

# The Mental Health Status of Foothill College Students

Results of the Healthy Minds Study Survey  
Spring 2021





# About the Healthy Minds Study (HMS)

- Survey provides a detailed picture of mental health and related issues in college student populations
- HMS is a web-based survey
- Launched in 2007, HMS has been fielded at about 400 colleges and universities, with over 550,000 survey respondents



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**THE HEALTHY  
MINDS STUDY**

## Sample Size

- 870

## Response Rate

- 11%

Foothill College HMS  
survey conducted  
Spring Quarter, 2021:

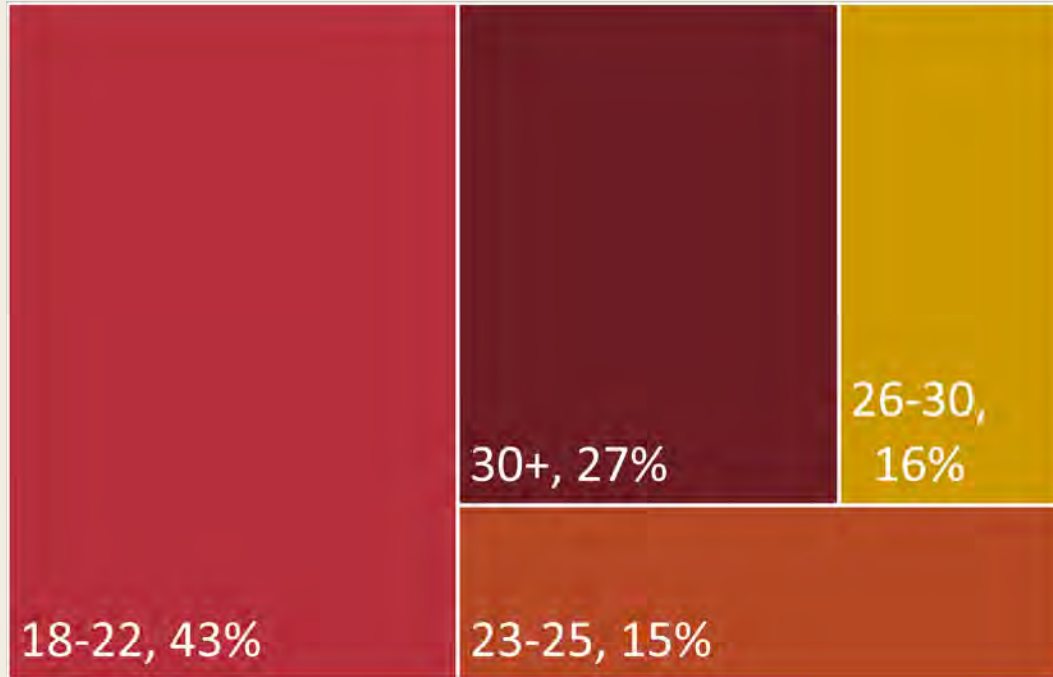
January 27 –  
February 16

# Sample & Response Rate of Comparison Groups

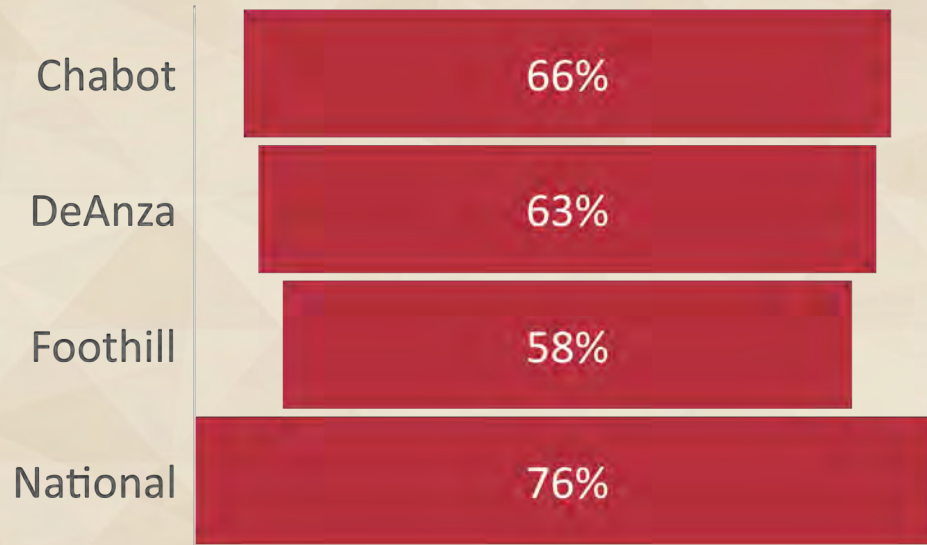
Campus	Sample	Response rate
Chabot College	669	6%
DeAnza College	743	9%
<b>Foothill College</b>	<b>870</b>	<b>11%</b>
National sample	103,748	15%

## Demographics:

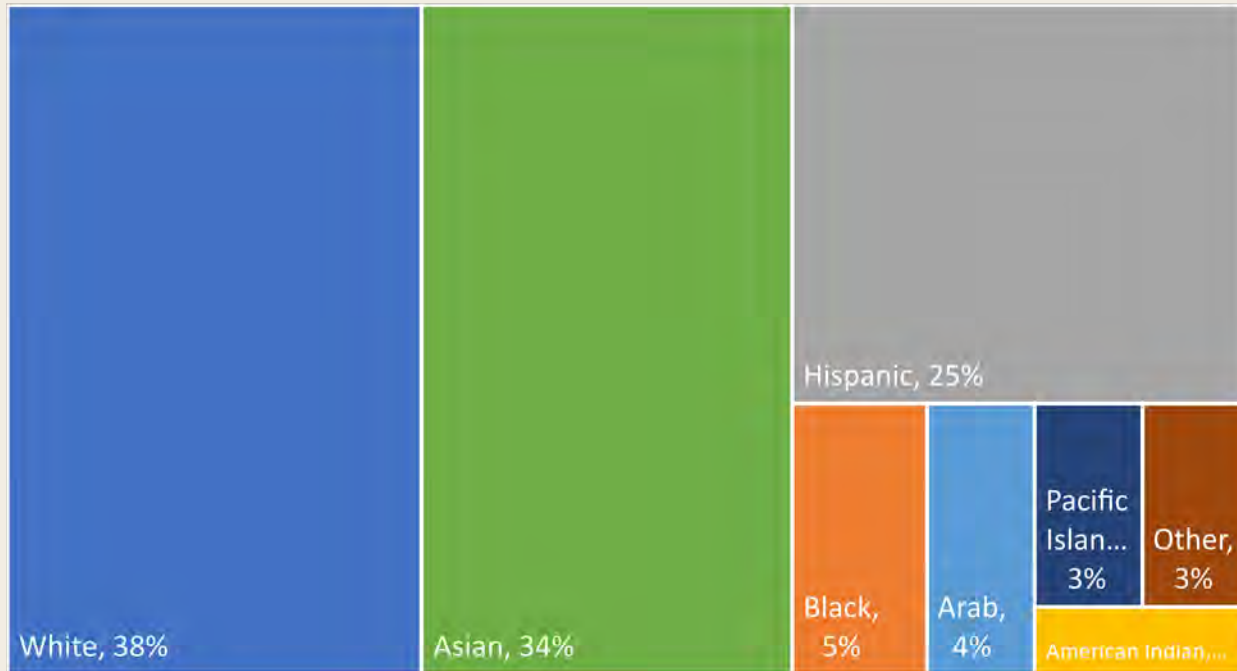
Age breakdown of  
Foothill College  
respondents



# Demographics: Percentage of young adults ages 18-25



White	Black	Hispanic	American Indian	Arab	Asian	Pacific Islander	Other
38%	5%	25%	2%	4%	34%	3%	3%



## Demographics:

Race/ethnic  
composition of  
Foothill College  
respondents



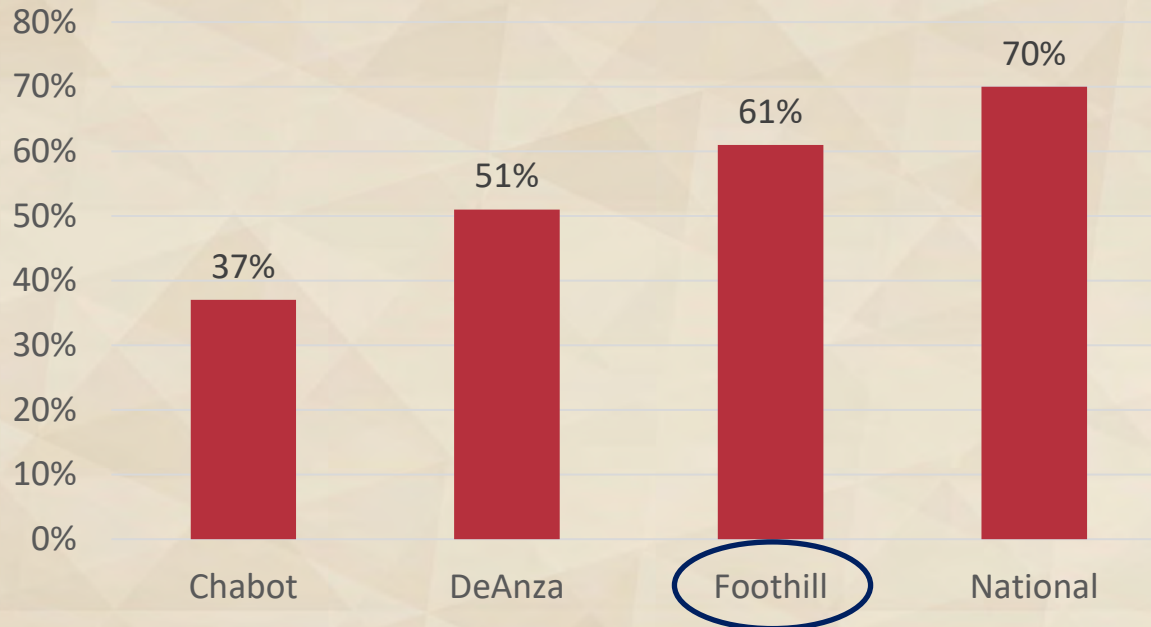
# Race/ethnicity of sample populations

	White	Black	Hispanic	American Indian	Arab	Asian	Pacific Islander	Other
Chabot	17%	11%	39%	2%	3%	36%	4%	2%
DeAnza	23%	4%	25%	2%	3%	50%	3%	4%
<b>Foothill</b>	<b>38%</b>	<b>5%</b>	<b>25%</b>	<b>2%</b>	<b>4%</b>	<b>34%</b>	<b>3%</b>	<b>3%</b>
National	72%	10%	13%	2%	1%	10%	1%	2%

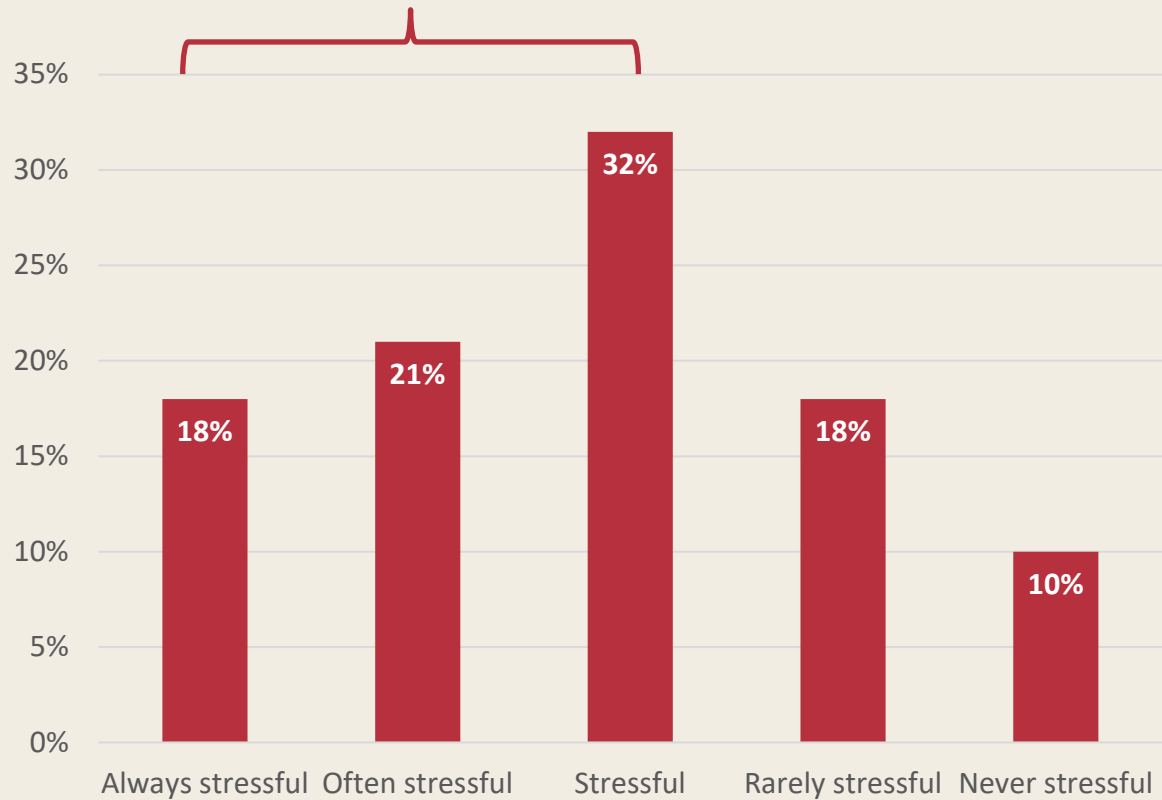
61%

Highest educational attainment of either parent among Foothill respondents (with college or graduate degree)

# Highest educational attainment of either parent (with college or graduate degree)



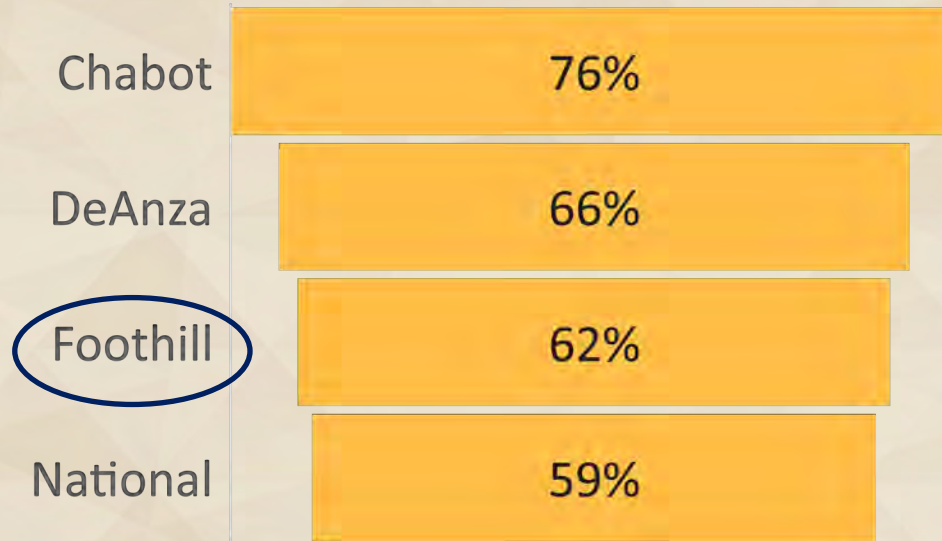
More than 7 in 10 (71%) students reported financial stress



Current financial situation of the Foothill respondents

# Current Financial Situation

(proportion who indicated always stress, often stress, stressful)



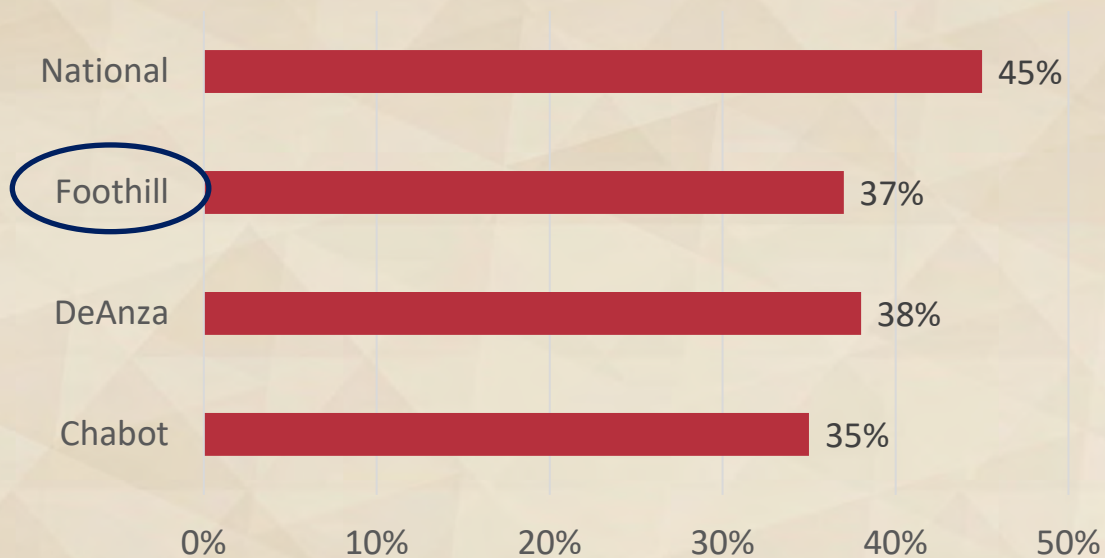
37%

Time Studying/Doing  
Homework:

Proportion of Foothill  
respondents who spent 11  
or more hours/week

# Time Studying/Doing Homework

(Proportion who spent 11 or more hours/week)



68%

Persistent/Retention:

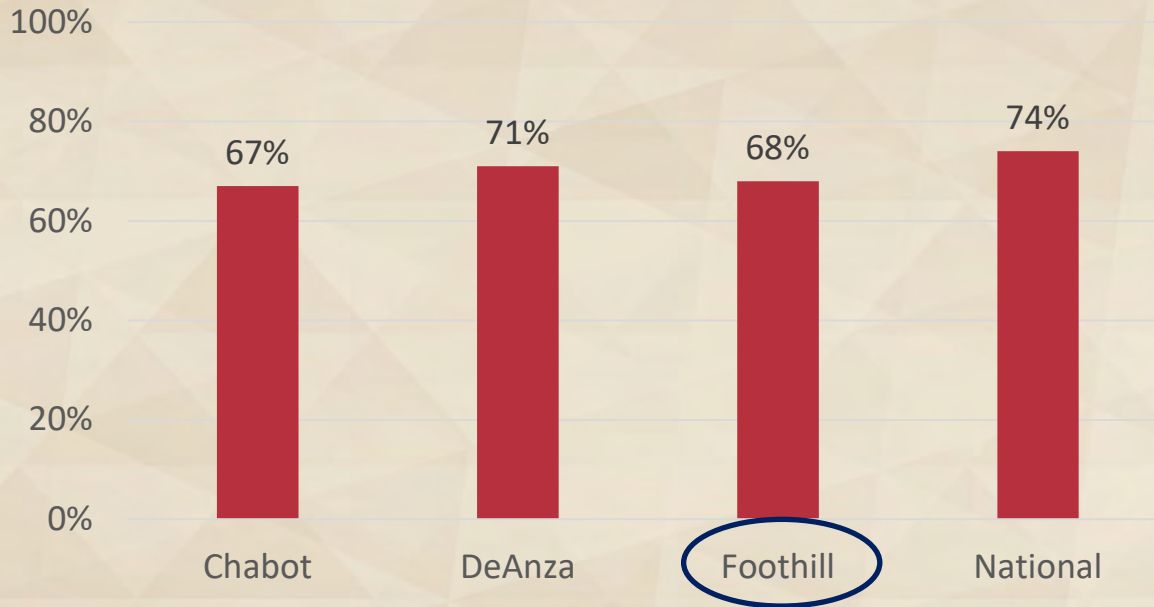
Proportion of Foothill  
respondents who agreed  
with the statement

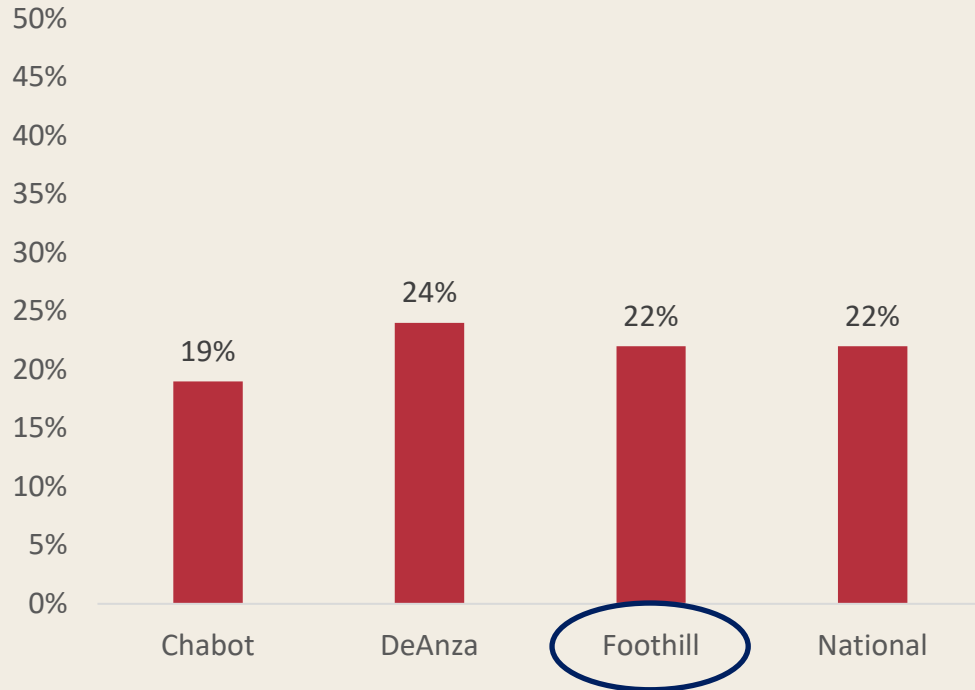
*“am confident I will finish  
my degree no matter the  
challenges”*



# Persistent/Retention:

Am confident I will finish my degree no matter the challenges



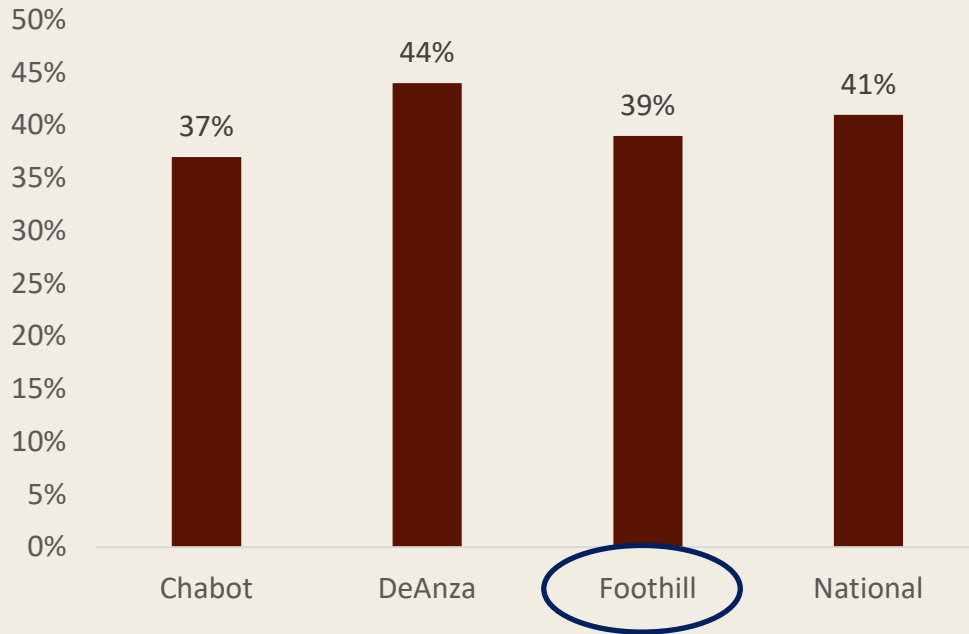


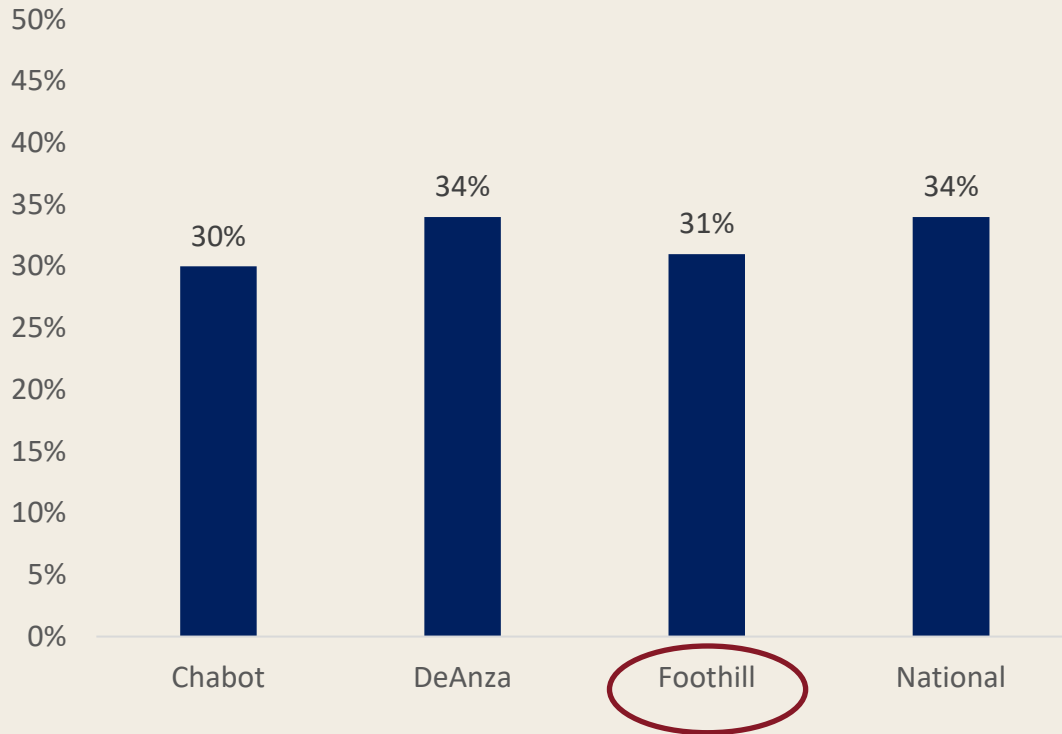
Key mental health measures:

Positive screening on PHQ-9

## Key mental health measures:

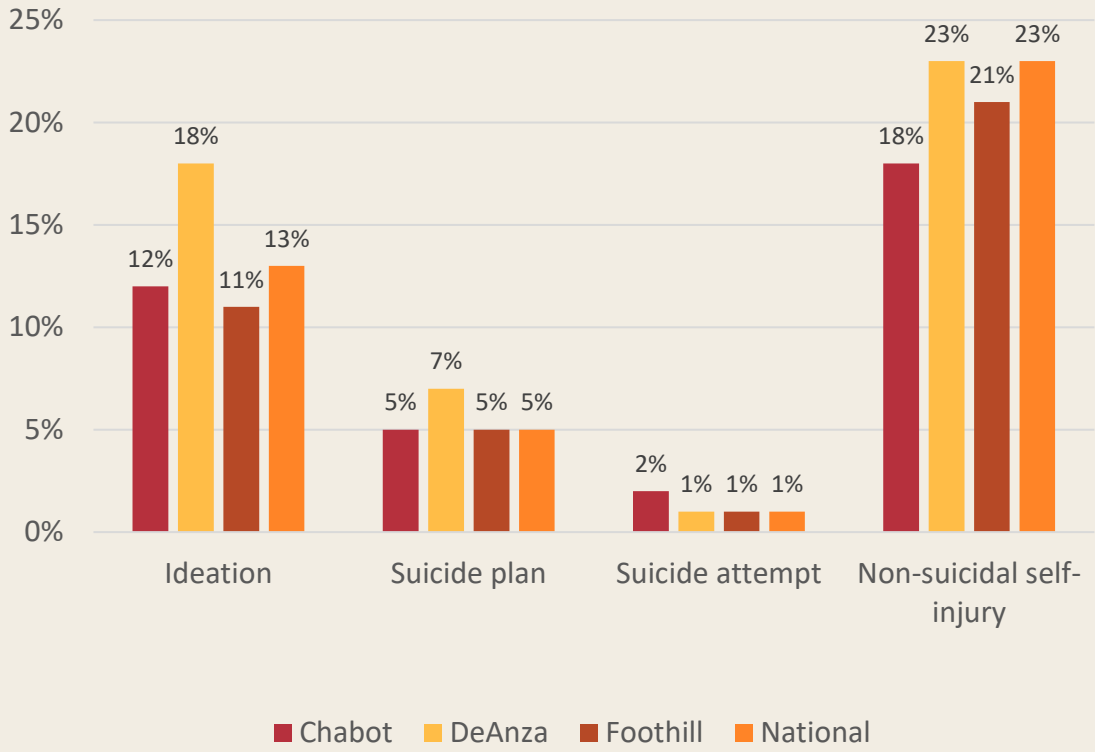
Overall depression





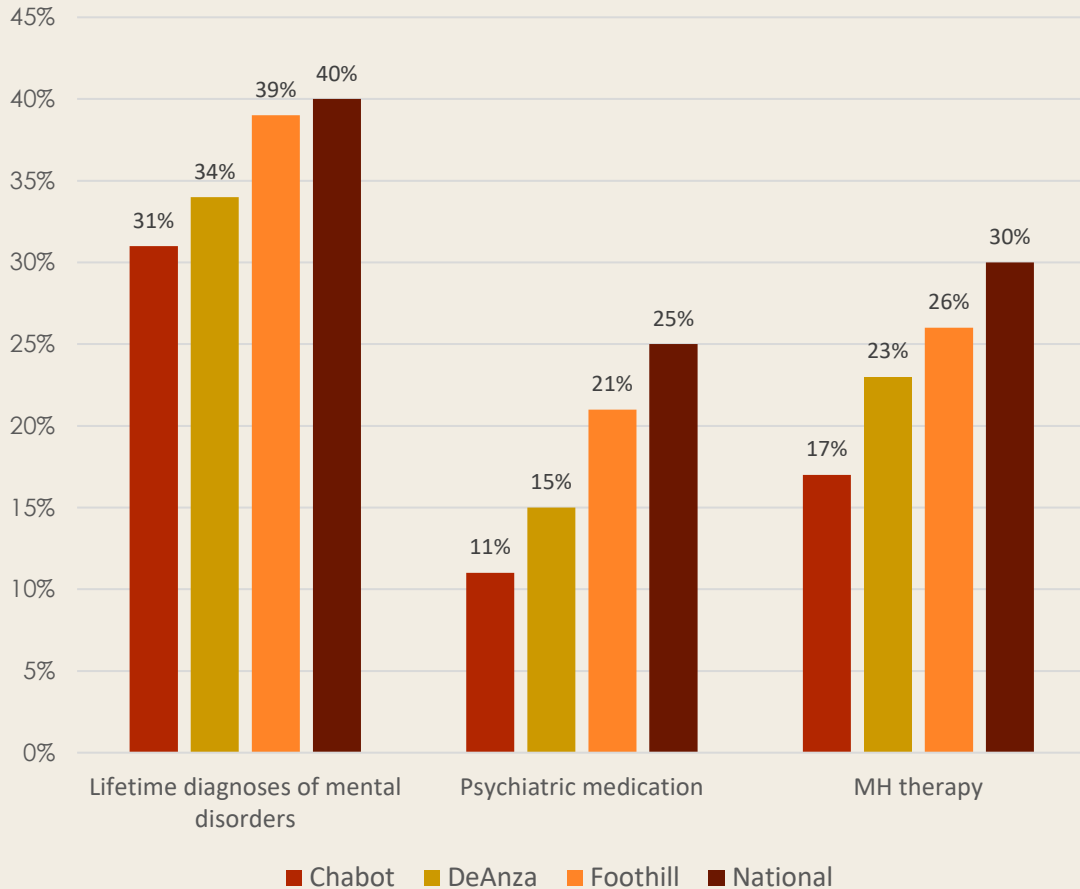
Key mental health measures:

☐ Positive screening on GAD-7 (anxiety)



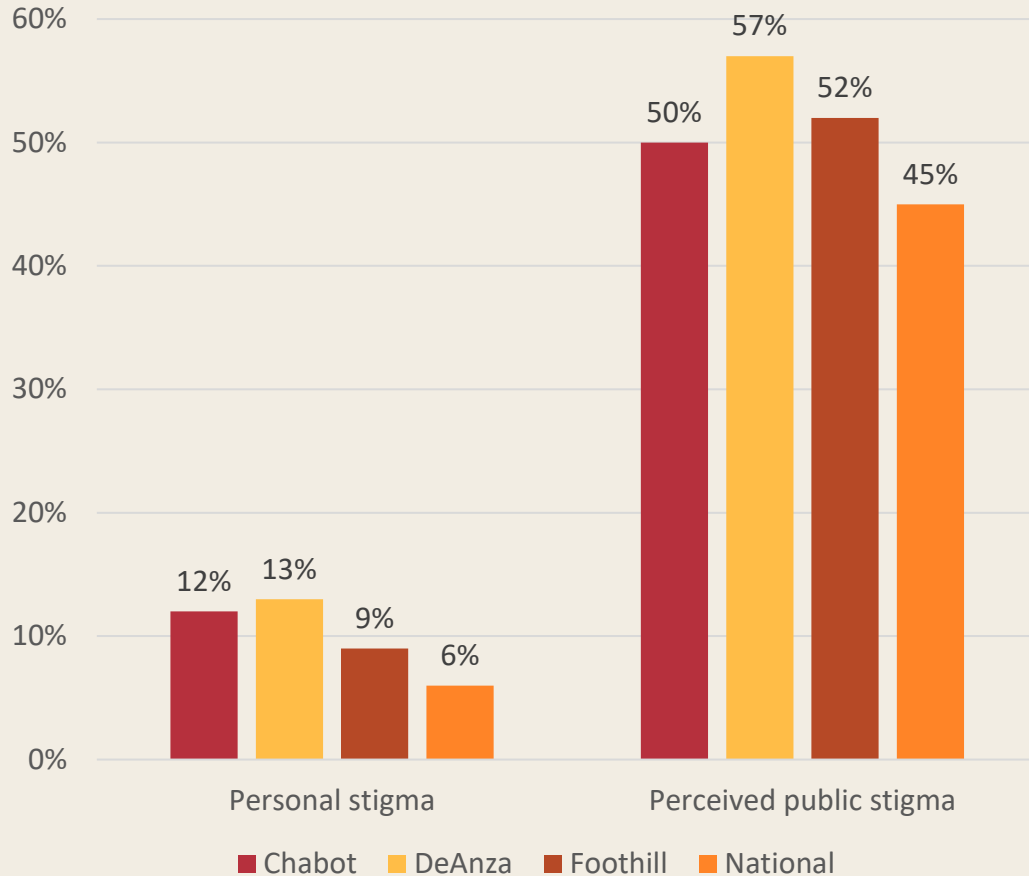
## Measures on suicidality and self-harm (past year):

- Suicide ideation
- Suicide plan
- Suicide attempt
- Non-suicidal self-injury



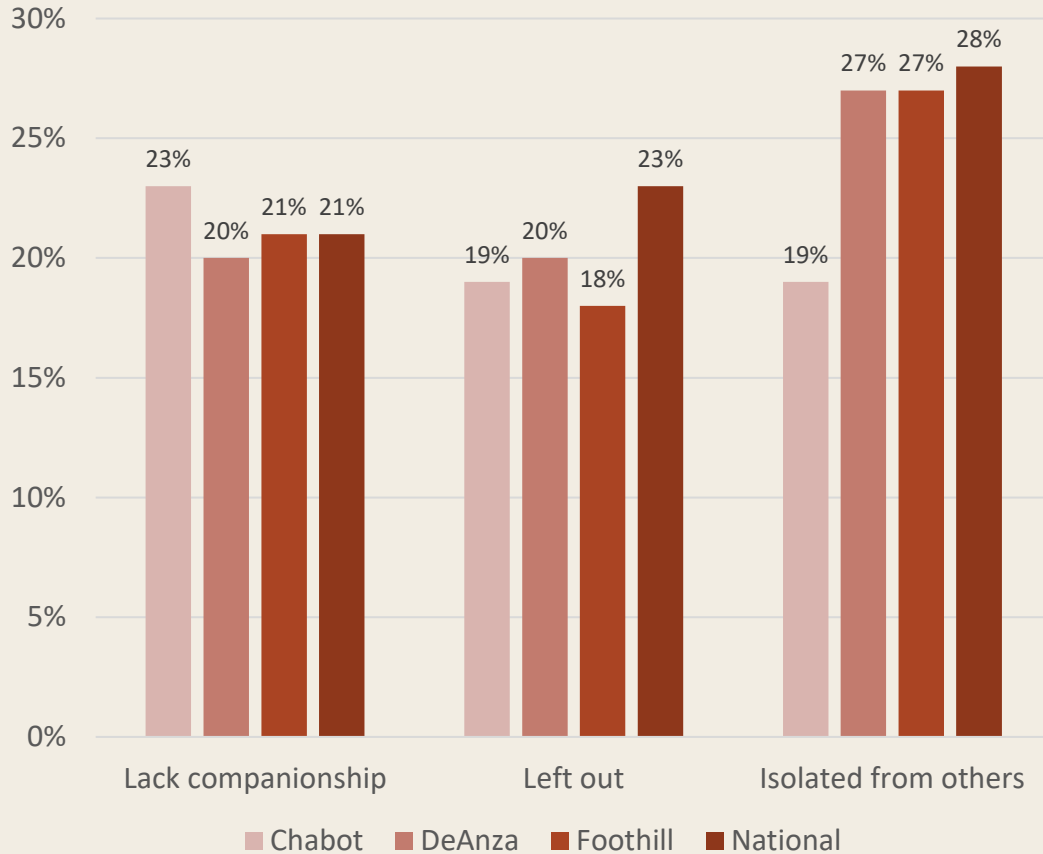
## Key mental health measures:

- Lifetime diagnoses of mental disorders
- Psychiatric medication (past year)
- Mental health therapy/counseling (past year)



## Mental health stigma:

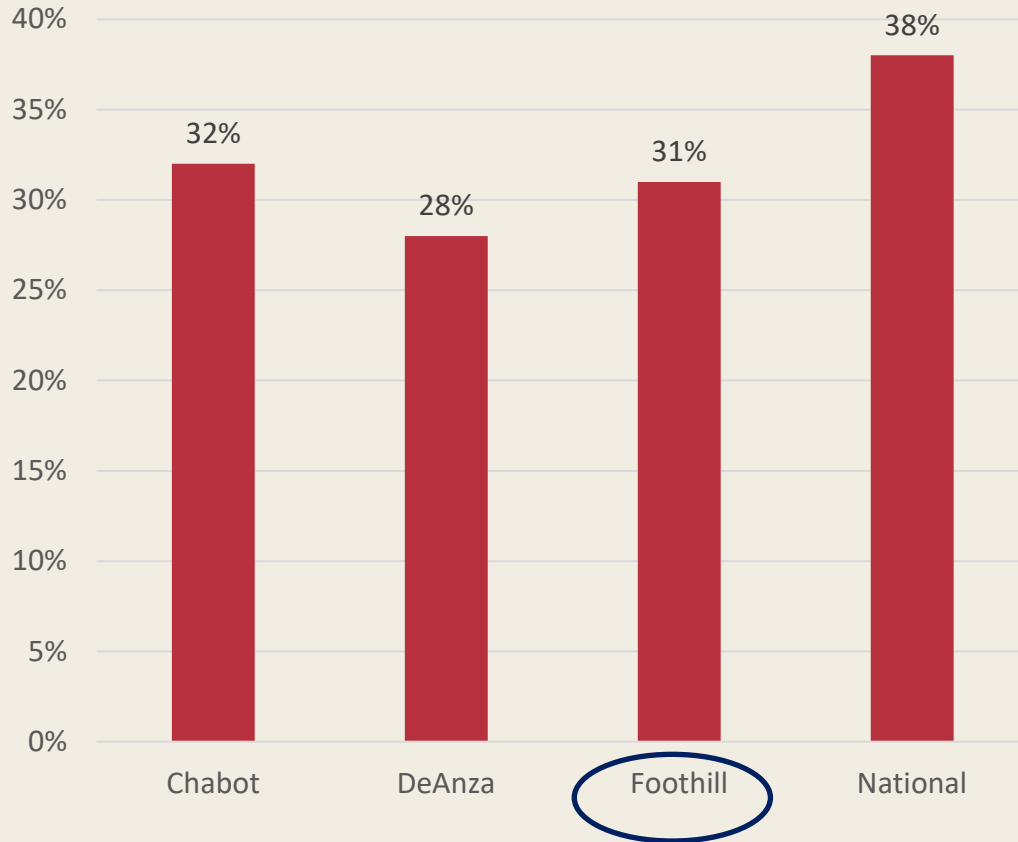
- Personal stigma: agrees with "I would think less of someone who has received mental health treatment."
  
- Perceived public stigma: agrees with "Most people would think less of someone who has received mental health treatment."



## Loneliness: How often do you feel:

- Lack of companionship
- Left out
- Isolated from others





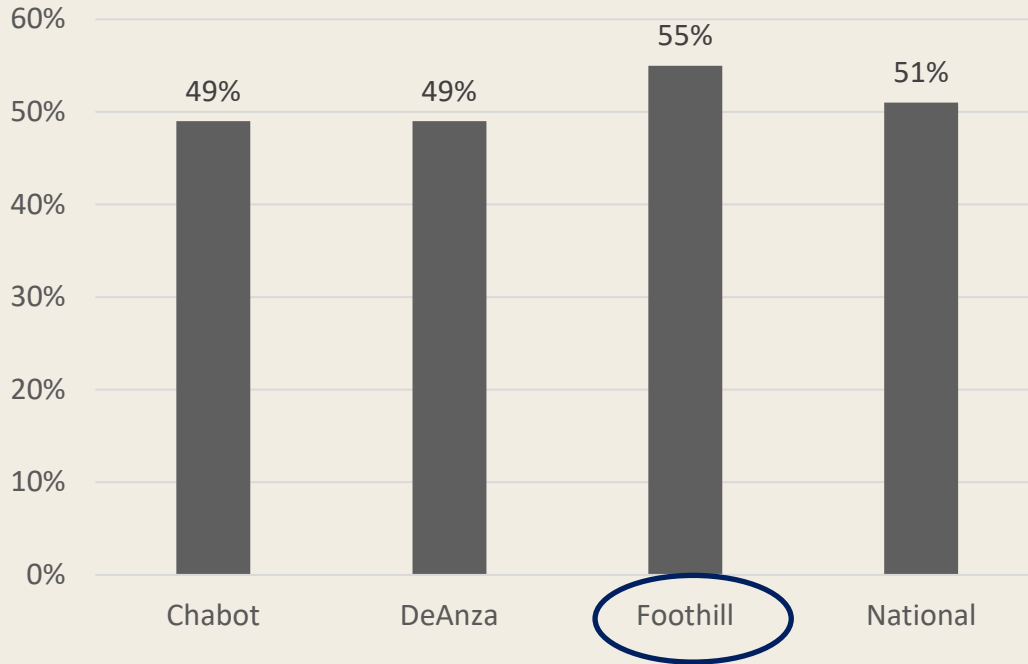
## Positive mental health psychological well-being:

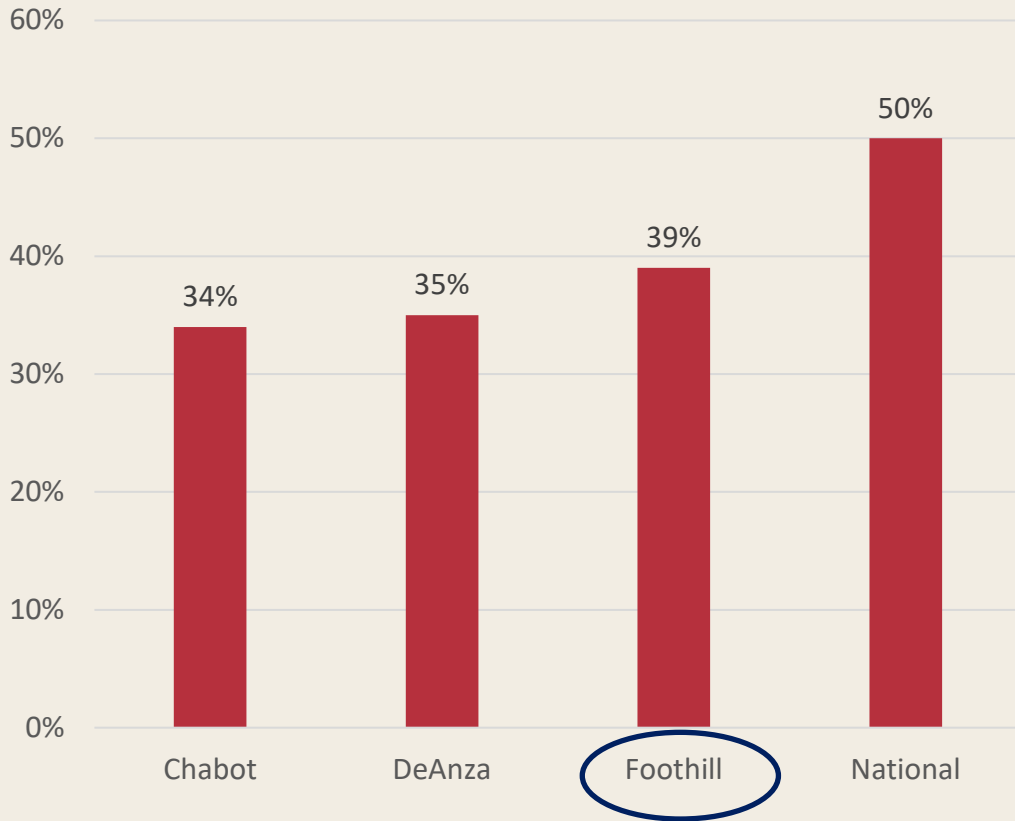
Measured using The Flourishing Scale, an eight-item summary measure of the respondent's self-perceived success in important areas such as:

- ✓ relationships
- ✓ self-esteem
- ✓ purpose
- ✓ optimism

## Health behaviors and lifestyle: Exercise

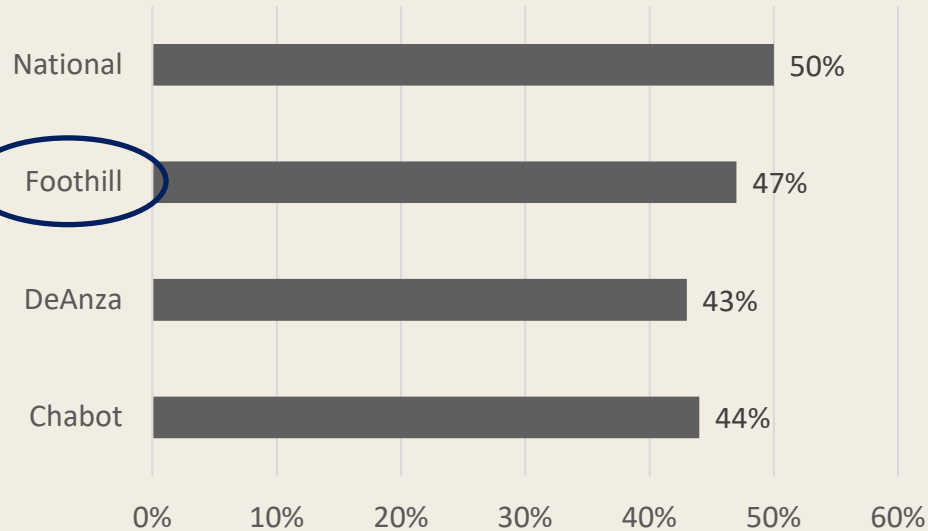
In the past 30 days, about how many hours per week on average did you spend exercising? (moderate or higher intensity)





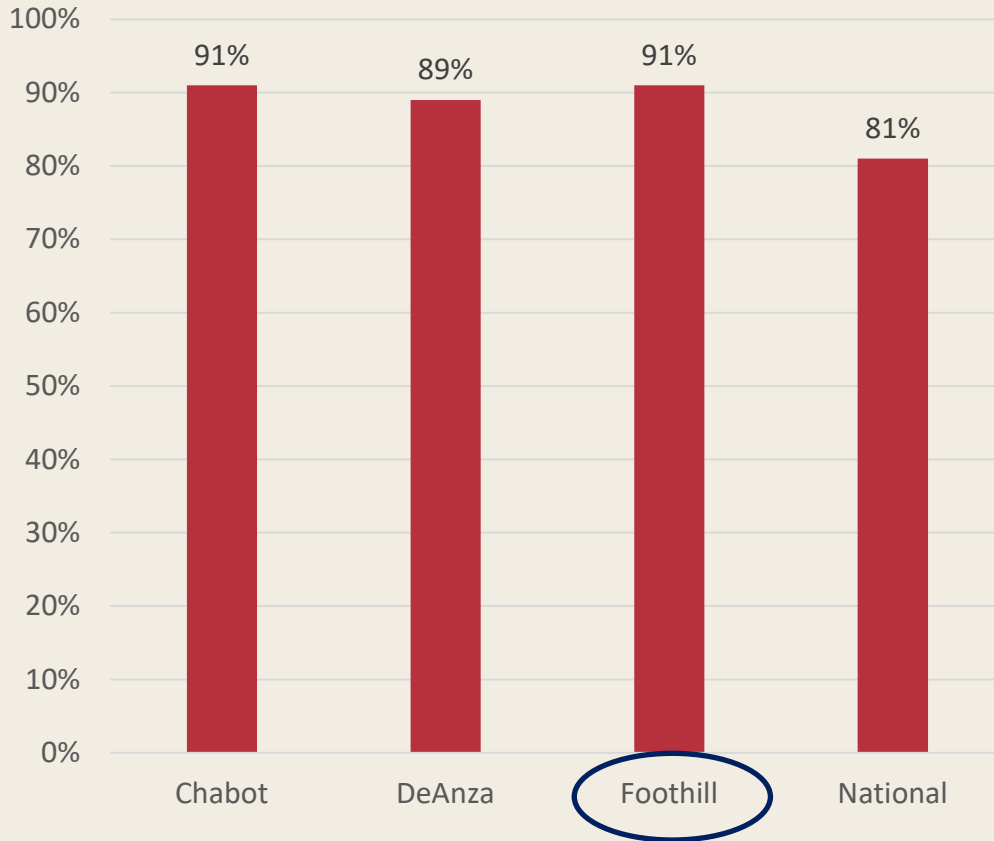
## Knowledge of campus mental health resources:

If I needed to seek professional help for my mental or emotional health, I would know where to go to access resources from my school (strongly agree + agree)



## Perceived need for mental health services:

I currently need help for emotional or mental health problems such as feeling sad, blue, anxious or nervous (strongly agree + agree)



## Campus Climate:

Anti-racism: I believe my school actively works towards 91% combating racism within the campus community

# Barriers to Help Seeking

In the past 12 months, which of the following factors have caused you to receive fewer services (counseling, therapy, or medications) for your mental or emotional health than you would have otherwise received? (Select all that apply)

## Chabot

- No need for services (40%)
- No barriers (19%)
- Not sure where to go (16%)
- Prefer to deal with issues on my own or with support from family/friends (16%)

## De Anza

- No need for services (43%)
- Financial reason (17%)
- Prefer to deal with issues on my own or with support from family/friends (17%)

## Foothill

- No need for services (40%)
- Financial reason (21%)
- Prefer to deal with issues on my own or with support from family/friends (17%)

## National

- No need for services (37%)
- Not enough time (19%)
- Prefer to deal with issues on my own or with support from family/friends (19%)

## Help seeking behavior among Foothill students

26%

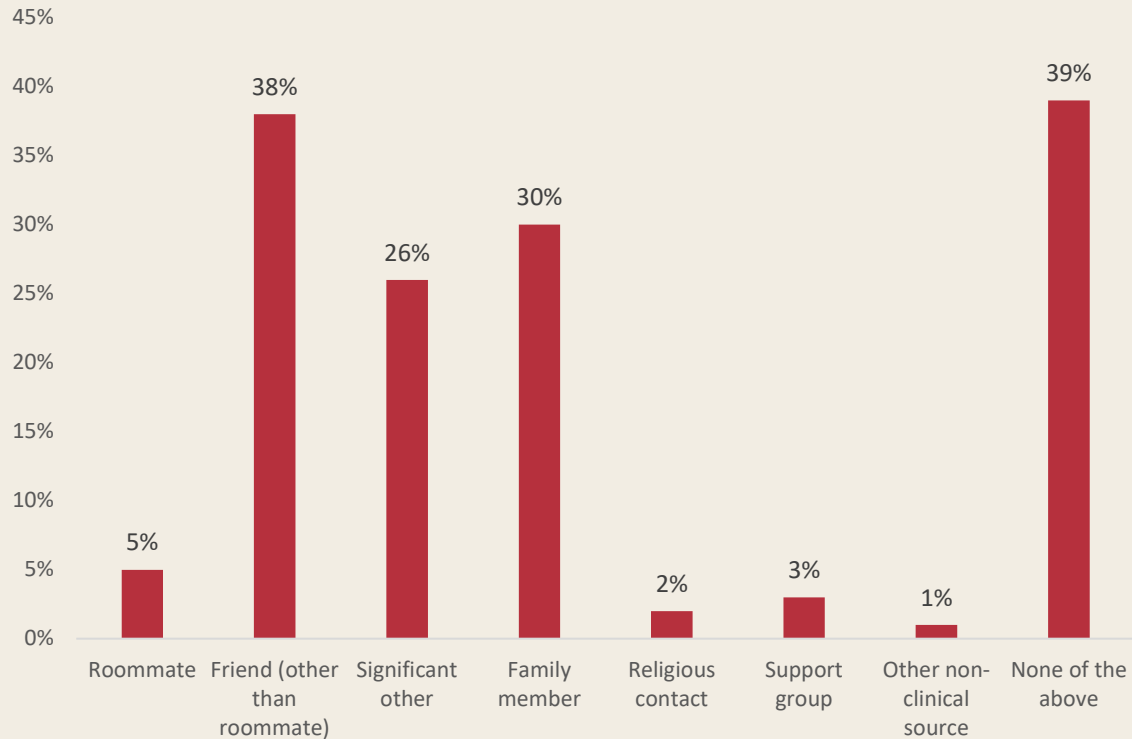
- Therapy or counseling for mental health – past year

15%

- Therapy or counseling for mental health - current

6%

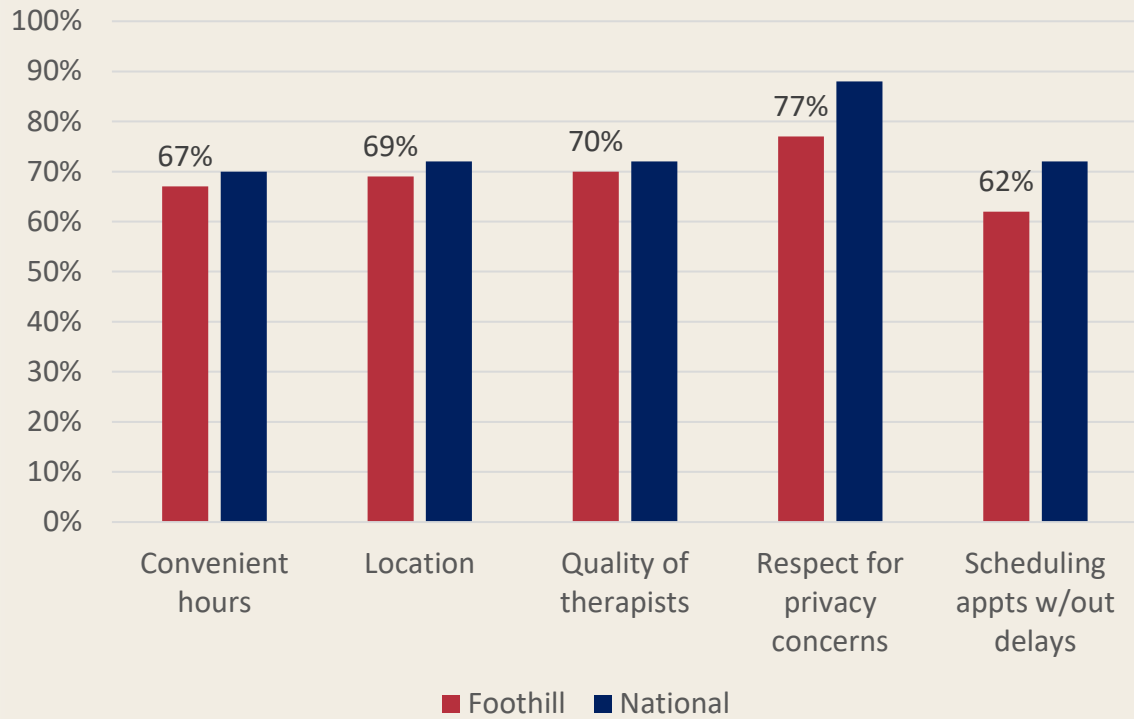
- Used mental health providers on campus



## Help-seeking behavior among Foothill students:

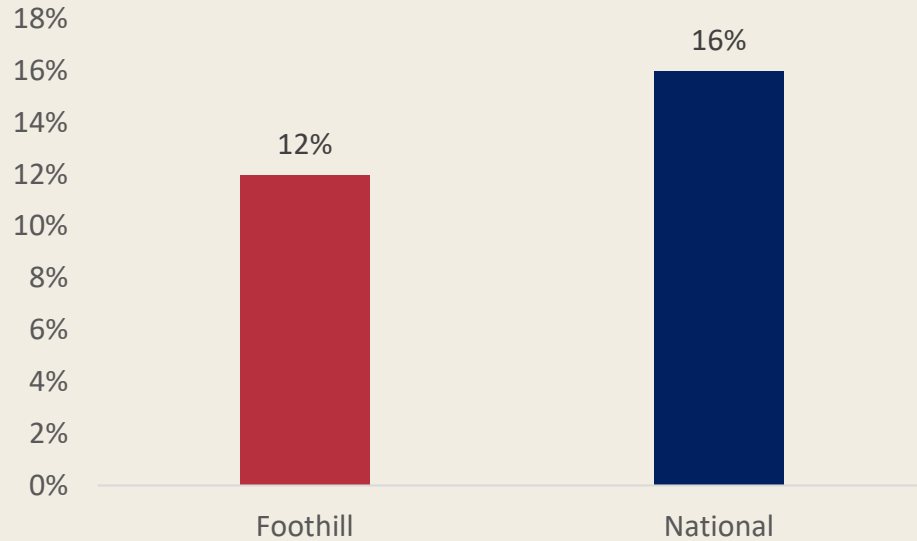
Received counseling or support for mental health from these sources, past year





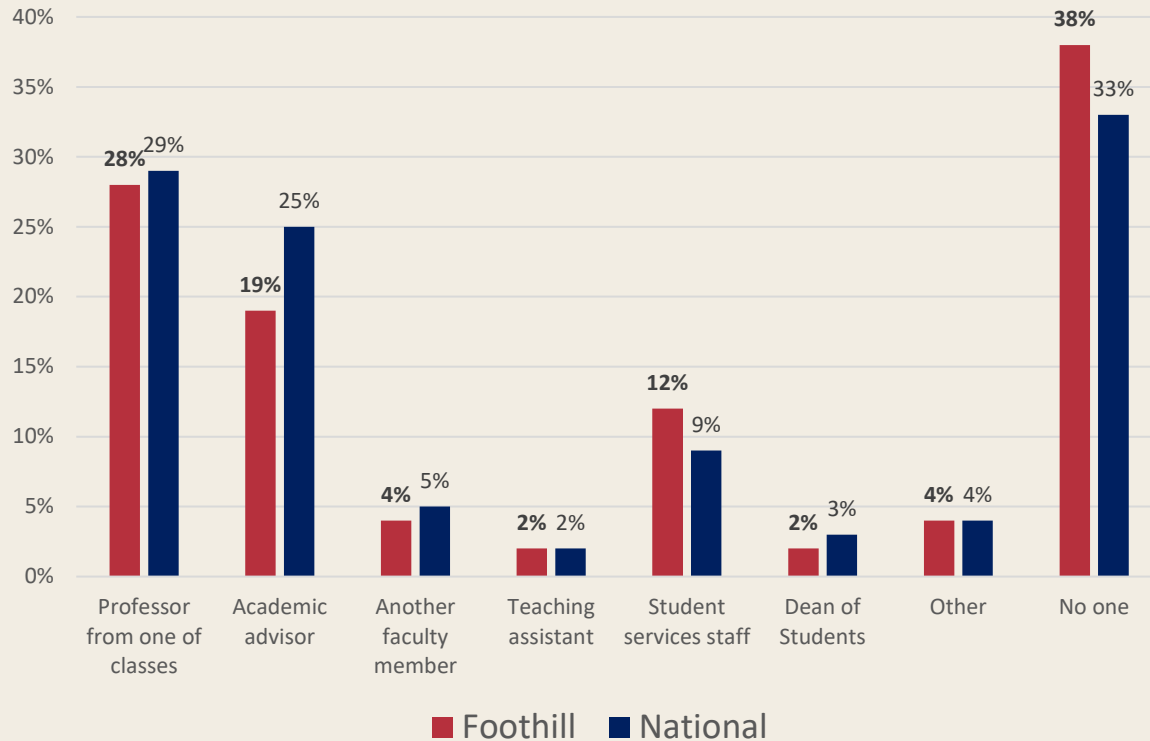
## Satisfaction with Therapy, specific to Foothill College campus-based providers

% that reported “satisfied” or “very satisfied”



Supportive of academic  
and social environment:

Talked with any academic  
personnel about mental  
health problems affecting  
performance



Supportive of academic and social environment:

Whom would you talk to about mental health problems affecting academic performance?

Nearly 2 in 5 (39%)  
students reported  
depression

About 1 in 10 (11%)  
students thought about  
suicide in past year

About 1 in 5 (21%) students  
reported lacking  
companionship

About 3 in 10 (31%)  
students reported positive  
mental health

Nearly 2 in 5 (39%)  
reported knowledge on  
campus-based mental  
health services

Much work needs to be  
done to inform the majority  
of students, or 3 in 5, about  
campus-based mental  
health services

## Key points on the status of mental health among Foothill students

# Contact Information

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