

Community College Survey of Student Engagement - Southwest Texas Junior College (2023 Administration)
Frequency Distributions - Community College Student Mental Health and Well-Being

[Weighted]

Item	Variable	Responses	Your College		Medium Colleges		Community College Student Mental Health and Well-Being	
			Count	Percent	Count	Percent	Count	Percent
6. At this college, I feel that students' mental health and emotional well-being is a priority.	COLLQ8666	Strongly disagree	65	12.4	1,296	9.0	4,652	9.2
		Disagree	74	14.0	1,780	12.4	6,133	12.2
		Agree	248	47.1	7,902	54.9	27,423	54.4
		Strongly agree	140	26.5	3,405	23.7	12,182	24.2
		Total	527	100.0	14,383	100.0	50,390	100.0
7. Over the last 2 weeks, how often have you been bothered by having little interest or pleasure in doing things?	COLLQ8667	Not at all	217	40.6	5,835	40.5	20,659	40.9
		Several days	183	34.1	5,052	35.0	17,483	34.6
		More than half the days	56	10.5	1,958	13.6	6,862	13.6
		Nearly every day	80	14.8	1,568	10.9	5,453	10.8
		Total	536	100.0	14,413	100.0	50,457	100.0
8. Over the last 2 weeks, how often have you been bothered by feeling down, depressed or hopeless?	COLLQ8668	Not at all	262	49.0	7,070	49.3	25,072	49.9
		Several days	163	30.5	4,423	30.9	15,375	30.6
		More than half the days	59	11.0	1,660	11.6	5,641	11.2
		Nearly every day	51	9.5	1,174	8.2	4,150	8.3
		Total	535	100.0	14,327	100.0	50,238	100.0

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9. Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge?	COLLQ8669	Not at all	182	34.6	4,725	32.9	17,071	33.9
		Several days	201	38.2	5,295	36.8	18,202	36.1
		More than half the days	63	12.0	2,257	15.7	7,761	15.4
		Nearly every day	79	15.1	2,102	14.6	7,319	14.5
		Total	526	100.0	14,380	100.0	50,354	100.0
10. Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying?	COLLQ8670	Not at all	212	40.1	6,374	44.4	22,783	45.3
		Several days	184	34.8	4,426	30.8	15,163	30.1
		More than half the days	57	10.8	1,794	12.5	6,270	12.5
		Nearly every day	76	14.4	1,777	12.4	6,126	12.2
		Total	528	100.0	14,372	100.0	50,342	100.0
11. In the past 12 months, I have needed help for emotional or mental health problems such as feeling sad, blue, anxious, or nervous.	COLLQ8671	Strongly disagree	222	41.8	4,760	33.2	16,926	33.6
		Disagree	97	18.3	2,336	16.3	8,109	16.1
		Neither agree nor disagree	94	17.6	2,561	17.8	8,881	17.6
		Agree	65	12.3	2,936	20.4	10,289	20.4
		Strongly agree	53	9.9	1,764	12.3	6,122	12.2
		Total	530	100.0	14,357	100.0	50,326	100.0

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12. If you needed to seek professional help for your mental or emotional health while attending this college, you would know where to go.	COLLQ8672	Strongly disagree	111	21.1	1,983	13.9	7,144	14.2
		Disagree	106	20.2	2,272	15.9	7,842	15.6
		Neither agree nor disagree	119	22.6	2,887	20.2	10,353	20.6
		Agree	133	25.2	4,817	33.7	16,672	33.2
		Strongly agree	57	10.9	2,344	16.4	8,139	16.2
		Total	526	100.0	14,302	100.0	50,151	100.0
13. If you needed help for your mental health and emotional well-being in the past 12 months, how often have you sought such help?	COLLQ8673	Never	217	41.4	4,578	32.0	16,161	32.2
		Rarely	99	18.8	3,172	22.2	10,867	21.7
		Often	77	14.7	2,198	15.4	7,818	15.6
		Very often	28	5.4	1,129	7.9	3,979	7.9
		I have not needed help for my mental health and emotional well-being	103	19.7	3,231	22.6	11,316	22.6
		Total	524	100.0	14,307	100.0	50,141	100.0
14. If you needed help with your mental health and emotional well-being, what would be the greatest barrier that would keep you from seeking that help?	COLLQ8674	Lack of resources (money, time, transportation)	127	24.4	4,624	32.7	15,852	31.9
		I worry about what others will think of me	72	13.9	1,708	12.1	6,103	12.3
		I do not know where to seek help	43	8.4	898	6.3	3,225	6.5
		I do not know what kind of help I need	127	24.4	2,653	18.7	9,196	18.5
		Other	150	28.8	4,269	30.2	15,243	30.7
		Total	519	100.0	14,151	100.0	49,618	100.0

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			Count	Percent	Count	Percent	Count	Percent
15. If you were experiencing emotional or mental health problems such as feeling sad, blue, anxious, or nervous, whom would you most prefer to talk to about this?	COLLQ8675	Trained mental health provider (e.g., psychiatrist, psychologist, counselor, or social worker, etc.)	158	30.2	5,324	37.4	18,536	37.2
		Someone who works at this college who is not a trained mental health provider	7	1.3	397	2.8	1,433	2.9
		Friend, partner, or family member	300	57.4	6,916	48.6	24,208	48.6
		Someone from your cultural community (identity-based, faith-based, etc.)	15	3.0	478	3.4	1,610	3.2
		Other	43	8.1	1,122	7.9	4,073	8.2
		Total	523	100.0	14,237	100.0	49,860	100.0
16. If you were experiencing emotional or mental health problems such as feeling sad, blue, anxious, or nervous, which of the following supports from a trained mental health provider would you most prefer to use?	COLLQ8676	In-person, individual counseling or therapy	400	77.8	10,410	74.0	36,340	73.8
		In-person, group therapy or a support group	30	5.8	839	6.0	2,706	5.5
		Teletherapy (counseling or therapy via the phone, video, text, messaging)	44	8.5	2,057	14.6	7,321	14.9
		Peer counseling from a trained peer	21	4.0	521	3.7	1,996	4.1
		Crisis hotline (number to call or text during a mental health crisis to reach a trained responder)	20	3.9	248	1.8	874	1.8
		Total	515	100.0	14,075	100.0	49,238	100.0
17. If you needed help with your mental health and emotional well-being, how important is it to you that your mental health provider understands your cultural community (racial/ethnic identity, gender identity, religious identity, LGBTQIA+ identity, etc.)?	COLLQ8677	Not at all important	173	33.6	3,759	26.5	13,556	27.3
		Somewhat important	88	17.1	2,683	18.9	9,382	18.9
		Important	127	24.7	3,172	22.3	10,834	21.8
		Very important	56	10.9	2,262	15.9	7,851	15.8
		Absolutely essential	70	13.7	2,322	16.4	8,066	16.2
		Total	514	100.0	14,199	100.0	49,690	100.0

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18. In the past 4 weeks, how many days have you felt that emotional or mental difficulties have hurt your academic performance?	COLLQ8678	None	216	42.1	6,303	44.3	22,145	44.5
		1-2 days	129	25.2	3,650	25.7	12,747	25.6
		3-5 days	81	15.9	2,264	15.9	8,048	16.2
		6 or more days	86	16.8	2,004	14.1	6,877	13.8
		Total	513	100.0	14,220	100.0	49,817	100.0
19. How likely is it that issues with mental health or emotional well-being would cause you to withdraw from class(es) or from this college?	COLLQ8679	Not likely	305	59.3	8,934	62.9	31,619	63.5
		Somewhat likely	114	22.2	3,111	21.9	10,821	21.7
		Likely	50	9.6	1,240	8.7	4,301	8.6
		Very likely	46	8.9	928	6.5	3,081	6.2
		Total	515	100.0	14,214	100.0	49,821	100.0
20. In the past 12 months have you needed help with substance use issues?	COLLQ8680	No	481	93.4	13,183	92.5	45,932	91.9
		Yes	4	0.7	329	2.3	1,221	2.4
		I am not sure	22	4.2	388	2.7	1,497	3.0
		I prefer not to respond	9	1.7	357	2.5	1,317	2.6
		Total	515	100.0	14,257	100.0	49,967	100.0

Colleges in the Comparison Group

Comparison Group: Medium Colleges

Institution	State	Year
Aims Community College	CO	2023
Alvin Community College	TX	2023
Butler Community College	KS	2023
Clovis Community College	CA	2023
Coastal Alabama Community College	AL	2023
College of Southern Idaho	ID	2023
College of Southern Maryland	MD	2023
Columbia State Community College	TN	2023
Doña Ana Community College	NM	2023
Eastern Iowa Community Colleges	IA	2023
Elizabethtown Community & Technical College	KY	2023
Forsyth Technical Community College	NC	2023
Germanna Community College	VA	2023
Heartland Community College	IL	2023
Kalamazoo Valley Community College	MI	2023
Kansas City Kansas Community College	KS	2023
Lakeland Community College	OH	2023
Los Medanos College	CA	2023
Monterey Peninsula College	CA	2023
Motlow State Community College	TN	2023
Mott Community College	MI	2023
Nashville State Community College	TN	2023
North Idaho College	ID	2023
Northeast Community College	NE	2023
Northeast Lakeview College	TX	2023
Northeast State Community College	TN	2023
Passaic County Community College	NJ	2023
Piedmont Virginia Community College	VA	2023
Roane State Community College	TN	2023
Rock Valley College	IL	2023
San Jose City College	CA	2023
Southwest Tennessee Community College	TN	2023
Texas Southmost College	TX	2023
Trinity Valley Community College	TX	2023
Union County College	NJ	2023
University of Cincinnati Blue Ash College	OH	2023
University of Cincinnati Clermont College	OH	2023
Walters State Community College	TN	2023
Wharton County Junior College	TX	2023