

Comprehensive Report 2025

Created by The Center for Collegiate Mental Health (CCMH)

2025-12-15

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The following report summarizes your center's CCAPS data and compares it to a national sample of 268 centers.

Annual Baseline CCAPS Trends

This section provides an overview of the annual baseline CCAPS trends for your center. Baseline CCAPS captures the first CCAPS administration of the year for each client, where the data year runs from July 1 to June 30th of the following year.

CCAPS-62 Trends

Annual sample sizes

The following table provides the number of clients with CCAPS-62 data each year at your center and in the national data. This table provides context for interpreting the graphs that follow.

Years where the number of clients at your center seems comparatively low may be due to low utilization of the CCAPS-62 at your center during that time period. For Titanium users, this may also be due to data being partially purged from Titanium for older years, indicating that the data available does not represent the entire sample for that year.

Year	Number of local clients	Number of national clients
2014-2015	476	74281
2015-2016	901	99961
2016-2017	2371	108836
2017-2018	2615	120421
2018-2019	2402	136524
2019-2020	2165	112510
2020-2021	1681	87221
2021-2022	1875	114158
2022-2023	1755	108806
2023-2024	1576	102607
2024-2025	1705	96687

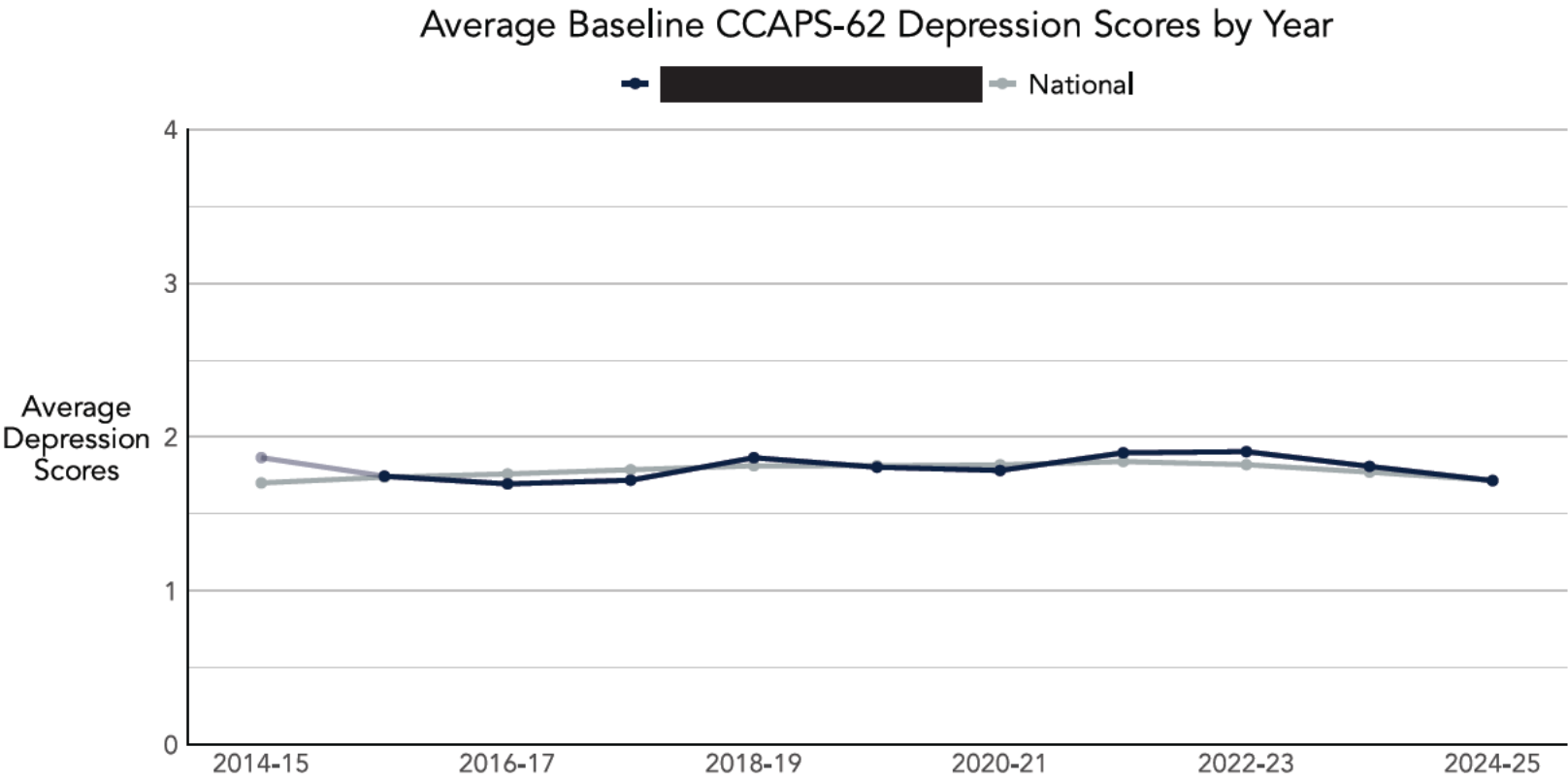
Annual Baseline CCAPS Trends

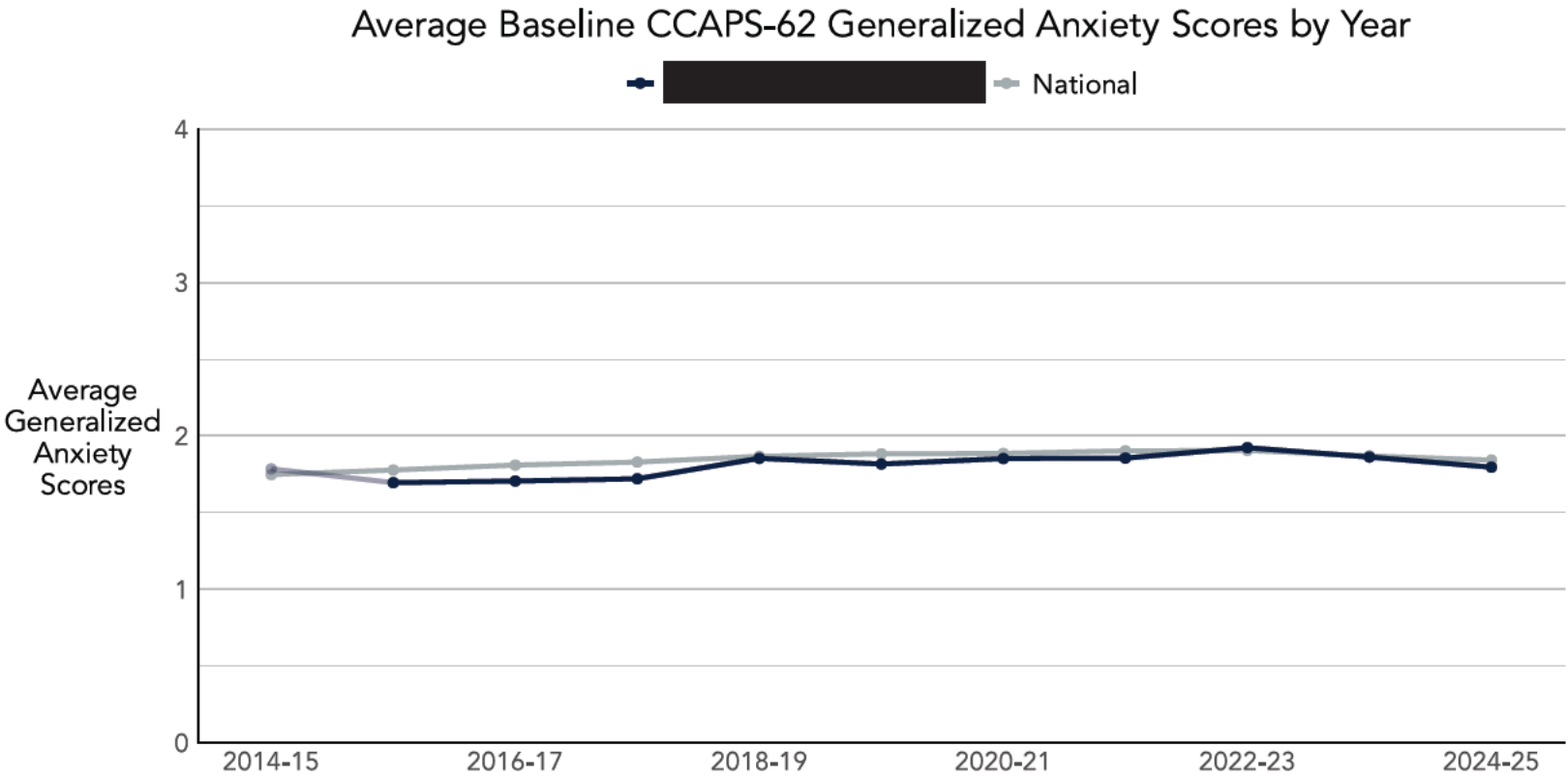
Annual mean CCAPS-62 scores

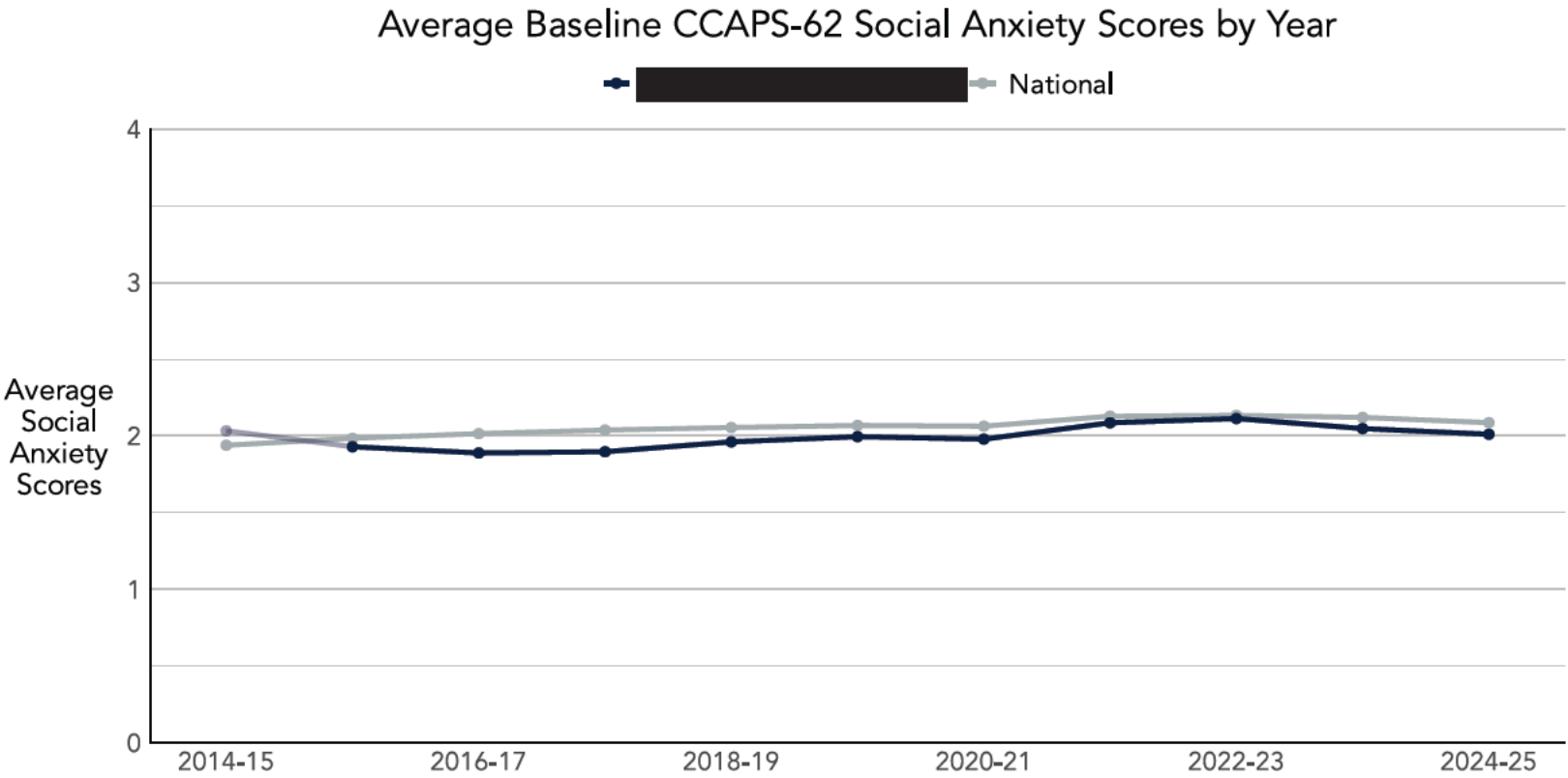
The following data points are the average CCAPS-62 scores for your center for each year. The scores are raw mean scores ranging from 0 to 4, not percentiles. Higher scores indicate more distress.

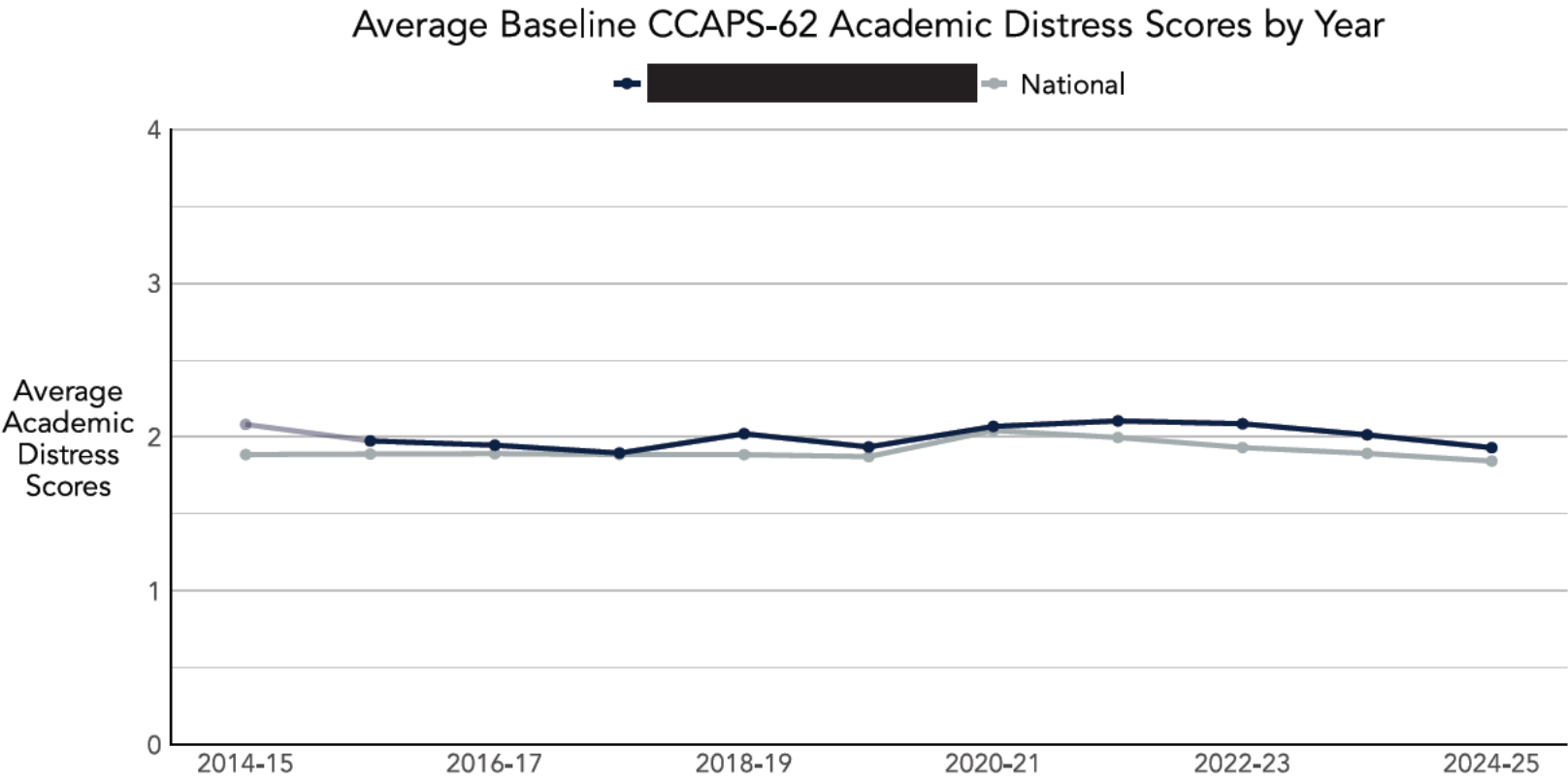
Year	Depression	Anxiety	Social Anxiety	Academics	Eating	Hostility	Substance	Family	DI
2014-2015	1.87	1.78	2.03	2.08	1.10	1.00	0.83	1.26	1.87
2015-2016	1.75	1.69	1.93	1.97	1.04	0.95	0.83	1.18	1.74
2016-2017	1.69	1.71	1.89	1.95	1.01	0.93	0.87	1.14	1.72
2017-2018	1.72	1.72	1.90	1.90	1.03	0.94	0.82	1.16	1.72
2018-2019	1.87	1.85	1.96	2.02	1.05	1.00	0.79	1.24	1.86
2019-2020	1.80	1.82	1.99	1.93	1.07	0.92	0.74	1.22	1.80
2020-2021	1.78	1.85	1.98	2.07	1.13	0.91	0.67	1.28	1.82
2021-2022	1.90	1.86	2.09	2.10	1.10	0.97	0.70	1.32	1.88
2022-2023	1.90	1.92	2.11	2.09	1.13	0.96	0.67	1.33	1.90
2023-2024	1.81	1.86	2.05	2.01	1.12	0.97	0.63	1.34	1.82
2024-2025	1.72	1.80	2.01	1.93	1.08	0.93	0.56	1.25	1.74

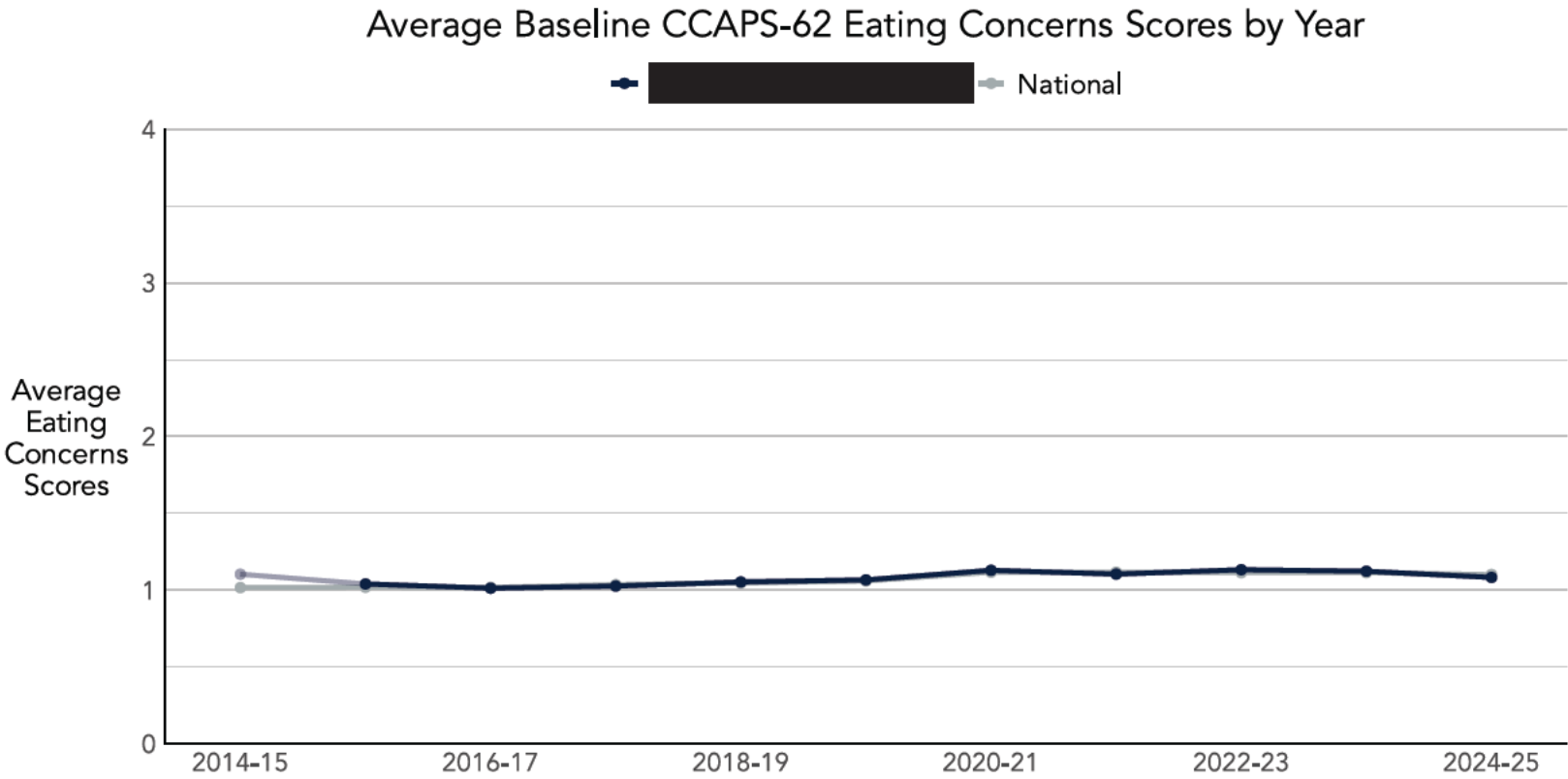
The following graphs display average CCAPS-62 raw subscale scores (0-1) by year for your center compared to national data (graphed in grey). Data points for your center that are lighter/more transparent represent years where the number of clients is low, and data should be interpreted cautiously. This may be due to low utilization of the CCAPS at your center during that time period. For Titanium users, this may also be due to data being partially purged from Titanium for older years, indicating that the data available does not represent the entire sample for that year. Evaluating the table above with the number of clients for each year will provide more context.

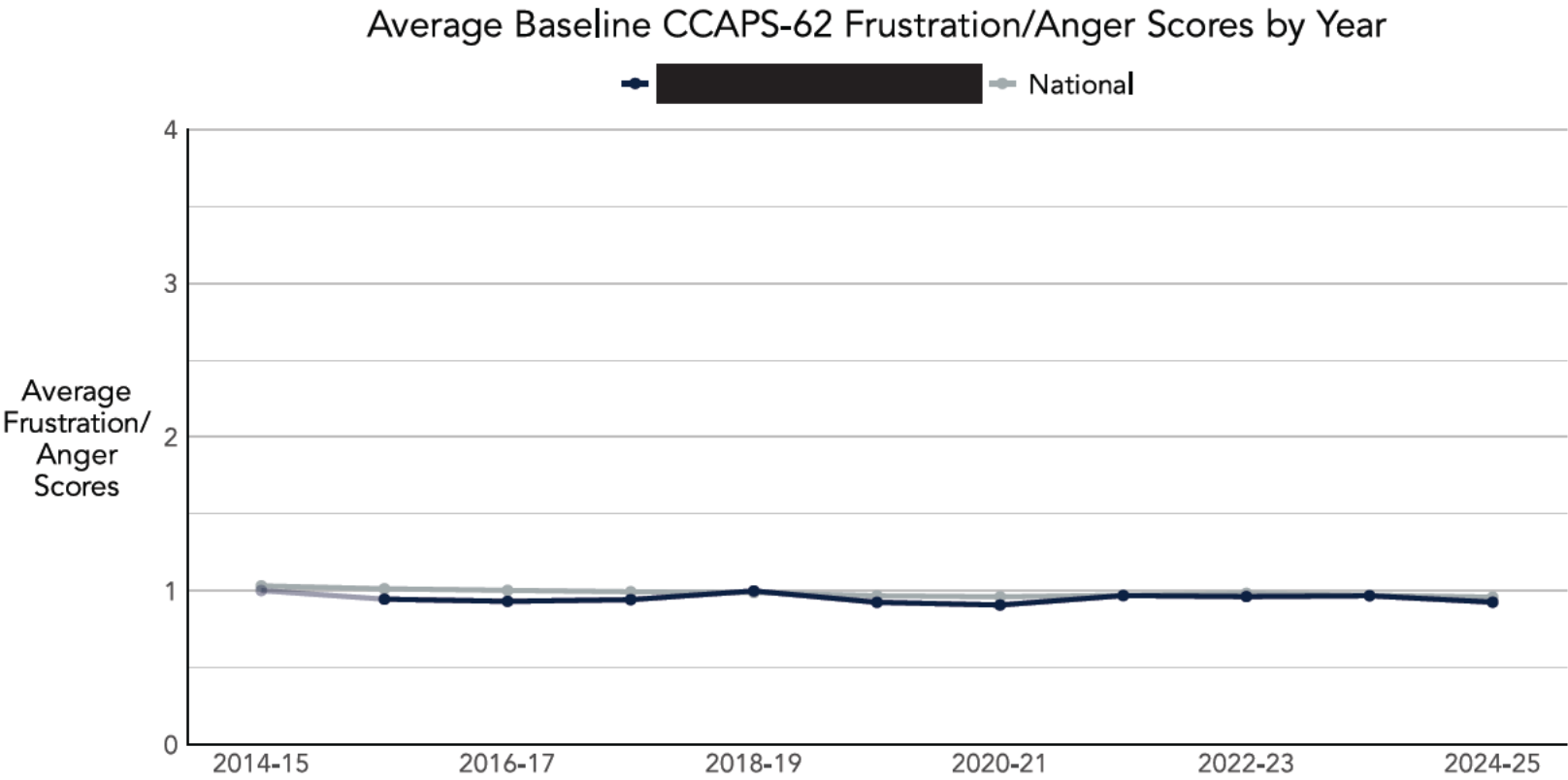


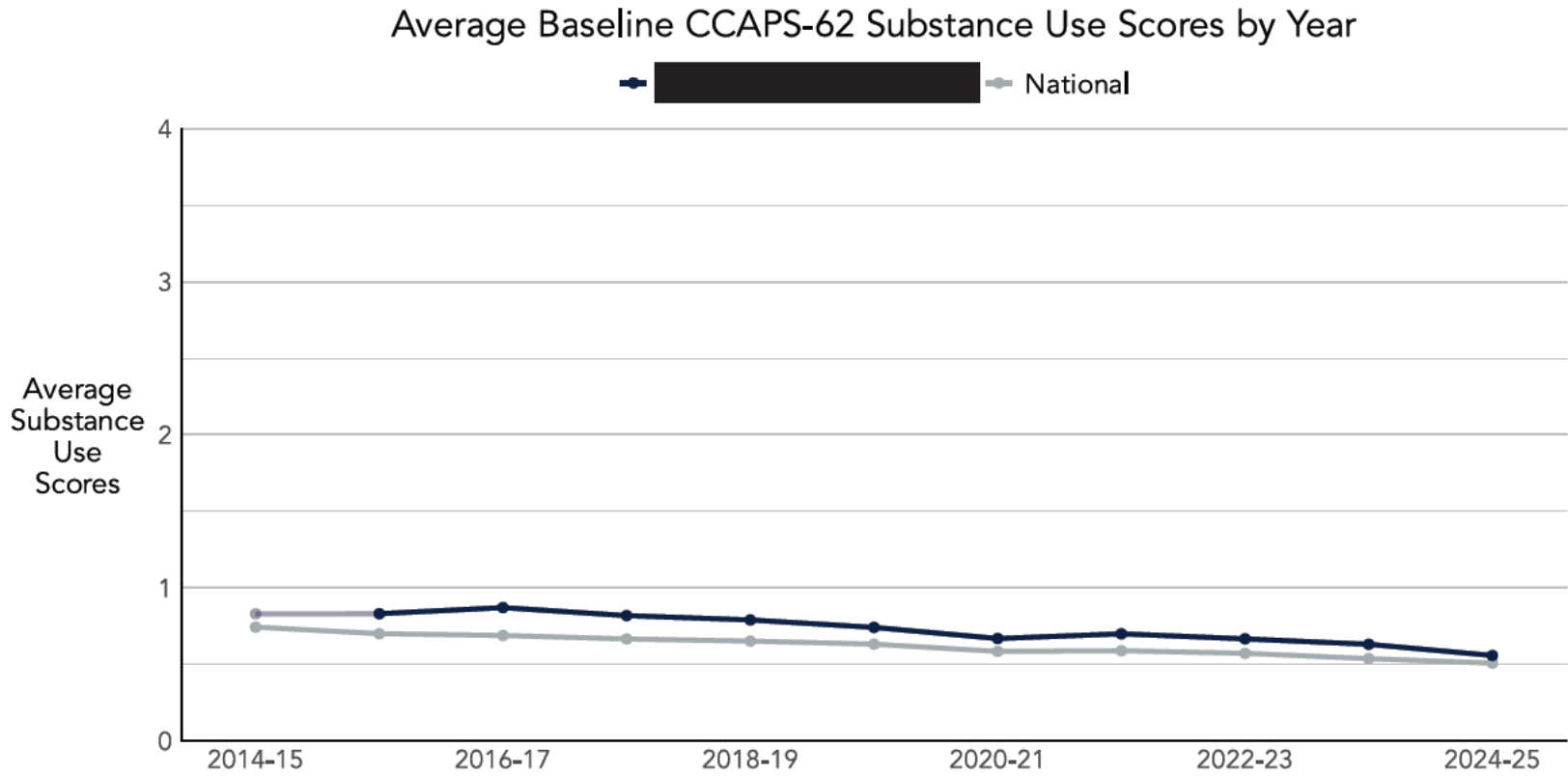


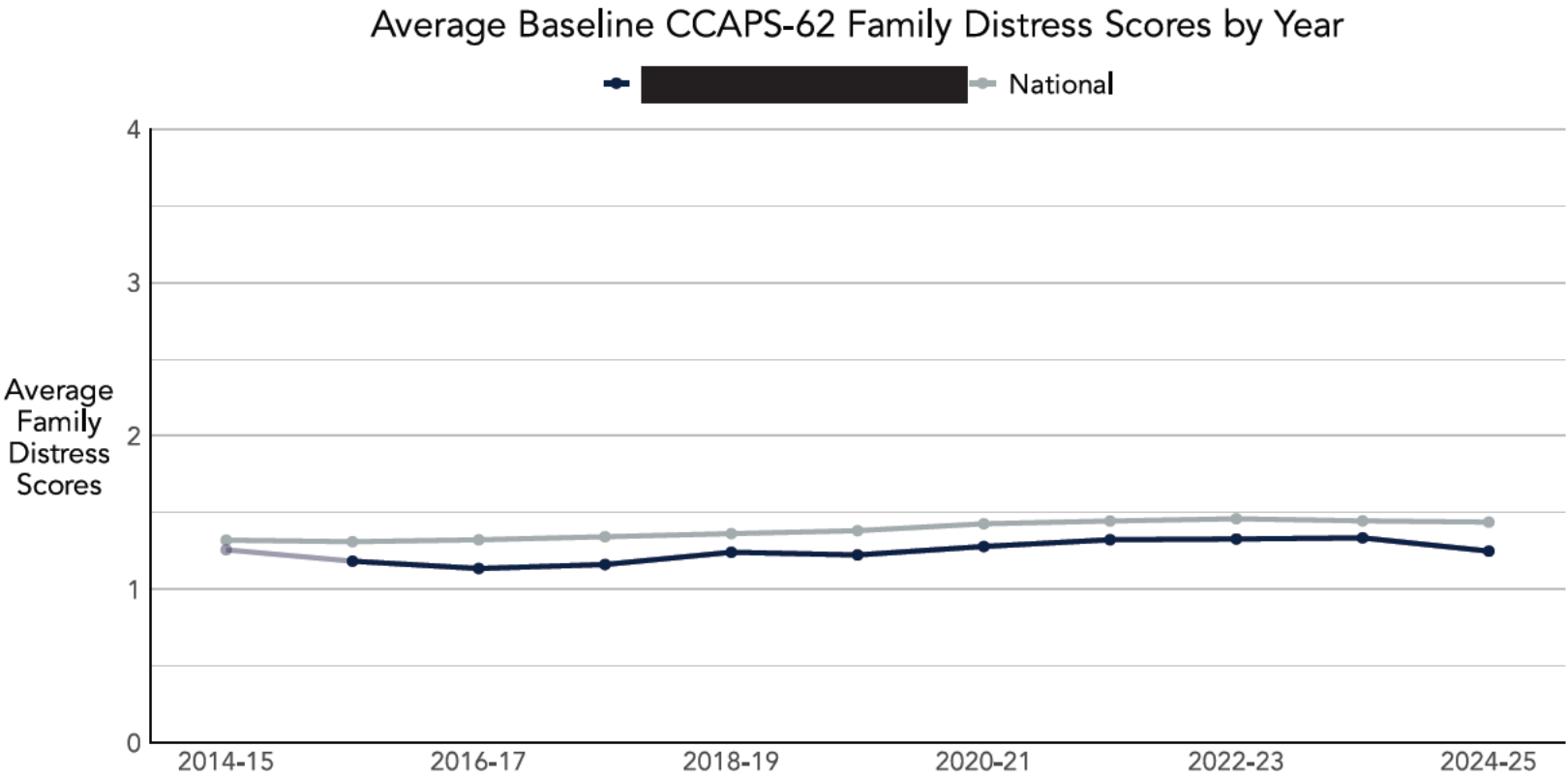


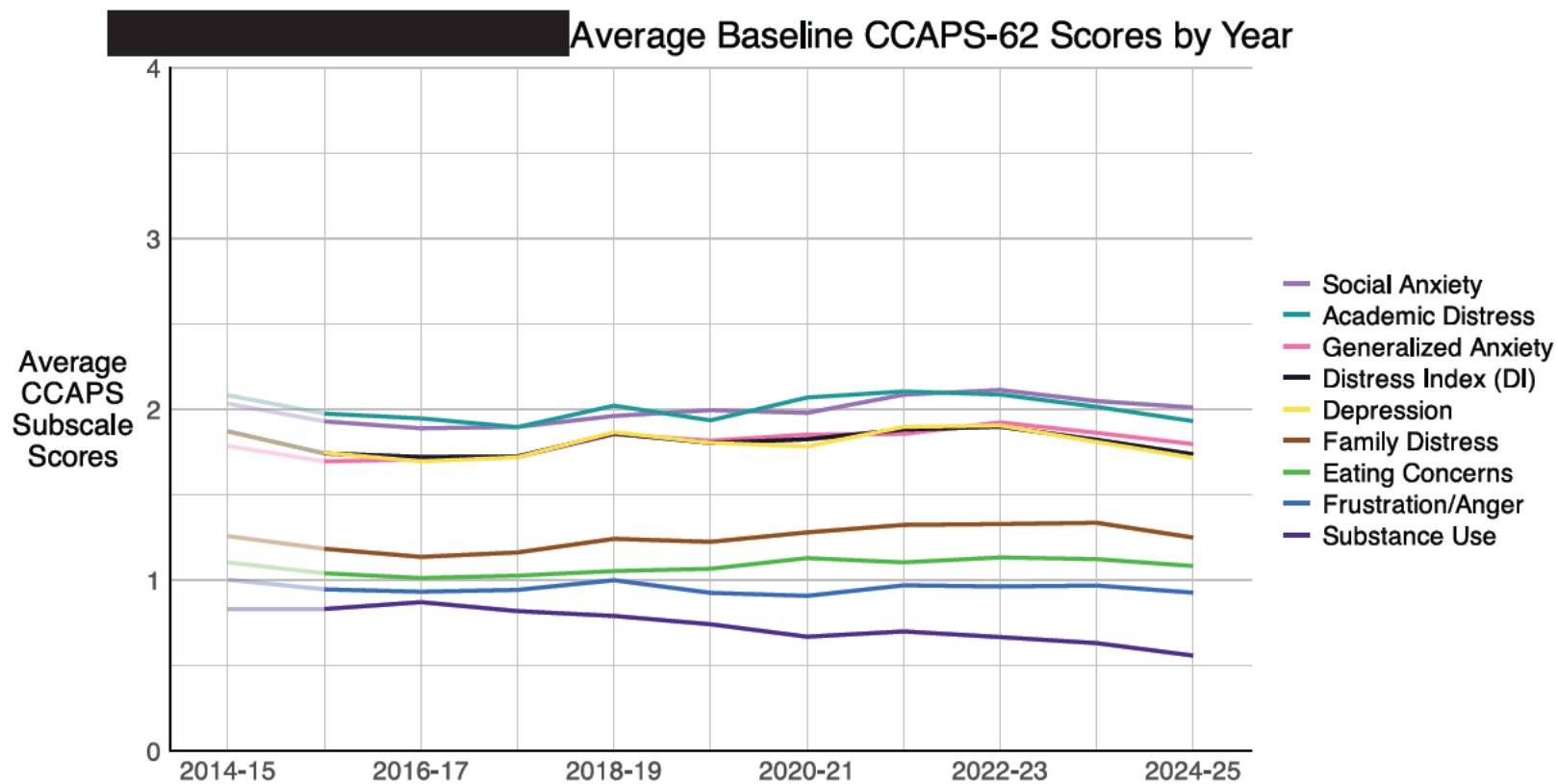












CCAPS-34 Trends

Annual sample sizes

The following table provides the number of clients with CCAPS-34 data each year at your center and in the national data. This table provides context for interpreting the graphs that follow.

Years where the number of clients at your center seems comparatively low may be due to low utilization of the CCAPS at your center during that time period. For Titanium users, this may also be due to data being partially purged from Titanium for older years, indicating that the data available does not represent the entire sample for that year.

Year	Number of local clients	Number of national clients
2014-2015	515	92641
2015-2016	995	122513
2016-2017	2585	136468
2017-2018	2883	153131
2018-2019	2721	174910
2019-2020	2413	152324
2020-2021	1864	121647
2021-2022	2125	153017
2022-2023	1990	147945
2023-2024	1804	137248
2024-2025	1868	128420

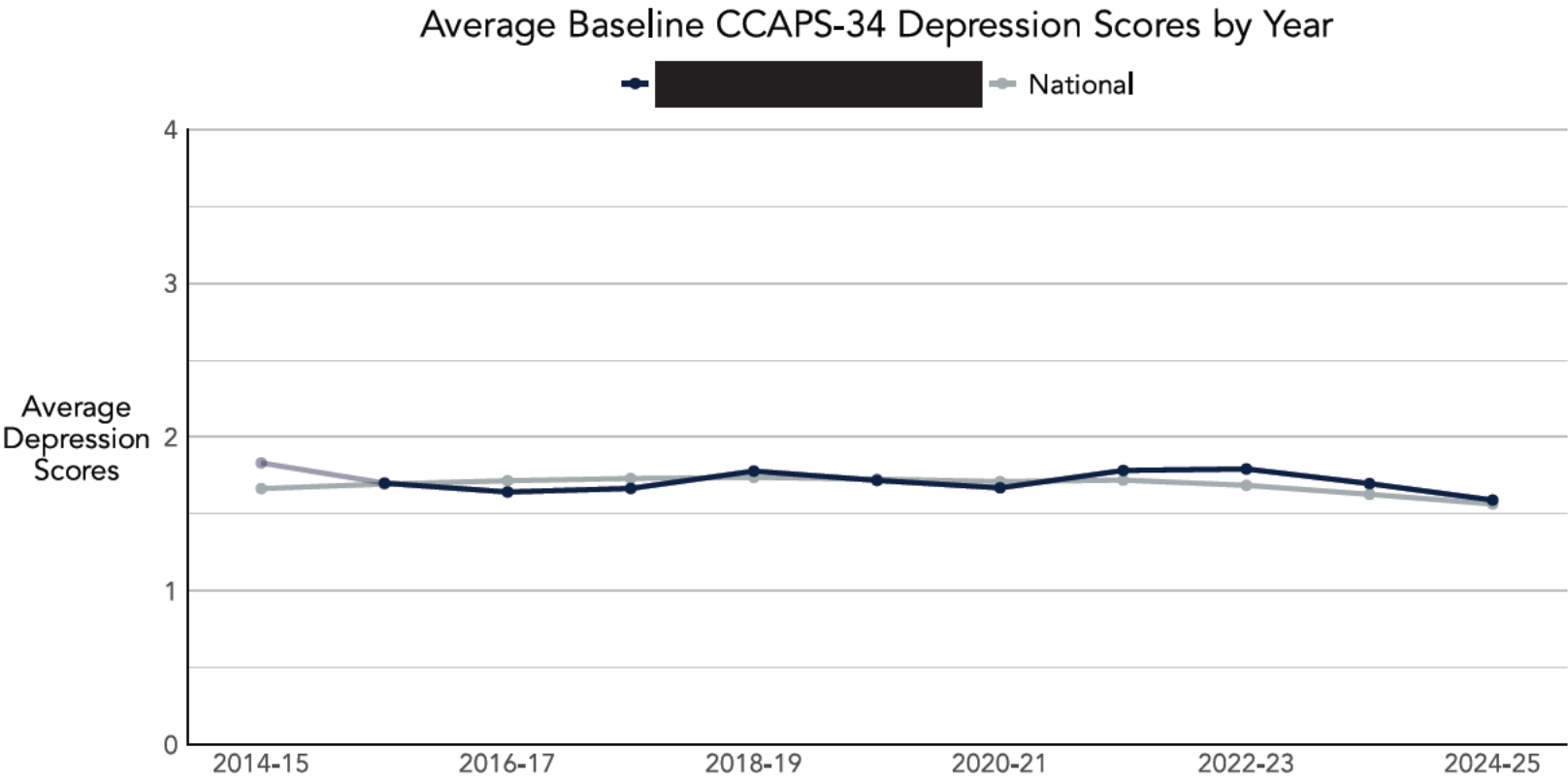
Annual Baseline CCAPS Trends

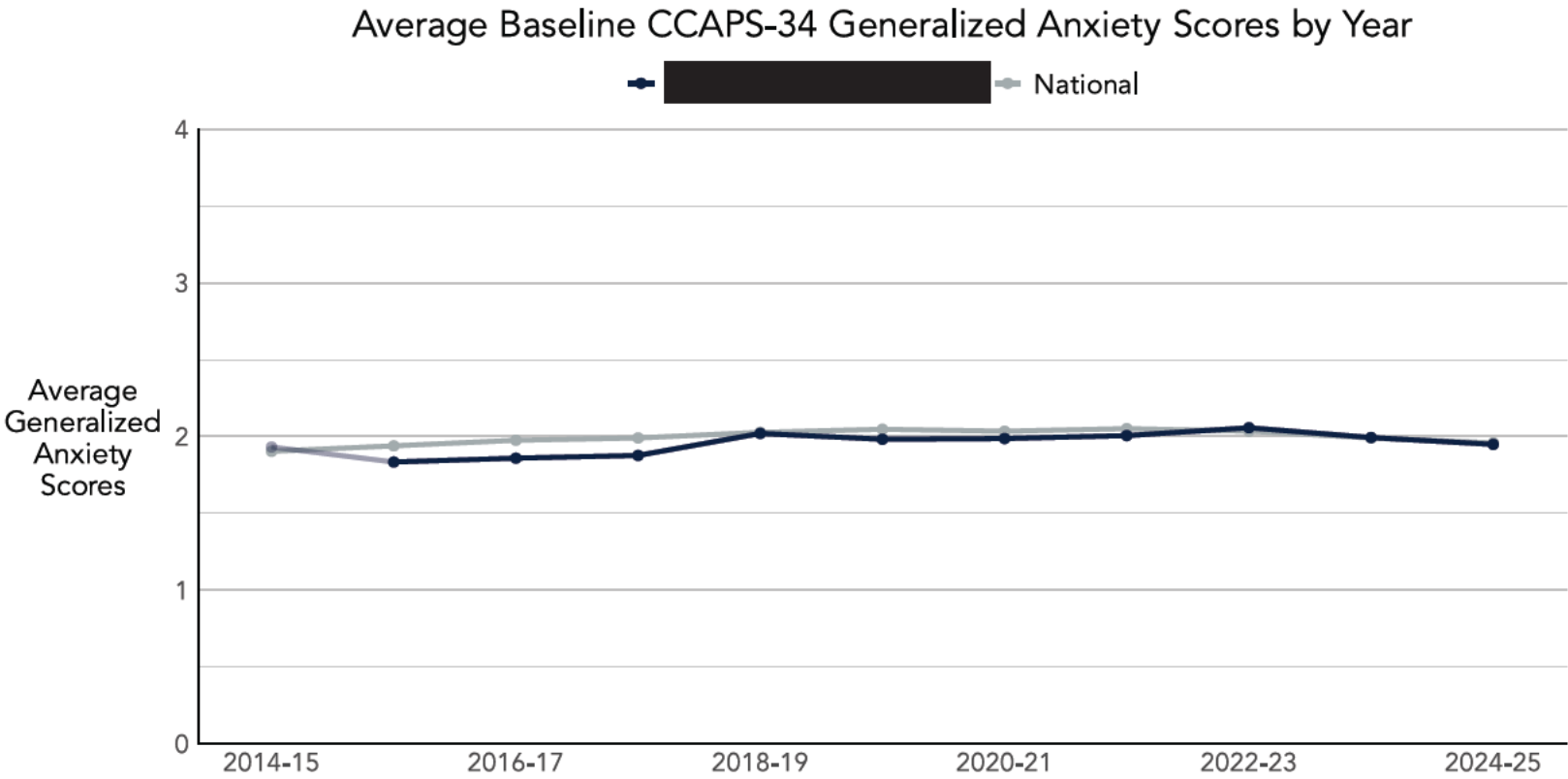
Annual mean CCAPS-34 scores

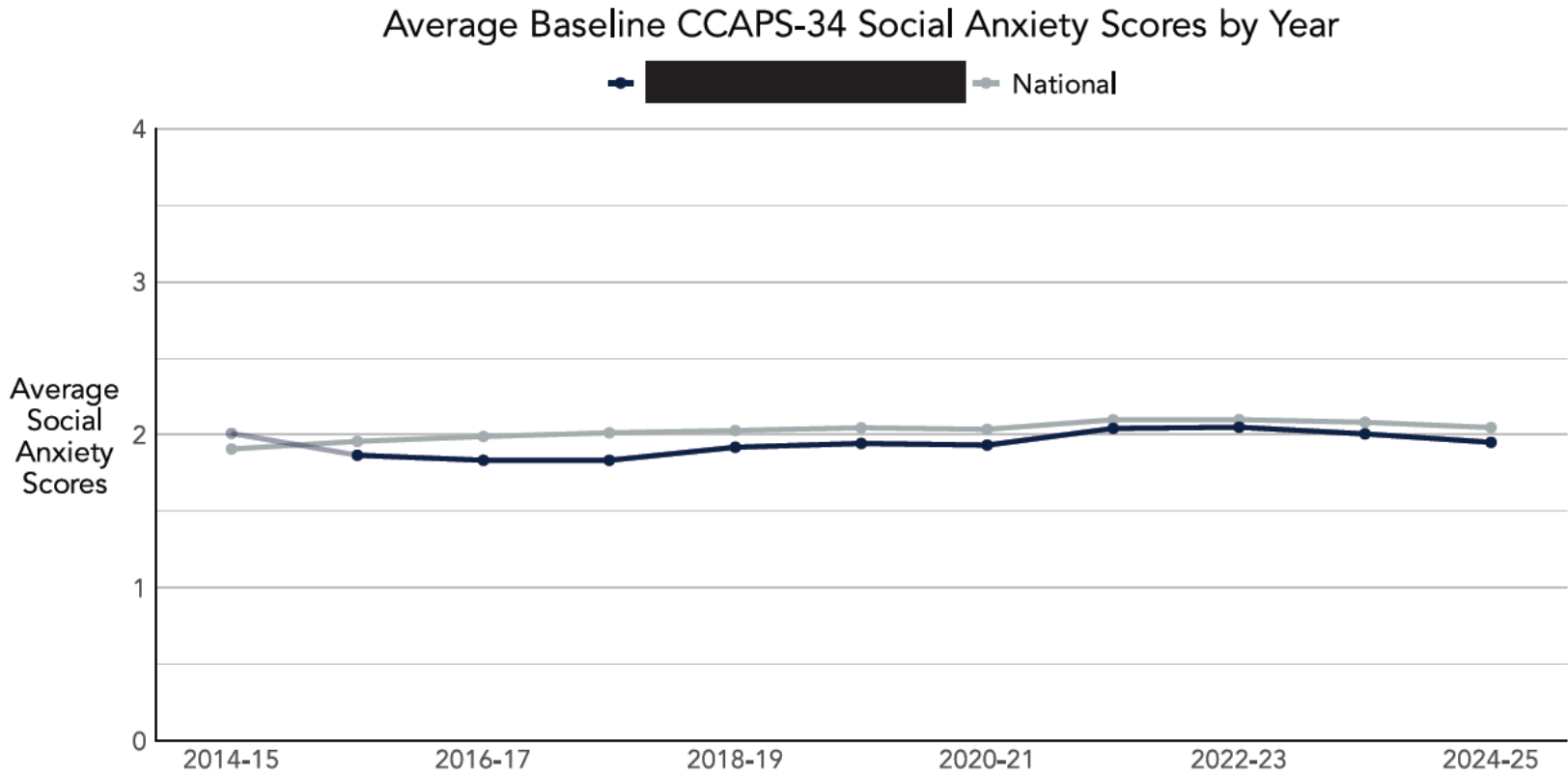
The following data points are the average CCAPS-34 scores for your center for each year. The scores are raw mean scores ranging from 0 to 4, not percentiles. Higher scores indicate more distress.

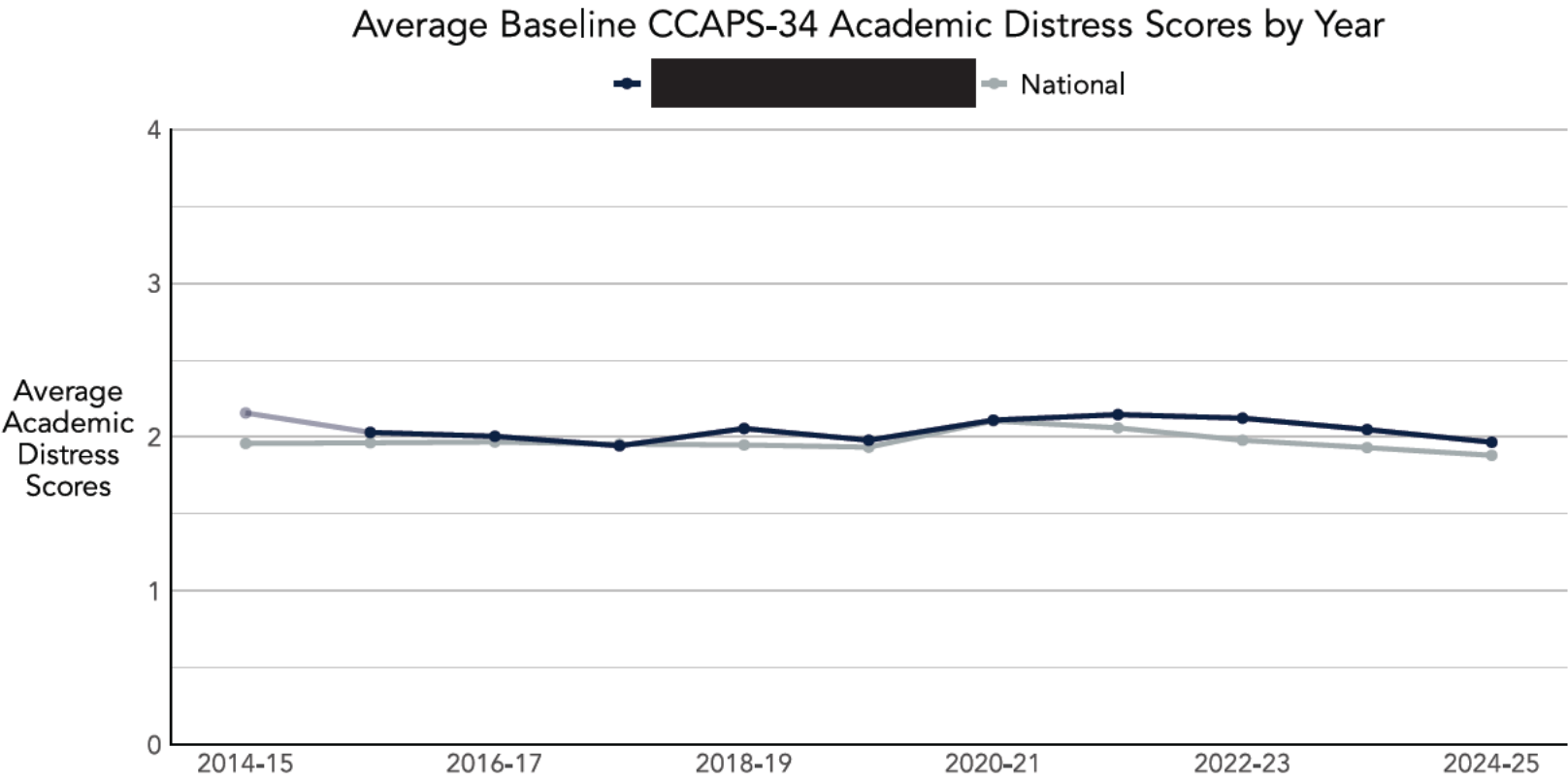
Year	Depression	Anxiety	Social Anxiety	Academics	Eating	Hostility	Alcohol	DI
2014-2015	1.83	1.93	2.01	2.16	1.00	0.87	0.76	1.84
2015-2016	1.70	1.83	1.87	2.03	0.92	0.82	0.76	1.72
2016-2017	1.64	1.86	1.83	2.00	0.92	0.81	0.81	1.70
2017-2018	1.67	1.88	1.83	1.94	0.94	0.80	0.74	1.70
2018-2019	1.78	2.02	1.92	2.06	0.95	0.85	0.69	1.82
2019-2020	1.72	1.98	1.94	1.98	0.97	0.77	0.65	1.77
2020-2021	1.67	1.99	1.93	2.11	1.03	0.75	0.57	1.78
2021-2022	1.78	2.01	2.04	2.15	1.00	0.81	0.59	1.84
2022-2023	1.79	2.06	2.05	2.12	1.04	0.80	0.56	1.85
2023-2024	1.70	1.99	2.01	2.05	1.00	0.82	0.54	1.79
2024-2025	1.59	1.95	1.95	1.97	0.97	0.80	0.48	1.71

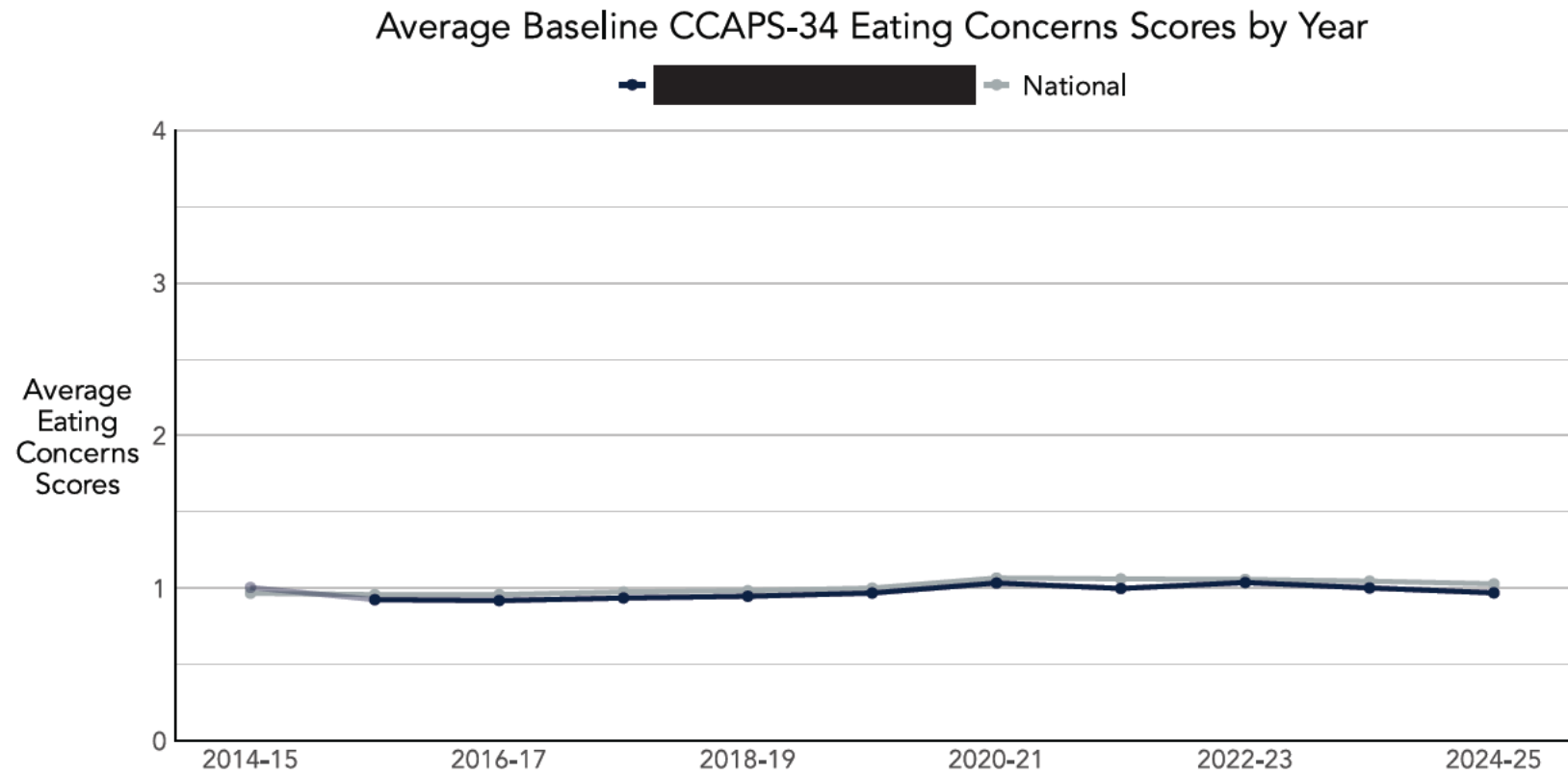
The following graphs display average CCAPS-34 raw subscale scores (0-1) by year for your center compared to national data (graphed in grey). Data points for your center that are lighter/more transparent represent years where the number of clients is low, and data should be interpreted cautiously. This may be due to low utilization of the CCAPS at your center during that time period. For Titanium users, this may also be due to data being partially purged from Titanium for older years, indicating that the data available does not represent the entire sample for that year. Evaluating the table above with the number of clients for each year will provide more context.

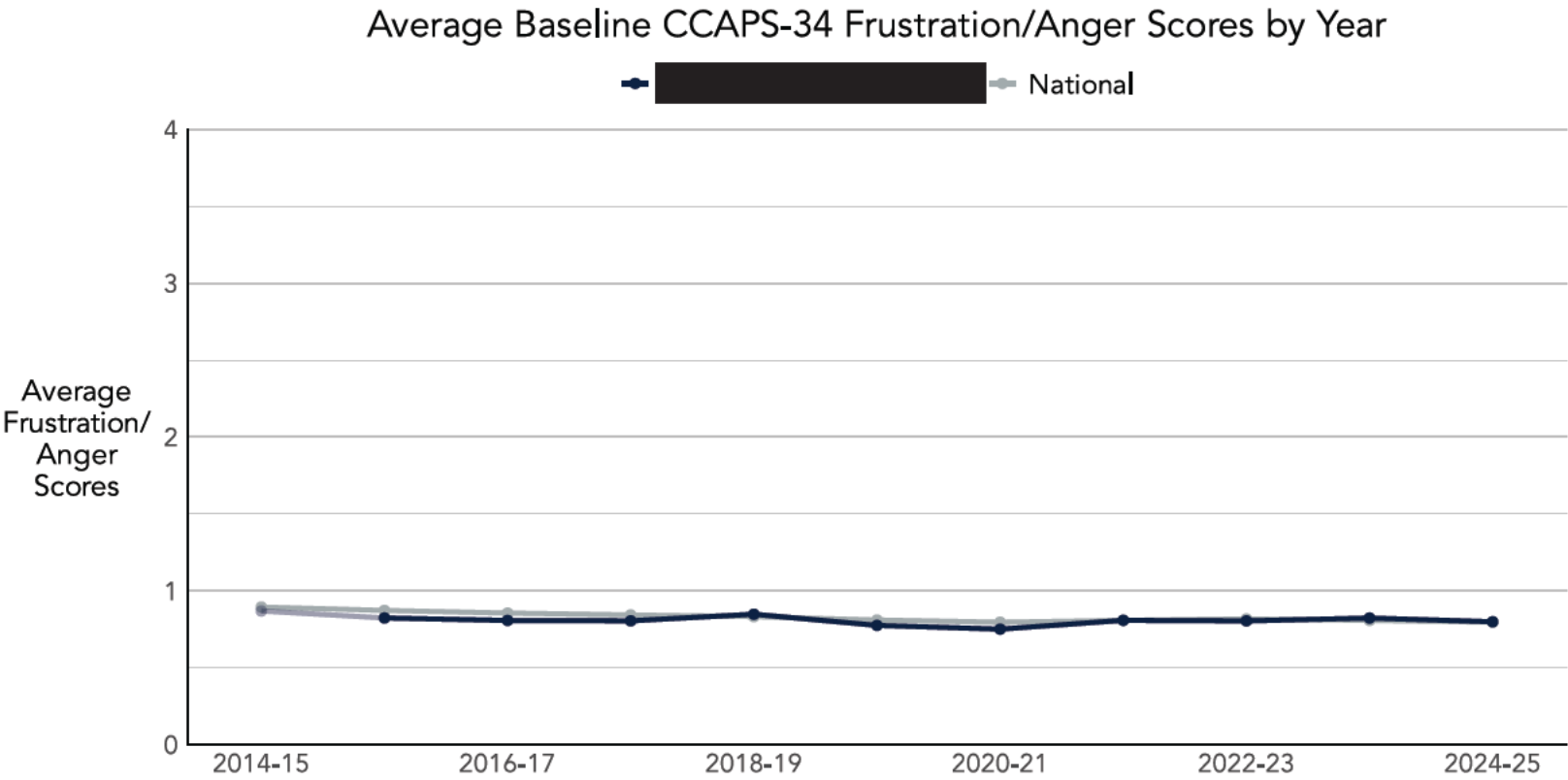


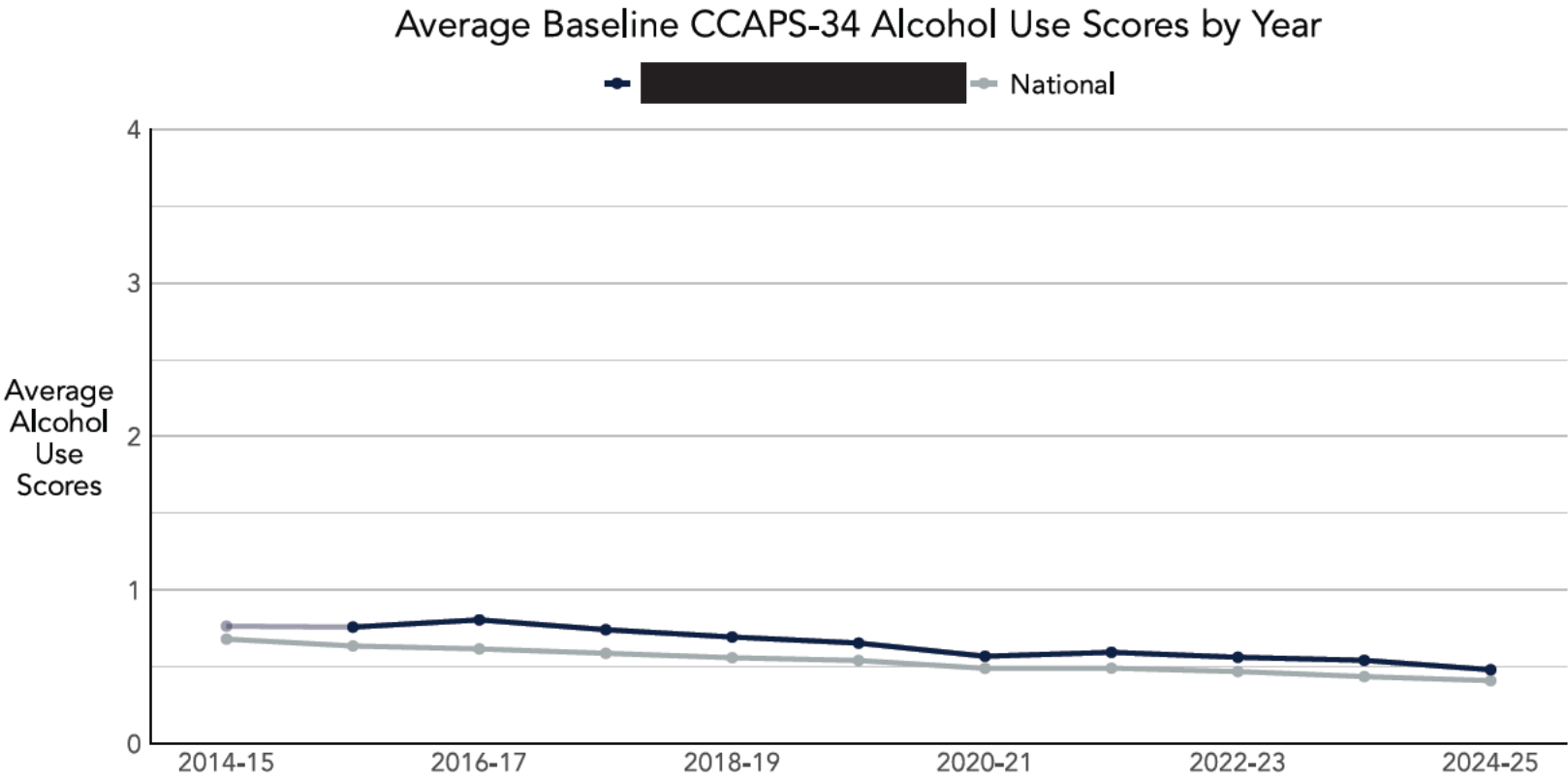


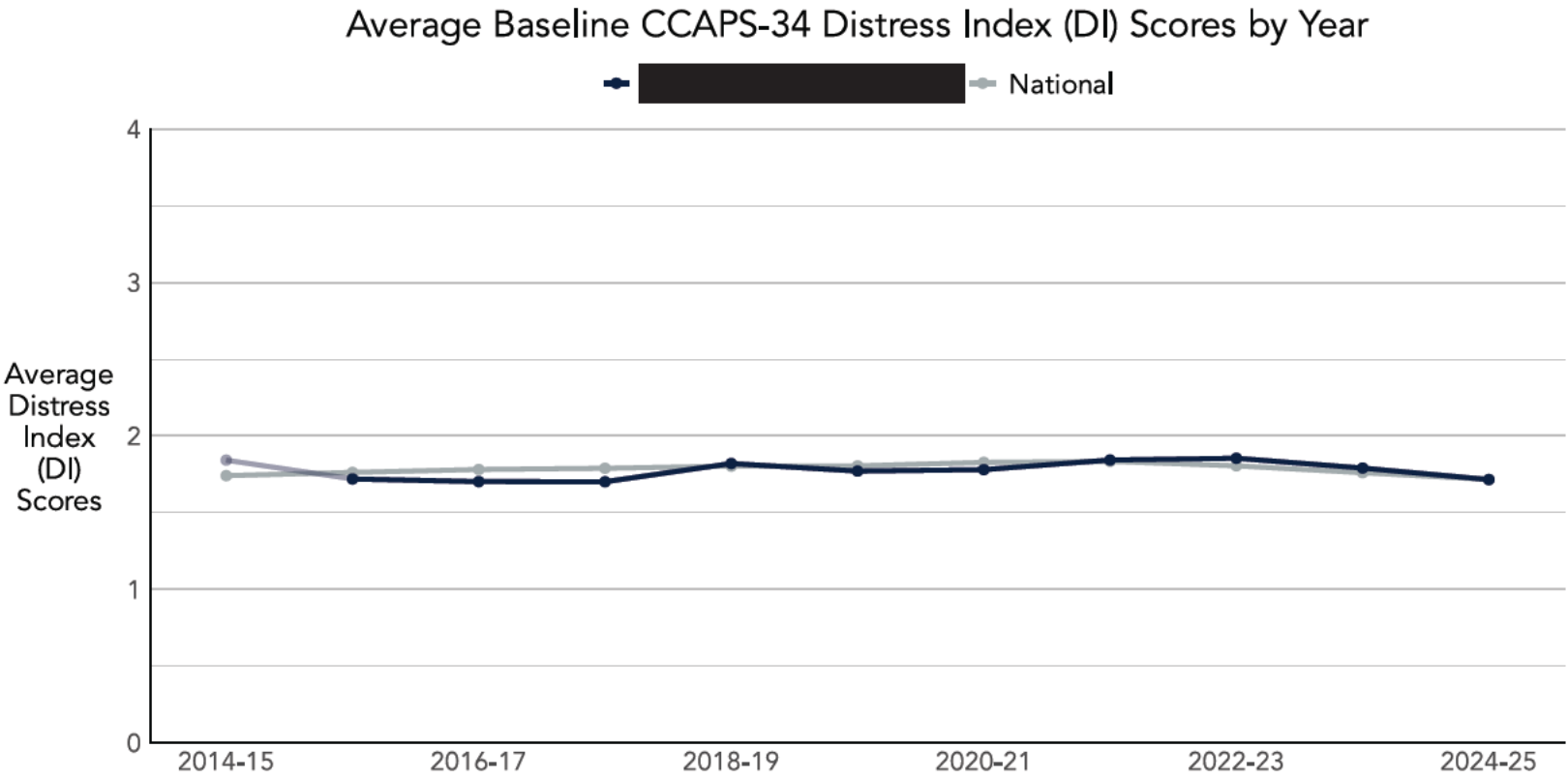


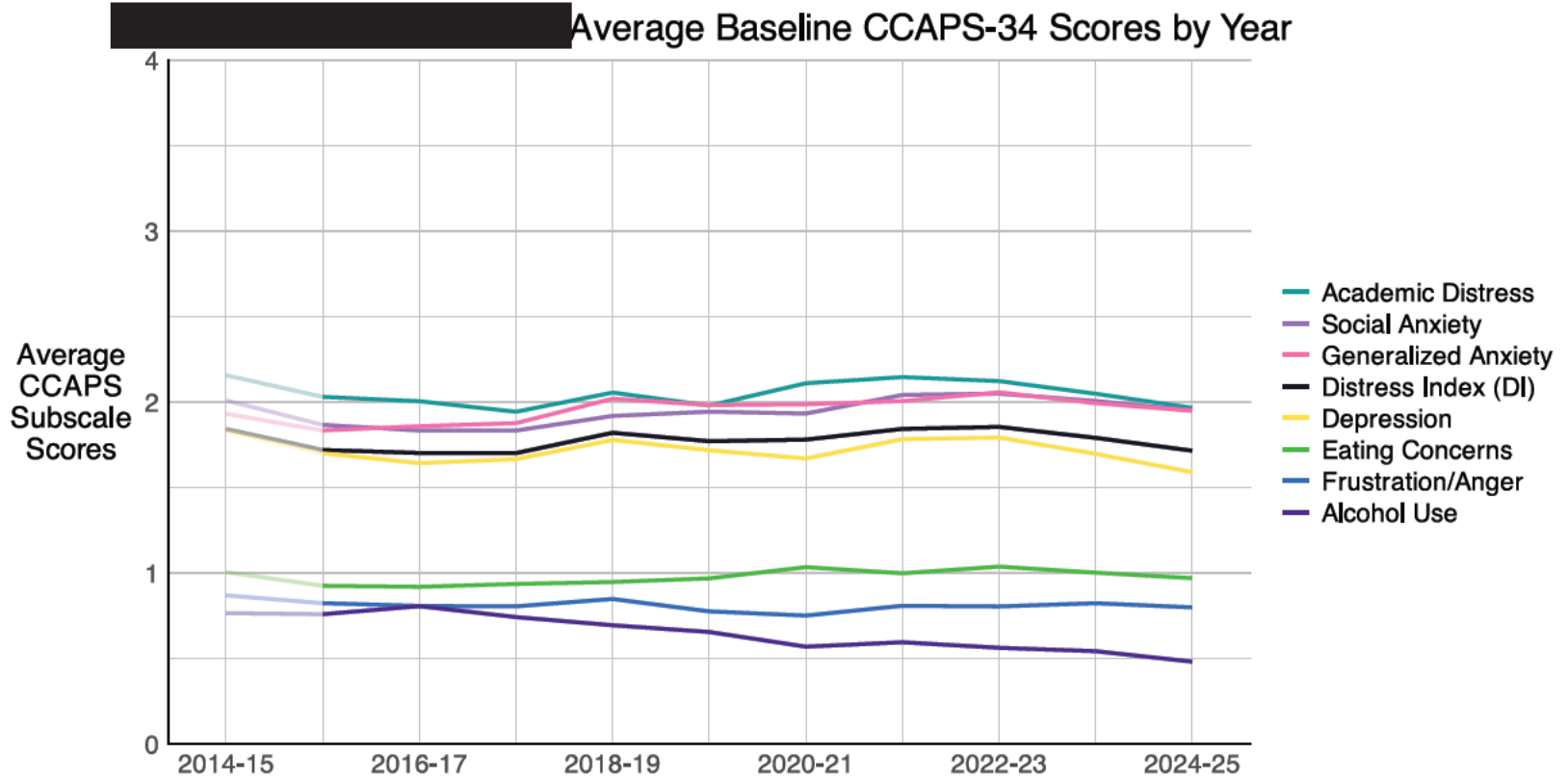










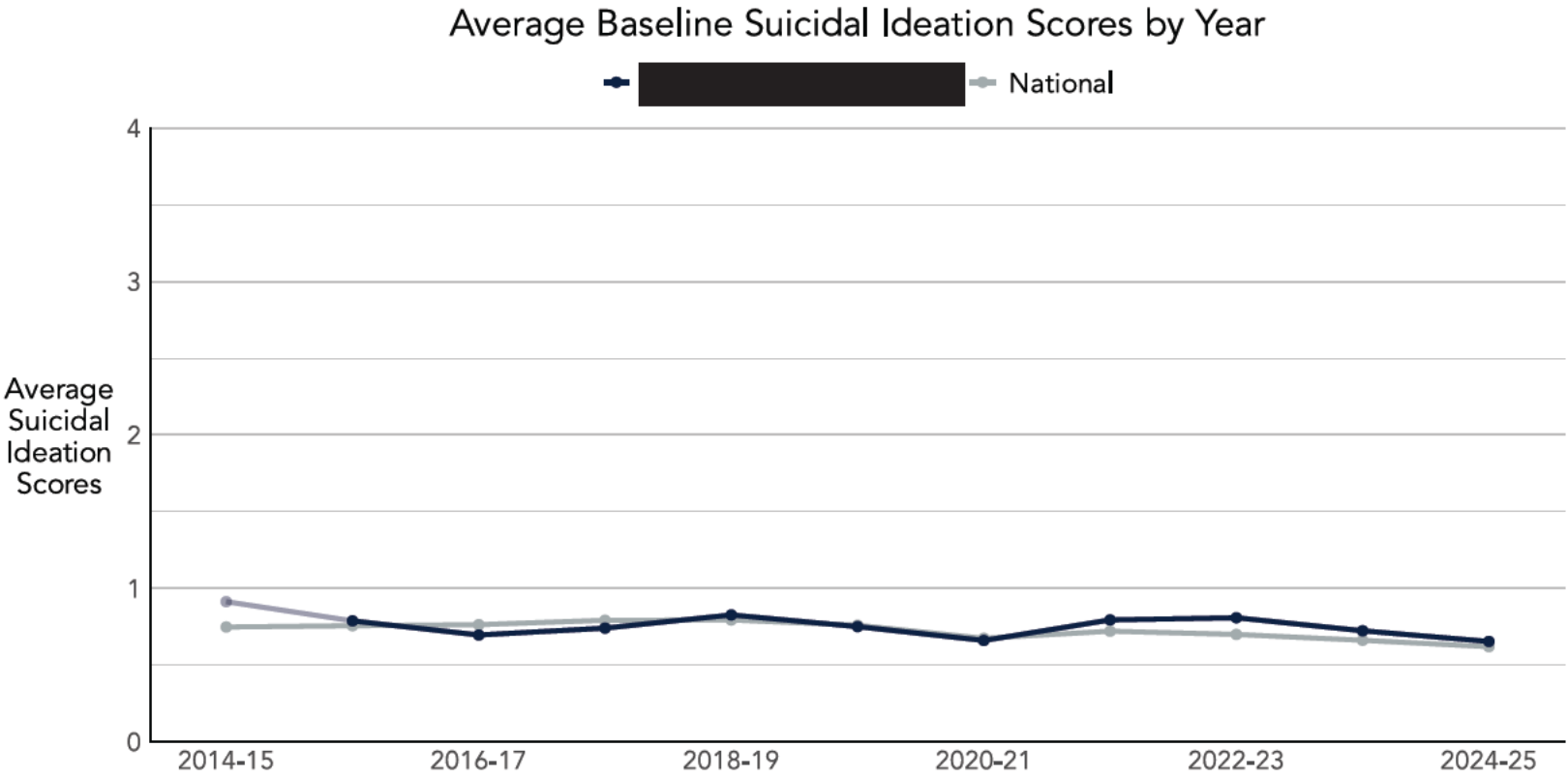


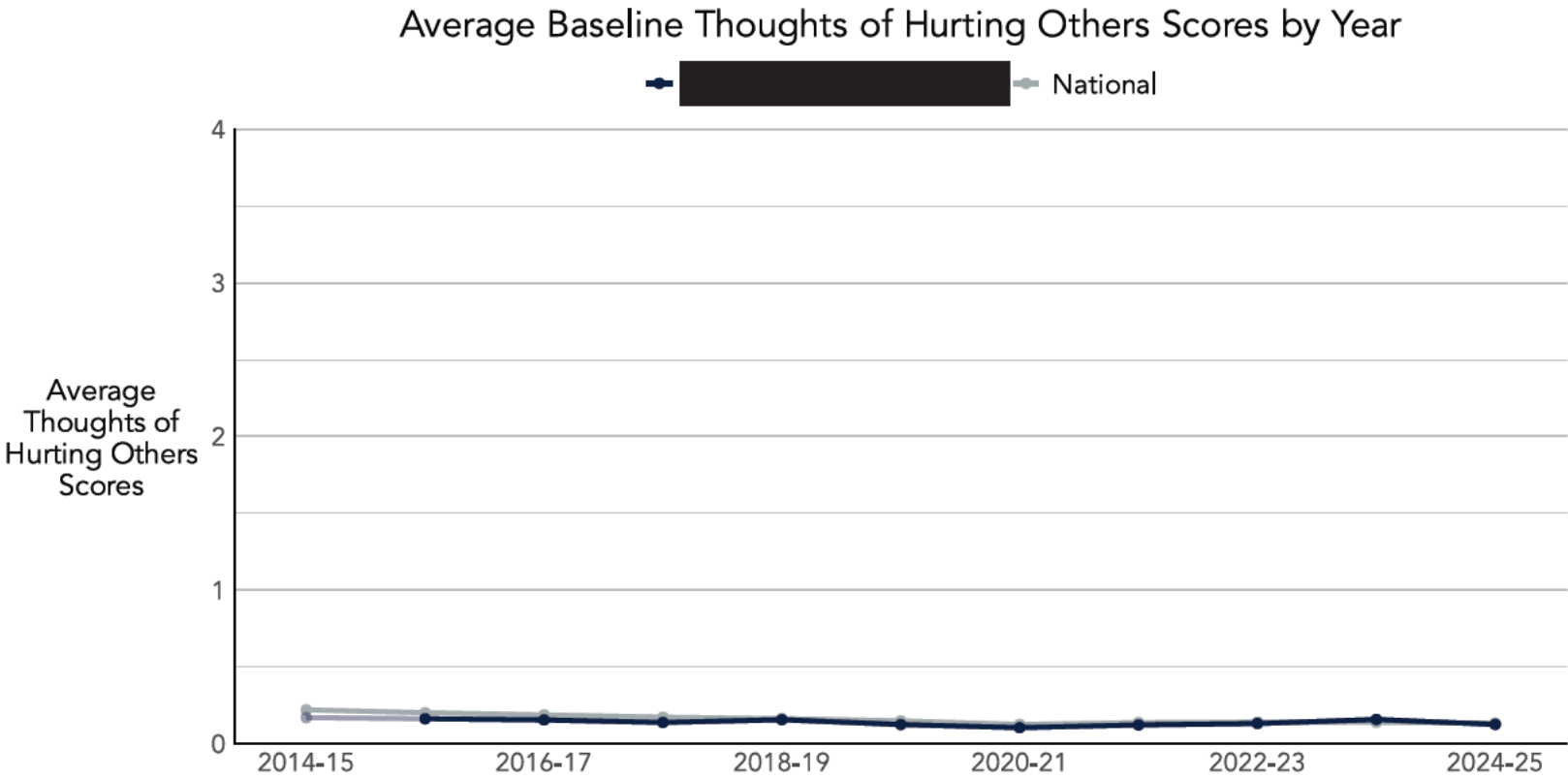
Annual Baseline CCAPS Trends

Critical Item Trends

The following table and graphs display average raw scores (0 to 4) for two critical items, SI ("I have thoughts of ending my life") and THO ("I have thoughts of hurting others"), over time.

Year	SI	THO
2014-2015	0.91	0.17
2015-2016	0.79	0.16
2016-2017	0.70	0.15
2017-2018	0.74	0.14
2018-2019	0.83	0.16
2019-2020	0.75	0.12
2020-2021	0.66	0.10
2021-2022	0.79	0.12
2022-2023	0.81	0.13
2023-2024	0.72	0.16
2024-2025	0.65	0.12





Annual Pre-Post Change Trends

This section provides an overview of the trends in pre-post CCAPS-34 change for your center. Change is calculated as the difference between each client’s first and last CCAPS of each year, with positive values indicating improvement (reduction in scores).

Annual sample sizes

The following table provides the number of clients with at least two CCAPS-34 administrations each year at your center and in the national data. This table provides context for interpreting the graphs that follow. This table also includes a column indicating the percentage of clients at your center who had multiple (i.e. at least two) CCAPS-34 administrations each year.

Years where the number of clients at your center seems comparatively low or where the percentage of clients with multiple CCAPS is low may be due to the CCAPS being used mainly at baseline and not at repeated measures during treatment. For Titanium users, low number of clients in older years may also be due to data being partially purged from Titanium for older years, indicating that the data available does not represent the entire sample for that year.

Year	Number of local clients	Percent of clients with multiple CCAPS	Number of national clients
2014-2015	352	68%	33563
2015-2016	763	77%	48801
2016-2017	1663	64%	57346
2017-2018	1801	62%	66416
2018-2019	1868	69%	78018
2019-2020	1668	69%	67008
2020-2021	1399	75%	54296
2021-2022	1455	68%	68035
2022-2023	1372	69%	70199
2023-2024	1317	73%	69309
2024-2025	1412	76%	66767

Annual Pre-Post Change Trends

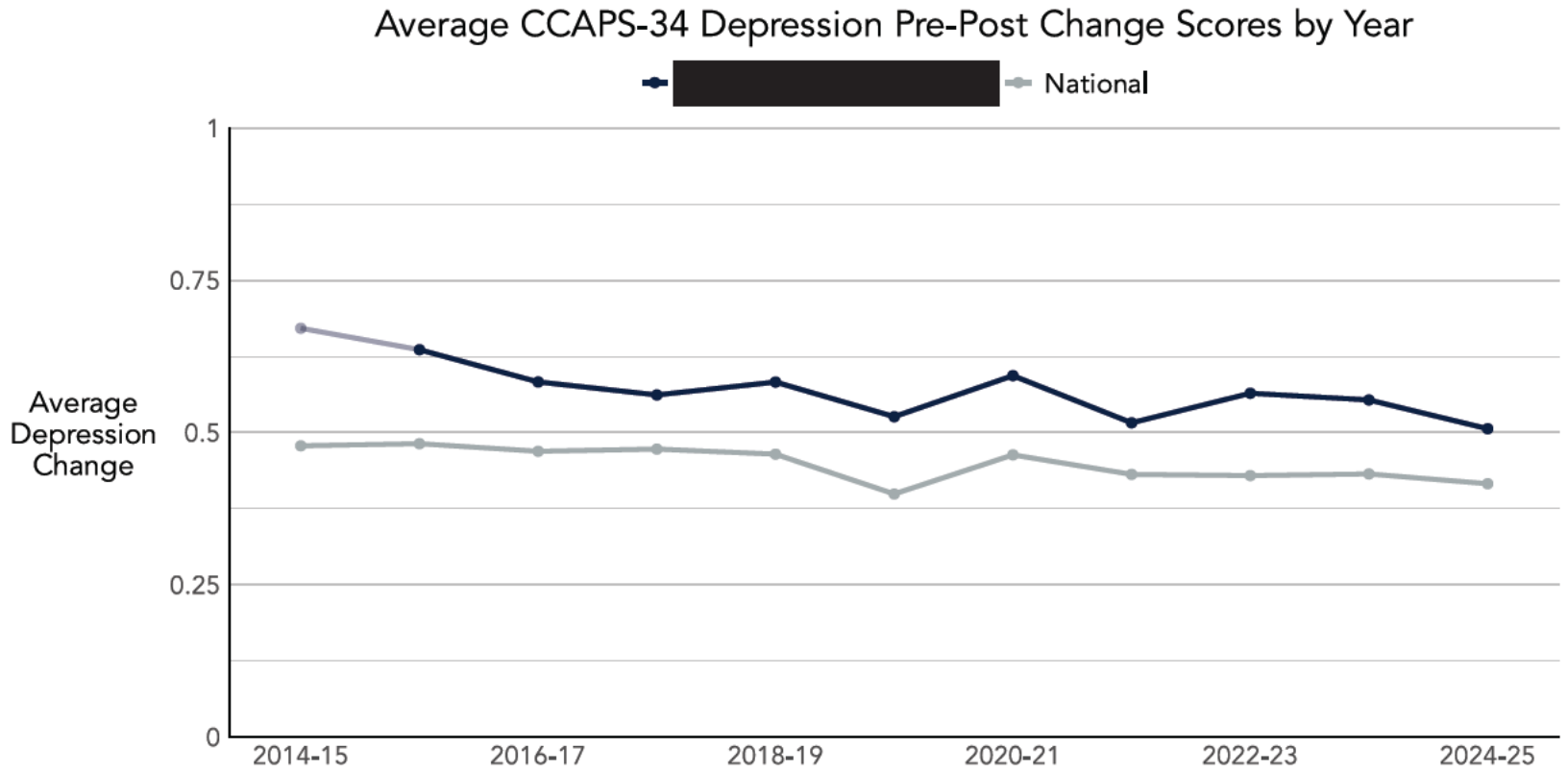
Annual mean CCAPS pre-post change scores

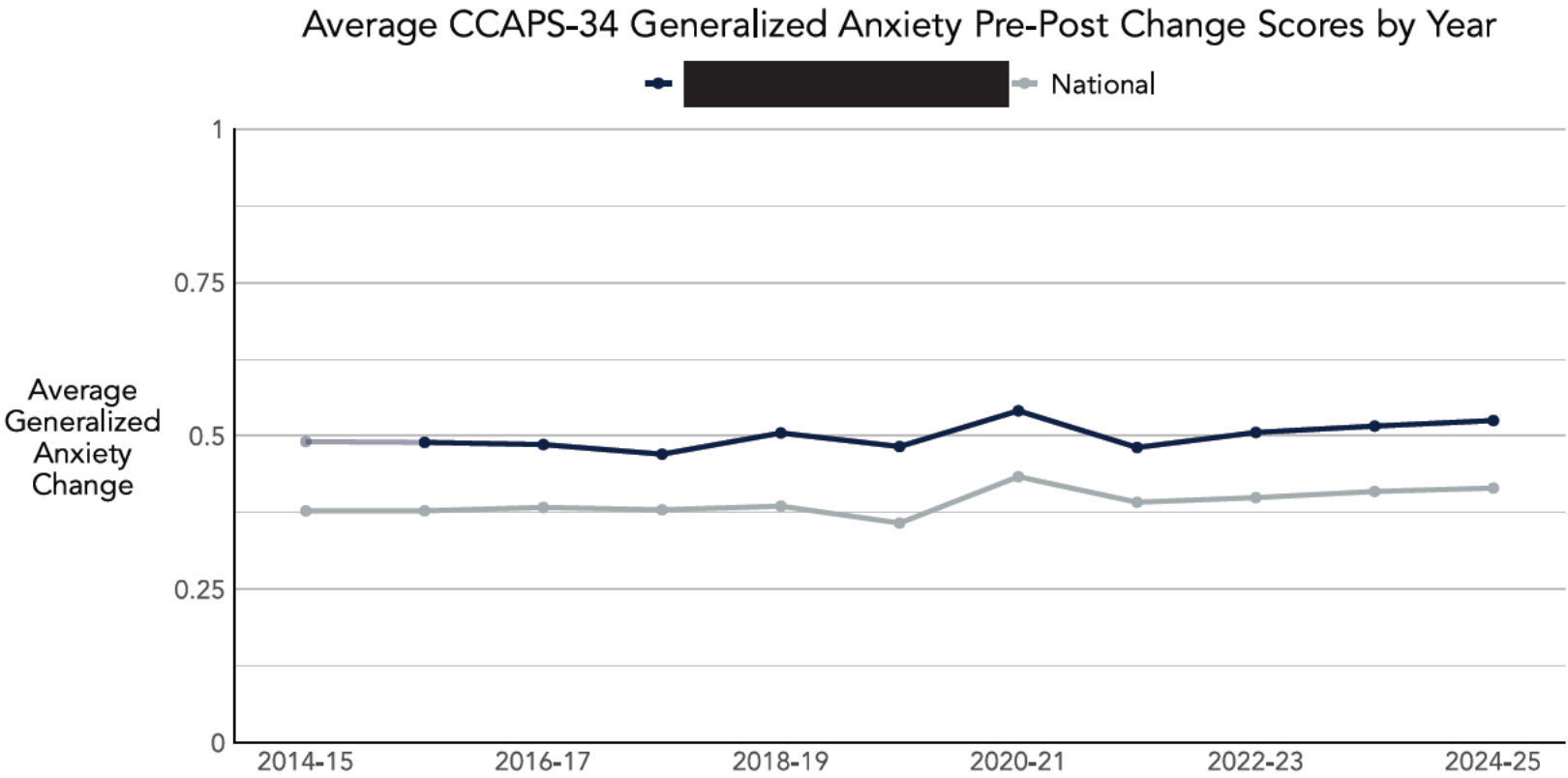
The following table and graphs summarize average CCAPS-34 pre-post change scores by year. The graphs display trends for your center compared to national data (graphed in grey). Data points for your center that are lighter/more transparent represent years where the number of clients is low, and data should be interpreted cautiously.

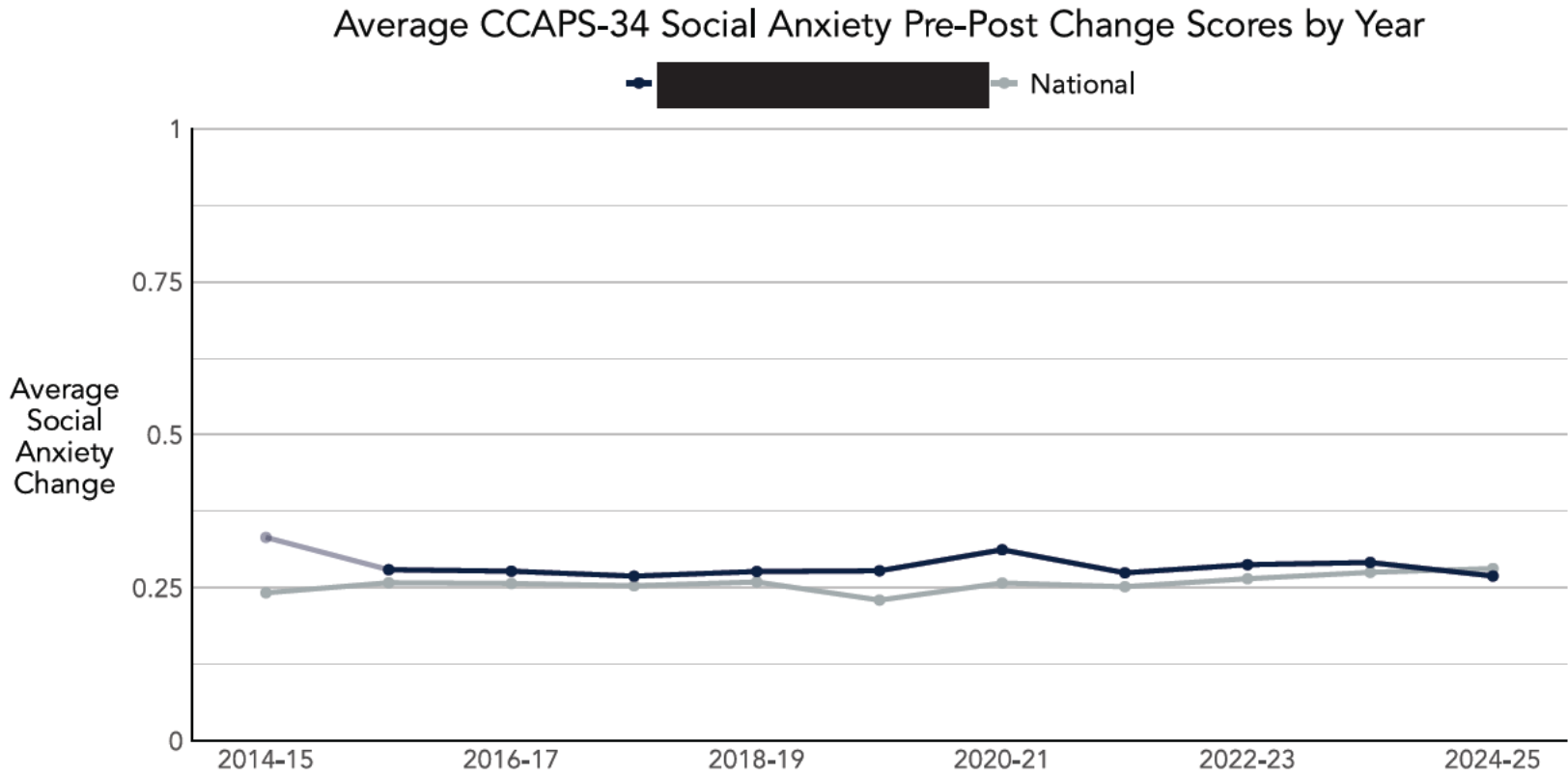
Average pre-post change is most accurate for centers that are administering the CCAPS at every session. Other CCAPS administration schedules may result in pre-post data that does not capture the full treatment for all clients (e.g. administering the CCAPS at 1st and 3rd sessions does not capture the full treatment for clients who attend 5 sessions).

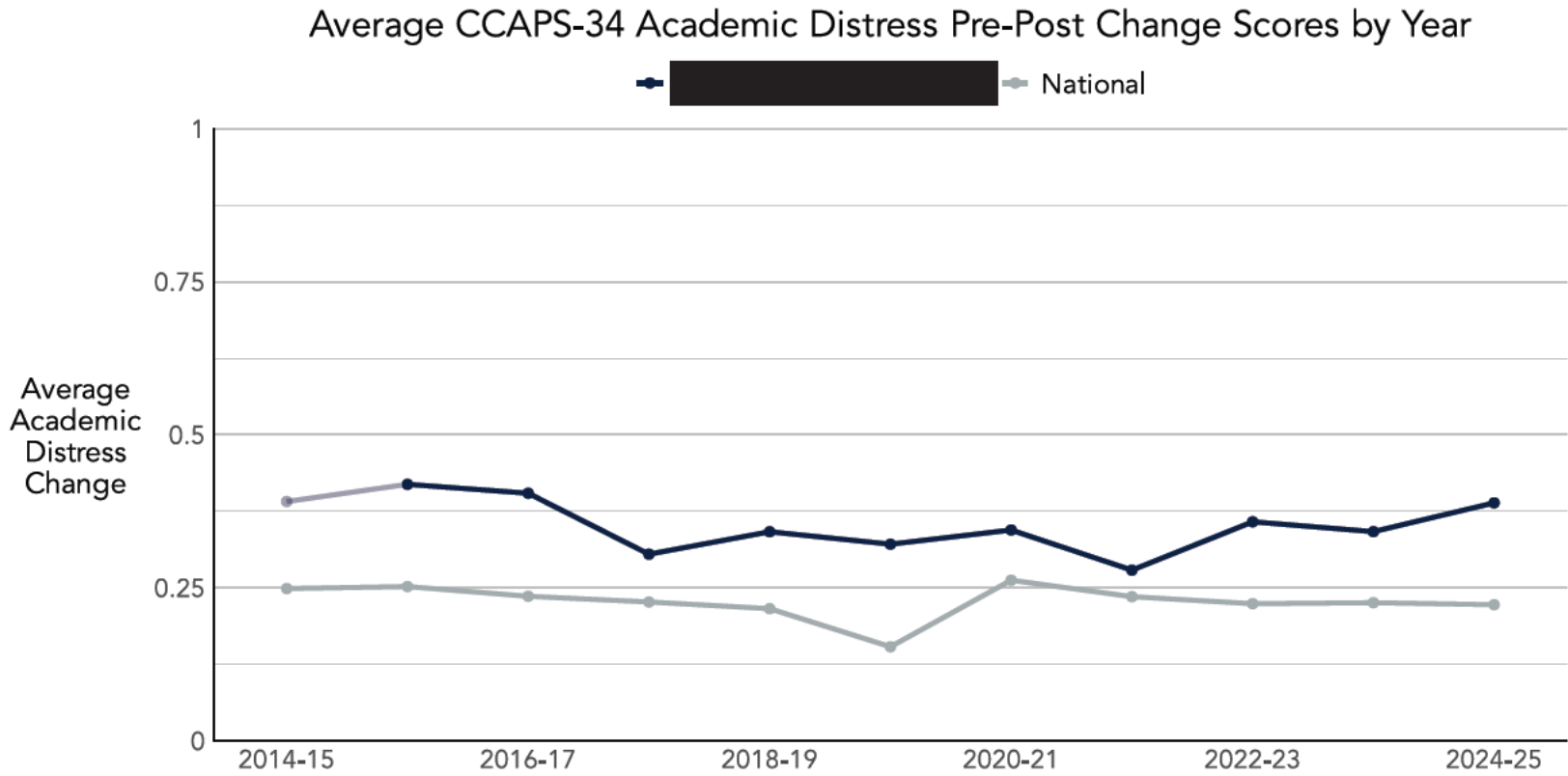
Additionally, pre-post change is influenced by average baseline scores. Centers with lower average baseline scores (see baseline CCAPS-34 section) may have less room for improvement and thus may have smaller pre-post change scores.

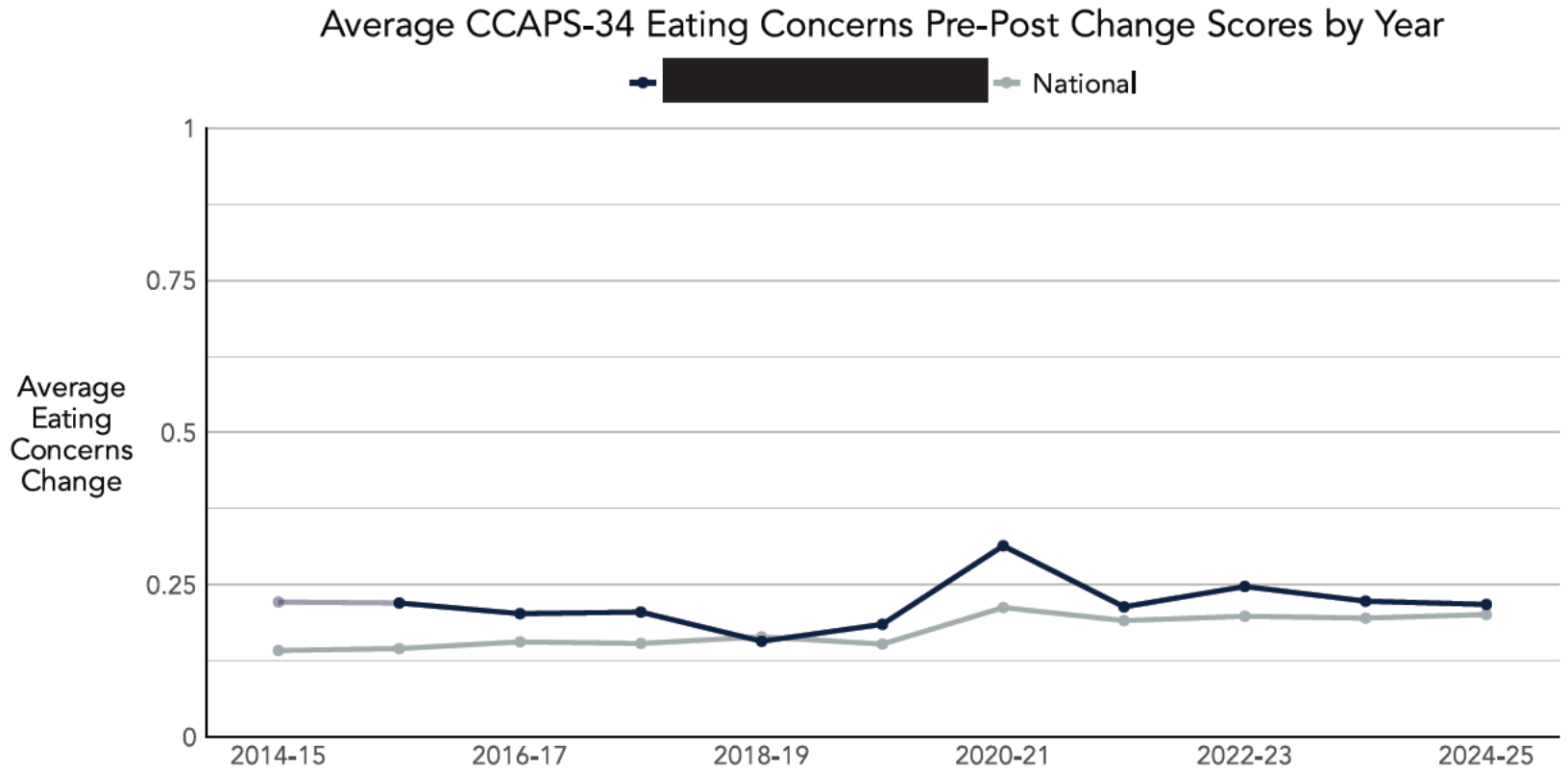
Year	Depression	Anxiety	Social Anxiety	Academics	Eating	Hostility	Alcohol	DI
2014-2015	0.67	0.49	0.33	0.39	0.22	0.35	0.22	0.54
2015-2016	0.64	0.49	0.28	0.42	0.22	0.33	0.30	0.52
2016-2017	0.58	0.49	0.28	0.40	0.20	0.30	0.27	0.49
2017-2018	0.56	0.47	0.27	0.30	0.21	0.30	0.25	0.47
2018-2019	0.58	0.50	0.28	0.34	0.16	0.31	0.25	0.49
2019-2020	0.53	0.48	0.28	0.32	0.18	0.27	0.25	0.46
2020-2021	0.59	0.54	0.31	0.34	0.31	0.35	0.26	0.52
2021-2022	0.52	0.48	0.27	0.28	0.21	0.30	0.25	0.45
2022-2023	0.56	0.51	0.29	0.36	0.25	0.32	0.19	0.49
2023-2024	0.55	0.52	0.29	0.34	0.22	0.35	0.21	0.49
2024-2025	0.51	0.52	0.27	0.39	0.22	0.32	0.21	0.48

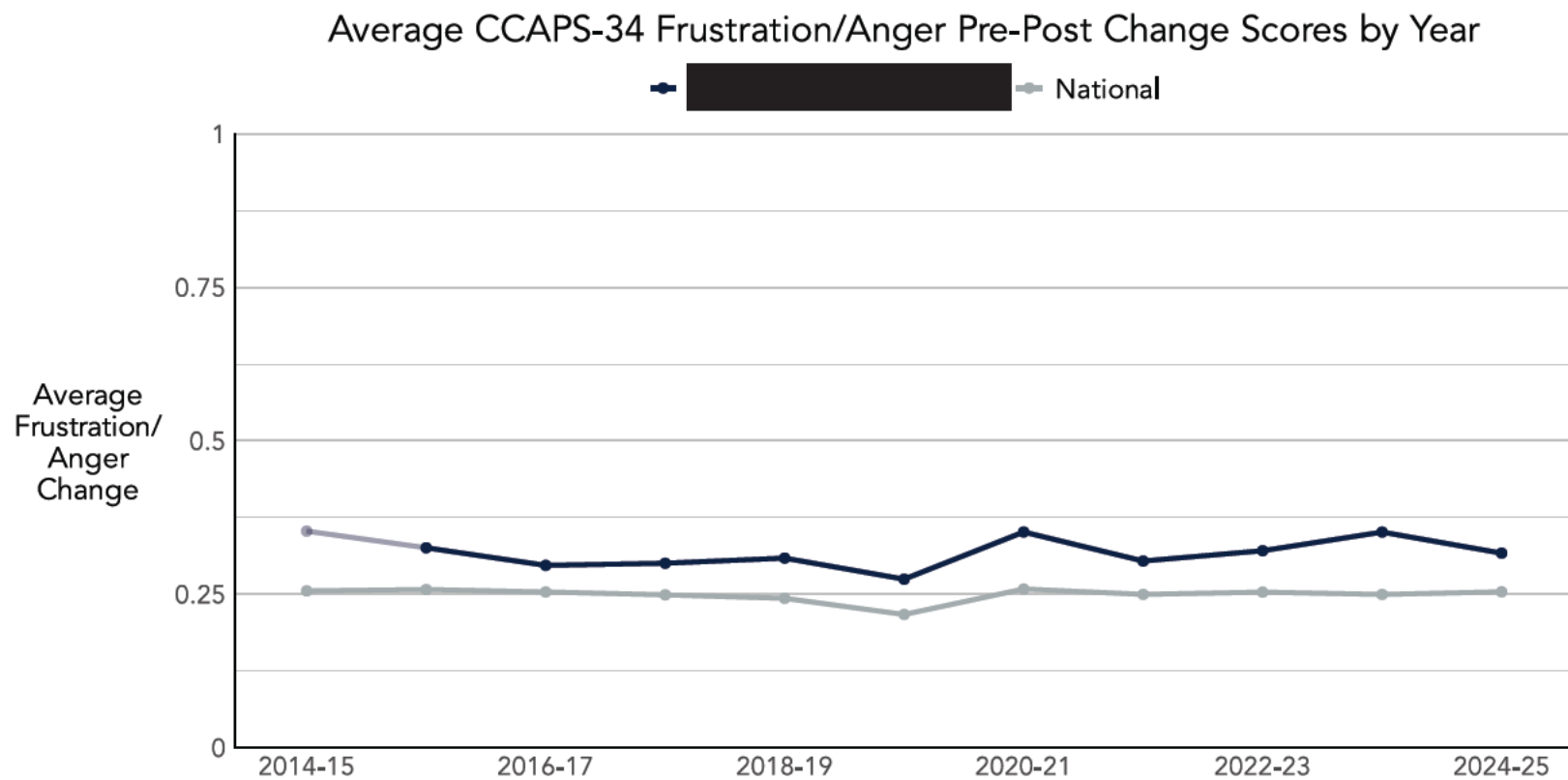


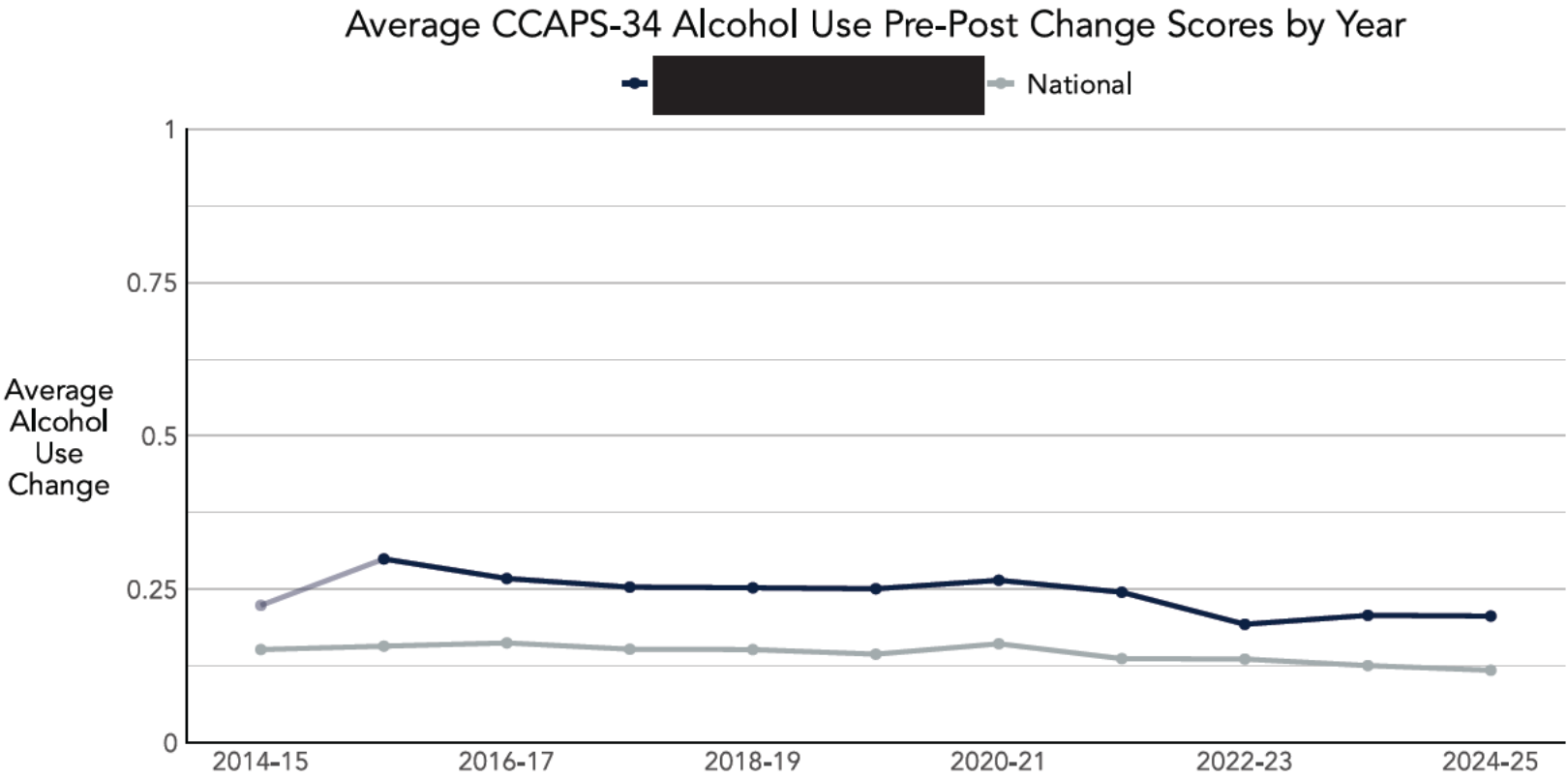


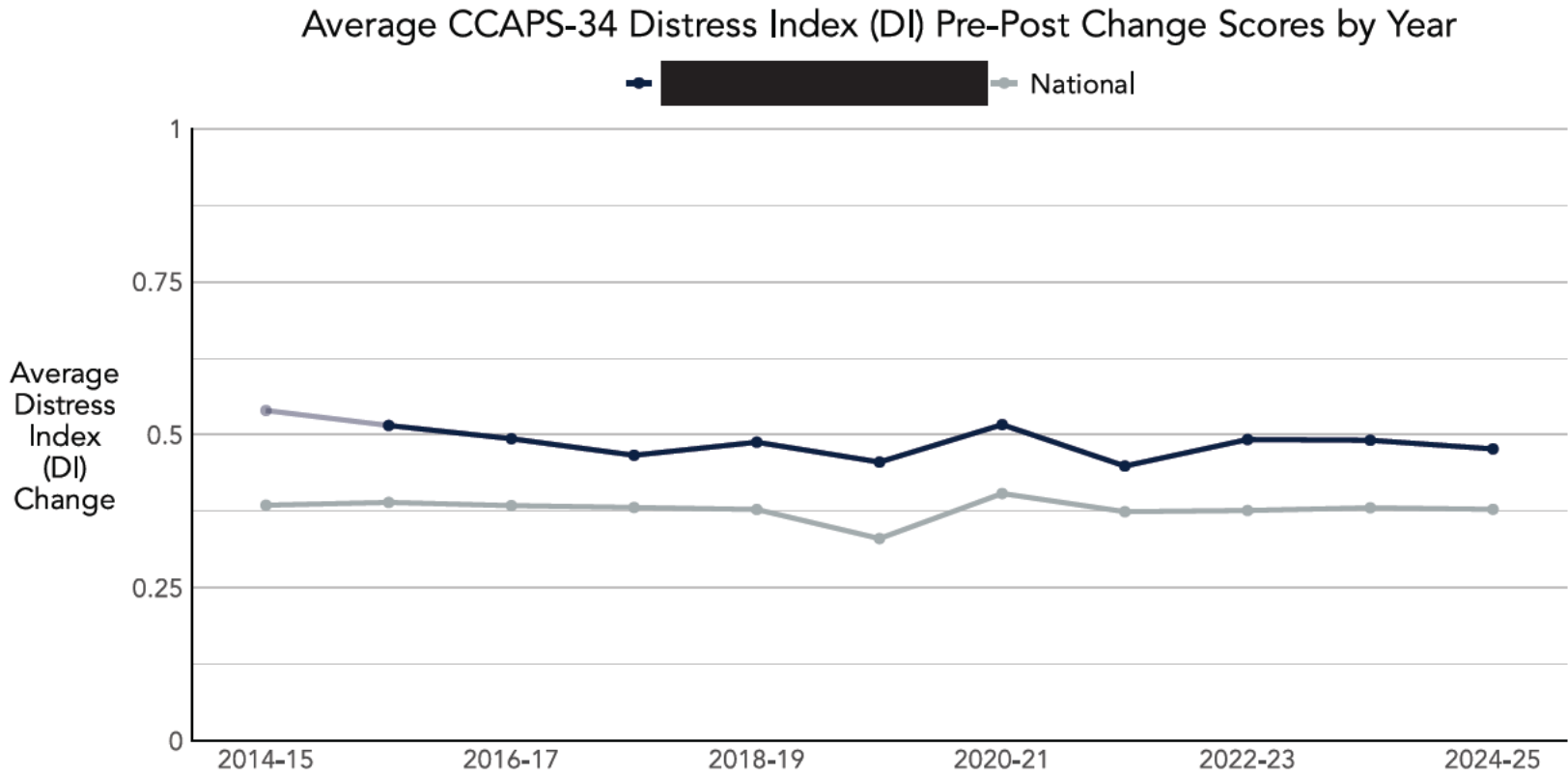


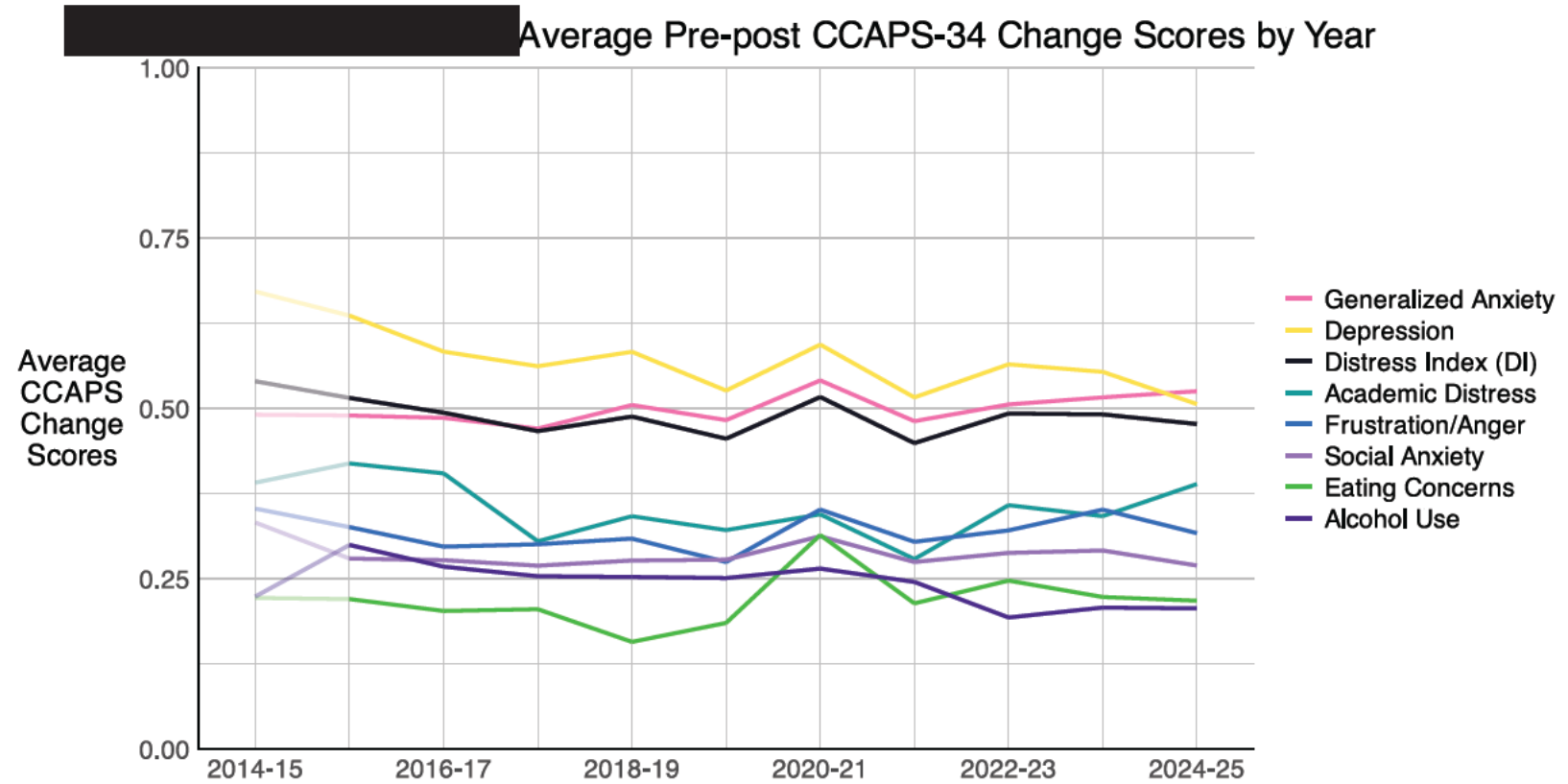












Monthly Trends

This section provides an overview of the monthly trends for your center for the most recent year of data (2024-2025). Each client is included once in the data, in the month of their first CCAPS administration of the most recent year.

CCAPS-34 Monthly Trends

Monthly sample sizes

The following table provides the number of clients with baseline CCAPS-34 data in each month at your center and in the national data. This table provides context for interpreting the graphs that follow.

Months where the number of clients at your center is comparatively low should be interpreted with caution.

Month	Number of local clients	Number of national clients
Jul 2024	95	8616
Aug 2024	118	13031
Sep 2024	346	24211
Oct 2024	260	20598
Nov 2024	209	12782
Dec 2024	104	4205
Jan 2025	190	10503
Feb 2025	193	12432
Mar 2025	127	9003
Apr 2025	151	8539
May 2025	40	2686
Jun 2025	35	1814

Monthly Trends

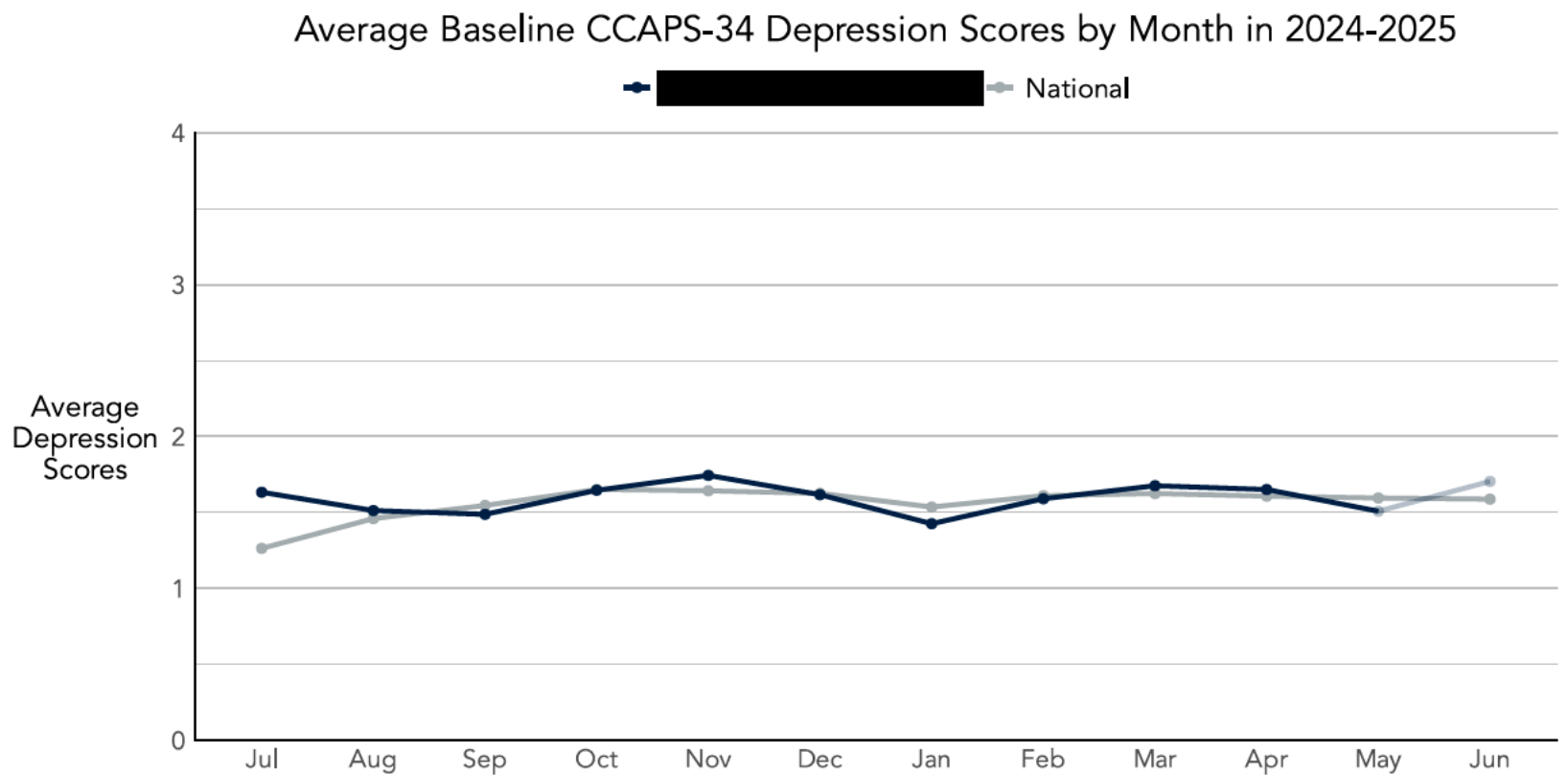
Monthly average CCAPS-34 scores

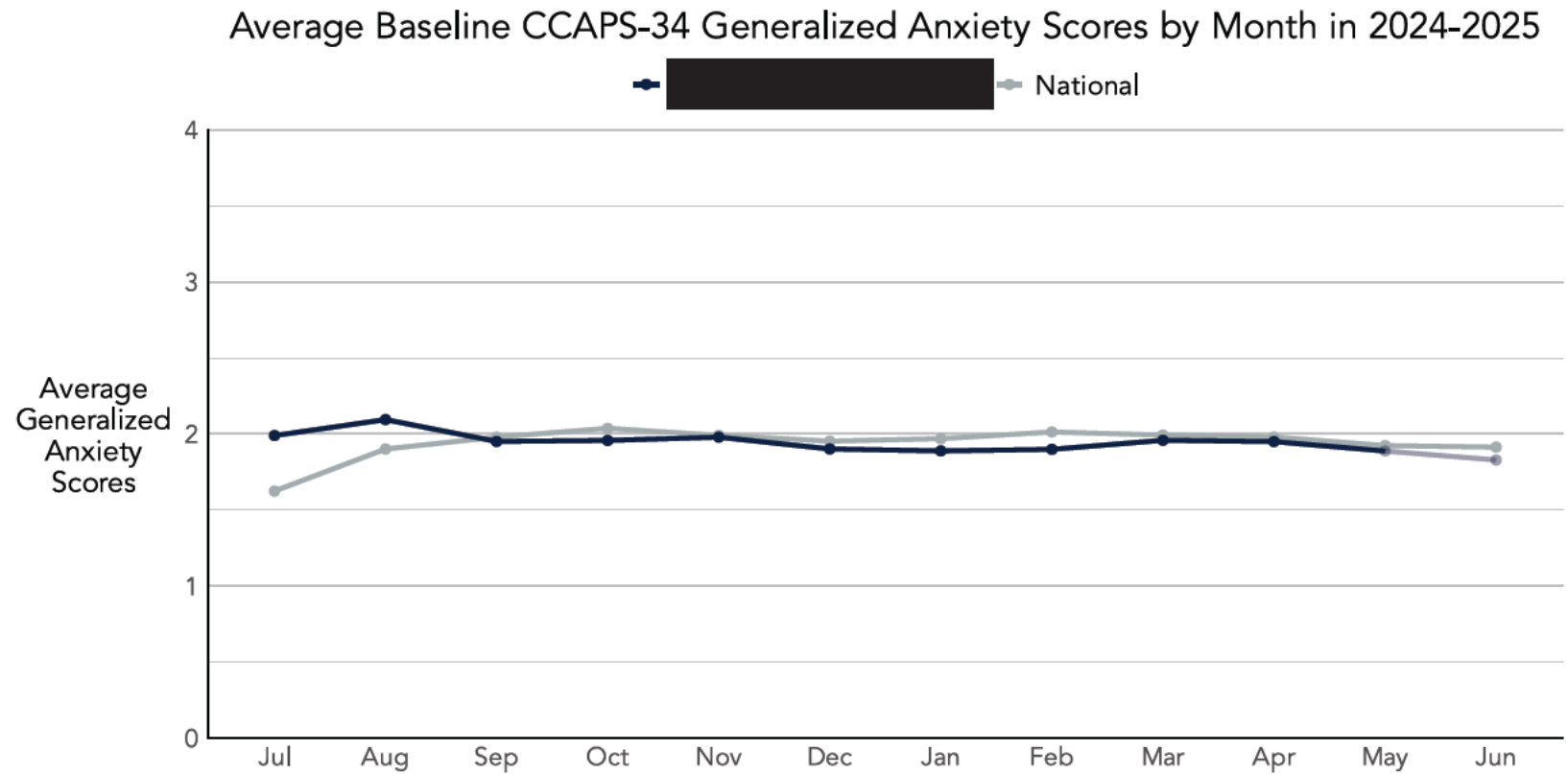
The following data points are the average CCAPS-34 scores for your center for each month The scores are raw mean scores ranging from 0 to 4, not percentiles. Higher scores indicate more distress.

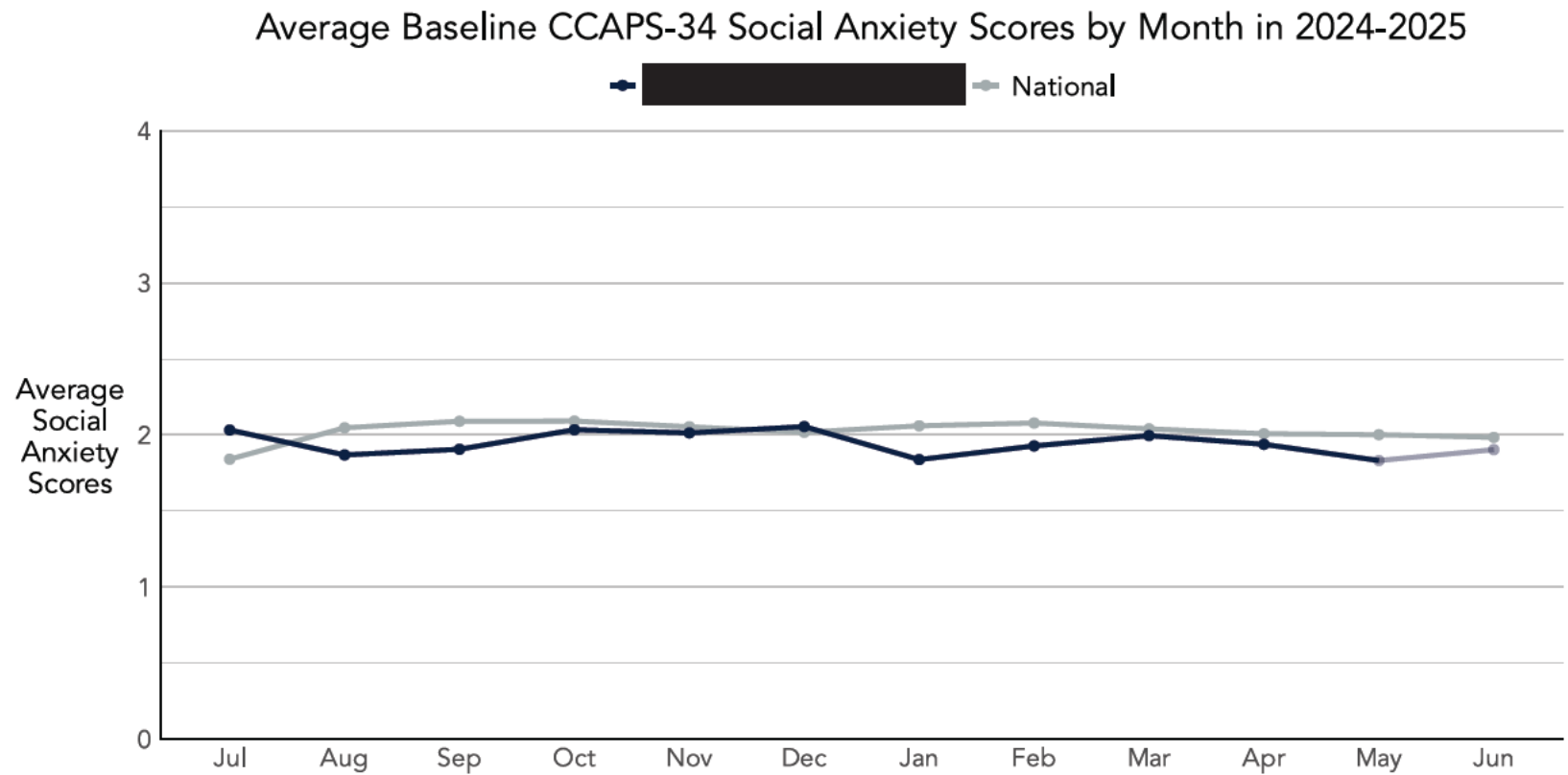
Month	Depression	Anxiety	Social Anxiety	Academics	Eating	Hostility	Alcohol	DI
Jul 2024	1.63	1.99	2.03	2.02	1.04	0.79	0.45	1.75
Aug 2024	1.51	2.09	1.87	1.66	0.88	0.62	0.39	1.64
Sep 2024	1.49	1.95	1.91	1.83	0.89	0.72	0.46	1.65
Oct 2024	1.65	1.96	2.03	2.06	1.07	0.91	0.50	1.78
Nov 2024	1.74	1.98	2.01	2.14	1.06	0.79	0.62	1.81
Dec 2024	1.62	1.90	2.05	2.02	1.10	0.78	0.43	1.73
Jan 2025	1.43	1.89	1.84	1.69	0.85	0.78	0.57	1.59
Feb 2025	1.59	1.90	1.93	1.88	0.91	0.80	0.39	1.69
Mar 2025	1.68	1.96	2.00	2.21	1.01	0.90	0.55	1.80
Apr 2025	1.65	1.95	1.94	2.25	0.91	0.87	0.52	1.79
May 2025	1.51	1.89	1.83	2.01	1.11	0.74	0.24	1.65
Jun 2025	1.70	1.83	1.90	2.02	1.14	0.89	0.12	1.70

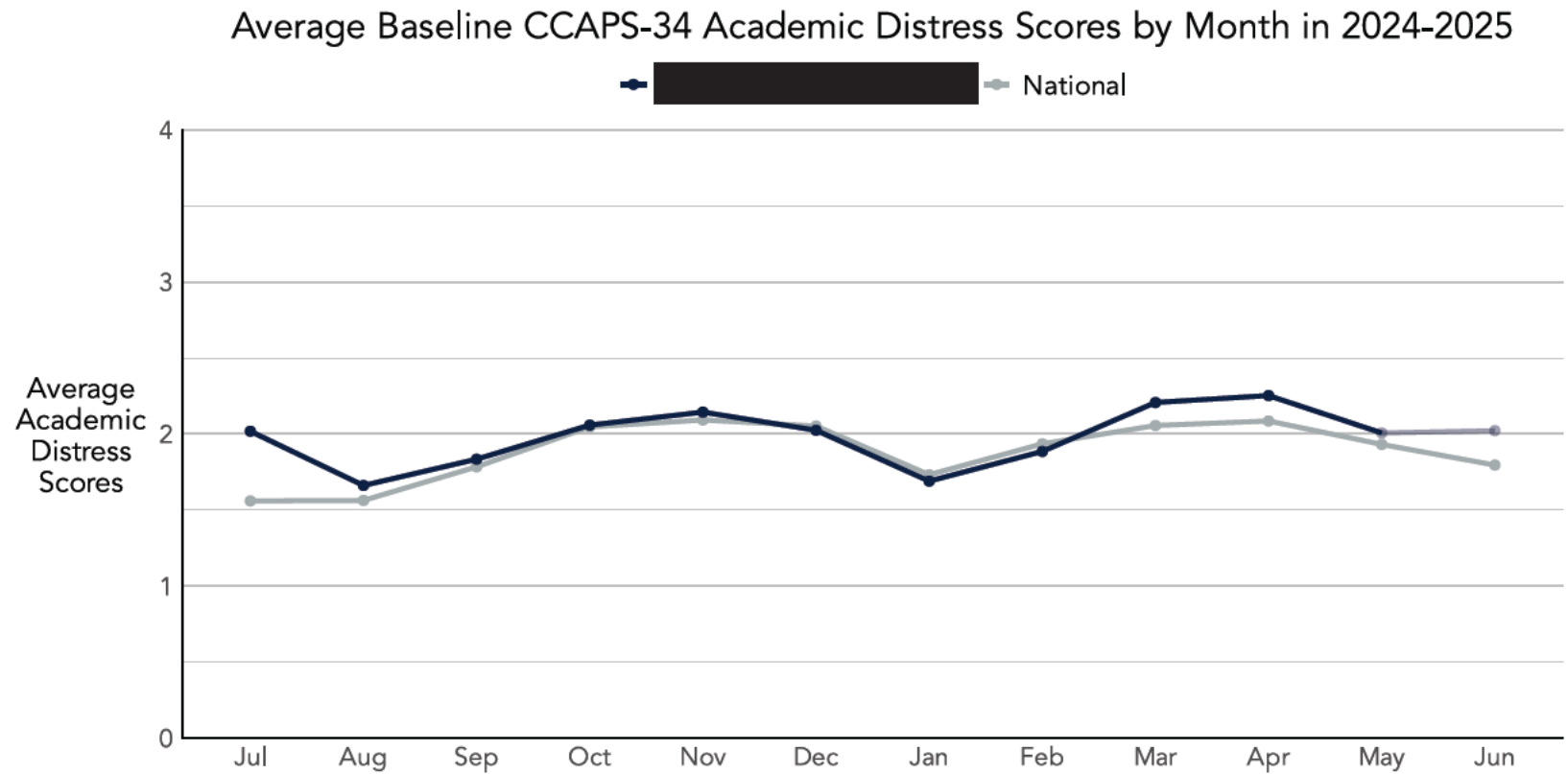
Monthly Trends

The following graphs display average CCAPS-34 raw subscale scores (0-4) by month for your center compared to national data (graphed in grey). Data points for your center that are lighter/more transparent represent years where the number of clients is low, and data should be interpreted cautiously. This may be due to low utilization of the CCAPS at your center during that time period. Evaluating the

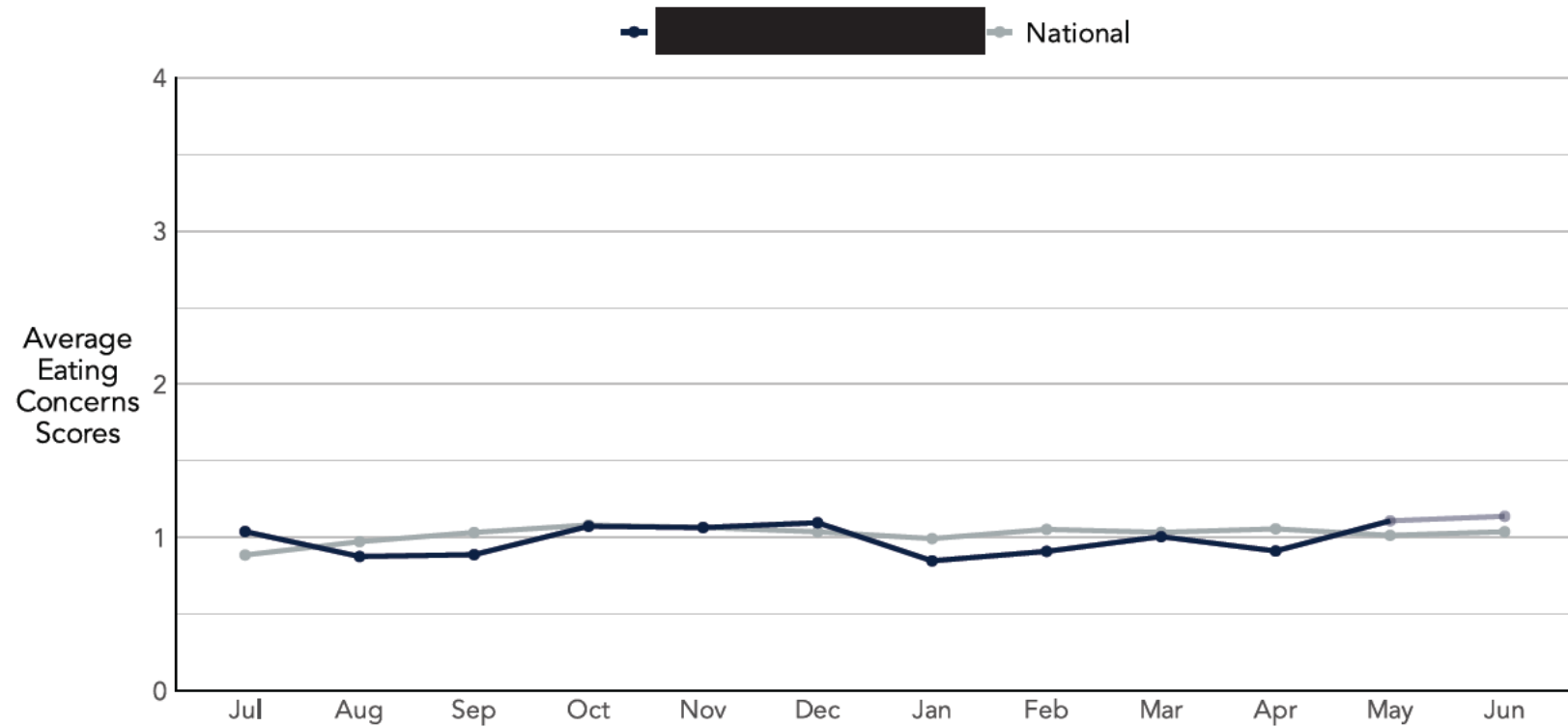




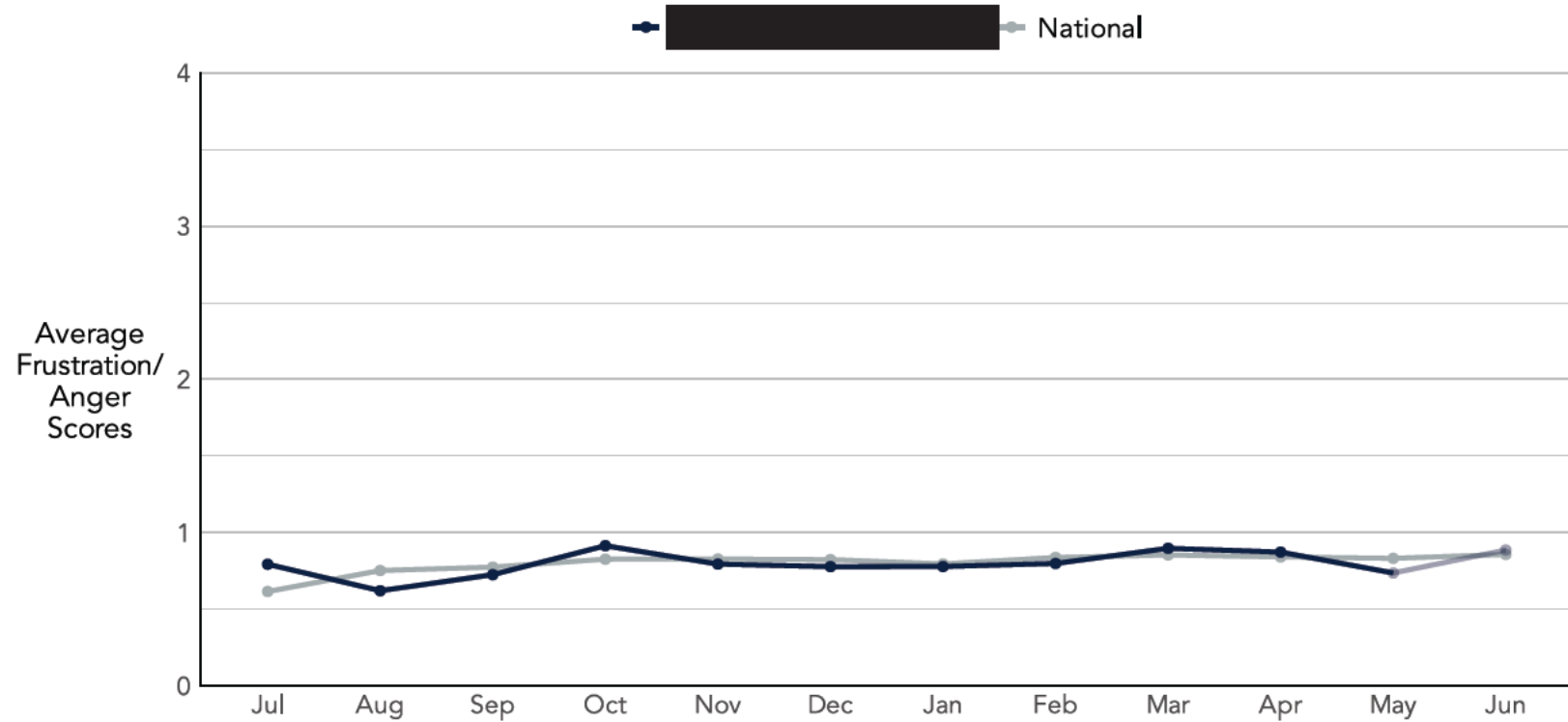


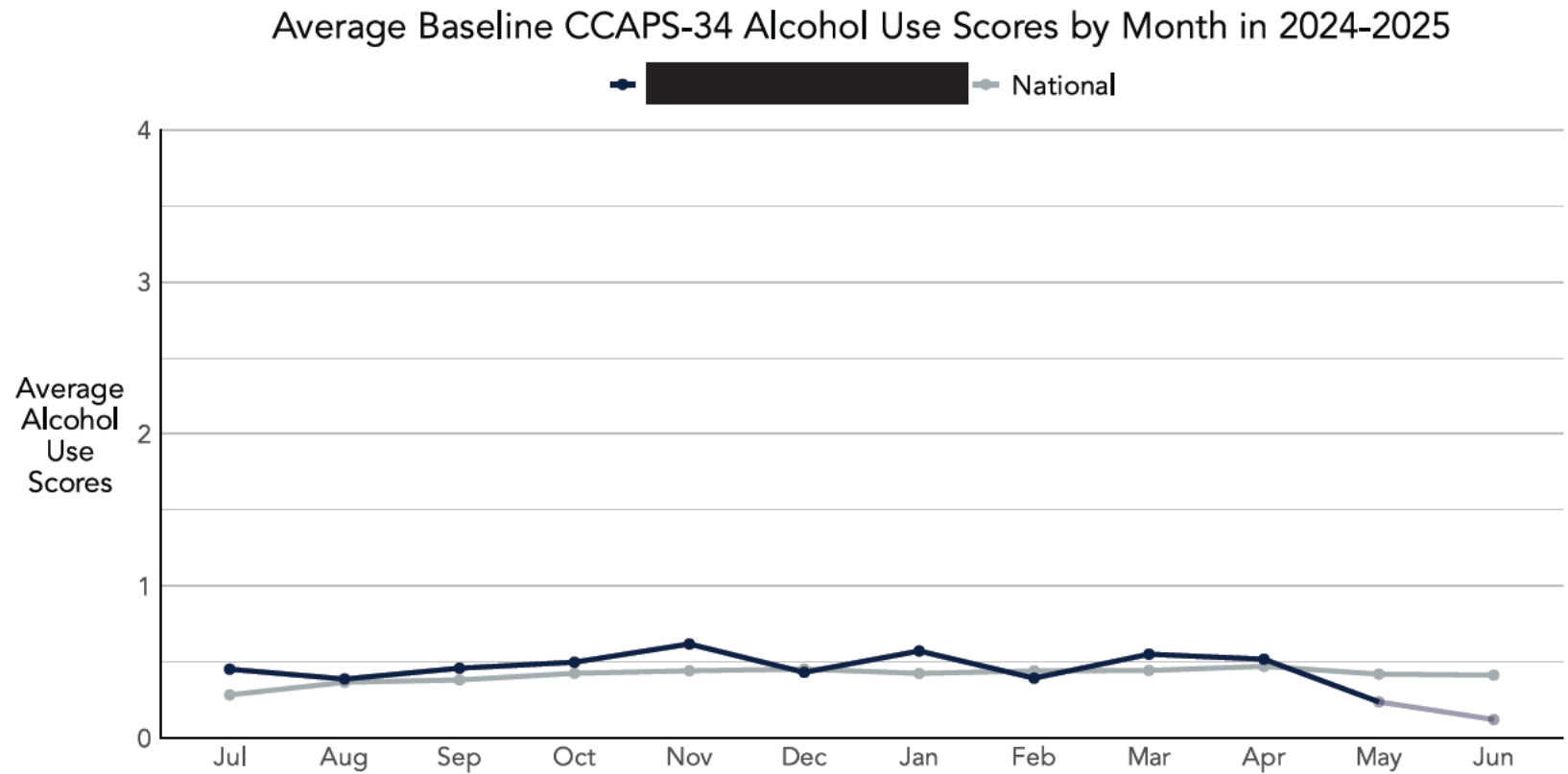


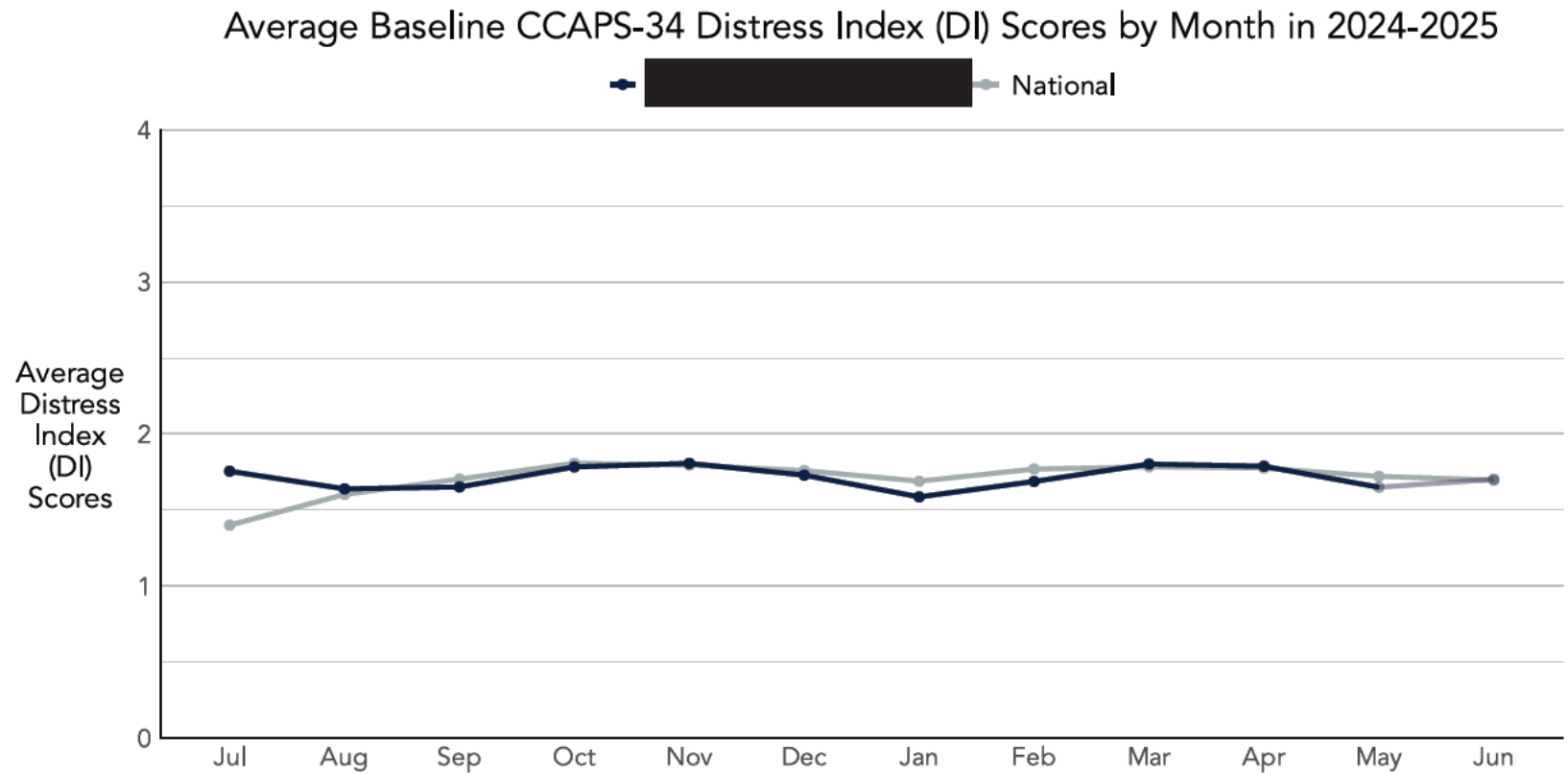
Average Baseline CCAPS-34 Eating Concerns Scores by Month in 2024-2025

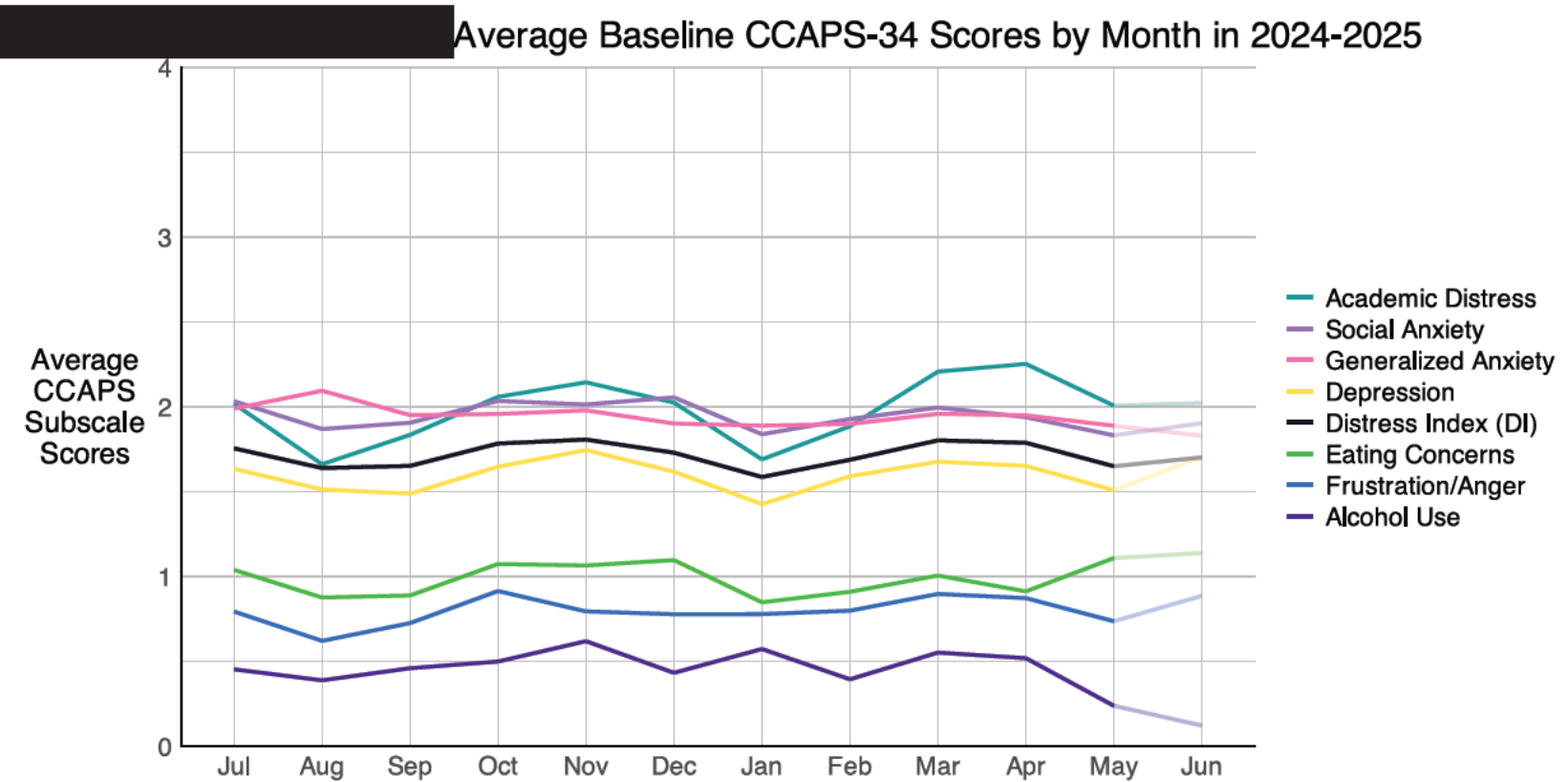


Average Baseline CCAPS-34 Frustration/Anger Scores by Month in 2024-2025









Annual SDS Mental Health History

The following tables and figures report the percentage of clients at your center that endorsed each SDS mental health item each year. National data is displayed in grey in the graphs. Data points for your center that are lighter/more transparent represent years where the number of clients is low, and data should be interpreted cautiously. This may be due to low utilization of the SDS item at your center during that time period. This may also be due to data being partially purged from Titanium for older years, indicating that the data available does not represent the entire sample for that year. Evaluating the tables below with the number of clients for each item each year will provide more context.

Prior Treatment

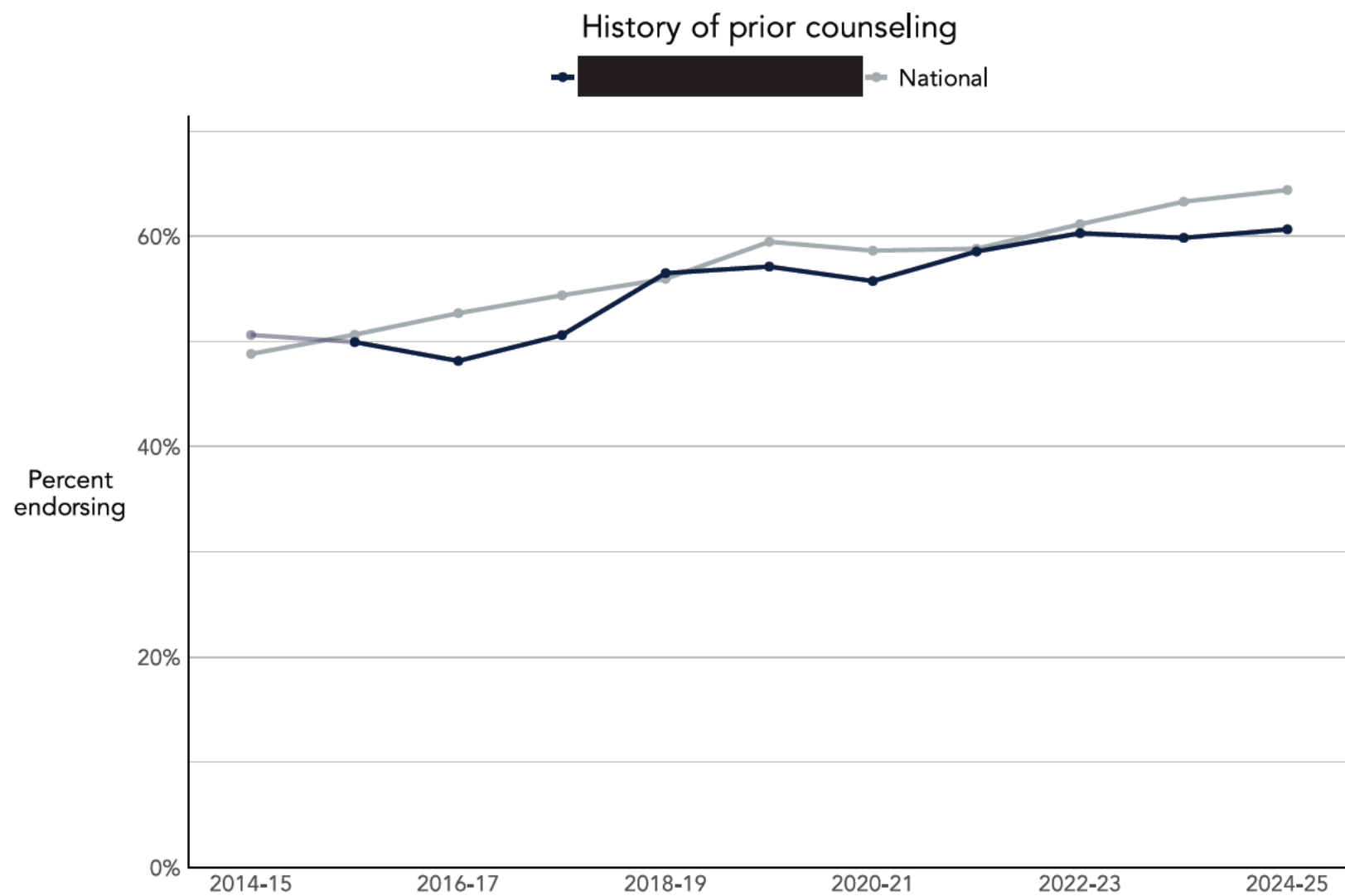
Center sample sizes

Year	Counseling	Psychotropic medication	Psychiatric hospitalization
2014-2015	482	479	478
2015-2016	923	911	905
2016-2017	2463	2449	2426
2017-2018	2790	2770	2748
2018-2019	2563	2560	2534
2019-2020	2290	2275	2268
2020-2021	1706	1696	1694
2021-2022	1923	1915	1915
2022-2023	1816	1806	1814
2023-2024	1639	1625	1638
2024-2025	1716	1695	1710

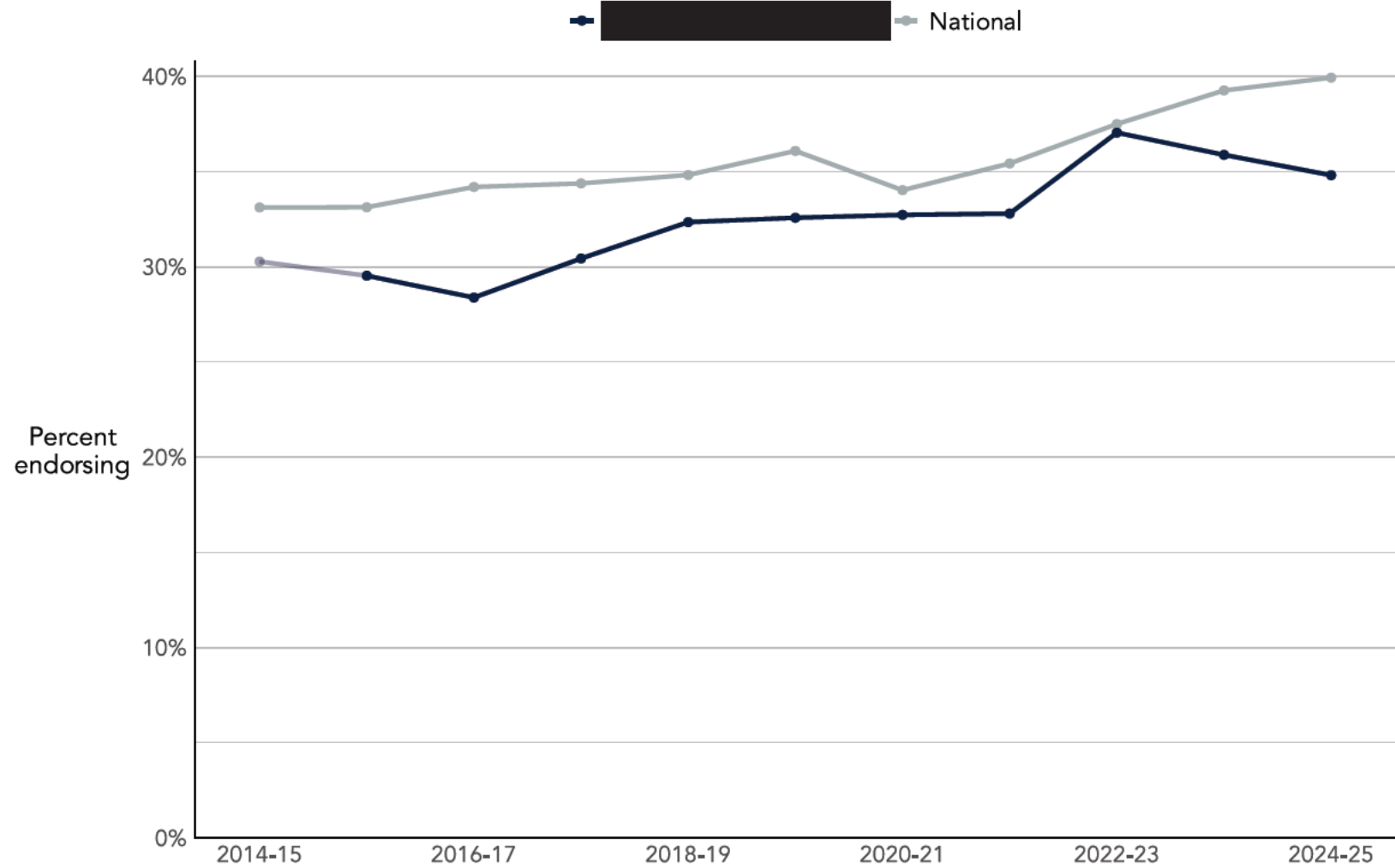
Annual SDS Mental Health History

Center percent endorsed

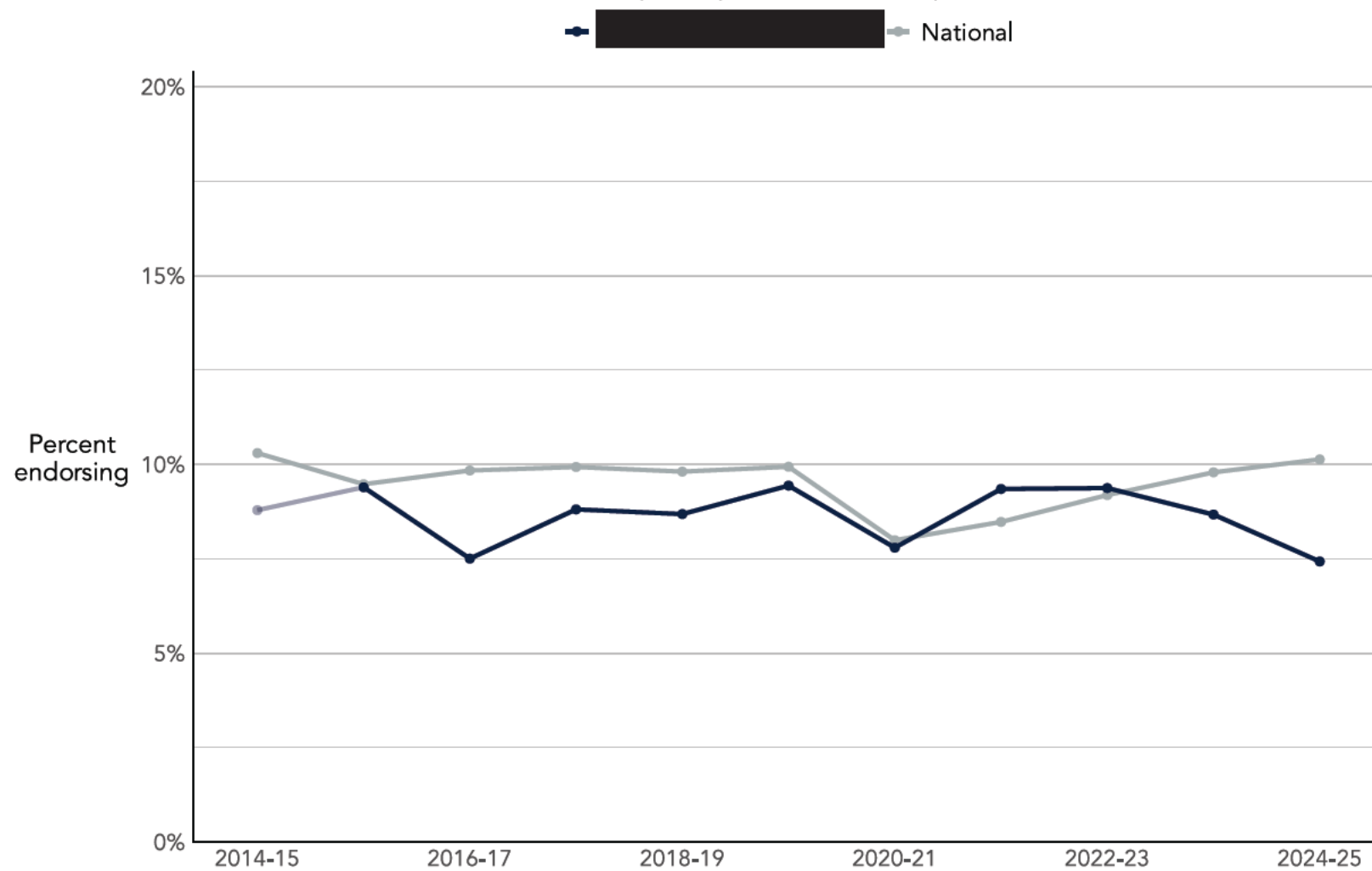
Year	Counseling	Psychotropic medication	Psychiatric hospitalization
2014-2015	50.6%	30.3%	8.8%
2015-2016	49.9%	29.5%	9.4%
2016-2017	48.2%	28.4%	7.5%
2017-2018	50.6%	30.4%	8.8%
2018-2019	56.5%	32.3%	8.7%
2019-2020	57.1%	32.6%	9.4%
2020-2021	55.7%	32.7%	7.8%
2021-2022	58.6%	32.8%	9.3%
2022-2023	60.3%	37.0%	9.4%
2023-2024	59.9%	35.9%	8.7%
2024-2025	60.7%	34.8%	7.4%



History of prior psychotropic medication use



History of prior psychiatric hospitalization



Annual SDS Mental Health History

Threat-to-Self

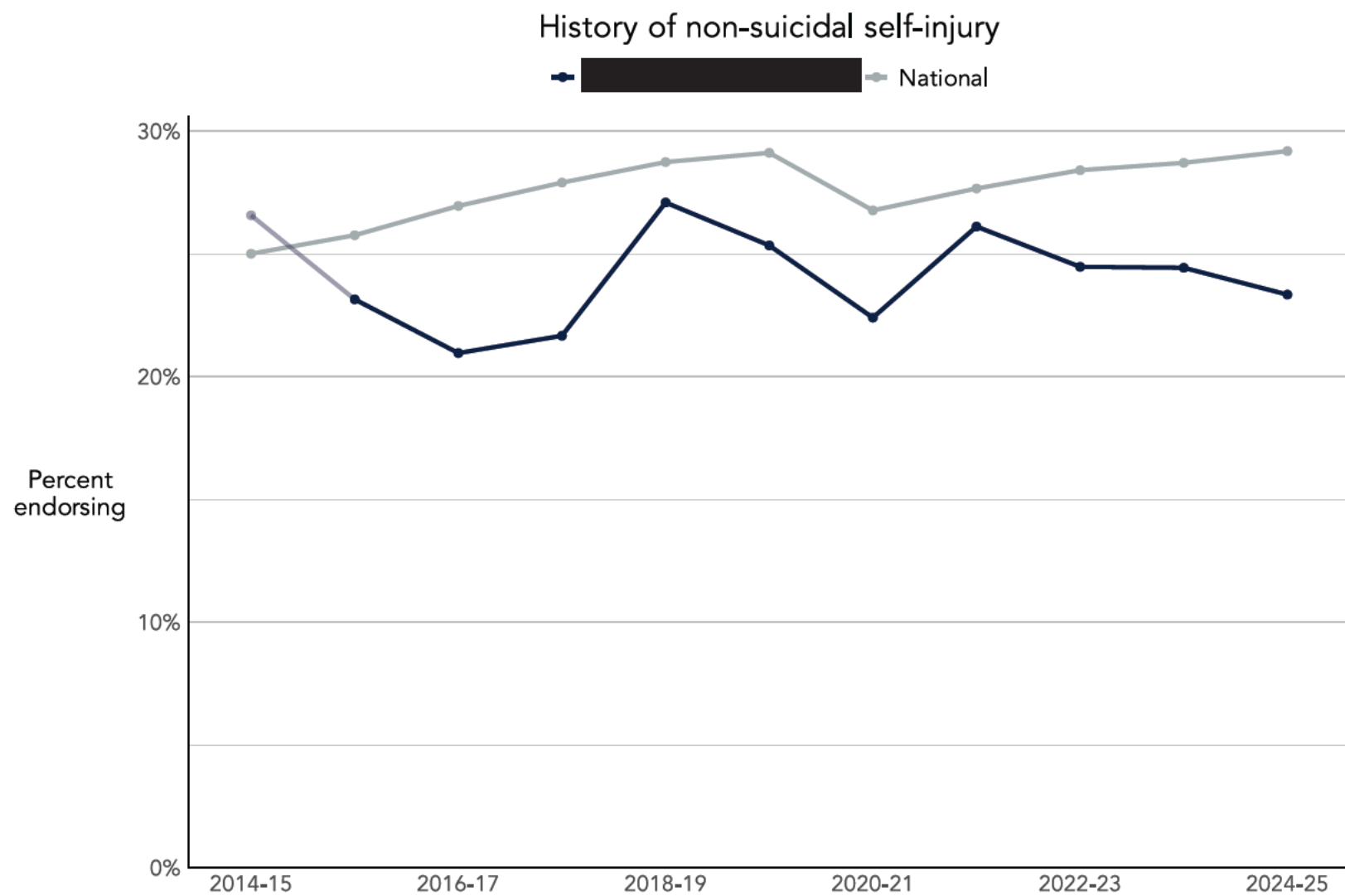
Center sample sizes

Year	Non-suicidal self-injury	Suicidal ideation	Suicide attempt(s)
2014-2015	478	479	478
2015-2016	903	907	898
2016-2017	2424	2422	2421
2017-2018	2742	2744	2742
2018-2019	2536	2529	2530
2019-2020	2269	2270	2268
2020-2021	1692	1692	1687
2021-2022	1915	1905	1904
2022-2023	1794	1799	1801
2023-2024	1629	1622	1622
2024-2025	1701	1702	1696

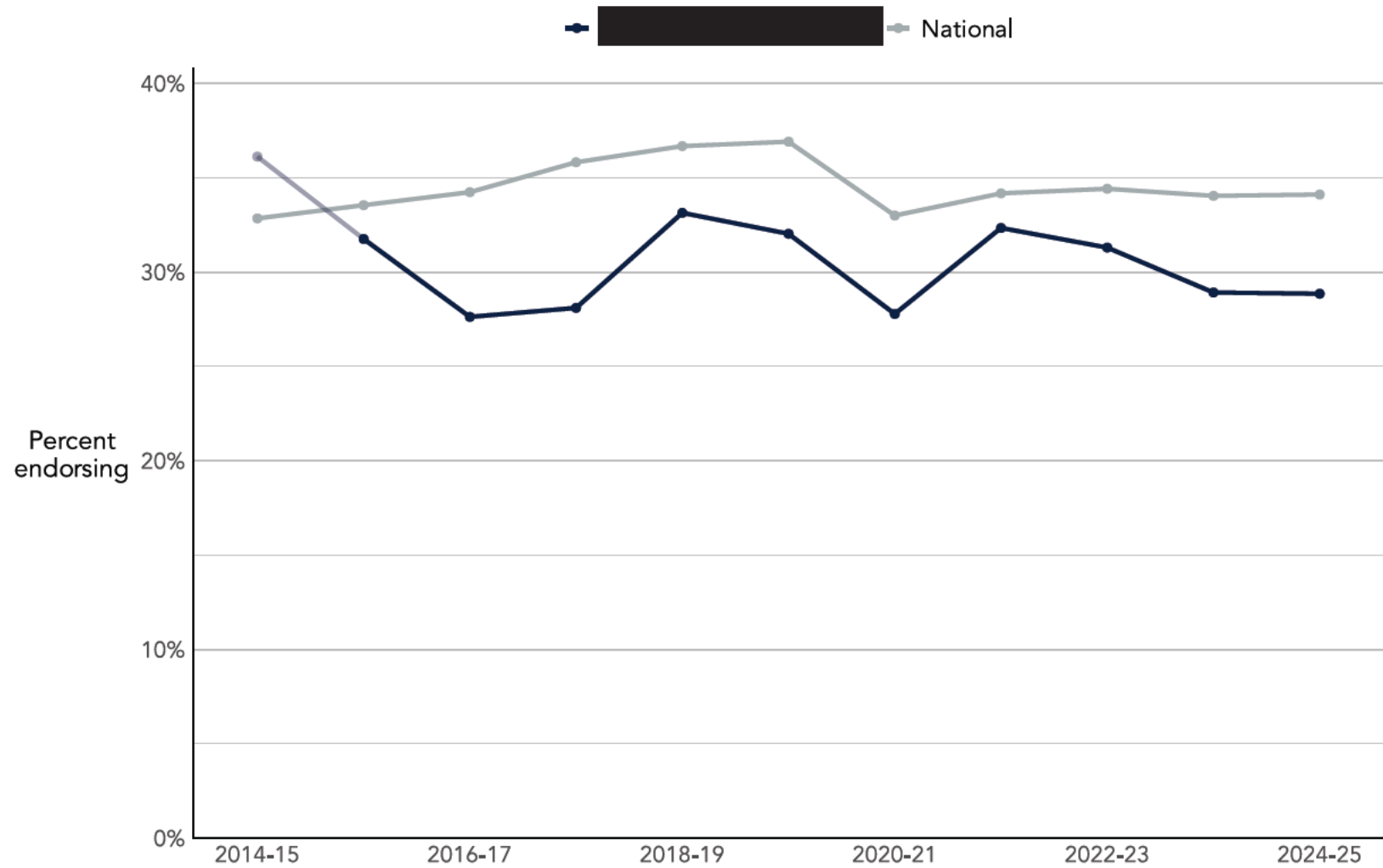
Annual SDS Mental Health History

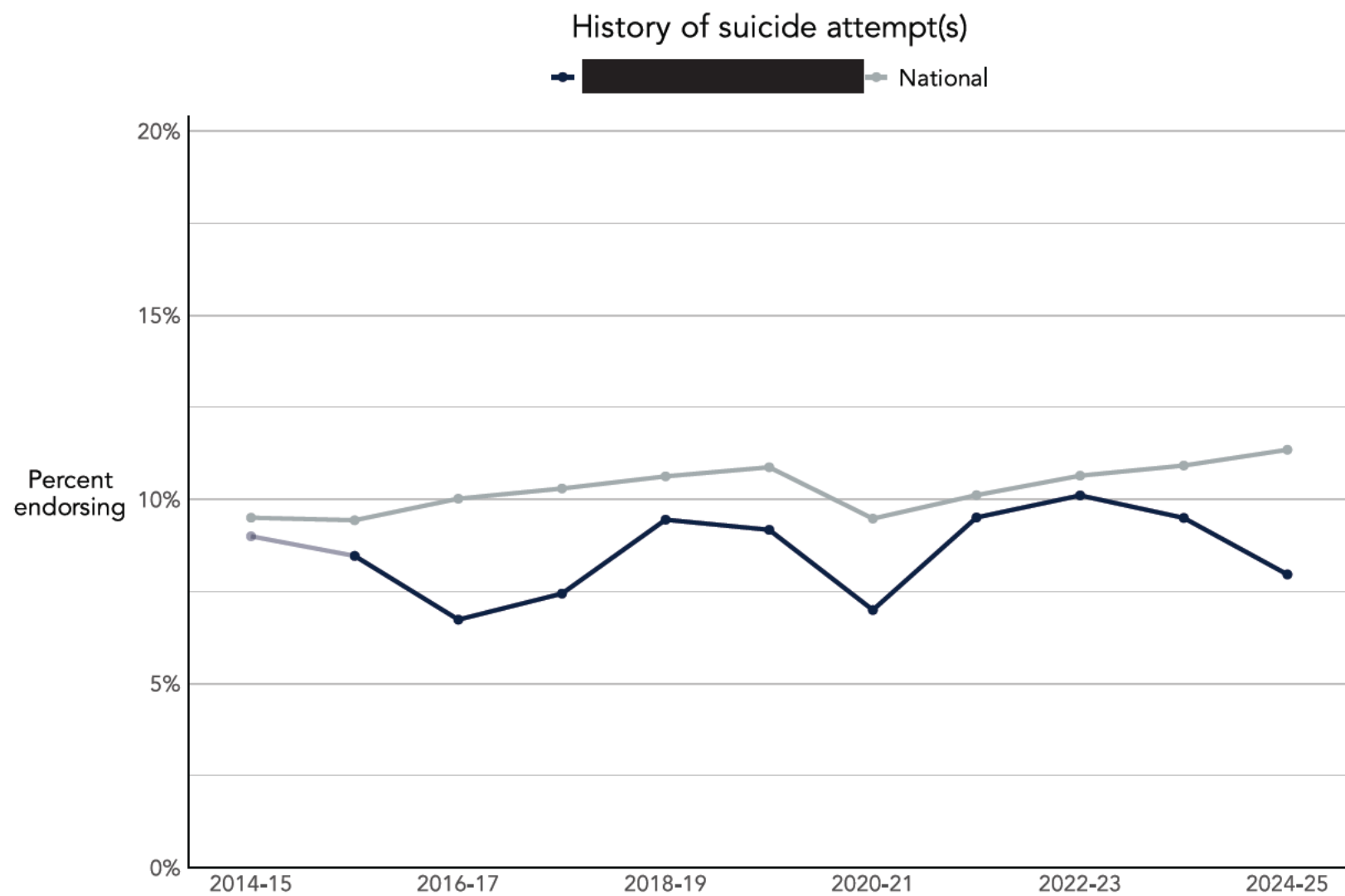
Center percent endorsed

Year	Non-suicidal self-injury	Suicidal ideation	Suicide attempt(s)
2014-2015	26.6%	36.1%	9.0%
2015-2016	23.1%	31.8%	8.5%
2016-2017	21.0%	27.6%	6.7%
2017-2018	21.7%	28.1%	7.4%
2018-2019	27.1%	33.1%	9.4%
2019-2020	25.3%	32.0%	9.2%
2020-2021	22.4%	27.8%	7.0%
2021-2022	26.1%	32.3%	9.5%
2022-2023	24.5%	31.3%	10.1%
2023-2024	24.4%	28.9%	9.5%
2024-2025	23.3%	28.8%	8.0%



History of serious suicidal ideation





Annual SDS Mental Health History

Threat-to-Others

Center sample sizes

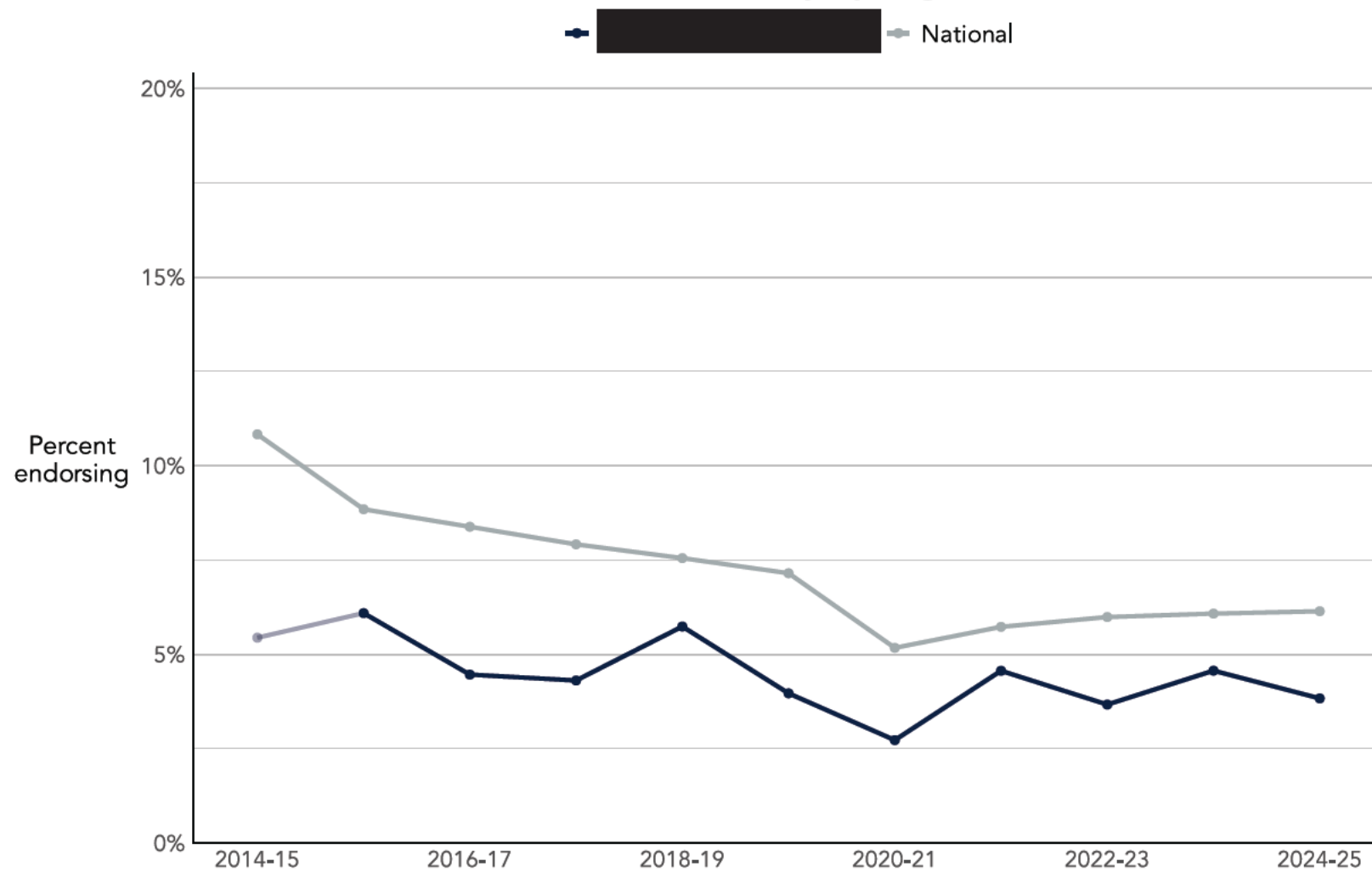
Year	Considered injuring another	Injured another
2014-2015	478	480
2015-2016	903	902
2016-2017	2421	2421
2017-2018	2741	2742
2018-2019	2528	2527
2019-2020	2270	2264
2020-2021	1689	1685
2021-2022	1907	1905
2022-2023	1800	1799
2023-2024	1621	1623
2024-2025	1697	1699

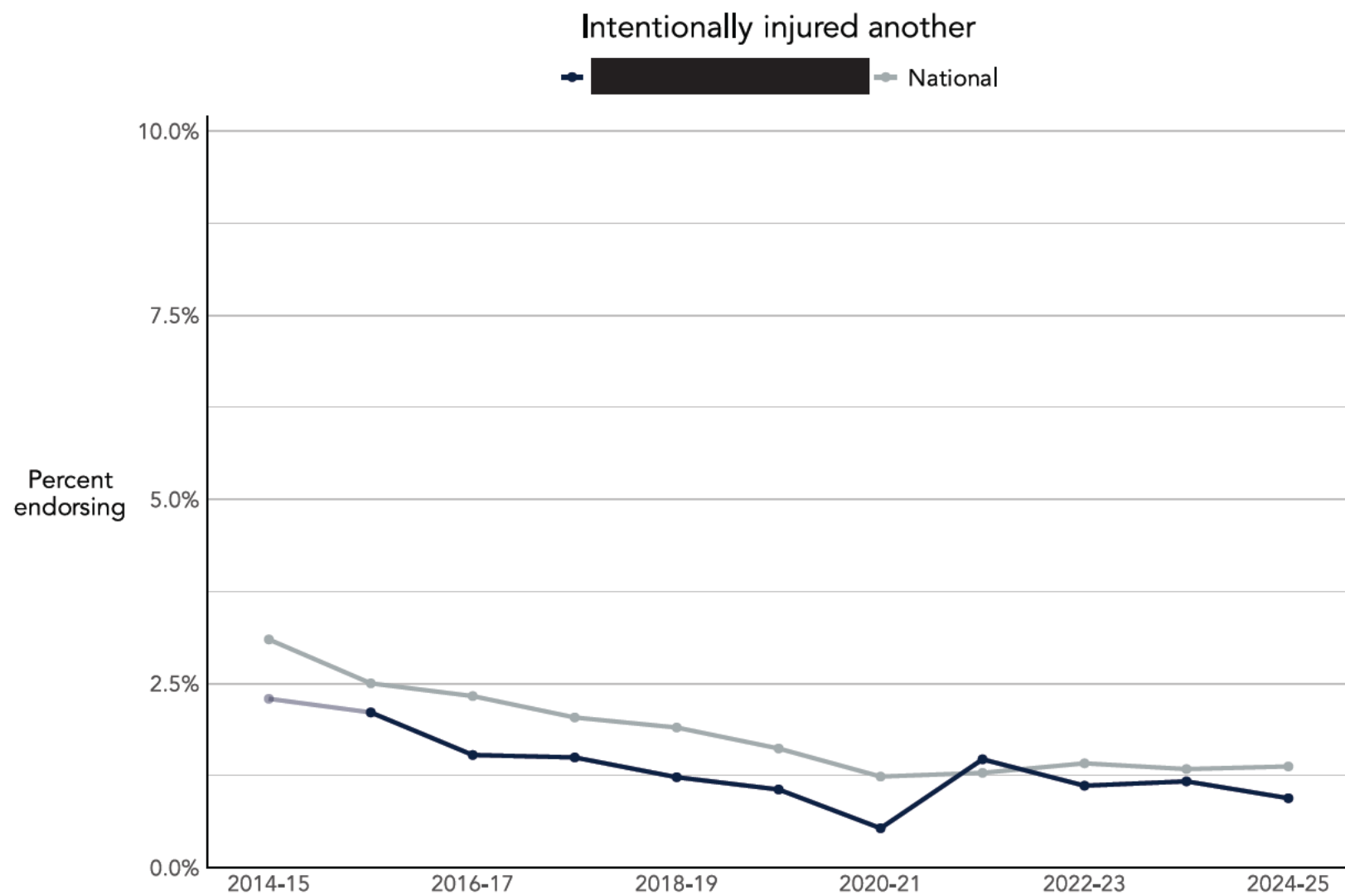
Annual SDS Mental Health History

Center percent endorsed

Year	Considered injuring another	Injured another
2014-2015	5.4%	2.3%
2015-2016	6.1%	2.1%
2016-2017	4.5%	1.5%
2017-2018	4.3%	1.5%
2018-2019	5.7%	1.2%
2019-2020	4.0%	1.1%
2020-2021	2.7%	0.5%
2021-2022	4.6%	1.5%
2022-2023	3.7%	1.1%
2023-2024	4.6%	1.2%
2024-2025	3.8%	0.9%

Considered seriously injuring another





Annual SDS Mental Health History

Traumatic Experiences

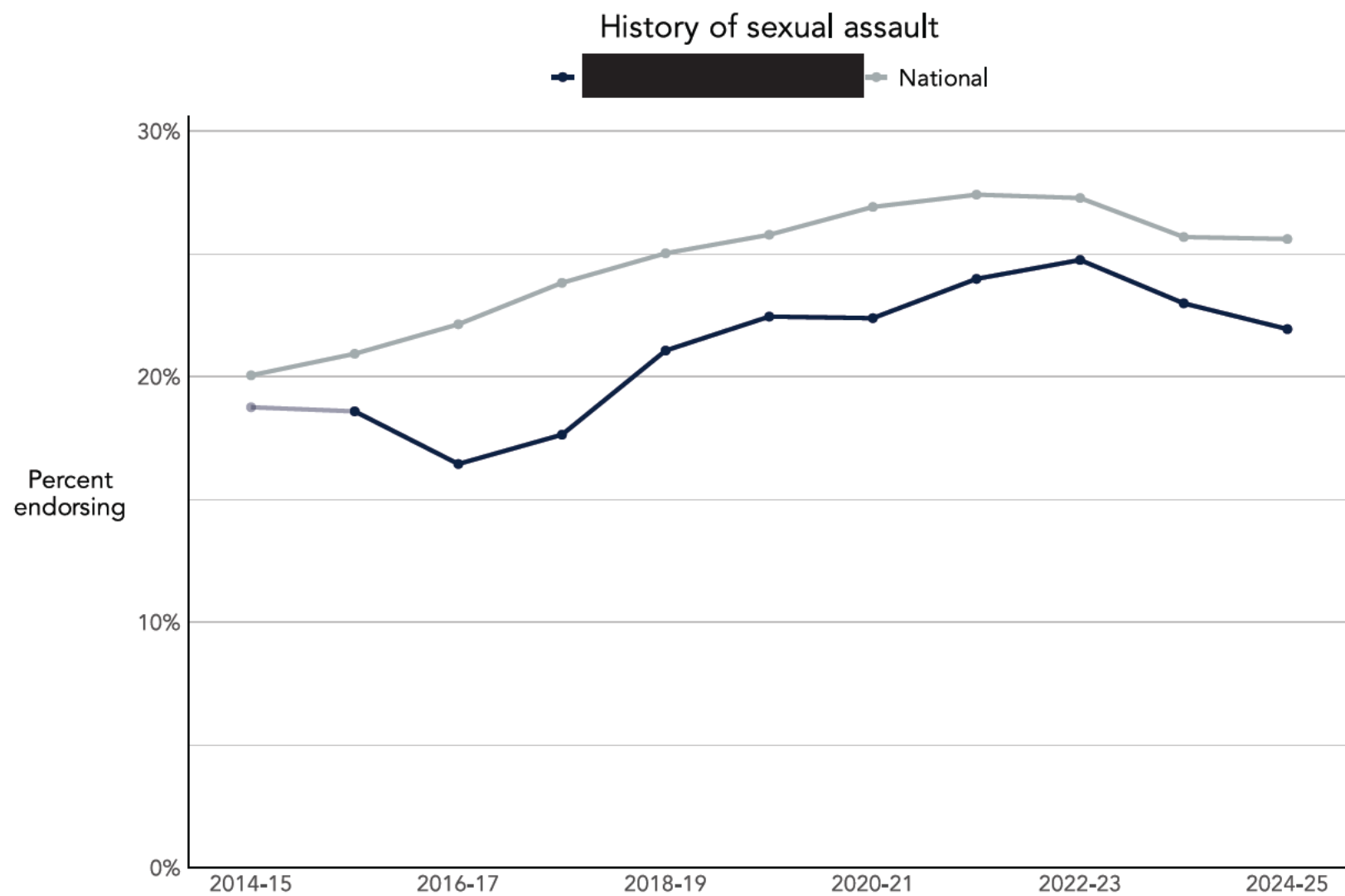
Center sample sizes

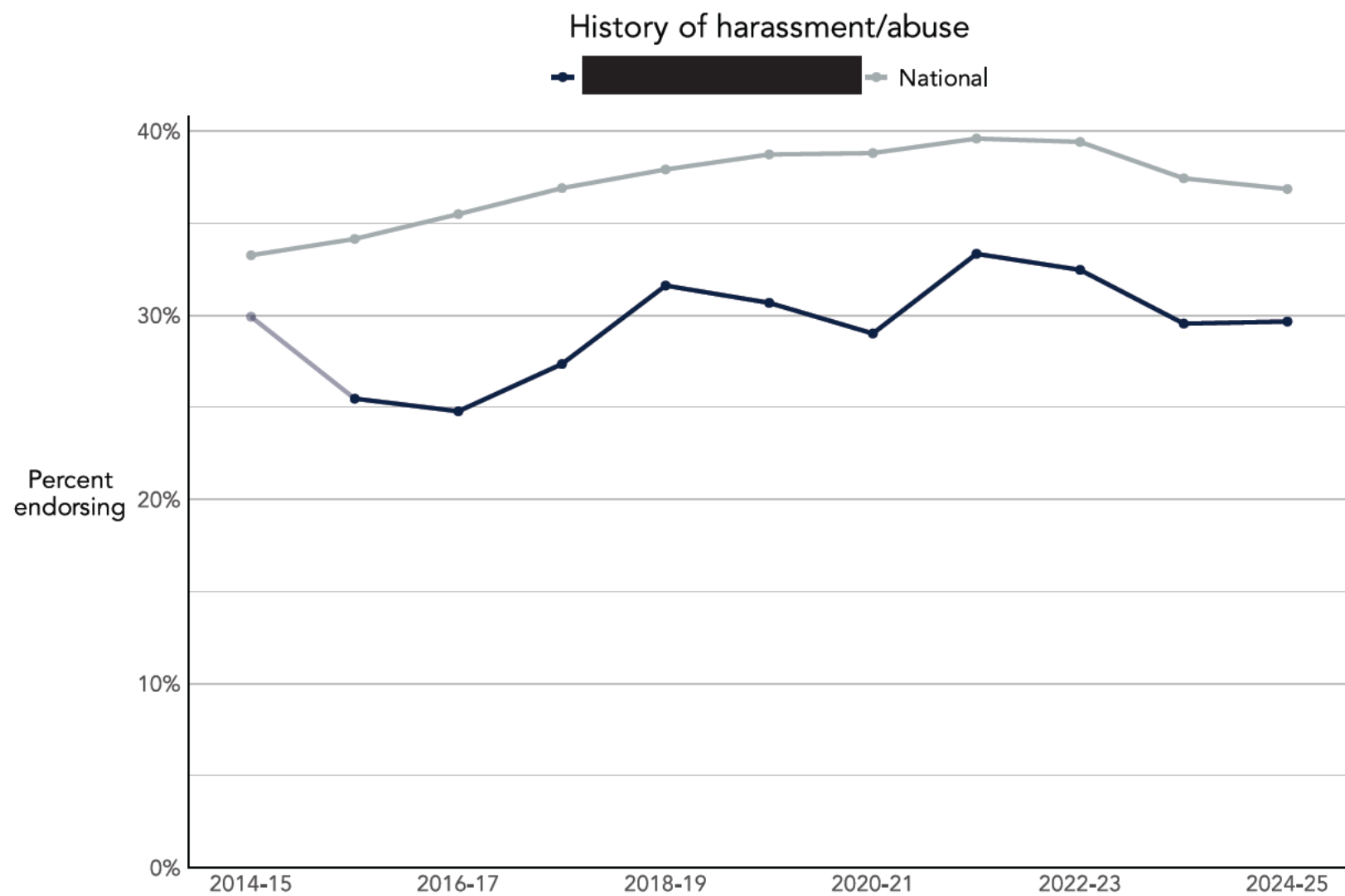
Year	Sexual assault	Harassment/abuse	Trauma
2014-2015	480	478	477
2015-2016	904	907	903
2016-2017	2415	2413	2405
2017-2018	2745	2735	2729
2018-2019	2531	2531	2515
2019-2020	2268	2253	2253
2020-2021	1689	1679	1677
2021-2022	1910	1899	1896
2022-2023	1794	1793	1788
2023-2024	1623	1618	1616
2024-2025	1696	1686	1684

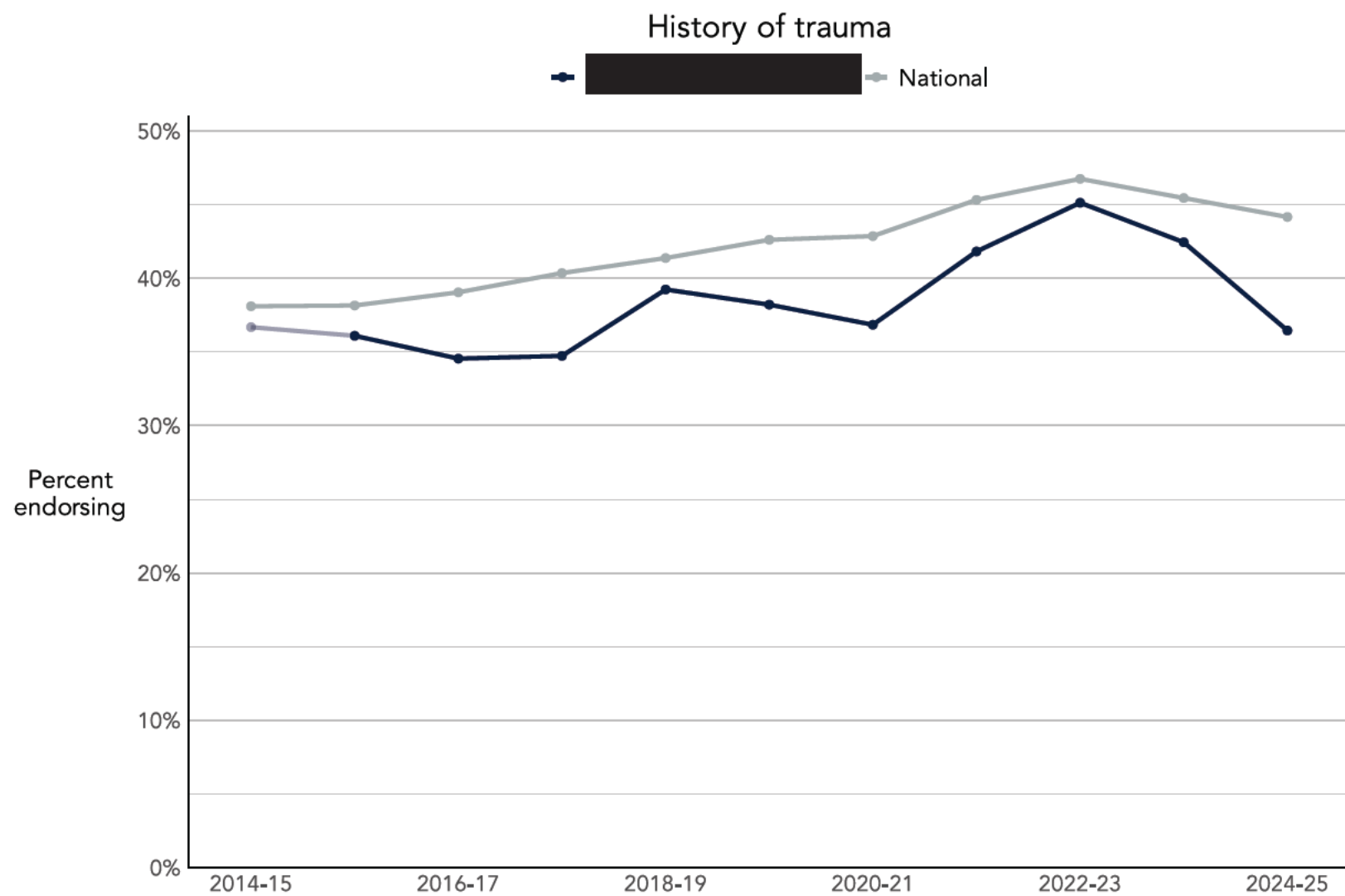
Annual SDS Mental Health History

Center percent endorsed

Year	Sexual assault	Harassment/abuse	Trauma
2014-2015	18.8%	29.9%	36.7%
2015-2016	18.6%	25.5%	36.1%
2016-2017	16.4%	24.8%	34.6%
2017-2018	17.6%	27.3%	34.7%
2018-2019	21.1%	31.6%	39.2%
2019-2020	22.4%	30.7%	38.2%
2020-2021	22.4%	29.0%	36.9%
2021-2022	24.0%	33.3%	41.8%
2022-2023	24.7%	32.5%	45.1%
2023-2024	23.0%	29.5%	42.5%
2024-2025	21.9%	29.7%	36.5%







Annual SDS Mental Health History

Drug and Alcohol

Center sample sizes

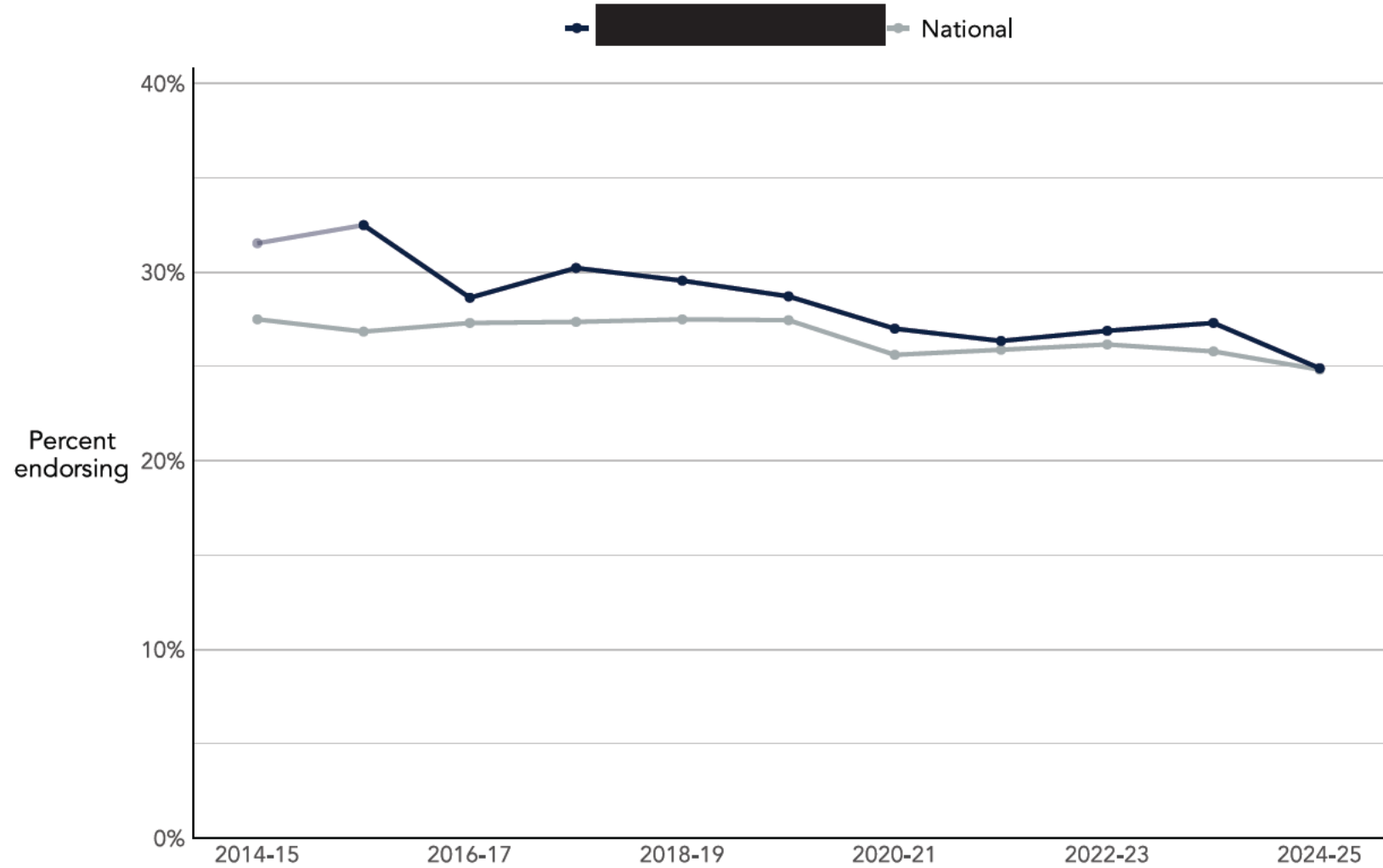
Year	Felt a need to reduce alcohol/ drug use	Others concerned about alcohol/ drug use	Drug/alcohol treatment	Binge drinking	Cannabis use
2014-2015	479	479	480	484	6
2015-2016	905	908	902	928	919
2016-2017	2420	2419	2418	2463	2455
2017-2018	2747	2742	2741	2801	2789
2018-2019	2532	2529	2530	2568	2563
2019-2020	2271	2268	2267	2291	2287
2020-2021	1689	1692	1690	1710	1708
2021-2022	1913	1909	1906	1927	1916
2022-2023	1804	1802	1801	1814	1822
2023-2024	1630	1630	1629	1584	1641
2024-2025	1703	1700	1700	998	0

Annual SDS Mental Health History

Center percent endorsed

Year	Felt a need to reduce alcohol/ drug use	Others concerned about alcohol/ drug use	Drug/alcohol treatment	Binge drinking	Cannabis use
2014-2015	31.5%	19.4%	5.4%	47.7%	33.3%
2015-2016	32.5%	19.7%	4.8%	50.4%	23.1%
2016-2017	28.6%	18.1%	6.2%	52.5%	25.1%
2017-2018	30.2%	19.3%	5.6%	49.3%	25.1%
2018-2019	29.5%	17.4%	3.3%	47.7%	26.7%
2019-2020	28.7%	16.3%	2.8%	46.1%	25.1%
2020-2021	27.0%	14.7%	2.5%	42.3%	21.7%
2021-2022	26.3%	14.4%	2.2%	43.2%	25.4%
2022-2023	26.9%	14.8%	2.4%	41.2%	22.6%
2023-2024	27.3%	13.6%	2.0%	36.7%	23.4%
2024-2025	24.9%	14.3%	1.5%	34.3%	NA

Felt a need to reduce alcohol/drug use



Others expressed concern about alcohol/drug use

