

## Mental Health Symptom Prevalence among Community College Students: Variations by Individual Characteristics

|                           | Depression         |        | Anxiety            |        | ED                 |        | NSSI               |        | SI               |        | ≥1                 |        | Hurt academic      |        |  |
|---------------------------|--------------------|--------|--------------------|--------|--------------------|--------|--------------------|--------|------------------|--------|--------------------|--------|--------------------|--------|--|
|                           | % (n)              | p      | % (n)              | p      | % (n)              | p      | % (n)              | p      | % (n)            | p      | % (n)              | p      | % (n)              | p      |  |
| <b>Age</b>                |                    |        |                    |        |                    |        |                    |        |                  |        |                    |        |                    |        |  |
| 18-22                     | 41.95<br>(n=2,059) | [REF]  | 36.31<br>(n=1,766) | [REF]  | 27.46<br>(n=1,388) | [REF]  | 27.11<br>(n=1,280) | [REF]  | 18.24<br>(n=847) | [REF]  | 58.10<br>(n=3,087) | [REF]  | 75.82<br>(n=3,937) | [REF]  |  |
| 23-29                     | 39.79<br>(n=873)   | 0.239  | 35.41<br>(n=789)   | 0.619  | 24.53<br>(n=567)   | 0.056  | 16.97<br>(n=406)   | <0.001 | 13.97<br>(n=308) | 0.001  | 55.57<br>(n=1,336) | 0.144  | 74.84<br>(n=1,782) | 0.512  |  |
| 30+                       | 27.97<br>(n=636)   | <0.001 | 23.95<br>(n=557)   | <0.001 | 18.51<br>(n=478)   | <0.001 | 7.38<br>(n=185)    | <0.001 | 8.27<br>(n=213)  | <0.001 | 41.88<br>(n=1,065) | <0.001 | 65.11<br>(n=1,719) | <0.001 |  |
| <b>Gender identity</b>    |                    |        |                    |        |                    |        |                    |        |                  |        |                    |        |                    |        |  |
| Female                    | 40.38<br>(n=2,621) | <0.001 | 36.43<br>(n=2,367) | <0.001 | 29.09<br>(n=1,924) | <0.001 | 19.59<br>(n=1,323) | 0.262  | 13.70<br>(n=930) | 0.231  | 56.60<br>(n=4,050) | <0.001 | 78.19<br>(n=5,652) | <0.001 |  |
| Male                      | 33.31<br>(n=819)   | [REF]  | 26.98<br>(n=631)   | [REF]  | 17.55<br>(n=438)   | [REF]  | 18.26<br>(n=445)   | [REF]  | 14.92<br>(n=359) | [REF]  | 48.18<br>(n=1,278) | [REF]  | 64.97<br>(n=1,711) | [REF]  |  |
| TGNC                      | 64.53<br>(n=128)   | <0.001 | 57.52<br>(n=114)   | <0.001 | 36.32<br>(n=71)    | <0.001 | 55.75<br>(n=103)   | <0.001 | 41.81<br>(n=79)  | <0.001 | 73.85<br>(n=160)   | <0.001 | 82.88<br>(n=175)   | <0.001 |  |
| <b>Race/ethnicity</b>     |                    |        |                    |        |                    |        |                    |        |                  |        |                    |        |                    |        |  |
| White                     | 37.37<br>(n=2,264) | [REF]  | 33.96<br>(n=2,057) | [REF]  | 23.35<br>(n=1,487) | [REF]  | 19.92<br>(n=1,205) | [REF]  | 13.75<br>(n=822) | [REF]  | 49.98<br>(n=3,492) | [REF]  | 71.08<br>(n=4,633) | [REF]  |  |
| Black                     | 32.87<br>(n=246)   | 0.072  | 25.72<br>(n=193)   | 0.001  | 17.36<br>(n=141)   | 0.004  | 10.74<br>(n=84)    | <0.001 | 17.65<br>(n=122) | 0.471  | 51.36<br>(n=377)   | <0.001 | 72.90<br>(n=630)   | 0.412  |  |
| Asian                     | 35.92<br>(n=150)   | 0.638  | 23.13<br>(n=96)    | <0.001 | 30.55<br>(n=144)   | 0.006  | 18.33<br>(n=77)    | 0.515  | 16.77<br>(n=67)  | 0.172  | 61.55<br>(n=258)   | 0.409  | 72.54<br>(n=350)   | 0.604  |  |
| Latinx                    | 39.91<br>(n=399)   | 0.234  | 33.17<br>(n=341)   | 0.704  | 29.42<br>(n=295)   | 0.001  | 19.38<br>(n=191)   | 0.759  | 12.79<br>(n=150) | 0.471  | 42.84<br>(n=602)   | 0.607  | 76.19<br>(n=836)   | 0.01   |  |
| Multiracial               | 44.51<br>(n=384)   | 0.003  | 37.12<br>(n=314)   | 0.170  | 29.91<br>(n=272)   | 0.001  | 27.10<br>(n=239)   | <0.001 | 19.61<br>(n=153) | 0.001  | 54.90<br>(n=568)   | 0.003  | 81.15<br>(n=722)   | <0.001 |  |
| Other                     | 38.17<br>(n=100)   | 0.847  | 33.21<br>(n=89)    | 0.851  | 19.07<br>(n=67)    | 0.149  | 20.02<br>(n=59)    | 0.977  | 18.26<br>(n=47)  | 0.118  | 61.17<br>(n=146)   | 0.341  | 73.39<br>(n=214)   | 0.534  |  |
| Arab/Arab American        | 34.78<br>(n=25)    | 0.711  | 24.72<br>(n=22)    | 0.145  | 40.50<br>(n=27)    | 0.011  | 29.89<br>(n=16)    | 0.143  | 11.79<br>(n=7)   | 0.703  | 53.50<br>(n=45)    | 0.243  | 62.11<br>(n=53)    | 0.164  |  |
| <b>Sexual orientation</b> |                    |        |                    |        |                    |        |                    |        |                  |        |                    |        |                    |        |  |
| Heterosexual              | 34.77<br>(n=2,613) | [REF]  | 30.50<br>(n=2,311) | [REF]  | 22.87<br>(n=1,857) | [REF]  | 16.59<br>(n=1,235) | [REF]  | 12.43<br>(n=898) | [REF]  | 50.63<br>(n=4,196) | [REF]  | 71.05<br>(n=5,907) | [REF]  |  |
| LGBQ                      | 55.84<br>(n=924)   | <0.001 | 46.73<br>(n=773)   | <0.001 | 33.49<br>(n=547)   | <0.001 | 36.81<br>(n=624)   | <0.001 | 27.28<br>(n=461) | <0.001 | 69.84<br>(n=1,227) | <0.001 | 83.47<br>(n=1,423) | <0.001 |  |
| <b>Current fin stress</b> |                    |        |                    |        |                    |        |                    |        |                  |        |                    |        |                    |        |  |
| Always                    | 60.03<br>(n=1,241) | <0.001 | 53.71<br>(n=1,106) | <0.001 | 34.85<br>(n=736)   | <0.001 | 25.66<br>(n=547)   | 0.001  | 23.99<br>(n=477) | <0.001 | 70.42<br>(n=1,592) | <0.001 | 87.31<br>(n=1,915) | <0.001 |  |
| Often                     | 44.33<br>(n=1,167) | <0.001 | 38.20<br>(n=1,023) | <0.001 | 26.66<br>(n=753)   | 0.023  | 23.79<br>(n=601)   | 0.005  | 18.23<br>(n=454) | <0.001 | 61.89<br>(n=1,744) | <0.001 | 82.36<br>(n=2,335) | <0.001 |  |
| Sometimes                 | 28.22<br>(n=882)   | <0.001 | 24.66<br>(n=769)   | 0.019  | 20.25<br>(n=700)   | 0.329  | 15.17<br>(n=509)   | 0.545  | 10.00<br>(n=332) | 0.009  | 44.31<br>(n=1,570) | 0.095  | 67.11<br>(n=2,381) | <0.001 |  |
| Rarely                    | 19.92<br>(n=213)   | 0.043  | 13.38<br>(n=155)   | 0.401  | 16.05<br>(n=183)   | 0.962  | 14.80<br>(n=168)   | 0.648  | 7.02<br>(n=83)   | 0.164  | 36.76<br>(n=440)   | 0.958  | 51.21<br>(n=628)   | 0.094  |  |
| Never                     | 13.54<br>(n=47)    | [REF]  | 16.03<br>(n=44)    | [REF]  | 16.24<br>(n=46)    | [REF]  | 13.29<br>(n=35)    | [REF]  | 4.40<br>(n=16)   | [REF]  | 37.00<br>(n=109)   | [REF]  | 43.29<br>(n=122)   | [REF]  |  |
| <b>Past fin stress</b>    |                    |        |                    |        |                    |        |                    |        |                  |        |                    |        |                    |        |  |
| Always                    | 51.48<br>(n=853)   | <0.001 | 47.14<br>(n=775)   | <0.001 | 33.24<br>(n=570)   | <0.001 | 22.73<br>(n=390)   | <0.001 | 20.82<br>(n=353) | <0.001 | 65.66<br>(n=1,186) | <0.001 | 80.78<br>(n=1,448) | <0.001 |  |
| Often                     | 44.15<br>(n=843)   | <0.001 | 37.18<br>(n=740)   | <0.001 | 24.62<br>(n=531)   | 0.087  | 21.67<br>(n=443)   | 0.001  | 17.52<br>(n=327) | <0.001 | 59.05<br>(n=1,230) | <0.001 | 77.93<br>(n=1,636) | <0.001 |  |
| Sometimes                 | 34.61<br>(n=957)   | <0.001 | 29.68<br>(n=800)   | 0.01   | 23.44<br>(n=665)   | 0.206  | 19.86<br>(n=525)   | 0.010  | 13.20<br>(n=352) | 0.021  | 50.45<br>(n=1,515) | 0.030  | 72.43<br>(n=2,140) | <0.001 |  |
| Rarely                    | 31.13<br>(n=645)   | 0.014  | 25.64<br>(n=554)   | 0.414  | 20.42<br>(n=448)   | 0.900  | 17.31<br>(n=361)   | 0.198  | 11.38<br>(n=229) | 0.256  | 46.26<br>(n=1,061) | 0.650  | 67.35<br>(n=1,519) | 0.024  |  |
| Never                     | 25.34<br>(n=252)   | [REF]  | 23.81<br>(n=228)   | [REF]  | 20.69<br>(n=204)   | [REF]  | 14.87<br>(n=140)   | [REF]  | 9.68<br>(n=101)  | [REF]  | 45.11<br>(n=463)   | [REF]  | 61.77<br>(n=636)   | [REF]  |  |

**Notes:** Table values are weighted percentages with unweighted sample numbers in parentheses. "REF" is reference category. "TGNC" is transgender and gender non-conforming. "LGBQ" is lesbian, gay, bisexual, queer. "≥1 mental health problem" is a positive screen for depression (PHQ-9≥10), positive screen for anxiety (GAD-7≥10), positive screen for "ED" (eating disorder, SCOFF≥2), any past-year "NSSI" (non-suicidal self-injury), and/or any past-year "SI" (suicidal ideation). "Hurt academic" is ≥1 day in the past 4 weeks when mental health impaired academic performance. *p*-values based on unadjusted logistic regressions.

## Past-Year Service Use among Community College Students with $\geq 1$ Mental Health Problem: Variations by Individual Characteristics

|                          | Therapy         |          | Medication      |          |
|--------------------------|-----------------|----------|-----------------|----------|
|                          | % (n)           | <i>p</i> | % (n)           | <i>p</i> |
| Age                      |                 |          |                 |          |
| 18-22                    | 25.32 (n=780)   | [REF]    | 25.79 (n=815)   | [REF]    |
| 23-29                    | 33.29 (n=400)   | 0.001    | 36.60 (n=478)   | <0.001   |
| 30+                      | 39.50 (n=385)   | <0.001   | 45.50 (n=469)   | <0.001   |
| Gender identity          |                 |          |                 |          |
| Female                   | 30.84 (n=1,175) | 0.085    | 34.72 (n=1,368) | <0.001   |
| Male                     | 27.15 (n=313)   | [REF]    | 26.85 (n=317)   | [REF]    |
| TGNC                     | 49.28 (n=77)    | <0.001   | 48.40 (n=77)    | <0.001   |
| Race/ethnicity           |                 |          |                 |          |
| White                    | 33.25 (n=1,101) | [REF]    | 37.89 (n=1,314) | [REF]    |
| Black                    | 24.63 (n=75)    | 0.028    | 22.82 (n=67)    | <0.001   |
| Asian                    | 17.75 (n=40)    | <0.001   | 15.92 (n=36)    | <0.001   |
| Latinx                   | 21.27 (n=137)   | <0.001   | 18.19 (n=120)   | <0.001   |
| Multiracial              | 28.92 (n=157)   | 0.111    | 29.32 (n=169)   | 0.002    |
| Other                    | 41.89 (n=50)    | 0.153    | 32.40 (n=47)    | 0.369    |
| Arab/Arab American       | 6.83 (n=5)      | <0.001   | 23.47 (n=9)     | 0.149    |
| Sexual orientation       |                 |          |                 |          |
| Heterosexual             | 27.97 (n=1,073) | [REF]    | 30.50 (n=1,266) | [REF]    |
| LGBQ                     | 37.64 (n=478)   | <0.001   | 38.74 (n=481)   | <0.001   |
| Current financial stress |                 |          |                 |          |
| Always                   | 35.23 (n=549)   | 0.352    | 38.63 (n=626)   | 0.864    |
| Often                    | 27.28 (n=462)   | 0.752    | 31.55 (n=536)   | 0.273    |
| Sometimes                | 29.43 (n=399)   | 0.969    | 28.83 (n=452)   | 0.141    |
| Rarely                   | 25.09 (n=119)   | 0.523    | 22.68 (n=106)   | 0.023    |
| Never                    | 29.19 (n=31)    | [REF]    | 40.02 (n=34)    | [REF]    |
| Past financial stress    |                 |          |                 |          |
| Always                   | 31.57 (n=376)   | 0.179    | 34.61 (n=409)   | 0.635    |
| Often                    | 31.17 (n=336)   | 0.260    | 29.05 (n=380)   | 0.308    |
| Sometimes                | 28.01 (n=404)   | 0.781    | 30.71 (n=457)   | 0.559    |
| Rarely                   | 30.92 (n=314)   | 0.258    | 35.11 (n=360)   | 0.548    |
| Never                    | 27.14 (n=131)   | [REF]    | 32.81 (n=148)   | [REF]    |

**Notes:** Table values are weighted percentages with unweighted sample numbers in parentheses among students with “ $\geq 1$  mental health problem,” defined as a positive screen for depression (PHQ-9 $\geq 10$ ), positive screen for anxiety (GAD-7 $\geq 10$ ), positive screen for an eating disorder (SCOFF $\geq 2$ ), any past-year non-suicidal self-injury, and/or any past-year suicidal ideation. “REF” is reference category. “TGNC” is transgender and gender non-conforming. “LGBQ” is lesbian, gay, bisexual, queer. *p*-values based on unadjusted logistic regressions.