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Report on

**Student Mental Health at UT Dallas**

Marketing Data Analysis and Research

(MKT 6309.501)

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# Executive Summary

In recent years, mental health has been getting more and more attention across society since a lot of people have had personal experience with mental illness or have people around them who are going through it. Mental issues have become more of a problem across nations, genders, races and ages. Anyone in the world could have experienced it. If this mental health problem is rising, it means the demand for mental care will increase. Our research team noticed this trend and thought it would be meaningful if we could conduct research focusing on the mental issues of students in university. The goal of our research is to see if we can improve mental health resources on campuses by analyzing the data that we collect from these surveys.

Our team specifically targeted the students at University of Texas at Dallas as our survey audience. Through the survey, our team wants to find insights regarding the following question to see if mental health resources at UT Dallas could be improved.

Here are the questions:

1. What are the current mental states of the students at UTD?

2. How much do the students at UTD know about the mental resources on campus?

3. What are some reasons that stop the students at UTD from seeking mental health?

4. What are some other ways that students use to keep their mental health in a good state?

5. What are the causes of the mental issues for students at UTD?

In total, our team gathered 103 responses from the surveys, but the usable number is 95. After analyzing the data collected from the survey, we have some key findings regarding it. Firstly, our team found that based on different demographic groups, each group has a different perception of mental health and has preference over different ways of mental health support. Secondly, even though students at UTD mostly agree that UTD provides good mental care service there are still barriers for students to seek help. Shame and guilt seem to be one of the main reasons that make the students at UTD hesitant to seek mental health. Thirdly, even if the students are ready to seek help, there are still challenges. Public opinion, time-constraint, locations and financial cost are the main challenges for the students that want to seek help.

Description of Research Problem   
  
**Problem Definition**

How to improve student mental health resources on campus.

**Research Objective**

To survey students at the University of Texas at Dallas to assess the current state of mental health resources on campus and identify areas for improvement, with the aim of enhancing support services for students

**Research Questions**

1. What would be a preferable mode of receiving professional mental help?
2. Are students aware of any mental health services offered on the UTD campus? If yes, specifically, which services are they aware of and how they became aware of them?
3. What barriers prevent students from utilizing mental health services provided by UTD?
4. How can UTD increase awareness about mental health on campus and what resources could be provided to make the current situation better?
5. Is there a stigma about utilizing the mental health services on campus? Does that impact students from seeking professional help?

Methodology  
  
**Target Population: who will we survey?**

UT Dallas current students

**How will we survey them?**

Questionnaire on Qualtrics

**When will we survey them?**

Spring 2024, between March 15th to April 10th.

**Sampling Technique**

The technique used for sampling method in this study is probability convenience technique.

**Sample Size**  
The sample size is 95 students taken for this survey at UT Dallas.

# Data Collection

**Type of Data**

In this research, Primary data is used in terms of a structured Questionnaire designed to meet the study's requirement. For this survey, a Structured Questionnaire formed with the help of Qualtrics is used to collect data.

**Instruments Used**

* Structured questionnaire
* Maximum questions being close ended

Data analysis: Tools and Techniques

Tools: Qualtrics

Techniques: Frequency Tables, Cross tabulations of different variables, chi-square, charts and different graphs.

# Survey Findings

* **Demographics of Respondents**

Examining the demographics of the surveyed population sheds light on the diverse composition of individuals participating in the study. Among the respondents, there is a range of academic backgrounds, with 5 undergraduates, 87 graduate students, and 3 individuals pursuing a PhD. This variety in academic levels suggests a broad spectrum of experiences and perspectives regarding mental health support within the university community. Additionally, the employment status of participants reveals further diversity, with 22 individuals reporting full-time employment, 19 engaged in part-time work, and 54 currently unemployed. This mix of employment statuses underscores the potential impact of work commitments on students' ability to access and engage with mental health services, highlighting the importance of considering various barriers to support.

Furthermore, the demographic breakdown includes a detailed overview of age distribution and gender representation within the surveyed cohort. Age-wise, the data reveals a concentration of 5 individuals aged 15-20, followed by 41 individuals aged 21-25, and 36 individuals aged 26-30, with smaller cohorts in older age brackets, including 9 individuals aged 31-35, 1 person in the 36-40 age range, and 1 individual aged 41-46, along with 2 respondents aged 46 and above. Gender representation within the sample comprises 55 male respondents, 39 female respondents, and 1 non-binary individual, highlighting the need for gender-sensitive approaches to mental health support and awareness initiatives. Moreover, the presence of 80 international students and 15 US citizens underscores the cultural diversity within the university community, suggesting potential differences in help-seeking behaviors and perceptions of mental health across different cultural contexts. These demographic insights provide a comprehensive understanding of the varied backgrounds and experiences shaping the attitudes and responses toward mental health issues among students at the university.

The cross-tabulation analysis reveals intriguing insights into the perceptions and preferences regarding mental health support services among different demographic groups within the university community. First, there's a notable relationship between gender and awareness of UT Dallas' mental health initiatives, with most of all genders not being fully aware of these services. Specifically, 47% of respondents overall were not aware, with 15% of males and 11% of females falling into this category. This highlights a pervasive lack of awareness, indicating a need for enhanced promotional efforts to increase the visibility and accessibility of mental health resources.

In addition, different preferences become apparent when looking at the most influential mental health programs at UT Dallas according to the academic category. In terms of overall impact, peer support groups and counseling services were considered close. The preference for counseling services was highest among domestic graduate students, nonetheless, when compared to other categories. This highlights the significance of modifying mental health programs to cater to the unique requirements and preferences of various student populations.

* **Awareness and Utilization of Mental Health Resources at UT Dallas**

Mental health awareness and understanding the need for available support services are essential components of a university's commitment to student well-being. According to survey data collected at the University of Texas at Dallas (UTD), most students acknowledge the need for mental health care, with 50% stating that UTD provides outstanding support for its students dealing with mental health issues. This statistic indicates students' understanding of the vital role mental health services play in promoting overall well-being on campus.

Although recognizing the importance of mental health services, the survey revealed significant trends in stigma and the tendency to seek help. A substantial percentage of participants, exceeding 30%, expressed feelings of shame when it came to seeking assistance for mental health challenges. This indicates that there is still a prevailing stigma surrounding mental health problems. Moreover, a substantial proportion (20-40%) expressed skepticism about the effectiveness of counseling in addressing their challenges, highlighting a potential barrier to accessing support services. Although UTD's apparent recognition of students' mental health challenges is supported by survey data, with half of respondents affirming that UTD provides excellent support, a more detailed examination reveals persistent obstacles to accessing treatment. The survey indicates that, although students are aware of the options available to them, a significant proportion still experience emotions of guilt and reluctance when seeking assistance. Based on the research findings, over 30% of participants showed reluctance in seeking assistance for various mental health concerns such as anxiety, depression, sexual assault, and family conflicts due to feelings of shame. Furthermore, 20 to 40% of respondents across various concerns believe that counseling will not fix their problems, which exacerbates the situation. This hesitation to seek help while being aware of accessible options indicates a deeper cultural stigma associated with mental health and help-seeking behavior. Despite efforts to raise awareness and accessibility to mental health services, many students continue to internalize guilt and mistrust about the efficacy of counseling, which can greatly impair their capacity to confront and manage their mental health issues.

The prevalence of shame and hesitation to seek treatment among students highlights the importance of ongoing efforts to de-stigmatize mental health concerns and foster an environment of open communication and support on campus. UTD, must not only give access to mental health resources, but also actively endeavor to change the underlying cultural attitudes and views that perpetuate stigma. It is critical for institutions to address these hurdles and misconceptions so that students feel comfortable requesting assistance when necessary. Universities can encourage more students to use existing support services by creating an environment that supports open communication and de-stigmatizes mental health issues. Furthermore, focused awareness campaigns and educational programs can help students understand the effectiveness of mental health services and the resources available on campus.

In conclusion, while there is a general understanding of the significance of mental health services on campus, major problems remain in terms of stigma and misconceptions about help-seeking behavior. By addressing these barriers and raising awareness through focused actions UTD can strengthen its support ecosystem and foster a campus environment in which students feel empowered to prioritize their mental health.

* **Challenges in accessing mental health services at UT Dallas**

Accessing mental health services at UT Dallas presents unique problems for each student body, reflecting both broader societal issues and specific institutional restrictions. Survey responses indicate that key issues such as public opinion, time, location, and financial costs are impediments. 20% of respondents cited public opinion as a barrier, highlighting the continued stigma associated with obtaining mental health care. This stigma is especially prominent among male students, with 25% mentioning it as a concern, compared to 19.67% of female students, and there is widespread agreement among non-binary/third-gender students that it affects them all.

Another significant barrier is time constraints, with 28.13% of students finding it difficult to schedule mental health consultations around their hectic schedules. Female students are slightly more likely to experience this issue (22.95%) than male students (20.45%). The placement of services is also a concern for 8.75% of students, indicating that the physical accessibility of mental health facilities on campus might be improved. Financial worries were also raised by 21.25% of students, indicating that the cost of services may be prohibitively expensive for some, even though university health services are subsidized.

Furthermore, 15.63% of students specifically mentioned accessibility challenges other than location and cost, indicating difficulties in scheduling appointments or getting the correct type of aid within school services. These findings demonstrate a strong need for the institution to investigate more flexible scheduling alternatives, such as extending service hours into the evenings and weekends and boosting the availability of online counseling sessions to meet students' diverse schedules.

Addressing these issues effectively demands a multifaceted strategy. Reducing stigma through continual education and awareness initiatives can inspire more kids to seek help without fear of being judged. Improving physical and financial accessibility can be accomplished by boosting funding for mental health services and proposing a campus restructuring to put these services in more central areas.

Furthermore, expanding telehealth alternatives could alleviate both time and place constraints, giving students the flexibility they require to incorporate mental health care into their academic and personal life. By addressing these hurdles on the front, UT Dallas can improve its mental health support infrastructure, making it more inclusive and accessible to all student populations. This will benefit individual wellness and help create a healthier, more productive academic environment.

# Limitations of Study

As with most of the survey research, this survey also has its limitations that might in some ways hinder its accuracy of representing the real population. The following are some of the limitations that our team want to elaborate on

* **Sampling bias**: this survey results are affected by the people that respond to it. So, the result of this survey is not as representative of the real population since certain demographics dominate the responses of the survey. Firstly, 91.8% of the respondents in the survey are grad school students who are pursuing master's degree. So, the result might be more representative of grad school students rather than undergrad or PhD students. Secondly, over half of the respondents are unemployed so the results might not be that representative of employed students. Thirdly, over half of the respondents are males so the results might be more representative to male. Lastly, international students account for over 80% of the response and among the international students, Taiwanese, Indian and Chinese dominate the responses. So, the results might be more representative of international students from certain countries.
* **Non-response bias:** Those students who did not get a chance to respond or did not choose to respond might possess different characteristics or opinions from the students who responses. The situation might lead to skewed results.
* **Survey Options restriction:** The options available to each question might not be able to let the respondents express their thoughts precisely fully. This might cause oversimplification of the data.
* **Misleading or leading wording:** In any survey including this survey, there is always risk and possibility that the way the wording is formulated might be misleading or leading.
* **Sampling errors:** This survey is only conducted among UTD students. It might not be representative of students in different universities or colleges, meaning that these results might not apply to other populations.
* **Uncontrollable Variables:** There might be other uncontrollable variables that affect the answers that the respondents gave. This might also influence how accurately the results can represent the populations.
* **Unfinished Survey**: Even though we received 103 responses, only 95 responses are usable since 7 left the survey midway.

# Conclusions

**Based on the findings provided, we can derive several conclusions regarding mental health support at UTD (University of Texas at Dallas) and the perceptions and needs of its student population:**

* UTD's mental health support is generally perceived positively, with a significant portion of students acknowledging its effectiveness, though nuances exist across demographics.
* Many students are hesitant to seek mental health assistance due to the stigma attached to it. This highlights the need for education and destigmatization efforts.
* Perceptions of mental health support differ by gender, highlighting the importance of addressing diverse needs and barriers.
* Undergraduates prioritize academic responsibilities over mental health concerns. Graduates utilize available services less often due to perception. Addressing varying needs across student populations requires tailored support mechanisms.
* Despite a preference for in-person counseling, some students, particularly graduate students, opt for virtual sessions due to time constraints, emphasizing the importance of flexible and accessible support options.

In conclusion, UTD has a robust mental health support system in place. However, there are still challenges, such as stigma, accessibility, and differing perceptions among students, that need to be addressed to ensure comprehensive and effective support for all students.

# Recommendations:

* **Activities**:  
  Our survey indicates that various activities can aid in addressing mental health issues: 23.4% of students find exercise beneficial, 18.5% turn to meditation, 21% prefer socializing with family and friends, and 19.6% engage in hobbies or creative pursuits.
* **Workshops, Educational Lectures and Social In-person events**:  
  The survey revealed significant student support for enhancing mental health awareness through workshops, educational lectures, and in-person events. A majority, 60.42%, believe these initiatives would likely be beneficial, while 23.96% are confident they would help. However, 14.58% of students are skeptical, feeling these efforts might not yield positive results, and a small minority of 1.04% are certain they would not be effective. This indicates a strong overall endorsement for proactive educational approaches to mental health among students.
* **Specific Initiatives**:  
  Our survey highlights a range of targeted initiatives that students believe could significantly enhance mental health awareness and support on campus. Specifically, 25.68% of students underscore the importance of implementing comprehensive mental awareness campaigns, emphasizing the need for proactive engagement and education. Additionally, 20.22% of respondents advocate for increased access to counseling services and mental health resources, indicating a pressing demand for more readily available professional support. Furthermore, 22.95% support the creation of designated safe spaces, which would provide a secure environment for students to discuss mental health challenges without fear of judgment openly. Lastly, 25.14% of students acknowledge the importance of flexible academic accommodations, indicating that modifying academic requirements for those facing mental health challenges is vital for their academic success and personal health. These insights point to a clear call for thoughtful and inclusive strategies to foster a supportive mental health environment in educational settings.
* **Overcoming Barriers:**  
  To effectively address time constraints, institutions can implement more flexible scheduling options for therapy and support sessions, including the provision of after-hours services to accommodate diverse schedules.   
  Financial barriers are mitigated as the university offers all mental health resources free of charge; however, there is a need to enhance awareness among students that these services are fully covered by the university health plan.   
  To counteract the stigma surrounding mental health assistance, launching awareness campaigns is crucial to normalize mental health care and foster open discussions. Inviting esteemed guest speakers to discuss mental health can further help in normalizing these discussions.   
  Lastly, improving accessibility involves expanding both physical and digital services, such as enhancing campus facility accessibility and offering telehealth options, enabling students to access support from the comfort of their homes.

Appendices

Appendix A: Questionnaire  
  
**Survey Questionnaire**

*Welcome to our Student Mental Health Survey. Your participation in this survey is crucial in helping us better understand the mental health needs and challenges that students face on our campus. By sharing your experiences and perspectives, you contribute to a collective effort aimed at fostering a supportive and healthy learning environment for all. Your responses will remain anonymous and confidential. Thank you for taking the time to participate.*

Q1 - Do you know of any mental health resources available to students on-campus? (Select all that apply)

* Student Counselling Center
* Student Health Center
* Student Wellness Center
* Center for Students in Recovery
* No Awareness

Q2 - How well do you think UTD supports students in crisis situations related to mental health? (Select one)

* Not well at all
* Slightly well
* Very well
* Extremely well

Q3 - Are any of the following perceptions you feel about mental health awareness? (Select all that apply)

* Not aware of the services on campus
* Do not feel the need for counselling or therapy
* Ashamed to ask for help
* Counseling will not solve my problem
* Other( )

Q4 - Are there any barriers or challenges you face in accessing mental health services as a student? (Select all that apply)

* Public Opinion
* Time
* Location
* Finance
* Accessibility
* Other()

Q5 - How do you perceive the balance between academic workload and mental health support services offered by UTD?

* The university prioritizes mental health support services, even if it means reducing academic workload.
* There's a fair balance between academic workload and mental health support services.
* Schoolwork is more important than mental health support.
* I'm not sure about the balance between academic workload and mental health support services.

Q6 - How would you rate the availability of specialized mental health care (e.g., for eating disorders, substance abuse, trauma, stress) at UTD? (Select one)

* Highly Available
* Available
* Limited
* Not Available

Q7 - Have you ever sought mental health services support from off-campus due to limitations of on-campus resources? (Select one)

* All the time
* Sometimes
* Rarely
* Never
* I’ve never sought mental health support

Q8 - Are you currently experiencing any of the following? (Select all that apply)

* Depression
* Persistent Sadness
* Loneliness
* Loss of interest
* Not experiencing anything
* Other( )

Q9 - Are you currently receiving treatment or therapy for any of the following resources from UTD? (Select all that apply)

* Anxiety
* Depression
* Sexual Assault
* Family Conflicts, Relationship Conflicts
* Compulsive Behavior (pornography, substance abuse, over/under eating .. etc)
* Feelings of low-self esteem/self-worth
* Trauma about socio-political environment
* Acculturation and Culture Shock
* Academic concerns
* Thoughts of suicide and self-harm
* Not experiencing anything

Q10 - How comfortable do you feel discussing your emotional health with a counselor or mental health professional at UTD? (Select one)

* Extremely uncomfortable
* Somewhat uncomfortable
* Somewhat comfortable
* Extremely comfortable

Q11 - Which of the following would be your preferred mode of receiving mental health services?

* Telephone-Audio Call
* Virtual Online-Video Call
* In-person

Q12 - How likely are you to recommend UTD's mental health services to a friend in need?

* Extremely unlikely
* Somewhat unlikely
* Somewhat likely
* Extremely likely

Q13 - Would it be helpful if your colleague/classmate who is seeking mental health services informs you about professional help?

* Very Helpful
* Somewhat Helpful
* Not really helpful
* Won't prefer

Q14 - Which of the following techniques do you find most effective in managing your mental health and well-being? (Select all that apply)

* Exercise
* Mindfulness/meditation
* Therapy/counseling
* Socializing with friends/family
* Hobbies/creative outlets
* Medication
* Other: [Please specify]

Q15 - Do you think workshops, educational lectures, and in-person social events help in increasing awareness for students?

* Definitely not
* Probably not
* Probably yes
* Definitely yes

Q16 - How satisfied are you with the mental health treatment and support provided by UTD counseling center?

* Extremely dissatisfied
* Somewhat dissatisfied
* Neither satisfied nor dissatisfied
* Somewhat satisfied
* Extremely satisfied

Q17 - What specific action(s) or initiative(s) do you believe UTD could implement to better support the mental health of its student body? (Select all that apply)

* Increasing access to counseling services and mental health resources
* Implementing mental health awareness campaigns and workshops
* Creating designated safe spaces for students to discuss mental health openly
* Providing flexible academic accommodations for students struggling with mental health issues
* Other: [Please specify]

The following questions are for classification purposes only.

Q18 - What is your course classification at UT Dallas?

* Undergraduate
* Graduate - Masters
* Graduate - PhD

Q19 - What is your current employment status?

* Full-time
* Part-time
* Unemployed

Q20 - Your age

* 15-20
* 21-25
* 26-30
* 31-35
* 36-40
* 41-45
* 46+

Q21 - What is your gender?

* Male
* Female
* Non-binary / third gender

Q22 - Are you an international or US citizen?

* International (specify country) [Please specify]
* US Citizen

# Appendix B - Summary Statistics

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Q1 - Do you know of any mental health resources available to students on-campus? (Select all that apply)** | | | | |
| **Category** | | **Frequency** | | **Percent** |
| Student Counseling Center | | 52 | | 25.62% |
| Student Health Center | | 55 | | 27.09% |
| Student Wellness Center | | 52 | | 25.62% |
| Center for Students in Recovery | | 19 | | 9.36% |
| No Awareness | | 25 | | 12.32% |
| Total | | 203 | | 100% |
|  | |  | |  |
| **Q2 - How well do you think UTD supports students in crisis situations related to mental health? (Select one)** | | | | |
| **Category** | **Frequency** | | **Percent** | |
| Not well at all | 8 | | 7.84% | |
| Slightly well | 29 | | 28.43% | |
| Very well | 51 | | 50.00% | |
| Extremely well | 14 | | 13.73% | |
| Total | 102 | | 100% | |

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| **Q3 - Are any of the following perceptions you feel about mental health awareness? (Select all that apply)** | | |
| **Category** | **Frequency** | **Percent** |
| Not aware of the services on-campus | 22 | 18.80% |
| Do not feel the need for counseling or therapy | 55 | 47.01% |
| Ashamed to ask for help | 16 | 13.68% |
| Counseling will not solve my problem | 13 | 11.11% |
| Other | 11 | 9.40% |
| Total | 117 | 100% |

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| **Q4 - Are there any barriers or challenges you face in accessing mental health services as a student? (Select all that apply)** | | |
| **Category** | **Frequency** | **Percent** |
| Public Opinion | 32 | 20.00% |
| Time | 45 | 28.13% |
| Location | 14 | 8.75% |
| Finance | 34 | 21.25% |
| Accessibility | 25 | 15.63% |
| Other | 10 | 6.25% |
| Total | 160 | 100% |

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| **Q5 - How do you perceive the balance between academic workload and mental health support services offered by UTD?** | | |
| **Category** | **Frequency** | **Percent** |
| The university prioritizes mental health support services, even if it means reducing academic workload | 8 | 7.84% |
| There's a fair balance between academic workload and mental health support services | 48 | 47.06% |
| Schoolwork is more important than mental health support | 19 | 18.63% |
| I'm not sure about the balance between academic workload and mental health support services | 27 | 26.47% |
| Total | 102 | 100% |

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| **Q6 - How would you rate the availability of specialized mental health care (e.g., for eating disorders, substance abuse, trauma, stress) at UTD? (Select one)** | | |
| **Category** | **Frequency** | **Percent** |
| Highly Available | 18 | 18.56% |
| Available | 58 | 59.79% |
| Limited | 17 | 17.53% |
| Never Available | 4 | 4.12% |
| Total | 97 | 100% |

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| **Q7 - Have you ever sought mental health services support from off-campus due to limitations of on-campus resources? (Select one)** | | |
| **Category** | **Frequency** | **Percent** |
| All the time | 6 | 6.19% |
| Sometimes | 9 | 9.28% |
| Rarely | 8 | 8.25% |
| Never | 31 | 31.96% |
| I've never sought mental health support | 43 | 44.33% |
| Total | 97 | 100% |

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| **Q8 - Are you currently experiencing any of the following? (Select all that apply)** | | |
| **Category** | **Frequency** | **Percent** |
| Depression | 18 | 13.95% |
| Persistent sadness | 9 | 6.98% |
| Loneliness | 17 | 13.18% |
| Loss of interest | 16 | 12.40% |
| Not experiencing anything | 64 | 49.61% |
| Other | 5 | 3.88% |
| Total | 129 | 100% |

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| **Q9 - Are you currently receiving treatment or therapy for any of the following resources from UTD? (Select all that apply)** | | |
| **Category** | **Frequency** | **Percent** |
| Anxiety and Stress | 10 | 8.13% |
| Depression | 8 | 6.50% |
| Sexual Assault | 1 | 0.81% |
| Family Conflicts, Relationship Conflicts | 4 | 3.25% |
| Compulsive Behavior (pornography, substance abuse, over/under eating , etc.) | 4 | 3.25% |
| Feelings of low-self-esteem/self-worth | 5 | 4.07% |
| Trauma about socio-political environment | 2 | 1.63% |
| Acculturation and Culture Shock | 1 | 0.81% |
| Academic concerns | 6 | 4.88% |
| Thoughts of suicide and self-harm | 4 | 3.25% |
| Not experiencing anything | 78 | 63.41% |
| Total | 123 | 100% |

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| **Q10 - How comfortable do you feel discussing your emotional health with a counselor or mental health professional at UTD? (Select one)** | | |
| **Category** | **Frequency** | **Percent** |
| Extremely uncomfortable | 4 | 4.12% |
| Somewhat uncomfortable | 24 | 24.74% |
| Somewhat comfortable | 49 | 50.52% |
| Extremely comfortable | 20 | 20.62% |
| Total | 97 | 100% |

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| --- | --- | --- |
| **Q11 - Which of the following would be your preferred mode of receiving mental health services? (Select one)** | | |
| **Category** | **Frequency** | **Percent** |
| Telephone-Audio Call | 6 | 6.25% |
| Virtual Online-Video Call | 12 | 12.50% |
| In-person | 78 | 81.25% |
| Total | 96 | 100% |

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| --- | --- | --- |
| **Q12 - How likely are you to recommend UTD's mental health services to a friend in need? (Select one)** | | |
| **Category** | **Frequency** | **Percent** |
| Extremely unlikely | 4 | 4.17% |
| Somewhat unlikely | 11 | 11.46% |
| Somewhat likely | 53 | 55.21% |
| Extremely likely | 28 | 29.17% |
| Total | 96 | 100% |

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| --- | --- | --- |
| **Q13 - Would it be helpful if your colleague/classmate who is seeking mental health services informs you about professional help? (Select one)** | | |
| **Category** | **Frequency** | **Percent** |
| Very Helpful | 38 | 40.43% |
| Somewhat Helpful | 39 | 41.49% |
| Not really helpful | 11 | 11.70% |
| Won't prefer | 6 | 6.38% |
| Total | 94 | 100% |

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| **Q14 - Which of the following techniques do you find most effective in managing your mental health and well-being? (Select all that apply)** | | |
| **Category** | **Frequency** | **Percent** |
| Exercise | 67 | 23.10% |
| Mindfulness/meditation | 53 | 18.28% |
| Therapy/counseling | 34 | 11.72% |
| Socializing with friends/family | 60 | 20.69% |
| Hobbies/creative outlets | 56 | 19.31% |
| Medication | 16 | 5.52% |
| Other | 4 | 1.38% |
| Total | 290 | 100% |

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| --- | --- | --- |
| **Q15 - Do you think workshops, educational lectures and in-person social events help in increasing awareness for students? (Select one)** | | |
| **Category** | **Frequency** | **Percent** |
| Definitely not | 1 | 1.04% |
| Probably not | 14 | 14.58% |
| Probably yes | 58 | 60.42% |
| Definitely yes | 23 | 23.96% |
| Total | 96 | 100% |

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| **Q16 - How satisfied are you with the mental health treatment and support provided by UTD counseling center? (Select one)** | | |
| **Category** | **Frequency** | **Percent** |
| Extremely dissatisfied | 4 | 4.21% |
| Somewhat dissatisfied | 6 | 6.32% |
| Neither satisfied nor dissatisfied | 37 | 38.95% |
| Somewhat satisfied | 33 | 34.74% |
| Extremely satisfied | 15 | 15.79% |
| Total | 95 | 100% |

|  |  |  |
| --- | --- | --- |
| **Q17 - What specific action(s) or initiative(s) do you believe UTD could implement to better support the mental health of its student body? (Select all that apply)** | | |
| **Category** | **Frequency** | **Percent** |
| Increasing access to counseling services and mental health resources | 37 | 20.22% |
| Implementing mental health awareness campaigns and workshops | 47 | 25.68% |
| Creating designated safe spaces for students to discuss mental health openly | 42 | 22.95% |
| Providing flexible academic accommodations for students struggling with mental health issues | 46 | 25.14% |
| Other | 11 | 6.01% |
| Total | 183 | 100% |

|  |  |  |
| --- | --- | --- |
| **Q18 - What is your course classification at UT Dallas? (Select one)** | | |
| **Category** | **Frequency** | **Percent** |
| Undergraduate | 5 | 5.26% |
| Graduate - Masters | 87 | 91.58% |
| Graduate - PhD | 3 | 3.16% |
| Total | 95 | 100% |

|  |  |  |
| --- | --- | --- |
| **Q19 - What is your current employment status? (Select one)** | | |
| **Category** | **Frequency** | **Percent** |
| Full-time | 22 | 23.16% |
| Part-time | 19 | 20.00% |
| Unemployed | 54 | 56.84% |
| Total | 95 | 100% |

|  |  |  |
| --- | --- | --- |
| **Q20 - Your age (Select one)** | | |
| **Category** | **Frequency** | **Percent** |
| 15-20 | 5 | 5.26% |
| 21-25 | 41 | 43.16% |
| 26-30 | 36 | 37.89% |
| 31-35 | 9 | 9.47% |
| 36-40 | 1 | 1.05% |
| 41-45 | 1 | 1.05% |
| 46+ | 2 | 2.11% |
| Total | 95 | 100% |

|  |  |  |
| --- | --- | --- |
| **Q21 - What is your gender? (Select one)** | | |
| **Category** | **Frequency** | **Percent** |
| Male | 55 | 57.89% |
| Female | 39 | 41.05% |
| Non-binary / third gender | 1 | 1.05% |
| Total | 95 | 100% |

|  |  |  |
| --- | --- | --- |
| **Q22 - Are you an international or US citizen?** | | |
| **Category** | **Frequency** | **Percent** |
| International (specify country) | 80 | 84.21% |
| US Citizen | 15 | 15.79% |
| Total | 95 | 100% |

# Appendix C - Significant Cross-Tabulations

***Demographic (Q18): What is your course classification at UT Dallas?***

Table 1 **Relationship between Course Classification and Perception of Workshops, Educational Lectures, and In-person Social Events**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Q18: What is your course classification at UT Dallas? (Select one)** | | | | | |
| **Q15: Do you think workshops, educational lectures and in-person social events help in increasing awareness for students? (Select one)** |  | **Total** | **Undergraduate** | **Graduate - Masters** | **Graduate - PhD** |
| Total Count (Answering) | 95.00 | 5.00 | 87.00 | 3.00 |
| Definitely not | 1.00 | 1.00 | 0.00 | 0.00 |
| Probably not | 14.00 | 2.00 | 12.00 | 0.00 |
| Probably yes | 57.00 | 1.00 | 54.00 | 2.00 |
| Definitely yes | 23.00 | 1.00 | 21.00 | 1.00 |
|  |  |  |  |  |
| **Overall Stat Test of Percentages** | 0.001 | | | |

At a 95% confidence level, there is a significant relationship between course classification and the perception of the effectiveness of workshops, educational lectures, and in-person social events in increasing awareness for students.

Table 2  **Relationship between Course Classification and Satisfaction with UTD Counseling Center**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Q18: What is your course classification at UT Dallas? (Select one)** | | | | | |
| **Q16: How satisfied are you with the mental health treatment and support provided by UTD counseling center? (Select one)** |  | **Total** | **Undergraduate** | **Graduate - Masters** | **Graduate - PhD** |
| Total Count (Answering) | 95.00 | 5.00 | 87.00 | 3.00 |
| Extremely dissatisfied | 4.00 | 0.00 | 4.00 | 0.00 |
| Somewhat dissatisfied | 6.00 | 2.00 | 3.00 | 1.00 |
| Neither satisfied nor dissatisfied | 37.00 | 1.00 | 35.00 | 1.00 |
| Somewhat satisfied | 33.00 | 2.00 | 30.00 | 1.00 |
| Extremely satisfied | 15.00 | 0.00 | 15.00 | 0.00 |
|  |  |  |  |  |
| **Overall Stat Test of Percentages** | 0.043 | | | |

At a 95% confidence level, there is a significant relationship between course classification and satisfaction with mental health treatment at the UTD counseling center.

***Demographic (Q19): What is your current employment status?***

Table 3: **Relationship between Employment Status and Preferred Mode of Receiving Mental Health Services**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Q19: What is your current employment status? (Select one)** | | | | | |
| **Q11: Which of the following would be your preferred mode of receiving mental health services? (Select one)** |  | **Total** | **Full-time** | **Part-time** | **Unemployed** |
| **Total Count (Answering)** | 95.00 | 22.00 | 19.00 | 54.00 |
| Telephone-Audio Call | 5.00 | 4.00 | 0.00 | 1.00 |
| Virtual Online-Video Call | 12.00 | 3.00 | 5.00 | 4.00 |
| In-person | 78.00 | 15.00 | 14.00 | 49.00 |
|  |  |  |  |  |
| **Overall Stat Test of Percentages** | 0.006 | | | |

At a 95% confidence interval, there is a significant relationship between employment status and preferred mode of receiving mental health services at UTD.

Table 4 4**Relationship between Employment Status and Perception of Workshops, Educational Lectures, and In-person Social Events**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Q19: What is your current employment status? (Select one)** | | | | | |
| **Q15: Do you think workshops, educational lectures and in-person social events help in increasing awareness for students? (Select one)** |  | **Total** | **Full-time** | **Part-time** | **Unemployed** |
| **Total Count (Answering)** | 95.00 | 22.00 | 19.00 | 54.00 |
| Definitely not | 1.00 | 0.00 | 0.00 | 1.00 |
| Probably not | 14.00 | 9.00 | 2.00 | 3.00 |
| Probably yes | 57.00 | 8.00 | 12.00 | 37.00 |
| Definitely yes | 23.00 | 5.00 | 5.00 | 13.00 |
|  |  |  |  |  |
| **Overall Stat Test of Percentages** | 0.008 | | | |

At a 95% confidence level, there is a significant relationship between employment status and the perception of whether workshops, educational lectures, and in-person social events help increase awareness for students.

***Demographic (Q20): Your Age?***

Table 5: Relationship between Perception of UTD's Support for Students in Mental Health Crisis Situations and Age

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | |  |  |  |  |
| **Q2: How well do you think UTD supports students in crisis situations related to mental health? (Select one)** | **Q20: Your age (Select one)** | | | | | | | | |
|  | **Total** | **15-20** | **21-25** | **26-30** | **31-35** | **36-40** | **41-45** | **46+** |
| **Total Count (Answering)** | 95.00 | 5.00 | 41.00 | 36.00 | 9.00 | 1.00 | 1.00 | 2.00 |
|  |  |  |  |  |  |  |  |  |
| Not well at all | 6.00 | 1.00 | 2.00 | 2.00 | 0.00 | 0.00 | 1.00 | 0.00 |
| Slightly well | 28.00 | 1.00 | 12.00 | 10.00 | 3.00 | 0.00 | 0.00 | 2.00 |
| Very well | 47.00 | 2.00 | 23.00 | 15.00 | 6.00 | 1.00 | 0.00 | 0.00 |
| Extremely well | 14.00 | 1.00 | 4.00 | 9.00 | 0.00 | 0.00 | 0.00 | 0.00 |
|  |  |  |  |  |  |  |  |  |
| **Overall Stat Test of Percentages** | 0.045 | | | | | | | |

At a 95% confidence interval, there is a significant relationship between academic classification and the perception of how well UTD supports students in crisis situations related to mental health.

Table 6: **Relationship between Age and Comfort Level Discussing Emotional Health with UTD Counselors**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Q20: Your age (Select one)** | | | | | | | | | |
| **Q10: How comfortable do you feel discussing your emotional health with a counselor or mental health professional at UTD? (Select one)** |  | **Total** | **15-20** | **21-25** | **26-30** | **31-35** | **36-40** | **41-45** | **46+** |
| **Total Count (Answering)** | 95.00 | 5.00 | 41.00 | 36.00 | 9.00 | 1.00 | 1.00 | 2.00 |
| Extremely uncomfortable | 3.00 | 2.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Somewhat uncomfortable | 24.00 | 1.00 | 8.00 | 9.00 | 5.00 | 0.00 | 0.00 | 1.00 |
| Somewhat comfortable | 48.00 | 2.00 | 25.00 | 14.00 | 4.00 | 1.00 | 1.00 | 1.00 |
| Extremely comfortable | 20.00 | 0.00 | 8.00 | 12.00 | 0.00 | 0.00 | 0.00 | 0.00 |
|  |  |  |  |  |  |  |  |  |
| **Overall Stat Test of Percentages** | 0.004 | | | | | | | |

At a 95% confidence interval, there seems to be a significant relationship between age and the comfort level of discussing emotional health with a counselor or mental health professional at UTD.

Table 7: **Relationship between Age and Preferred Mode of Receiving Mental Health Services**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Q20: Your age (Select one)** | | | | | | | | | |
| **Q11: Which of the following would be your preferred mode of recieving mental health services? (Select one)** |  | **Total** | **15-20** | **21-25** | **26-30** | **31-35** | **36-40** | **41-45** | **46+** |
| **Total Count (Answering)** | 95.00 | 5.00 | 41.00 | 36.00 | 9.00 | 1.00 | 1.00 | 2.00 |
| Telephone-Audio Call | 5.00 | 1.00 | 1.00 | 1.00 | 1.00 | 0.00 | 1.00 | 0.00 |
| Virtual Online-Video Call | 12.00 | 0.00 | 4.00 | 5.00 | 2.00 | 0.00 | 0.00 | 1.00 |
| In-person | 78.00 | 4.00 | 36.00 | 30.00 | 6.00 | 1.00 | 0.00 | 1.00 |
|  |  |  |  |  |  |  |  |  |
| **Overall Stat Test of Percentages** | 0.009 | | | | | | | |

At a 95% confidence level, there is a significant relationship between age and preferred mode of receiving mental health services at UTD.

Table 8  **Relationship between Age and Likelihood to Recommend UTD's Mental Health Services**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Q20: Your age (Select one)** | | | | | | | | | |
| **Q12: How likely are you to recommend UTD's mental health services to a friend in need? (Select one)** |  | **Total** | **15-20** | **21-25** | **26-30** | **31-35** | **36-40** | **41-45** | **46+** |
| **Total Count (Answering)** | 95.00 | 5.00 | 41.00 | 36.00 | 9.00 | 1.00 | 1.00 | 2.00 |
| Extremely unlikely | 4.00 | 1.00 | 0.00 | 1.00 | 1.00 | 0.00 | 1.00 | 0.00 |
| Somewhat unlikely | 11.00 | 1.00 | 4.00 | 4.00 | 2.00 | 0.00 | 0.00 | 0.00 |
| Somewhat likely | 53.00 | 3.00 | 26.00 | 17.00 | 4.00 | 1.00 | 0.00 | 2.00 |
| Extremely likely | 27.00 | 0.00 | 11.00 | 14.00 | 2.00 | 0.00 | 0.00 | 0.00 |
|  |  |  |  |  |  |  |  |  |
| **Overall Stat Test of Percentages** | 0.006 | | | | | | | |

At a 95% confidence level, there is a significant relationship between age and likelihood to recommend UTD's mental health services.

Table 9 **Relationship between Age and Perception of Workshops, Educational Lectures, and In-person Social Events**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Q20: Your age (Select one)** | | | | | | | | | |
| **Q15: Do you think workshops, educational lectures and in-person social events help in increasing awareness for students? (Select one)** |  | **Total** | **15-20** | **21-25** | **26-30** | **31-35** | **36-40** | **41-45** | **46+** |
| **Total Count (Answering)** | 95.00 | 5.00 | 41.00 | 36.00 | 9.00 | 1.00 | 1.00 | 2.00 |
| Definitely not | 1.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Probably not | 14.00 | 2.00 | 7.00 | 1.00 | 3.00 | 0.00 | 1.00 | 0.00 |
| Probably yes | 57.00 | 2.00 | 24.00 | 24.00 | 5.00 | 1.00 | 0.00 | 1.00 |
| Definitely yes | 23.00 | 0.00 | 10.00 | 11.00 | 1.00 | 0.00 | 0.00 | 1.00 |
|  |  |  |  |  |  |  |  |  |
| **Overall Stat Test of Percentages** | 0.006 | | | | | | | |

At a 95% confidence level, there is a significant relationship between age and the perception of whether workshops, educational lectures, and in-person social events help increase awareness for students.

Table 10 **Relationship between Age and Satisfaction with UTD Counseling Center**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Q20: Your age (Select one)** | | | | | | | | | |
| **Q16: How satisfied are you with the mental health treatment and support provided by UTD counseling center? (Select one)** |  | **Total** | **15-20** | **21-25** | **26-30** | **31-35** | **36-40** | **41-45** | **46+** |
| **Total Count (Answering)** | 95.00 | 5.00 | 41.00 | 36.00 | 9.00 | 1.00 | 1.00 | 2.00 |
| Extremely dissatisfied | 4.00 | 0.00 | 1.00 | 2.00 | 0.00 | 0.00 | 1.00 | 0.00 |
| Somewhat dissatisfied | 6.00 | 2.00 | 0.00 | 2.00 | 2.00 | 0.00 | 0.00 | 0.00 |
| Neither satisfied nor dissatisfied | 37.00 | 2.00 | 18.00 | 12.00 | 2.00 | 1.00 | 0.00 | 2.00 |
| Somewhat satisfied | 33.00 | 0.00 | 15.00 | 13.00 | 5.00 | 0.00 | 0.00 | 0.00 |
| Extremely satisfied | 15.00 | 1.00 | 7.00 | 7.00 | 0.00 | 0.00 | 0.00 | 0.00 |
|  |  |  |  |  |  |  |  |  |
| **Overall Stat Test of Percentages** | 0.001 | | | | | | | |

At a 95% confidence level, there is a significant relationship between age and satisfaction with the mental health treatment and support provided by the UTD counseling center.

***Demographic (Q21): What is your gender?***

Table 11: **Relationship between Gender and Perception of UTD's Support for Students in Mental Health Crisis Situations Perception** of

UTD's Support for Students in Mental Health Crisis Situations

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Q21: What is your gender? (Select one)** | | | | |
| **Q2: How well do you think UTD supports students in crisis situations related to mental health? (Select one)** |  | **Total** | **Male** | **Female** |
| **Total Count (Answering)** | 94.00 | 55.00 | 39.00 |
|  |  |  |  |
| Not well at all | 6.00 | 3.00 | 3.00 |
| Slightly well | 28.00 | 12.00 | 16.00 |
| Very well | 46.00 | 27.00 | 19.00 |
| Extremely well | 14.00 | 13.00 | 1.00 |
|  |  |  |  |
| **Overall Stat Test of Percentages** | 0.020 | | |

At a 95% confidence interval, there appears to be a significant relationship between gender and the perception of how well UTD supports students in crisis situations related to mental health.

Table 12: **Relationship between Gender and Perception of Availability of Specialized Mental Health Care at UTD**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Q21: What is your gender? (Select one)** | | | | |
| **Q6: How would you rate the availability of the specialized mental health care (e.g., for eating disorders, substance abuse, trauma, stress) at UTD? (Select one)** |  | **Total** | **Male** | **Female** |
| **Total Count (Answering)** | 94.00 | 55.00 | 39.00 |
| Highly Available | 18.00 | 15.00 | 3.00 |
| Available | 56.00 | 32.00 | 24.00 |
| Limited | 17.00 | 7.00 | 10.00 |
| Never Available | 3.00 | 1.00 | 2.00 |
|  |  |  |  |
| **Overall Stat Test of Percentages** | 0.06 | | |

At a 90% confidence interval, there exists a significant relationship between gender and the perception of the availability of specialized mental health care at UTD.

***Demographic (Q22): Are you an international or US citizen ?***

Table 13:  **Relationship between Citizenship and Perception of UTD's Support for Students in Mental Health Crisis Situations**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Q22: Are you an international or US citizen? - Selected Choice** | | | | |
| **Q2: How well do you think UTD supports students in crisis situations related to mental health? (Select one)** |  | **Total** | **International (specify country)** | **US Citizen** |
| **Total Count (Answering)** | 95.00 | 80.00 | 15.00 |
| Not well at all | 6.00 | 4.00 | 2.00 |
| Slightly well | 28.00 | 20.00 | 8.00 |
| Very well | 47.00 | 42.00 | 5.00 |
| Extremely well | 14.00 | 14.00 | 0.00 |
|  |  |  |  |
| **Overall Stat Test of Percentages** | 0.038 | | |

At a 95% confidence interval, there appears to be a significant relationship between citizenship status (international or US) and the perception of how well UTD supports students in crisis situations related to mental health.

**Table 14 Relationship between Citizenship and Perception of Academic Workload vs. Mental Health Support at UTD**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Q22: Are you an international or US citizen? - Selected Choice** | | | | |
| **Q5: How do you perceive the balance between academic workload and mental health support services offered by UTD?** |  | **Total** | **International (specify country)** | **US Citizen** |
| **Total Count (Answering)** | 95.00 | 80.00 | 15.00 |
| The university prioritizes mental health support services, even if it means reducing academic workload | 8.00 | 7.00 | 1.00 |
| There's a fair balance between academic workload and mental health support services | 44.00 | 39.00 | 5.00 |
| Schoolwork is more important than mental health support | 19.00 | 12.00 | 7.00 |
| I'm not sure about the balance between academic workload and mental health support services | 24.00 | 22.00 | 2.00 |
|  |  |  |  |
| **Overall Stat Test of Percentages** | 0.044 | | |

At a 95% confidence interval, there is a significant relationship between citizenship status (international or US) and the perception of the balance between academic workload and mental health support services at UTD.

Table 15: **Relationship between Citizenship and Perception of Availability of Specialized Mental Health Care at UTD**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Q22: Are you an international or US citizen? - Selected Choice** | | | | |
| **Q6: How would you rate the availability of specialized mental health care (e.g., for eating disorders, substance abuse, trauma, stress) at UTD? (Select one)** |  | **Total** | **International (specify country)** | **US Citizen** |
| **Total Count (Answering)** | 95.00 | 80.00 | 15.00 |
| Highly Available | 18.00 | 18.00 | 0.00 |
| Available | 57.00 | 48.00 | 9.00 |
| Limited | 17.00 | 11.00 | 6.00 |
| Never Available | 3.00 | 3.00 | 0.00 |
|  |  |  |  |
| **Overall Stat Test of Percentages** | 0.032 | | |

At a 95% confidence interval, there appears to be a significant relationship between citizenship status and the perception of the availability of specialized mental health care at UTD.

Table 16  **Relationship between Citizenship and Likelihood to Recommend UTD's Mental Health Services**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Q22: Are you an international or US citizen? - Selected Choice** | | | | |
| **Q12: How likely are you to recommend UTD's mental health services to a friend in need? (Select one)** |  | **Total** | **International (specify country)** | **US Citizen** |
| Total Count (Answering) | 95.00 | 80.00 | 15.00 |
| Extremely unlikely | 4.00 | 2.00 | 2.00 |
| Somewhat unlikely | 11.00 | 7.00 | 4.00 |
| Somewhat likely | 53.00 | 44.00 | 9.00 |
| Extremely likely | 27.00 | 27.00 | 0.00 |
|  |  |  |  |
| **Overall Stat Test of Percentages** | 0.006 | | |

At a 95% confidence level, there is a significant relationship between citizenship and the likelihood of recommending UTD's mental health services.

Table 17 **Relationship between Citizenship and Perception of Colleague/Classmate Disclosure about Mental Health Services**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Q22: Are you an international or US citizen? - Selected Choice** | | | | |
| **Q13: Would it be helpful if your colleague/classmate who is seeking mental health services informs you about professional help? (Select one)** |  | **Total** | **International (specify country)** | **US Citizen** |
| Total Count (Answering) | 93.00 | 78.00 | 15.00 |
| Very Helpful | 37.00 | 36.00 | 1.00 |
| Somewhat Helpful | 39.00 | 31.00 | 8.00 |
| Not really helpful | 11.00 | 7.00 | 4.00 |
| Won't prefer | 6.00 | 4.00 | 2.00 |
|  |  |  |  |
| **Overall Stat Test of Percentages** | 0.017 | | |

At a 95% confidence level, there is a significant relationship between citizenship and the helpfulness of being informed by a colleague/classmate seeking mental health services about professional help.

Table 18 **Relationship between Citizenship and Satisfaction with UTD Counseling Center**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Q22: Are you an international or US citizen? - Selected Choice** | | | | |
| **Q16: How satisfied are you with the mental health treatment and support provided by UTD counseling center? (Select one)** |  | **Total** | **International (specify country)** | **US Citizen** |
| **Total Count (Answering)** | 95.00 | 80.00 | 15.00 |
| Extremely dissatisfied | 4.00 | 2.00 | 2.00 |
| Somewhat dissatisfied | 6.00 | 5.00 | 1.00 |
| Neither satisfied nor dissatisfied | 37.00 | 27.00 | 10.00 |
| Somewhat satisfied | 33.00 | 31.00 | 2.00 |
| Extremely satisfied | 15.00 | 15.00 | 0.00 |
|  |  |  |  |
| **Overall Stat Test of Percentages** | 0.015 | | |

At a 95% confidence level, there is a significant relationship between citizenship status and satisfaction with the mental health treatment and support provided by the UTD counseling center.