

Mental Health Survey Analysis

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TODO:

- signifiante to difference table
- put question numbers on row names?
- clean up tables so they fit...

1 Demographics

1.1 UC Berkeley Demographics

Ethnicity	Count	Prop.F.	Prop.M.	Prop.D.	Prop.T.
African American/Black	947	0.58	0.41	0.00	0.03
Mexican American/Chicano	3056	0.59	0.41	0.00	0.10
Other Hispanic/Latino	1102	0.57	0.43	0.00	0.04
Native American/Alaska Native	172	0.58	0.41	0.01	0.01
Pacific Islander	58	0.57	0.43	0.00	0.00
Chinese	5050	0.51	0.48	0.00	0.17
Filipino	867	0.59	0.41	0.00	0.03
Japanese	461	0.57	0.43	0.00	0.02
Korean	1347	0.49	0.51	0.00	0.05
Other Asian	331	0.57	0.43	0.00	0.01
South Asian	2240	0.46	0.53	0.00	0.08
Vietnamese	907	0.58	0.42	0.00	0.03
White	7594	0.50	0.50	0.00	0.26
Decline to State	1199	0.42	0.42	0.16	0.04
International	3979	0.49	0.50	0.01	0.14
Total	29310	0.52	0.47	0.01	1.00
Underrepresented Minority Subtotal	5277	0.58	0.41	0.00	0.18

- Prop.F = Proportion Female, Prop.M = Proportion Male, Prop.D = Proportion Undefined, Prop.T = Proportion Total.
- Data from: <http://opa.berkeley.edu/uc-berkeley-fall-enrollment-data>
- Note, underrepresented groups are defined as African American, Chicano/Latino, and Native American/Alaska Native.

1.2 Survey Demographics

1.3 UC Berkeley and survey comparison

FIGURE OUT SIGNIFICANCE HERE

Ethnicity	Count	Proportion
White	156	0.1692
Korean	21	0.0228
Chinese	115	0.1247
Filipino	15	0.0163
Japanese	9	0.0098
Vietnamese	23	0.0249
Other Asian	10	0.0108
South Asian	33	0.0358
International	40	0.0434
Decline to State	24	0.0260
Pacific Islander	7	0.0076
Other Hispanic/Latino	84	0.0911
African American/Black	93	0.1009
Mexican American/Chicano	267	0.2896
Native American/Alaska Native	25	0.0271

2 All results

2.1 General living

2.2 Academic Life

2.3 Sleeping and eating habits

2.4 Mental Well-being

2.5 Sexual Violence

2.6 Campus Resources

	Ethnicity	Berkeley_Prop	Survey_Prop	Difference
1	African American/Black	0.03	0.12	-0.09
2	Mexican American/Chicano	0.10	0.28	-0.18
3	Other Hispanic/Latino	0.04	0.10	-0.06
4	Native American/Alaska Native	0.01	0.02	-0.02
5	Pacific Islander	0.00	0.01	-0.01
6	Chinese	0.17	0.11	0.07
7	Filipino	0.03	0.02	0.01
8	Japanese	0.02	0.01	0.01
9	Korean	0.05	0.03	0.02
10	Other Asian	0.01	0.01	0.00
11	South Asian	0.08	0.04	0.04
12	Vietnamese	0.03	0.02	0.01
13	White	0.26	0.15	0.11
14	Decline to State	0.04	0.02	0.02
15	International	0.14	0.07	0.06
16	Total	1.00	1.00	0.00
17	Underrepresented Minority Subtotal	0.18	0.52	-0.34

	Strongly Disagree	Disagree	Slightly Disagree	Neither	Slightly Agree	Agree	Strongly Agree	NA
The conditions of my life are excellent	0.057	0.093	0.107	0.115	0.228	0.306	0.088	0.005
I am satisfied with my life	0.050	0.095	0.104	0.101	0.207	0.315	0.123	0.005
I am satisfied with my living conditions	0.056	0.086	0.112	0.086	0.208	0.311	0.136	0.005
Where I live, I feel safe	0.040	0.080	0.101	0.095	0.206	0.331	0.141	0.005
Confidence in financial situation	0.118	0.152	0.136	0.095	0.171	0.200	0.106	0.022
Often cut back on important spending	0.114	0.121	0.146	0.093	0.154	0.234	0.115	0.022
I have been concerned about money lately	0.050	0.103	0.062	0.069	0.194	0.251	0.249	0.022

3 Inference

	Very Poor	Poor	Fair	Good	Very Good	NA
Physical Health	0.041	0.133	0.317	0.389	0.114	0.005
Mental Health	0.097	0.227	0.311	0.286	0.073	0.007
Academic life	0.060	0.125	0.295	0.380	0.119	0.022
Social life	0.072	0.153	0.313	0.343	0.098	0.022
Residential life	0.056	0.131	0.331	0.361	0.098	0.023

	Strongly Disagree	Disagree	Slightly Disagree	Neither	Slightly Agree	Agree	Strongly Agree	NA
Academics is the main reason I am stressed in my life	0.020	0.070	0.065	0.077	0.228	0.300	0.202	0.038
I feel pressured by parents' expectations to succeed	0.169	0.163	0.107	0.151	0.183	0.117	0.072	0.038
I feel pressured by my own expectations to succeed	0.012	0.005	0.011	0.040	0.150	0.333	0.411	0.038
My stress impacts me more physically than mentally	0.048	0.159	0.182	0.277	0.159	0.075	0.062	0.038
Univ. adequately provides support with academic stress	0.092	0.117	0.120	0.291	0.180	0.137	0.025	0.038
I utilize campus resources for anxiety/academic stress	0.150	0.238	0.125	0.190	0.134	0.086	0.040	0.038

	Rarely or none of the time	Some or a little of the time	Occasionally or a moderate amount of the time	All of the time	NA
Past week: I felt anxious and agitated	0.114	0.280	0.311	0.266	0.029
Past week: I felt stressed due to academic reasons	0.062	0.200	0.345	0.364	0.029
Past week: My academic stress prevented me from maintaining my self-care	0.227	0.253	0.246	0.245	0.029

	No	Yes	NA
Sleep obstacles: Academics	0.182	0.774	0.043
Sleep obstacles: Anxiety	0.465	0.491	0.043
Sleep obstacles: Concerns about post-graduation	0.684	0.272	0.043
Sleep obstacles: Finances	0.636	0.321	0.043
Sleep obstacles: Living conditions	0.740	0.217	0.043
Sleep obstacles: Social concerns	0.706	0.251	0.043
Sleep obstacles: Something else (please specify)	0.844	0.113	0.043
Sleep obstacles: Nothing - I am not being prevented from more sleep	0.845	0.086	0.069

	Strongly Disagree	Disagree	Slightly Disagree	Neither	Slightly Agree	Agree	Strongly Agree	NA
I am satisfied with the amount of sleep I usually receive	0.114	0.145	0.140	0.081	0.197	0.210	0.030	0.081
The quality of my sleep is good	0.086	0.130	0.139	0.090	0.190	0.231	0.053	0.081
The amount of sleep I receive makes me feel irritable	0.033	0.145	0.130	0.202	0.214	0.141	0.054	0.081
The amount I sleep negatively affects my mental health	0.036	0.157	0.103	0.172	0.203	0.168	0.079	0.081
I prioritize my academic performance above sleep	0.043	0.067	0.092	0.132	0.214	0.215	0.155	0.081
I have a problem with daytime sleepiness	0.023	0.092	0.068	0.102	0.254	0.215	0.165	0.081
I would benefit from naps during the day	0.024	0.064	0.047	0.139	0.194	0.269	0.182	0.081
I eat health food that is good for my body	0.050	0.092	0.139	0.107	0.259	0.198	0.072	0.082
I have easy access to places that sell healthy food	0.073	0.111	0.133	0.099	0.191	0.231	0.081	0.081
I have easy access to affordable healthy food	0.146	0.153	0.146	0.110	0.155	0.161	0.048	0.081

	0-2	3-4	5-6	7-8	8-10	10+	NA
Hours of sleep per day	0.002	0.065	0.418	0.389	0.070	0.010	0.046

	Rarely or none of the time	Some or a little of the time	Occasionally or a moderate amount of the time	All of the time	NA
Past week: I felt depressed	0.357	0.245	0.195	0.104	0.099
Past week: I felt hopeful about the future	0.134	0.282	0.316	0.169	0.099
Past week: I felt happy with my life	0.111	0.264	0.323	0.203	0.100
Past week: I felt alone and isolated	0.279	0.280	0.219	0.124	0.099
Past week: I felt like it was hard to “get up ” from lack of energy & motivation	0.223	0.253	0.222	0.202	0.100
Past week: I felt less interested in things I usually enjoy	0.332	0.256	0.196	0.116	0.100
Past week: I felt upset about the way my life was heading	0.376	0.235	0.170	0.119	0.099
Past week: I felt like utilizing campus resources for mental distress	0.580	0.188	0.099	0.035	0.099
Past week: I felt like a bad person	0.488	0.226	0.111	0.077	0.099
Past week: I found it hard to focus on the positive aspects of life	0.312	0.275	0.189	0.125	0.099

	No	Yes	NA
Ever diagnosed with depression by a clinical professional	0.753	0.149	0.099

	No	Yes	NA
Option to answer sexual violence prevention section	0.367	0.533	0.101

	1 = Not at all										10 = Extremely comfortable/effective and helpful	NA
UG Student Well-Being Survey	0.042	0.052	0.052	0.052	0.053	0.054	0.073	0.066	0.029	0.051	0.475	
Sexual assault and harassment	0.050	0.017	0.028	0.018	0.064	0.054	0.051	0.060	0.021	0.023	0.614	
Mental health	0.051	0.020	0.052	0.026	0.077	0.048	0.056	0.030	0.012	0.016	0.612	
Maintaining a balanced lifestyle	0.053	0.022	0.049	0.037	0.080	0.050	0.046	0.025	0.010	0.014	0.615	
Alcohol use	0.049	0.021	0.023	0.024	0.056	0.038	0.048	0.064	0.036	0.029	0.613	

	Yes, for information only	Yes, for support only	Yes, for both information and support	No, have not accessed	NA
Tang medical services	0.053	0.011	0.025	0.422	0.489
Tang social services	0.023	0.012	0.023	0.452	0.490
Confidential CARE advocates	0.016	0.003	0.005	0.485	0.490
Title IX office/OPHD	0.016	0.002	0.007	0.486	0.489
EOP counselors	0.015	0.001	0.013	0.482	0.489
Resident Assistant/Resident Director	0.030	0.007	0.012	0.461	0.490
Sexual Assault Commission/Cal Consent Campaign	0.036	0.003	0.003	0.469	0.489
UCPD	0.020	0.001	0.010	0.479	0.490
Other	0.007	0.001	0.008	0.447	0.538

	I did not have a need	I did not know about these resources	I did not feel comfortable accessing these services	No, have not accessed
Why haven't used services for information or support about sexual violence	0.279	0.009	0.025	0.688

	I have not heard about until now	I have heard about but have not used	I have used this service	NA
Resource awareness: UHS at the Tang Center: Counseling & Psychological Services	0.065	0.539	0.273	0.123
Resource awareness: Tang Center CPS Satellite Counseling Services on campus	0.356	0.401	0.121	0.121
Resource awareness: Nap spaces on campus	0.149	0.641	0.090	0.120
Resource awareness: Peer Health Workers for IFC, PHC, Housing, Co-Op residents	0.343	0.461	0.075	0.121
Resource awareness: Student-to-Student Peer Counseling	0.302	0.535	0.042	0.121
Resource awareness: Tang Center Health Coaching	0.379	0.465	0.035	0.121
Resource awareness: Confidential Care Advocates	0.541	0.318	0.020	0.121

	No	Yes	NA
How hear about: CPS - A friend	0.562	0.248	0.190
How hear about: CPS - Professor/GSI	0.716	0.094	0.190
How hear about: CPS - Peer Support Organization	0.745	0.065	0.190
How hear about: CPS - Flier	0.689	0.121	0.190
How hear about: CPS - Email/Online Website	0.464	0.346	0.190
How hear about: CPS - Other	0.716	0.094	0.190
How hear about: CPS - Don't know/Don't remember	0.663	0.148	0.190
How hear about: CPS campus Satellite Counseling Services - A friend	0.430	0.092	0.478
How hear about: CPS campus Satellite Counseling Services - Professor/GSI	0.487	0.035	0.478
How hear about: CPS campus Satellite Counseling Services - Peer Support Organization	0.484	0.038	0.478
How hear about: CPS campus Satellite Counseling Services - Flier	0.469	0.053	0.478
How hear about: CPS campus Satellite Counseling Services - Email/Online Website	0.350	0.171	0.478
How hear about: CPS campus Satellite Counseling Services - Other	0.448	0.074	0.478
How hear about: CPS campus Satellite Counseling Services - Don't know/Don't remember	0.373	0.149	0.478
How hear about: Nap spaces on campus - A friend	0.411	0.319	0.270
How hear about: Nap spaces on campus - Professor/GSI	0.710	0.020	0.270
How hear about: Nap spaces on campus - Peer Support Organization	0.717	0.013	0.270
How hear about: Nap spaces on campus - Flier	0.611	0.119	0.270
How hear about: Nap spaces on campus - Email/Online Website	0.313	0.416	0.270
How hear about: Nap spaces on campus - Other	0.679	0.051	0.270
How hear about: Nap spaces on campus - Don't know/Don't remember	0.674	0.056	0.270
How hear about: Peer Health Workers - A friend	0.395	0.139	0.466
How hear about: Peer Health Workers - Professor/GSI	0.523	0.011	0.466
How hear about: Peer Health Workers - Peer Support Organization	0.501	0.033	0.466
How hear about: Peer Health Workers - Flier	0.427	0.106	0.466
How hear about: Peer Health Workers - Email/Online Website	0.409	0.125	0.466
How hear about: Peer Health Workers - Other	0.476	0.057	0.466
How hear about: Peer Health Workers - Don't know/Don't remember	0.389	0.144	0.466
How hear about: Student-to-Student Peer Counseling - A friend	0.447	0.129	0.424
How hear about: Student-to-Student Peer Counseling - Professor/GSI	0.560	0.016	0.424
How hear about: Student-to-Student Peer Counseling - Peer Support Organization	0.535	0.041	0.424
How hear about: Student-to-Student Peer Counseling - Flier	0.475	0.101	0.424
How hear about: Student-to-Student Peer Counseling - Email/Online Website	0.420	0.156	0.424
How hear about: Student-to-Student Peer Counseling - Other	0.528	0.048	0.424
How hear about: Student-to-Student Peer Counseling - Don't know/Don't remember	0.411	0.165	0.424
How hear about: Tang Center Health Coaching - A friend	0.428	0.070	0.501
How hear about: Tang Center Health Coaching - Professor/GSI	0.473	0.026	0.501
How hear about: Tang Center Health Coaching - Peer Support Organization	0.476	0.023	0.501
How hear about: Tang Center Health Coaching - Flier	0.447	0.052	0.501
How hear about: Tang Center Health Coaching - Email/Online Website	0.335	0.164	0.501
How hear about: Tang Center Health Coaching - Other	0.460	0.039	0.501
How hear about: Tang Center Health Coaching - Don't know/Don't remember	0.320	0.179	0.501
How hear about: Confidential Care Advocates - A friend	0.293	0.043	0.664
How hear about: Confidential Care Advocates - Professor/GSI	0.315	0.022	0.664
How hear about: Confidential Care Advocates - Peer Support Organization	0.308	0.028	0.664
How hear about: Confidential Care Advocates - Flier	0.321	0.015	0.664
How hear about: Confidential Care Advocates - Email/Online Website	0.238	0.099	0.664
How hear about: Confidential Care Advocates - Other	0.296	0.040	0.664
How hear about: Confidential Care Advocates - Don't know/Don't remember	0.214	0.123	0.664
Resource expansion: Counseling and Psychological Services	0.358	0.527	0.115
Resource expansion: CPS Satellite Counseling Services on campus	0.702	0.183	0.115
Resource expansion: Nap spaces on campus	0.541	0.344	0.115
Resource expansion: Peer Health Workers	0.822	0.063	0.115
Resource expansion: Student-to-Student Peer Counseling	0.760	0.125	0.115
Resource expansion: Tang Center Health Coaching	0.765	0.120	0.115
Resource expansion: Confidential Care Advocates	0.802	0.084	0.115
Talk with GSI/professor about mental health and resources	0.575	0.302	0.124
Was information accurate, relevant and beneficial	0.024	0.277	0.700

	Very poor/Strongly disagree	Poor/Slightly disagree	Average/Neutral	Good/Slightly agree	Very Good/Strongly agree	NA
Rate services: Counseling and Psychological Services	0.017	0.016	0.079	0.099	0.055	0.733
Rate services: Tang Center CPS Satellite Counseling Services on campus	0.008	0.009	0.029	0.044	0.027	0.883
Rate services: Nap spaces on campus	0.003	0.011	0.033	0.028	0.011	0.914
Rate services: Peer Health Workers	0.002	0.001	0.022	0.027	0.020	0.928
Rate services: Student-to-Student Peer Counseling	0.001	0.002	0.012	0.012	0.012	0.961
Rate services: Tang Center Health Coaching	0.003	0.002	0.009	0.012	0.004	0.970
Rate services: Confidential Care Advocates	0.001	0.002	0.007	0.002	0.004	0.984
Wait for mental health aid impedes on students use of these resources	0.018	0.039	0.337	0.218	0.260	0.127
GSI's and professors should be better trained to help with mental health issues	0.036	0.054	0.238	0.279	0.267	0.127
How likely would you be to approach the Tang Center or other campus resources	0.076	0.132	0.206	0.322	0.139	0.125

	Ethn.	Gender	S. Orient	Living
The conditions of my life are excellent	0.0542	7e-04	* 0.1516	<0.0005 *
I am satisfied with my life	0.2514	0.0092	* 0.0022	* 0.0958
I am satisfied with my living conditions	0.0241	* 0.0014	* 0.1949	0.0881
Where I live, I feel safe	0.0136	* 8e-04	* 0.0572	<0.0005 *
Physical Health	0.0558	<0.0005	* 0.0035	* 0.0015
Mental Health	0.7555	0.0027	* 0.0029	* 0.1538
Confidence in financial situation	<0.0005	* 9e-04	* 0.0256	* <0.0005 *
Often cut back on important spending	<0.0005	* 0.0015	* 0.3088	<0.0005 *
I have been concerned about money lately	<0.0005	* 0.0041	* 0.0946	0.0193 *
Academic life	0.254	0.0011	* 0.7181	5e-04 *
Social life	0.0497	* 0.2506	0.1143	0.0677
Residential life	0.0745	0.0566	0.2554	<0.0005 *

	Ethn.	Gender	S. Orient	Living
Hours of sleep per day	0.2046	0.0027	* 0.1527	0.144
Sleep obstacles: Academics	0.9836	0.0265	* 0.1394	0.578
Sleep obstacles: Anxiety	0.06	<0.0005	* 0.0012	* 0.0908
Sleep obstacles: Concerns about post-graduation	<0.0005	* 0.0146	* 0.814	<0.0005 *
Sleep obstacles: Finances	<0.0005	* 0.0365	* 0.0324	* <0.0005 *
Sleep obstacles: Living conditions	0.2101	0.1239	0.5237	0.2831
Sleep obstacles: Social concerns	0.1712	0.3861	0.0106	* 0.8099
Sleep obstacles: Something else (please specify)	0.0684	0.9226	0.867	0.0024 *
Sleep obstacles: Nothing - I am not being prevented from more sleep	0.8894	0.6842	* 0.9695	0.6738
I am satisfied with the amount of sleep I usually receive	0.2063	0.0013	* 0.396	0.1855
The quality of my sleep is good	0.0109	* 0.1111	* 0.1581	0.0665
The amount of sleep I receive makes me feel irritable	0.003	* 6e-04	* 0.2164	0.1121
The amount I sleep negatively affects my mental health	0.69	0.0035	* 0.1217	0.0238 *
I prioritize my academic performance above sleep	0.9581	<0.0005	* 0.0115	* 0.0341 *
I have a problem with daytime sleepiness	0.7854	<0.0005	* 0.0026	* 0.035 *
I would benefit from naps during the day	0.8774	0.0162	* 0.3164	0.2572
I eat health food that is good for my body	0.0063	* 0.0315	* 0.0428	* 0.2535
I have easy access to places that sell healthy food	0.0597	0.1753	0.0293	* 0.2633
I have easy access to affordable healthy food	0.2213	0.1475	0.7392	0.0097 *

	Ethn.	Gender	S. Orient	Living
Past week: I felt depressed	0.2821	0.0011	* <0.0005	* 0.0175 *
Past week: I felt hopeful about the future	0.0713	<0.0005	* 0.4549	0.0669
Past week: I felt happy with my life	0.2258	0.0739	0.1264	0.275
Past week: I felt alone and isolated	0.0334	* 0.0042	* 0.003	* 0.1237
Past week: I felt like it was hard to "get up" from lack of energy & motivation	0.4715	* 8e-04	* <0.0005	* 0.0186 *
Past week: I felt less interested in things I usually enjoy	0.0392	* 0.0092	* <0.0005	* 0.2721
Past week: I felt upset about the way my life was heading	0.0259	* 0.1102	* 0.0041	* 0.2013
Past week: I felt like utilizing campus resources for mental distress	0.059	<0.0005	* <0.0005	* <0.0005 *
Past week: I felt like a bad person	0.164	<0.0005	* 6e-04	* 0.6155
Past week: I found it hard to focus on the positive aspects of life	0.5456	0.001	* <0.0005	* 0.0026 *
In the past month I felt like utilizing campus resources for mental distress	0.5465	0.1475	0.0445	* 0.5399
Ever diagnosed with depression by a clinical professional	0.0131	* <0.0005	* <0.0005	* 0.0024 *