USC students participated in the 2018 Healthy Minds Study that provides a detailed picture of mental illness and related issues in college student populations.

A random sample of 4,560 students* took part in this study in the Spring of 2018.

The sample is weighted proportionally to USC student population by sex, race/ethnicity, degree program, and online or on-campus status. The respondents were 47% heterosexual female, 39% heterosexual male, and 14% LGBTQ+; 40% Bachelor’s, 48% Master’s and 13% PhD and Professional Doctorates; 33% White, 17% Asian, 22% International, 15% Hispanic, 3% Mixed, 6% Black/African American, 2% Middle Eastern/Arab, and 2% Other.

1. GAD-7 is a 7-item screening tool for measuring generalized anxiety disorder in the past two weeks (Spitzer, Krenke, Williams, & Lowe, 2006)

2. PHQ-9 is a 9-item instrument for screening depressive episode in the past two weeks (Spitzer, Krenke, Williams, & Lowe, 1999)

3. Suicidal ideation is measured by asking the following question: In the past year, did you ever seriously think about attempting suicide?
PERCENT OF STUDENTS WITH MODERATE TO SEVERE ANXIETY BY...

Program of Study
- All Bachelor's: 28%, 30%
- Bachelor's 1st Year: 22%, 18%
- All Master's: 24%, 25%
- All PhD and Professional Doctorates: 18%

Online or On-Campus Status
- Online: 24%, 25%
- On-Campus UPC: 27%, 23%
- On-Campus HSC: 36%, 23%

First Generation
- First Generation: 24%, 25%
- Not First Generation: 18%

Registration with DSP
- Registered with DSP: 36%, 23%
- Not Registered with DSP: 23%

Military Status
- Military: 24%, 24%
- Non-Military: 18%

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PERCENT OF STUDENTS WITH MODERATE TO SEVERE DEPRESSION BY...

Program of Study
- All Bachelor's: 36%, 35%
- Bachelor's 1st Year: 23%, 19%
- All Master's: 24%, 29%
- All PhD and Professional Doctorates: 17%

Online or On-Campus Status
- Online: 24%, 29%
- On-Campus UPC: 31%, 27%
- On-Campus HSC: 43%, 27%

First Generation
- First Generation: 31%, 27%
- Not First Generation: 17%

Registration with DSP
- Registered with DSP: 43%, 27%
- Not Registered with DSP: 23%

Military Status
- Military: 23%, 28%
- Non-Military: 9%

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PERCENT OF STUDENTS WHO HAD CONTEMPLATED SUICIDE BY...

Program of Study
- All Bachelor's: 12%, 15%
- Bachelor's 1st Year: 7%, 6%
- All Master's: 10%, 7%
- All PhD and Professional Doctorates: 8%, 7%

Online or On-Campus Status
- Online: 7%, 9%
- On-Campus UPC: 8%
- On-Campus HSC: 18%

First Generation
- First Generation: 10%, 18%
- Not First Generation: 8%

Registration with DSP
- Registered with DSP: 18%, 8%
- Not Registered with DSP: 4%

Military Status
- Military: 9%
- Non-Military: 9%

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4. All Bachelor's (n = 1,652), First Year (n = 437), All Master's (n = 1,959), All PhD and Professional Doctorates (n = 526)
5. Online (n = 481), On-Campus UPC (n = 3,317), On-Campus HSC (n = 346)
6. First Generation refers to students who would be the first generation to graduate with a Bachelor's Degree. First Generation (n = 1,246), Not First Generation (n = 2,876)
7. Registered with DSP refers to students with disability who had registered with the Disability Services and Programs at USC. Registered with DSP (n = 158), Not Registered with DSP (n = 3,983)
8. Military refers to students who were currently in Reserve Officers' Training Corps (ROTC), in Military Reserves or National Guard, now on active duty, or On active duty beyond the past 12 months. Non-Military (n = 3,981)

For more information about the data, contact USC Student Health, Office for Health Promotion Strategy at hpstrategy@usc.edu