



USC Student Well-being Collective Impact Data Update on Mental Illness

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.

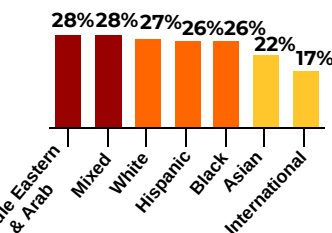
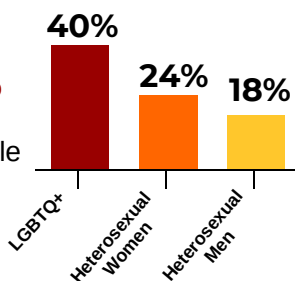
*The sample is weighted proportionally to USC student population by sex, race/ethnicity, degree program, and online or on-campus status. The respondents were 47% heterosexual female, 39% heterosexual male, and 14% LGBTQ+; 40% Bachelor's, 48% Master's and 13% PhD and Professional Doctorates; 33% White,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



ANXIETY (GAD-7)¹

24% of USC students had moderate to severe anxiety

LGBTQ+ students had the highest rates of moderate to severe anxiety when compared to heterosexual male and female students.



For race/ethnicity, **Middle Eastern & Arab and mixed race** students experienced the highest rates of anxiety while international students had the lowest rates.

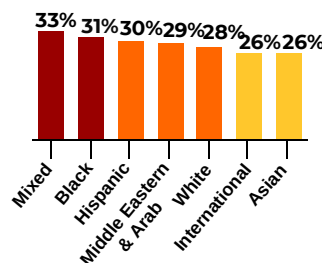
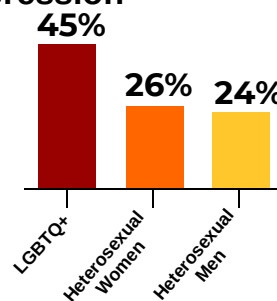
1. GAD-7 is a 7-item screening tool for measuring generalized anxiety disorder in the past two weeks (Spitzer, Krenke, Williams, & Lowe, 2006)



DEPRESSION (PHQ-9)²

28% of USC students had moderate to severe depression

LGBTQ+ students had the highest rates of moderate to severe depression while heterosexual male students experienced depression the least.



One third of **mixed race** students experienced moderate to severe depression compared to 26% of international and Asian students.

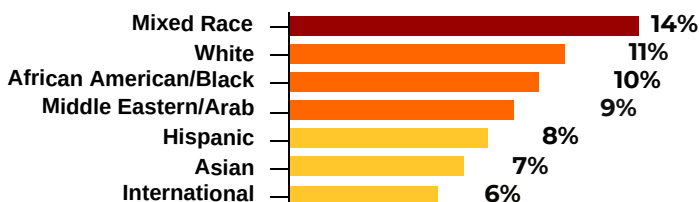
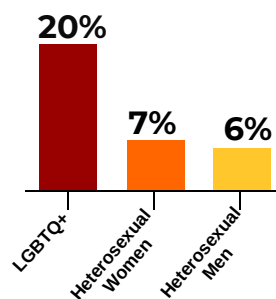
2. PHQ-9 is a 9-item instrument for screening depressive episode in the past two weeks (Spitzer, Krenke, Williams, & Lowe, 1999)

SUICIDAL IDEATION³



9% of USC students had contemplated suicide

LGBTQ+ students were approximately **3 times** more likely than heterosexual male and female students to seriously think about attempting suicide.

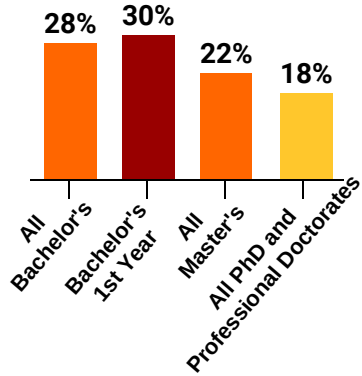


Mixed race students were most at risk of suicidal thoughts, followed by White and African American or Black students. Asian and international students had the lowest risk of suicide contemplation.

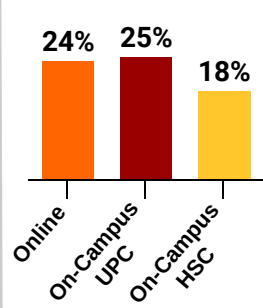
3. Suicidal ideation is measured by asking the following question: In the past year, did you ever seriously think about attempting suicide?

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

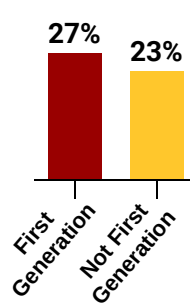
Program of Study ⁴



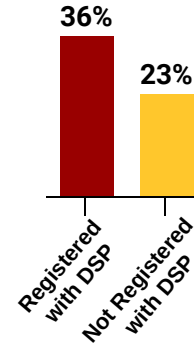
Online or On-Campus Status ⁵



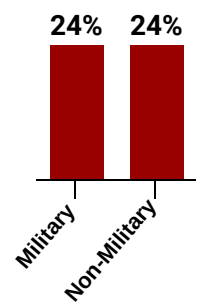
First Generation ⁶



Registration with DSP ⁷

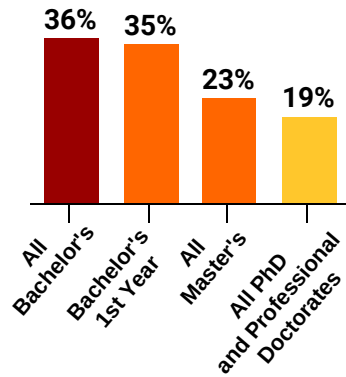


Military Status ⁸

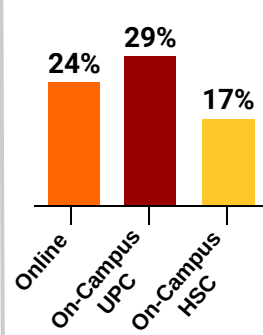


PERCENT OF STUDENTS WITH MODERATE TO SEVERE DEPRESSION BY...

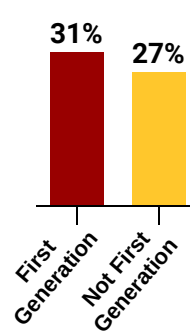
Program of Study



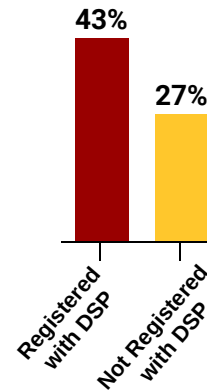
Online or On-Campus Status



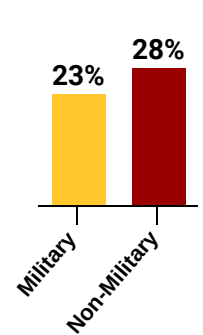
First Generation



Registration with DSP

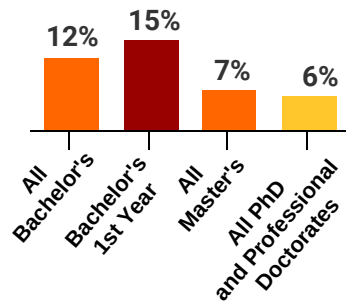


Military Status

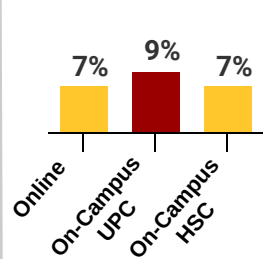


PERCENT OF STUDENTS WHO HAD CONTEMPLATED SUICIDE BY...

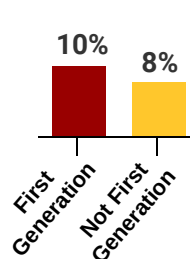
Program of Study



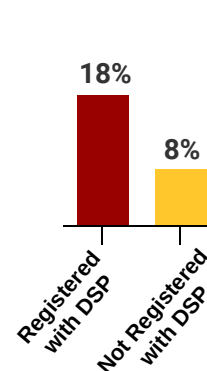
Online or On-Campus Status



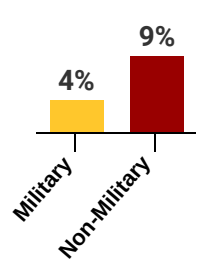
First Generation



Registration with DSP



Military Status



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, On active duty in the past 12 months, or On active duty beyond the past 12 months. Non-Military refers to students who were never involved in ROTC, Military Reserves, National Guard or the US Military. Military (n = 162), Non-Military (n = 3,981)



USC Student Well-being Collective Impact

Data Update on Mental Health

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

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

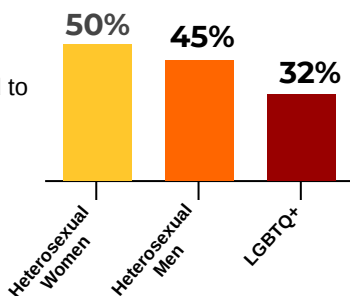
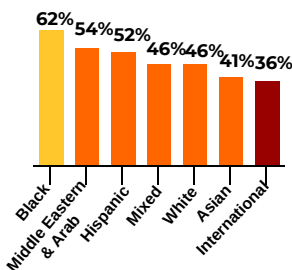
*The sample is weighted proportionally to USC student population by sex, race/ethnicity, degree program, and online or on-campus status. The respondents were 47% heterosexual female, 39% heterosexual male, and 14% LGBTQ+; 40% Bachelor's, 48% Master's and 13% PhD and Professional Doctorates; 33% White,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



POSITIVE MENTAL HEALTH ¹

45% of USC students had **positive mental health**

Half of **heterosexual female** students had **positive mental health** when compared to 32% of LGBTQ+ students.



African American/Black students had the most **positive mental health** while international students had the least.

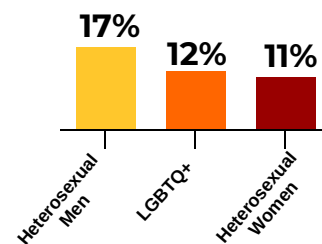
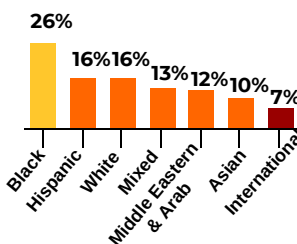
1. Positive mental health is measured using the Flourishing Scale with 8 items in the constructs such as relationships, self-esteem, purpose, and optimism (Diener, Wirtz, Tov, Kim-Prieto, Choi, Oishi, & Biswas-Diener, 2009). People with a positive mental health score 48 or more out of 56 in the scale.



RESILIENCE ²

14% of USC students had **high resilience**

Heterosexual male students had the **highest rates of high resilience** while heterosexual female students had the least.



More than one in four of **African American/Black** students possessed **high resilience** compared to 7% of international students.

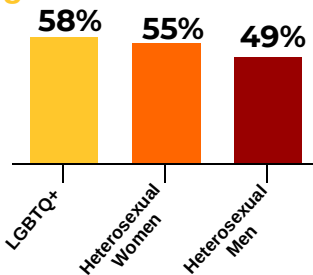
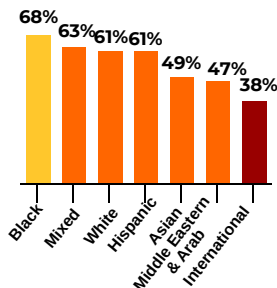
2. Resilience is measured using a 6-item Brief Resilience Scale (Smith, Dalen, Wiggins, Tooley, Christopher, & Bernard, 2008). Respondents with high resilience had an average score of 4.31 and over out of 5.0 points from the Brief Resilience Scale.



POSITIVE UPSTANDING ATTITUDES ³

53% of USC students had **positive upstanding attitudes**

LGBTQ+ students had the **highest positive upstanding attitudes** while heterosexual men had the least.



African American/Black students had the most **positive upstanding attitudes** while international students had the least.

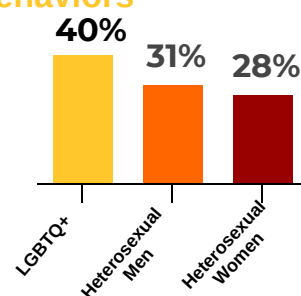
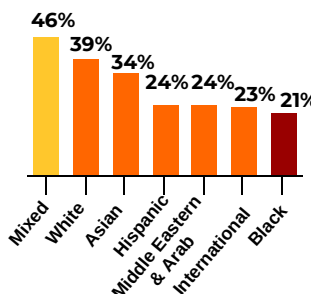
3. Positive Upstanding Attitudes is measured by students who on average answer agree or strongly agree that they would intervene if they saw someone: 1) drinking too much; 2) at risk of being sexually assaulted; 3) using harassing language towards others; and 4) under emotional distress or suicidal.



POSITIVE UPSTANDING BEHAVIOR ⁴

31% of USC students had **positive upstanding behaviors**

LGBTQ+ students had the **highest rates of positive upstanding behaviors** while heterosexual female students had the least.

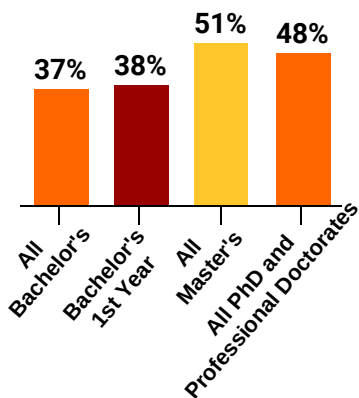


More than one in four of Students who identify as **Mixed** had the highest rates of **positive upstanding behaviors** while black students had the least.

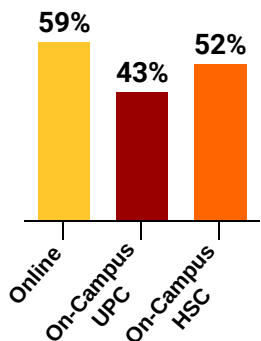
4. Positive Upstanding Behavior is measured by students who have intervened for someone in at least one of the following situations : 1) drinking too much; 2) at risk of being sexually assaulted; 3) using harassing language towards others; 4) under emotional distress or suicidal, 5) physical altercations.

PERCENT OF STUDENTS WITH POSITIVE MENTAL HEALTH BY...

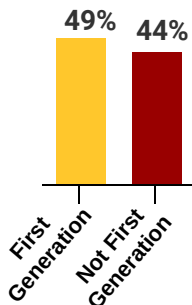
Program of Study ⁵



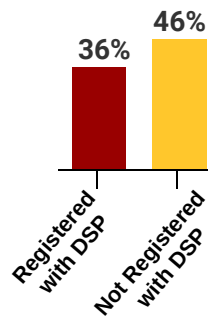
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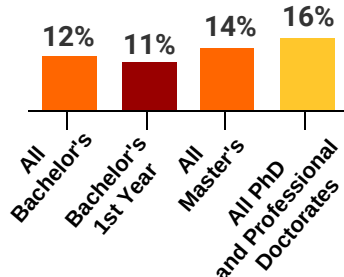


Military Status ⁹

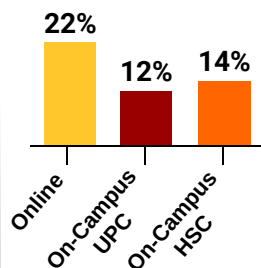


PERCENT OF STUDENTS WITH HIGH RESILIENCE BY...

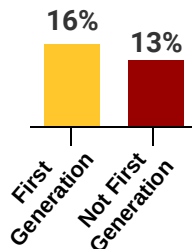
Program of Study



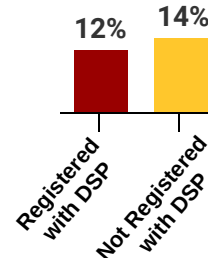
Online or On-Campus Status



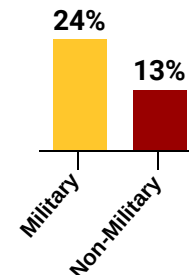
First Generation



Registration with DSP

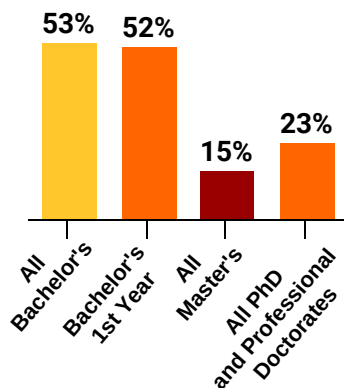


Military Status

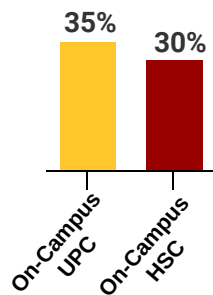


PERCENT OF STUDENTS WITH POSITIVE UPSTANDING BEHAVIOR BY...

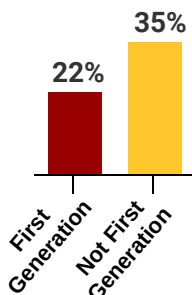
Program of Study



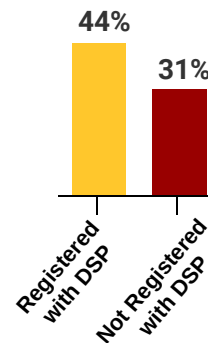
On-Campus Status*



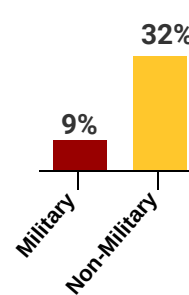
First Generation



Registration with DSP



Military Status



*Online students did not answer this question.

5. All Bachelor's (n = 1,723), Bachelor's 1st Year (n = 459), All Master's (n = 2,094), All PhD and Professional Doctorates (n = 550)
 6. Online (n = 493), On-Campus at UPC (University Park Campus, n = 3,522), On-Campus HSC (Health Sciences Campus, n = 358)
 7. First Generation refers to students who would be the first generation to graduate with a Bachelor's Degree or higher. First Generation (n = 1,308), Not First Generation (n = 3,034)
 8. Registered with DSP refers to students with disability who had registered with Disability Services and Programs at USC. Registered with DSP (n = 172), Not Registered with DSP (n = 3,983)
 9. Military refers to students who were currently in Reserve Officers' Training Corps (ROTC), in Military Reserves or National Guard, Now on active duty, On active duty in the past 12 months, or On active duty beyond the past 12 months. Non-Military refers to students who were never involved in ROTC, Military Reserves, National Guard or the US Military. Military (n = 179), Non-Military (n = 4,195)