

ACHA-NCHA Spring 2021





The race/ethnicity statistics are similar to our campus-reported demographics in 2020-2021 from Enrollment Services, which demonstrates that our data represent our student body.

The majority (72%) of our students reported living with their parent/guardian/other family members. About 1% reported living either in a temporary "booth or firm" situation or do not have a place to live.

60% reported being a first-generation college student. 10% defined "achiever" as a 6



86% of respondents reported **moderate or high stress** in the last 12 months.

The leading mental health diagnoses reported were **anxiety (22%) and depression (18%)**, which were similar to 2018 results.

Although 79% of respondents reported they would consider getting help from a mental health professional, only 21% of respondents received psychological or mental health services within the last 12 months.

26% students reported receiving mental health counseling at CAPS in the last 12 months.

Intentional self-injury was reported by 9% of the respondents and was disproportionately higher in transgender/ gender non-conforming students at 19% compared to cis-women at 9% and cis-men at 6%.

28 students reported a suicide attempt within the last 12 months; 43% were cis-men, 50% were cis-women, and 7% were transgender/ gender non-conforming.

The following scales are a new feature of the ACHA-NCHA III and assist with evaluating the mental health of our students.

Kessler 6 (K6) Non-Specific Psychological Distress Score (Range 0-24) Amended 12/9/21

The K6 was developed as a quick tool to assess the general public for serious mental illness.

Interpretation of Scores:



The mean score for CSULB respondents was **9.69**, which demonstrates our respondents' being in moderate distress. The national mean score was **8.79**.

UCLA Loneliness Scale (ULS3) Score (Range is 3-9)

American culture defines loneliness with a negative perspective.



Diener Flourishing Scale – Psychological Well Being (PWB) Score (range is 8-56)

Interpretation of Scores:

The possible range of scores is from 8 (lowest possible) to 56 (highest PWB possible). A high score represents a person with many psychological resources and strengths.

The mean score for CSULB respondents was **43.3** and the national mean score was **44.4**.

The Connor-Davidson Resilience Scale (CD-RISC2) Score (Range is 0-8)

Interpretation of Scores:

The CD-RISC 2 was developed as a measure of "bounce-back" and adaptability by the original authors and has a score range of 0-8. The mean score for CSULB respondents was 3.1 and the national mean score was 3.7. The standard deviation for CSULB respondents was 1.7 and the national standard deviation was 1.7. The Cronbach's alpha for CSULB respondents was 0.8 and the national Cronbach's alpha was 0.8.



Suicide Behavior Questionnaire-Revised (SBQR) Screening Score (Range 3-18)

SBQR is a 4-

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Less than 1% of respondents were identified as having high-risk use of cannabis, and 17% were identified as having moderate risk use (based on the Substance Specific Involvement Scores from the ASSIST scale). Nationally, students reported similar use of cannabis.

