

MENTAL HEALTH AND COUNSELING SURVEY HIGHLIGHTS

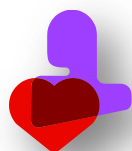
2010 Student Affairs' Student Voice Survey Results

Student Voice Survey Report #8



Student Affairs periodically conducts surveys about issues which impact students. In April 2010 Student Affairs conducted four surveys utilizing Student Voice, an entity which develops surveys in partnership with national experts. The surveys assess students' perceptions and experience, providing comparative data with national respondents. Every currently registered Evergreen student was randomly selected to participate in one of the four surveys, and upon completion of one survey they were invited to participate in another survey. Total response rate across all surveys was 38%. Overall, the respondents were similar to the Evergreen student population, with females and upper-class students responding at a higher rate. Participation was voluntary and all responses were completely confidential; the resulting data is reported only in the aggregate.

This report highlights some results from the **Mental Health and Counseling Survey**. The survey had 447 respondents for a response rate of 37%. We welcome questions or comments. Please direct them to [Michael Sledge](#) or [Wendy Endress](#), Co-Chairs of the Student Affairs Assessment Initiative.



The percentage reflected in the tables below represent those indicating they felt these statements were “extremely or very like me” during the last two weeks.

Academics	TESC	National
I enjoy my classes	71%	63%
I am unable to keep up with my schoolwork	13%	12%
I feel confident that I can succeed academically	68%	71%
It's hard for me to stay motivated for my classes	24%	26%



Finances	TESC	National
Current financial situation is always or often stressful	46%	38%
Financial situation growing up was always or often stressful	36%	21%

Family	TESC	National
I get the emotional help and support I need from my social network	70%	79%
My family gets on my nerves	17%	14%
I get sad or angry when I think of my family	18%	10%
I get the emotional help and support I need from my family	67%	78%
I wish my family got along better	20%	17%
There is a history of abuse in my family	22%	8%
My family is basically a happy one	61%	72%
I feel that my family loves me	84%	90%

For more information about this survey and other Student Voice surveys, the results of the surveys and the respondents' demographics please see the [Student Affairs' Assessment website](#).

Alcohol and Drug Use % indicating extremely or somewhat like me	TESC	National
I drink alcohol frequently	17%	13%
I drink more than I should	9%	7%
I enjoy getting drunk	24%	23%
When I drink alcohol, I can't remember what happened	4%	5%
I have done something I regretted because of drinking	12%	15%
I use drugs more than I should	5%	4%
I use marijuana*	61%	NA
I use marijuana to manage my emotions*	13%	NA
I think I smoke marijuana more than I should*	15%	NA
I use hallucinogens*	5%	NA
I worry about my use of hallucinogens*	3%	NA
I have experienced something I later regretted because of my hallucinogen use*	5%	NA

*These questions were added to the survey at Evergreen's discretion and we do not have comparative data for the national respondents.



Diet/Body Image % indicating extremely or somewhat like me	TESC	National
I feel out of control when I eat	12%	10%
I think about food more than I would like to	20%	16%
I am satisfied with my body shape	12%	8%
The less I eat, the better I feel about myself	16%	13%
I eat too much	21%	17%
When I start eating, I can't stop	8%	8%
I am dissatisfied with my weight	33%	34%
I purge to control my weight	2%	2%

Personal History	TESC	National
Attended counseling for mental health concerns	59%	32%
Experienced harassing, controlling and/or abusive behavior from another person (e.g. friend, family member, partner, or authority figure)	53%	26%
Experienced a traumatic event that caused you to feel intense fear, helplessness, or horror	52%	31%
Taken prescribed medication for mental health concerns	36%	16%
Had unwanted sexual contact(s) or experience(s)	35%	19%
Purposely injured yourself without suicidal intent	32%	16%
Seriously considered attempting suicide	29%	16%
Considered seriously injuring another person	16%	8%
Made a suicide attempt	12%	5%
Been hospitalized for mental health concerns	9%	3%
Received treatment for alcohol or drug use	9%	3%
Care and Support		
Currently taking prescribed medication for a mental health concern	14%	9%
Currently receiving counseling or other therapeutic services off campus	12%	5%
Currently receiving counseling or other therapeutic services on campus	4%	5%
Currently registered with Access Services as having a documented and diagnosed disability	4%	3%

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The percentages reflected in the table below represent those indicating they felt these statements were “extremely or very like me” during the last two weeks.

General	TESC	National
I have thoughts of hurting others	3%	2%
I am afraid I may lose control and act violently	3%	3%
I have thoughts of ending my life	6%	4%
I frequently get into arguments	6%	5%
I have difficulty controlling my temper	8%	9%
I get angry easily	9%	10%
I am anxious that I might have a panic attack while in public	9%	6%
I lose touch with reality	11%	8%
I feel helpless	11%	9%
I feel sad all the time	11%	8%
I find that I cry frequently	12%	11%
I have spells of terror or panic	14%	8%
I experience nightmares or flashbacks	14%	10%
I am easily frightened or startled	15%	12%
My heart races for no good reason	15%	10%
I feel irritable	16%	13%
I feel that I have no one who understands me	16%	13%
There are many things I am afraid of	17%	13%
I sometimes feel like breaking or smashing things	18%	14%
I am concerned that other people do not like me	20%	18%
I have unwanted thoughts I can't control	21%	16%
I feel disconnected from myself	22%	15%
I feel isolated and alone	22%	16%
I am shy around others	23%	21%
I am not able to concentrate as well as usual	23%	21%
I don't enjoy being around people as much as I used to	23%	16%
I feel uncomfortable around people I don't know	26%	23%
I feel self conscious around others	27%	23%
My thoughts are racing	32%	31%
I feel tense	32%	25%
I have sleep difficulties	36%	27%
I make friends easily	41%	51%
I feel comfortable around other people	42%	53%
I become anxious when I have to speak in front of audiences	44%	39%
I am enthusiastic about life	62%	69%
I like myself	68%	75%