

## 2020 Healthy Minds Survey

As part of the JED Campus program, UVU participated in the 2020 Healthy Minds Survey. This survey was administered by the Healthy Minds Network at the University of Michigan. This survey was conducted via email from September 21 to October 3, 2020. The survey was sent to 8,000 students, 1,360 of whom responded (17.0% response rate).

The survey is split into multiple sections, some of which were presented to all students. But in order to decrease the completion time of the survey, some sections were randomly presented to only half. For more information, contact Taylor Lovell (Tlovell@uvu.edu).

Results presented in this report come from a preliminary Qualtrics export of the survey results. As such we are limited in the reporting and additional analysis that we can do. The Healthy Minds Network will be delivering their official reports in Summer 2021.

Please note that female students were more likely to respond to the survey, and are therefore overrepresented in the results. The results in this report are preliminary.

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## Demographics of Respondents (n = 1,360 to 1,300)

- Sex at Birth: 60.7% Female, 39.2% Male
- Gender Identity\*: 59.4% Female, 38.2% Male
- Sexual Orientation\*: 82.4% Heterosexual, 9.2% Bisexual
- Relationship Status: 46.1% Single, 33.3% Married/Partnered/Engaged, 18.5% In a Relationship
- Race/Ethnicity\*: 87.4% White, 13.0% Hispanic/Latin(x), 4.2% Asian
- Dependent Children at Home: 81.2% None, 8.5% One, 10.4% Two or More
- Average Hours Worked Per Week During School: 22.6
- Religious Affiliation\*: 67.8% LDS, 9.2% No Preference, 8.7% Agnostic, 4.2% Atheist, 3.4% Catholic
- Degree Level\*: 18.6% Associate, 79.0% Bachelor's, 3.1% Master's
- Course Delivery for Fall 2020: 51.1% All Online, 44.8% Hybrid
- Enrollment Status: 77.9% Full-Time, 21.2% Part-Time
- Place of Residence: 51.6% Off-Campus Housing, 32.3% With Family
- Proximity to UVU: 58.9% Within Ten Miles, 38.8% Farther Than Ten Miles But Within Utah
- Number of Housemates: 21.4% Five or More, 51.8% Two to Four, 24.8% One, 2.0% None
- Most Popular UVU Activities\*: 56.7% None, 16.6% Religious Organization, 11.1% Academic or Pre-Professional Organization, 4.6% Community Service
- Military Service: 2.7% Yes, 97.3% No

\*Multiple Responses Allowed

## Financial Situation (n = 1,339)

- Current Financial Situation: 14.0% Always Stressful, 29.1% Often Stressful, 37.7% Sometimes Stressful
- COVID-19 Effect on Financial Situation: 23.4% A Lot More Stressful, 40.3% Somewhat More Stressful, 32.3% No Significant Change
- Worried Food Would Run Out (Past 12 Months): 6.8% Often True, 24.3% Sometimes True
- Financial Situation while Growing Up: 11.7% Always Stressful, 20.0% Often Stressful, 29.0% Sometimes Stressful

### Academic Performance (n = 1,317)

- Current Overall GPA (Multiple Responses Allowed): 69.9% Mostly A's, 46.7% Mostly B's, 12.7% Mostly C's
- Days Per Week that Emotional/Mental Difficulties Hurt Academic Performance (Past Four Weeks): 23.2% Six or Seven, 30.3% Three to Five, 29.8% One or Two, 16.6% None
- Hours Spent Attending Class Per Week: 8.7% Sixteen and Up, 36.8% Six to Fifteen, 54.6% Zero to Five
- Hours Spent Studying Per Week: 27.8% Sixteen and Up, 47.6% Six to Fifteen, 24.6% Zero to Five
- Agreement that "I am confident I will finish my degree": 40.3% Strongly Agree, 33.2% Agree, 19.1% Somewhat Agree

### Disabilities (n = 1,302)

- 5.7% of students had registered with UVU's office for disability services as having a documented and diagnosed disability.
- The most popular disabilities for which these students registered were Attention Deficit/Hyperactivity Disorder (36.5%), Psychological Disorder/Condition, Learning Disorder (29.7%), and Physical/Health-Related Disorder (25.7%).
- 32.4% of these students had frequently used their recommended, disability-related accommodations. 41.9% had occasionally used these resources and 25.7% had not used these resources at all.

<b>Importance of Factors when Choosing UVU (n = 304)</b> Average of Two-Point Importance Scale (0 = Not Important, 1 = Somewhat Important, 2 = Very Important)	
Cost/Affordability	1.81
Availability of Majors of Interest	1.67
Campus Location	1.52
Academic Reputation	1.13
Attractiveness of Campus	0.98
Reputation for Diversity/Inclusion	0.96
Size of School and/or Classes	0.94
Quality of Social Life/Extracurricular Activities	0.93
Gender-Inclusive Campus Facilities	0.65
Quality of On-Campus Housing	0.43

## Gender Identity (n = 302)

3.6% of student reported having been referred to by the wrong pronoun at UVU.

<b>Gender-Related Services and Programs</b> “Please indicate whether [these] exist at your school.”			
	Yes	No	Don’t Know
Gender-neutral/gender-inclusive restroom options	36.1%	11.8%	52.1%
Gender-neutral/gender-inclusive housing options	30.5%	11.1%	58.4%
Comprehensive nondiscrimination policy that includes protections based on gender identity and expression	71.7%	2.3%	26.0%
Policy/procedure allowing students to indicate their preferred name and pronoun on campus records	65.0%	4.0%	31.0%
Student health insurance coverage for transition-related medical expenses	17.9%	11.6%	70.5%
Counselor(s) trained in providing therapy/mental health counseling to transgender and genderqueer students	60.5%	3.3%	36.2%

<b>Resenting Gender Identity</b> Average of Six-Point Agreement Scale (1 = Strongly Disagree, 6 = Strongly Agree)	
I resent my gender identity or expression.	1.44
Because of my gender identity or expression, I feel like an outcast.	1.31
When I think about my gender identity or expression, I feel unhappy.	1.27

## Campus Climate

<b>Statements about Campus Climate (n = 1,300)</b> Average of Six-Point Agreement Scale (1 = Strongly Disagree, 6 = Strongly Agree)	
I believe my school actively works towards combating racism within the campus community.	4.68
I am satisfied with my overall experience at my school.	4.63
I see myself as part of the campus community.	3.45
At my school, I feel that the campus environment has a negative impact on students' mental and emotional health.	2.27

<b>“How safe do you feel...?” (n = 574)</b> Average of Six-Point Safety Scale (1 = Very Unsafe, 6 = Very Safe)	
On campus during the day	5.41
In the community around campus during the day	5.17
On campus at night	4.57
In the community around campus at night	4.33

<b>“I am treated fairly and equitably...” (n = 577)</b> Average of Five-Point Agreement Scale (1 = Strongly Disagree, 5 = Strongly Agree)	
On campus in general	4.17
In classrooms and classroom settings	4.16
In out-of-classroom campus spaces	4.07

## Campus Climate (n = 578)

- 30.9% of students have been treated unfairly because of their race, ethnicity, gender, sexual orientation, or cultural background at least once in a while.
- In the past twelve months, 7.0% of students have observed conduct or communication directed toward a person or group of people at UVU that created an exclusionary environment.
- Most common bases for the above conduct:
  - Political Views (16 mentions)
  - Gender Identity (15 mentions)
  - Race/Ethnicity (15 mentions)
  - Religious/Spiritual Beliefs (14 mentions)
- 13.1% of students have been concerned about their personal safety on campus sometime in the past twelve months.

<b>Statements about Campus Climate</b> Average of Six-Point Agreement Scale (1 = Strongly Disagree, 6 = Strongly Agree)	
At my school, I have been exposed to diverse opinions, cultures, and values.	4.96
Other people understand more than I do about what is going on at my school.	4.71
At my school, I feel that the campus climate encourages free and open discussion about mental and emotional health.	4.47
At my school, the administration is listening to the concerns of students when it comes to health and wellness.	4.43
At my school, I feel that students' mental and emotional well-being is a priority.	4.39
At my school, students are working to promote mental health on campus	4.37
I fit in well at my school.	4.20
I feel isolated from campus life.	3.91
At my school, I feel that the campus environment has a negative impact on students' mental and emotional health.	2.74
At my school, I feel that the campus environment has a negative impact on students' eating and body image.	2.53

## Campus Climate (n = 577)

<b>Overall Rating of Campus Climate</b> Average of Five-Point Sliding Scale (1 = All the Way Left, 5 = All the Way Right)	
Hostile – Friendly	4.23
Uncooperative – Cooperative	4.14
Not Welcoming – Welcoming	4.22
Disrespectful – Respectful	4.23
Uncomfortable – Comfortable	4.10

<b>Campus Climate for Persons from Various Backgrounds</b> Average of Five-Point Climate Scale (1 = Hostile, 5 = Welcoming)	
Women students	4.54
Students who are the first in their family to attend college (first-generation)	4.50
Students with Christian religious beliefs and backgrounds	4.48
Racial/ethnic minority students	4.41
Gay, lesbian and bisexual students	4.34
Students who are immigrants	4.33
Students who are not U.S. citizens	4.32
Students of low socioeconomic status	4.26
Students with disabilities	4.26
Students with religious beliefs and backgrounds other than Christian	4.25
Transgender and genderqueer students	4.22
Students who are non-native English speakers	4.19

## Campus Climate

<b>Climate for Persons from Various Racial/Ethnic Backgrounds</b> Average of Four-Point Respectfulness Scale (1 = Very Disrespectful, 4 = Very Respectful)	
White (n = 514)	3.49
Pacific Islander / Native Hawaiian (n = 402)	3.49
Asian / Asian American (n = 409)	3.44
African American / African / Black (n = 401)	3.42
American Indian / Alaskan Native (n = 369)	3.42
South Asian / Indian (n = 382)	3.42
Hispanic / Latin(x) (n = 424)	3.41
Middle Eastern / Arab / Arab American (n = 375)	3.37

<b>Ranking of Factors that Influence Perceptions of Climate (n = 459)</b> Average Ordinal Ranking Out of Eight Items (1 = Least Influence, 8 = Most Influence)	
Your experiences and feelings in the classroom	7.16
Interactions with other students	5.44
Dynamics in your department, major, or school	5.27
General campus-wide news and events	4.99
Interactions with faculty	4.64
Interactions with staff	3.87
National events, news, and headlines	3.25
Other	1.37



## Campus Climate (n = 574)

<b>“At UVU, I feel valued and listened to by...”</b> Average of Five-Point Agreement Scale (1 = Strongly Disagree, 5 = Strongly Agree)	
Faculty	3.86
Staff members	3.76
Other university mentors/advisors	3.72
Other students	3.71
Student instructors	3.60
University administrators	3.56

<b>“In your classes, how often...?”</b> Average of Five-Point Frequency Scale (1 = Almost Never, 5 = Very Often)	
Did professors call on you less than others because of your race/ethnicity?	4.95
Did you have fears of representing your racial/ethnic group in a negative way discourage you from participating in class?	4.81
Did you feel that others were taking your opinion as speaking for all members of your racial/ethnic group?	4.76

## Campus Climate (n = 572)

- Over the past twelve months, 5.2% of students have experienced exclusionary, intimidating, offensive and/or hostile behavior at UVU.
- Most common bases for the above conduct:
  - Religious/Spiritual Views (11 mentions)
  - Political Views (10 mentions)
  - Age (9 mentions)
  - Race/Ethnicity (9 mentions)

<b>Discriminatory Events at UVU</b> Percentage of Students Who Have Experienced Each at least Once in the Past Twelve Months	
Being treated in an "overly" friendly or superficial way	29.7%
Your ideas or opinions minimized, ignored or devalued	29.5%
Not being taken seriously	29.0%
Overhearing or being told an offensive joke or comment	28.3%
Being treated as if you were "stupid," being "talked down to"	24.7%
Being treated rudely or disrespectfully	20.0%
Others reacting to you as if they were afraid or intimidated	5.8%
Being accused of something or treated suspiciously	4.0%

### Place to Belong (n = 545)

- 47.2% of students have a group, community, or social circle at UVU where they feel they belong.
- 14.5% of students spend at least one hour per week participating in campus activities, organizations, sports, or extracurricular activities connected to UVU.

<b>Agreement with Statements about the Group Where Students Feel they Belong</b> Average of Four-Point Agreement Scale (1 = Strongly Disagree, 4 = Strongly Agree)	
You are proud of this community.	3.47
Participating in this community is a positive thing for you.	3.47
You feel a bond with this community.	3.38
It is important for you to be active in this community.	3.33

<b>“What percentage of your friends share your...?”</b>				
	0-25%	26%-50%	51%-75%	76%-100%
Racial/Ethnic Identity	12.3%	6.4%	32.8%	48.5%
Sexual Identity	8.5%	11.2%	24.1%	56.3%
Gender/Gender Identity	6.4%	17.5%	36.9%	39.2%
Religious/Spiritual Identity	14.1%	17.9%	29.5%	38.5%

<b>Percentage of Students Who Attend a Meeting that Supports Their Various Identities at Least Once a Year</b>	
Racial/Ethnic Identity	18.7%
Sexual Identity	17.9%
Gender/Gender Identity	17.4%
Religious/Spiritual Identity	61.2%

## Place to Belong

<b>Agreement with Statements about Ethnic Identity (n = 545)</b> Average of Five-Point Agreement Scale (1 = Strongly Disagree, 5 = Strongly Agree)	
UVU fosters respect for cultural differences.	4.22
UVU has made a special effort to help students from diverse backgrounds feel like they belong on campus.	4.04
UVU makes a genuine effort to recruit a diverse community of students.	3.96
Being a member of my racial/ethnic group is an important reflection of who I am.	2.83
I have a strong sense of belonging with other people in my racial/ethnic group.	2.81
I have a strong attachment to other people in my racial/ethnic group.	2.80
I have spent time trying to find out more about my ethnic group, such as its history, traditions, and customs.	2.66
I have often done things that will help me understand my ethnic background better.	2.55
I have often talked to other people in order to learn more about my ethnic group.	2.45

<b>Agreement with Statements about Belonging (n = 575)</b> Average of Five-Point Agreement Scale (1 = Strongly Disagree, 5 = Strongly Agree)	
This school is a place where I am able to perform up to my full potential.	3.73
I feel I belong at this school.	3.70
I feel valued as an individual at this school.	3.63
I have found one or more communities or groups where I feel I belong at this school.	3.08
I have considered leaving this school because I felt isolated or unwelcomed.	1.96

<b>“Please check the policies, programs, or initiatives that you are aware your school has.” (n = 544)</b>	
Multicultural Student Center	70.0%
President who cares about diversity, equity and inclusion	62.9%
LGBTQ Center	61.9%
Resources for international students	60.7%
Scholarships designed to help diversify the student body	60.3%
Diversity, Equity, Inclusion or related strategic plan	52.6%
Center for First-Generation Students	50.6%
Comprehensive nondiscrimination policy that includes race, sex, gender identity and expression, sexuality, color, religion, creed, national origin or ancestry, age, and marital status	49.3%
Diversity, inclusion and equity are part of the core mission of the university	42.8%
Counselor(s) trained in providing therapy/mental health counseling to gender minority students	39.2%
Veterans services coordinator	35.3%
Policy/procedure allowing students to indicate their preferred name and pronoun on campus records (e.g. course rosters and directory listings)	35.1%
Many resources for faculty/staff to support the development of inclusive teaching and meet the needs of a diverse campus.	32.9%
Race, ethnicity, diversity or related course requirement	31.8%
Ample opportunities and options to enhance student learning about diversity, inclusion and equity issues on campus and within the larger community	31.3%
Gender neutral bathroom options	27.2%
In state tuition, funding or scholarships available for undocumented students	23.2%
For-credit course(s) that address topics related to gender identity/expression	21.5%
Chief Diversity Officer or other senior-level administrator focused on diversity, equity and inclusion	20.0%
Education/training on gender diversity aimed at faculty/staff	15.3%
Education/training on gender diversity aimed at students	13.8%
Student health insurance coverage for transition-related medical expenses (e.g., hormone replacement therapy)	11.8%
Gender neutral housing options	5.7%

## Physical Health (n = 1,264)

- Most Common Diagnosed Health Conditions that Require Ongoing Treatment:
  - Asthma – 14.6%
  - Thyroid Disease – 3.4%
  - High Blood Pressure – 3.0%
  - Arthritis – 2.2%
  - Gastrointestinal Disease – 2.0%
  - Diabetes – 1.5%
- Average Weekly Exercise in Past 30 Days: 32.3% Less Than One Hour, 47.0% Two to Three Hours, 20.7% Five or More Hours
- Number of Naps During a Typical School Week: 39.8% None, 20.6% One, 17.4% Two, 22.2% Three or More
- Percentage of Students Who Have Visited a Medical Provider in the Past Twelve Months: 67.2%

## Alcohol, Tobacco, etc. (n = 1,266)

- 13.7% of students have drank alcohol in the past two weeks.
- 47.4% of these students have drank four or more consecutive drinks zero times in the past two weeks, 41.6% have done so once or twice, and 11.0% have done so three or more times.
- Percentage of Students Who Have Used Each in the Past 30 Days:
  - Marijuana – 7.0%
  - Electronic Cigarettes – 6.1%
  - Regular Cigarettes – 1.3%

Eating Habits (n = 1,277)	
Percentage of Students who Responded “Yes”	
Do you worry that you have lost control over how much you eat?	34.9%
Do you ever make yourself sick because you feel uncomfortably full?	21.5%
Would you say that food dominates your life?	19.3%
Do you believe yourself to be fat when others say you are too thin?	18.7%
Have you recently lost more than 15 pounds in a 3-month period?	12.5%

50.6% of students think they are at least somewhat overweight, 38.3% think they are normal weight, and 11.1% think they are at least somewhat underweight.

## Emotional Wellbeing (n = 1,288)

<b>Agreement with Statements about Emotional Wellbeing</b> Average of Seven-Point Agreement Scale (1 = Strongly Disagree, 7 = Strongly Agree)	
I am a good person and live a good life.	5.75
I am competent and capable in the activities that are important to me.	5.60
I actively contribute to the happiness and well-being of others.	5.53
My social relationships are supportive and rewarding.	5.44
I am optimistic about my future.	5.42
People respect me.	5.42
I lead a purposeful and meaningful life.	5.40
I am engaged and interested in my daily activities.	4.84

<b>“In the last two weeks, how often have you been bothered by...?”</b> Combined Percentage of “More than Half the Days” and “Nearly Every Day”	
Feeling tired or having little energy	48.1%
Trouble falling or staying asleep, or sleeping too much	41.7%
Poor appetite or overeating	38.0%
Trouble concentrating on things, such as reading the newspaper or watching television	31.9%
Feeling bad about yourself - or that you are a failure or have let yourself or your family down	30.6%
Little interest or pleasure in doing things	25.9%
Feeling down, depressed or hopeless	25.7%
Moving or speaking so slowly that other people could have noticed; or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	11.4%
Thoughts that you would be better off dead or hurting yourself in some way	8.2%

How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?: 7.8% Extremely Difficult, 18.2% Very Difficult, 52.3% Somewhat Difficult, 21.6% Not Difficult At All

## Emotional Wellbeing

<b>“How often are the following statements true about you?” (n = 560)</b> Average of Seven-Point Truth Scale (1 = Never True, 7 = Always True)	
It seems like most people are handling their lives better than I am.	4.11
Worries get in the way of my success.	3.78
Emotions cause problems in my life.	3.53
I worry about not being able to control my worries and feelings.	3.41
I'm afraid of my feelings.	3.23
My painful experiences and memories make it difficult for me to live a life that I would value.	2.56
My painful memories prevent me from having a fulfilling life.	2.50

<b>“How much do you agree with these statements?” (n = 558)</b> Average of Five-Point Agreement Scale (1 = Never True, 7 = Always True)	
I tend to bounce back quickly after hard times.	3.40
It does not take me long to recover from a stressful event.	3.18
I usually come through difficult times with little trouble.	2.97
I have a hard time making it through stressful events.	2.93
It is hard for me to snap back when something bad happens.	2.76
I tend to take a long time to get over set-backs in my life.	2.73



## Emotional Wellbeing (n = 1,272)

<b>“In the last two weeks, how often have you been bothered by...?”</b> Combined Percentage of “More than Half the Days” and “Nearly Every Day”	
Worrying too much about different things	39.1%
Feeling nervous, anxious or on edge	38.1%
Trouble relaxing	35.1%
Not being able to stop or control worrying	32.4%
Becoming easily annoyed or irritable	29.4%
Feeling afraid as if something awful might happen	23.5%
Being so restless that it's hard to sit still	19.1%

How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people? (n = 1,188): 7.9% Extremely Difficult, 19.6% Very Difficult, 52.3% Somewhat Difficult, 20.2% Not Difficult At All

<b>“Have you ever experienced...?”</b>	
A feeling that something strange and unexplainable was going on that other people would find hard to believe?	25.2%
A feeling that people were too interested in you or that there was a plot to harm you?	8.3%
An experience of seeing visions or hearing voices that others could not see or hear when you were not half asleep, dreaming, or under the influence of alcohol or drugs?	4.1%
A feeling that your thoughts were being directly interfered or controlled by another person, or your mind was being taken over by strange forces?	4.0%

48.7% of students who experienced at least one of the above had one of these experiences in the past 12 months.

### Emotional Wellbeing (n = 1,268)

<b>“In the past year, have you hurt yourself on purpose in any of the following ways?”</b>	
Punched or banged myself	11.8%
Interfered with wound healing	10.4%
Scratched myself	10.1%
Pulled my hair	8.5%
Punched or banged an object to hurt myself	7.9%
Cut myself	6.4%
Bit myself	6.0%
Rubbed sharp objects into skin	3.5%
Burned myself	1.6%
Carved words or symbols into skin	1.0%
No, none of these	71.1%

- Of students who intentionally hurt themselves, 49.1% did so once or twice a year, 24.6% once a month or less, and 15.9% two or three times per month.
- 17.4% of students seriously considering suicide in the past year, 8.2% made a plan to commit suicide, and 1.5% attempted suicide.

<b>“How often do you feel...?”</b>			
	Hardly Ever	Sometimes	Often
That you lack compassion	35.6%	38.4%	26.0%
Left out	28.4%	46.0%	25.6%
Isolated from others	30.5%	40.4%	29.1%

### **Abuse and Bullying (n = 1,264)**

- 53.7% of students have never been struck or physically injured by someone else (excluding appropriate athletic context). 26.3% of students have been struck or physically injured one to three times, and 19.9% have been struck or physically injured four or more times.
- Of students who have been struck or physically injured, the last time they were struck or physically injured was more than five years ago for 65.4%, between the last one to five years for 25.3%, and within the last year for 9.2%.
- 2.8% of students have struck or physically injured someone in the last year.
- 30.7% of students have been called names, yelled at, humiliated, judged, threatened, coerced, or controlled by another person in the past year.
- 4.9% of students have experienced discriminatory, exclusionary, intimidating, offensive, and/or hostile behavior at UVU. (n = 304)

### **Sexual Misconduct**

- 7.8% of students have had unwanted sexual contact in the past year.
- The most common individuals with whom this unwanted sexual contact occurred were acquaintances or friends of friends (44.4%), current or ex partners or spouses (40.4%), strangers (13.1%), and friends or roommates (12.1%).
- For students who experienced unwanted sexual contact, the most popular individuals whom they told about the incidents were close friends (41.4%), counselors (22.2%), romantic partners (21.1%), and parents or guardians (18.2%). 28.2% told no one.

## Intervening to Help (n = 580)

<b>Agreement with Statements about Intervening</b> Average of Six-Point Agreement Scale (1 = Strongly Disagree, 6 = Strongly Agree)	
I am responsible to help if a friend is struggling.	4.88
I am responsible to help if a classmate is struggling.	4.18
At my school, we are a campus where we look out for each other.	4.08
If I saw someone was at risk of being sexually assaulted, I would intervene.	5.32
If I saw someone was experiencing significant emotional distress or thoughts of suicide, I would intervene.	5.28
If I saw someone was using hurtful language (e.g., bullying, sexist, racist, or homophobic comments), I would intervene.	4.81
If I saw there was a physical altercation/fight, I would intervene.	4.14
If I saw someone was drinking too much, I would intervene.	3.78

<b>Witnessing and Intervening</b>		
	Witnessed	Witnessed and Intervened
Someone was using hurtful language (e.g., bullying, sexist, racist, or homophobic comments).	16.9%	9.3%
Someone was experiencing significant emotional distress or thoughts of suicide.	13.8%	10.3%
Someone was drinking too much.	6.0%	3.3%
Someone was at risk of being sexually assaulted.	3.3%	2.2%
There was a physical altercation/fight	1.4%	0.3%

- 88.9% of students who intervened with an above situation agreed that they were able to make the situation better.
- The most popular reasons why students chose not to intervene with an incident they witnessed is because they didn't know what to do (40.0%), they felt it was none of their business (40.0%), and they didn't feel confident (38.0%).

## Mental Health

<b>“Have you ever been diagnosed with any of the following conditions by a health professional?” (n = 1,255)</b>	
Anxiety (e.g., generalized anxiety disorder, phobias)	33.6%
Depression (e.g., major depressive disorder, persistent depressive disorder)	31.6%
Trauma and Stressor related disorders (e.g., posttraumatic stress disorder)	8.6%
Neurodevelopmental disorder or intellectual disability (e.g., attention deficit disorder, intellectual disability, autism spectrum disorder)	7.6%
Obsessive-compulsive or related disorders (e.g., OCD, body dysmorphia)	6.7%
Eating disorder (e.g., anorexia nervosa, bulimia nervosa)	4.9%
Bipolar (e.g., bipolar I or II, cyclothymia)	3.1%
Personality disorder (e.g., antisocial personality disorder, paranoid personality disorder, schizoid personality disorder)	1.5%
Substance use disorder (e.g., alcohol abuse, abuse of other drugs)	0.8%
Psychosis (e.g., schizophrenia, schizo-affective disorder)	0.5%
No, none of these	50.8%
Don't know	5.1%

<b>Agreement with Statements About Mental Health</b> Average of Six-Point Agreement Scale (1 = Strongly Disagree, 6 = Strongly Agree)	
If I needed to seek professional help for my mental or emotional health, I would know where to go on my campus.*	3.77
Most people think less of a person who has received mental health treatment.*	3.39
I would think less of a person who has received mental health treatment.*	1.49
In the past 12 months, I needed help for emotional or mental health problems such as feeling sad, blue, anxious or nervous. (n = 1,252)	4.04
I currently need help for emotional or mental health problems such as feeling sad, blue, anxious or nervous.^	4.45

\*Only asked of students who have not been diagnosed with a mental health condition. (n = 617)

^Only asked of student who agreed with “In the past 12 months...” (n = 829)

## Mental Health (n = 1,246)

- Most popularly mentioned persons with whom students would talk about serious emotional distress:
  - Family Member – 57.9%
  - Significant Other – 44.1%
  - Professional Clinician – 38.9%
  - Friend (Not a Roommate) – 38.4%
- “Have you ever received counseling or therapy for mental health concerns?”
  - Yes - 52.7%
  - No – 47.3%
- “Are you currently receiving counseling or therapy?”
  - Yes – 14.5%
  - No – 85.5%
- Most popularly mentioned places where students have received therapy or counseling in the past 12 months (only asked of students who have received therapy or counseling):
  - Provider in the Local Community – 46.5%
  - Provider in Another Location – 34.0%
  - UVU Campus Counseling Center – 18.3%
- Average Delivery Method of Therapy or Counseling:
  - In-Person Only – 62.2%
  - Remote Only – 20.1%
  - Hybrid – 17.7%
- COVID-19 Impact on Access to Mental Health Care:
  - Have Not Tried – 42.8%
  - More Difficult – 27.8%
  - No Change – 27.3%
- “Overall, how helpful do you think therapy or counseling has been?” (Only asked of students who have received therapy or counseling.)
  - Very Helpful – 40.2%
  - Helpful – 26.6%
  - Somewhat Helpful – 21.7%
  - Not Helpful – 11.5%

<b>Helpfulness for the Clinically Depressed</b> (Only asked of students who have been diagnosed with any mental health condition. n = 617)				
	Very Helpful	Helpful	Somewhat Helpful	Not Helpful
Therapy	49.4%	36.2%	12.0%	2.4%
Medication	29.5%	40.7%	23.0%	6.8%

## Mental Health (n = 1,228)

- Most Popular Persons from Whom Students Have Received Support for Mental and/or Emotional Health in the Past Twelve Months (Multiple Responses Allowed):
  - Family Member – 50.3%
  - Friend (Not a Roommate) – 38.6%
  - Significant Other – 36.8%
  - Roommate – 14.2%
  - Religious Counselor – 12.3%
  - None of These – 23.0%
- Helpfulness of the Above Support:
  - Very Helpful – 36.5%
  - Helpful – 41.9%
  - Somewhat Helpful – 19.6%
  - Not Helpful – 2.1%
- Most Popular Individuals at UVU With Whom Students Would Discuss a Mental Health Problem that was Affecting Academic Performance (Multiple Responses Allowed):
  - No One – 42.7%
  - Academic Advisor – 30.9%
  - Professor from a Class – 30.8%
  - Student Services Staff – 11.0%
- During this school year, 9.9% of students have spoken with someone at UVU about a mental health problem that was affecting their academic performance. 90.8% of these students found the response Supportive or Very Supportive.

## Paying for Mental Health Services (n = 1,220)

- Most Popular Sources of Health Insurance Coverage (Multiple Responses Allowed)
  - Parent(s) or Their Employer – 58.8%
  - My Employer – 12.1%
  - My Spouse's Employer – 8.1%
  - Governmental Insurance – 6.6%
  - Purchased Directly from Insurer – 3.9%
  - No Health Insurance – 10.7%
- 56.4% of students who have health insurance believe that their insurance would provide coverage for a visit to a mental health professional (n = 1,082).
- The insurance plans of 13.7% of students are inadequate to meet their mental health needs.
- 46.0% of students who have had to pay for mental health services have found it at least Somewhat Difficult to pay. (n = 504)

## Medication for Mental Health (n = 1,235)

- Prescription Medications Taken in the Past Twelve Months (Multiple Responses Allowed):
  - None – 69.7%
  - Antidepressants – 23.2%
  - Anti-Anxiety Medications – 8.2%
  - Sleep Medications – 5.7%
  - Psychostimulants – 5.5%
  - Mood Stabilizers – 4.2%
- Source of Prescription for the Medications:
  - General Practitioner, Nurse Practitioner, or Primary Care Physician – 72.7%
  - Psychiatrist – 25.1%
- Helpfulness of the Medications:
  - Very Helpful – 42.1%
  - Helpful – 32.5%
  - Somewhat Helpful – 19.6%
  - Not Helpful – 5.8%
- Most Popular Reasons Why Students Sought Prescription Medications (Multiple Responses Allowed):
  - I decided to seek help on my own (391 responses).
  - A family member encouraged me to seek help (213 responses).
  - A friend encouraged me to seek help (87 responses).
  - A health professional recommended or referred me to seek help (69 responses).

## Not Seeking Help

- Most Popular Reasons for Receiving Fewer Services or No Services for Mental and/or Emotional Health in the Past Twelve Months (Multiple Responses Allowed):
  - No Need for Services – 467 Responses
  - Financial Reasons – 363 Responses
  - Prefer to Deal with Issues on My Own – 270 Responses
  - Not Enough Time – 223 Responses
  - Not Sure Where to Go – 195 Responses
  - Difficulty Finding an Available Appointment – 116 Responses



## Knowledge About and Attitudes Toward Mental Health (n = 606)

- 50.9% of students rate their level of knowledge about mental illnesses as above average. 40.6% rate their level of knowledge as average.
- 9.7% of students have participated in a mental health gatekeeper training program.
- 43.2% of students are aware of mental health outreach efforts on campus at UVU.
- 79.4% of students haven't heard anything from other students about the quality of mental health and psychological counseling services at UVU. Of those who have, 47.2% have heard mostly positive things and 11.2% have heard mostly negative things.
- 89.7% of students have at least one close friend or family member who has sought professional help for an emotional or mental health problem.

<b>Agreement with Statements About Mental Health (n = 599)</b> Average of Six-Point Agreement Scale (1 = Strongly Disagree, 6 = Strongly Agree)	
I would willingly accept someone who has received mental health treatment as a close friend.	5.55
Most people would willingly accept someone who has received mental health treatment as a close friend.	4.60
I have a good idea of how to recognize that someone is in emotional or mental distress.	4.58
There is a good support system on campus for students going through difficult times.	4.12
I feel confident in helping someone with a mental health problem.	4.10
Sometimes I keep my mental illness a secret.*	3.86
Sometimes I feel ashamed of having a mental illness.*	3.65
Most people feel that receiving mental health treatment is a sign of personal failure.	3.33
I feel that receiving mental health treatment is a sign of personal failure.	1.81
I would think less of a person who has received mental health treatment.	1.51

\*Only asked of students who have been diagnosed with a mental health condition.

## COVID-19 (n = 552)

- 6.1% of students have had a confirmed case of COVID-19, and another 23.3% believe they have had the virus or similar symptoms. None of these students were hospitalized.
- 56.8% of students believe it is likely that they will contract COVID-19.
- 32.1% of students know someone who has experienced significant illness as a result of COVID-19.
- 5.2% of students know someone who has died as a result of COVID-19.
- Most trusted sourced of COVID-19 information (Multiple Responses Allowed):
  - Public Health Agencies – 68.9%
  - Friends and Family – 40.9%
  - National or International Media – 22.0%
  - Officials from UVU – 19.9%
  - Social Networking Sites – 17.6%
  - State or Local Elected Officials – 16.9%
  - Local Media – 14.5%
  - Federal Elected Officials – 11.1%

UVU Support During COVID-19		
	Average Level of Support*	Does Not Apply^
Your professors	4.11	15.6%
Your college or university's administration	4.00	18.0%
Your campus mental health services	3.86	39.9%
Your campus medical services	3.82	43.0%

\*Average of five-point supportiveness scale among students who think about each group for support (1 = Very Unsupportive, 5 = Very Supportive)

^Percentage of students who do not think about each group for support or who were unaware of each group.

- 95.3% of students have been following recommendations for hygiene practices at least somewhat closely. 85.5% of the people with whom students live have been doing the same.
- 85.9% of students have been following recommendations for social distancing at least somewhat closely. 76.6% of the people with whom students live have been doing the same.
- 96.9% of students wear a facemask in public at least most of the time when it is required. 61.5% of students wear a facemask in public at least most of the time when it is NOT required.

## COVID-19

<b>“In the last two week, how concerned have you been with the following?” (n = 544)</b> Average of Five-Point Concern Scale (1 = Not Concerned at All, 5 = Extremely Concerned)	
Uncertainty of the future	3.49
How long the COVID-19 pandemic will last	3.37
Not being able to spend time with people you care about	3.34
People you care about contracting COVID-19	3.21
People you care about dying from COVID-19	3.10
How many more people will die as a result of COVID-19	2.93
How many more people will become infected with COVID-19	2.91
Missing milestones at school	2.76
Your personal sense of safety and security	2.60
Personally contracting COVID-19	2.51

- 18.3% of students have witnessed or experienced discriminatory or hostile behavior targeted at Asian American individuals as a result of COVID-19.
- 57.2% of students Agree or Strongly Agree that Asian Americans are respected by the broader American society.