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HSC 440 Sec 08  
Professor L. Blanco  
March 10, 2022

### **Survey of Health Needs Among College Students with Mental Illness**

(a) Include blank copy of survey

This survey was created for our Health Science 440 class and will be used to create a curriculum educating about mental health. This survey should take approximately 10-15 minutes.

Please answer the questions to the best of your ability. You can choose the answer that best fits your situation. Your responses will be kept confidential and you have the option to back out of the survey at any point in time.

Thank you for taking the time to do this online survey!

1. Which category describes you? Please select all that apply:

- American Indian or Alaska Native
- Asian
- Black or African American
- Hispanic, Latino or Spanish origin
- Middle Eastern or North African
- Native Hawaiian or other Pacific Islander
- White
- Multiethnic
- Prefer not to say

2. Please indicate your current gender identity?

- Women
- Man
- Non-binary/third gender
- prefer not to say

3. How old are you?

(Short answer text) \_\_\_\_\_

4. Are you currently enrolled at a college or university?

- Yes
- No

5. What is your current school status?

- Full-time (12 units or more)
- Part-time (Less than 12 units)

6. Are you currently working?

- Full-time
- Part-time
- Unemployed
- Prefer not to say

7. Do you have problems at school with:

- Behavior

- Grades
  - Skipping classes
  - Asking for help
  - Experience difficulty with concentration
8. Do you have any other academic/health/lifestyle-related concerns?
- Yes
  - No
9. Over the last two weeks, have you felt nervous, anxious, or on edge?
- Not at all
  - Several days
  - More than half of the days
  - Nearly everyday
10. Over the last two weeks, have you experienced being so restless that it's hard to sit
- Not at all
  - Several days
  - More than half of the days
  - Nearly everyday
11. Over the last two weeks, have you experienced feeling afraid, as if something awful
- Not at all
  - Several days
  - More than half of the days
  - Nearly everyday
12. Over the last two weeks, have you experienced not being able to stop or control
- Not at all
  - Several days
  - More than half of the days
  - Nearly everyday
13. Over the last two weeks, have you experienced trouble relaxing?
- Not at all
  - Several days
  - More than half of the days
  - Nearly everyday
14. How much time do you spend on social media per day?
- 0-2 hours
  - 2-4 hours
  - 4-6 hours
  - 6+ hours
15. What tools are you currently using to care for your mental/emotional health?
- Meditation
  - Getting outside/taking a walk
  - Talk to a friend/family member
  - Listen to music
  - None
  - Other
16. How likely are you to seek help for your mental health?

**Very unlikely**

**Very likely**

1 2 3 4 5

17. If your school provided telemental health services, how likely would you be to use it?

**Very unlikely**

**Very likely**

1 2 3 4 5

18. How would you rate your knowledge on mental health education resources

**Weak**

**Strong**

1 2 3 4 5

Resources for mental health

If you are a CSULB student, these services are available:

- Counseling and Psychological Services (CAPS). Contact: 562.985.4001
- Project Ocean
- USU Beach Balance. Contact: 562.985.0763

If you are not a CSULB student, these services are available:

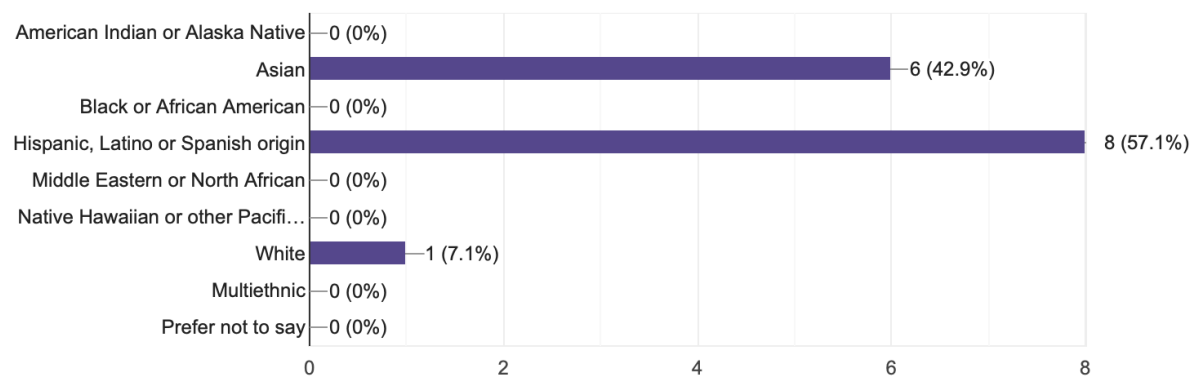
- National Alliance on Mental Illness (NAMI)
- Substance Abuse and Mental Health Services Administration (SAMHSA). Contact: 1-800-662-HELP (4357)

(b) Include frequency report and completed surveys

## FREQUENCY REPORT

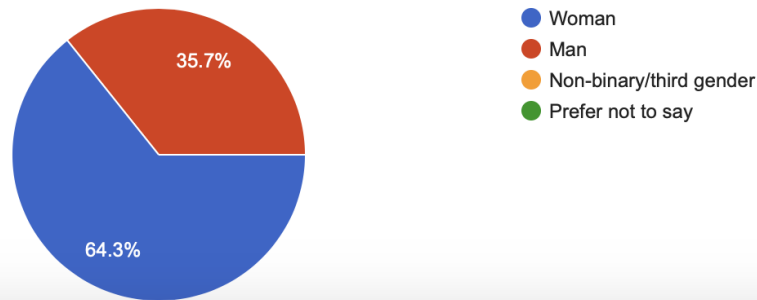
Which category describes you? Please select all that apply:

14 responses



Please indicate your current gender identity?

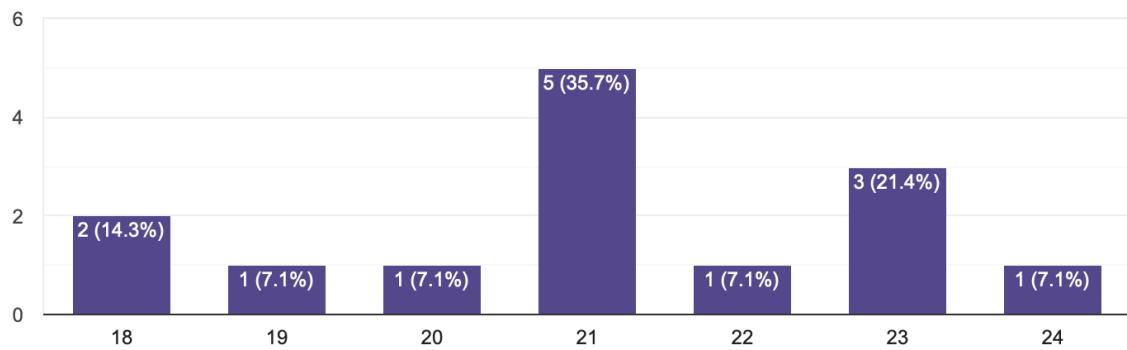
14 responses



How old are you?

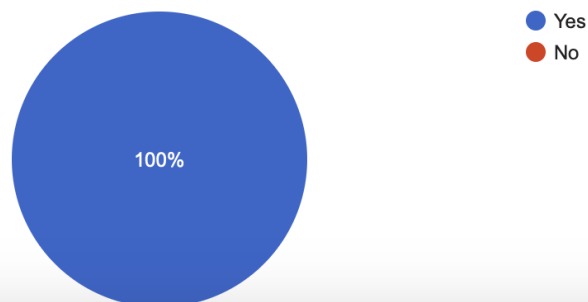


14 responses



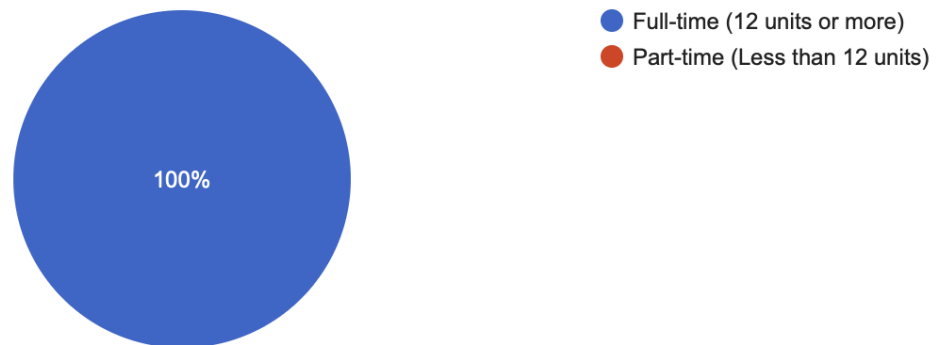
Are you currently enrolled at a college or university?

14 responses



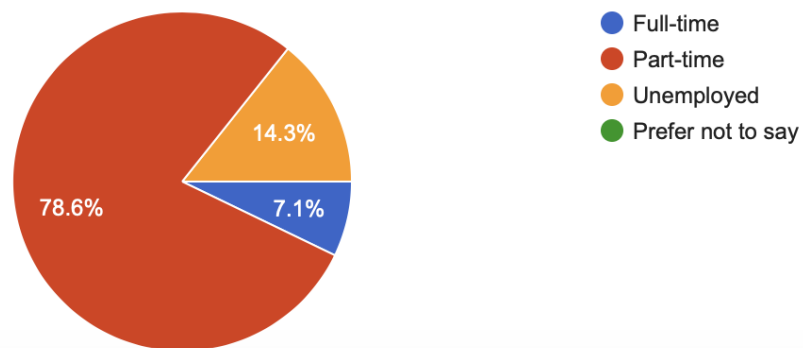
### What is your current school status?

14 responses



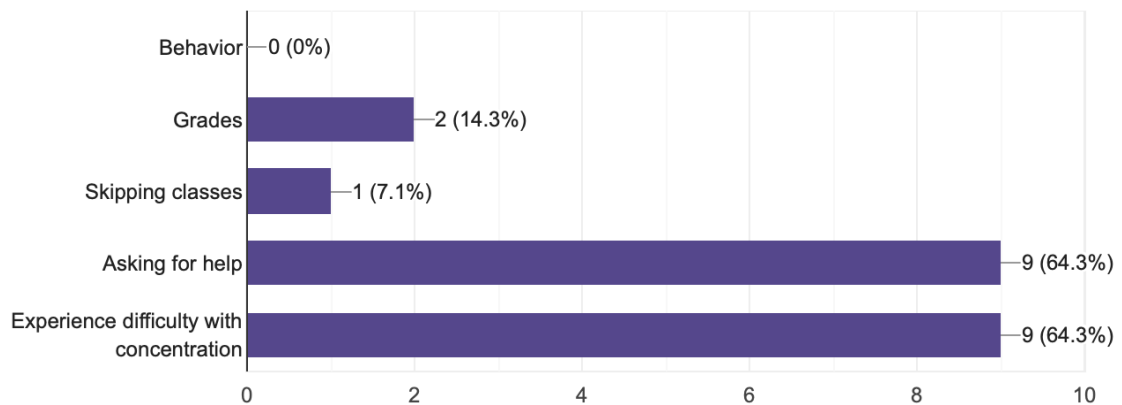
### Are you currently working?

14 responses



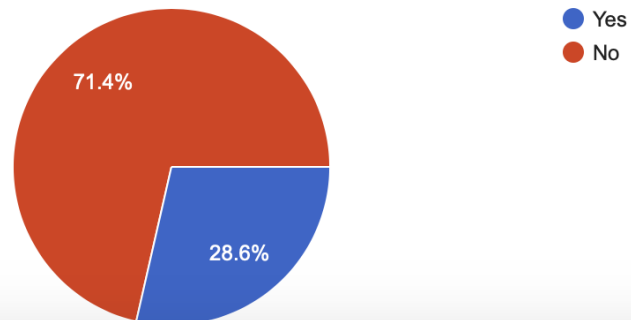
### Do you have problems at school with:

14 responses



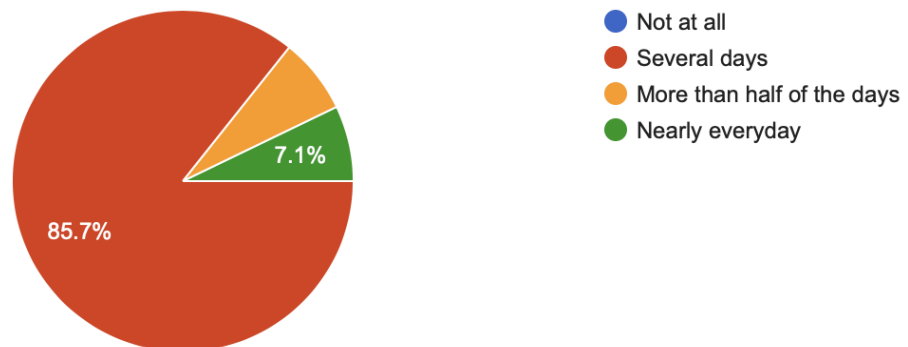
Do you have any other academic/health/lifestyle-related concerns?

14 responses



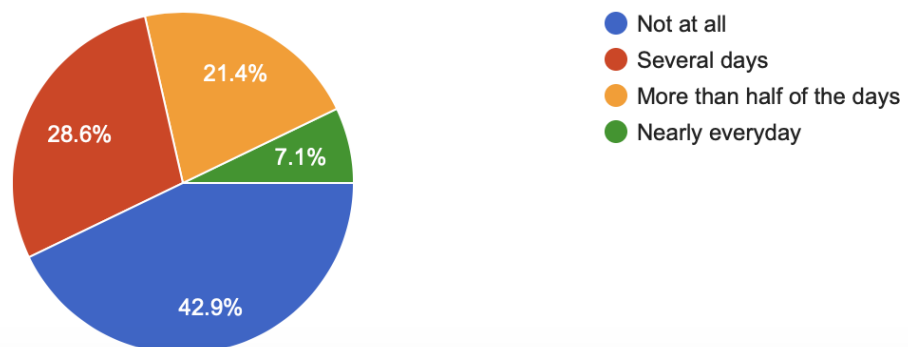
Over the last two weeks, have you felt nervous, anxious, or on edge?

14 responses



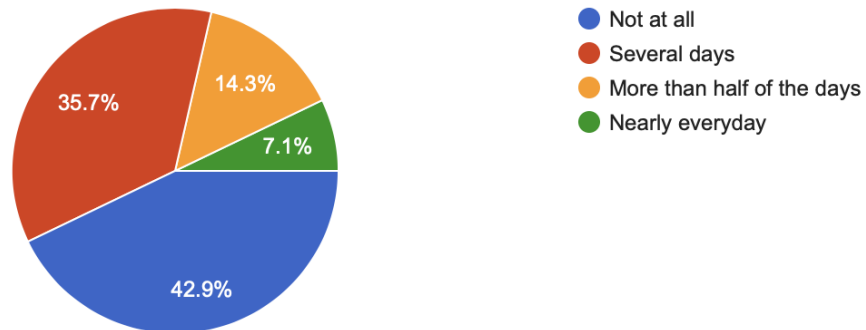
Over the last two weeks, have you experienced being so restless that it's hard to sit still?

14 responses



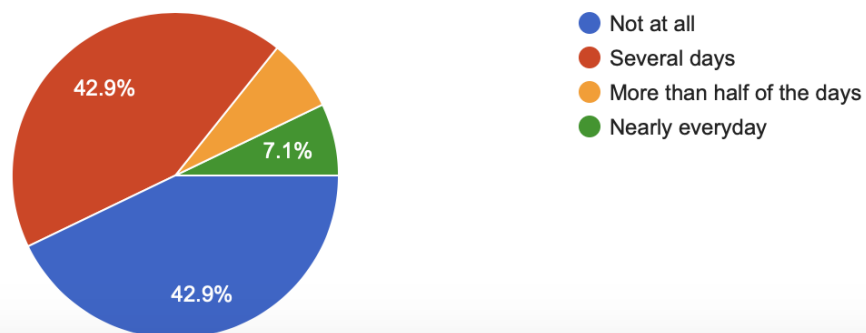
Over the last two weeks, have you experienced feeling afraid, as if something awful might happen?

14 responses



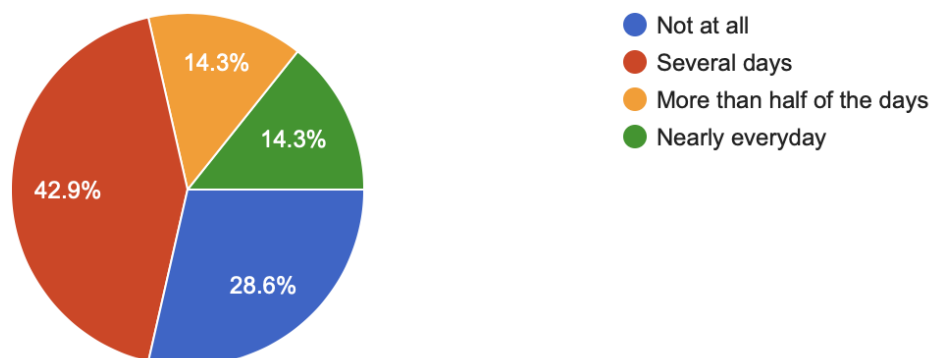
Over the last two weeks, have you experienced not being able to stop or control worrying?

14 responses



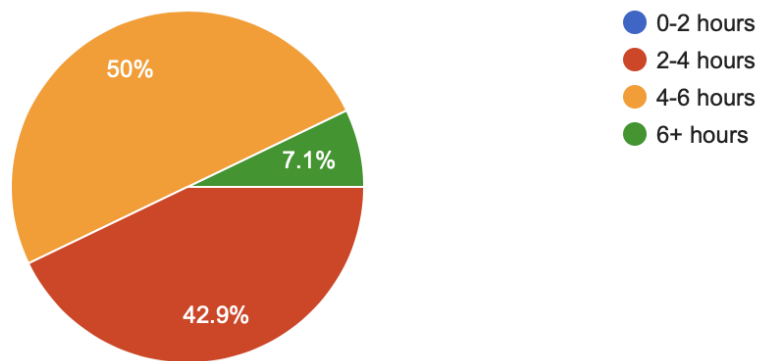
Over the last two weeks, have you experienced trouble relaxing?

14 responses



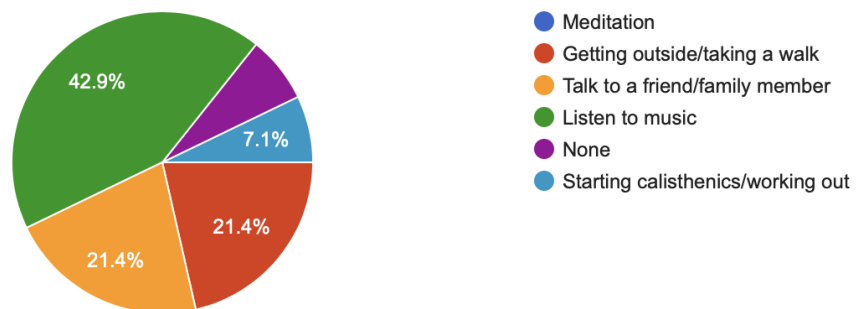
How much time do you spend on social media per day?

14 responses



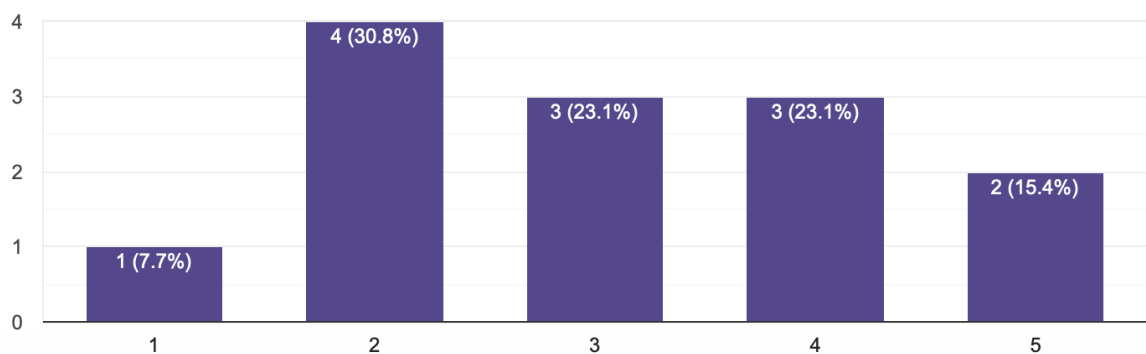
What tools are you currently using to care for your mental/emotional health?

14 responses



How likely are you to seek help for your mental health?

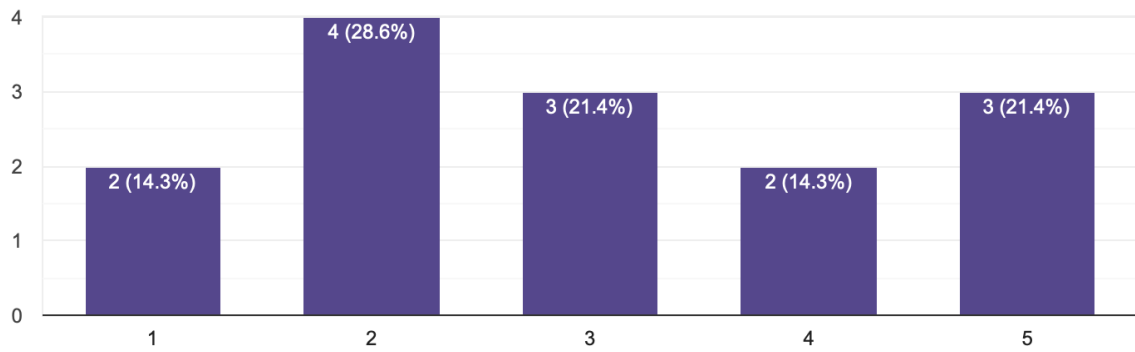
13 responses





If your school provided telemental health services, how likely would you be to use it?

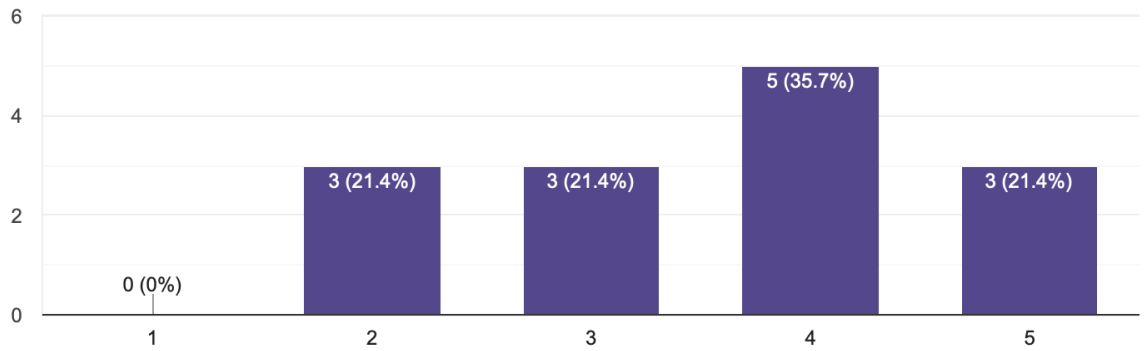
14 responses



How would you rate your knowledge on mental health education/resources?



14 responses



COMPLETED SURVEY

Anxiety and College Students							
Timestamp	Which category describes you? Please select all that apply:	Please indicate your current gender identity?	How old are you?	Are you currently enrolled at a college or university?	What is your current school status?	Are you currently working?	Do you have problems at school with:
2022/02/07 7:21:47 PM PST	Hispanic, Latino or Spanish origin	Man	20	Yes	Full-time (12 units or more)	Unemployed	Asking for help
2022/02/09 9:50:49 AM PST	Hispanic, Latino or Spanish origin	Woman	23	Yes	Full-time (12 units or more)	Part-time	Experience difficulty with concentration
2022/02/09 11:46:17 AM PST	Asian	Woman	21	Yes	Full-time (12 units or more)	Part-time	Experience difficulty with concentration
2022/02/09 1:07:55 PM PST	Hispanic, Latino or Spanish origin	Woman	21	Yes	Full-time (12 units or more)	Part-time	Grades;Experience difficulty with concentration
2022/02/10 9:54:27 AM PST	Asian	Woman	21	Yes	Full-time (12 units or more)	Part-time	Experience difficulty with concentration
2022/02/10 6:51:24 PM PST	Hispanic, Latino or Spanish origin	Woman	19	Yes	Full-time (12 units or more)	Unemployed	Experience difficulty with concentration
2022/02/10 6:53:19 PM PST	Hispanic, Latino or Spanish origin	Man	22	Yes	Full-time (12 units or more)	Part-time	Asking for help;Experience difficulty with concentration
2022/02/10 7:10:12 PM PST	Hispanic, Latino or Spanish origin	Woman	18	Yes	Full-time (12 units or more)	Part-time	Asking for help
2022/02/10 7:11:47 PM PST	Asian	Man	21	Yes	Full-time (12 units or more)	Part-time	Asking for help;Experience difficulty with concentration
2022/02/10 7:16:33 PM PST	Asian	Woman	21	Yes	Full-time (12 units or more)	Part-time	Asking for help
2022/02/10 7:19:51 PM PST	Hispanic, Latino or Spanish origin	Woman	23	Yes	Full-time (12 units or more)	Part-time	Asking for help

Do you have any other academic/health/lifestyle-related concerns? Over the last two weeks, have you felt nervous, anxious, or on edge?				Over the last two weeks, have you experienced being so restless that it's hard to sit still?	Over the last two weeks, have you experienced feeling afraid, as if something awful might happen?
No	Several days	Not at all	Not at all	Not at all	
No	Several days	Not at all	Not at all	Not at all	
No	Several days	Not at all	Not at all	Several days	
Yes	Several days	More than half of the days	Several days	Several days	
No	Several days	Several days	Several days	Several days	
No	Several days	Not at all	Not at all	Not at all	
No	Several days	More than half of the days	More than half of the days	More than half of the days	
No	Several days	Several days	Several days	Not at all	
Yes	Several days	Several days	Several days	More than half of the days	
No	More than half of the days	More than half of the days	More than half of the days	Several days	
Yes	Several days	Not at all	Not at all	Not at all	

Over the last two weeks, have you experienced not being able to stop or control worrying?				Over the last two weeks, have you experienced trouble relaxing?	How much time do you spend on social media per day?	What tools are you currently using to care for your mental/emotional health?	How likely are you to seek help for your mental health?
Not at all	Not at all	Not at all	4-6 hours	Listen to music			3
Not at all	Not at all	Not at all	2-4 hours	Listen to music			4
Not at all	Several days	Several days	4-6 hours	Getting outside/taking a walk			5
Not at all	Not at all	Not at all	4-6 hours	Talk to a friend/family member			5
Several days	Nearly everyday	2-4 hours	2-4 hours	Getting outside/taking a walk			3
Not at all	Several days	4-6 hours	4-6 hours	Getting outside/taking a walk			3
More than half of the days	More than half of the days	2-4 hours	2-4 hours	Starting callsthenics/working out			2
Several days	Several days	2-4 hours	2-4 hours	None			1
Several days	More than half of the days	4-6 hours	4-6 hours	Listen to music			4
Several days	Several days	4-6 hours	4-6 hours	Talk to a friend/family member			4
Several days	Several days	6+ hours	6+ hours	Listen to music			2

If your school provided telemental health services, how likely would you be to use it?		How would you rate your knowledge on mental health education/resources?	
	1		4
	4		4
	3		4
	5		5
	5		4
	5		2
	2		4
	2		5
	2		5
	2		3
	3		3