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Code of Conduct Alcohol Violation

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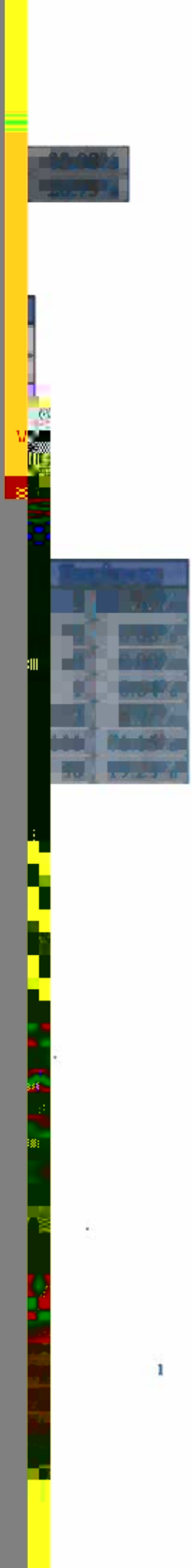
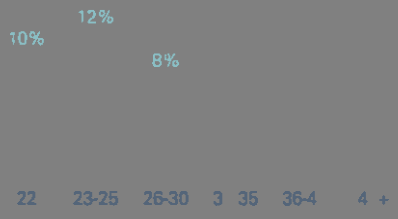
answer

more



Gender

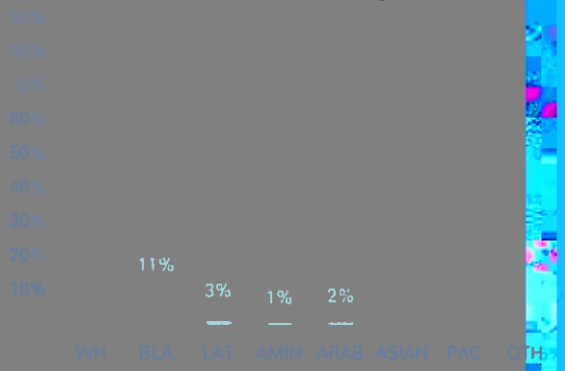
Female
Male
Transgender/gender non-conforming



Living arrangement

2 Campus residence hal
Fraternity or sorority house
Other university housing
Off-campus, non-university housing
Parent or guardian's home
Other

Race/ethnicity



Class Format

Degree program

HEALTH BEHAVIORS A D LIFESTYLE

1%

0%

2%

0%

0%

1%

1%

1%

0%

1%

81%

Binge drinking

The following questions ask about how much you drink. A "drink" means any of the following

A 12-ounce can or bottle of beer
A 4-ounce glass of wine
A shot of liquor straight or in a mixed drink

During the last two weeks, how many times have you had 4 (female), 5 (male), 4 or 5 (transgender/gender non-conforming) or more drinks in a row? (among those with any alcohol use)

43% None
Once
Twice
3 to 5 times
6 to 9 times
10 or more times

Exercise

In the past 30 days about how many hours per week on average did you spend exercising? (include any exercise of moderate or higher intensity, where "moderate intensity" would be roughly equivalent to brisk walking or bicycling)

4 Less than 1
1-2
3-4
6 or more

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The
Healthy
Minds Network

STUDY TEAM

Principal Investigators: Daniel Eisenberg, PhD & Sarah Ketchen Lipson, EdM, PhD & Justin Heinze, PhD

Co-investigator: Sasha Zhou, PhD, MPH, MHSA

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Graphic Designer: Sarah Fogel, University of Mich gan School of Art and Design, Class of 2014

Report Automation: Paul Schulz and Lingxi Li, Population Dynamics and Health Program, University of Michigan

ABOUT THIS REPORT

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APPENDIX

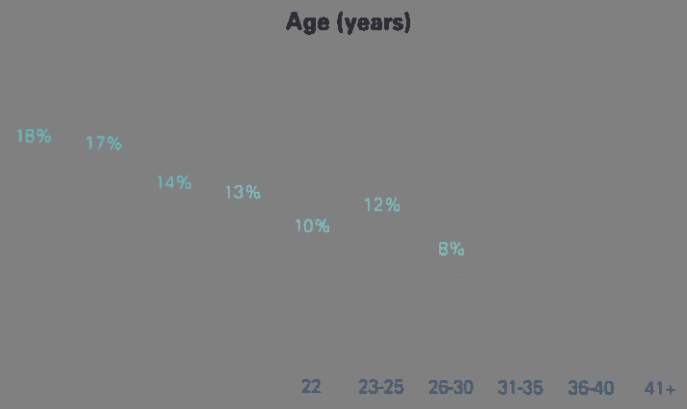
The appendix includes values for most measures in the three s an ard survey modules that are administered on all participating campuses: Demographics, Mental Health Statu , nd Me tal ea th Services Utilization/Help-Seeking. For each measure, the data tables display the following information: the v lue t ble for your institution, the 95% confidence interval for your institution's value, the value for the national samp , and an ind cator if your institution's value is significantly higher or lower than the national value. All values in the appendix have been weighted to be representative of the full student populations to which they refer (see Non-respons A alys s). Also note that for some measures, respondents were allowed to check more than one response category (e g , they might have gone to more than one type of provider for mental health services), so the percentages

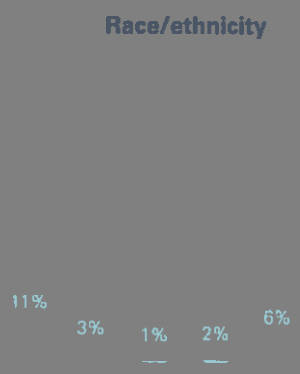
EXPLORING YOUR DATA FURTHER

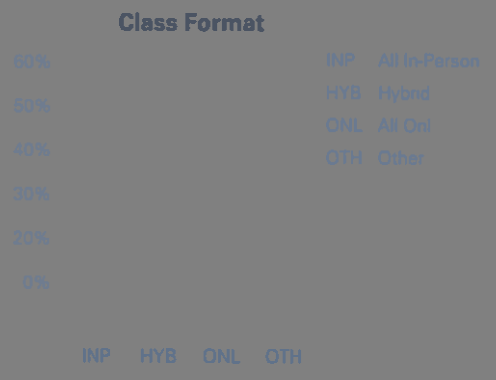
KEY FINDINGS

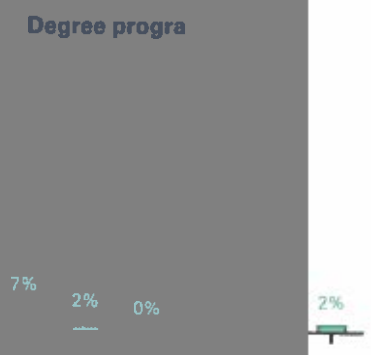
This section offers a quick look at

SAMPLE CHARACTERISTICS (=1931)









SUICIDALITY AND SELF-INJURIOUS BEHAVIOR

Suicida deation (past year)

Suicide plan (past year)

Suic de attempt (past year)

Non-suicidal self-injury (past year)

LIFETIME DIAGNOSES OF MENTAL DISORDERS

sorder, intellectual

ACADEMIC IMPAIRMENT

15% None

1 2 days

3 - 5 days

6 or more days

POSITIVE MENTAL HEALTH

Positive menta health

rishing

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HEALTH BEHAVIORS AND LIFESTYLE

43% one
Once
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Exercise

In the past 30 days, about how many hours per week on average did you spend exercising? (include any exercise of moderate or higher intensity where "moderate intensity" would be roughly equivalent to br sk walking or bicycling)

4
Less than 1
1-2
3-4
5

ATTITUDES AND BELI FS BOUT ENTAL HEALTH SERVICES

KNOWLEDGE

Knowledge of campus mental health resources

If I nee ed to seek pro ess onal he p for my me tal o emot ona hea th, I wou d know where to go to access resources from my schoo .

1% Strongly ag
Agree
Somewhat agree
Somewhat disagree
Disagree
Strongly disagree

Perceived need (current)

curren ly need he p for emot onal or mental health prob ems such as feel ng sad, blue, anxious or nervous.

tron ly agr
Agr

Perceived need (past year)

In the past 12 months, I needed help for emotional or mental health problems such as feeling sad, blue, anxious or nervous.

28% Strongly agree
19% Agree
17% Somewhat agree
6% Somewhat disagree
Disagree
Strongly disagree

SCHOOL CLIMATE

Anti-racism

I bel eve my school actively works towards combat ng racism within the campus community.

d me

res

x

x

x

x

x

x

x

x

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE
Help-Seeking			
	35%	(31%, 40%)	
	27%	(23%, 32%)	
	37%	(33%, 42%)	

Significantly Different
from National Sample

	2%)	3%	X
	, 4%)	5%	X
	19%)	7%	X
	%, 21%)	19%	
	34%, 49%)	42%	
	%, 33%)	24%	
	%)	2%	
	%)	3%	
	10%)	6%	
	22%)	15%	
	59%)	47%	
	27%)	27%	
	4%)	4%	
	7%)	5%	
	11%)	8%	
	22%)	14%	
	37%)	33%	
	(48%)	36%	
%	(0%, 0%)	2%	
%	(0%, 2%)	1%	
%	(0%, 5%)	2%	
%	(2%, 9%)	8%	
9%	(31 46%)	38%	
2%	(44 60%)	49%	

MEASURE

S gnificantly Different
from National Sample

Significantly Different
from National Sample

		5%)	4%
		41%)	40%
		18%)	17%
		21%)	18%
		15%)	13%
		8%)	7%
		25%)	21%
		9%)	7%
		16%)	15%
		74%)	
		20%)	
		38%)	
		7%)	
		%)	
		%)	
		%)	
		7%)	
		%)	
		%)	5%
		53)	47%
		%)	9%
		)	4%
	%		5%
	%		0%
	%		2%
	%		10%
	%		1%
	%		3%
	6%	%28%)	31%
	8%	31%)	29%
	7%	, 39%)	30%
	%	%)	7%
	%	%)	3%
	63%	(60%, 65%)	58%
	9%	(27%, 32%)	32%
	%	(7%, 9%)	10%

Significantly Different
from Nat onal Sample

, %
, %
%
%
%
%
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, %