







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 "achieving" as 16





**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.



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

SBQR is a 4-



**6% of respondents reported being sexually assaulted within the last year.** This includes touching, attempted penetration, and penetration against their will.

4% reported being a victim of stalking; 1% reported physical assault; and 8% reported being verbally threatened.

**13% reported being in an emotionally abusive relationship.**

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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.

