### Year\_1 - Birth Year

Range: 1971-2003

### State\_1 - State (abbreviations)

Students from 48 different states within the United States of America

### General\_Health

Considering your age, how would you describe your general health?

*Poor, Fair, Good, Very Good, Excellent*

| Response | # |
| --- | --- |
| Poor | 29 |
| Fair | 103 |
| Good | 227 |
| Very Good | 178 |
| Excellent | 42 |

### **(**[**phq9**](https://med.stanford.edu/fastlab/research/imapp/msrs/_jcr_content/main/accordion/accordion_content3/download_256324296/file.res/PHQ9%20id%20date%2008.03.pdf)**\_*X*/**phq9\_XNUM**) Over the last two weeks, how often have you been bothered by the following problems?**

1. Little interest or pleasure in doing things?

| Response | | PUNCH | ALL |
| --- | --- | --- | --- |
| Not at all…………………………….. | | 0 | 182 |
| Several days……………………….. | | 1 | 248 |
| More than half of the days………... | | 2 | 102 |
| Nearly every day…………………… | | 3 | 47 |

1. Feeling down, depressed, or hopeless?

| Response | | PUNCH | ALL |
| --- | --- | --- | --- |
| Not at all…………………………….. | | 0 | 176 |
| Several days……………………….. | | 1 | 248 |
| More than half of the days………... | | 2 | 96 |
| Nearly every day…………………… | | 3 | 59 |

1. Trouble falling or staying asleep, or sleeping too much?

| Response | | PUNCH | ALL |
| --- | --- | --- | --- |
| Not at all…………………………….. | | 0 | 130 |
| Several days……………………….. | | 1 | 213 |
| More than half of the days………... | | 2 | 143 |
| Nearly every day…………………… | | 3 | 93 |

1. Feeling tired or having little energy?

| Response | | PUNCH | ALL |
| --- | --- | --- | --- |
| Not at all…………………………….. | | 0 | 76 |
| Several days……………………….. | | 1 | 222 |
| More than half of the days………... | | 2 | 157 |
| Nearly every day…………………… | | 3 | 124 |

1. Poor appetite or overeating?

| Response | | PUNCH | ALL |
| --- | --- | --- | --- |
| Not at all…………………………….. | | 0 | 175 |
| Several days……………………….. | | 1 | 187 |
| More than half of the days………... | | 2 | 128 |
| Nearly every day…………………… | | 3 | 89 |

1. Feeling bad about yourself â€” or that you are a failure or have let yourself or your family down?

| Response | | PUNCH | ALL |
| --- | --- | --- | --- |
| Not at all…………………………….. | | 0 | 208 |
| Several days……………………….. | | 1 | 167 |
| More than half of the days………... | | 2 | 129 |
| Nearly every day…………………… | | 3 | 75 |

1. Trouble concentrating on things, such as reading the newspaper or watching television?

| Response | | PUNCH | ALL |
| --- | --- | --- | --- |
| Not at all…………………………….. | | 0 | 174 |
| Several days……………………….. | | 1 | 203 |
| More than half of the days………... | | 2 | 121 |
| Nearly every day…………………… | | 4 | 81 |

1. Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving a lot more than usual?

| Response | | PUNCH | ALL |
| --- | --- | --- | --- |
| Not at all…………………………….. | | 1 | 403 |
| Several days……………………….. | | 2 | 118 |
| More than half of the days………... | | 2 | 38 |
| Nearly every day…………………… | | 3 | 20 |

1. Thoughts that you would be better off dead, or thoughts of hurting yourself in some way?

| Response | | PUNCH | ALL |
| --- | --- | --- | --- |
| Not at all…………………………….. | | 0 | 429 |
| Several days……………………….. | | 1 | 93 |
| More than half of the days………... | | 2 | 35 |
| Nearly every day…………………… | | 3 | 22 |

**(phq9\_COMP/phq9\_severity)** Based on previous phq9\_XNUM responses, individuals’ composite scores for depression severity were calculated.

* 0-4: Minimal depression
* 5-9: Mild depression
* 10-14: Moderate depression
* 15-19: Moderately severe depression
* 20-27: Severe depression

Range:

### **(**[**gad7**](https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf)**\_*X*/**gad7\_XNUM**)Over the last two weeks, how often have you been bothered by the following problems?**

1. Feeling nervous, anxious, or on edge

| Response | | PUNCH | ALL |
| --- | --- | --- | --- |
| Not at all…………………………….. | | 0 | 83 |
| Several days……………………….. | | 1 | 256 |
| More than half of the days………... | | 2 | 129 |
| Nearly every day…………………… | | 3 | 111 |

1. Not being able to stop or control worrying

| Response | | PUNCH | ALL |
| --- | --- | --- | --- |
| Not at all…………………………….. | | 0 | 180 |
| Several days……………………….. | | 1 | 195 |
| More than half of the days………... | | 2 | 114 |
| Nearly every day…………………… | | 3 | 90 |

1. Worrying too much about different things

| Response | | PUNCH | ALL |
| --- | --- | --- | --- |
| Not at all…………………………….. | | 0 | 131 |
| Several days……………………….. | | 1 | 205 |
| More than half of the days………... | | 2 | 134 |
| Nearly every day…………………… | | 3 | 109 |

1. Trouble relaxing

| Response | | PUNCH | ALL |
| --- | --- | --- | --- |
| Not at all…………………………….. | | 0 | 137 |
| Several days……………………….. | | 1 | 233 |
| More than half of the days………... | | 2 | 118 |
| Nearly every day…………………… | | 3 | 91 |

1. Being so restless that it's hard to sit still

| Response | | PUNCH | ALL |
| --- | --- | --- | --- |
| Not at all…………………………….. | | 0 | 249 |
| Several days……………………….. | | 1 | 193 |
| More than half of the days………... | | 2 | 88 |
| Nearly every day…………………… | | 3 | 49 |

1. Becoming easily annoyed or irritable

| Response | | PUNCH | ALL |
| --- | --- | --- | --- |
| Not at all…………………………….. | | 0 | 146 |
| Several days……………………….. | | 1 | 229 |
| More than half of the days………... | | 2 | 138 |
| Nearly every day…………………… | | 3 | 66 |

1. Feeling afraid as if something awful might happen

| Response | | PUNCH | ALL |
| --- | --- | --- | --- |
| Not at all…………………………….. | | 0 | 254 |
| Several days……………………….. | | 1 | 190 |
| More than half of the days………... | | 2 | 76 |
| Nearly every day…………………… | | 3 | 59 |

**(gad7\_COMP/gad7\_severity)** Based on previous gad7\_XNUM responses, individuals’ composite scores for anxiety severity were calculated:

* 0–4: minimal anxiety
* 5–9: mild anxiety
* 10–14: moderate anxiety
* 15–21: severe anxiety

### ([acha\_12months\_times](https://www.acha.org/documents/ncha/SampleSurvey_ACHA-NCHA_Fa00-FA07.pdf)\_*X*) Within the last 12 months how many times have you:

1. Felt things were hopeless

| Response | # |
| --- | --- |
| Never | 109 |
| 1-2 times | 108 |
| 3-4 times | 77 |
| 5-6 times | 52 |
| 7-8 times | 60 |
| 9-10 times | 43 |
| 11 or more | 131 |

1. Felt overwhelmed by all you had to do

| Response | # |
| --- | --- |
| Never | 30 |
| 1-2 times | 41 |
| 3-4 times | 52 |
| 5-6 times | 55 |
| 7-8 times | 60 |
| 9-10 times | 72 |
| 11 or more | 270 |

1. Felt exhausted (not from physical activity)

| Response | # |
| --- | --- |
| Never | 37 |
| 1-2 times | 48 |
| 3-4 times | 49 |
| 5-6 times | 60 |
| 7-8 times | 60 |
| 9-10 times | 73 |
| 11 or more | 253 |

1. Felt very sad

| Response | # |
| --- | --- |
| Never | 49 |
| 1-2 times | 97 |
| 3-4 times | 80 |
| 5-6 times | 61 |
| 7-8 times | 60 |
| 9-10 times | 48 |
| 11 or more | 185 |

1. Felt so depressed that it was difficult to function

| Response | # |
| --- | --- |
| Never | 155 |
| 1-2 times | 114 |
| 3-4 times | 63 |
| 5-6 times | 50 |
| 7-8 times | 46 |
| 9-10 times | 38 |
| 11 or more | 114 |

1. Seriously considered attempting suicide

| Response | # |
| --- | --- |
| Never | 417 |
| 1-2 times | 85 |
| 3-4 times | 25 |
| 5-6 times | 15 |
| 7-8 times | 14 |
| 9-10 times | 9 |
| 11 or more | 15 |

1. Attempted suicide

| Response | # |
| --- | --- |
| Never | 561 |
| 1-2 times | 16 |
| 3-4 times | 0 |
| 5-6 times | 1 |
| 7-8 times | 1 |
| 9-10 times | 0 |
| 11 or more | 1 |

(**acha\_depression**)Have you ever been diagnosed with depression?

| Response | # |
| --- | --- |
| No | 379 |
| Yes | 201 |

**(acha\_services\_1)**If your answer to the previous question (acha\_depression) is yes, then: Have you been diagnosed with depression within the last 12 months?

| Response | # |
| --- | --- |
| No | 62 |
| Yes | 336 |
| No Response (N/A) | 181 |

**(acha\_services\_2)**If your answer to the previous question is yes, then: Are you currently in therapy for depression?

| Response | # |
| --- | --- |
| No | 83 |
| Yes | 311 |
| No Response (N/A) | 185 |

**(acha\_services\_3)**If your answer to the previous question is yes, then: Are you currently taking medication for depression?

| Response | # |
| --- | --- |
| No | 273 |
| Yes | 123 |
| No Response (N/A) | 183 |

### 

### **(acha\_12months\_any\_X/**acha\_12months\_any\_XNUM**)Within the last 12 months, have you had any of the following?**

| X | Medical Condition | **Yes (1)** | **No (0)** |
| --- | --- | --- | --- |
| 1 | Allergy problems | 224 | 355 |
| 2 | Anorexia | 43 | 536 |
| 3 | Anxiety Disorder | 280 | 299 |
| 4 | Asthma | 76 | 503 |
| 5 | Bulimia | 19 | 560 |
| 6 | Chronic Fatigue Syndrome | 44 | 535 |
| 7 | Depression | 247 | 332 |
| 8 | Diabetes | 10 | 569 |
| 9 | Endometriosis | 13 | 566 |
| 10 | Genital Herpes | 8 | 571 |
| 11 | Genital warts/HPV | 5 | 574 |
| 12 | Hepatitis B or C | 3 | 576 |
| 13 | High blood pressure | 39 | 540 |
| 14 | High cholesterol | 35 | 544 |
| 15 | HIV infection | 1 | 578 |
| 16 | Repetitive stress injury (e.g. carpal tunnel syndrome | 36 | 543 |
| 17 | Seasonal Affect Disorder | 93 | 486 |
| 18 | Substance abuse problem | 42 | 537 |
| 19 | Back pain | 246 | 333 |
| 20 | Broken bone/fracture | 12 | 567 |
| 21 | Bronchitis | 24 | 555 |
| 22 | Chlamydia | 10 | 569 |
| 23 | Ear Infection | 37 | 542 |
| 24 | Gonorrhea | 3 | 576 |
| 25 | Mononucleosis | 7 | 572 |
| 26 | Pelvic Inflammatory Disease | 3 | 576 |
| 27 | Sinus Infection | 112 | 467 |
| 28 | Strep throat | 49 | 530 |
| 29 | Tuberculosis | 2 | 577 |

**(acha\_12months\_any\_comp)** Based on acha\_12months\_any\_X responses, individuals’ total health issues scores were calculated:

* 0 - no health issues
* 30 - extreme health issues

### (sex) Sex

| Response | # |
| --- | --- |
| Male | 186 |
| Female | 393 |

### **(fulltime)** full time student status

| Response | # |
| --- | --- |
| No | 520 |
| Yes | 59 |

### (**international\_student\_status**) International Student

| Response | # |
| --- | --- |
| No | 563 |
| Yes | 15 |
| No response | 1 |

### (**Race\_X**) Race

How do you usually describe yourself? (Mark all that apply)

1. White - not Hispanic (includes Middle Eastern) (368)
2. Black - not Hispanic (55)
3. Hispanic or Latino (72)
4. Asian or Pacific Islander (121)
5. American Indian or Alaskan Native (9)
6. Other (4)