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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 at their proof of their property of their property

60% reported being a first-generation college at it. If it is a child in the college at the coll

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**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:

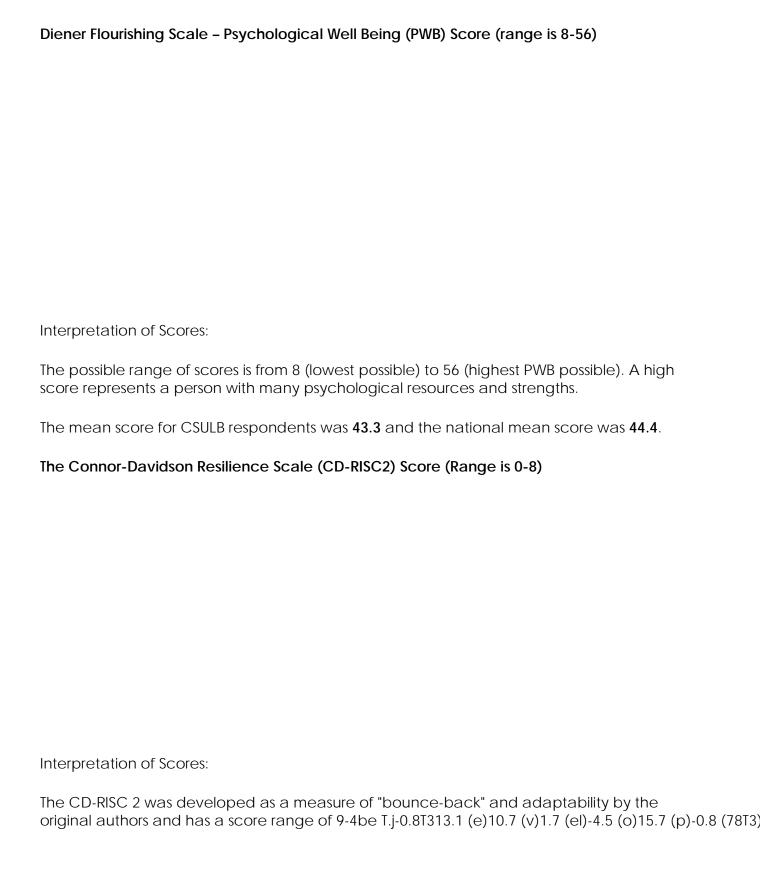
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The mean score for CSULB respondents was **9.69**, which demonstrates our respondents' being in moderate distress. The national mean score was **8.79**.

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

American culture defines loneliness with a negative perspective.

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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.