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 covering topics such as: depression, generalized anxiety, social anxiety, and academic distress. The survey was administered 02/14/2010 - 03/15/2010. A total of 36 students responded to the survey for a 5% error margin at a 95% confidence level.

**When reflecting on the past two weeks:**

- 66% of students stated that they enjoyed their classes.
- 87% of students stated that they felt that their family loves them.
- 17% of students stated that they felt isolated and alone.
- 6% of students stated that they lost touch with reality.
- 71% of students stated that they felt confident that they could succeed academically.
- 39% of students stated that they have become anxious when they have had to speak in front of audiences.
- 29% of students stated that they have had sleeping difficulties.
- 39% of students stated that they were not satisfied with their body shape.
- 63% of students stated that they were enthusiastic about life.
- 18% of students stated that they were concerned that other people do not like them.
- 24% of students stated that they felt uncomfortable around people they didn’t know.
- 3% of students stated that they have had thoughts of ending their life.
- 1.5% of students stated that they were afraid they might lose control and act violently.
- 45% of students stated that they felt comfortable around other people.
- 68% of students stated that they liked themselves.

**Mental Health Information**

- 35% of students have attended counseling for mental health concerns at some point.
- 6% of students are currently receiving counseling or other therapeutic services on campus.
- 4% of students are currently receiving counseling or other therapeutic services off campus.
- 24% of students have taken a prescribed medication for mental health concerns at some point.
• 12% of students are currently taking prescribed medication for mental health concerns.

• 5% of students have been hospitalized for mental health concerns.

• 15% of students have purposely injured themselves without suicidal intent. Of those students, 6% have purposely injured themselves since starting college.

• 21% of students have seriously considered attempting suicide. Of those students, 9% have considered since starting college.

• 6% of students have made a suicide attempt. Of those students, 2% have since starting college.

• 11% of students have considered seriously injuring another person. Of those students, 6% have considered since starting college.

• 21% of students have had unwanted sexual contact(s) or experience(s). Of those students, 11% have since starting college.

• 36% of students have experienced harassing, controlling and/or abusive behavior from another person. Of those students, 20% have experienced this since starting college.

• 36% of students have experienced a traumatic event that caused them to feel intense fear, helplessness, or horror. Of those students, 16% have experienced this since starting college.

• 80% of students agree that they get the emotional help and support they need from their family.

• 69% of students agree that they get the emotional help and support they need from their social network (e.g. friends and acquaintances).

• 61% of students stated that religious or spiritual preferences in their life are very important.

• 47% of students stated that their financial situation right now is often or always stressful.

• 30% of students stated that their financial situation while growing up was often or always stressful.

Demographic Information
• 86% of students stated that if they could start over again, they would go to Weber State.

• 82% of students intend to still be enrolled at WSU in Fall 2010.

• 54% of students work 20 hours a week for pay.

• 5% of students have been enlisted in a branch of the U.S. Military.