

2015 National College Health Assessment: UW-Green Bay

SNAPSHOT: Mental Health

About the NCHA

In spring 2015, 255 UW-Green Bay students participated in the National College Health Assessment (NCHA), an online survey done each year by the American College Health Association. These snapshot reports examine some of the topics covered by the survey. For more information about the survey, contact the Counseling & Health Center at UW-Green Bay at (920)465-2380.

This snapshot examines the self-reported mental health concerns of NCHA survey respondents attending UW-Green Bay in comparison to state and national respondents. Issues addressed in this report include general mental health challenges, depression, anxiety, self harm, accessing services, stress, and the relationship between mental health and academic performance. Other issues of the 2015 NCHA-UWGB Snapshot Series cover mental health concerns related to substance abuse and sexual violence.

Figure 1 shows that UW-Green Bay respondents have a high level of interest in a wide range of mental health topics compared to students elsewhere. The University's strong and large programs in the "helping" professions (Psychology, Human Development, Social Work and Education) may drive some of this interest and may not relate to personal concerns. However, table 1 and figure 3 show that relatively high percentages of UW-Green Bay students experience negative feelings regularly.

Table 1. Percent of Students Experiencing Mental Health Challenges in the Past Month

Challenge	UWGB	UW System	National (2014)
Felt things were hopeless	32%	26%	27%
Felt overwhelmed by all they had to do	75%	71%	69%
Felt exhausted, not from physical activity	74%	68%	67%
Felt very lonely	40%	38%	39%
Felt very sad	44%	40%	40%
Felt so depressed it was difficult to function	23%	18%	17%
Felt overwhelming anxiety	39%	36%	35%
Felt overwhelming anger	24%	20%	21%
Intentionally injured yourself	6%	3%	3%
Seriously considered suicide	6%	3%	3%

Figure 1. Percent of students interested in receiving information from the University about...

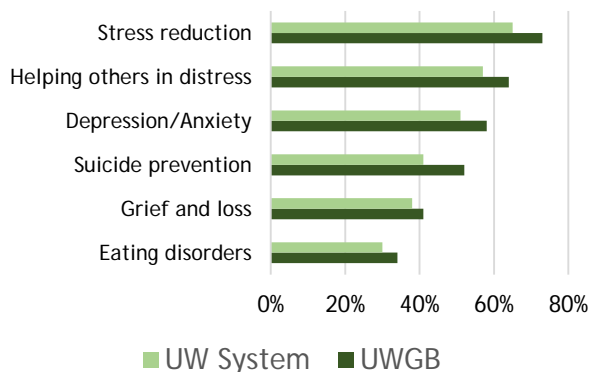
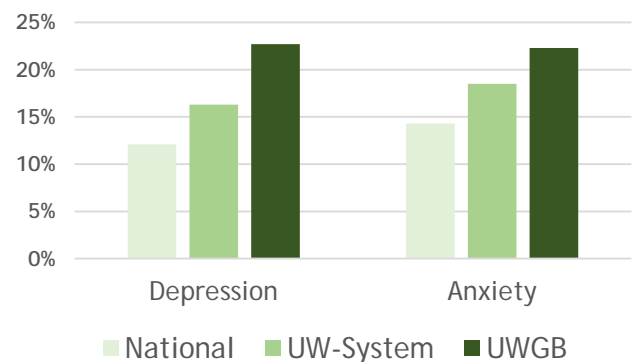
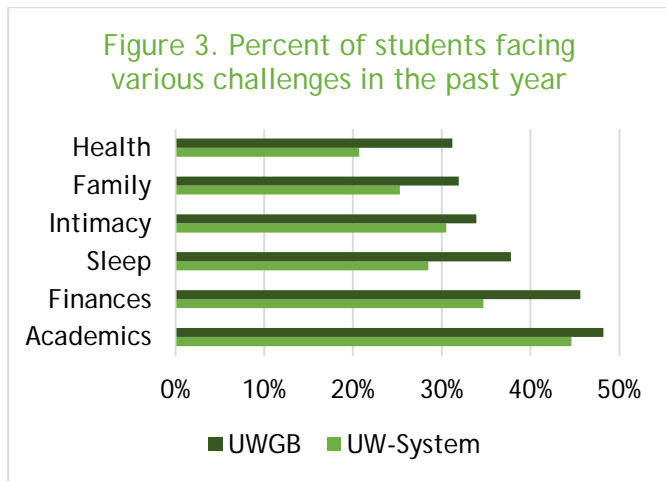


Figure 2. Percent of students diagnosed by a professional within the past year



The mental health triggers for UW-Green Bay students largely mirror those for students at other schools, although UWGB students seem significantly more concerned about finances, sleep problems and health problems (figure 3).



Anxiety and stress have negatively affected the academic performance of 28% and 36% of respondents, respectively, significantly higher rates than alcohol use (3%), internet use (10%), or even work (21%). Almost half of W-Green Bay students - 47% - have received mental health care from a counselor, therapist or psychologist, compared to only 39% of students across the entire UW-System. The majority of students (76% at UWGB and 75% across the System) would not hesitate to get additional mental health care in the future, but the response to that question differ based on sex, with women more willing than men to seek help.

The survey asks students to indicate whether they have been diagnosed or treated by a professional within the past year for a list of 14 different mental disorders ranging from anorexia to substance abuse. Almost a third of UW-Green Bay respondents, 31%, indicated having at least one professional mental health diagnosis within the past year. Over half of those diagnoses, 18%, resulted in medication, 8% prescribed in conjunction with psychotherapy and 10% treated solely with medication. Figures 4 through 8 illustrate that several attributes of students correlate with mental health, or at least with the likelihood of having sought professional mental health care treatment within the past year.

