

Community College Survey of Student Engagement - Walters State Community College (2023 Administration)
Frequency Distributions - Community College Student Mental Health and Well-Being

[Weighted]

Item	Variable	Responses	Your College		Medium Colleges		Community College Student Mental Health and Well-Being	
			Count	Percent	Count	Percent	Count	Percent
6. At this college, I feel that students' mental health and emotional well-being is a priority.	COLLQ8666	Strongly disagree	18	9.2	1,343	9.1	4,700	9.3
		Disagree	23	11.9	1,832	12.4	6,185	12.2
		Agree	86	45.5	8,064	54.8	27,585	54.4
		Strongly agree	63	33.4	3,481	23.6	12,258	24.2
		Total	190	100.0	14,720	100.0	50,728	100.0
7. Over the last 2 weeks, how often have you been bothered by having little interest or pleasure in doing things?	COLLQ8667	Not at all	80	42.3	5,972	40.5	20,796	40.9
		Several days	62	32.8	5,172	35.0	17,603	34.6
		More than half the days	20	10.6	1,995	13.5	6,898	13.6
		Nearly every day	27	14.3	1,621	11.0	5,506	10.8
		Total	190	100.0	14,760	100.0	50,804	100.0
8. Over the last 2 weeks, how often have you been bothered by feeling down, depressed or hopeless?	COLLQ8668	Not at all	92	49.0	7,239	49.3	25,242	49.9
		Several days	68	36.0	4,518	30.8	15,470	30.6
		More than half the days	10	5.1	1,709	11.6	5,690	11.2
		Nearly every day	19	9.9	1,206	8.2	4,182	8.3
		Total	189	100.0	14,673	100.0	50,584	100.0

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9. Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge?	COLLQ8669	Not at all	65	35.1	4,842	32.9	17,188	33.9
		Several days	67	36.2	5,429	36.9	18,335	36.2
		More than half the days	22	11.6	2,299	15.6	7,803	15.4
		Nearly every day	32	17.2	2,150	14.6	7,367	14.5
		Total	186	100.0	14,719	100.0	50,693	100.0
10. Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying?	COLLQ8670	Not at all	90	47.6	6,496	44.2	22,904	45.2
		Several days	51	27.1	4,558	31.0	15,296	30.2
		More than half the days	17	8.9	1,834	12.5	6,310	12.5
		Nearly every day	31	16.4	1,822	12.4	6,171	12.2
		Total	190	100.0	14,710	100.0	50,681	100.0
11. In the past 12 months, I have needed help for emotional or mental health problems such as feeling sad, blue, anxious, or nervous.	COLLQ8671	Strongly disagree	70	36.8	4,912	33.4	17,078	33.7
		Disagree	34	17.8	2,400	16.3	8,172	16.1
		Neither agree nor disagree	23	12.1	2,632	17.9	8,952	17.7
		Agree	40	21.3	2,960	20.1	10,313	20.4
		Strongly agree	23	11.9	1,794	12.2	6,151	12.1
		Total	190	100.0	14,697	100.0	50,667	100.0

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12. If you needed to seek professional help for your mental or emotional health while attending this college, you would know where to go.	COLLQ8672	Strongly disagree	20	10.8	2,074	14.2	7,234	14.3
		Disagree	20	10.6	2,358	16.1	7,928	15.7
		Neither agree nor disagree	23	12.1	2,983	20.4	10,449	20.7
		Agree	81	43.1	4,868	33.3	16,724	33.1
		Strongly agree	44	23.4	2,357	16.1	8,152	16.1
		Total	188	100.0	14,640	100.0	50,489	100.0
13. If you needed help for your mental health and emotional well-being in the past 12 months, how often have you sought such help?	COLLQ8673	Never	66	34.7	4,729	32.3	16,312	32.3
		Rarely	29	15.1	3,242	22.1	10,937	21.7
		Often	29	15.2	2,246	15.3	7,866	15.6
		Very often	11	6.0	1,145	7.8	3,996	7.9
		I have not needed help for my mental health and emotional well-being	55	29.1	3,279	22.4	11,364	22.5
		Total	190	100.0	14,641	100.0	50,476	100.0
14. If you needed help with your mental health and emotional well-being, what would be the greatest barrier that would keep you from seeking that help?	COLLQ8674	Lack of resources (money, time, transportation)	57	29.9	4,694	32.4	15,922	31.9
		I worry about what others will think of me	28	14.6	1,752	12.1	6,147	12.3
		I do not know where to seek help	10	5.3	931	6.4	3,258	6.5
		I do not know what kind of help I need	30	16.0	2,749	19.0	9,292	18.6
		Other	65	34.2	4,354	30.1	15,328	30.7
		Total	189	100.0	14,481	100.0	49,948	100.0

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			Count	Percent	Count	Percent	Count	Percent
15. If you were experiencing emotional or mental health problems such as feeling sad, blue, anxious, or nervous, whom would you most prefer to talk to about this?	COLLQ8675	Trained mental health provider (e.g., psychiatrist, psychologist, counselor, or social worker, etc.)	56	29.5	5,426	37.2	18,638	37.1
		Someone who works at this college who is not a trained mental health provider	7	3.6	397	2.7	1,433	2.9
		Friend, partner, or family member	104	54.8	7,112	48.8	24,404	48.6
		Someone from your cultural community (identity-based, faith-based, etc.)	10	5.2	483	3.3	1,616	3.2
		Other	13	6.9	1,152	7.9	4,103	8.2
		Total	190	100.0	14,570	100.0	50,193	100.0
16. If you were experiencing emotional or mental health problems such as feeling sad, blue, anxious, or nervous, which of the following supports from a trained mental health provider would you most prefer to use?	COLLQ8676	In-person, individual counseling or therapy	138	73.6	10,672	74.1	36,602	73.8
		In-person, group therapy or a support group	7	3.7	862	6.0	2,729	5.5
		Teletherapy (counseling or therapy via the phone, video, text, messaging)	31	16.4	2,070	14.4	7,334	14.8
		Peer counseling from a trained peer	6	3.3	536	3.7	2,011	4.1
		Crisis hotline (number to call or text during a mental health crisis to reach a trained responder)	6	3.0	263	1.8	889	1.8
		Total	188	100.0	14,402	100.0	49,565	100.0
17. If you needed help with your mental health and emotional well-being, how important is it to you that your mental health provider understands your cultural community (racial/ethnic identity, gender identity, religious identity, LGBTQIA+ identity, etc.)?	COLLQ8677	Not at all important	56	29.8	3,876	26.7	13,672	27.3
		Somewhat important	28	14.8	2,743	18.9	9,442	18.9
		Important	62	32.7	3,238	22.3	10,899	21.8
		Very important	19	10.2	2,299	15.8	7,888	15.8
		Absolutely essential	24	12.5	2,369	16.3	8,113	16.2
		Total	189	100.0	14,524	100.0	50,015	100.0

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18. In the past 4 weeks, how many days have you felt that emotional or mental difficulties have hurt your academic performance?	COLLQ8678	None	104	55.0	6,415	44.1	22,257	44.4
		1-2 days	31	16.3	3,748	25.8	12,846	25.6
		3-5 days	32	16.9	2,314	15.9	8,097	16.1
		6 or more days	22	11.8	2,067	14.2	6,941	13.8
		Total	189	100.0	14,544	100.0	50,141	100.0
19. How likely is it that issues with mental health or emotional well-being would cause you to withdraw from class(es) or from this college?	COLLQ8679	Not likely	133	70.5	9,107	62.6	31,791	63.4
		Somewhat likely	31	16.7	3,194	22.0	10,903	21.7
		Likely	13	6.8	1,277	8.8	4,338	8.6
		Very likely	11	6.1	962	6.6	3,115	6.2
		Total	189	100.0	14,540	100.0	50,147	100.0
20. In the past 12 months have you needed help with substance use issues?	COLLQ8680	No	185	97.9	13,480	92.4	46,229	91.9
		Yes	1	0.3	332	2.3	1,224	2.4
		I am not sure	3	1.6	406	2.8	1,516	3.0
		I prefer not to respond	1	0.3	366	2.5	1,325	2.6
		Total	189	100.0	14,584	100.0	50,294	100.0

Colleges in the Comparison Group

Comparison Group: Medium Colleges

Institution	State	Year
Aims Community College	CO	2023
Alvin Community College	TX	2023
Butler Community College	KS	2023
Clovis Community College	CA	2023
Coastal Alabama Community College	AL	2023
College of Southern Idaho	ID	2023
College of Southern Maryland	MD	2023
Columbia State Community College	TN	2023
Doña Ana Community College	NM	2023
Eastern Iowa Community Colleges	IA	2023
Elizabethtown Community & Technical College	KY	2023
Forsyth Technical Community College	NC	2023
Germanna Community College	VA	2023
Heartland Community College	IL	2023
Kalamazoo Valley Community College	MI	2023
Kansas City Kansas Community College	KS	2023
Lakeland Community College	OH	2023
Los Medanos College	CA	2023
Monterey Peninsula College	CA	2023
Motlow State Community College	TN	2023
Mott Community College	MI	2023
Nashville State Community College	TN	2023
North Idaho College	ID	2023
Northeast Community College	NE	2023
Northeast Lakeview College	TX	2023
Northeast State Community College	TN	2023
Passaic County Community College	NJ	2023
Piedmont Virginia Community College	VA	2023
Roane State Community College	TN	2023
Rock Valley College	IL	2023
San Jose City College	CA	2023
Southwest Tennessee Community College	TN	2023
Southwest Texas Junior College	TX	2023
Texas Southmost College	TX	2023
Trinity Valley Community College	TX	2023
Union County College	NJ	2023
University of Cincinnati Blue Ash College	OH	2023
University of Cincinnati Clermont College	OH	2023
Wharton County Junior College	TX	2023