

Center for the Study of Collegiate Mental Health (CSCMH) 2009 Pilot Study

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CSCMH Resources

http://www.sa.psu.edu/caps/research_center.shtml

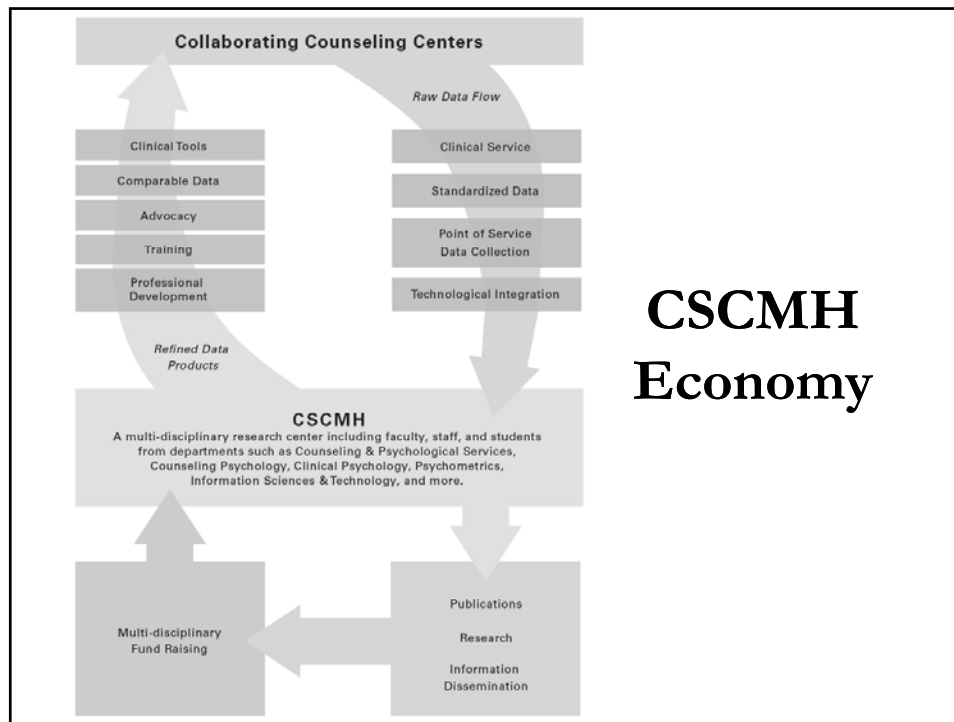
- Publications and abstracts
- Standardized materials
- Registration and registered center list
- Updates and announcements
- Listserv sign-ups and archives

Quick History

- Early dialogues (2004)
- National collaboration (2005)
- Conference #1 (2006)
- Data standardization (2007)
 - SDS-I and CCAPS selection
 - Flexibility & standardization
- Technical integration (Titanium Schedule - 2008)
- Pilot Study (Jan 2009)
- Conference #2 and Executive Summary (April 2009)

Key Concepts

- Not a survey – infrastructure
 - Is not impacted by a non-responder bias
- Collaborative practice-research network
- Data standardization
 - SDS-I and CCAPS
 - Flexibility & standardization
- Technical Integration
 - Mental health informatics, business intelligence
- Data flow
- Fusing science & practice



2009 Pilot Study Overview

- Fall 2008 data collection
- Archival, anonymous, data gathered during routine clinical practice.
- Population of clients at 66 centers (of 137)
- 28,000+ clients = 1/4 current annual capacity
 - More 1,000+ providers in pilot

2008 Registered Centers



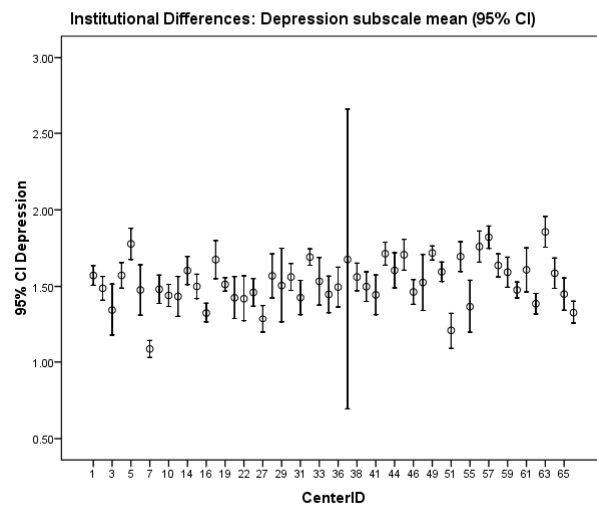
Selected Findings

- Generalizability
- Utilization Rates
- Prevalance & Severity
 - Clinical vs. non-clinical
- Violence
- Psychotherapy outcome measurement
- Military
- Social Support
- Development of clinical tools

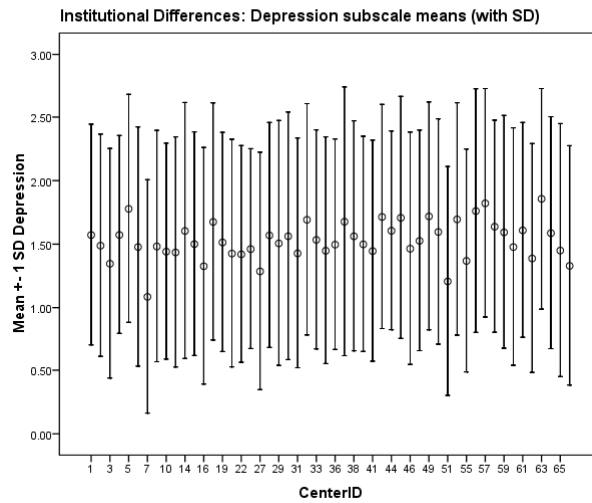
Generalizability

- Institutional characteristics accounted for less than 5% of the variance across all CCAPS subscales (e.g., depression, anxiety, eating, etc.).
- Counseling centers tend to see the same types of clients and problems
 - More variation within than between
- Population of 66 centers
- Results are generalizable

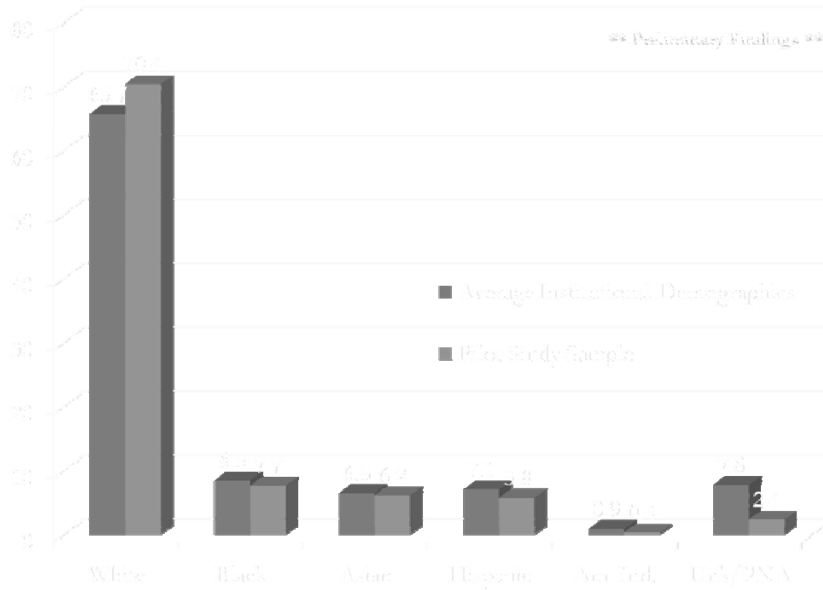
Generalizability: Depression



Generalizability: Depression



Utilization Rates



Prevalence & Severity

| Rates of Prior Mental Health Treatment | | | |
|--|------------------------|-------|----|
| Question | Answer | N | % |
| Prior counseling experience | Never | 11841 | 49 |
| | Prior to College | 4619 | 19 |
| | After Starting College | 4303 | 18 |
| | Both | 3538 | 15 |
| Prior use of psychiatric medications | Never | 15805 | 66 |
| | Prior to College | 2301 | 10 |
| | After Starting College | 3324 | 14 |
| | Both | 2659 | 11 |
| Prior psychiatric hospitalization | Never | 21753 | 91 |
| | Prior to College | 1102 | 5 |
| | After Starting College | 719 | 3 |
| | Both | 223 | 1 |
| Prior drug or alcohol treatment | Never | 21922 | 95 |
| | Prior to College | 458 | 2 |
| | After Starting College | 515 | 2 |
| | Both | 145 | 1 |

Prevalence & Severity

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

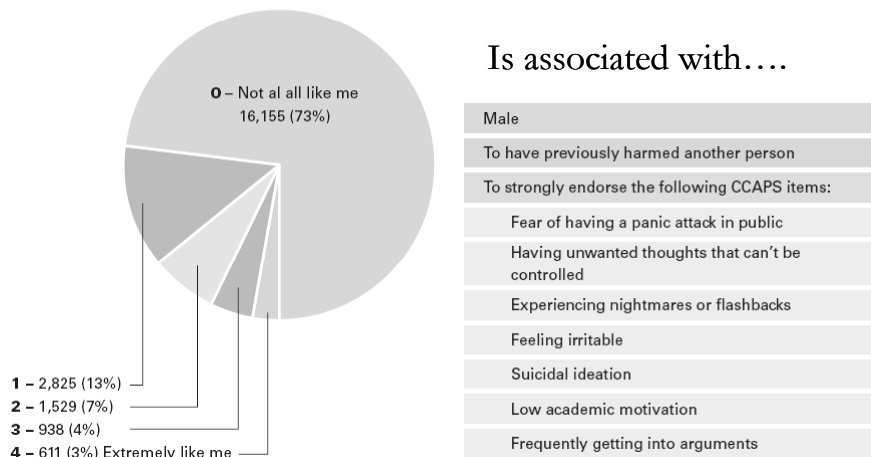
Prevalence & Severity Clinical vs. General Pop Comparison

| | PSU Pulse* | CSCMH |
|------------------------------|------------|-------|
| Prior Counseling | 31% | 51% |
| Prior Meds | 10% | 34% |
| Psych Hospitalization | 2% | 9% |
| Prior D&A Tx. | 4% | 5% |
| Seriously considered suicide | 7% | 25% |
| Attempted Suicide | ---- | 8% |

* 2007 Random sample of PSU students. Phone and web-based methodologies:
<http://www.sa.psu.edu/SARA/pulse/151-CAPS.pdf>

Violence

“I am afraid I may lose control and act violently.”



Psychotherapy Outcome Potential

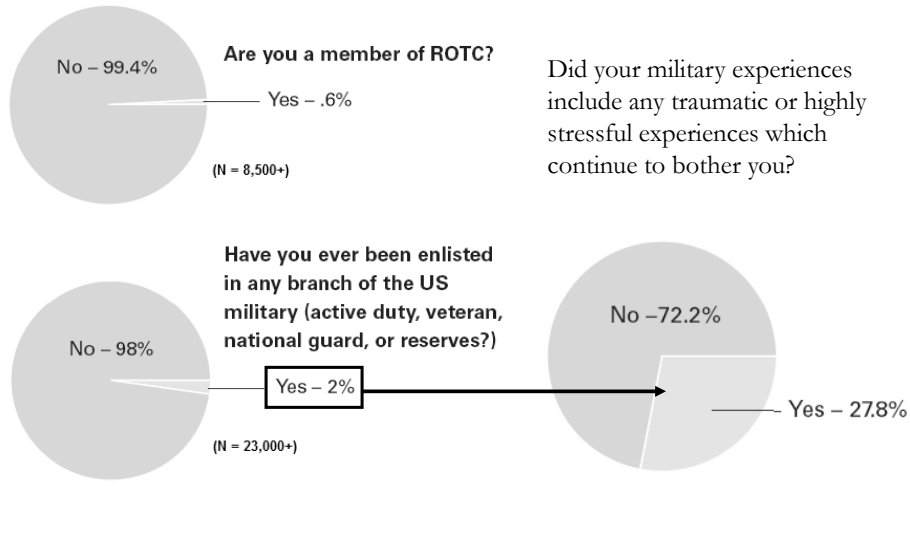
- Pre-post CCAPS data on over 1500 students
- 6 weeks - average between administrations
- Statistically significant decreases were observed in both:
 - depressive symptoms & suicidal ideation
- Students at high risk (suicidality and initial depressive symptoms) showed much greater improvements.
 - Suicide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

Suicidality and Academic Performance

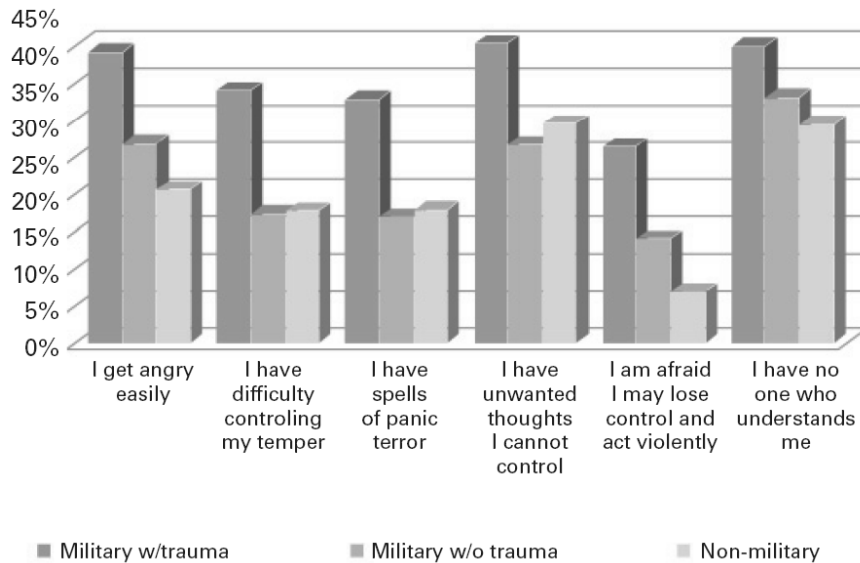
| Level | Self-reported GPA |
|------------------------------|-------------------|
| Never considered suicide | 3.12 |
| Seriously considered suicide | 3.04 |
| Past suicide attempt | 2.98 |

| Level | Academic Distress (Scale of 0-4) |
|------------------------------|----------------------------------|
| Never considered suicide | 1.78 |
| Seriously considered suicide | 2.33 |
| Past suicide attempt | 2.35 |

Military

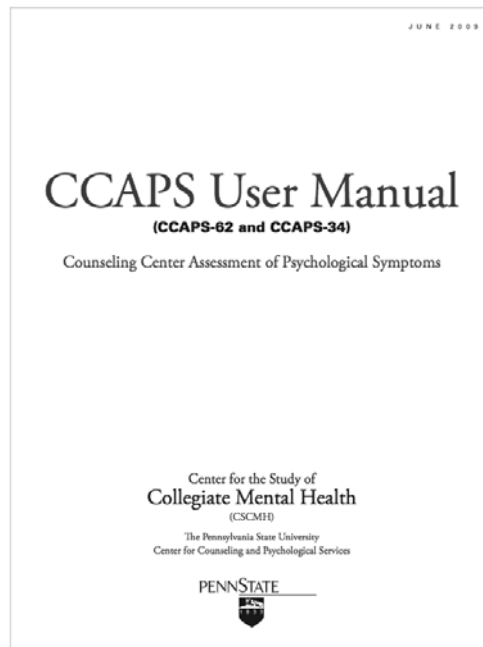


Similarities and Differences



Social Support

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



CCAPS Instruments

CCAPS-62

- 8 subscales, 62 items
- 7-9 minutes
- Refined factor structure
- Normative group of 22,060 clients
- New profile report

CCAPS-34

- Derivative of the CCAPS-62
- 7 subscales, 34 items
- 2-3 minutes
- Designed to meet counseling center specs for assessment/outcome
- Compatible with CCAPS-62 data

| CCAPS 62 Profile Report | | | | | |
|--|---|------------|------------------|--|---|
| Counseling and Psychological Services at Penn State University | | | | | |
| Name: FirstName LastName | | | Date: 10/20/2009 | | |
| Student ID: 123456789 | | | Age: 23 | | |
| Sub-Scales (T-Scores) | | 10/20/2009 | | | |
| Depression | 55 | ⊙ | | | |
| Generalized Anxiety | 59 | ⊙ | | | |
| Social Anxiety | 40 | ○ | | | |
| Academic Distress | 49 | ○ | | | |
| Eating Concerns | 60 | ● | | | |
| Family Distress | 55 | ⊙ | | | |
| Hostility | 60 | ● | | | |
| Substance Use | 67 | ● | | | |
| Percentile Indicators | | | | | |
| ● = High (>84%) | | | | | |
| ⊙ = 50% - 84% | | | | | |
| ○ = 16% - 49% | | | | | |
| ○ = Low (<16%) | | | | | |
| DEPRESSION | | | | | |
| 8 | I feel disconnected from myself | 2 | 5 | I feel out of control when I eat | 4 |
| 9 | I don't enjoy being around people as much as I used to | 3 | 13 | I think about food more than I would like to | 2 |
| 10 | I feel isolated and alone | 4 | 19 | I am satisfied with my body shape ** | 3 |
| 12 | I feel touch with reality | 7 | 23 | I am dissatisfied with my weight | 1 |
| 20 | I feel worthless | 4 | 25 | I eat too much | 4 |
| 23 | I feel helpless | 2 | 31 | When I start eating I can't stop | 0 |
| 28 | I am enthusiastic about life ** | 2 | 34 | I diet frequently | 3 |
| 37 | I have unwanted thoughts I can't control | 1 | 48 | I purge to control my weight | 2 |
| 40 | I feel sad all the time | 4 | 61 | The less I eat, the better I feel about myself | 0 |
| 46 | I have thoughts of ending my life | 0 | | | |
| FAMILY DISTRESS | | | | | |
| 56 | I like myself ** | 4 | 1 | I get sad or angry when I think of my family | 0 |
| 58 | I find that I cry frequently | 2 | 7 | I feel that my family loves me ** | 1 |
| 62 | I feel that I have no one who understands me | 1 | 11 | My family gets on my nerves | 0 |
| GENERALIZED ANXIETY | | | | | |
| 3 | There are many things I am afraid of | 2 | 38 | There is a history of abuse in my family | 2 |
| 4 | My heart races for no good reason | 3 | 42 | I wish my family got along better | 1 |
| 14 | I am anxious that I might have a panic attack in public | 3 | | | |
| HOSTILITY | | | | | |
| 17 | I have sleep difficulties | 1 | 32 | I have difficulty controlling my temper | 1 |
| 18 | My thoughts are racing | 2 | 36 | I sometimes feel like breaking or smashing things | 0 |
| 27 | I have spells of terror or panic | 1 | 43 | I get angry easily | 2 |
| 30 | I feel tense | 4 | 45 | I feel irritable | 4 |
| 33 | I am easily frightened or startled | 2 | 52 | I am afraid I may lose control and act violently | 1 |
| 39 | I experience nightmares or flashbacks | 3 | 57 | I frequently get into arguments | 1 |
| SOCIAL ANXIETY | | | | | |
| 2 | I am shy around others | 1 | | | |
| SUBSTANCE USE | | | | | |
| 16 | I become anxious when I have to speak in front of audiences | 0 | 24 | I use drugs more than I should | 3 |
| 35 | I make friends easily ** | 4 | 26 | I drink alcohol frequently | 0 |
| 41 | I am concerned that other people do not like me | 0 | 29 | When I drink alcohol I can't remember what happened | 3 |
| 44 | I feel uncomfortable around people I don't know | 3 | 49 | I drink more than I should | 3 |
| 47 | I feel self-conscious around others | 1 | 50 | I enjoy getting drunk | 4 |
| 54 | I feel comfortable around other people ** | 3 | 56 | I have done something I have regretted because of drinking | 0 |
| ACADEMIC DISTRESS | | | | | |
| 6 | I enjoy my classes ** | 0 | | | |
| 15 | I feel confident I can succeed academically ** | 4 | | | |
| 51 | I am not able to concentrate as well as usual | 0 | | | |
| 53 | It's hard to stay motivated for my classes | 2 | | | |
| 59 | I am unable to keep up with my school work | 3 | | | |
| Not at all like me 0 1 2 3 4 Extremely like me | | | | | |

| CCAPS-34 Profile Report | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Counseling and Psychological Services at Penn State University | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Name: FirstName LastName | | | Date: 10/21/2009 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Student ID: 123456789 | | | Age: 23 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sub-Scales (T-Scores) | 10/21/2009 | 10/20/2009 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Depression | 55 ⊕ | 63 ● | | Percentile Indicators ● = High (>84%) ⊕ = 50% - 84% ○ = 16% - 49% ○ = Low (<16%) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Generalized Anxiety | 57 ⊕ | 57 ⊕ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Social Anxiety | 43 ○ | 43 ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Academic Distress | 55 ⊕ | 44 ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Eating Concerns | 54 ⊕ | 71 ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hostility | 69 ● | 57 ⊕ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Alcohol Use | 53 ⊕ | 59 ⊕ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th colspan="3">DEPRESSION</th> <th colspan="3">EATING CONCERNS</th> </tr> </thead> <tbody> <tr> <td>4</td> <td>I don't enjoy being around people as much as I used to</td> <td>3</td> <td>3</td> <td>I feel out of control when I eat</td> <td>2</td> </tr> <tr> <td>5</td> <td>I feel isolated and alone</td> <td>4</td> <td>6</td> <td>I think about food more than I would like to</td> <td>0</td> </tr> <tr> <td>11</td> <td>I feel worthless</td> <td>0</td> <td>13</td> <td>I eat too much</td> <td>2</td> </tr> <tr> <td>12</td> <td>I feel helpless</td> <td>1</td> <td></td> <td colspan="2">HOSTILITY</td> </tr> <tr> <td>21</td> <td>I feel sad all the time</td> <td>0</td> <td>18</td> <td>I have difficulty controlling my temper</td> <td>2</td> </tr> <tr> <td>25</td> <td>I have thoughts of ending my life</td> <td>4</td> <td>20</td> <td>I sometimes feel like breaking or smashing things</td> <td>4</td> </tr> <tr> <td colspan="3">GENERALIZED ANXIETY</td> <td>23</td> <td>I get angry easily</td> <td>2</td> </tr> <tr> <td>2</td> <td>My heart races for no good reason</td> <td>1</td> <td>29</td> <td>I am afraid I may lose control and act violently</td> <td>3</td> </tr> <tr> <td>7</td> <td>I am anxious that I might have a panic attack in public</td> <td>1</td> <td>32</td> <td>I frequently get into arguments</td> <td>1</td> </tr> <tr> <td>9</td> <td>I have sleep difficulties</td> <td>3</td> <td>34</td> <td>I have thoughts of hurting others</td> <td>3</td> </tr> <tr> <td>10</td> <td>My thoughts are racing</td> <td>4</td> <td colspan="3">ALCOHOL USE</td> </tr> <tr> <td>15</td> <td>I have spells of terror or panic</td> <td>4</td> <td>14</td> <td>I drink alcohol frequently</td> <td>3</td> </tr> <tr> <td>17</td> <td>I feel tense</td> <td>1</td> <td>16</td> <td>When I drink alcohol I can't remember what happened</td> <td>0</td> </tr> <tr> <td colspan="3">SOCIAL ANXIETY</td> <td>27</td> <td>I drink more than I should</td> <td>1</td> </tr> <tr> <td>1</td> <td>I am shy around others</td> <td>0</td> <td>31</td> <td>I have done something I have regretted because of drinking</td> <td>0</td> </tr> <tr> <td>19</td> <td>I make friends easily **</td> <td>3</td> <td colspan="3">SCALE:</td> </tr> <tr> <td>22</td> <td>I am concerned that other people do not like me</td> <td>1</td> <td colspan="3">Not at all like me 0 1 2 3 4 Extremely like me</td> </tr> <tr> <td>24</td> <td>I feel uncomfortable around people I don't know</td> <td>3</td> <td colspan="3"></td> </tr> <tr> <td>26</td> <td>I feel self conscious around others</td> <td>0</td> <td colspan="3"></td> </tr> <tr> <td colspan="3">ACADEMIC DISTRESS</td> <td colspan="3"></td> </tr> <tr> <td>8</td> <td>I feel confident I can succeed academically **</td> <td>2</td> <td colspan="3"></td> </tr> <tr> <td>28</td> <td>I am not able to concentrate as well as usual</td> <td>2</td> <td colspan="3"></td> </tr> <tr> <td>30</td> <td>It's hard to stay motivated for my classes</td> <td>4</td> <td colspan="3"></td> </tr> <tr> <td>33</td> <td>I am unable to keep up with my school work</td> <td>2</td> <td colspan="3"></td> </tr> </tbody> </table> | | | | | DEPRESSION | | | EATING CONCERNS | | | 4 | I don't enjoy being around people as much as I used to | 3 | 3 | I feel out of control when I eat | 2 | 5 | I feel isolated and alone | 4 | 6 | I think about food more than I would like to | 0 | 11 | I feel worthless | 0 | 13 | I eat too much | 2 | 12 | I feel helpless | 1 | | HOSTILITY | | 21 | I feel sad all the time | 0 | 18 | I have difficulty controlling my temper | 2 | 25 | I have thoughts of ending my life | 4 | 20 | I sometimes feel like breaking or smashing things | 4 | GENERALIZED ANXIETY | | | 23 | I get angry easily | 2 | 2 | My heart races for no good reason | 1 | 29 | I am afraid I may lose control and act violently | 3 | 7 | I am anxious that I might have a panic attack in public | 1 | 32 | I frequently get into arguments | 1 | 9 | I have sleep difficulties | 3 | 34 | I have thoughts of hurting others | 3 | 10 | My thoughts are racing | 4 | ALCOHOL USE | | | 15 | I have spells of terror or panic | 4 | 14 | I drink alcohol frequently | 3 | 17 | I feel tense | 1 | 16 | When I drink alcohol I can't remember what happened | 0 | SOCIAL ANXIETY | | | 27 | I drink more than I should | 1 | 1 | I am shy around others | 0 | 31 | I have done something I have regretted because of drinking | 0 | 19 | I make friends easily ** | 3 | SCALE: | | | 22 | I am concerned that other people do not like me | 1 | Not at all like me 0 1 2 3 4 Extremely like me | | | 24 | I feel uncomfortable around people I don't know | 3 | | | | 26 | I feel self conscious around others | 0 | | | | ACADEMIC DISTRESS | | | | | | 8 | I feel confident I can succeed academically ** | 2 | | | | 28 | I am not able to concentrate as well as usual | 2 | | | | 30 | It's hard to stay motivated for my classes | 4 | | | | 33 | I am unable to keep up with my school work | 2 | | | |
| DEPRESSION | | | EATING CONCERNS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | I don't enjoy being around people as much as I used to | 3 | 3 | I feel out of control when I eat | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | I feel isolated and alone | 4 | 6 | I think about food more than I would like to | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 | I feel worthless | 0 | 13 | I eat too much | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 | I feel helpless | 1 | | HOSTILITY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21 | I feel sad all the time | 0 | 18 | I have difficulty controlling my temper | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 25 | I have thoughts of ending my life | 4 | 20 | I sometimes feel like breaking or smashing things | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| GENERALIZED ANXIETY | | | 23 | I get angry easily | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | My heart races for no good reason | 1 | 29 | I am afraid I may lose control and act violently | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | I am anxious that I might have a panic attack in public | 1 | 32 | I frequently get into arguments | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | I have sleep difficulties | 3 | 34 | I have thoughts of hurting others | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 | My thoughts are racing | 4 | ALCOHOL USE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 | I have spells of terror or panic | 4 | 14 | I drink alcohol frequently | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17 | I feel tense | 1 | 16 | When I drink alcohol I can't remember what happened | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SOCIAL ANXIETY | | | 27 | I drink more than I should | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | I am shy around others | 0 | 31 | I have done something I have regretted because of drinking | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19 | I make friends easily ** | 3 | SCALE: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22 | I am concerned that other people do not like me | 1 | Not at all like me 0 1 2 3 4 Extremely like me | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24 | I feel uncomfortable around people I don't know | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26 | I feel self conscious around others | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ACADEMIC DISTRESS | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | I feel confident I can succeed academically ** | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 28 | I am not able to concentrate as well as usual | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30 | It's hard to stay motivated for my classes | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 33 | I am unable to keep up with my school work | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Coming Attractions

- NASPA Consortium Study – “Counseling and Mental Health”. Participation will allow direct comparison with SDS/CCAPS data gathered in the counseling center.
 - <http://www.studentvoice.com/app/Views/about/partnerships/CSCMH.aspx>
- Ongoing data flow starting in 2010-2011
- CCAPS validation papers, re-designed norms and reports, and more.