



Center for Collegiate Mental Health (CCMH)

2011 ANNUAL REPORT

PENNSTATE



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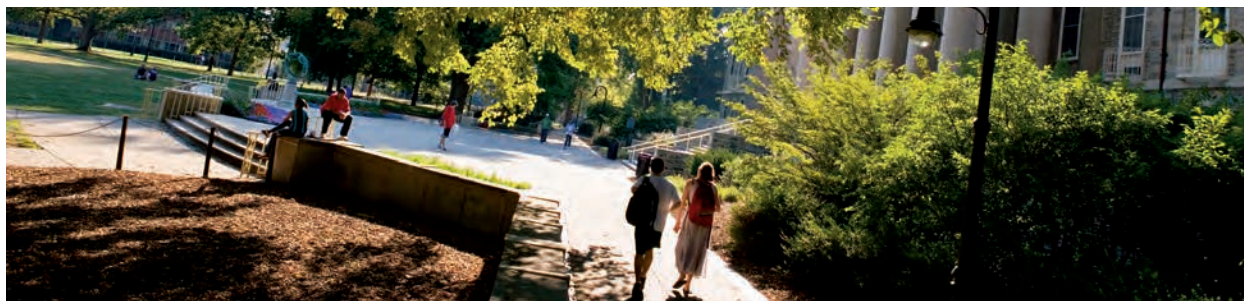
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Introduction

CCMH: BRINGING PRACTICE AND SCIENCE TOGETHER

Welcome to the 2011 Annual Report of CCMH! This report summarizes the first academic year of data (2010-2011) pooled through our new international data infrastructure. With this accomplishment behind us, we now look forward to years of high quality, standardized data on college student mental health.

➤ **Data Flow**—The original vision for CCMH was a data-pooling infrastructure for counseling centers to support a wide variety of needs from accurate trend-analysis to benchmarking and the creation of relevant and rigorous clinical tools. With the help of Titanium Software, Inc. and funding from AUCCCD and the Ittleson Foundation, this step was accomplished in January of 2011. Participating counseling centers are now securely contributing high-quality, standardized, and anonymous data each month with just the click of a button. Just two weeks after launch, more than 25,000 cases flowed in. Ultimately, 97 colleges and universities contributed data on over 74,000 unique clients, 1660 clinicians, and over 660,000 appointments. This annual report is based on CCMH's first formal data set, which ended June 30, 2011.

➤ Funding

- Ittleson foundation (www.ittlesonfoundation.org) provided CCMH with a \$70,000, 3-year grant to help us expand access to the CCAPS assessment instruments to as many counseling centers as possible. Our work focuses on creating a universal web service that vendors and counseling centers can use to securely send raw CCAPS data and receive a scored-report in return. The CCAPS Universal Web Service was completed in August of 2010. Details are currently being worked out with several EMR vendors.
- The American College Counseling Association (ACCA) became an annual funder in 2010. In addition to their annual support, they offered CCMH a special issue of the *Journal of College Counseling*, which we were happy to fill!

➤ **CCAPS Updates**—The fall of 2010 brought a redesigned CCAPS Profile report to Titanium Schedule along with two new aggregate reports for comparing a center's clients to the national norms and examining how clients change during treatment.

➤ **Recent Publications**—CCMH is excited share the following publications that have occurred in the past academic year. (see page 16 for abstracts)

- Castonguay, L.G. (2011). Psychotherapy, psychopathology, research and practice: Pathways of connections and integration. *Psychotherapy Research*, 21, 125-140.
- Castonguay, L.G., Locke, B.D., & Hayes, J.A. (2011). The Center for Collegiate Mental Health: An example of a practice-research network in university counseling centers. *Journal of College Student Psychotherapy*, 25(2), 105-119.
- Locke, B.D., McAleavey, A.A., Zhao, Y., Lei, P.-W., Hayes, J.A., Castonguay, L.G., Li, H., Tate, R., & Lin, Y.-C. (in press). Development and initial validation of the Counseling Center Assessment of Psychological Symptoms-34 (CCAPS-34). *Measurement and Evaluation in Counseling and Development*.
- Locke, B.D., Soet Buzolitz, J., Lei P.-W., Boswell, J.F., McAleavey, A.A., Sevig, T.D., Dowis, J.D., & Hayes, J.A. (2011). Development of the Counseling Center Assessment of Psychological Symptoms-62 (CCAPS-62). *Journal of Counseling Psychology*, 58(1), 97-109.

Journal of College Counseling Inaugural CCMH Special Issue

- Effrig, J., Bieschke, K., Locke, B., (2011). Examining victimization and psychological distress in transgender college students. *Journal of College Counseling*, 14(2), 143-157.
- Hayes, J.A., Chun-Kennedy, C., Edens, A., & Locke, B.D. (2011). Do double minority students face double jeopardy? Testing minority stress theories. *Journal of College Counseling*, 14(2), 117-126.
- Hayes, J.A., Locke, B.D., & Castonguay, L.G. (2011). The Center for Collegiate Mental Health: Practice and research working together. *Journal of College Counseling*, 14(2), 101-104.
- Hayes, J.A., Youn, S.J., Castonguay, L.G., Locke, B.D., McAleavey, A.A., & Nordberg, S. (2011). Rates and predictors of counseling center utilization among college students of color. *Journal of College Counseling*, 14(2), 105-116.
- McAleavey, A.A., Castonguay, L.G., & Locke, B.D. (2011). Sexual orientation minorities in college counseling: Prevalence, distress, and symptom profiles. *Journal of College Counseling*, 14(2), 127-142.
- Nelson, D.L., Castonguay, L.G., & Locke, B.D. (2011). Challenging stereotypes of eating and body image concerns among college students: Implications for diagnosis and treatment of diverse populations. *Journal of College Counseling*, 14(2), 158-173.





Annual Report Orientation

When reading this report, please keep the following points in mind:

- This data set describes college students seeking treatment in 97 counseling centers.
- For a comparative data-set on the general college-student population, please see the CCMH/ NASPA Assessment Consortium Study in 2010.
- Each counseling center had IRB approval to contribute data.
- Because data is gathered as part of routine clinical practice, these numbers essentially represent the population of students seeking services at participating institutions.
- The actual number of clients may vary by question because counseling centers vary in the questions they ask.

CCAPS

The Counseling Center Assessment of Psychological Symptoms (CCAPS) is designed by counseling center staff and researchers to assess key domains of college student mental health. The first CCAPS instrument was developed by Counseling & Psychological Services at the University of Michigan in 2001 for the purpose of creating a high-quality, multi-dimensional assessment instrument that was free and clinically useful for college counseling centers. Based on this foundation, the current family of CCAPS instruments, clinical reports, and related research are managed by the Center for Collegiate Mental Health (CCMH) at Penn State University as a service to the field of college counseling centers. The CCAPS instruments are intended to meet the clinical, research, and administrative needs of the counseling center field while also contributing valuable information to the science of mental health in college students. The CCAPS currently exists in both a 62-item version and a shorter 34-item version for repeated measurement or brief assessment. The CCAPS-62 has eight subscales assessing distinct areas of distress: depression, generalized anxiety, social anxiety, academic distress, eating concerns, family distress, hostility, and substance use. The CCAPS-34 contains the same subscales except for family distress (excluded) and substance use (becomes alcohol abuse). Students respond to questions on the CCAPS based on a 5 point Likert scale, ranging from “not at all like me” to “extremely like me” and are instructed to answer each question based *on the last two weeks*. For more information on the CCAPS instruments, please visit our website at ccmh.psu.edu or email us at ccmh@sa.psu.edu.



For the purpose of this report, we have chosen to highlight one question from each of the seven subscales on the CCAPS-34.

DEPRESSION SUBSCALE

Question: I have thoughts of ending my life.

	Overall n=69,060	Male n=22,627	Female n=38,237
0 (not at all like me)	68.4%	65.7%	69.8%
1	14.0%	14.8%	13.5%
2	8.4%	9.2%	8.0%
3	6.2%	6.8%	5.9%
4 (extremely like me)	3.0%	3.5%	2.8%

GENERALIZED ANXIETY SUBSCALE

Question: I have spells of terror or panic.

	Overall n=69,203	Male n=22,614	Female n=38,213
0 (not at all like me)	49.0%	55.2%	45.1%
1	16.4%	17.8%	16.3%
2	13.5%	8.6%	14.4%
3	12.7%	5.1%	14.3%
4 (extremely like me)	8.4%	2.2%	9.9%

SOCIAL ANXIETY SUBSCALE

Question: I am concerned that other people do not like me.

	Overall n=69,908	Male n=22,507	Female n=38,148
0 (not at all like me)	27.4%	31.3%	25.3%
1	19.5%	19.4%	19.0%
2	18.3%	17.6%	18.6%
3	19.3%	18.4%	20.1%
4 (extremely like me)	15.4%	13.3%	17.1%

ACADEMIC DISTRESS

Question: I am unable to keep up with my schoolwork.

	Overall n=69,936	Male n=22,602	Female n=38,166
0 (not at all like me)	29.2%	28.7%	29.2%
1	22.1%	21.2%	22.5%
2	19.5%	19.2%	19.6%
3	15.2%	16.0%	14.9%
4 (extremely like me)	14.0%	15.0%	13.8%

EATING CONCERNS SUBSCALE

Question: I feel out of control when I eat.

	Overall n=69,104	Male n=22,638	Female n=38,252
0 (not at all like me)	55.5%	66.2%	49.3%
1	19.6%	17.8%	20.5%
2	11.7%	8.6%	13.4%
3	8.2%	5.1%	10.0%
4 (extremely like me)	5.0%	2.2%	6.8%

HOSTILITY SUBSCALE

Question: I am afraid I may lose control and act violently.

	Overall n=69,047	Male n=22,622	Female n=38,234
0 (not at all like me)	72.6%	67.5%	75.8%
1	12.9%	15.1%	11.4%
2	7.1%	8.2%	6.4%
3	4.6%	5.8%	3.9%
4 (extremely like me)	2.9%	3.4%	2.6%

SUBSTANCE USE SUBSCALE

Question: When I drink alcohol I can't remember what happened.

	Overall n=69,041	Male n=22,634	Female n=38,216
0 (not at all like me)	72.2%	68.3%	73.6%
1	14.5%	16.9%	13.5%
2	7.4%	8.4%	7.0%
3	4.0%	4.4%	3.9%
4 (extremely like me)	1.9%	2.0%	1.9%

Standardized Data Set (SDS)

The Standardized Data Set was developed with input from more than 100 counseling centers and represents a standardized set of questions typically asked of students seeking services. Because not all centers ask all questions, the total number of responses will vary by question.

Gender*

	<i>n</i>	Percentage
Male	22,714	37.0%
Female	38,360	62.5%
Transgender	136	.2%
Prefer not to answer	143	.2%

This question is from the Standardized Data Set Question #26

*Those who did not specify gender or who identified as transgender were included in the overall total for both the SDS questions below and the CCAPS questions on the previous page.

Sexual Orientation

	Overall <i>n</i> =58,733	Male <i>n</i> =21,695	Female <i>n</i> =36,624
Heterosexual	88.5%	88.3%	89.2%
Gay	2.4%	6.1%	.1%
Lesbian	1.5%	0%	2.3%
Bisexual	3.2%	1.7%	4.0%
Questioning	1.5%	1.3%	1.5%
Prefer not to answer	3.0%	2.5%	3.0%

This question is from the Standardized Data Set Question #27

Race/Ethnicity

	Overall <i>n</i> =58,349	Male <i>n</i> =21,639	Female <i>n</i> =36,321
African-American/Black	7.9%	6.9%	8.6%
American Indian or Alaskan Native	.5%	.5%	.6%
Asian American/Asian	5.8%	5.9%	5.7%
Caucasian/White	71.9%	73.1%	71.3%
Hispanic/Latino/a	6.9%	6.3%	7.2%
Native Hawaiian or Pacific Islander	.2%	.3%	.2%
Multi-racial	3.5%	3.3%	3.6%
Prefer not to answer	1.6%	1.7%	1.3%
Other	1.7%	2.0%	1.5%

This question is from the Standardized Data Set Question #28

Current academic status

	Overall <i>n</i> =61,191	Male <i>n</i> =22,543	Female <i>n</i> =38,144
Freshmen/First-year	19.8%	19.9%	19.7%
Sophomore	19.5%	19.3%	19.6%
Junior	22.8%	22.8%	22.8%
Senior	22.2%	22.8%	21.8%
Graduate/professional degree student	13.9%	13.1%	14.4%
Non-student	.4%	.6%	.3%
High school student taking college classes	0%	0%	0%
Non-degree student	.3%	.3%	.2%
Faculty or staff	.1%	.1%	.2%
Other	1.1%	1.2%	.9%

This question is from the Standardized Data Set Question #37

Attended counseling for mental health concerns

	Overall <i>n</i> =60,719	Male <i>n</i> =22,238	Female <i>n</i> =37,871
Never	54.8%	59.3%	52.4%
Prior to college	18.8%	17.1%	19.7%
After starting college	14.6%	14.2%	14.9%
Both	11.7%	9.4%	13.0%

This question is from the Standardized Data Set Question #1

Taken a prescribed medication for mental health concerns

	Overall <i>n</i> =60,505	Male <i>n</i> =22,243	Female <i>n</i> =37,755
Never	69.0%	70.9%	68.0%
Prior to college	8.8%	8.7%	8.8%
After starting college	12.5%	11.9%	12.8%
Both	9.8%	8.6%	10.4%

This question is from the Standardized Data Set Question #2

Been hospitalized for mental health concerns

	Overall <i>n</i> =59,426	Male <i>n</i> =21,691	Female <i>n</i> =37,226
Never	93.0%	93.3%	92.9%
Prior to college	3.7%	3.2%	3.9%
After starting college	2.7%	2.9%	2.5%
Both	.7%	.7%	.6%

This question is from the Standardized Data Set Question #3



***Purposely injured yourself without suicidal intent
(e.g. cutting, hitting, burning, hair pulling, etc.)***

	Overall n=59,501	Male n=21,721	Female n=37,273
Never	78.2%	84.6%	74.7%
Prior to college	11.1%	6.9%	13.4%
After starting college	3.5%	3.5%	3.5%
Both	7.2%	5.0%	8.4%

This question is from the Standardized Data Set Question #7

Seriously considered attempting suicide

	Overall n=60,416	Male n=22,216	Female n=37,691
Never	76.2%	77.1%	75.8%
Prior to college	11.1%	9.3%	12.0%
After starting college	5.4%	6.4%	4.9%
Both	7.3%	7.2%	7.3%

This question is from the Standardized Data Set Question #8

Made a suicide attempt

	Overall n=60,432	Male n=22,238	Female n=37,686
Never	92.1%	93.7%	91.3%
Prior to college	5.2%	3.8%	5.9%
After starting college	1.8%	1.8%	1.8%
Both	.9%	.7%	1.0%

This question is from the Standardized Data Set Question #9

Considered seriously injuring another person

	Overall n=59,444	Male n=21,684	Female n=37,255
Never	92.2%	88.1%	94.6%
Prior to college	2.9%	4.2%	2.1%
After starting college	1.5%	2.0%	1.2%
Both	3.4%	5.7%	2.0%

This question is from the Standardized Data Set Question #62

Intentionally caused serious injury to another person

	Overall n=59,536	Male n=21,722	Female n=37,308
Never	97.6%	95.9%	98.6%
Prior to college	1.4%	2.5%	.8%
After starting college	.5%	.7%	.4%
Both	.5%	1.0%	.3%

This question is from the Standardized Data Set Question #63

Had unwanted sexual contact(s) or experience(s)

	Overall n=59,321	Male n=21,704	Female n=37,115
Never	79.0%	90.9%	72.2%
Prior to college	11.0%	4.9%	14.5%
After starting college	6.5%	2.9%	8.6%
Both	3.5%	1.3%	4.8%

This question is from the Standardized Data Set Question #12

***Experienced harassing, controlling, and/or abusive behavior
from another person (e.g. friend, family member, partner,
authority figure)***

	Overall n=58,991	Male n=21,602	Female n=36,883
Never	63.3%	71.2%	58.9%
Prior to college	17.3%	15.4%	18.4%
After starting college	6.5%	4.0%	7.9%
Both	12.9%	9.4%	14.9%

This question is from the Standardized Data Set Question #13

***Have you ever experienced a traumatic event that caused you
to feel intense fear, helplessness, or horror?***

	Overall n=49,610	Male n=18,066	Female n=31,210
Never	61.7%	67.0%	58.7%
Prior to college	16.9%	14.2%	18.5%
After starting college	11.5%	10.5%	12.0%
Both	10.0%	8.4%	10.8%

This question is from the Standardized Data Set Question #59

Felt the need to reduce your alcohol or drug use

	Overall n=44,863	Male n=16,300	Female n=28,816
Never	73.3%	65.9%	77.5%
Prior to college	3.8%	4.2%	3.6%
After starting college	17.6%	22.4%	14.8%
Both	5.3%	7.4%	4.2%

This question is from the Standardized Data Set Question #4

Others have expressed concern about your alcohol or drug use

	Overall n=41,746	Male n=15,125	Female n=26,366
Never	83.1%	77.0%	86.6%
Prior to college	3.3%	4.2%	2.8%
After starting college	9.9%	13.1%	8.1%
Both	3.7%	5.7%	2.6%

This question is from the Standardized Data Set Question #5

Received treatment for alcohol or drug use

	Overall n=59,211	Male n=21,632	Female n=37,077
Never	95.2%	92.4%	96.8%
Prior to college	2.0%	3.0%	1.4%
After starting college	2.3%	3.7%	1.5%
Both	.5%	.9%	.3%

This question is from the Standardized Data Set Question #6

Think back over the last two weeks. How many times have you had: five or more drinks* in a row (for males) OR four or more drinks* in a row (for females)? (A drink is a bottle of beer, a glass of wine, a wine cooler, a shot glass of liquor, or a mixed drink.)

	Overall n=47,311	Male n=17,079	Female n=29,933
None	56.4%	51.3%	59.1%
Once	17.7%	17.1%	18.0%
Twice	12.1%	13.9%	11.2%
3 to 5 times	10.8%	13.5%	9.4%
6 to 9 times	2.3%	3.1%	1.8%
10 or more times	.8%	1.1%	.5%

This question is from the Standardized Data Set Question #19

Please indicate your level of involvement in organized extra-curricular activities (e.g. sports, clubs, student government, etc.)

	Overall n=34,155	Male n=12,255	Female n=21,669
None	31.2%	33.0%	30.3%
Occasional participation	22.6%	24.1%	21.7%
One regularly attended activity	19.4%	19.1%	19.5%
Two regularly attended activities	14.5%	12.7%	15.4%
Three or more regularly attended activities	12.3%	11.1%	13.0%

This question is from the Standardized Data Set Question #48

Do you participate on an athletic team that competes with other colleges or universities?

	Overall n=52,332	Male n=19,242	Female n=32,360
Yes	7.4%	9.0%	6.5%
No	92.6%	91.0%	93.5%

This question is from the Standardized Data Set Question #50

Please indicate how much you agree with the statement: "I get the emotional help and support I need from my family."

	Overall n=43,193	Male n=15,833	Female n=27,004
Strongly disagree	10.5%	10.0%	10.8%
Somewhat disagree	13.6%	12.8%	14.1%
Neutral	15.0%	16.8%	13.9%
Somewhat agree	31.0%	30.4%	31.3%
Strongly agree	29.9%	30.0%	29.9%

This question is from the Standardized Data Set Question #22

Please indicate how much you agree with the statement: "I get the emotional help and support I need from social network (e.g. friends, acquaintances)."

	Overall n=37,704	Male n=13,737	Female n=23,731
Strongly disagree	7.8%	9.1%	7.0%
Somewhat disagree	12.3%	13.1%	11.8%
Neutral	18.5%	21.1%	16.9%
Somewhat agree	38.3%	35.8%	39.6%
Strongly agree	23.2%	20.8%	24.6%

This question is from the Standardized Data Set Question #23

Religious or Spiritual Preference

	Overall n=50,506	Male n=18,352	Female n=31,797
Agnostic	11.1%	13.1%	9.9%
Atheist	6.6%	9.4%	4.9%
Buddhist	1.0%	1.0%	1.0%
Christian	34.5%	30.7%	36.9%
Hindu	.7%	.9%	.7%
Jewish	2.7%	2.6%	2.8%
Muslim	1.1%	1.3%	.9%
No preference	14.6%	15.1%	14.4%
Prefer not to answer	4.6%	4.8%	4.4%
Other	4.2%	4.1%	4.1%
Catholic	18.8%	16.9%	20.0%

This question is from the Standardized Data Set Question #34

To what extent does your religious or spiritual preference play an important role in your life?

	Overall n=41,066	Male n=14,594	Female n=25,764
Very important	15.6%	13.6%	16.8%
Important	26.1%	25.1%	26.7%
Neutral	35.3%	34.7%	35.7%
Unimportant	13.0%	14.5%	12.1%
Very unimportant	10.0%	12.1%	8.7%

This question is from the Standardized Data Set Question #36

How would you describe your financial situation right now?

	Overall n=51,234	Male n=18,544	Female n=32,325
Always stressful	16.7%	15.4%	17.5%
Often stressful	22.1%	20.9%	22.9%
Sometimes stressful	35.2%	35.5%	34.9%
Rarely stressful	19.3%	20.6%	18.5%
Never stressful	6.7%	7.6%	6.3%

This question is from the Standardized Data Set Question #57

How would you describe your financial situation growing up?

	Overall n=33,519	Male n=12,263	Female n=21,023
Always stressful	9.1%	8.0%	9.7%
Often stressful	13.2%	12.3%	13.7%
Sometimes stressful	23.3%	23.1%	23.4%
Rarely stressful	30.9%	32.3%	30.2%
Never stressful	23.5%	24.2%	23.1%

This question is from the Standardized Data Set Question #58



Relationship status

	Overall n=59,748	Male n=21,896	Female n=37,355
Single	59.8%	65.4%	56.6%
Serious dating or committed relationship	32.9%	27.6%	36.0%
Civil union, domestic partnership, or equivalent	.5%	.4%	.6%
Married	5.1%	5.0%	5.1%
Divorced	.9%	.8%	.9%
Separated	.8%	.8%	.7%
Widowed	.1%	0%	.1%

This question is from the Standardized Data Set Question #33

Did you transfer from another campus/institution to this school?

	Overall n=56,809	Male n=20,654	Female n=34,960
Yes	22.9%	24.8%	21.7%
No	77.1%	75.2%	78.3%

This question is from the Standardized Data Set Question #46

Are you the first generation in your family to attend college?

	Overall n=52,395	Male n=19,048	Female n=32,873
Yes	22.9%	21.2%	23.8%
No	77.1%	78.8%	76.2%

This question is from the Standardized Data Set Question #56

Are you an international student?

	Overall n=59,406	Male n=21,766	Female n=37,161
Yes	4.2%	5.0%	3.8%
No	95.8%	95.0%	96.2%

This question is from the Standardized Data Set Question #32

Graduate or professional degree program

	Overall n=17,850	Male n=6,752	Female n=10,946
Post-Baccalaureate	10.0%	9.5%	10.4%
Masters	15.9%	13.4%	17.4%
Doctoral degree	8.5%	9.1%	8.0%
Law	3.0%	3.3%	2.9%
Medical	1.6%	1.4%	1.8%
Pharmacy	.5%	.5%	.5%
Dental	.2%	.2%	.3%
Veterinary Medicine	.7%	.3%	.9%
Not applicable	53.5%	56.1%	51.8%
Other	6.0%	6.1%	6.0%

This question is from the Standardized Data Set Question #39

What year are you in your graduate/professional program?

	Overall n=7,572	Male n=2,844	Female n=4,669
1	39.4%	37.1%	40.8%
2	25.5%	24.5%	26.1%
3	15.6%	15.8%	15.5%
4	12.2%	13.8%	11.3%
5+	7.3%	8.8%	6.4%

This question is from the Standardized Data Set Question #41

What kind of housing do you currently have?

	Overall n=54,342	Male n=19,936	Female n=33,593
On-campus residence hall/apartment	36.1%	34.8%	36.8%
On/off campus fraternity/sorority house	2.0%	2.3%	1.8%
On/off campus co-operative housing	.8%	1.0%	.8%
Off-campus apartment/house	59.5%	60.2%	59.0%
Other	1.6%	1.7%	1.5%

This question is from the Standardized Data Set Question #42

With whom do you live? (check all that apply)

	Overall n=8,127	Male n=3,195	Female n=4,844
Alone	11.7%	14.1%	12.6%
Spouse, partner, or significant other	8.7%	9.0%	10.3%
Roommate(s)	49.6%	55.8%	56.0%
Children	2.7%	2.1%	3.6%
Parent(s) or guardian(s)	7.4%	8.1%	8.5%
Family other	.5%	3.5%	4.0%
Other	1.1%	1.2%	1.3%

This question is from the Standardized Data Set Question #44

Are you registered, with the office for disability services on this campus, as having a documented and diagnosed disability?

	Overall n=58,615	Male n=21,477	Female n=36,640
Yes	6.4%	7.3%	5.9%
No	93.6%	92.7%	94.1%

This question is from the Standardized Data Set Question #60

Are you a member of ROTC?

	Overall n=31,022	Male n=11,393	Female n=19,415
Yes	.9%	1.4%	.6%
No	99.1%	98.6%	99.4%

This question is from the Standardized Data Set Question #51

Have you ever been enlisted in any branch of the US military (active duty, veteran, National Guard or reserves)?

	Overall n=58,974	Male n=21,536	Female n=36,928
Yes	2.0%	3.9%	.9%
No	98.0%	96.1%	99.1%

This question is from the Standardized Data Set Question #52

Did your military experience include any traumatic or highly stressful experiences which continue to bother you?

	Overall n=1,157	Male n=815	Female n=326
Yes	28.4%	28.7%	26.7%
No	71.6%	71.3%	73.3%

This question is from the Standardized Data Set Question #53

Counselor Data

The Standardized Data Set includes a small number of questions describing those who work in counseling centers. This basic information is provided by counselors each year at most institutions as part of participation in CCMH. The 2010-2011 data-set represents over 1660 unique counselors. The answer-totals vary because some counseling centers do not gather this data or because a counselor elected not to answer one or more questions.

Gender

	<i>n</i>	Percentage
Male	313	31.4%
Female	679	68.1%
Transgender	4	.4%
Prefer not to answer	1	.1%

Age

	<i>n</i>	Age
Average Age	944	41.95

Race/Ethnicity

	<i>n</i>	Percentage
African-American/Black	100	10.1%
American Indian or Alaskan Native	5	.5%
Asian American/Asian	61	6.1%
East Indian	3	.3%
Caucasian/White	729	73.3%
Hispanic/Latino/a	55	5.5%
Native Hawaiian or Pacific Islander	2	.2%
Multi-racial	23	2.3%
Prefer not to answer	6	.6%
Other	11	1.1 %

Highest Degree (descending sort)

	<i>n</i>	Percentage
Doctor of Philosophy	375	38.1%
Master of Arts	142	14.4%
Doctor of Psychology	124	12.6%
Master of Science	85	8.6%
Master of Social Work	84	8.5%
Bachelor of Arts	38	3.9%
Doctor of Medicine	37	3.8%
Master of Education	30	3.0%
Other	20	2.0%
Bachelor of Science	17	1.7%
Doctor of Education	14	1.4%
Education Specialist	8	.8%
Doctor of Osteopathy	6	.6%
Nursing (e.g. RN, RNP, PNP)	4	.4%
Doctor of Social Work	0	0%

Highest Degree-Discipline (descending sort)

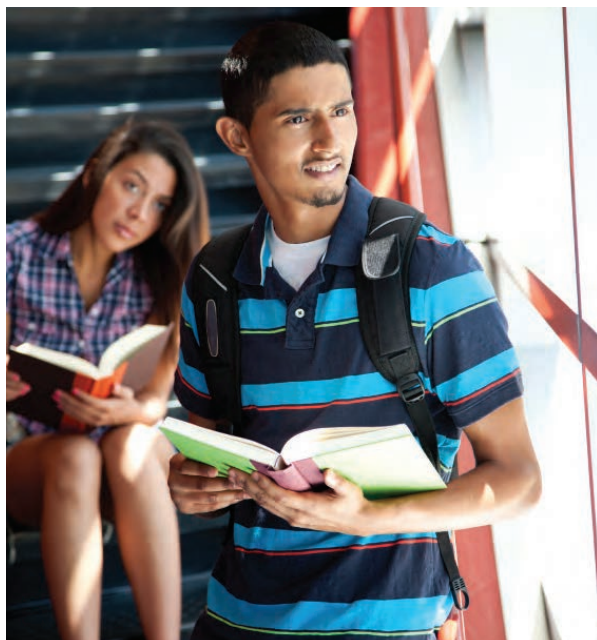
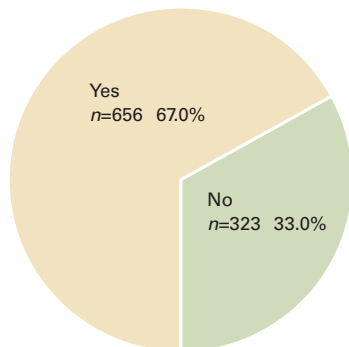
	<i>n</i>	Percentage
Counseling Psychology	343	35.4%
Clinical Psychology	317	32.7%
Other	90	9.3%
Social Work	88	9.1%
Counselor Education	53	5.5%
Psychiatry	43	4.4%
Marriage and Family Therapist	12	1.2%
Community Psychology	7	.7%
Educational Psychology	7	.7%
Nursing	7	.7%
Higher Education	3	.3%
Health Education	0	0%



Highest Degree-Discipline by Age

	Age 20-30 n=107	Age 31-40 n=335	Age 41-50 n=181	Age 51-60 n=150	Age 61-70 n=82
Clinical Psychology	43.0%	36.4%	33.7%	26.7%	14.6%
Community Psychology	0%	.3%	1.1%	1.3%	1.2%
Counseling Psychology	25.2%	37.3%	37.6%	40.0%	34.1%
Counselor Education	2.8%	3.9%	5.0%	9.3%	13.4%
Educational Psychology	0%	.9%	0%	0%	2.4%
Health Education	0%	0%	0%	0%	0%
Higher Education	0%	0%	1.1%	0%	0%
Marriage and Family Therapist	.9%	1.5%	.6%	2.7%	1.2%
Nursing	0%	.3%	0%	2.7%	0%
Psychiatry	0%	4.8%	3.9%	4.7%	8.5%
Social Work	7.5%	6.9%	10.5%	6.7%	19.5%
Other	20.6%	7.8%	6.6%	6.0%	4.9%

Are you licensed under your current degree?



Are you licensed under your degree? (descending sort)

	Yes	No
Nursing (e.g. RN, RNP, PNP)	100% n=4	0% n=0
Doctor of Osteopathy	100% n=6	0% n=0
Doctor of Medicine	97.2% n=35	2.8% n=1
Master of Social Work	94.0% n=79	6.0% n=4
Doctor of Education	85.7% n=12	14.3% n=2
Doctor of Philosophy	84.8% n=313	15.2% n=56
Education Specialist	75.0% n=6	25.0% n=2
Doctor of Psychology	70.7% n=87	29.3% n=36
Master of Education	46.7% n=14	53.3% n=16
Other	45.0% n=9	55.0% n=11
Master of Science	42.0% n=35	58.0% n=48
Master of Arts	36.0% n=50	64.0% n=89
Bachelor of Arts	0% n=0	100% n=36
Bachelor of Science	0% n=0	0% n=0
Doctor of Social Work	0% n=0	0% n=0



Position Type (descending sort)

	<i>n</i>	Percentage
Professional Staff Member	701	71.5%
Pre-doctoral Intern	106	10.8%
Other	51	5.2%
Doctoral Level Trainee (not an intern)	50	5.1%
Master's Level Trainee	42	4.3%
Post-doctoral Level (non-psychiatric)	26	2.7%
Psychiatric Resident	5	.5%

How much is your current therapeutic practice guided by each of the following theoretical frameworks?

	Analytic/ Psychodynamic <i>n</i> =807	Behavioral <i>n</i> =809	Cognitive <i>n</i> =824	Humanistic <i>n</i> =812	Systems Theory <i>n</i> =794
Not at all	4.1%	1.9%	.6%	2.3%	5.4%
A little	15.1%	13.0%	3.6%	4.9%	13.6%
Some	17.6%	23.4%	10.8%	10.8%	23.0%
Moderate	23.5%	30.8%	30.8%	24.9%	28.2%
Greatly	25.5%	23.0%	36.4%	35.2%	23.0%
Very greatly	14.1%	8.0%	17.7%	21.8%	6.7%

Center Information

The information below describes the 97 colleges and universities that contributed data this year.

Does your counseling center currently have an accredited APA pre-doctoral training program (American Psychological Association)?

	<i>n</i>	Percentage
Yes	30	30.9%
No	67	69.1%

Is your counseling center currently accredited by IACS (International Association of Counseling Services)?

	<i>n</i>	Percentage
Yes	53	55.8%
No	42	44.2%

Which services are integrated with your counseling center? (check all that apply)

	<i>n</i>	Percentage
Career Services	9	9.3%
Disability Services	5	5.2%
Drug & Alcohol Treatment Program	31	32.0%
Employee Assistance Program	2	2.1%
Learning Services	5	5.2%
Health Services	9	9.3%
Testing Services	19	19.6%
Other	9	9.3%

What psychiatric services are provided by your center? (do not include psychiatric services through health services unless you are integrated)

	<i>n</i>	Percentage
None	28	29.2%
Part time, in house	45	46.9%
Full time, in house	12	12.5%
Part time, off campus consultant	4	4.2%
Other	7	7.3%

Does your center have an annual individual psychotherapy limit?

	<i>n</i>	Percentage
Yes	35	36.5%
No	61	63.5%

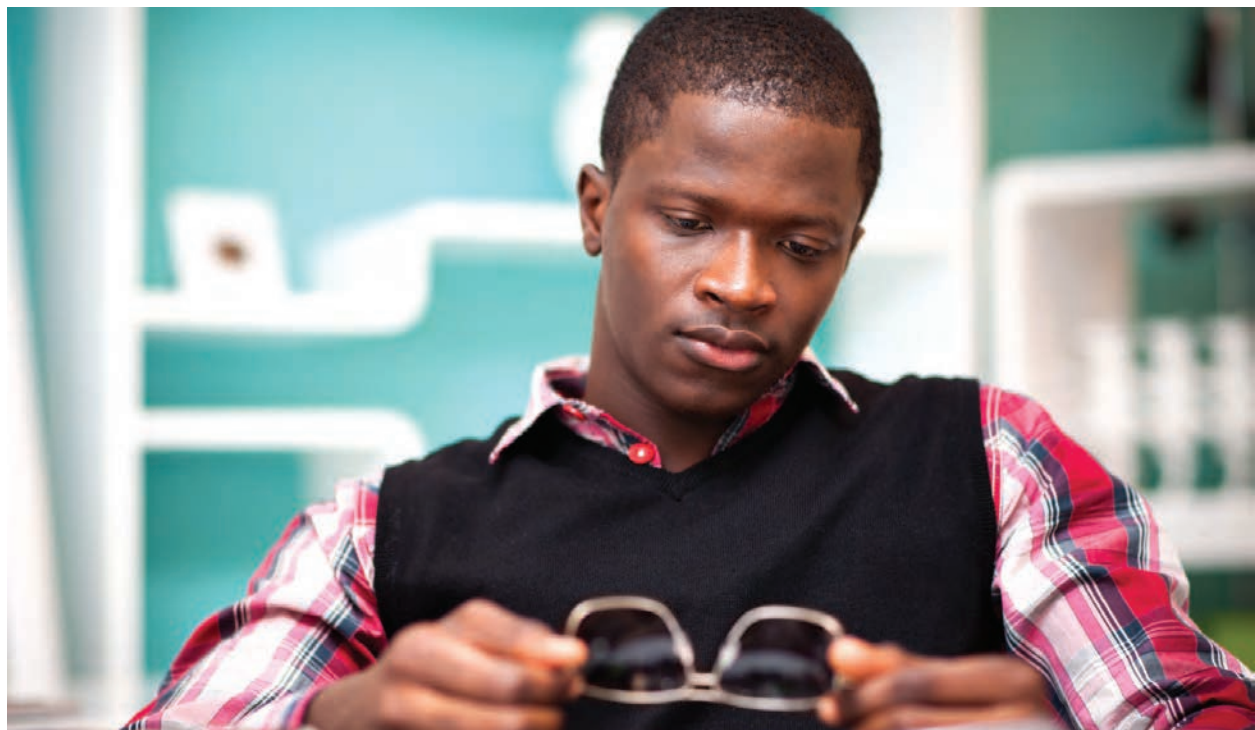
If you answered “yes” to session limit, please enter your individual psychotherapy session limit

	<i>n</i>	Percentage
7	1	2.9%
8	2	5.7%
9	0	0%
10	9	25.7%
11	0	0%
12	14	40.0%
13	0	0%
14	1	2.9%
15	6	17.1%
20	2	5.7%

No school that provided information entered less than 7 sessions

Check each service for which you charge a standard fee (don’t check services that are initially free- e.g. first 8 sessions)?

	<i>n</i>	Percentage
Intake	2	2.1%
Individual Counseling	5	5.2%
Group Counseling	4	4.1%
Psychiatric Evaluation (initial meeting)	11	11.3%
Psychiatric Follow-up (ongoing client)	10	10.3%
Formal Assessment: Psychological	8	8.2%
Formal Assessment: Career	8	8.2%
Formal Assessment: Disability	5	5.2%
Other	9	9.3%





Demographics of Participating Colleges and Universities

Ninety-seven college and universities who are members of CCMH submitted their institutional data for the 2010-2011 CCMH data seam. Demographics of the 97 colleges and universities are below:

Campus Characteristic	<i>n</i>	Percentage
Type of Institution		
Public	64	66.0%
Private	29	29.9%
Combined	4	4.1%
Location of Campus		
Northeast (CT, ME, MA, NH, NJ, NY, PA, RI, VT)	27	27.8%
Midwest (IL, IN, IA, KS, MI, MN, MO, NE, ND, OH, SD, WI)	24	24.7%
South (AL, AR, DE, DC, FL, GA, KY, LA, MD, MS, NC, OK, SC, TN, TX, VA, WV)	33	34.0%
West (AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY)	13	13.4%
Enrollment		
Under 1,500	1	1.0%
1,501-2,500	8	8.2%
2,501-5,000	8	8.2%
5,001-7,500	11	11.3%
7,501-10,000	13	13.4%
10,001-15,000	13	13.4%
15,001-20,000	10	10.3%
20,001-25,000	10	10.3%
25,001-30,000	7	7.2%
30,001-35,000	7	7.2%
35,001-40,000	2	2.1%
40,001-50,000	6	6.2%
50,001 and over	1	1.0%



Campus Characteristic	<i>n</i>	Percentage
Athletic Division		
None	7	7.3%
Division I	55	57.3%
Division II	16	16.7%
Division III	18	18.8%
Grade Scale		
0-4	95	97.9%
1-5	0	0.0%
0-100	1	1.0%
Other	1	1.0%

CCMH Publication Abstracts

CCMH is working to “bring science and practice together” for the purpose of better understanding and improving college student mental health. The work of CCMH directly impacts clinical service (e.g., the CCAPS and related reports, webinars, and staff training), informs policy and self-advocacy (e.g., high-quality, comparable data for benchmarking), offers accurate information about college student mental health to the public (this annual report), and contributes to the scientific literature in related fields. Below we summarize articles published in the last academic year for this latter purpose. We are excited to be able to share this work with you. Each of these publications is the direct result of practitioners and scientists working together to improve college student mental health.

Locke, B.D., Soet Buzolitz, J., Lei P.-W., Boswell, J.F., McAleavey, A.A., Sevig, T.D., Dowis, J.D., & Hayes, J.A. (2011). Development of the Counseling Center Assessment of Psychological Symptoms-62 (CCAPS-62). *Journal of Counseling Psychology*, 58(1), 97-109.

Few instruments have been designed to focus specifically on the needs of college counseling centers. This article reviews existing instruments and introduces 4 studies that detail the development and psychometric properties of the Counseling Center Assessment of Psychological Symptoms-62 (CCAPS-62). Study 1 describes the item development, factor analysis, and preliminary scale development steps. Study 2 describes the results of exploratory and confirmatory factor analyses using data from more than 22,000 clients from a national practice-research network of college counseling centers. Studies 3 and 4 offer preliminary evidence of subscales' convergent validity and retest reliability. Results from these 4 studies present support for the instrument's factor structure, construct validity, and subscale reliabilities for both the total sample and subgroups. Clinical and methodological concerns pertaining to the development of the CCAPS are discussed in the context of a national practice-research network of college counseling centers.



Locke, B.D., McAleavey, A.A., Zhao, Y., Lei, P.-W., Hayes, J.A., Castonguay, L.G., Li, H., Tate, R., & Lin, Y.-C. (in press). Development and initial validation of the Counseling Center Assessment of Psychological Symptoms-34 (CCAPS-34). *Measurement and Evaluation in Counseling and Development*.

A short-version of the Counseling Center Assessment of Psychological Symptoms-62 (CCAPS-62) was developed from three studies. The final short version (CCAPS-34) consists of 34 items and seven subscales, showed good discrimination power, support for the proposed factor structure, strong initial convergent validity, and acceptable test-retest stability over 1-week and 2-week intervals.

Castonguay, L.G. (2011). Psychotherapy, psychopathology, research and practice: Pathways of connections and integration. *Psychotherapy Research*, 21, 125-140.

This paper outlines three pathways of connections between various communities of knowledge seekers: integration of psychotherapeutic approaches, integration of psychotherapy and psychopathology, and integration of science and practice. Some of the concerns addressed involve the delineation and investigation of common factors (e.g., principles of change), improvement of forms of psychotherapy, clinical implications of psychopathology research, as well as current and future directions pertaining to practice-research networks. The goal of this paper is to suggest that building bridges across theoretical orientations, scientific fields, professional experiences, and epistemological views may be a useful strategy to increase our understanding and the impact of psychotherapy.

Castonguay, L.G., Locke, B.D., & Hayes, J.A. (2011). The Center for Collegiate Mental Health: An example of a practice-research network in university counseling centers. *Journal of College Student Psychotherapy*, 25(2), 105-119.

This article introduces a model of a practice-research network that offers benefits for clinicians working at college and university counseling centers. We describe the fundamental components of this practice-research network, challenges in developing it, and some of the empirical studies that have developed as a result of this initiative. We also describe areas for future research that not only will foster collaborations between clinicians and researchers, but also will increase our ability to understand and improve mental health services for college students.

Journal of College Counseling Inaugural Center for Collegiate Mental Health Special Issue

The abstracts below highlight the articles that were featured this year in the special issue of the *Journal of College Counseling*, which featured the work of CCMH.

Effrig, J., Bieschke, K., Locke, B., (2011). Examining Victimization and Psychological Distress in Transgender College Students. *Journal of College Counseling*, 14(2), 143-157.

Treatment-seeking and non-treatment-seeking transgender college students were examined in regard to victimization and psychological distress. Findings revealed that transgender college students have increased rates of distress compared to college students who identify as men or women. Results demonstrated that treatment-seeking and non-treatment-seeking transgender college students do not significantly differ in regard to psychological distress or experiences of victimization, with the exception of rates of suicidal ideation.

Hayes, J.A., Chun-Kennedy, C., Edens, A., & Locke, B.D. (2011). Do double minority students face double jeopardy? Testing minority stress theories. *Journal of College Counseling*, 14(2), 117-126.

Minority stress theory posits that individuals who belong to cultural minority groups are at greater risk for psychological distress. Further, people who belong to multiple minority groups may experience increased psychological distress. Two studies revealed that ethnic and sexual minority clients experienced heightened psychological distress on multiple dimensions than European-American or heterosexual clients, respectively, as did students who were not clients. Among sexual minority students, ethnicity was not an additional source of distress. Among ethnic minority students, sexual minority status was related to greater psychological distress.

Hayes, J.A., Locke, B.D., & Castonguay, L.G. (2011). The Center for Collegiate Mental Health: Practice and research working together. *Journal of College Counseling*, 14(2), 101-104.

In this article we describe the Center for Collegiate Mental Health (CCMH), a practice-research network comprised of university counseling centers, and we also introduce this special issue highlighting the work of CCMH. The issue highlights five studies conducted by CCMH, all focusing on the mental health and treatment needs of culturally diverse college students. The special issue concludes with a commentary by Dr. Gordon Nagayama Hall.





Hayes, J.A., Youn, S.J., Castonguay, L.G., Locke, B.D., McAleavey, A.A., & Nordberg, S. (2011). Rates and predictors of counseling center utilization among college students of color. *Journal of College Counseling, 14*(2), 105-116.

We explored utilization of counseling services as a function of student ethnicity in two ways. First, we compared institutional enrollment data to counseling center service utilization data at 66 universities. Results revealed that neither ethnic minority students nor European American students under- or over-utilized counseling services. Data from a second study exploring students in the general campus bodies at 45 institutions revealed that utilization of counseling center services for students of various ethnicities was predicted by the ethnic composition of the staff at the counseling center. Furthermore, among students of color, utilization of campus counseling services was predicted by greater psychological distress, less family support, and a history of previous psychological problems.

McAleavey, A.A., Castonguay, L.G., & Locke, B.D. (2011). Sexual Orientation Minorities in College Counseling: Prevalence, Distress, and Symptom Profiles. *Journal of College Counseling, 14*(2), 127-142.

Sexual minority group members are at increased risk for mental health concerns than are heterosexual individuals. The results of this study revealed that college student sexual minorities were common in counseling centers and that they were more likely than heterosexual students to utilize counseling. The results also showed that sexual orientation groups differed in meaningful ways from one another, and many sexual orientation groups reported greater levels of psychological symptoms than did heterosexual students.

Nelson, D.L., Castonguay, L.G., & Locke, B.D. (2011). Challenging Stereotypes of Eating and Body Image Concerns Among College Students: Implications for Diagnosis and Treatment of Diverse Populations. *Journal of College Counseling, 14*(2), 158-173.

The purpose of this study was to increase our understanding of eating and body image concerns among clients in university counseling centers. The authors explored the prevalence of such concerns among stereotype-congruent (White, heterosexual, female) and stereotype-incongruent groups (e.g., ethnic/sexual minorities, men). Because some groups may utilize compensatory behaviors not appropriately captured by current definitions of eating disorders, the authors explored body image disturbance among these groups.

CCMH Member Institutions

1. Appalachian State University
2. Auburn University
3. Barry University
4. Boston College
5. Bucknell University
6. Buffalo State College
7. California Lutheran University
8. California State Polytechnic University, Pomona
9. California State University, Chico
10. California State University, Long Beach
11. California State University, Monterey Bay
12. California State University, San Bernadino
13. California State University, San Marcos
14. Central College
15. Claremont College Consortium
16. Clayton State University
17. Cleveland State University
18. Colgate University
19. College of Charleston
20. College of Southern Nevada
21. College of William & Mary
22. Colorado State University
23. Columbia College Chicago
24. Cornell University
25. DePaul University
26. Duke University
27. East Carolina University
28. Eastern Kentucky University
29. Eastern Michigan University
30. Elon University
31. Emory University
32. Fairfield University
33. Ferris State University
34. Florida Gulf Coast University
35. Florida International University
36. Fort Lewis College
37. Franklin & Marshall College
38. Georgia College and State University
39. Georgia Gwinnett College
40. George Mason University
41. Georgia State University
42. Gonzaga University
43. Grand Valley State University
44. Hobart and William Smith Colleges
45. Houghton College
46. Howard University
47. Hunter College
48. Idaho State University
49. Illinois Institute of Technology
50. Illinois State University
51. Illinois Wesleyan University
52. Indiana University
53. Iowa State University
54. John Jay College of Criminal Justice
55. Johns Hopkins University
56. Johnson & Wales University
57. Kennesaw State University
58. Lafayette College
59. La Salle University
60. Lawrence University
61. Lee University
62. Lehigh University
63. Lehman College
64. Lindsey Wilson College
65. Loyola Marymount University
66. Marquette University
67. Miami University
68. Michigan State University
69. Middle Tennessee State University
70. Montclair State University
71. New College of Florida
72. North Dakota State University
73. Northeastern Illinois University
74. Northern Illinois University
75. Northwestern University
76. Notre Dame College
77. Ohio State University
78. Old Dominion University
79. Pace University
80. Penn State University
81. Pepperdine University
82. Princeton University
83. Purdue University
84. Ramapo College of New Jersey
85. Regis University
86. Rhode Island College
87. Rice University
88. Richard Stockton College of NJ
89. Rochester Institute of Technology
90. Roosevelt University

continued on next page





CCMH Member Institutions

91. Sacred Heart University
92. Saint Josephs University
93. Saint Mary's College of California
94. Salisbury University
95. Sam Houston State University
96. San Jose State University
97. Santa Clara University
98. Seton Hall University
99. Simpson College
100. Slippery Rock University
101. Southern Illinois University
102. Southern Polytechnic State University
103. St. Cloud State University
104. St. Edward's University
105. St. John's University
106. St. Mary's College of Maryland
107. Suffolk University
108. SUNY Fredonia
109. SUNY Oswego
110. Susquehanna University
111. Syracuse University
112. Tarleton State University
113. Temple University
114. Texas A&M University
115. Texas A&M University–Corpus Christi
116. Texas State University, San Marcos
117. TexasTech University
118. Truman State University
119. University at Buffalo
120. University of Akron
121. University of Alabama
122. University of Arkansas
123. University of British Columbia
124. University of Central Florida
125. University of Central Missouri
126. University of Colorado at Boulder
127. University of Delaware
128. University of Florida
129. University of Houston
130. University of Houston–Clear Lake
131. University of Illinois at Chicago
132. University of Illinois at Urbana Champaign
133. University of Iowa
134. University of Kansas Medical Center
135. University of Kentucky
136. University of Maine
137. University of Massachusetts Dartmouth
138. University of Memphis
139. University of Michigan
140. University of Missouri
141. University of Missouri, Kansas City
142. University of Montana, Missoula
143. University of North Carolina at Charlotte
144. University of North Carolina, Chapel Hill
145. University of North Carolina at Pembroke
146. University of North Florida
147. University of North Texas
148. University of Northern Iowa
149. University of Notre Dame
150. University of San Francisco
151. University of the Sciences
152. University of South Florida, St. Petersburg
153. University of South Florida, Tampa
154. University of Tennessee Knoxville
155. University Of Texas at Arlington
156. University of Texas at Austin
157. University of Utah
158. University of Washington
159. University of Wisconsin–La Crosse
160. University of Wisconsin–Stout
161. Valparaiso University
162. Virginia Commonwealth University
163. Virginia Tech
164. Wake Forest University
165. Washington State University
166. Wayne State University
167. Weber State University
168. West Chester University
169. West Texas A&M University
170. West Virginia University
171. Western Carolina University
172. Western Kentucky University
173. Western Michigan University
174. Western Washington University
175. Winthrop University
176. Wright State University

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