MENTAL HEALTH INDICATORS:

Comparing Male and Female Student Responses on CCAPS 62 2017-2020

(Undergraduates Only)

Office of Quality Enhancement

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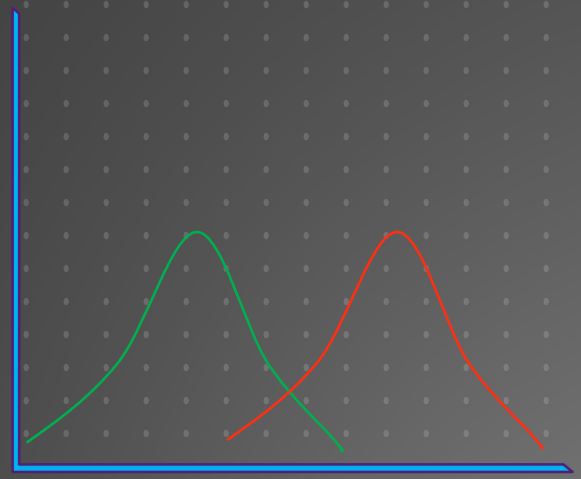
AGENDA

- Study
- Scale Comparisons
- National Norms
- Thresholds
  - Low
  - Moderate
  - Elevated
- Critical Items
- Discussion

MENTAL HEALTH & COUNSELING BENCHMARK STUDY

- Spring 2017
  - N = 3020 graduate & undergraduate students
  - n = 661
  - 22% response rate
  - 82% completion rate
- Spring 2020
  - N = 3419 graduate & undergraduate students
  - n = 458
  - 13% response rate
  - 71% completion rate
- NASPA Consortium
- CCAPS 62
- This study pertains to undergraduates only

SCALE COMPARISONS – ANOVA 2017

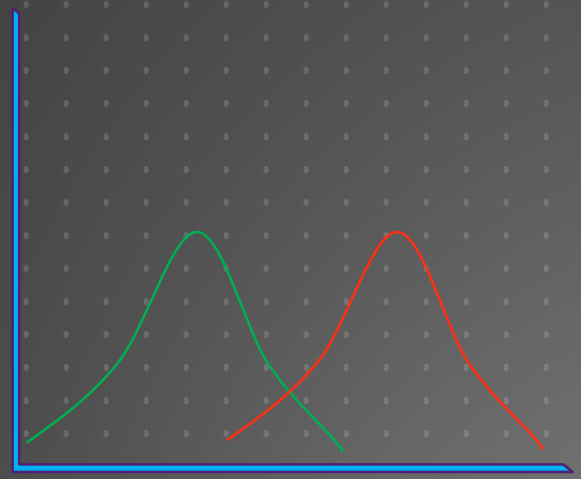


Is there a difference between groups?

ANOVA 2017 - CCAPS 62 Scales

		Sum of Squares	df	Mean Square	F	Sig.
Depression 62	Between Groups	0.104	1	0.104	0.165	0.684
	Within Groups	276.069	439	0.629		
	Total	276.173	440			
Eating Concerns 62	Between Groups	6.577	1	6.577	9.745	0.002
	Within Groups	296.298	439	0.675		
	Total	302.876	440			
Substance/Alcohol Use 62	Between Groups	5.667	1	5.667	7.321	0.007
	Within Groups	339.819	439	0.774		
	Total	345.486	440			
Generalized Anxiety 62	Between Groups	2.695	1	2.695	3.919	0.048
	Within Groups	301.852	439	0.688		
	Total	304.547	440			
Hostility 62	Between Groups	6.622	1	6.622	15.728	0.000
	Within Groups	184.400	438	0.421		
	Total	191.021	439			
Social Anxiety 62	Between Groups	1.097	1	1.097	1.375	0.242
	Within Groups	350.165	439	0.798		
	Total	351.261	440			
Family Distress 62	Between Groups	0.938	1	0.938	1.620	0.204
	Within Groups	254.022	439	0.579		
	Total	254.960	440			
Academic Distress 62	Between Groups	3.926	1	3.926	5.024	0.026
	Within Groups	343.076	439	0.781		
	Total	347.002	440			
Distress Index 62	Between Groups	0.185	1	0.185	0.356	0.551
	Within Groups	228.215	439	0.520		
	Total	228.400	440			

SCALE COMPARISONS – ANOVA 2020



Is there a difference between groups?

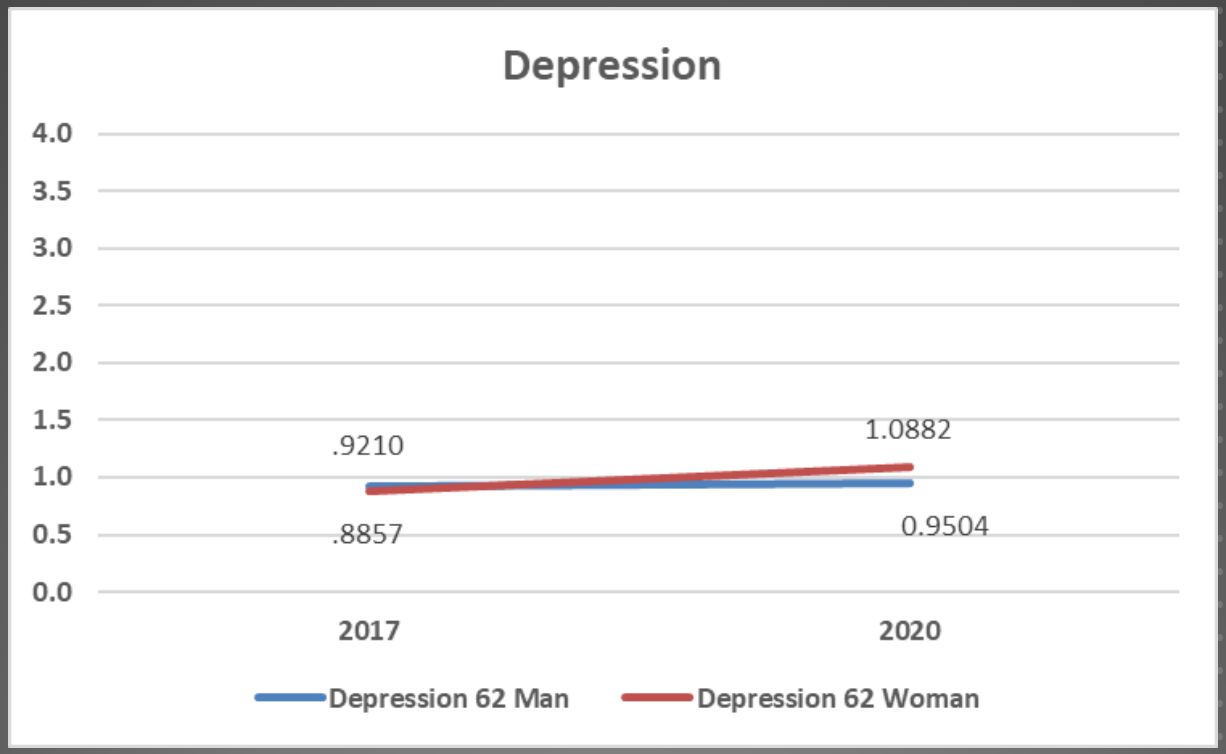
ANOVA 2020 - CCAPS 62 Scales

		Sum of Squares	df	Mean Square	F	Sig.
Depression 62	Between Groups	1.068	1	1.068	1.824	0.178
	Within Groups	162.173	277	0.585		
	Total	163.241	278			
Eating Concerns 62	Between Groups	13.630	1	13.630	21.004	0.000
	Within Groups	179.756	277	0.649		
	Total	193.386	278			
Substance/Alcohol Use 62	Between Groups	2.442	1	2.442	3.328	0.069
	Within Groups	203.259	277	0.734		
	Total	205.701	278			
Generalized Anxiety 62	Between Groups	9.582	1	9.582	15.812	0.000
	Within Groups	167.857	277	0.606		
	Total	177.439	278			
Hostility 62	Between Groups	0.008	1	0.008	0.024	0.877
	Within Groups	98.087	277	0.354		
	Total	98.095	278			
Social Anxiety 62	Between Groups	2.771	1	2.771	4.270	0.040
	Within Groups	179.748	277	0.649		
	Total	182.519	278			
Family Distress 62	Between Groups	0.301	1	0.301	0.538	0.464
	Within Groups	155.212	277	0.560		
	Total	155.513	278			
Academic Distress 62	Between Groups	0.032	1	0.032	0.043	0.835
	Within Groups	201.264	277	0.727		
	Total	201.295	278			
Distress Index 62	Between Groups	1.528	1	1.528	3.367	0.068
	Within Groups	125.723	277	0.454		
	Total	127.251	278			

DEPRESSION SUBSCALE ITEMS

I feel disconnected from myself.
I don't enjoy being around people as much as I used to.
I feel isolated and alone.
I lose touch with reality.
I feel worthless.
I feel helpless.
I am enthusiastic about life.
I have unwanted thoughts I can't control.
I feel sad all the time.
I have thoughts of ending my life.
I like myself.
I find that I cry frequently.
I feel that I have no one who understands me.

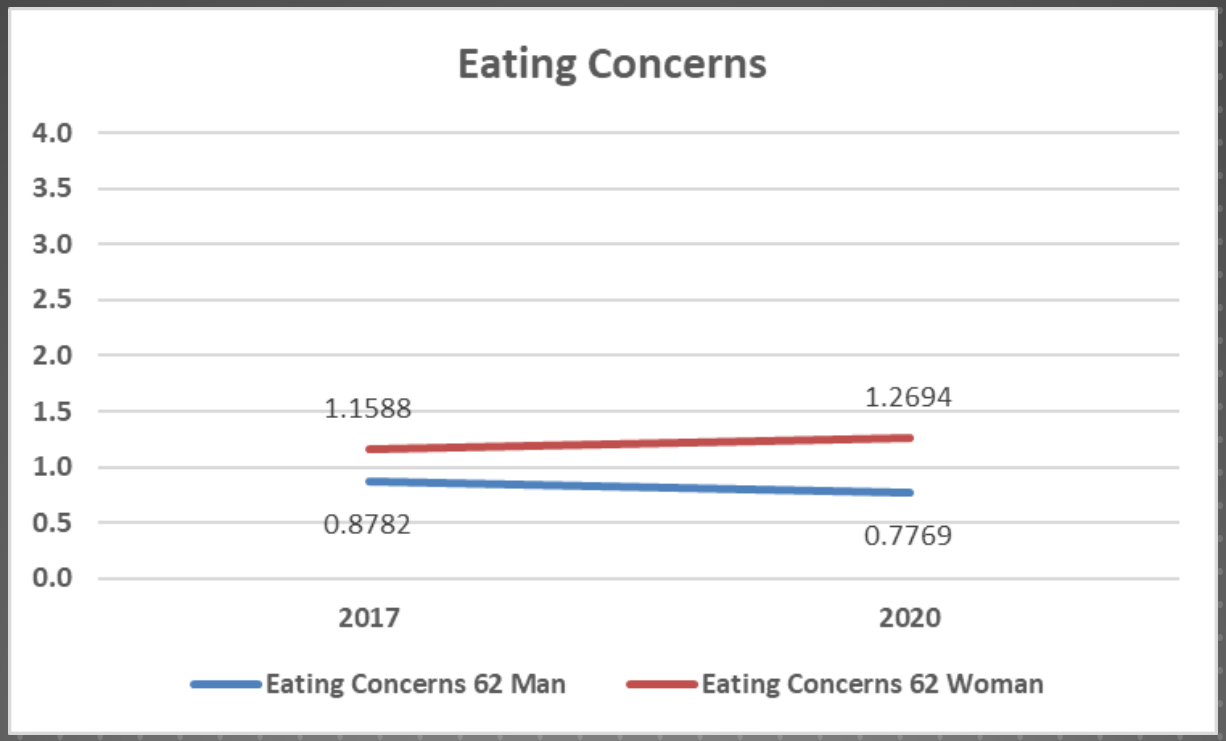
MEAN COMPARISON 2017-2020



EATING CONCERNS SUBSCALE ITEMS

I feel out of control when I eat.
I think about food more than I would like to.
I am satisfied with my body shape.
I am dissatisfied with my weight.
I eat too much.
When I start eating I can't stop.
I diet frequently.
I purge to control my weight.
The less I eat, the better I feel about myself.

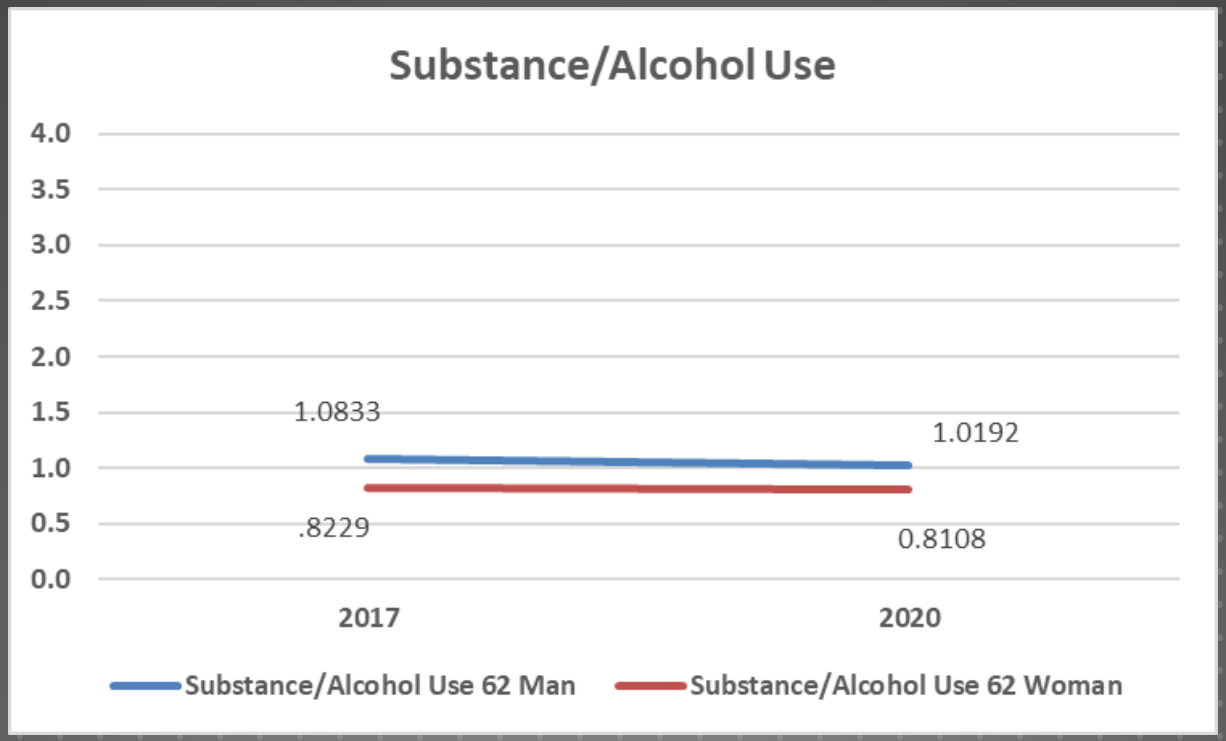
MEAN COMPARISON 2017-2020



SUBSTANCE/ALCOHOL USE SUBSCALE ITEMS

I use drugs more than I should.
I drink alcohol frequently.
When I drink alcohol I can't remember what happened.
I drink more than I should.
I enjoy getting drunk.
I have done something I have regretted because of drinking.

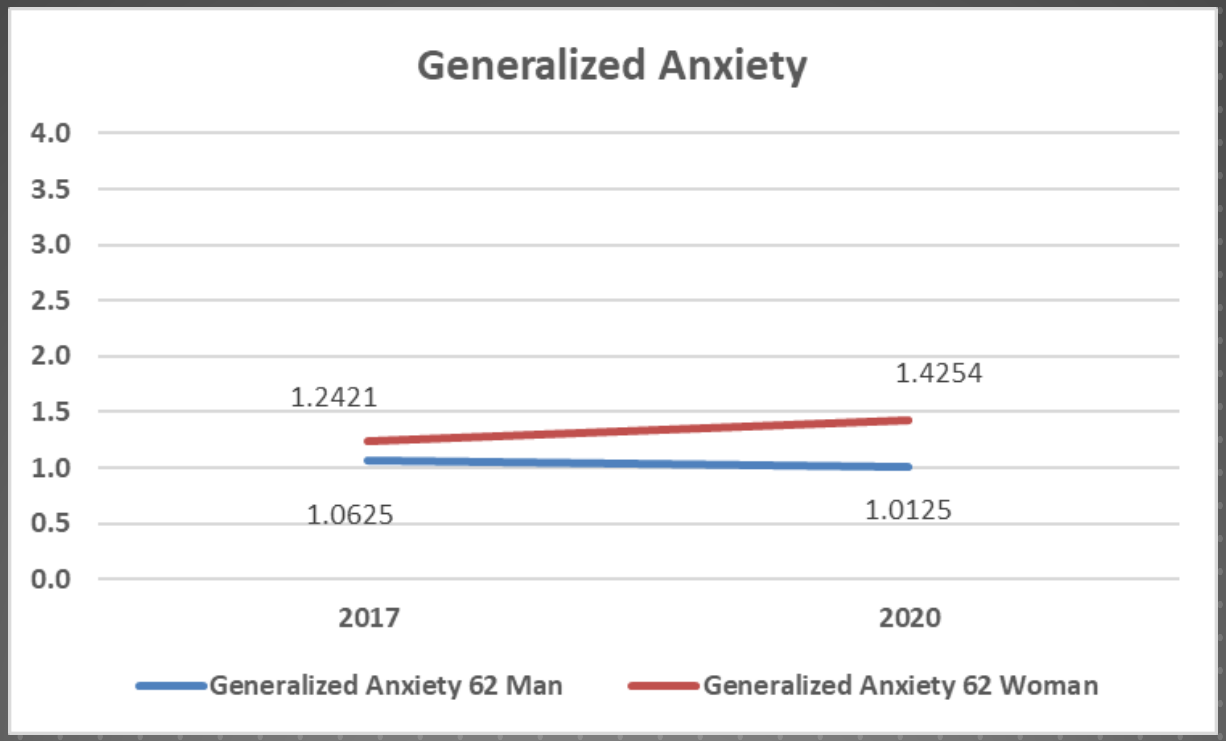
MEAN COMPARISON 2017-2020



GENERALIZED ANXIETY SUBSCALE ITEMS

There are many things I am afraid of.
My heart races for no good reason.
I am anxious that I might have a panic attack in public.
I have sleep difficulties.
My thoughts are racing.
I have spells of terror or panic.
I feel tense.
I am easily frightened or startled.
I experience nightmares or flashbacks.

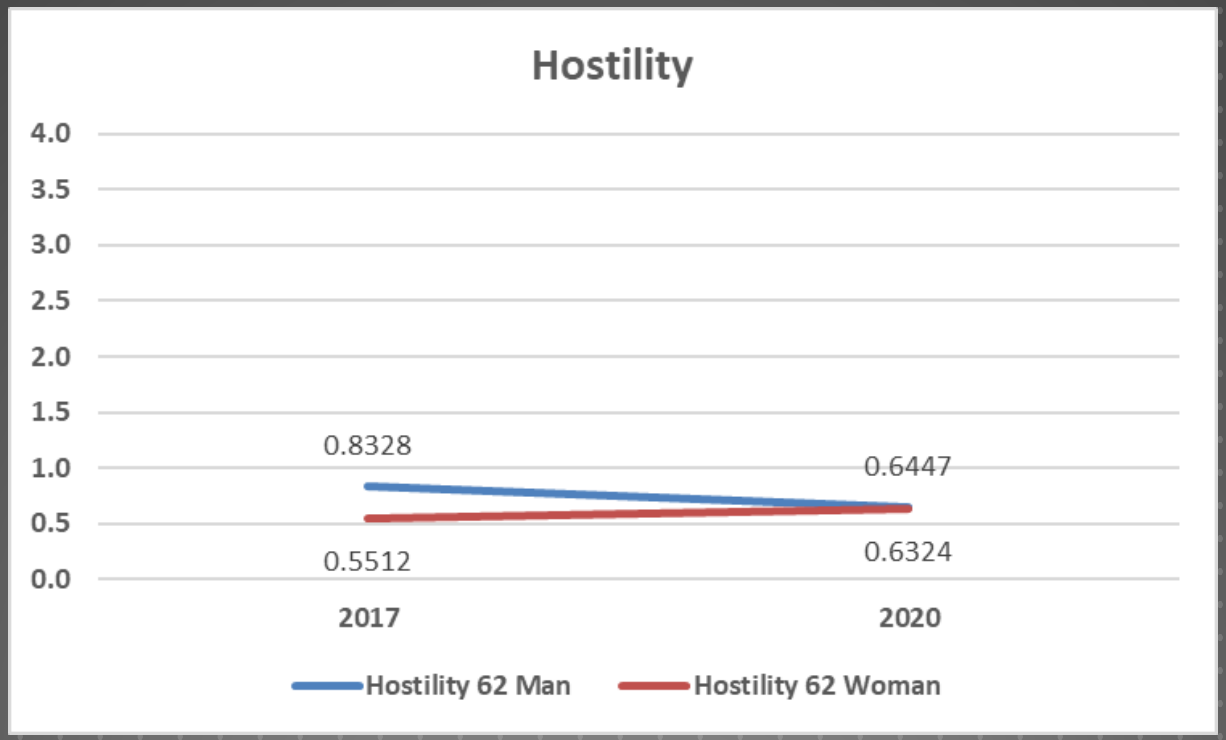
MEAN COMPARISON 2017-2020



HOSTILITY SUBSCALE ITEMS

I have difficulty controlling my temper.
I sometimes feel like breaking or smashing things.
I get angry easily.
I feel irritable.
I am afraid I may lose control and act violently.
I frequently get into arguments.
I have thoughts of hurting others.

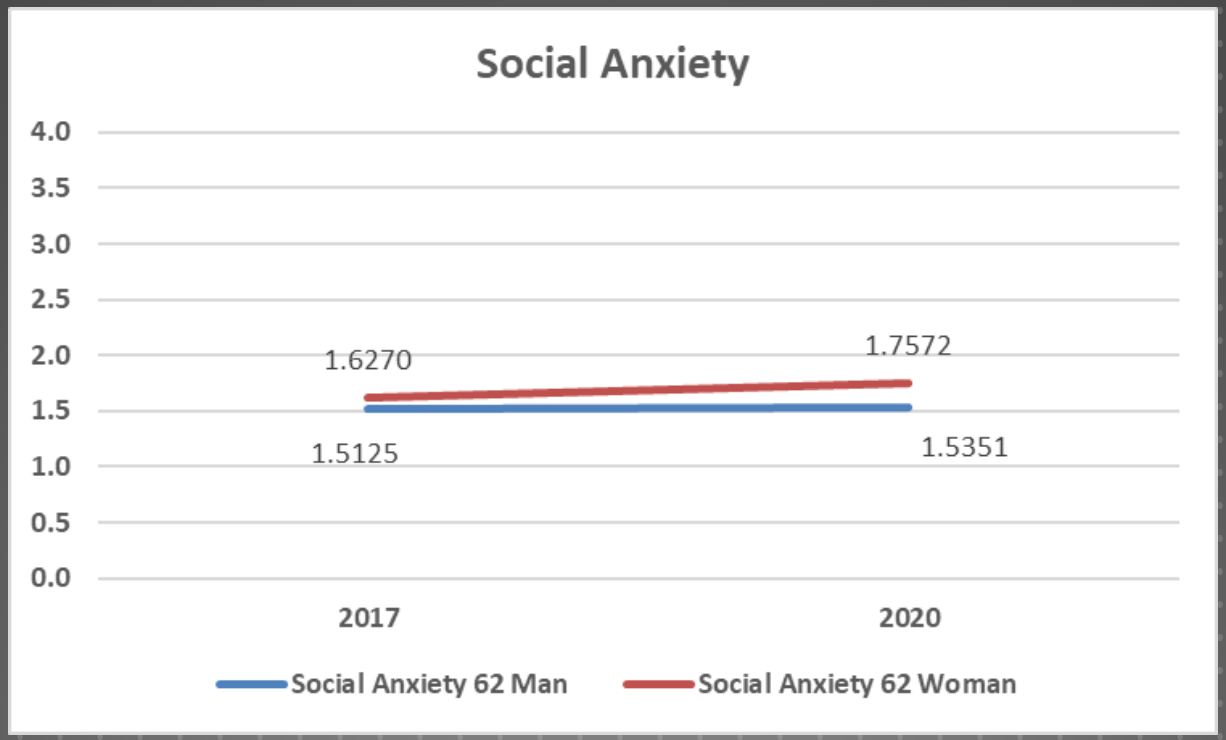
MEAN COMPARISON 2017-2020



SOCIAL ANXIETY SUBSCALE ITEMS

I am shy around others.
I become anxious when I have to speak in front of audiences.
I make friends easily.
I am concerned that other people do not like me.
I feel uncomfortable around people I don't know.
I feel self-conscious around others.
I feel comfortable around other people.

MEAN COMPARISON 2017-2020



FAMILY DISTRESS SUBSCALE ITEMS

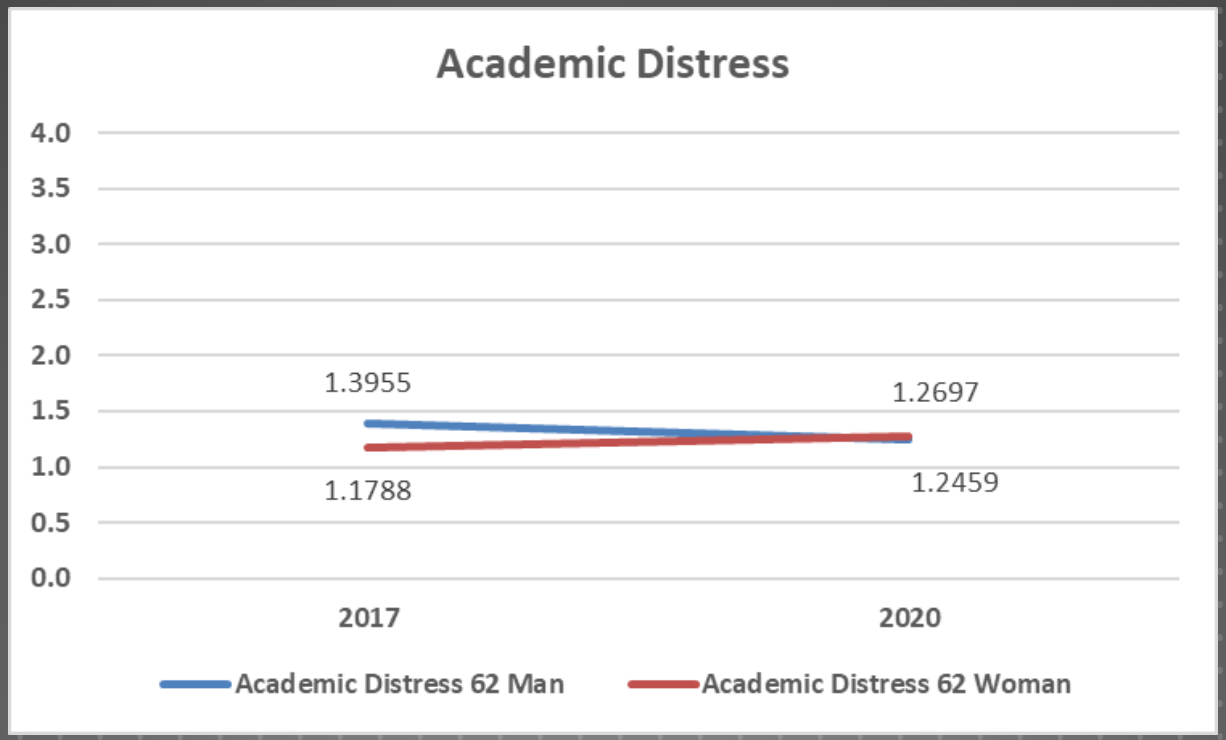
I get sad or angry when I think of my family.
I feel that my family loves me.
My family gets on my nerves.
My family is basically a happy one.
There is a history of abuse in my family.
I wish my family got along better.

MEAN COMPARISON 2017-2020

ACADEMIC DISTRESS SUBSCALE ITEMS

I enjoy my classes.
I feel confident I can succeed academically.
I am not able to concentrate as well as usual.
It's hard to stay motivated for my classes.
I am unable to keep up with my school work.

MEAN COMPARISON 2017-2020



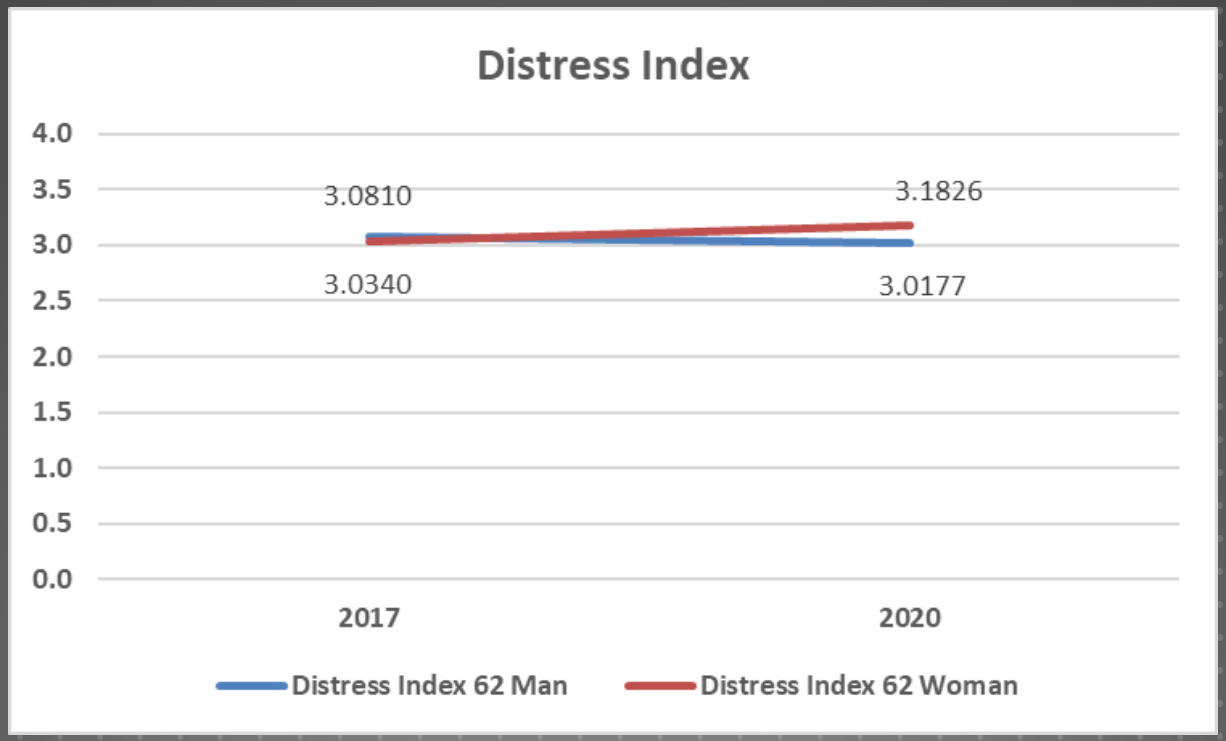
DISTRESS INDEX SUBSCALE ITEMS

I don't enjoy being around people as much as I used to.
I feel isolated and alone.
I feel worthless.
I feel helpless.
I feel sad all the time.
I have thoughts of ending my life.
My heart races for no good reason.
I am anxious that I might have a panic attack in public.
I have sleep difficulties.
My thoughts are racing.
I have spells of terror or panic.
I feel tense.
I am concerned that other people do not like me.

DISTRESS INDEX SUBSCALE ITEMS -CONTINUED

I feel self-conscious around others.
I am not able to concentrate as well as usual.
It's hard for me to stay motivated for my classes.
I am unable to keep up with my school work.
I sometimes feel like breaking or smashing things.
I get angry easily.
I am afraid I may lose control and act violently.

MEAN COMPARISON 2017-2020



WHAT DOES THIS MEAN?

- Men

Substance/Alcohol Abuse, Generalized Anxiety, Family Distress, Overall Distress Index

Eating Concerns, Hostility, Academic Distress

Depression, Social Anxiety

None of the men showed significant increases on any of the scales

WHAT DOES THIS MEAN?

- Women
  - ↓ Substance/Alcohol Abuse
  - ↓ None of the women showed significant decreases on any of the scales
  - ↑ Hostility, Academic Distress
  - ↑ Depression, Eating Concerns, Generalized Anxiety, Social Anxiety, Family Distress, Overall Distress Index

COMPARISON TO NATIONAL NORMS

National Comparison 2017	
Depression 62	1.56
Man	0.92
Woman	0.89
Generalized Anxiety 62	1.63
Man	1.06
Woman	1.24
Social Anxiety 62	1.84
Man	1.51
Woman	1.63
Academic Distress 62	1.83
Man	1.40
Woman	1.18
Eating Concerns 62	0.98
Man	0.88
Woman	1.16
Family Distress 62	1.28
Man	0.79
Woman	0.69
Hostility 62	0.99
Man	0.83
Woman	0.55
Substance/Alcohol Use	0.74
Man	1.08
Woman	0.82

National Comparison 2020	
Depression 62	1.56
Man	0.95
Woman	1.09
Generalized Anxiety 62	1.63
Man	1.01
Woman	1.43
Social Anxiety 62	1.84
Man	1.54
Woman	1.76
Academic Distress 62	1.83
Man	1.25
Woman	1.27
Eating Concerns 62	0.98
Man	0.78
Woman	1.27
Family Distress 62	1.28
Man	0.71
Woman	0.79
Hostility 62	0.99
Man	0.64
Woman	0.63
Substance/Alcohol Use	0.74
Man	1.02
Woman	0.81

WHAT DOES THIS MEAN?

- Both groups are below the national averages on Depression, Generalized Anxiety, Social Anxiety, Academic Distress, Family Distress, and Hostility;
- However, both groups areabove the national average regarding Substance/Alcohol Abuse;
- When it comes to Eating Concerns, Female students score above the national average whereas male students score below the national average.
- Even though there were some shifts from 2017 to 2020, the pattern remains the same when compared to national norms.

THRESHOLD LEVELS - DEPRESSION

Depression 62 Levels By Gender						
			Depression 62 Threshold			
			Low	Moderate	Elevated	Total
Gender	Man	2017	67.9%	12.9%	19.3%	100.0%
		2020	62.8%	17.9%	19.2%	100.0%
	Woman	2017	70.4%	15.2%	14.4%	100.0%
		2020	56.2%	25.9%	17.9%	100.0%
Total		2017	69.8%	14.6%	15.7%	100.0%
		2020	58.1%	23.7%	18.3%	100.0%

THRESHOLD LEVELS – GENERALIZED ANXIETY

Generalized Anxiety 62 Levels By Gender						
			Generalized Anxiety 62 Threshold			
			Low	Moderate	Elevated	Total
Gender	Man	2017	64.3%	20.0%	15.7%	100.0%
		2020	67.9%	15.4%	16.7%	100.0%
	Woman	2017	56.8%	17.0%	26.2%	100.0%
		2020	46.8%	13.4%	39.8%	100.0%
Total		2017	58.8%	17.8%	23.4%	100.0%
		2020	52.7%	14.0%	33.3%	100.0%

THRESHOLD LEVELS – SOCIAL ANXIETY

Social Anxiety 62 Levels By Gender

			Social Anxiety 62 Threshold			
			Low	Moderate	Elevated	Total
Gender	Man	2017	65.0%	24.3%	10.7%	100.0%
		2020	65.4%	21.8%	12.8%	100.0%
	Woman	2017	58.6%	21.1%	20.3%	100.0%
		2020	53.7%	28.4%	17.9%	100.0%
Total		2017	60.3%	21.9%	17.8%	100.0%
		2020	57.0%	26.5%	16.5%	100.0%

THRESHOLD LEVELS – ACADEMIC DISTRESS

Academic Distress 62 Levels By Gender						
			Academic Distress 62 Threshold			
			Low	Moderate	Elevated	Total
Gender	Man	2017	64.3%	18.6%	17.1%	100.0%
		2020	64.1%	21.8%	14.1%	100.0%
	Woman	2017	67.6%	20.8%	11.6%	100.0%
		2020	63.7%	22.9%	13.4%	100.0%
Total		2017	66.7%	20.2%	13.0%	100.0%
		2020	63.8%	22.6%	13.6%	100.0%

THRESHOLD LEVELS – EATING CONCERNS

Eating Concerns 62 Levels By Gender						
			Eating Concerns 62 Threshold			
			Low	Moderate	Elevated	Total
Gender	Man	2017	65.7%	23.6%	10.7%	100.0%
		2020	73.1%	17.9%	9.0%	100.0%
	Woman	2017	55.3%	23.7%	21.1%	100.0%
		2020	47.3%	24.9%	27.9%	100.0%
Total		2017	58.0%	23.6%	18.3%	100.0%
		2020	54.5%	22.9%	22.6%	100.0%

THRESHOLD LEVELS – FAMILY DISTRESS

Family Distress 62 Levels By Gender						
			Family Distress 62 Threshold			
			Low	Moderate	Elevated	Total
Gender	Man	2017	70.0%	17.9%	12.1%	100.0%
		2020	67.9%	24.4%	7.7%	100.0%
	Woman	2017	69.9%	21.1%	9.0%	100.0%
		2020	66.2%	20.9%	12.9%	100.0%
Total		2017	69.9%	20.2%	9.8%	100.0%
		2020	66.7%	21.9%	11.5%	100.0%

THRESHOLD LEVELS – HOSTILITY

Hostility 62 Levels By Gender						
			Hostility 62 Threshold			
			Low	Moderate	Elevated	Total
Gender	Man	2017	56.4%	27.9%	15.7%	100.0%
		2020	66.7%	25.6%	7.7%	100.0%
	Woman	2017	71.9%	19.1%	9.0%	100.0%
		2020	67.7%	24.4%	8.0%	100.0%
Total		2017	67.8%	21.4%	10.8%	100.0%
		2020	67.4%	24.7%	7.9%	100.0%

THRESHOLD LEVELS – SUBSTANCE/ALCOHOL USE

Substance/Alcohol Use 62 Levels By Gender						
			Substance/Alcohol Use 62 Threshold			
			Low	Moderate	Elevated	Total
Gender	Man	2017	46.4%	22.9%	30.7%	100.0%
		2020	42.3%	24.4%	33.3%	100.0%
	Woman	2017	59.9%	16.2%	23.9%	100.0%
		2020	54.2%	20.9%	24.9%	100.0%
Total		2017	56.3%	18.0%	25.7%	100.0%
		2020	50.9%	21.9%	27.2%	100.0%

THRESHOLD LEVELS – DISTRESS INDEX

Distress Index 34 Levels By Gender						
			Distress Index 34 Threshold			
			Low	Moderate	Elevated	Total
Gender	Man	2017	63.6%	30.0%	6.4%	100.0%
		2020	56.4%	30.8%	12.8%	100.0%
	Woman	2017	64.3%	29.3%	6.4%	100.0%
		2020	41.3%	42.3%	16.4%	100.0%
Total		2017	64.1%	29.5%	6.4%	100.0%
		2020	45.5%	39.1%	15.4%	100.0%

WHAT DOES THIS MEAN?

- While overall, the mental health indicators for the student body are positive;
- There are students who are experiencing elevated levels of depression and anxiety;
- Overall substance/alcohol use is down, but those that do use have increased in their indicators;
- Overall frustration is down, especially for men;
- The gains in the overall Distress Index are extraordinary, especially for women.

CRITICAL ITEMS – LOSE TOUCH WITH REALITY

Reality Critical Item By Gender

			I lose touch with reality					
			0 - Not at all like me	1	2	3	4 - Extremely like me	Total
Gender	Man	2017	54.1%	25.2%	9.9%	6.3%	4.5%	100.0%
		2020	57.1%	20.8%	10.4%	5.2%	6.5%	100.0%
	Woman	2017	64.0%	20.7%	11.0%	2.4%	1.8%	100.0%
		2020	55.3%	26.6%	11.6%	5.5%	1.0%	100.0%
Total		2017	61.5%	21.9%	10.7%	3.4%	2.5%	100.0%
		2020	55.8%	25.0%	11.2%	5.4%	2.5%	100.0%

CRITICAL ITEMS – SUICIDAL IDEATION

Suicidal Ideation Critical Item By Gender								
			I have thoughts of ending my life					
			0 - Not at all like me	1	2	3	4 - Extremely like me	Total
Gender	Man	2017	80.4%	11.6%	5.4%	2.7%	0.0%	100.0%
		2020	80.5%	9.1%	7.8%	2.6%	0.0%	100.0%
	Woman	2017	84.7%	9.2%	4.3%	0.9%	0.9%	100.0%
		2020	79.6%	9.5%	6.5%	4.0%	0.5%	100.0%
Total		2017	83.6%	9.8%	4.6%	1.4%	0.7%	100.0%
		2020	79.9%	9.4%	6.8%	3.6%	0.4%	100.0%

CRITICAL ITEMS – VIOLENCE

Violence Critical Item By Gender								
			I am afraid I may lose control and act violently					
			0 - Not at all like me	1	2	3	4 - Extremely like me	Total
Gender	Man	2017	73.0%	16.2%	6.3%	3.6%	0.9%	100.0%
		2020	83.3%	9.0%	7.7%	0.0%	0.0%	100.0%
	Woman	2017	90.5%	6.1%	2.8%	0.3%	0.3%	100.0%
		2020	89.0%	9.0%	0.5%	1.0%	0.5%	100.0%
Total		2017	86.0%	8.7%	3.7%	1.1%	0.5%	100.0%
		2020	87.4%	9.0%	2.5%	0.7%	0.4%	100.0%

CRITICAL ITEMS – HOMICIDAL IDEATION

Homicidal Ideation Critical Item By Gender

			I have thoughts of hurting others					
			0 - Not at all like me	1	2	3	4 - Extremely like me	Total
Gender	Man	2017	84.7%	11.7%	1.8%	1.8%	0.0%	100.0%
		2020	91.0%	7.7%	1.3%	0.0%	0.0%	100.0%
	Woman	2017	95.7%	3.1%	0.9%	0.3%	0.0%	100.0%
		2020	95.5%	4.0%	0.5%	0.0%	0.0%	100.0%
Total		2017	92.9%	5.3%	1.1%	0.7%	0.0%	100.0%
		2020	94.3%	5.0%	0.7%	0.0%	0.0%	100.0%

WHAT DOES THIS MEAN?

- There are a few students (8%) currently attending TCU who experience reality differently than the rest of us. In 2017 this was 6%. Women moreso than men.
- About 2% of the students report contemplating suicide in 2017. That number has doubled to 4% in 2020. Women make up the difference.
- About 2% of students were frustrated and considered act out in 2017. In 2020 we see an overall drop to 1%.
  - However, in 2020 this number is all women.
- Less than 1% harbor homicidal thoughts to a minor degree (no one endorsed the upper end of the scale in 2020).

WRAP-UP

- Questions and/or comments?
- Contact information:

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