

DEPRESSION SURVEY

May, 2019 Release

Topline & Methodology

Contact: Dan Cox, PhD
Head of Research, College Pulse
Email: Dan@collegepulse.com



COLLEGE PULSE

DEPRESSION SURVEY TOPLINE
N=61597 COLLEGE STUDENTS

Q.1 Introduction

Q.2 I often experience symptoms of depression (e.g., sadness, anxiety, apathy, loss of interest or pleasure in activities, hopelessness, fatigue, etc.)

65%	This applies to me
24%	This does not apply to me
10%	Not sure
1%	Prefer not to say
<1%	Refused
100%	Total

Q.3 I have spoken to a professional about feelings of depression.

39%	This applies to me
56%	This does not apply to me
3%	Not sure
1%	Prefer not to say
<1%	Refused
100%	Total

Q.4 I know someone who speaks to professionals about their mental health.

75%	This applies to me
17%	This does not apply to me
8%	Not sure
1%	Prefer not to say
<1%	Refused
100%	Total

Q.5



I know someone who has experienced suicidal thoughts.

83%	This applies to me
9%	This does not apply to me
6%	Don't know
1%	Prefer not to say
<1%	Refused
100%	Total

Q.6 I have experienced suicidal thoughts.

51%	This applies to me
39%	This does not apply to me
6%	Not sure
4%	Prefer not to say
<1%	Refused
100%	Total

Q.7 I know someone who has attempted suicide.

62%	This applies to me
27%	This does not apply to me
9%	Not sure
1%	Prefer not to say
<1%	Refused
100%	Total

Q.8 Agree/Disagree: I would know where to turn if I needed help dealing with suicidal thoughts.

47%	Strongly agree
39%	Somewhat agree
8%	Somewhat disagree

4%	Strongly disagree
2%	Not sure
<1%	Refused
100%	Total

Q.9 How would you rate the availability of mental health resources at your university?

14%	Excellent
23%	Very good
34%	Good
8%	Bad
2%	Very bad
1%	Terrible
19%	Not sure
<1%	Refused
100%	Total



Survey Methodology

This survey was designed and conducted by College Pulse. Interviews were conducted in English among a sample of 61597 students who are currently enrolled in four-year degree programs.

The initial sample was drawn from College Pulse's Undergraduate Student Panel that includes over 240,000 verified students representing more than 800 different four-year colleges and universities in all 50 states. Panel members are recruited by a number of methods to help ensure diversity in the panel population, including web advertising, permission-based email campaigns, and partnerships with university organizations.

To reduce the effects of any non-response bias, a post-stratification adjustment was applied based on demographic distributions from the 2017 Current Population Survey (CPS). The post-stratification weight rebalanced the sample based on the following benchmarks: age, race and ethnicity, and gender. The sample weighting was accomplished using an iterative proportional fitting (IPF) process that simultaneously balances the distributions of all variables. Weights were trimmed to prevent individual interviews from having too much influence on the final results.



About College Pulse

College Pulse is an online survey and analytics company dedicated to understanding the attitudes, preferences, and behaviors of today's college students. College Pulse offers custom data-driven marketing and research solutions, utilizing its unique Undergraduate Student Panel that includes 240,000 undergraduate college student respondents from more than 800 four-year colleges and universities in all 50 states.

For more information, visit <https://collegepulse.com>

Contact: Dan Cox, PhD
Head of Research, College Pulse
Email: Dan@collegepulse.com



COLLEGE PULSE