

---

I ] Z°=ZVa] n°B ^cYh°CZil dg

---

California State  
University Maritime  
Academy  
Winter 2023

---

REPORT OF DATA FROM THE  
HEALTHY MINDS STUDY

---



I 67A: °D; °8DCI : CI H

×CI GD9J 8I >DC

)

67DJ I °I = ×H°G: EDGI

\*

H6B EA: °8=6G68I : G×HI >8H

+",

EG: K6A: C8: °D; °B : CI 6A°=: 6AI = °EGD7A: B H

- "&%

EDH× ×: °B : CI 6A°=: 6AI =

&%

=: 6AI = °7: =6K>DGH°6C9°A> : HI NA:

&&"&'

6I I × J 9: H°6C9°7: A> ; H°67DJ I °B : CI 6A°=: 6AI = °H: GK>8: H

&(

J H: °D; °H: GK>8: H

&) "&+

G: ; : G: C8: H

&,

## HEALTHY MINDS STUDY PURPOSES:

The Healthy Minds Study provides a detailed picture of mental health and related issues in college student populations. Schools typically use their data for some combination of the following purposes: to identify needs and priorities; benchmark against peer institutions; evaluate programs and policies; plan for services and programs; and advocate for resources.

## HEALTHY MINDS STUDY: CONFIDENTIALITY

The Healthy Minds Study is designed to protect the privacy and confidentiality of participants. HMS is approved by Advarra IRB. To further protect respondent privacy, the study is covered by a Certificate of Confidentiality from the National Institutes of Health.

## Sampling

Each participating school provides the HMS team with a randomly selected sample of currently enrolled students over the age of 18. Large schools typically provide a random sample of 4,000 students, while smaller schools typically provide a sample of all students. Schools with graduate students typically include both undergraduates and graduate students in the sample.

## Data Collection

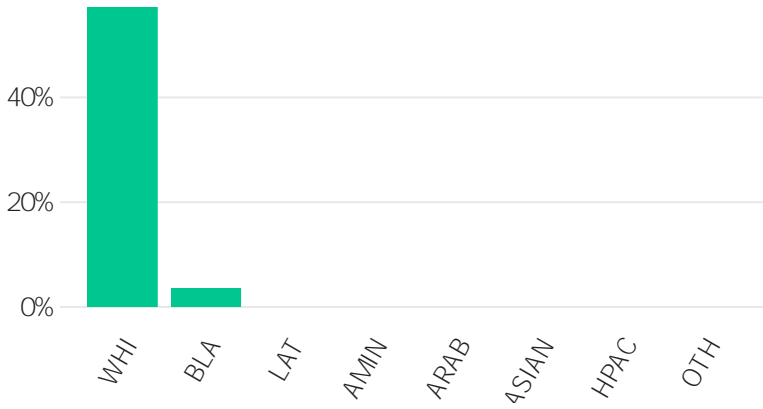
HMS is a web-based survey. Students are invited and reminded to participate in the survey via emails, which are timed to avoid, if at all possible, the first two weeks of the term, the last week of the term, and any major holidays. The data collection protocol begins with an email invitation, and non-responders are contacted up to three times by email reminders spaced by 2-10 days each. Reminders are only sent to those who have not yet completed the survey. Each communication contains a URL that students use to gain access to the survey.



# H6B EA: '8=6G68I : GHI 8H'LC2' %\*†

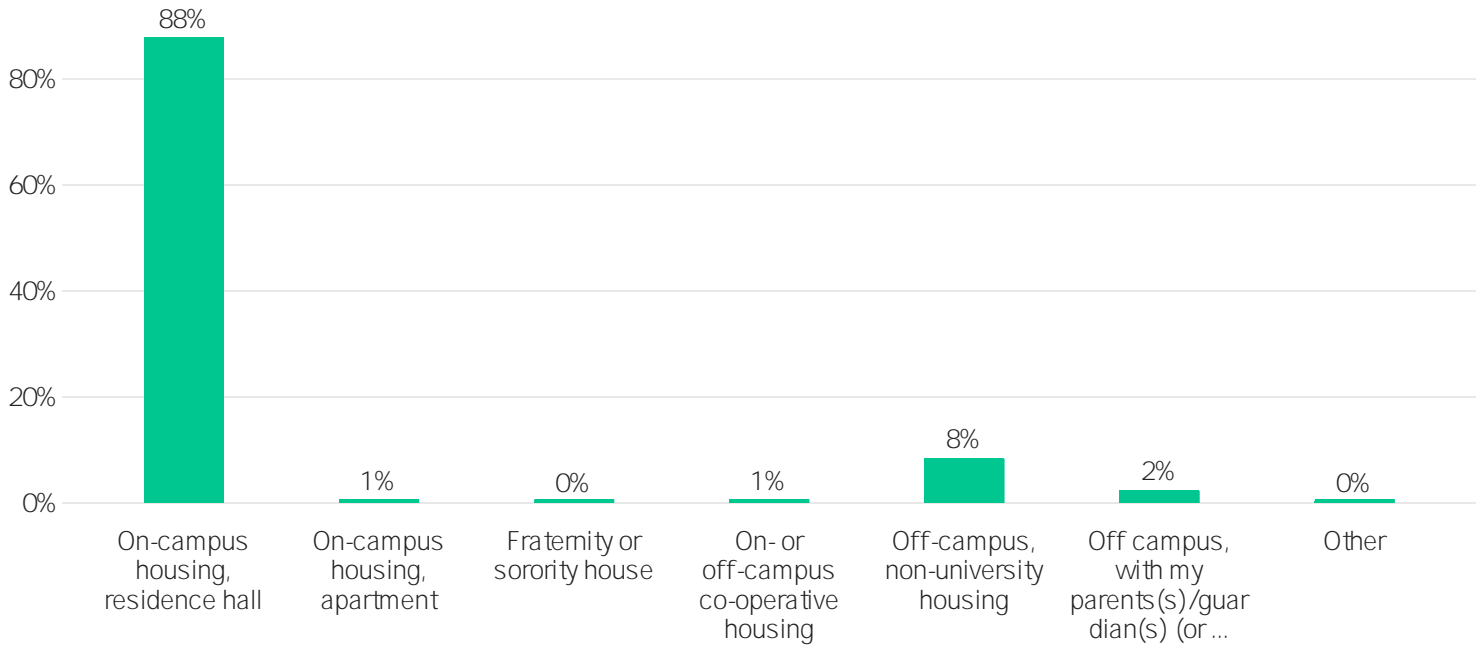
## RACE/ETHNICITY

205 Responses



## LIVING ARRANGEMENT

198 Responses



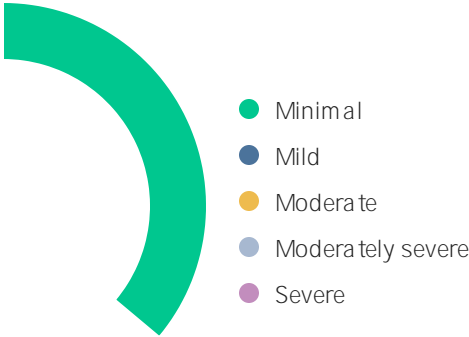
## CLASS FORMAT

198 Responses

All in-person    Hybrid (both in-person and online)    All online    Other

EG: K6A: C8: °D; °B: CI 6A°=: 6A = °EGD7A: B H

186 Responses





# SUICIDALITY AND SELF-INJURIOUS BEHAVIOR

HJ 89: EA6CŽ

In the past year, did you make a plan for attempting suicide?

33 Responses



- Yes
- No

# LIFETIME DIAGNOSIS OF MENTAL DISORDERS

Have you ever been diagnosed with any of the following conditions by a health professional (e.g., primary care doctor, psychiatrist, psychologist, etc.)? (Select all that apply)

182 Responses

Mental Health Diagnosis	Percentage of Responses
Depression (e.g., major depressive disorder, persistent depressive disorder)	24%
Anxiety (e.g., generalized anxiety disorder, phobias)	24%
Eating disorder (e.g., anorexia nervosa, bulimia nervosa)	3%
Psychosis (e.g., schizophrenia, schizo-affective disorder)	1%
Personality disorder (e.g., antisocial personality disorder, paranoid personality disorder, schizoid personality disorder)	1%
Substance use disorders (e.g., alcohol use disorder, tobacco use disorder, cocaine use disorder, marijuana use disorder, opioid use disorder, stimulant use disorder, benzodiazepine use disorder, barbiturate use disorder, sedative use disorder, inhalant use disorder, hallucinogen use disorder, dissociative use disorder, other drug use disorder)	2%
Bipolar (e.g., bipolar I or II, cyclothymia)	1%
Obsessive-compulsive or related disorders (e.g., obsessive-compulsive disorder, body dysmorphia)	4%
Trauma and Stressor-related disorders	

=: 6A = °7: = 6K DGH°6C9°A> : HI NA:

## DRUG USE

Over the past 30 days, have you used any of the following drugs? (Select all that apply)

180 Responses

Substance	Percentage of Responses
Marijuana	5%
Cocaine (any form, including crack, powder, or freebase)	1%
Heroin	0%
Methamphetamines (also known as speed, crystal meth, Tina, T, or ice)	1%
Other stimulants (such as Ritalin, Adderall) without a prescription or more than prescribed	3%
MDMA (also known as Ecstasy or Molly)	1%
Opioid pain relievers (such as Vicodin, OxyContin, Percocet, Demerol, Dilaudid, codeine, hydrocodone, methadone, morphine) without a prescription or more than prescribed	1%
Benzodiazepines (such as Valium, Ativan, Klonopin, Xanax, or Rohypnal/Rohypes) without a prescription or more than prescribed	0%
Ketamine (also known as K, Special K)	0%
LSD (also known as acid)	3%
Psilocybin (also known as magic mushrooms, boomers, shrooms)	6%
Kratom	1%
Athletic performance enhancers (without a prescription)	0%

# EXERCISE

In t

## PERCEIVED NEED (CURRENT)\*

I currently need help for emotional or mental health problems or challenges such as feeling sad, blue, anxious or nervous.

\*Among students who indicated they needed help for emotional or mental health problems in the past year

108 Responses

St

J H: °D; °H: GK 8: H

EhnX] digde X`b ZY XVi °dc`j hZ/eVhi °nZVg°Væihij YZcih

In the past 12 months have you taken any of the following types of p)ps p)nnimosht rlnnt hdsst ftu ttof tohsft fou tauf wmpstakøç

Four horizontal grey bars representing a list of options or a form for recording responses.

## THERAPY USE: LIFETIME\*

\*Amongn





