NATIONAL COLLEGE
HEALTH ASSESSMENT

GREG LAMBETH, PH.D.
DIRECTOR
ASSOCIATE PROFESSOR
COUNSELING & TESTING CENTER

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4 IMPORTANT TAKEAWAYS

1. Severity of mental health issues is increasing at the University of Idaho
2. Self-harming, suicidal ideation and suicide attempts have also shown increases
3. Counseling Center clients have consistently higher acuity of mental health symptoms
4. Demand for clinical services at the CTC has been steadily increasing in the past decade
NATIONAL COLLEGE HEALTH ASSESSMENT
FALL 2017

University of Idaho
N= 982
Response Rate=28.1%
AREAS SURVEYED

1. General Health of College Students
2. Disease and Injury Prevention
3. Academic Impacts
4. Violence, Abusive Relationships and Personal Safety
5. Tobacco, Alcohol and Marijuana Use
6. Sexual Behavior
7. Nutrition and Exercise
8. Mental Health
9. Sleep
10. Demographics and Student Characteristics
### Diagnosed or Treated by a Professional (Last 12 Months)

<table>
<thead>
<tr>
<th>Disorder</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>20%</td>
</tr>
<tr>
<td>Depression</td>
<td>18%</td>
</tr>
<tr>
<td>Panic Attacks</td>
<td>12%</td>
</tr>
<tr>
<td>ADHD</td>
<td>5%</td>
</tr>
<tr>
<td>Insomnia</td>
<td>6%</td>
</tr>
<tr>
<td>Other Sleep Disorders</td>
<td>4%</td>
</tr>
<tr>
<td>Bipolar Disorder</td>
<td>2%</td>
</tr>
<tr>
<td>Other Mental Health</td>
<td>3.5%</td>
</tr>
<tr>
<td>OCD</td>
<td>3%</td>
</tr>
<tr>
<td>Substance abuse or addiction</td>
<td>2%</td>
</tr>
<tr>
<td>Bulimia</td>
<td>1%</td>
</tr>
<tr>
<td>Anorexia</td>
<td>1.7%</td>
</tr>
</tbody>
</table>
Felt overwhelmed by all you had to do

2011 2013 2015 2017

UI Last 12 Months National Last 12 Months
Felt so depressed that it was difficult to function

UI Last 12 Months
National Last 12 Months
Felt overwhelming anxiety

- UI Last 12 Months
- National Last 12 Months
Felt very lonely

- UI Last 12 Months
- National Last 12 Months

Graph showing the percentage of people who felt very lonely from 2011 to 2017, with a steady increase over the years.
Felt things were hopeless
Intentionally cut, burned, bruised, or otherwise injured yourself

Graph showing the trend from 2011 to 2017:
- UI Last 12 Months
- National Last 12 Months

Data points increase over time.
Number of Unique Clients Seen at CTC

<table>
<thead>
<tr>
<th>Year</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008-09</td>
<td>894</td>
</tr>
<tr>
<td>2009-10</td>
<td>964</td>
</tr>
<tr>
<td>2010-11</td>
<td>1066</td>
</tr>
<tr>
<td>2011-12</td>
<td>1156</td>
</tr>
<tr>
<td>2012-13</td>
<td>1109</td>
</tr>
<tr>
<td>2013-14</td>
<td>1070</td>
</tr>
<tr>
<td>2011-15</td>
<td>1077</td>
</tr>
<tr>
<td>2015-16</td>
<td>1186</td>
</tr>
<tr>
<td>2016-17</td>
<td>1256</td>
</tr>
</tbody>
</table>
Percentage of Clients Reporting Staying in School as a concern

- Some Concern
- Major Concern

Year:
- 2010-11
- 2011-12
- 2012-13
- 2013-14
- 2011-15
- 2015-16
- 2016-17
Percentage of Clients Reporting Significant Social Anxiety and Overall Distress
Medical Withdrawals

- UI
- CTC
The 21 U.S. states that saw their well-being drop in 2017 shattered the previous record set in 2009 amidst the Great Recession, when 15 states had lower well-being than the year before. The large
THANK YOU ...

Questions
Comments
Observations
Next Steps ...