217
Never	77.0	84.1	73.4
1 time	5.4	4.6	5.8
2-3 times	6.3	5.0	6.9
4-5 times	2.2	1.5	2.6
More than 5 times	9.1	4.8	11.3

This question is from the Standardized Data Set Question #72

**Purposely injured yourself without suicidal intent (e.g., cutting, hitting, burning, etc.) (the last time)**

	Overall (%) n=13,989	Male (%) n=3,318	Female (%) n=10,243
Never	1.7	2.1	1.5
Within the last two weeks	14.5	16.8	13.8
Within the last month	7.8	8.2	7.6
Within the last year	19.7	20.2	19.5
Within the last 1-5 years	32.2	30.9	32.5
More than 5 years ago	24.2	21.9	25.1

This question is from the Standardized Data Set Question #73

**Seriously considered attempting suicide (how many times)**

	Overall (%) n=71,911	Male (%) n=25,359	Female (%) n=45,224
Never	70.0	71.2	69.6
1 time	11.5	11.1	11.7
2-3 times	10.6	10.0	10.9
4-5 times	2.1	1.8	2.2
More than 5 times	5.8	5.8	5.6

This question is from the Standardized Data Set Question #74

**Seriously considered attempting suicide (the last time)**

	Overall (%) n=17,791	Male (%) n=5,941	Female (%) n=11,385
Never	1.8	2.1	1.6
Within the last two weeks	16.5	19.5	15.0
Within the last month	9.4	10.2	9.0
Within the last year	19.9	19.7	19.9
Within the last 1-5 years	33.3	30.6	34.5
More than 5 years ago	19.2	17.8	20.0

This question is from the Standardized Data Set Question #75



**Made a suicide attempt (how many times)**

	Overall (%) n=71,823	Male (%) n=25,344	Female (%) n=45,156
Never	91.3	93.0	90.6
1 time	5.8	4.8	6.3
2-3 times	2.2	1.8	2.4
4-5 times	0.3	0.2	0.4
More than 5 times	0.3	0.2	0.3

This question is from the Standardized Data Set Question #76

**Made a suicide attempt (the last time)**

	Overall (%) n=5,354	Male (%) n=1,500	Female (%) n=3,690
Never	1.7	2.1	1.6
Within the last two weeks	5.7	6.5	5.6
Within the last month	3.1	4.5	2.5
Within the last year	14.0	16.0	13.3
Within the last 1-5 years	40.8	38.5	41.4
More than 5 years ago	34.6	32.4	35.6

This question is from the Standardized Data Set Question #77

**Considered causing serious physical injury to another (how many times)**

	Overall (%) n=71,781	Male (%) n=25,307	Female (%) n=45,154
Never	88.8	85.6	90.6
1 time	3.5	4.1	3.2
2-3 times	4.1	5.4	3.3
4-5 times	0.8	1.0	0.7
More than 5 times	2.8	4.0	2.2

This question is from the Standardized Data Set Question #78

**Considered causing serious physical injury to another (the last time)**

	Overall (%) n=6,420	Male (%) n=2,846	Female (%) n=3,404
Never	3.6	3.8	3.4
Within the last two weeks	19.5	19.7	19.4
Within the last month	11.5	11.0	12.1
Within the last year	22.2	22.2	22.4
Within the last 1-5 years	29.3	29.5	28.7
More than 5 years ago	14.0	13.9	14.0

This question is from the Standardized Data Set Question #79

**Intentionally caused serious physical injury to another (how many times)**

	Overall (%) n=70,236	Male (%) n=24,788	Female (%) n=44,144
Never	96.6	95.1	97.5
1 time	1.6	2.1	1.3
2-3 times	1.1	1.8	0.8
4-5 times	0.2	0.2	0.1
More than 5 times	0.4	0.8	0.2

This question is from the Standardized Data Set Question #80

**Intentionally caused serious physical injury to another (the last time)**

	Overall (%) n=1,899	Male (%) n=974	Female (%) n=877
Never	4.2	4.2	4.0
Within the last two weeks	7.3	6.0	9.0
Within the last month	4.7	3.2	6.5
Within the last year	17.6	16.3	19.5
Within the last 1-5 years	33.8	35.4	32.3
More than 5 years ago	32.4	34.9	28.7

This question is from the Standardized Data Set Question #81

**Someone had sexual contact with you without your consent (e.g., you were afraid to stop what was happening, passed out, drugged, drunk, incapacitated, asleep, threatened or physically forced) (how many times)**

	Overall (%) n=71,825	Male (%) n=25,359	Female (%) n=45,150
Never	81.0	93.6	74.2
1 time	10.8	3.9	14.6
2-3 times	5.0	1.4	6.9
4-5 times	0.8	0.3	1.1
More than 5 times	2.4	0.8	3.2

This question is from the Standardized Data Set Question #82

**Someone had sexual contact with you without your consent (e.g., you were afraid to stop what was happening, passed out, drugged, drunk, incapacitated, asleep, threatened or physically forced) (the last time)**

	Overall (%) n=10,979	Male (%) n=1,345	Female (%) n=9,335
Never	1.3	2.3	1.1
Within the last two weeks	4.0	3.2	4.1
Within the last month	3.5	3.0	3.6
Within the last year	18.2	15.8	18.6
Within the last 1-5 years	35.9	24.8	37.4
More than 5 years ago	37.1	50.9	35.2

This question is from the Standardized Data Set Question #83

**Experienced harassing, controlling, and/or abusive behavior from another person (e.g., friend, family member, partner, or authority figure) (how many times)**

	Overall (%) n=71,550	Male (%) n=25,241	Female (%) n=44,989
Never	66.8	75.8	62.0
1 time	6.9	4.0	8.5
2-3 times	7.3	5.5	8.3
4-5 times	2.0	1.4	2.4
More than 5 times	17.0	13.4	18.8

This question is from the Standardized Data Set Question #84

**Experienced harassing, controlling, and/or abusive behavior from another person (e.g., friend, family member, partner, or authority figure) (the last time)**

	Overall (%) n=18,705	Male (%) n=4,787	Female (%) n=13,422
Never	1.4	2.1	1.2
Within the last two weeks	11.8	12.3	11.6
Within the last month	7.3	7.4	7.3
Within the last year	20.0	18.4	20.4
Within the last 1-5 years	36.0	30.2	38.1
More than 5 years ago	23.6	29.6	21.4

This question is from the Standardized Data Set Question #85





**Experienced a traumatic event that caused you to feel intense fear, helplessness, or horror (how many times)**

	Overall (%) n=70,186	Male (%) n=24,820	Female (%) n=44,070
Never	62.5	68.1	59.6
1 time	16.8	13.9	18.3
2-3 times	12.3	10.8	13.0
4-5 times	2.1	1.8	2.3
More than 5 times	6.4	5.4	6.8

This question is from the Standardized Data Set Question #86

**Experienced a traumatic event that caused you to feel intense fear, helplessness, or horror (the last time)**

	Overall (%) n=20,411	Male (%) n=6,113	Female (%) n=13,796
Never	1.9	2.4	1.6
Within the last two weeks	12.2	14.4	11.4
Within the last month	7.1	7.7	7.0
Within the last year	22.7	21.5	23.2
Within the last 1-5 years	34.0	31.6	35.0
More than 5 years ago	22.0	22.4	21.8

This question is from the Standardized Data Set Question #87

**Please select the traumatic event(s) you have experienced:**

	Overall (%)	Male (%) n=6,113	Female (%) n=13,796
Childhood physical abuse	3.5 (n=2,967)	3.5 (n=939)	4.1 (n=1,936)
Childhood sexual abuse	3.1 (n=2,641)	2.0 (n=531)	4.2 (n=2,020)
Childhood emotional abuse	8.2 (n=7,056)	7.4 (n=2,009)	10.1 (n=4,830)
Physical attack (e.g., mugged, beaten up, shot, stabbed, threatened with a weapon)	3.0 (n=2,572)	4.2 (n=1,140)	2.8 (n=1,337)
Sexual violence (rape or attempted rape, sexually assaulted, stalked, abused by intimate partner, etc.)	4.9 (n=4,160)	1.1 (n=298)	7.8 (n=3,711)
Military combat or war zone experience	0.3 (n=231)	0.6 (n=161)	0.1 (n=62)
Kidnapped or taken hostage	0.2 (n=194)	0.2 (n=56)	0.3 (n=136)
Serious accident, fire, or explosion (e.g., an industrial, farm, car, plane, or boating accident)	2.3 (n=1,946)	2.6 (n=696)	2.5 (n=1,195)
Terrorist attack	0.2 (n=189)	0.3 (n=87)	0.2 (n=92)
Near drowning	1.8 (n=1,537)	2.3 (n=635)	1.8 (n=848)
Diagnosed with life threatening illness	0.8 (n=675)	0.9 (n=240)	0.9 (n=422)
Natural disaster (e.g., flood, quake, hurricane, etc.)	1.0 (n=847)	1.1 (n=287)	1.1 (n=534)
Imprisonment or torture	0.2 (n=194)	0.4 (n=103)	0.2 (n=84)
Animal attack	0.7 (n=610)	1.0 (n=264)	0.7 (n=326)
Other (please specify)	4.7 (n=4,052)	4.6 (n=1,242)	5.7 (n=2,713)

This question is from the Standardized Data Set Question #99

## Mental Health Trends

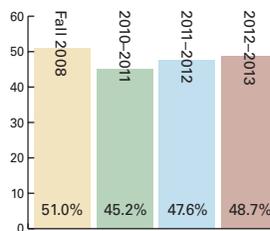
As of this year's report, CCMH has accumulated four national datasets over five years, fall 2008 through spring 2013, making it possible to begin examining trends among college students seeking mental health services. As a first step in this direction, a selection of the mental health history items (reported above for the past year) is reviewed over a five-year span. Each item was recoded into a Yes/No dichotomy for the purpose of this analysis in order to provide a proxy for the life-time prevalence of each experience. Some items have been refined over time; please refer to prior versions of the SDS for specifics.

### Data Sets

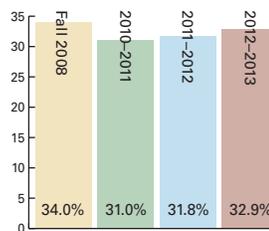
Year	# of Institutions	Total # of Clients
Fall 2008	66	32,329
2010-2011	97	82,611
2011-2012	120	97,012
2012-2013	132	95,109

**\*\* Interpretive Note:** The Fall 2008 data-set represents one semester of data whereas the remaining data-sets represent a full academic year (July 1st through June 30th). In addition, some items have been refined over time and the answer-set for many items was adjusted for the 2012-2013 year. Please review the 2012 SDS for details.

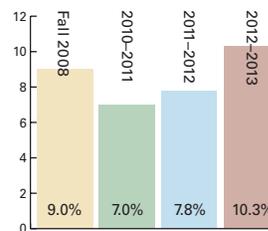
#### Attended counseling for mental health concerns



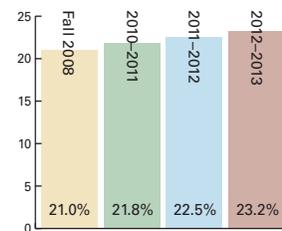
#### Taken a medication for mental health concerns



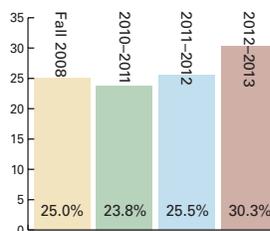
#### Been hospitalized for mental health concerns



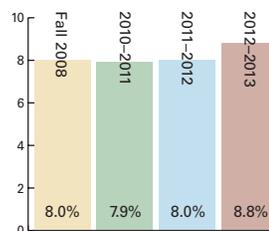
#### Purposely injured yourself without suicidal intent (e.g., cutting, hitting, burning, hair pulling, etc.)



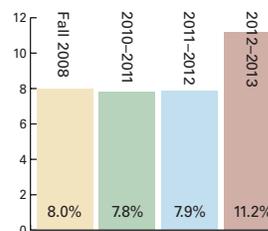
#### Seriously considered attempting suicide



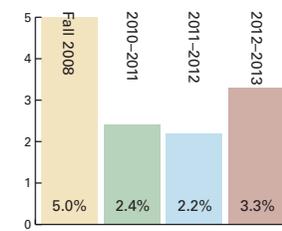
#### Made a suicide attempt



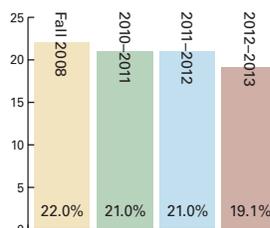
#### Considered seriously hurting another person



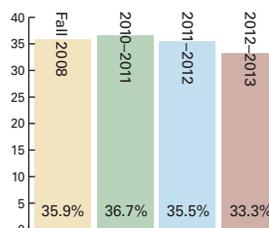
#### Intentionally caused serious injury to another person



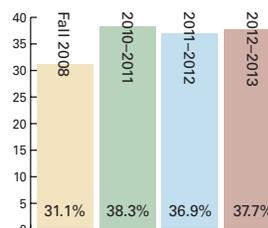
#### Had unwanted sexual contact(s) or experience(s)



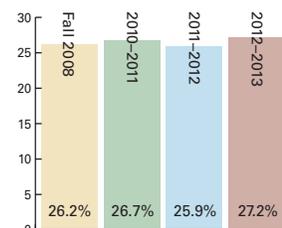
#### Experienced harassing, controlling, and/or abusive behavior from another person (e.g., friend, family member, partner, authority figure, etc.)



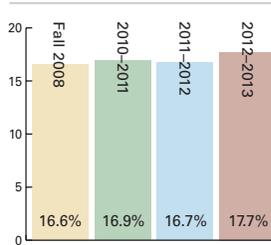
#### Experienced a traumatic event that caused you to feel intense fear, helplessness, or horror



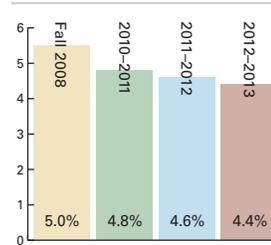
#### Felt the need to reduce your alcohol or drug use



**Others have expressed concern about your alcohol or drug use**



**Received treatment for alcohol or drug use**



**Critical Incident Form (CIF)**

Added in the summer of 2012, the Critical Incident Form (CIF) enables clinicians to record the occurrence of “critical incidents” during, or just prior to, treatment. This form was piloted during 2012-2013 by 42 schools and will be reviewed by the Advisory Board in the Spring of 2014.

Critical Incident	Frequency
Suicidal ideation that required intervention or plan	479
Suicide attempt (prior to treatment)	128
Suicide attempt (during treatment)	42
Homicidal ideation that required intervention or plan	15
Psychotic symptoms	54
Psychiatric hospitalization for threat to self	165
Psychiatric hospitalization for threat to others	6
Psychiatric hospitalization for other mental health concern	49
Medical hospitalization: drugs or alcohol	55
Medical hospitalization: other	32
Withdrawal from school for psychological reasons	111
Withdrawal from school: other	28
Death of client: suicide	7
Death of client: drugs or alcohol	4
Death of client: other	2
Other	668

**Appointment Categories**

Due to the immense diversity of appointment type labels across counseling centers, centers were asked to assign each of their local appointment types to a CCMH Appointment Category prior to contributing data. These categories make it possible to accurately describe the types of treatment being provided across counseling centers and to examine different types of treatment.

Appointment Category	# of attended appointments	# of centers reporting
1. Brief screening or walk-in	29,482	89
2. Initial clinical evaluation	67,892	119
3. Individual psychotherapy/ counseling	281,224	129
4. Specialized individual treatment	7,079	53
5. Specialized treatment without a therapist	882	4
6. Psychiatric evaluation	7,271	56
7. Psychiatric follow-up	19,864	61
8. Case management	7,618	53
9. Psychological testing or assessment	2,729	39
10. Other individual	12,588	63
11. Other individual (client not present)	13,311	39
12. Couples therapy	6,198	59
13. Group – psychotherapy	39,536	88
14. Group – workshop	1,459	14
15. Group – clinic	1,582	14
16. Group – other	1,197	14

## Average Number of Sessions for Individual Counseling

A common question among counseling centers is, “What is the average number of counseling sessions attended by clients?” To examine this question we reviewed the appointment data for initial clinical evaluations (category #2) and any individual counseling sessions (category #3) as follows:

- A. Total number of attended appointments in categories #2 and #3: 349,116
- B. Total number of clients who attended appointments in A: 73,787
- C. Average number of attended counseling sessions per client (A divided by B): 4.73

This preliminary analysis, of actual appointment attendance data across 132 institutions and approximately 350,000 appointments, indicates that clients attend slightly less than 5 sessions of individual counseling on average (including an intake, but excluding other types of appointments).

## CCAPS

The Counseling Center Assessment of Psychological Symptoms (CCAPS) instruments are high-quality, low-cost, multi-dimensional assessment/outcome measures built by and for college counseling centers. The CCAPS instruments, clinical reports, associated technologies, and related research are managed by the Center for Collegiate Mental Health (CCMH) at Penn State University as a service to the field of college counseling centers. The CCAPS currently exists in both a 62-item version and a shorter 34-item version for repeated measurement or brief assessment. The CCAPS-62 has eight subscales assessing distinct areas of distress: Depression, Generalized Anxiety, Social Anxiety, Academic Distress, Eating Concerns, Family Distress, Hostility, and Substance Use. The CCAPS-34 contains the same subscales except for Family Distress (excluded) and Substance Use (becomes Alcohol Use). Students respond to questions on the CCAPS based on a 5 point Likert scale, ranging from “not at all like me” to “extremely like me” and are instructed to answer each question based on the last two weeks. The CCAPS also includes a Distress Index, synthesizing distress across multiple subscales, and uses the same items in both versions to allow cross-version comparison.

For more information on the CCAPS instruments, please visit our website at [ccmh.psu.edu](http://ccmh.psu.edu) or email us at [ccmh@psu.edu](mailto:ccmh@psu.edu).





### Comparisons by Gender, Race, and Previous Mental Health Utilization

The tables that follow show the mean subscale scores of the seven CCAPS-34 subscales, the Distress Index, the suicidal and homicidal CCAPS individual items by gender, race, and previous mental health utilization (counseling, medication, and hospitalization). Significance tests were conducted using *t*-tests, and effect sizes are presented to show the magnitude of the mean differences. Effect sizes allow us to understand the statistical analysis results in a practical way by discussing the strength of the mean differences across groups to determine if the differences across groups are clinically meaningful. Following Cohen's (1988) suggestion, effect sizes of 0.20 are considered small, 0.50 are medium, and 0.80 and higher are large. For example, the effect size of the difference in the depression mean scores between men and women is 0.08, which is considered to be small and therefore not very meaningful.

### Comparisons by Gender (see Table 1)

- Women reported significantly higher mean scores than men in Depression, Generalized Anxiety, Social Anxiety, Eating Concerns and the Distress Index. These differences are all within the small effect size range, except for Eating Concerns, which has a large effect size (0.43).
- Men have higher mean scores in the Hostility and Alcohol Use subscales than women; but the effect sizes were small for both subscales (0.09 and 0.14, respectively).
- Men appeared to have higher scores than women on both suicidal and homicidal items, but the effect sizes for both comparisons were within the small range (0.06 and 0.23, respectively).

**Table 1. CCAPS-34 Subscales, Distress Index, and Suicidal and Homicidal Items: Comparisons by Gender**

	Men	Women	Sig.	Effect Size <sup>1</sup>
<b>CCAPS-34 Subscale</b>				
Depression	1.56	1.65	***	0.08
Generalized Anxiety	1.67	1.93	***	0.25
Social Anxiety	1.91	2.03	***	0.15
Academic Distress	2.20	2.18	***	0.03
Eating Concerns	0.66	1.14	***	0.43
Hostility	0.96	0.88	***	0.09
Alcohol Use	0.79	0.66	***	0.14
Distress Index	1.63	1.74	***	0.13
<b>Suicidal and Homicidal items</b>				
I have thoughts of ending my life	0.72	0.65	***	0.06
I have thoughts of hurting others	0.33	0.18	***	0.23

<sup>1</sup> Effect size = Mean difference divided by the pooled standard deviation. The absolute values are presented.

Scale: "0" = *not at all like me* to "4" = *extremely like me*.

\*\*\* *p* < .001

### Comparisons by Race (see Table 2)

- White students were more likely than Students of Color to have elevated mean scores on Generalized Anxiety, Social Anxiety, Eating Concerns, and Alcohol Use. All effect sizes for these comparisons were within the small range.
- Students of Color reported higher means in the Depression, Academic Distress, Hostility, Distress Index, suicidal and homicidal items than White students but the magnitude of these differences was small.

**Table 2. CCAPS-34 Subscales, Distress Index, and Suicidal and Homicidal items: Comparisons by Race**

	White	Students of Color	Sig.	Effect Size <sup>1</sup>
CCAPS-34 Subscale				
Depression	1.59	1.69	***	0.09
Generalized Anxiety	1.87	1.76	***	0.11
Social Anxiety	2.00	1.97	***	0.04
Academic Distress	2.17	2.23	***	0.07
Eating Concerns	0.97	0.96	ns	0.00
Hostility	0.86	1.05	***	0.22
Alcohol Use	0.76	0.60	***	0.18
Distress Index	1.70	1.73	***	0.05
Suicidal and Homicidal items				
I have thoughts of ending my life	0.64	0.77	***	0.12
I have thoughts of hurting others	0.20	0.32	***	0.18

<sup>1</sup> Effect size = Mean difference divided by the pooled standard deviation. The absolute values are presented.

Scale: "0" = not at all like me to "4" = extremely like me.

\*\*\* $p < .001$ ; ns = not significant.



### Comparisons by Mental Health Services Utilization (see Table 3)

- Students who endorsed prior counseling experience reported higher scores on all of the CCAPS-34 subscales compared to those students who have never sought treatment prior to their current utilization. The effect sizes for the Depression, Generalized Anxiety, Social Anxiety, Academic Distress, and Eating Concerns subscales were moderate, ranging from 0.20 to 0.42.
- The mean scores for the Distress Index were higher for those who reported prior counseling than those who did not. The effect size of this difference was within the moderate range (effect size=0.41).
- Clients who reported prior counseling were more likely to have had suicidal or homicidal thoughts compared to those who have never used these services.

**Table 3. CCAPS-34 Subscales, Distress Index, and Suicidal and Homicidal items: Comparisons by mental health services utilization**

Have you ever attended counseling for mental health concerns?	Yes	No	Sig.	Effect Size <sup>1</sup>
CCAPS-34 Subscale				
Depression	1.80	1.46	***	0.33
Generalized Anxiety	2.06	1.64	***	0.42
Social Anxiety	2.10	1.88	***	0.28
Academic Distress	2.27	2.11	***	0.20
Eating Concerns	1.10	0.84	***	0.23
Hostility	0.99	0.84	***	0.17
Alcohol Use	0.77	0.67	***	0.11
Distress Index	1.88	1.54	***	0.41
Suicidal and Homicidal items				
I have thoughts of ending my life	0.84	0.54	***	0.27
I have thoughts of hurting others	0.26	0.21	***	0.07

<sup>1</sup> Effect size = Mean difference divided by the pooled standard deviation. The absolute values are presented.

Scale: "0" = not at all like me to "4" = extremely like me.

\*\*\* $p < .001$

### Comparisons by Psychiatric Medication Use

(see Table 4)

- All of the CCAPS-34 subscale mean scores were higher for clients who reported prior psychiatric medications; the magnitude of the differences was moderate for Depression, Generalized Anxiety, Social Anxiety, Academic Distress, and Eating Concerns.
- The Distress Index mean score difference between clients who reported prior psychiatric medications and clients who did not was moderate in size (effect size=0.43).
- Clients who reported prior psychiatric medications were more likely to have experienced suicidal or homicidal thoughts compared to those who did not. This difference was moderate in size (effect size=0.26).

**Table 4. CCAPS-34 Subscales, Distress Index, and Suicidal and Homicidal items: Comparisons by psychiatric medication use**

Have you ever taken a prescribed medication for mental health concerns?	Yes	No	Sig.	Effect Size <sup>1</sup>
<b>CCAPS-34 Subscale</b>				
Depression	1.84	1.52	***	0.31
Generalized Anxiety	2.18	1.68	***	0.50
Social Anxiety	2.13	1.92	***	0.27
Academic Distress	2.32	2.13	***	0.23
Eating Concerns	1.13	0.89	***	0.21
Hostility	0.99	0.87	***	0.14
Alcohol Use	0.79	0.68	***	0.11
Distress Index	1.95	1.59	***	0.43
<b>Suicidal and Homicidal items</b>				
I have thoughts of ending my life	0.88	0.59	***	0.26
I have thoughts of hurting others	0.26	0.23	***	0.04

<sup>1</sup> Effect size = Mean difference divided by the pooled standard deviation. The absolute values are presented.

Scale: "0"= not at all like me to "4"= extremely like me.

\*\*\**p*< .001

### Comparisons by Hospitalizations for Mental Health Concerns

(see Table 5)

- Clients who reported a prior hospitalization for mental health concerns had higher CCAPS-34 subscale mean scores than those who did not. The effect sizes for these differences were in the moderate range for Depression, Generalized Anxiety, Social Anxiety, Eating Concerns, and Alcohol Use, ranging from 0.17 to 0.32.
- The Distress Index mean score difference between clients with prior hospitalization and those without was moderate in size (effect size=0.33).
- Students who reported a prior hospitalization for mental health concerns were more likely to endorse suicidal thoughts; this difference was moderate in size (effect size=0.41).

**Table 5. CCAPS-34 Subscales, Distress Index, and Suicidal and Homicidal items: Comparisons by hospitalizations for mental health concerns**

Have you been hospitalized for mental health concerns?	Yes	No	Sig.	Effect Size <sup>1</sup>
<b>CCAPS-34 Subscale</b>				
Depression	1.90	1.59	***	0.30
Generalized Anxiety	2.14	1.81	***	0.32
Social Anxiety	2.13	1.98	***	0.19
Academic Distress	2.29	2.18	***	0.13
Eating Concerns	1.14	0.95	***	0.17
Hostility	1.08	0.89	***	0.23
Alcohol Use	0.85	0.69	***	0.17
Distress Index	1.96	1.68	***	0.33
<b>Suicidal and Homicidal items</b>				
I have thoughts of ending my life	1.08	0.63	***	0.41
I have thoughts of hurting others	0.30	0.23	***	0.11

<sup>1</sup> Effect size = Mean difference divided by the pooled standard deviation. The absolute values are presented.

Scale: "0"= not at all like me to "4"= extremely like me.

\*\*\**p*< .001

## Provider Data

The Standardized Data Set includes a number of questions describing those who work in college counseling centers. This information is provided by counseling center staff each year at most institutions as part of participation in CCMH. The 2012-2013 data-set represents over 3,079 unique staff members. The answer totals vary because some counseling centers do not gather this data or because a staff member elected not to answer one or more questions.

### Gender

	<i>n</i>	Percentage
Male	303	32.5
Female	625	67.1
Transgender	2	0.2
Prefer not to answer	1	0.1

### Age

	<i>n</i>	Age
Average Age	854	42.28

### Race/Ethnicity

	<i>n</i>	Percentage
African-American/Black	80	8.7
American Indian or Alaskan Native	1	0.1
Asian American/Asian	63	6.8
Caucasian/White	685	74.2
Hispanic/Latino/a	56	6.1
Native Hawaiian or Pacific Islander	1	0.1
Multi-racial	23	2.5
Prefer not to answer	4	0.4
Other	10	1.1



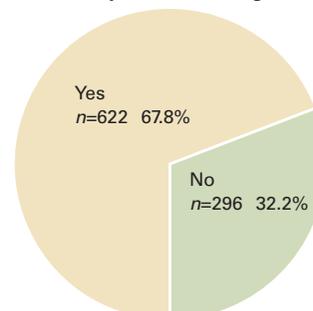
### Highest Degree (descending sort)

	<i>n</i>	Percentage
Doctor of Philosophy	369	39.9
Master of Arts	136	14.7
Doctor of Psychology	110	11.9
Master of Science	88	9.5
Master of Social Work	74	8.0
Bachelor of Arts	42	4.5
Doctor of Medicine	31	3.4
Master of Education	29	3.1
Doctor of Education	11	1.2
Other	10	1.1
Bachelor of Science	9	1.0
Nursing (e.g., RN, RNP, PNP)	6	0.6
Doctor of Osteopathy	5	0.5
Education Specialist	4	0.4

### Highest Degree-Discipline (descending sort)

	<i>n</i>	Percentage
Counseling Psychology	342	37.5
Clinical Psychology	300	32.9
Social Work	79	8.7
Other	70	7.7
Counselor Education	51	5.6
Psychiatry	37	4.1
Marriage and Family Therapist	12	1.3
Nursing	9	1.0
Educational Psychology	5	0.5
Community Psychology	4	0.4
Higher Education	3	0.3

### Are you licensed under your current degree?





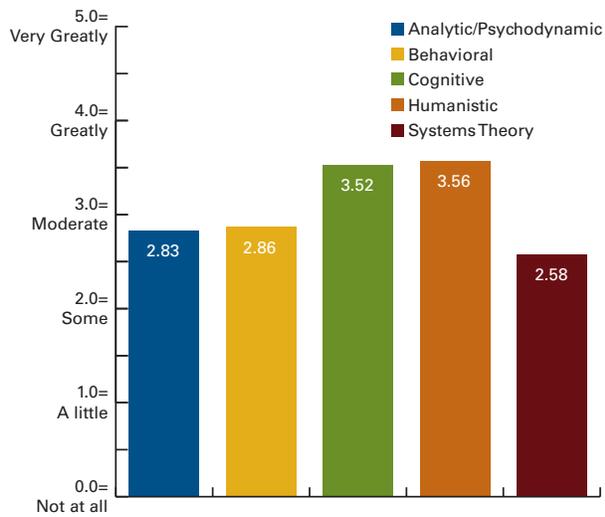
**Position Type: (descending sort)**

	<i>n</i>	Percentage
Professional Staff Member	674	72.6
Doctoral Intern	110	11.9
Master's Level Trainee	44	4.7
Doctoral Level Trainee (not an intern)	38	4.7
Other	32	3.4
Post-doctoral Level (non-psychiatric)	30	3.2
Psychiatric Resident	0	0.0

**How much is your current therapeutic practice guided by each of the following theoretical frameworks?**

	Analytic/ Psychodynamic (%) <i>n</i> =830	Behavioral (%) <i>n</i> =838	Cognitive (%) <i>n</i> =843	Humanistic (%) <i>n</i> =834	Systems Theory (%) <i>n</i> =826
Not at all (0)	5.9	2.1	1.2	2.4	3.8
A little (1)	14.8	12.5	3.3	5.2	17.3
Some (2)	18.3	24.5	11.5	9.6	24.9
Moderate (3)	23.1	28.9	29.2	23.6	31.5
Greatly (4)	27.3	22.4	35.5	35.9	15.7
Very greatly (5)	10.5	9.5	19.3	23.4	6.8
Mean	2.83	2.86	3.52	3.56	2.58

**Figure 1. How much is your current therapeutic practice guided by each of the following theoretical framework?**



## Center Information

The information below describes the 132 colleges and universities that contributed data for the 2012-2013 data set.

**Does your counseling center currently have an APA accredited pre-doctoral training program?**

	<i>n</i>	Percentage
No	92	69.7
Yes	40	30.3

**Is your counseling center currently accredited by IACS (International Association of Counseling Services)?**

	<i>n</i>	Percentage
No	67	50.8
Yes	65	49.2

**Which services are integrated with your counseling center? (check all that apply)**

	<i>n</i>	Percentage
Career Services	11	8.3
Disability Services	8	6.1
Drug & Alcohol Treatment Program	42	31.8
Employee Assistance Program	3	2.3
Learning Services	4	3.0
Health Services	17	12.9
Testing Services	26	19.7
Other	12	9.1

**What psychiatric services are provided by your center?**

	<i>n</i>	Percentage
None	36	27.5
Part time, in house	62	47.3
Full time, in house	14	10.7
Part time, off campus consultant	8	6.1
Other	11	8.4

**Does your center have an annual individual psychotherapy limit?**

	<i>n</i>	Percentage
No	77	58.8
Yes	54	41.2



**If you answered "yes" to session limit, please enter your individual psychotherapy session limit\***

	<i>n</i>	Percentage
7	2	3.7
8	4	7.4
10	12	22.2
12	18	33.3
14	2	3.7
15	8	14.8
16	4	7.4
20	2	3.7
24	1	1.9

\*No school that provided information entered less than 7 sessions

**Check each service for which you charge a standard fee (don't check services that are initially free—e.g., first 8 sessions)?**

	<i>n</i>	Percentage
Intake	3	2.3
Individual Counseling	6	4.5
Group Counseling	5	3.8
Psychiatric Evaluation (initial meeting)	21	15.9
Psychiatric Follow-up (ongoing client)	20	15.2
Formal Assessment: Psychological	10	7.6
Formal Assessment: Career	9	6.8
Formal Assessment: Disability	8	6.1
Other	19	14.4

## Participating Institutions

One hundred thirty two colleges and universities who are members of CCMH submitted their institutional data for the 2012-2013 CCMH data set. Demographics of the 132 colleges and universities are below:

Campus Characteristic	n	Percentage
<b>Type of Institution</b>		
Public	87	65.9
Private	42	31.8
Combined	3	2.3
<b>Location of Campus</b>		
Northeast (CT, ME, MA, NH, NJ, NY, PA, RI, VT)	35	26.5
Midwest (IL, IN, IA, KS, MI, MN, MO, NE, ND, OH, SD, WI)	34	25.8
South (AL, AR, DE, DC, FL, GA, KY, LA, MD, MS, NC, OK, SC, TN, TX, VA, WV)	48	36.4
West (AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY)	15	11.4
<b>Enrollment</b>		
Under 1,500	4	3.0
1,501-2,500	11	8.3
2,501-5,000	10	7.6
5,001-7,500	12	9.1
7,501-10,000	20	15.2
10,001-15,000	18	13.6
15,001-20,000	15	11.4
20,001-25,000	15	11.4
25,001-30,000	5	3.8
30,001-35,000	12	9.1
35,001-40,000	3	2.3
40,001-50,000	5	3.8
50,001 and over	2	1.5

Campus Characteristic	n	Percentage
<b>Athletic Division</b>		
None	11	8.4
Division I	71	54.2
Division II	23	17.4
Division III	26	19.8
<b>Grade Scale</b>		
0-4	128	97.0
1-5	0	0.0
0-100	3	2.3
Other	1	0.8



## CCMH Member Institutions

- Appalachian State University
- Arkansas State University
- Auburn University
- Barry University
- Boston College
- Bowling Green State University
- Brigham Young University
- Bucknell University
- Buffalo State College
- Cabrini College
- California Lutheran University
- California Maritime Academy
- California State Polytechnic University, Pomona
- California State University, Chico
- California State University, Long Beach
- California State University, Monterey Bay
- California State University, Sacramento
- California State University, San Bernardino
- California State University, San Marcos
- Case Western Reserve University
- Central College
- Claremont College Consortium
- Clayton State University
- Cleveland State University
- Coastal Carolina University
- Colgate University
- College of Charleston
- College of Southern Nevada
- College of Staten Island
- College of William & Mary
- Collin College
- Colorado State University
- Columbia College Chicago
- Columbus State University
- Connecticut College
- Cornell University
- Creighton University
- Dartmouth College
- DePaul University
- Dominican University
- Duke University
- East Carolina University
- Eastern Kentucky University
- Eastern Michigan University
- Elizabeth City State University
- Elon University
- Emerson College
- Emory University
- Fairfield University
- Ferris State University
- Florida Gulf Coast University
- Florida International University
- Fort Lewis College
- Franklin & Marshall College
- Georgia College and State University
- Georgia Gwinnett College
- Georgia Institute of Technology
- George Mason University
- Georgia State University
- Gonzaga University
- Grand Valley State University
- Hamilton College
- Heartland Community College
- Hobart and William Smith Colleges
- Houghton College
- Howard University
- Hunter College
- Husson University
- Idaho State University
- Illinois Institute of Technology
- Illinois State University
- Illinois Wesleyan University
- Indiana University
- Iowa State University
- Jewish Theological Seminary
- John Jay College of Criminal Justice
- Johns Hopkins University
- Johnson & Wales University (Charlotte, Denver, Miami, Providence)
- Kennesaw State University
- Lafayette College

81. Lamar University
82. La Salle University
83. Lawrence University
84. Lee University
85. Lehigh University
86. Lehman College
87. Lindsey Wilson College
88. Louisiana State University
89. Loyola Marymount University
90. Marquette University
91. Marywood University
92. Miami University
93. Michigan State University
94. Middle Tennessee State University
95. Mississippi State University
96. Montana State University-Bozeman
97. Montclair State University
98. New College of Florida
99. North Carolina State University
100. North Dakota State University
101. Northeastern Illinois University
102. Northern Arizona University
103. Northern Illinois University
104. Northwestern University
105. Notre Dame College
106. Ohio State University
107. Ohio University
108. Old Dominion University
109. Pace University
110. Pace University,  
Westchester Campuses
111. Penn State University
112. Pepperdine University
113. Polytechnic University
114. Princeton University
115. Purdue University
116. Quincy University
117. Ramapo College of New Jersey
118. Regis University
119. Rhode Island College
120. Rice University
121. Richard Stockton College of NJ
122. Ringling College of Art & Design
123. Rochester Institute of Technology
124. Roger Williams University
125. Roosevelt University
126. Sacred Heart University
127. Salisbury University
128. Sam Houston State University
129. San Jose State University
130. Santa Clara University
131. Santa Rosa Junior College
132. Seton Hall University
133. Simpson College
134. Slippery Rock University
135. South Dakota State University
136. Southern Illinois University
137. Southern Polytechnic  
State University
138. Spalding University
139. Springfield College
140. St. Cloud State University
141. St. Edward's University
142. St. Joseph's University
143. St. John's University
144. St. Louis University
145. St. Mary's College of California
146. St. Mary's College of Maryland
147. St. Norbert College
148. Stanford University
149. Stevenson University
150. Suffolk University
151. SUNY Cortland
152. SUNY Fredonia
153. SUNY Geneseo
154. SUNY Oswego
155. Susquehanna University
156. Syracuse University
157. Tarleton State University
158. Temple University
159. Tennessee State University
160. Texas A&M University
161. Texas A&M University–  
Corpus Christi
162. Texas State University, San Marcos
163. Texas Tech University
164. Towson University
165. Truman State University
166. Union College
167. University at Buffalo
168. University of Akron
169. University of Alabama
170. University of Arkansas
171. University of British Columbia
172. University of California, Berkeley
173. University of California, Davis
174. University of California, Irvine
175. University of California,  
Los Angeles
176. University of California, Merced
177. University of California, Riverside
178. University of California, San Diego
179. University of California,  
San Francisco
180. University of California,  
Santa Barbara
181. University of California,  
Santa Cruz
182. University of Central Florida
183. University of Central Missouri
184. University of Central Oklahoma
185. University of Colorado at Boulder
186. University of Dayton
187. University of Delaware
188. University of Florida
189. University of Hawaii at Hilo
190. University of Houston
191. University of Houston–Clear Lake
192. University of Illinois at Chicago
193. University of Illinois at  
Urbana Champaign
194. University of Iowa
195. University of Kansas  
Medical Center
196. University of Kentucky
197. University of Maine
198. University of Maryland,  
Eastern Shore
199. University of Massachusetts  
Dartmouth
200. University of Memphis
201. University of Miami
202. University of Michigan
203. University of Missouri
204. University of Missouri, Kansas City
205. University of Montana, Missoula
206. University of Nevada, Reno
207. University of North Carolina at  
Charlotte
208. University of North Carolina,  
Chapel Hill
209. University of North Carolina,  
Greensboro
210. University of North Carolina  
at Pembroke
211. University of North Florida
212. University of North Texas
213. University of Northern Iowa
214. University of Notre Dame
215. University of Oregon
216. University of Pennsylvania
217. University of San Francisco
218. University of the Sciences
219. University of Sheffield (UK)
220. University of South Carolina
221. University of South Florida,  
St. Petersburg
222. University of South Florida, Tampa
223. University of Southern Mississippi
224. University of Tennessee Knoxville
225. University of Texas at Arlington
226. University of Texas at Austin
227. University of Texas at Dallas
228. University of Texas at San Antonio
229. University of Utah
230. University of Washington
231. University of Wisconsin–La Crosse
232. University of Wisconsin–Madison
233. University of Wisconsin–Platteville
234. University of Wisconsin–River Falls
235. University of Wisconsin–Stout
236. Valparaiso University
237. Virginia Commonwealth University
238. Virginia Tech
239. Wake Forest University
240. Washington State University
241. Wayne State University
242. Weber State University
243. West Chester University of  
Pennsylvania
244. West Texas A&M University
245. West Virginia University
246. Western Carolina University
247. Western Illinois University
248. Western Kentucky University
249. Western Michigan University
250. Western Washington University
251. Winthrop University
252. Wright State University
253. Xavier University



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