Mental Health Assessment
Utah State University Regional Campus Students

What are the mental health needs of Utah State University RC students? What are the issues related to access and utilization of mental health services? How likely would RC students be to access counseling services through various modes of delivery?

Methods
Qualtrics survey sent via email (with second reminder) to all RC students through Directors of Students at each campus. Survey was open for a total of 3 weeks. Survey included a 34-item scale with seven different sub-scales related to psychological and distressed symptoms in college students (CCAPS) and a variety of open-ended questions addressing barriers RC students may face in accessing student services. Students opted into Amazon gift card drawing and were presented with detailed mental health referral information at the end of the survey.

Sample
Almost 2/3 married; 1/4 single
92% White
68% Female
31.2 Years Old on Average
82% Have Medical Insurance
40% Have Mental Health Insurance Coverage (50% unsure)

Class Standing
- Freshman (14%)
- Sophomore (15%)
- Junior (23%)
- Senior (25%)
- Graduate Student (23%)

FINDINGS
27% have a current mental health diagnosis
9% have a current learning disability diagnosis

Of those, 15% have disclosed to someone on their regional campus.
Of those, 21% have disclosed to someone on their regional campus.
Of those, 32% have received accommodations.

CCAPS-34
Subscale scores range from 0 to 5, higher numbers indicating higher distress.
Findings Continued...

What do RC students believe prevents people from accessing mental health services?

55% Finances
39% Work Responsibilities
33% Family Responsibilities
32% Lack of Mental Health Insurance Coverage
27% Stigma
24% Not Knowing How
23% Distance
12% Lack of Mental Health Providers
9% Transportation
8% Other
4% Weather
1% Religious Belief
1% Disability Status

Note: Survey respondents could endorse more than one option

What do RC students believe are the most critical mental health services and supports necessary for students to succeed at their campus?

72% Individual Counseling
58% Walk-in Mental Health Services
53% Crisis Services
52% 24-hour Hotline
44% Peer Support
44% Psychoeducational Assessment (Learning Disability Diagnosis)
42% Screening and Evaluation
37% Off-campus Referrals
33% Group Counseling
23% Medications
15% Pharmacy
14% Campus-wide Programming
2% Other

Note: Survey respondents could endorse more than one option

---

**Awareness**

12% of RC students are aware of USU’s CAPS expansion of services to regional campuses.

**Access**

6% of RC students have accessed USU’s CAPS.

---

**Likelihood of Mental Health Service Utilization if in Need**

<table>
<thead>
<tr>
<th>IVC</th>
<th>Face-to-Face</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Unlikely</td>
<td>13%</td>
</tr>
<tr>
<td>Unlikely</td>
<td>13%</td>
</tr>
<tr>
<td>Somewhat Unlikely</td>
<td>7%</td>
</tr>
<tr>
<td>Undecided</td>
<td>22%</td>
</tr>
<tr>
<td>Somewhat Likely</td>
<td>20%</td>
</tr>
<tr>
<td>Likely</td>
<td>12%</td>
</tr>
<tr>
<td>Very Likely</td>
<td>7%</td>
</tr>
</tbody>
</table>

---

**Likely to Utilize because...**

**IVC**
- Convenient
- More Private
- In need
- Willing to Try

**Face-to-Face**
- Convenient/Effective
- More Private

**Unlikely to Utilize because...**

**IVC**
- Stigma
- Privacy Concerns
- Technology Concerns
- Impersonal
- Time Constraints

**Face-to-Face**
- Stigma
- Privacy Concerns
- No Need
- Community/Self-Care
- Lack Personal Resources

---

Department of Sociology, Social Work, & Anthropology
Utah State University

USU MSW Research Project