

Analysis Mental Health Survey

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UC Berkeley Demographic

Ethnicity	Count	Prop.F.	Prop.M.	Prop.D.	Prop.T.
African American/Black	947	0.5818374	0.4149947	0.0031679	0.0323098
Mexican American/Chicano	3056	0.5922775	0.4067408	0.0009817	0.1042648
Other Hispanic/Latino	1102	0.5671506	0.4328494	0.0000000	0.0375981
Native American/Alaska Native	172	0.5813953	0.4127907	0.0058140	0.0058683
Pacific Islander	58	0.5689655	0.4310345	0.0000000	0.0019788
Chinese	5050	0.5132673	0.4841584	0.0025743	0.1722961
Filipino	867	0.5870819	0.4129181	0.0000000	0.0295803
Japanese	461	0.5704989	0.4295011	0.0000000	0.0157284
Korean	1347	0.4899777	0.5092799	0.0007424	0.0459570
Other Asian	331	0.5709970	0.4290030	0.0000000	0.0112931
South Asian	2240	0.4647321	0.5330357	0.0022321	0.0764244
Vietnamese	907	0.5799338	0.4200662	0.0000000	0.0309451
White	7594	0.5003950	0.4974980	0.0021069	0.2590925
Decline to State	1199	0.4203503	0.4203503	0.1592994	0.0409075
International	3979	0.4883136	0.5038955	0.0077909	0.1357557
Total	29310	0.5167520	0.4742409	0.0090072	1.0000000
Underrepresented Minority Subtotal	5277	0.5848020	0.4138715	0.0013265	0.1800409

- 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.

Survey Demographic

\$ethn_shtdesc

	Count	Proportion
White	1091	0.1508782
Korean	186	0.0257226
Chinese	772	0.1067626
Filipino	125	0.0172867
Japanese	55	0.0076061
Vietnamese	128	0.0177016
Other Asian	70	0.0096805
South Asian	276	0.0381690
International	542	0.0749551
Decline to State	145	0.0200526
Pacific Islander	53	0.0073296

	Count	Proportion
Other Hispanic/Latino	699	0.0966671
African American/Black	864	0.1194855
Mexican American/Chicano	2048	0.2832250
Native American/Alaska Native	177	0.0244779
NA	0	0.0000000

Survey and Berkeley Demographic

Ethnicity	Berkeley_Prop	Survey_Prop	Difference
African American/Black	0.0323098	0.1194855	-0.0871757
Mexican American/Chicano	0.1042648	0.2832250	-0.1789602
Other Hispanic/Latino	0.0375981	0.0966671	-0.0590690
Native American/Alaska Native	0.0058683	0.0244779	-0.0186096
Pacific Islander	0.0019788	0.0073296	-0.0053508
Chinese	0.1722961	0.1067626	0.0655335
Filipino	0.0295803	0.0172867	0.0122936
Japanese	0.0157284	0.0076061	0.0081223
Korean	0.0459570	0.0257226	0.0202344
Other Asian	0.0112931	0.0096805	0.0016126
South Asian	0.0764244	0.0381690	0.0382554
Vietnamese	0.0309451	0.0177016	0.0132435
White	0.2590925	0.1508782	0.1082143
Decline to State	0.0409075	0.0200526	0.0208549
International	0.1357557	0.0749551	0.0608006
Total	1.0000000	1.0000000	0.0000000
Underrepresented Minority Subtotal	0.1800409	0.5238555	-0.3438146

General Living

\$Life & Living conditions: The conditions of my life are excellent

	Count	Proportion
1	53	0.0073296
2	86	0.0118932
3	99	0.0136911
4	106	0.0146591
5	210	0.0290416
6	282	0.0389988
7	81	0.0112018
NA	6314	0.8731849

\$Life & Living conditions: I am satisfied with my life

	Count	Proportion
1	46	0.0063615

	Count	Proportion
2	88	0.0121698
3	96	0.0132762
4	93	0.0128613
5	191	0.0264141
6	290	0.0401051
7	113	0.0156272
NA	6314	0.8731849

\$Life & Living conditions: I am satisfied with my living conditions

	Count	Proportion
1	52	0.0071913
2	79	0.0109252
3	103	0.0142442
4	79	0.0109252
5	192	0.0265523
6	287	0.0396902
7	125	0.0172867
NA	6314	0.8731849

\$Life & Living conditions: Where I live, I feel safe

	Count	Proportion
1	37	0.0051169
2	74	0.0102337
3	93	0.0128613
4	88	0.0121698
5	190	0.0262758
6	305	0.0421795
7	130	0.0179781
NA	6314	0.8731849

\$Health rating: Physical Health

	Count	Proportion
1	38	0.0052552
2	123	0.0170101
3	292	0.0403817
4	359	0.0496474
5	105	0.0145208
NA	6314	0.8731849

\$Health rating: Mental Health

	Count	Proportion
1	89	0.0123081

	Count	Proportion
2	209	0.0289033
3	287	0.0396902
4	264	0.0365095
5	67	0.0092657
NA	6315	0.8733232

\$Financial: Confidence in financial situation

	Count	Proportion
1	109	0.0150740
2	140	0.0193611
3	125	0.0172867
4	88	0.0121698
5	158	0.0218504
6	184	0.0254460
7	98	0.0135528
NA	6329	0.8752593

\$Financial: Often cut back on important spending

	Count	Proportion
1	105	0.0145208
2	112	0.0154889
3	135	0.0186696
4	86	0.0118932
5	142	0.0196377
6	216	0.0298714
7	106	0.0146591
NA	6329	0.8752593

\$Financial: I have been concerned about money lately

	Count	Proportion
1	46	0.0063615
2	95	0.0131379
3	57	0.0078827
4	64	0.0088508
5	179	0.0247545
6	231	0.0319458
7	230	0.0318075
NA	6329	0.8752593

\$Aspects of Life: Academic life

	Count	Proportion
1	55	0.0076061

	Count	Proportion
2	115	0.0159037
3	272	0.0376158
4	350	0.0484027
5	110	0.0152123
NA	6329	0.8752593

\$Aspects of Life: Social life

	Count	Proportion
1	66	0.0091274
2	141	0.0194994
3	289	0.0399668
4	316	0.0437007
5	90	0.0124464
NA	6329	0.8752593

\$Aspects of Life: Residential life

	Count	Proportion
1	52	0.0071913
2	121	0.0167335
3	305	0.0421795
4	333	0.0460517
5	90	0.0124464
NA	6330	0.8753976

Academic Life

\$Past week: I felt anxious and agitated

	Count	Proportion
0	105	0.0145208
1	258	0.0356797
2	287	0.0396902
3	245	0.0338819
NA	6336	0.8762274

\$\tPast week: I felt stressed due to academic reasons

	Count	Proportion
0	57	0.0078827
1	184	0.0254460
2	318	0.0439773
3	336	0.0464666
NA	6336	0.8762274

\$Past week: My academic stress prevented me from maintaining my self-care

	Count	Proportion
0	209	0.0289033
1	233	0.0322224
2	227	0.0313926
3	226	0.0312543
NA	6336	0.8762274

\$Academic life: Academics is the main reason I am stressed in my life

	Count	Proportion
1	18	0.0024893
2	65	0.0089891
3	60	0.0082976
4	71	0.0098188
5	210	0.0290416
6	277	0.0383073
7	186	0.0257226
NA	6344	0.8773337

\$\tAcademic life: I feel pressured by parents' expectations for me to succeed

	Count	Proportion
1	156	0.0215738
2	150	0.0207440
3	99	0.0136911
4	139	0.0192228
5	169	0.0233716
6	108	0.0149357
7	66	0.0091274
NA	6344	0.8773337

\$\tAcademic life: I feel pressured by my own expectations to succeed

	Count	Proportion
1	11	0.0015212
2	5	0.0006915
3	10	0.0013829
4	37	0.0051169
5	138	0.0190845
6	307	0.0424561
7	379	0.0524132
NA	6344	0.8773337

\$Academic life: My stress impacts me more physically than mentally

	Count	Proportion
1	44	0.0060849
2	147	0.0203291
3	168	0.0232333
4	255	0.0352648
5	147	0.0203291
6	69	0.0095422
7	57	0.0078827
NA	6344	0.8773337

\$\t\$Academic life: University adequately provides support to cope with academic stress

	Count	Proportion
1	85	0.0117549
2	108	0.0149357
3	111	0.0153506
4	268	0.0370626
5	166	0.0229567
6	126	0.0174250
7	23	0.0031807
NA	6344	0.8773337

\$Academic life: I utilize campus resources for anxiety and academic stress

	Count	Proportion
1	138	0.0190845
2	219	0.0302863
3	115	0.0159037
4	175	0.0242014
5	124	0.0171484
6	79	0.0109252
7	37	0.0051169
NA	6344	0.8773337

Sleeping and Eating

Mental Well-being

\$\t\$Past week: I felt depressed

	Count	Proportion
0	329	0.0454985
1	226	0.0312543
2	180	0.0248928
3	96	0.0132762
NA	6400	0.8850781

\$Past week: I felt hopeful about the future

	Count	Proportion
0	124	0.0171484
1	260	0.0359563
2	291	0.0402434
3	156	0.0215738
NA	6400	0.8850781

\$Past week: I felt happy with my life

	Count	Proportion
0	102	0.0141059
1	243	0.0336053
2	298	0.0412115
3	187	0.0258609
NA	6401	0.8852164

\$Past week: I felt alone and isolated

	Count	Proportion
0	257	0.0355414
1	258	0.0356797
2	202	0.0279353
3	114	0.0157655
NA	6400	0.8850781

\$Past week: I felt like it was hard to " get up " from lack of energy & motivation

	Count	Proportion
0	206	0.0284885
1	233	0.0322224
2	205	0.0283502
3	186	0.0257226
NA	6401	0.8852164

\$\tPast week: I felt less interested in things I usually enjoy

	Count	Proportion
0	306	0.0423178
1	236	0.0326373
2	181	0.0250311
3	107	0.0147974
NA	6401	0.8852164

\$\tPast week: I felt upset about the way my life was heading

	Count	Proportion
0	347	0.0479878
1	217	0.0300097
2	157	0.0217121
3	110	0.0152123
NA	6400	0.8850781

\$Past week: I felt like utilizing campus resources for mental distress

	Count	Proportion
0	535	0.0739870
1	173	0.0239248
2	91	0.0125847
3	32	0.0044254
NA	6400	0.8850781

\$Past week: I felt like a bad person

	Count	Proportion
0	450	0.0622321
1	208	0.0287650
2	102	0.0141059
3	71	0.0098188
NA	6400	0.8850781

\$Past week: I found it hard to focus on the positive aspects of life

	Count	Proportion
0	288	0.0398285
1	254	0.0351265
2	174	0.0240631
3	115	0.0159037
NA	6400	0.8850781

\$\tIn the past month I felt like utilizing campus resources for mental distress

	Count	Proportion
1	267	0.0369244
2	150	0.0207440
3	185	0.0255843
4	153	0.0211589
5	76	0.0105103
NA	6400	0.8850781

\$\tEver diagnosed with depression by a clinical professional

	Count	Proportion
0	694	0.0959757
1	137	0.0189462
NA	6400	0.8850781

Sexual Violence

Campus Resources

\$Resource awareness: UHS at the Tang Center: Counseling & Psychological Services (CPS)

	Count	Proportion
1	60	0.0082976
2	497	0.0687318
3	252	0.0348500
NA	6422	0.8881206

\$Resource awareness: Tang Center CPS Satellite Counseling Services on campus

	Count	Proportion
1	328	0.0453603
2	370	0.0511686
3	112	0.0154889
NA	6421	0.8879823

\$Resource awareness: Nap spaces on campus

	Count	Proportion
1	137	0.0189462
2	591	0.0817314
3	83	0.0114784
NA	6420	0.8878440

\$Resource awareness: Peer Health Workers for IFC, PHC, Housing, Co-Op residents

	Count	Proportion
1	316	0.0437007
2	425	0.0587747
3	69	0.0095422
NA	6421	0.8879823

\$Resource awareness: Student-to-Student Peer Counseling

	Count	Proportion
1	278	0.0384456
2	493	0.0681787
3	39	0.0053934
NA	6421	0.8879823

\$Resource awareness: Tang Center Health Coaching

	Count	Proportion
1	349	0.0482644
2	429	0.0593279
3	32	0.0044254
NA	6421	0.8879823

\$Resource awareness: Confidential Care Advocates

	Count	Proportion
1	499	0.0690084
2	293	0.0405200
3	18	0.0024893
NA	6421	0.8879823

\$How hear about: CPS - A friend

	Count	Proportion
0	518	0.0716360
1	229	0.0316692
NA	6484	0.8966948

\$How hear about: CPS - Professor/GSI

	Count	Proportion
0	660	0.0912737
1	87	0.0120315
NA	6484	0.8966948

\$How hear about: CPS - Peer Support Organization

	Count	Proportion
0	687	0.0950076
1	60	0.0082976
NA	6484	0.8966948

\$How hear about: CPS - Flier

	Count	Proportion
0	635	0.0878163
1	112	0.0154889
NA	6484	0.8966948

\$How hear about: CPS - Email/Online Website

	Count	Proportion
0	428	0.0591896
1	319	0.0441156
NA	6484	0.8966948

\$How hear about: CPS - Other

	Count	Proportion
0	660	0.0912737
1	87	0.0120315
NA	6484	0.8966948

\$How hear about: CPS - Don ' t know/Don ' t remember

	Count	Proportion
0	611	0.0844973
1	136	0.0188079
NA	6484	0.8966948

\$How hear about: CPS campus Satellite Counseling Services - A friend

	Count	Proportion
0	396	0.0547642
1	85	0.0117549
NA	6750	0.9334808

\$How hear about: CPS campus Satellite Counseling Services - Professor/GSI

	Count	Proportion
0	449	0.0620938
1	32	0.0044254
NA	6750	0.9334808

\$How hear about: CPS campus Satellite Counseling Services - Peer Support Organization

	Count	Proportion
0	446	0.0616789

	Count	Proportion
1	35	0.0048403
NA	6750	0.9334808

\$How hear about: CPS campus Satellite Counseling Services - Flier

	Count	Proportion
0	432	0.0597428
1	49	0.0067764
NA	6750	0.9334808

\$How hear about: CPS campus Satellite Counseling Services - Email/Online Website

	Count	Proportion
0	323	0.0446688
1	158	0.0218504
NA	6750	0.9334808

\$How hear about: CPS campus Satellite Counseling Services - Other

	Count	Proportion
0	413	0.0571152
1	68	0.0094040
NA	6750	0.9334808

\$How hear about: CPS campus Satellite Counseling Services - Don ' t know/Don ' t remember

	Count	Proportion
0	344	0.0475729
1	137	0.0189462
NA	6750	0.9334808

\$How hear about: Nap spaces on campus - A friend

	Count	Proportion
0	379	0.0524132
1	294	0.0406583
NA	6558	0.9069285

\$How hear about: Nap spaces on campus - Professor/GSI

	Count	Proportion
0	655	0.0905822
1	18	0.0024893

	Count	Proportion
NA	6558	0.9069285

\$How hear about: Nap spaces on campus - Peer Support Organization

	Count	Proportion
0	661	0.0914120
1	12	0.0016595
NA	6558	0.9069285

\$How hear about: Nap spaces on campus - Flier

	Count	Proportion
0	563	0.0778592
1	110	0.0152123
NA	6558	0.9069285

\$How hear about: Nap spaces on campus - Email/Online Website

	Count	Proportion
0	289	0.0399668
1	384	0.0531047
NA	6558	0.9069285

\$How hear about: Nap spaces on campus - Other

	Count	Proportion
0	626	0.0865717
1	47	0.0064998
NA	6558	0.9069285

\$How hear about: Nap spaces on campus - Don ' t know/Don ' t remember

	Count	Proportion
0	621	0.0858802
1	52	0.0071913
NA	6558	0.9069285

\$How hear about: Peer Health Workers - A friend

	Count	Proportion
0	364	0.0503388
1	128	0.0177016
NA	6739	0.9319596

\$How hear about: Peer Health Workers - Professor/GSI

	Count	Proportion
0	482	0.0666574
1	10	0.0013829
NA	6739	0.9319596

\$How hear about: Peer Health Workers - Peer Support Organization

	Count	Proportion
0	462	0.0638916
1	30	0.0041488
NA	6739	0.9319596

\$How hear about: Peer Health Workers - Flier

	Count	Proportion
0	394	0.0544876
1	98	0.0135528
NA	6739	0.9319596

\$How hear about: Peer Health Workers - Email/Online Website

	Count	Proportion
0	377	0.0521366
1	115	0.0159037
NA	6739	0.9319596

\$How hear about: Peer Health Workers - Other

	Count	Proportion
0	439	0.0607108
1	53	0.0073296
NA	6739	0.9319596

\$How hear about: Peer Health Workers - Don ' t know/Don ' t remember

	Count	Proportion
0	359	0.0496474
1	133	0.0183930
NA	6739	0.9319596

\$How hear about: Student-to-Student Peer Counseling - A friend

	Count	Proportion
0	412	0.0569769
1	119	0.0164569
NA	6700	0.9265662

\$How hear about: Student-to-Student Peer Counseling - Professor/GSI

	Count	Proportion
0	516	0.0713594
1	15	0.0020744
NA	6700	0.9265662

\$How hear about: Student-to-Student Peer Counseling - Peer Support Organization

	Count	Proportion
0	493	0.0681787
1	38	0.0052552
NA	6700	0.9265662

\$How hear about: Student-to-Student Peer Counseling - Flier

	Count	Proportion
0	438	0.0605725
1	93	0.0128613
NA	6700	0.9265662

\$How hear about: Student-to-Student Peer Counseling - Email/Online Website

	Count	Proportion
0	387	0.0535196
1	144	0.0199143
NA	6700	0.9265662

\$How hear about: Student-to-Student Peer Counseling - Other

	Count	Proportion
0	487	0.0673489
1	44	0.0060849
NA	6700	0.9265662

\$How hear about: Student-to-Student Peer Counseling - Don ' t know/Don ' t remember

	Count	Proportion
0	379	0.0524132

	Count	Proportion
1	152	0.0210206
NA	6700	0.9265662

\$How hear about: Tang Center Health Coaching - A friend

	Count	Proportion
0	395	0.0546259
1	65	0.0089891
NA	6771	0.9363850

\$How hear about: Tang Center Health Coaching - Professor/GSI

	Count	Proportion
0	436	0.0602959
1	24	0.0033190
NA	6771	0.9363850

\$How hear about: Tang Center Health Coaching - Peer Support Organization

	Count	Proportion
0	439	0.0607108
1	21	0.0029042
NA	6771	0.9363850

\$How hear about: Tang Center Health Coaching - Flier

	Count	Proportion
0	412	0.0569769
1	48	0.0066381
NA	6771	0.9363850

\$How hear about: Tang Center Health Coaching - Email/Online Website

	Count	Proportion
0	309	0.0427327
1	151	0.0208823
NA	6771	0.9363850

\$How hear about: Tang Center Health Coaching - Other

	Count	Proportion
0	424	0.0586364
1	36	0.0049786

	Count	Proportion
NA	6771	0.9363850

\$How hear about: Tang Center Health Coaching - Don ' t know/Don ' t remember

	Count	Proportion
0	295	0.0407966
1	165	0.0228184
NA	6771	0.9363850

\$How hear about: Confidential Care Advocates - A friend

	Count	Proportion
0	270	0.0373392
1	40	0.0055317
NA	6921	0.9571290

\$How hear about: Confidential Care Advocates - Professor/GSI

	Count	Proportion
0	290	0.0401051
1	20	0.0027659
NA	6921	0.9571290

\$How hear about: Confidential Care Advocates - Peer Support Organization

	Count	Proportion
0	284	0.0392753
1	26	0.0035956
NA	6921	0.9571290

\$How hear about: Confidential Care Advocates - Flier

	Count	Proportion
0	296	0.0409349
1	14	0.0019361
NA	6921	0.9571290

\$How hear about: Confidential Care Advocates - Email/Online Website

	Count	Proportion
0	219	0.0302863
1	91	0.0125847
NA	6921	0.9571290

\$How hear about: Confidential Care Advocates - Other

	Count	Proportion
0	273	0.0377541
1	37	0.0051169
NA	6921	0.9571290

\$How hear about: Confidential Care Advocates - Don ' t know/Don ' t remember

	Count	Proportion
0	197	0.0272438
1	113	0.0156272
NA	6921	0.9571290

\$Rate services: Counseling and Psychological Services

	Count	Proportion
1	16	0.0022127
2	15	0.0020744
3	73	0.0100954
4	91	0.0125847
5	51	0.0070530
NA	6985	0.9659798

\$Rate services: Tang Center CPS Satellite Counseling Services on campus

	Count	Proportion
1	7	0.0009681
2	8	0.0011063
3	27	0.0037339
4	41	0.0056700
5	25	0.0034573
NA	7123	0.9850643

\$Rate services: Nap spaces on campus

	Count	Proportion
1	3	0.0004149
2	10	0.0013829
3	30	0.0041488
4	26	0.0035956
5	10	0.0013829
NA	7152	0.9890748

\$Rate services: Peer Health Workers

	Count	Proportion
1	2	0.0002766
2	1	0.0001383
3	20	0.0027659
4	25	0.0034573
5	18	0.0024893
NA	7165	0.9908726

\$Rate services: Student-to-Student Peer Counseling

	Count	Proportion
1	1	0.0001383
2	2	0.0002766
3	11	0.0015212
4	11	0.0015212
5	11	0.0015212
NA	7195	0.9950214

\$Rate services: Tang Center Health Coaching

	Count	Proportion
1	3	0.0004149
2	2	0.0002766
3	8	0.0011063
4	11	0.0015212
5	4	0.0005532
NA	7203	0.9961278

\$Rate services: Confidential Care Advocates

	Count	Proportion
1	1	0.0001383
2	2	0.0002766
3	6	0.0008298
4	2	0.0002766
5	4	0.0005532
NA	7216	0.9979256

\$Resource expansion: Counseling and Psychological Services (CPS)

	Count	Proportion
0	330	0.0456368
1	486	0.0672106
NA	6415	0.8871525

\$Resource expansion: CPS Satellite Counseling Services on campus

	Count	Proportion
0	647	0.0894759
1	169	0.0233716
NA	6415	0.8871525

\$Resource expansion: Nap spaces on campus

	Count	Proportion
0	499	0.0690084
1	317	0.0438390
NA	6415	0.8871525

\$Resource expansion: Peer Health Workers

	Count	Proportion
0	758	0.1048264
1	58	0.0080210
NA	6415	0.8871525

\$Resource expansion: Student-to-Student Peer Counseling

	Count	Proportion
0	701	0.0969437
1	115	0.0159037
NA	6415	0.8871525

\$Resource expansion: Tang Center Health Coaching

	Count	Proportion
0	705	0.0974969
1	111	0.0153506
NA	6415	0.8871525

\$Resource expansion: Confidential Care Advocates

	Count	Proportion
0	739	0.1021989
1	77	0.0106486
NA	6415	0.8871525

\$Wait for mental health aid impedes on students use of these resources

	Count	Proportion
1	17	0.0023510

	Count	Proportion
2	36	0.0049786
3	311	0.0430093
4	201	0.0277970
5	240	0.0331904
NA	6426	0.8886738

\$Talk with GSI/professor about mental health and resources

	Count	Proportion
0	530	0.0732955
1	278	0.0384456
NA	6423	0.8882589

\$Was information accurate, relevant and beneficial

	Count	Proportion
0	22	0.0030425
1	255	0.0352648
NA	6954	0.9616927

\$GSIs and professors should be better trained to help with mental health issues

	Count	Proportion
1	33	0.0045637
2	50	0.0069147
3	219	0.0302863
4	257	0.0355414
5	246	0.0340202
NA	6426	0.8886738

\$How likely would you be to approach the Tang Center or other campus resources

	Count	Proportion
1	70	0.0096805
2	122	0.0168718
3	190	0.0262758
4	297	0.0410732
5	128	0.0177016
NA	6424	0.8883972

Demographic Information