

Mental Health **2**
University of Minnesota–Twin Cities

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Mental Health 2

University of Minnesota–Twin Cities

Snapshot: Colleges and Universities Participating in the 2007 College Student Health Survey

Two-Year Schools	Location	Enrollment-Spring 2007*
Alexandria Technical College	Alexandria, MN	3,475
Anoka-Ramsey Community College	Cambridge, MN Coon Rapids, MN	9,724
Lake Superior College	Duluth, MN	8,876
Minnesota State Community and Technical College	Detroit Lakes, MN Fergus Falls, MN Moorhead, MN Wadena, MN	6,874
North Hennepin Community College	Brooklyn Park, MN	9,329
Northwest Technical College	Bemidji, MN	1,224
Four-Year Schools	Location	Enrollment-Spring 2007*
Bemidji State University	Bemidji, MN	6,449
Concordia College	Moorhead, MN	2,698
Minnesota State University Moorhead	Moorhead, MN	9,025
University of Minnesota–Crookston	Crookston, MN	951
University of Minnesota–Duluth	Duluth, MN	9,467
University of Minnesota–Morris	Morris, MN	1,489
University of Minnesota–Rochester	Rochester, MN	306
University of Minnesota–Twin Cities	Minneapolis, MN	43,737

*Includes full-time and part-time students.

University of Minnesota–Twin Cities Survey Demographics*

	All Students
Average Age (Years)	23.4
Age Range (Years)	18-63
18-24 Years	72.6%
25 Years or Older	27.4%
Average GPA	3.38
Class Status	
First-Year Undergraduate	15.4%
Second-Year Undergraduate	14.5%
Third-Year Undergraduate	15.7%
Fourth-Year Undergraduate	15.8%
Fifth-Year Undergraduate	7.6%
Graduate or Professional	31.0%
Gender	
Male	40.1%
Female	59.7%
Transgender/Other	0.2%
Unspecified	0.0%
Ethnic Origin	
African American/Black	2.7%
American Indian/Alaskan Native	1.2%
Asian/Pacific Islander	12.7%
Latino/Hispanic	2.2%
Middle Eastern	1.0%
Caucasian/White	81.6%
Other	2.3%
Current Residence	
Residence Hall or Fraternity/Sorority	20.0%
Other	80.0%

*Based on student response.



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Introduction

Mental health issues can have a profound impact on students' ability to engage fully in the opportunities presented to them while in college. These issues affect their physical, emotional, and cognitive well-being and can lead to poor academic performance, lower graduation rates, and poor interpersonal relationships.

There is increasing diversity among college students. Among undergraduates nationwide, approximately 30% are minorities, 20% are foreign born or first generation U.S. citizens, 55% are female, and 44% are age 25 or older.¹ This diversity presents a myriad of counseling concerns related to multicultural and gender issues, life transition, stress, career and developmental needs, violence, interpersonal relationships, and serious emotional and psychological problems. This array of mental health problems represents ever-increasing challenges as postsecondary institutions strive to meet the needs of their students.

National Comparison

This report examines areas related to the mental and emotional status of college and university students. Recent research shows that young adults in the United States have relatively high rates of mental health problems compared to other age groups. Based on the results of the National Comorbidity Survey Replication Study using the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders-IV criteria, 53.8% of 18- to 29-year-olds have been diagnosed with a mental disorder within their lifetime, and 38.0% of 18- to 29-year-olds have been diagnosed with a mental disorder within the previous year.² Among all age groups, 18- to 25-year-olds have the highest lifetime prevalence of serious psychological distress, i.e., mental illness that results in functional impairment (18.6%), and the highest past year prevalence of major depressive episode (9.7%).³ The lifetime prevalence of major depressive episode for 18- to 25-year-olds is 15.7%.³ More than one in ten (11.2%) young adults between the ages of 18 and 25 have received treatment for a mental health problem in the previous year.³

References:

- ¹ Choy, S. (2002). Access and persistence: Findings from 10 years of longitudinal research on students. Washington, D.C.: American Council on Education.
- ² Kessler, R. C., Chiu, W. T., Demler, O., Merikangas, K. R., & Walters, E. E. (2005). Prevalence, severity, and comorbidity of twelve-month DSM-IV disorders in the National Comorbidity Survey Replication (NCS-R). *Archives of General Psychiatry*, 62(6), 617-627.
- ³ Substance Abuse and Mental Health Services Administration. (2006). Results from the 2005 National Survey on Drug Use and Health: National findings. Rockville, MD: Office of Applied Studies, NSDUH Series H-30, DHHS Publication No. SMA 06-4194.

2007 Mental Health Highlights

Among the individuals from 14 Minnesota colleges and universities who participated in the 2007 College Student Health Survey:

- **27.1%** were diagnosed with a mental health illness within their lifetime.
- **15.7%** were diagnosed with a mental health illness within the past 12 months.
- **18.5%** were diagnosed with depression within their lifetime.
- **9.0%** were diagnosed with depression within the past 12 months.
- **4.6%** of females and **0.8%** of males were diagnosed with anorexia or bulimia within their lifetime.
- **6.2%** of all students report seeing a mental health counselor or therapist.
- **7.4%** report taking medication for depression.
- **4.8%** report taking medication for a mental health problem other than depression.

Methodology

Students completed the 2007 College Student Health Survey, developed by Boynton Health Service at the University of Minnesota. As an incentive, all students who responded to the survey received a \$5 gift card and entry into a drawing for gift certificates valued at \$3,000 (one), \$1,000 (one), and \$500 (two) at a variety of stores.

Participants were contacted through multiple mailings and e-mails:

- Postcards were sent to randomly selected students notifying them of their eligibility to participate in the survey.
- Students at eleven schools were e-mailed a link to an online version of the survey, and students at three schools received a paper survey via U.S. Mail.
- Reminder postcards/multiple e-mails were sent to all students to encourage participation.
- All students received a minimum of two invitations to participate in the survey.

University of Minnesota–Twin Cities Methodology Highlights

- **6,000** students from the University of Minnesota–Twin Cities were randomly selected to participate in this study.
- **2,920** completed and returned the survey.
- **0** surveys were undeliverable.
- **48.7%** was the overall UMTC response rate. (Surveys determined to be undeliverable were removed from the original sample size.)



2007 College Student Health Survey Postcard

Results

For University of Minnesota–Twin Cities (UMTC) students, depression and anxiety are the two most frequently reported mental health diagnoses for both lifetime and the past 12 months.

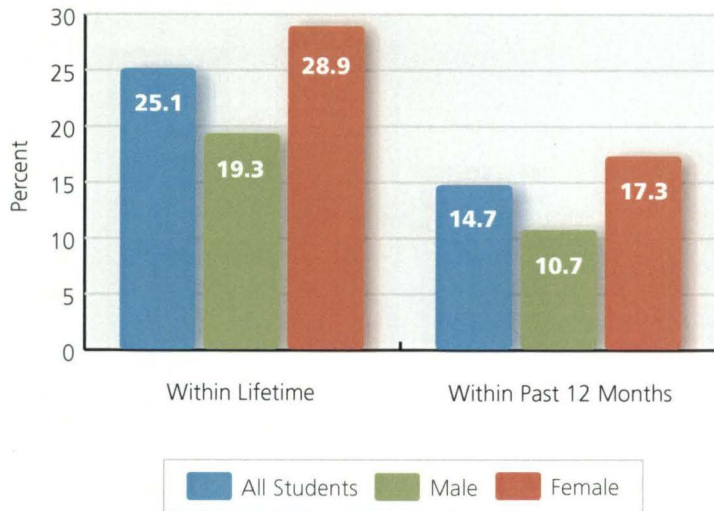
Diagnosed Mental Health Condition—Lifetime and Past 12 Months All Students

Mental Health Condition	Percent Who Report Being Diagnosed	
	Within Lifetime*	Within Past 12 Months*
Anorexia	2.4	0.7
Anxiety	13.1	9.2
Attention Deficit Disorder	3.1	1.7
Autism	0.2	0.2
Bipolar Disorder	1.1	0.6
Bulimia	1.8	0.5
Depression	16.9	8.2
Obsessive-Compulsive Disorder	2.0	1.1
Panic Attacks	6.3	4.0
Post-Traumatic Stress Disorder	1.5	0.7
Seasonal Affective Disorder	2.8	1.8
Social Phobia/Performance Anxiety	4.2	2.2

*Note: For certain conditions, the disparity in rates between lifetime and past-12-month diagnoses is a result of students reporting a past-12-month diagnosis but not a lifetime diagnosis.

Diagnosis of Any Mental Health Condition—Lifetime and Past 12 Months

All Students by Gender



Among UMTC students, **25.1%** report being diagnosed with at least one mental health condition within their lifetime. Additional analysis shows that **13.2%** report being diagnosed with two or more mental health conditions within their lifetime. Females report higher rates of being diagnosed with a mental health condition within their lifetime and within the past 12 months compared to males. This is consistent with gender differences seen in national data.

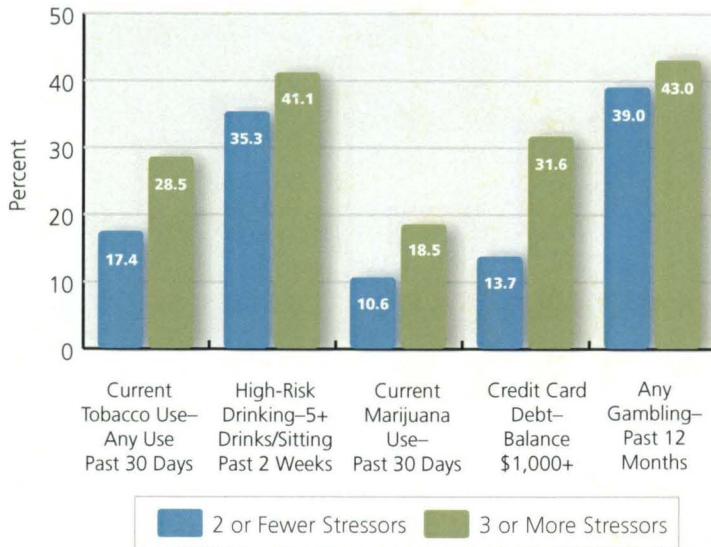
The most commonly experienced stressor among University of Minnesota–Twin Cities students is a roommate/housemate conflict. Other frequently reported stressors include issues related to personal relationships, the death or illness of someone close, and parental conflict. A total of **44.3%** of students report experiencing one or two stressors within the past 12 months, and **20.3%** report experiencing three or more stressors over that same time period.

Mental Health Stressors

All Students

Stressor	Percent
	Experienced Within Past 12 Months
Getting Married	4.1
Failing a Class	7.7
Serious Physical Illness of Someone Close to You	15.0
Death of Someone Close to You	17.6
Being Diagnosed With a Serious Physical Illness	2.2
Being Diagnosed With a Serious Mental Illness	4.0
Divorce or Separation From Your Spouse	1.0
Termination of Personal Relationship (Not Including Marriage)	19.2
Attempted Suicide	1.0
Being Put on Academic Probation	5.0
Excessive Credit Card Debt	9.1
Excessive Debt Other Than Credit Card	10.0
Being Arrested	0.8
Being Fired or Laid Off From a Job	2.8
Roommate/Housemate Conflict	22.1
Parental Conflict	13.5
Lack of Health Care Coverage	6.1
Issues Related to Sexual Orientation	2.9
Not Applicable (None of the Above Happened to Me)	33.8
Report Experiencing One or Two of the Above Stressors	44.3
Report Experiencing Three or More of the Above Stressors	20.3

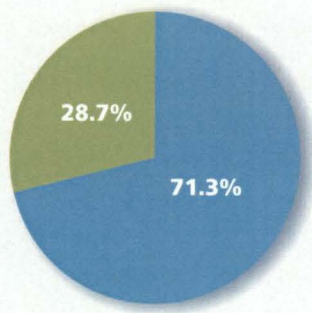
Mental Health Stressors and Risky Behavior All Students



There appears to be an association between reported number of stressors experienced within the past 12 months and various types of risk-taking behavior. Over the same 12-month period, UMTC students who experienced three or more stressors tend to have higher rates of current tobacco use, high-risk drinking, current marijuana use, and credit card debt compared to students who experienced two or fewer stressors.

Ability to Manage Stress—Past 12 Months All Students

In an attempt to measure effectiveness in managing stress, we asked students to rate their stress level and their ability to manage stress, each on a scale of 1 to 10. The reported stress level is then divided by the reported ability to manage stress. Any result greater than 1 means a student is not effectively managing his or her stress.



More than one-quarter (**28.7%**) of UMTC students report they are unable to manage their stress level. Additional analysis shows that among these students, **15.8%** also report they were diagnosed with depression within the past 12 months. Close to three-fourths of UMTC students (**71.3%**) report they are able to manage their level of stress. Only **5.1%** of these students report they were diagnosed with depression within the past 12 months.

Managed Stress (Index ≤ 1) Unmanaged Stress (Index > 1)

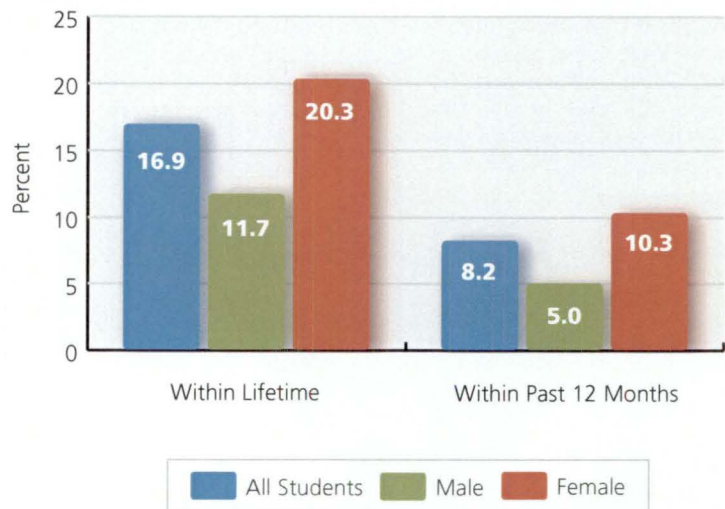
There appears to be an association between unmanaged stress levels and higher rates of diagnosis for acute and chronic conditions as well as various mental health conditions. For example, **18.2%** of UMTC students with unmanaged stress levels report being diagnosed with anxiety within the past year compared to only **5.5%** of students with managed stress levels reporting the same diagnosis.

Stress and Mental Health—Acute and Chronic Condition Diagnosis All Students

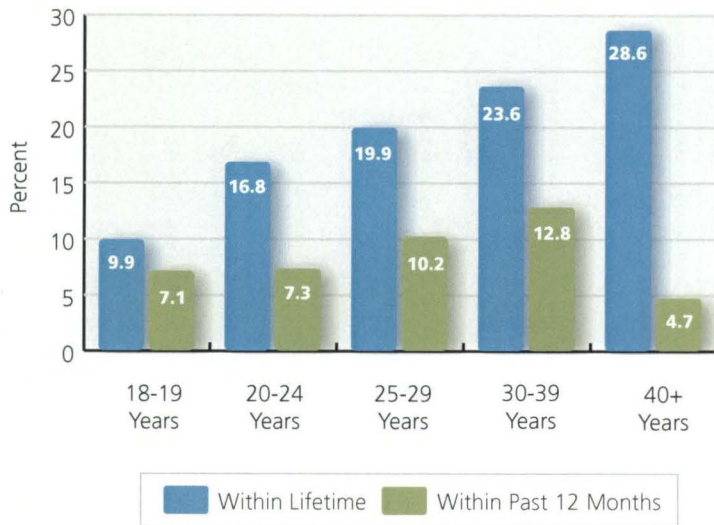
Diagnosed Within the Past 12 Months	Percent	
	Unmanaged Stress (Index >1)	Managed Stress (Index ≤1)
Any Chronic Condition	27.8	20.7
Any Acute Condition	19.8	13.7
Anxiety	18.2	5.5
Depression	15.8	5.1
Obsessive-Compulsive Disorder	2.4	0.5
Panic Attacks	8.3	2.3
Social Phobia/Performance Anxiety	4.5	1.3

Depression is the mental health condition most frequently reported by University of Minnesota—Twin Cities students within their lifetime. Females report being diagnosed with depression at higher rates than males—both for lifetime and the past 12 months.

Depression Diagnosis—Lifetime and Past 12 Months All Students by Gender

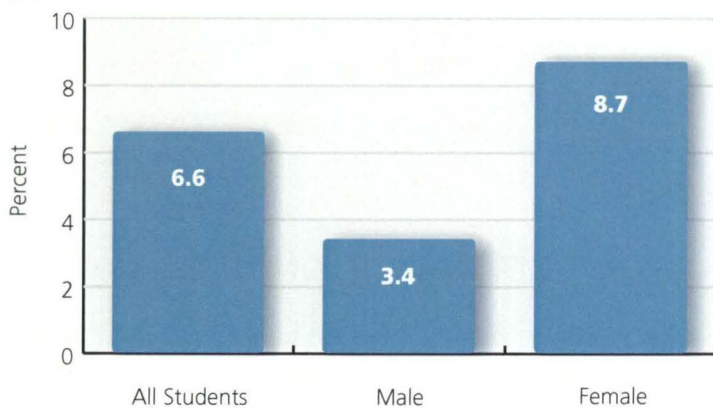


Depression Diagnosis—Lifetime and Past 12 Months All Students by Age Group



The proportion of University of Minnesota–Twin Cities students reporting being diagnosed with depression within the past 12 months increases with age from **7.1%** among 18- and 19-year-olds to **12.8%** among 30- to 39-year-olds.

Currently Taking Medication for Depression All Students by Gender

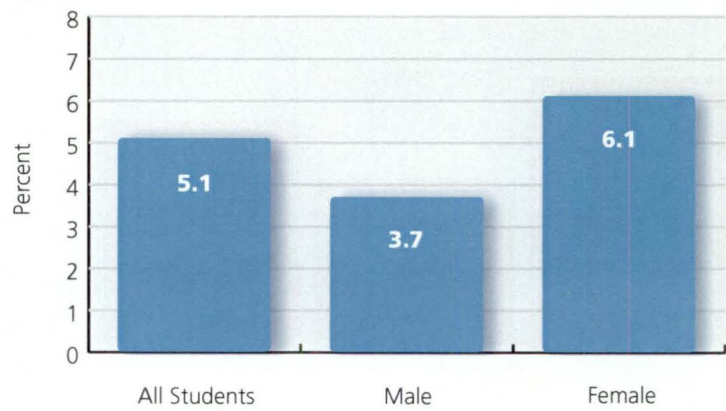


Overall, **6.6%** of University of Minnesota–Twin Cities students report they currently are taking medication for depression. Females report a higher rate of medication use for depression than males, which correlates with the higher diagnosis rates found in females compared to males.

Female University of Minnesota–Twin Cities students also report a higher rate of medication use for mental health problems other than depression than the university’s male population. Overall, **5.1%** of students report being on medication for a mental health problem other than depression.

Currently Taking Medication for Mental Health Problems Other Than Depression

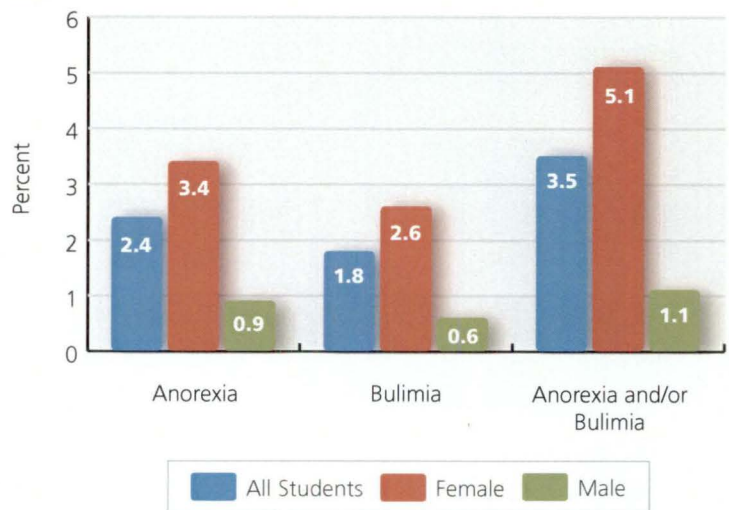
All Students by Gender



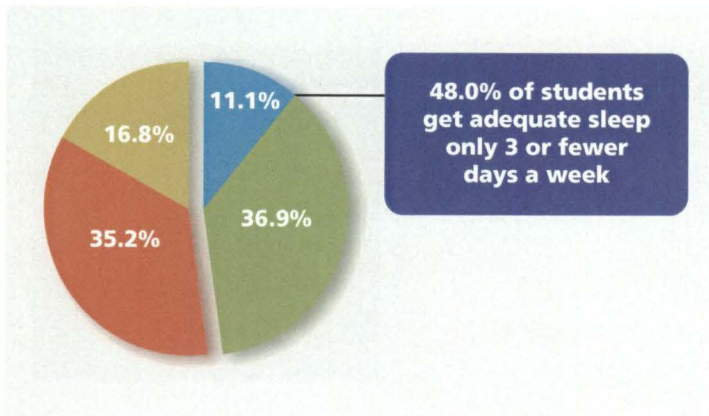
Among students attending the University of Minnesota–Twin Cities, **3.5%** report being diagnosed with anorexia and/or bulimia within their lifetime. Females attending the university had higher rates of both anorexia and bulimia compared to males attending UMTC.

Eating Disorder Diagnosis–Lifetime

All Students by Gender



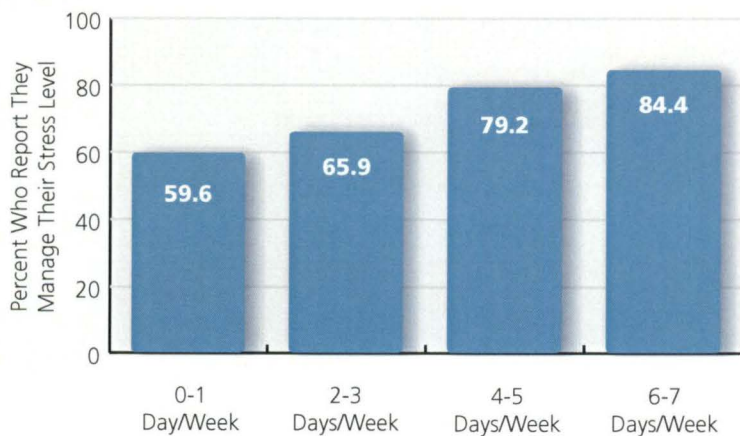
Number of Days of Adequate Sleep— Past Seven Days All Students



In response to a question regarding how many of the past seven days they got enough sleep so they felt rested when they woke up in the morning, slightly less than one-half (**48.0%**) of UMTC students report they received adequate sleep on only three or fewer days over the previous seven days.

Adequate Sleep and Stress

All Students



Receiving adequate sleep in the past seven days appears to have an impact on students' ability to manage their stress level. Only **59.6%** of UMTC students who report receiving 0-1 day/week of adequate sleep also report the ability to manage their stress, whereas **84.4%** of students who report receiving 6-7 days/week of adequate sleep also report the ability to manage their stress.

Students were asked to report whether they have experienced any of the health or personal issues presented in the table to the right, and if so, whether the issue(s) affected their academic performance. The issues highlighted in red are particularly salient to this report on mental health. The other issues are more relevant to Report 1 and Reports 3-7 in this series.

It should be noted that although students report some issues less frequently, these issues may have a greater impact on academic performance. For example, although only **3.8%** of UMTC students report having a serious injury within the past year, of this small percentage of students, **40.9%** report it affected their academic performance.

Impact of Health and Personal Issues on Academic Performance—Past 12 Months All Students

Health or Personal Issue	Percent	
	Report Having Issue	Report Issue Affected Academics
Alcohol Use	31.0	17.7
Allergies	31.1	6.5
Chronic Conditions	9.8	18.5
Concerns for Troubled Friend/Family Member	39.5	34.9
Drug Use	6.4	28.5
Eating Disorder/Problems	5.3	21.4
Excessive Computer/Internet Use	32.2	41.9
Financial Difficulties	37.0	30.5
Learning Disability/ADD	4.7	65.0
Mental Health Issues	22.7	55.1
Mononucleosis	3.5	48.5
Moved/Changed Residence	24.2	16.9
Pregnancy	3.3	40.6
Relationship Issues	34.3	39.0
Serious Injury	3.8	40.9
Sexual Assault	1.2	44.1
Sexually Transmitted Infection	2.7	14.1
Sleep Difficulties	38.8	44.0
Stress	70.5	42.1
Upper Respiratory Infection	36.7	28.7
Urinary Tract Infection	7.5	12.4

Participating Two-Year Schools

Alexandria Technical College
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Anoka-Ramsey Community College
Andrea Roberge

Lake Superior College
Beth Adams

Minnesota State Community and
Technical College
Shawn Anderson

North Hennepin Community College
Kristi Moebeck

Northwest Technical College
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Participating Four-Year Schools

Bemidji State University
Jay Passa

Concordia College
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Minnesota State University Moorhead
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