

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

Comparison Group: Medium Colleges*

Entering Students Only

[Weighted]

| Item | Variable | Responses | Your College | | Medium Colleges | | Student Mental Health and Well-being Participants | |
|---|-----------|-------------------------|--------------|---------|-----------------|---------|---|---------|
| | | | Count | Percent | Count | Percent | Count | Percent |
| 1. At this college, I feel that students' mental health and emotional well-being is a priority. | COLLQ1132 | Strongly Disagree | 5 | 7.3 | 689 | 18.3 | 2,403 | 19.2 |
| | | Disagree | 9 | 13.4 | 422 | 11.2 | 1,326 | 10.6 |
| | | Agree | 28 | 41.8 | 1,932 | 51.2 | 6,428 | 51.3 |
| | | Strongly Agree | 25 | 37.5 | 729 | 19.3 | 2,378 | 19.0 |
| | | Total | 67 | 100.0 | 3,772 | 100.0 | 12,535 | 100.0 |
| 2. Over the last 2 weeks, how often have you been bothered by having little interest or pleasure in doing things? | COLLQ1133 | Not at all | 16 | 24.8 | 1,527 | 40.6 | 5,172 | 41.2 |
| | | Several days | 33 | 50.8 | 1,367 | 36.3 | 4,689 | 37.3 |
| | | More than half the days | 10 | 15.0 | 542 | 14.4 | 1,646 | 13.1 |
| | | Nearly every day | 6 | 9.4 | 327 | 8.7 | 1,049 | 8.4 |
| | | Total | 65 | 100.0 | 3,764 | 100.0 | 12,556 | 100.0 |
| 3. Over the last 2 weeks, how often have you been bothered by feeling down, depressed, or hopeless? | COLLQ1134 | Not at all | 31 | 46.4 | 1,863 | 49.7 | 6,614 | 52.8 |
| | | Several days | 26 | 39.6 | 1,186 | 31.6 | 3,794 | 30.3 |
| | | More than half the days | 7 | 10.6 | 385 | 10.3 | 1,237 | 9.9 |
| | | Nearly every day | 2 | 3.4 | 318 | 8.5 | 893 | 7.1 |
| | | Total | 66 | 100.0 | 3,752 | 100.0 | 12,538 | 100.0 |
| 4. Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious, or on edge? | COLLQ1135 | Not at all | 18 | 27.3 | 1,234 | 32.9 | 4,201 | 33.6 |
| | | Several days | 29 | 44.6 | 1,436 | 38.3 | 4,904 | 39.2 |
| | | More than half the days | 9 | 13.8 | 551 | 14.7 | 1,812 | 14.5 |
| | | Nearly every day | 9 | 14.2 | 528 | 14.1 | 1,603 | 12.8 |
| | | Total | 66 | 100.0 | 3,749 | 100.0 | 12,521 | 100.0 |

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|--|-----------|---|--------------|---------|-----------------|---------|---|---------|
| | | | Count | Percent | Count | Percent | Count | Percent |
| 5. Over the last 2 weeks how often have you been bothered by not being able to stop or control worrying? | COLLQ1136 | Not at all | 27 | 41.4 | 1,690 | 44.9 | 5,984 | 47.7 |
| | | Several days | 26 | 38.9 | 1,151 | 30.6 | 3,782 | 30.2 |
| | | More than half the days | 7 | 11.0 | 483 | 12.8 | 1,489 | 11.9 |
| | | Nearly every day | 6 | 8.7 | 442 | 11.7 | 1,288 | 10.3 |
| | | Total | 66 | 100.0 | 3,766 | 100.0 | 12,543 | 100.0 |
| 6. In the past 12 months, I have needed help for emotional or mental health problems such as feeling sad, blue, anxious, or nervous. | COLLQ1137 | Strongly Disagree | 18 | 27.1 | 1,391 | 36.8 | 5,111 | 40.6 |
| | | Disagree | 17 | 24.9 | 682 | 18.0 | 2,082 | 16.5 |
| | | Neither Agree nor Disagree | 10 | 14.8 | 756 | 20.0 | 2,305 | 18.3 |
| | | Agree | 14 | 21.6 | 608 | 16.1 | 2,010 | 16.0 |
| | | Strongly Agree | 8 | 11.6 | 345 | 9.1 | 1,076 | 8.6 |
| Total | 67 | 100.0 | 3,783 | 100.0 | 12,585 | 100.0 | | |
| 7. If you needed to seek professional help for your mental or emotional health while attending this college, you would know where to go. | COLLQ1138 | Strongly Disagree | 8 | 11.7 | 596 | 15.8 | 2,090 | 16.6 |
| | | Disagree | 5 | 7.5 | 742 | 19.6 | 2,349 | 18.7 |
| | | Neither Agree nor Disagree | 11 | 17.0 | 757 | 20.0 | 2,464 | 19.6 |
| | | Agree | 28 | 43.0 | 1,132 | 29.9 | 3,805 | 30.3 |
| | | Strongly Agree | 14 | 20.9 | 554 | 14.6 | 1,863 | 14.8 |
| Total | 65 | 100.0 | 3,781 | 100.0 | 12,572 | 100.0 | | |
| 8. 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? | COLLQ1139 | Lack of resources (money, time, transportation) | 21 | 31.5 | 964 | 25.9 | 3,083 | 25.2 |
| | | I worry about what others will think of me | 7 | 10.4 | 567 | 15.2 | 1,810 | 14.8 |
| | | I do not know where to seek help | 3 | 4.0 | 329 | 8.8 | 1,057 | 8.6 |
| | | I do not know what kind of help I need | 21 | 31.8 | 818 | 22.0 | 2,875 | 23.5 |
| | | Other | 15 | 22.3 | 1,043 | 28.0 | 3,412 | 27.9 |
| Total | 66 | 100.0 | 3,721 | 100.0 | 12,236 | 100.0 | | |

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|--|-----------|---|--------------|---------|-----------------|---------|---|---------|
| | | | Count | Percent | Count | Percent | Count | Percent |
| 9. 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? | COLLQ1140 | Trained mental health provider (e.g., psychiatrist, psychologist, counselor, or | 29 | 43.3 | 1,267 | 34.1 | 4,016 | 32.8 |
| | | Someone who works at this college who is not a trained mental health provider | 2 | 2.6 | 133 | 3.6 | 388 | 3.2 |
| | | Friend, partner, or family member | 29 | 44.0 | 1,900 | 51.1 | 6,469 | 52.8 |
| | | Someone from your cultural community (identity-based, faith-based, etc.) | 3 | 4.4 | 97 | 2.6 | 322 | 2.6 |
| | | Other | 4 | 5.7 | 323 | 8.7 | 1,054 | 8.6 |
| | | Total | 66 | 100.0 | 3,720 | 100.0 | 12,248 | 100.0 |
| 10. 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? | COLLQ1141 | In-person, individual counseling or therapy | 48 | 72.8 | 2,851 | 77.4 | 9,294 | 76.7 |
| | | In-person, group therapy or a support group | 4 | 5.7 | 242 | 6.6 | 763 | 6.3 |
| | | Teletherapy (counseling or therapy via the phone, video, text, messaging) | 9 | 12.9 | 375 | 10.2 | 1,285 | 10.6 |
| | | Peer counseling from a trained peer | 6 | 8.6 | 154 | 4.2 | 557 | 4.6 |
| | | Crisis hotline (number to call or text during a mental health crisis to reach a trained | 0 | N/A | 60 | 1.6 | 221 | 1.8 |
| | | Total | 66 | 100.0 | 3,682 | 100.0 | 12,119 | 100.0 |
| 11. 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.)? | COLLQ1142 | Not at all important | 23 | 34.4 | 1,009 | 27.3 | 3,592 | 29.5 |
| | | Somewhat important | 13 | 19.1 | 730 | 19.7 | 2,550 | 20.9 |
| | | Important | 17 | 25.2 | 832 | 22.5 | 2,659 | 21.8 |
| | | Very important | 5 | 8.2 | 486 | 13.1 | 1,618 | 13.3 |
| | | Absolutely essential | 9 | 13.1 | 647 | 17.5 | 1,769 | 14.5 |
| | | Total | 66 | 100.0 | 3,704 | 100.0 | 12,188 | 100.0 |
| 12. 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? | COLLQ1143 | Not likely | 42 | 63.4 | 2,198 | 59.2 | 7,645 | 62.6 |
| | | Somewhat likely | 13 | 19.2 | 881 | 23.7 | 2,866 | 23.5 |
| | | Likely | 8 | 12.7 | 343 | 9.2 | 997 | 8.2 |
| | | Very likely | 3 | 4.7 | 290 | 7.8 | 696 | 5.7 |
| | | Total | 66 | 100.0 | 3,712 | 100.0 | 12,204 | 100.0 |

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Colleges in the Comparison Group

Comparison Group: Medium Colleges

| Institution | State | Year |
|---------------------------------------|-------|------|
| Bossier Parish Community College | LA | 2023 |
| Butler Community College | KS | 2023 |
| Chattanooga State Community College | TN | 2023 |
| Clovis Community College | CA | 2023 |
| College of Southern Maryland | MD | 2023 |
| Columbia State Community College | TN | 2023 |
| Eastern Iowa Community Colleges | IA | 2023 |
| Forsyth Technical Community College | NC | 2023 |
| Motlow State Community College | TN | 2023 |
| Nashville State Community College | TN | 2023 |
| Navarro College | TX | 2023 |
| North Idaho College | ID | 2023 |
| Northeast State Community College | TN | 2023 |
| Olympic College | WA | 2023 |
| Roane State Community College | TN | 2023 |
| Southwest Tennessee Community College | TN | 2023 |
| Southwest Texas Junior College | TX | 2023 |
| Volunteer State Community College | TN | 2023 |