Santa Rosa Junior College HMS Multi-year Comparison Report

ABOUT THE HEALTHY MINDS STUDY (HMS)

Study Team

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STUDY PURPOSE

The Healthy Minds Study provides a detailed picture of mental health and related issues in college student populations. Schools typically use their data for some combination of the following purposes: to identify needs and priorities; benchmark against peer institutions; evaluate programs and policies; plan for services and programs; and advocate for resources.

STUDY DESIGN

The Healthy Minds Study is designed to protect the privacy and confidentiality of participants. HMS is approved by Advarra. To further protect respondent privacy, the study is covered by a Certificate of Confidentiality from the National Institutes of Health.

SAMPLING

Each participating school provides the HMS team with a sample of currently enrolled students over the age of 18, either randomly selected or their entire student population. Schools with graduate students typically include both undergraduates and graduate students in the sample.

DATA COLLECTION

HMS is a web-based survey. Students are invited and reminded to participate in the survey via emails, which are timed to avoid, if at all possible, the first two weeks of the term, the first two weeks following any major vacation, the last week of the term, heavy testing periods, and any major holidays. The data collection protocol begins with an email invitation, and non-responders are contacted up to three times by email reminders. Reminders are only sent to those who have not yet completed the survey. Each communication contains a URL that students use to gain access to the survey.

NON-RESPONSE ANALYSIS

A potential concern in any survey study is that those who respond to the survey will not be fully representative of the population from which they are drawn. In the HMS, we can be confident that those who are invited to fill out the survey are representative of the full student population because these students are randomly selected from the full list of currently enrolled students. However, it is still possible that those who actually complete the survey are different in important ways from those who do not complete the survey. It is important to raise the question of whether the percentage of students who participated are different in important ways from those who did not participate. We address this issue by constructing non-response weights. The non-response weights adjust specifically for the fact that female students have consistently higher response rates than male students in our survey (and in most other survey studies). We construct the weights by comparing the female-male composition of our respondent sample to the reported female-male ratio for the full student population at each institution (which is typically available from basic enrollment statistics). If the respondent sample has a smaller percentage of males and larger percentage of females, as compared to the composition of the full student population, then male students in our sample are assigned a higher non-response weight value than female students. This means that weighted estimates are representative of the female-male distribution in the full student population. For students with nonbinary gender identities, we are not able to use this same process, however, because we are generally not able to obtain accurate statistics on the representation of these groups in the full student population. Therefore, rather than making assumptions, we assign a weight value to students with nonbinary identifiers that leaves their representation in the weighted sample the same as in the unweighted sample. In the future, if and when more reliable information becomes available at the full student population level, we will be able to incorporate that information into sample weights for groups other than female and male gender identities. Finally, note that these sample weights give equal aggregate weight to each school in the national estimates. An alternative would have been to assign weights in proportion to school size, but we decided that we did not want our overall national estimates to be dominated by schools in our sample with very large enrollments.

ABOUT THIS REPORT

This report includes values for a selection of key measures in the three standard survey modules that are administered on all participating campuses: Demographics, Mental Health Status, and Mental Health Service Utilization/Help-Seeking. For each measure, the data tables display the following information: the value for your institution's 2025 HMS sample, the 95% confidence interval for your institution's 2025 value, the value for your institution's 2022 HMS sample, and an indicator of whether your institution's 2025 value is significantly higher or lower than the 2022 value. Unless otherwise noted, all values in this report have been weighted to be representative of the full student populations to which they refer (see Non-response Analysis). Also note that for some measures, respondents were allowed to select more than one response category (e.g., they might have seen more than one type of provider for mental health services), so the percentages sometimes add up to more than 100% across response categories. The 95% confidence intervals give a sense of how much uncertainty there is about each estimated value. This uncertainty exists because our estimates are sometimes based only on a random sample of students, rather than a complete census of the student population. However, schools that had less than 8,000 students provided their entire population. For the sake of consistency, these schools were not treated any differently than those schools that provided a random sample of their full population. Essentially, the confidence interval tells us that there is a 95% probability that the true population value is within this particular range. Because the school-level values are only estimates based on random sampling, we cannot say for certain that your institution's true 2025 value is above or below the 2022 value. But in cases where we can say that there is a 95% or higher statistical probability that your institution's 2025 value is higher or lower than the 2022 value, we indicate this (using X in the "Sig" column).

Respondent Characteristics

Sample Details

2025 sample: 2,193 students, 10.69% response rate
2022 sample: 1,715 students, 9.71% response rate

Gender (unweighted)

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Woman	67%	0.65	0.69	70%	
Man	28%	0.26	0.30	26%	
Transgender and Gender Expansive*	5%	0.04	0.06	4%	

*Transgender and Gender Expansive category includes respondents who selected trans man, trans woman, nonbinary, queer, or self-identify response options

Sexual orientation

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Heterosexual	72%	0.69	0.74	75%	X
Gay or lesbian	7%	0.05	0.08	5%	
Bisexual	12%	0.10	0.15	13%	
Queer	6%	0.05	0.08	4%	X
Questioning	3%	0.02	0.04	3%	
Other*	9%	0.08	0.12	7%	X

*Other category includes respondents who selected asexual, pansexual, or self-identify response options

Race/Ethnicity

	2025 Sample	Confidence	Interval	2022 Sample	Sig
White/Caucasian	56%	0.53	0.59	57%	
Black/African American	5%	0.04	0.06	3%	X
Hispanic/Latino	41%	0.38	0.44	37%	X
American Indian	4%	0.03	0.05	4%	
Arab/Middle Eastern	1%	0.00	0.02	1%	
Asian/Asian American	8%	0.06	0.10	9%	
Pacific Islander	1%	0.01	0.02	2%	
Other Race/Ethnicity	3%	0.02	0.04	4%	
Multiracial*	15%	0.13	0.17	15%	

*Includes respondents who selected more than one of the above race/ethnicity options.

International students

	2025 Sample	Confidence	Interval	2022 Sample	Sig
International	3%	0.02	0.04	2%	

Degree program

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Associate	62%	0.59	0.65	63%	
Bachelor's	16%	0.14	0.18	15%	
Master's	1%	0.00	0.02	1%	
PhD	0%	0.00	0.01	0%	
JD	0%	0.00	0.01	0%	
MD	0%	0.00	0.01	0%	
Other	10%	0.08	0.12	8%	
Non-degree	19%	0.16	0.21	19%	

Age

	2025 Sample	Confidence	Interval	2022 Sample	Sig
18-22	44%	0.41	0.47	41%	
23-25	10%	0.08	0.12	12%	X
26-30	11%	0.09	0.13	12%	
31+	35%	0.32	0.38	35%	

Educational attainment of parents/guardians

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Less than HS degree	21%	0.18	0.24	20%	
High school degree	16%	0.14	0.19	16%	
Some college, no degree	19%	0.16	0.22	18%	
College degree	29%	0.26	0.32	30%	
Graduate degree	16%	0.13	0.18	16%	

Current financial situation

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Always stressful	19%	0.17	0.22	19%	
Often stressful	27%	0.24	0.30	27%	
Sometimes stressful	34%	0.31	0.37	33%	
Rarely stressful	15%	0.13	0.17	16%	
Never stressful	5%	0.04	0.06	4%	

Financial situation growing up

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Always stressful	21%	0.19	0.24	22%	
Often stressful	23%	0.20	0.26	24%	
Sometimes stressful	28%	0.25	0.31	27%	
Rarely stressful	19%	0.17	0.22	18%	
Never stressful	8%	0.07	0.10	8%	

Mental Health Measures

Positive mental health

	2025 Sample	Confidence	Interval	2022 Sample	Sig
In flourishing range (48-56)	34%	0.30	0.37	38%	X

Depression (PHQ-9)

	2025 Sample	Confidence	Interval	2022 Sample	Sig
In moderate range (10-14)	21%	0.18	0.24	20%	
In severe range (15-27)	18%	0.15	0.21	22%	X
Any depression (10-27)	39%	0.36	0.42	42%	

Impairment from depression

How difficult have these problems (noted above) made it for you to do your work, take care of things at home, or get along with other people?

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Not difficult at all	27%	0.24	0.30	19%	X
Somewhat difficult	51%	0.48	0.55	53%	
Very difficult	15%	0.13	0.18	20%	X
Extremely difficult	7%	0.05	0.09	9%	

Generalized anxiety (GAD-7)

	2025 Sample	Confidence	Interval	2022 Sample	Sig
In moderate range (10-14)	18%	0.15	0.21	19%	
In severe range (15-21)	13%	0.11	0.16	17%	X
Any anxiety (10-21)	31%	0.28	0.34	35%	X

Depression/Anxiety

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Positive screen for depression or anxiety	46%	0.43	0.50	50%	X

Academic impairment from mental health, past 4 weeks

	2025 Sample	Confidence	Interval	2022 Sample	Sig
None	30%	0.27	0.34	17%	X
1-2 days	30%	0.27	0.33	27%	
3-5 days	20%	0.17	0.23	27%	X
6 or more days	20%	0.17	0.22	29%	X

Self-Injury and Suicide

Non-suicidal self-injury, past year

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Cutting self	5%	0.04	0.07	4%	
Burning self	2%	0.01	0.03	1%	
Punching or banging self	8%	0.07	0.10	10%	
Scratching self	8%	0.06	0.10	8%	
Pulling one's hair	8%	0.06	0.10	8%	
Biting self	4%	0.03	0.06	5%	
Interfering with wound healing	6%	0.05	0.08	7%	
Carving words or symbols in skin	1%	0.00	0.02	1%	
Rubbing sharp objects on skin	3%	0.02	0.04	2%	
Punching or banging wall or object	7%	0.05	0.09	7%	
Other	2%	0.01	0.03	2%	

Suicidality

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Suicidal ideation	11%	0.09	0.13	13%	
Suicide plan	5%	0.04	0.07	5%	
Suicide attempt	2%	0.01	0.03	1%	

Health Behaviors and Lifestyle

Substance use, past 30 days

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Cannabis products that contain THC*	26%	0.23	0.29	27%	
Cocaine	1%	0.00	0.02	1%	
Opioid pain relievers**	1%	0.00	0.02	1%	
Benzodiazepenes	1%	0.00	0.02	1%	
Methamphetamines	1%	0.00	0.01	0%	
Other stimulants (including Adderall**	0%	0.00	0.01	1%	
MDMA (Ecstacy, Molly)	1%	0.00	0.02	1%	
Ketamine (K, Special K)	1%	0.00	0.02	1%	
LSD (acid)	0%	0.00	0.01	0%	
Psilocybin (magic mushrooms, shrooms)	3%	0.02	0.04	3%	
Kratom	1%	0.00	0.01	1%	
Athletic performance enhancers	0%	0.00	0.01	0%	
Other drugs**	1%	0.00	0.02	1%	

*Including smoking, vaping, and/or edibles
**Without a prescription or more than prescribed

Nicotine use, past 30 days

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Cigarettes	7%	0.05	0.09	6%	

Alcohol Use & Binge Drinking

In the past 2 weeks, about how many times did you have 4 [female]/5 [male]/4 or 5 [not female or male] or more alcoholic drinks in a row?

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Any alcohol in past 2 weeks	37%	0.34	0.41	43%	X
One or more times	18%	0.16	0.21	22%	X
3 or more times	5%	0.04	0.07	7%	

Help-Seeking

Knowledge of Services

If I needed to seek professional help for my mental or emotional health, I would know where to go on my campus.

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Agree or strongly agree	73%	0.70	0.76	54%	X

Perceived Need

In the past 12 months, I needed help for emotional or mental health problems or challenges such as feeling sad, blue, anxious or nervous.

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Strongly agree	28%	0.25	0.31	32%	X
Agree	18%	0.16	0.21	19%	
Somewhat agree	18%	0.16	0.21	17%	
Somewhat disagree	6%	0.05	0.08	6%	
Disagree	14%	0.12	0.17	13%	
Strongly disagree	15%	0.13	0.18	13%	

Psychotropic prescription medication use, past year

In the past 12 months, have you taken any of the following types of prescription medication?

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Psychostimulants	6%	0.05	0.08	7%	
Anti-depressants	20%	0.18	0.23	21%	
Anti-psychotics	2%	0.01	0.04	2%	
Anti-anxiety	9%	0.08	0.12	12%	
Mood stabilizers	4%	0.03	0.05	4%	
Other	5%	0.04	0.07	5%	
One or more of the above	31%	0.28	0.34	27%	X
No, none of these	69%	0.66	0.72	73%	X

Prescriber (among those with any past-year medication use)

	2025 Sample	Confidence	Interval	2022 Sample	Sig
General practitioner or primary care physician	48%	0.42	0.54	49%	
Psychiatrist	50%	0.44	0.57	52%	
Other type of doctor	6%	0.03	0.09	3%	
No prescription	3%	0.01	0.06	5%	

Therapy or counseling for mental health

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Any, past year	37%	0.34	0.41	36%	
Current	21%	0.18	0.23	20%	

Number of visits/sessions in the past year, among those with any

	2025 Sample	Confidence	Interval	2022 Sample	Sig
1-3	26%	0.21	0.31	25%	
4-6	20%	0.16	0.25	19%	
7-9	12%	0.09	0.16	11%	
10 or more	42%	0.37	0.48	45%	

Use of specific providers for therapy or counseling for mental health

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Campus Provider A	11%	0.08	0.15	10%	
Campus Provider B	11%	0.08	0.15	5%	X
Psychiatric emergency services	3%	0.02	0.06	5%	
Inpatient psychiatric hospital	3%	0.01	0.05	5%	X
Partial hospitalization program	2%	0.01	0.04	3%	
Provider in the local community (not on campus)	44%	0.39	0.50	57%	X
Provider in another location (such as hometown)	23%	0.18	0.28	28%	X
Other	10%	0.07	0.13	10%	

How were your counseling or therapy sessions conducted?*

	2025 Sample	Confidence	Interval	2022 Sample	Sig
In-person only	43%	0.37	0.49	23%	X
Remote/telehealth only	30%	0.25	0.36	53%	X
Both in-person and remote	35%	0.29	0.41	36%	

*Note: Students were able to select more than one provider and may have received therapy via more than one modality, therefore summed percentages may exceed 100%.

Any clinical treatment (medication or therapy) for mental health in past year

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Past year	48%	0.44	0.51	46%	

How helpful do you think the medication(s) was or has been for your mental or emotional health?

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Very helpful	38%	0.32	0.44	37%	
Helpful	33%	0.28	0.40	29%	
Somewhat helpful	21%	0.17	0.27	27%	X
Not helpful	7%	0.04	0.11	7%	

How helpful do you think therapy or counseling was or has been for your mental or emotional health?

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Very helpful	38%	0.34	0.43	42%	
Helpful	27%	0.24	0.31	24%	
Somewhat helpful	24%	0.21	0.28	23%	
Not helpful	10%	0.08	0.13	10%	

Whom would you talk to if you were experiencing serious emotional distress?

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Professional clinician	45%	0.42	0.48	51%	X
Roommate	4%	0.03	0.06	5%	
Friend (who is not a roommate)	44%	0.41	0.47	43%	
Significant other/Romantic partner	37%	0.34	0.41	38%	
Family member	46%	0.43	0.50	45%	
Religious contact	6%	0.05	0.08	5%	
Support group	9%	0.07	0.11	7%	X
Other non-clinical source	2%	0.01	0.04	2%	
No one	13%	0.11	0.15	12%	

Informal help-seeking

In the past 12 months, have you received counseling or support for your mental or emotional health from any of the following sources?

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Roommate	4%	0.03	0.05	10%	X
Friend (who is not a roommate)	39%	0.36	0.42	47%	X
Significant other	30%	0.27	0.34	43%	X
Family member	37%	0.33	0.40	47%	X
Religious contact	4%	0.03	0.05	8%	X
Support group	8%	0.06	0.10	11%	X
Faculty member	4%	0.03	0.06	5%	
Staff member	2%	0.02	0.04	3%	
Other non-clinical source	2%	0.01	0.03	4%	X
Any of the above	66%	0.63	0.69	62%	X
No, none of these	34%	0.31	0.37	38%	X

Barriers and Facilitators to Help-Seeking

Reasons for receiving fewer services (therapy or medication), among those with any past-year treatment

	2025 Sample	Confidence	Interval	2022 Sample	Sig
No need for services	16%	0.12	0.20	19%	
Financial reasons	33%	0.28	0.38	31%	
Not enough time	28%	0.24	0.33	27%	
Not sure where to go	14%	0.11	0.18	10%	
Difficulty finding an available appointment	20%	0.16	0.24	21%	
Prefer to deal with issues on my own or with family/friend support	15%	0.12	0.19	14%	
Privacy concerns	4%	0.02	0.06	4%	
People providing services don't understand me	10%	0.07	0.14	9%	
Other	7%	0.05	0.10	9%	
No barriers	18%	0.14	0.22	18%	

Reasons for receiving no services (therapy or medication) for mental health, among those with no past-year treatment

	2025 Sample	Confidence	Interval	2022 Sample	Sig
I haven't had the chance to go but I plan to	9%	0.07	0.13	10%	
No need for services	44%	0.39	0.49	47%	
Financial reasons	16%	0.13	0.20	14%	
Not enough time	14%	0.11	0.18	16%	
Not sure where to go	16%	0.12	0.19	15%	
Difficulty finding an available appointment	4%	0.03	0.07	5%	
Prefer to deal with issues on my own or with family/friend support	19%	0.16	0.23	22%	
Privacy concerns	5%	0.03	0.07	6%	
People providing services don't understand me	4%	0.03	0.07	5%	
Other	4%	0.02	0.06	6%	
No barriers	17%	0.13	0.20	12%	X

Persistence / Retention

I am confident that I will finish my degree no matter the challenges.

	2025 Sample	Confidence	Interval	2022 Sample	Sig
Agree or Strongly Agree	74%	0.71	0.77	70%	