



STUDENT MENTAL & EMOTIONAL HEALTH

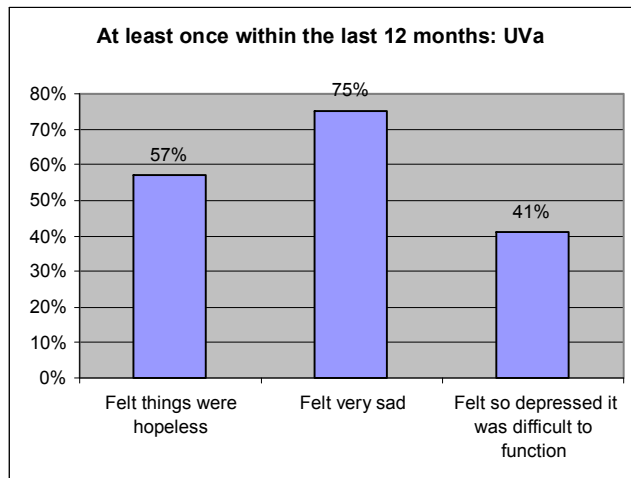
SPRING 2007

The National College Health Assessment (NCHA)

The American College Health Association (ACHA) conducts an annual survey to determine the current status of the health and wellness of college students. This survey, called the National College Health Assessment (NCHA), is distributed to colleges and universities in the United States during the fall and spring semesters and now provides the largest known comprehensive data set on the health of college students.

In the fall of 2006, the University of Virginia (n=793) participated in the NCHA. The data cover a myriad of issues from weight, nutrition, and exercise to sexual health. One area of the survey discusses student mental health and poses a variety of questions about topics ranging from exhaustion to suicidal ideation. For most recent national data, visit http://www.acha-ncha.org/data_highlights.html.

How UVa Fared: Mental Health Issues



Students were asked, "Within the last 12 months, how many times have you felt things were hopeless?" The responses included never, 1-2 times, 3-4 times, 5-6 times, 7-8 times, 9-10 times, and 11 or more times. 57% of UVa students

responded that they felt hopeless at least once in the last year, and 11% of those students felt hopeless 11 or more times. By gender, 50% of males and 61% of females responded that they felt hopeless at least once.

The NCHA also asked, "Within the last 12 months, how many times have you felt very sad?" 75% of UVa students responded that they felt "very sad" at least once in the last year, and 15% of those students felt very sad 11 or more times. By gender, 65% of males and 81% of females responded that they felt very sad at least once.

Another question posed, "Within the last 12 months, how many times have you felt so depressed it was difficult to function?" 41% of UVa students responded that they felt this depressed at least once in the last year, and 8% of those students felt depressed 11 or more times. By gender, 38% of males and 42% of females responded that they felt so depressed it was difficult to function at least once.

Resources for Referral

If you work with a student who may be struggling with mental health issues, the following resources are available to assist you.

Counseling & Psychological Services (CAPS) 24-Hour On Call System	(434) 924-5556
Center for Alcohol and Substance Education	(434) 924-5276
Dean of Students Office	(434) 924-7133
Office of Student Life	(434) 924-7133
Student Health	(434) 924-5362
Office of Health Promotion	(434) 924-1509
Women's Center Counseling Services	(434) 982-2361

