

Community College Survey of Student Engagement - Florida SouthWestern State College (2023 Administration)
Frequency Distributions - Community College Student Mental Health and Well-Being

[Weighted]

			Your College		Large Colleges		Community College Student Mental Health and Well-Being	
Item	Variable	Responses	Count	Percent	Count	Percent	Count	Percent
6. At this college, I feel that students' mental health and emotional well-being is a priority.	COLLQ8666	Strongly disagree	65	9.7	701	8.1	4,652	9.3
		Disagree	107	16.0	972	11.2	6,100	12.1
		Agree	379	56.8	4,789	55.3	27,292	54.3
		Strongly agree	117	17.5	2,205	25.4	12,205	24.3
		Total	667	100.0	8,667	100.0	50,250	100.0
7. Over the last 2 weeks, how often have you been bothered by having little interest or pleasure in doing things?	COLLQ8667	Not at all	233	35.0	3,631	41.8	20,644	41.0
		Several days	244	36.7	3,056	35.2	17,422	34.6
		More than half the days	84	12.7	1,080	12.4	6,834	13.6
		Nearly every day	104	15.6	919	10.6	5,429	10.8
		Total	665	100.0	8,687	100.0	50,328	100.0
8. Over the last 2 weeks, how often have you been bothered by feeling down, depressed or hopeless?	COLLQ8668	Not at all	296	44.2	4,342	50.2	25,038	50.0
		Several days	237	35.3	2,633	30.5	15,301	30.5
		More than half the days	84	12.6	947	11.0	5,615	11.2
		Nearly every day	53	7.9	720	8.3	4,148	8.3
		Total	670	100.0	8,642	100.0	50,103	100.0

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9. Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge?	COLLQ8669	Not at all	183	27.7	3,053	35.2	17,070	34.0
		Several days	251	37.9	3,138	36.2	18,152	36.1
		More than half the days	113	17.1	1,243	14.3	7,712	15.4
		Nearly every day	114	17.3	1,241	14.3	7,284	14.5
		Total	662	100.0	8,675	100.0	50,218	100.0
10. Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying?	COLLQ8670	Not at all	233	35.8	4,071	46.9	22,761	45.3
		Several days	234	35.9	2,596	29.9	15,113	30.1
		More than half the days	98	14.9	1,026	11.8	6,229	12.4
		Nearly every day	87	13.4	989	11.4	6,115	12.2
		Total	653	100.0	8,682	100.0	50,218	100.0
11. In the past 12 months, I have needed help for emotional or mental health problems such as feeling sad, blue, anxious, or nervous.	COLLQ8671	Strongly disagree	207	31.4	2,725	31.4	16,941	33.7
		Disagree	119	18.0	1,389	16.0	8,087	16.1
		Neither agree nor disagree	115	17.4	1,560	18.0	8,860	17.6
		Agree	143	21.7	1,860	21.4	10,211	20.3
		Strongly agree	76	11.5	1,145	13.2	6,099	12.1
		Total	658	100.0	8,678	100.0	50,198	100.0

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12. If you needed to seek professional help for your mental or emotional health while attending this college, you would know where to go.	COLLQ8672	Strongly disagree	121	18.3	1,066	12.3	7,133	14.3
		Disagree	151	22.9	1,273	14.7	7,797	15.6
		Neither agree nor disagree	153	23.1	1,836	21.2	10,319	20.6
		Agree	180	27.2	2,970	34.3	16,625	33.2
		Strongly agree	56	8.5	1,504	17.4	8,140	16.3
		Total	661	100.0	8,650	100.0	50,016	100.0
13. If you needed help for your mental health and emotional well-being in the past 12 months, how often have you sought such help?	COLLQ8673	Never	217	33.1	2,673	30.9	16,161	32.3
		Rarely	173	26.4	1,907	22.0	10,793	21.6
		Often	77	11.7	1,412	16.3	7,818	15.6
		Very often	44	6.7	772	8.9	3,964	7.9
		I have not needed help for my mental health and emotional well-being	145	22.1	1,886	21.8	11,275	22.5
		Total	655	100.0	8,649	100.0	50,010	100.0
14. If you needed help with your mental health and emotional well-being, what would be the greatest barrier that would keep you from seeking that help?	COLLQ8674	Lack of resources (money, time, transportation)	197	30.3	2,888	33.7	15,781	31.9
		I worry about what others will think of me	57	8.7	967	11.3	6,118	12.4
		I do not know where to seek help	62	9.5	562	6.6	3,207	6.5
		I do not know what kind of help I need	151	23.1	1,655	19.3	9,172	18.5
		Other	184	28.3	2,490	29.1	15,208	30.7
		Total	651	100.0	8,561	100.0	49,486	100.0

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Item	Variable	Responses	Count	Percent	Count	Percent	Count	Percent
15. If you were experiencing emotional or mental health problems such as feeling sad, blue, anxious, or nervous, whom would you most prefer to talk to about this?	COLLQ8675	Trained mental health provider (e.g., psychiatrist, psychologist, counselor, or social worker, etc.)	209	32.0	3,577	41.5	18,485	37.2
		Someone who works at this college who is not a trained mental health provider	20	3.1	224	2.6	1,420	2.9
		Friend, partner, or family member	343	52.7	3,906	45.4	24,165	48.6
		Someone from your cultural community (identity-based, faith-based, etc.)	27	4.1	231	2.7	1,599	3.2
		Other	52	8.1	673	7.8	4,063	8.2
		Total	651	100.0	8,611	100.0	49,732	100.0
16. If you were experiencing emotional or mental health problems such as feeling sad, blue, anxious, or nervous, which of the following supports from a trained mental health provider would you most prefer to use?	COLLQ8676	In-person, individual counseling or therapy	494	77.9	6,185	72.7	36,246	73.8
		In-person, group therapy or a support group	42	6.6	446	5.2	2,694	5.5
		Teletherapy (counseling or therapy via the phone, video, text, messaging)	81	12.7	1,395	16.4	7,284	14.8
		Peer counseling from a trained peer	15	2.4	311	3.7	2,002	4.1
		Crisis hotline (number to call or text during a mental health crisis to reach a trained responder)	3	0.5	173	2.0	891	1.8
		Total	634	100.0	8,509	100.0	49,119	100.0
17. If you needed help with your mental health and emotional well-being, how important is it to you that your mental health provider understands your cultural community (racial/ethnic identity, gender identity, religious identity, LGBTQIA+ identity, etc.)?	COLLQ8677	Not at all important	153	23.6	2,253	26.2	13,575	27.4
		Somewhat important	123	19.0	1,662	19.3	9,347	18.9
		Important	149	22.9	1,873	21.8	10,813	21.8
		Very important	89	13.7	1,360	15.8	7,818	15.8
		Absolutely essential	134	20.7	1,453	16.9	8,002	16.1
		Total	648	100.0	8,600	100.0	49,556	100.0

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18. In the past 4 weeks, how many days have you felt that emotional or mental difficulties have hurt your academic performance?	COLLQ8678	None	254	39.4	3,790	44.0	22,106	44.5
		1-2 days	139	21.6	2,289	26.6	12,737	25.6
		3-5 days	133	20.7	1,382	16.0	7,996	16.1
		6 or more days	118	18.3	1,157	13.4	6,846	13.8
		Total	644	100.0	8,618	100.0	49,685	100.0
19. How likely is it that issues with mental health or emotional well-being would cause you to withdraw from class(es) or from this college?	COLLQ8679	Not likely	369	56.9	5,356	62.2	31,556	63.5
		Somewhat likely	144	22.1	1,939	22.5	10,791	21.7
		Likely	83	12.8	780	9.1	4,268	8.6
		Very likely	53	8.2	532	6.2	3,073	6.2
		Total	648	100.0	8,607	100.0	49,688	100.0
20. In the past 12 months have you needed help with substance use issues?	COLLQ8680	No	587	90.1	7,866	91.3	45,827	92.0
		Yes	15	2.3	226	2.6	1,210	2.4
		I am not sure	32	5.0	288	3.3	1,486	3.0
		I prefer not to respond	17	2.6	239	2.8	1,309	2.6
		Total	651	100.0	8,619	100.0	49,831	100.0

Colleges in the Comparison Group

Comparison Group: Large Colleges

Institution	State	Year
Central Texas College	TX	2023
Community College of Rhode Island	RI	2023
Del Mar College	TX	2023
Evergreen Valley College	CA	2023
Guilford Technical Community College	NC	2023
Jefferson Community and Technical College	KY	2023
Joliet Junior College	IL	2023
Kirkwood Community College	IA	2023
McHenry County College	IL	2023
Metropolitan Community College	NE	2023
Mt. San Jacinto College	CA	2023
Palo Alto College	TX	2023
Pellissippi State Community College	TN	2023
Pikes Peak State College	CO	2023
Southeast Community College	NE	2023