Office for Wellness and Health Promotion

SPOTLIGHT BRIEF
MENTAL HEALTH

Highlights
- The number of students diagnosed with depression has steadily increased since 2000
- Stress has been shown to be a factor affecting students’ academic performance
- Since 2000, rates of feeling depressed and consideration of suicide have decreased
- Physicians, Nurse Practitioners, Ministers, and other clergy are providing mental health services

STUDENTS DIAGNOSED WITH DEPRESSION...

Survey Summary
Survey Title: ACHA-NCHA Annual Reports
Sample Method: Random Selection
Sample Scope: USC undergraduate and graduate students enrolled on the University Park Campus during the spring semester
Sample Size: 459 - 1,235 (varies on academic year)
Reference: http://engemannshc.usc.edu/what-we-know-about-you/

Have you ever been diagnosed with depression?

- Since 2000, there has been a steady increase of students reporting ever being diagnosed with depression
- Students who have ever been diagnosed with depression has increased 5.1%

Inside this Report
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ACADEMIC PERFORMANCE

- Since 2009, a growing number of students report experiencing anxiety and depression

DEPRESSION AND SUICIDE

- Since 2000, rates of feeling depressed and consideration of suicide have decreased

- A higher number of students reported difficulty functioning during the past year due to having ever felt depressed as compared to ever considering or attempting suicide

SEEKING MENTAL HEALTH SERVICES

- 11% of students have sought mental health services from a physician or nurse practitioner, while 6% sought services from ministers and other clergy