2012 NASPA Assessment Consortium
Mental Health and Counseling Student Survey
Weber State University

The mental health and counseling student survey is comprised of the Counseling Center Assessment of Psychological Symptoms (CCAPS) and additional mental health related questions. The CCAPS is a 62-item validated instrument comprised of eight scales. The survey was administered 3/30/2012-4/13/2012. A total of 263 randomly selected students responded to the survey.

Demographics
- 79% of students live off campus with their family.
- 86% of students state that they will be enrolled at Weber State University next semester.
- 75% of students are enrolled full time at Weber State University.
- 22% of students are the first in their family to go to college.
- 9% of students are involved in at least one intramural group, club sport, or organized fitness
- 65% of students study up to fifteen hours a week.
- 59% of students expect to have a 3.5-4.0 GPA this semester.
- 26% of students do not work for pay during the academic year, while 17% of students work more than 41 hours a week for pay during the academic year.

When reflecting on the past two weeks,
- 86% of students stated they felt that their family loved them.
- 33% of students stated that they have sleep difficulties.
- 63% of students stated that they feel valued.
- 71% of students stated that they feel their family is a happy one.
- 21% of students stated they wish their family got along better.
- 67% of students stated they enjoyed their classes.
- 83% of students stated they do not abuse alcohol.
- 13% of students stated they have a history of abuse in their family.
- 24% of students stated that they struggle to stay motivated for their classes.
- 78% of students stated that they feel comfortable around other people.
- 74% of students stated they felt confident that they could succeed academically.

Student Experiences
- 15% of students have purposely injured themselves without suicidal intent (e.g. cutting, hitting, hair pulling, burning).
- 21% of students have seriously considered committing suicide.
- 9% of students made a suicide attempt.
- 23% of students have had unwanted sexual contact(s) or experience(s)
- 40% of students have experienced harassing, controlling, and/or abusive behaviors from another person.
- 14% of students are reported that they are currently taking prescribed medication for a mental health concern.
- 38% of students reported that they attend counseling.
- 5% of students report that they are currently receiving counseling or other therapeutic services on campus. 6% of students are currently receiving counseling or other therapeutic services off campus.
- 82% of students are satisfied with their current state of health.