

General Health
Survey Results

National College Health Assessment
Spring 2003

* significant to $\leq .05$, ** significant to $\leq .01$, ***significant to $\leq .001$

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INTRODUCTION AND METHODOLOGY

The National College Health Assessment (NCHA) survey instrument is a comprehensive survey designed to assess all aspects of students' health including general health, alcohol and drug use, sexual health and activity, exercise habits, and nutrition. This report pertains to items regarding general health, mental health, the relation of health to academic performance, and preventative health behaviors.

Reference to the NCHA comparative information refers to the national sample for the spring 2003 survey conducted by the American College Health Association (ACHA), which consists of 19,497 respondents from 33 schools around the country.

Reference to the OSU sample refers to the spring 2003 administration of the survey on the main campus of The Ohio State University. A random sample of 3,000 undergraduate, graduate and professional students were surveyed, 562 responses were collected (18.7%). The sample from The Ohio State University is not exactly comparable to the national sample, primarily in that the OSU sample contains more graduate students, and therefore older students, than the national sample. This is partly accounted for by including analysis by class rank and age, but this difference needs to be considered in interpreting comparisons to the national findings.

In the analysis, various student populations were stratified by gender, age category, class rank, international status and campus residence. Some distinctions were made for ethnicity and sexual orientation; however, caution is recommended in the interpretation of the results given the small sample size.

Some distinctions are made for high-risk drinkers, which are categorized by the definition used in the Spring 2002 CORE Alcohol and Drug survey, an undergraduate study administered by the Core Institute at Southern Illinois University. A high-risk drinker is categorized as someone who drank five or more drinks at one sitting in the past two weeks. Reference to time frames such as, within the last year, within the last month or 30 days, etc. are in relationship to the day the survey was administered in April 2003.

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FINDINGS

OVERALL HEALTH AND FREQUENCY OF ILLNESS

Students were asked to rate their overall health and to indicate their experience with a list of different health conditions.

Self Rating of Overall Health

Comparison of OSU to National Results

When asked to rate their overall health, 15.9% of OSU students indicated they were in excellent health (NCHA 17.7%) and 46.3% in very good health (NCHA 45.0%). Table 1.1 provides frequency counts for both the OSU population and the NCHA population; there is no statistically significant difference in response between the two groups.

Table 1.1: Considering your age, how would you describe your general health? (percentages)

	OSU (n=561)	NCHA (n=19,384)	Difference
excellent	15.9	17.7	-1.8
very good	46.3	45.0	1.3
good	29.8	29.9	-0.1
fair	6.4	6.4	0.0
poor	1.4	0.8	0.6
don't know	0.2	0.3	-0.1

Gender Differences

- Although not significantly different, a lower percentage of Women rated themselves to be in excellent health both at OSU and in the national sample. At OSU, 13.2% of the women (15.6% NCHA) indicated they were in excellent health, as compared to 19.6% of the OSU men (21.7% NCHA) (See Table 1.2).

Table 1.2: Considering your age, how would you describe your general health?(percentages)

	OSU Women (n=334)	NCHA Women (n=12,317)	Difference	OSU Men (n=224)	NCHA Men (n=5,970)	Difference
excellent	13.2	15.6	-2.4	19.6	21.7	-2.1
very good	46.4	45.6	0.8	46.4	44.7	1.7
good	32.6	31.0	1.6	25.4	26.9	-1.5
fair	6.3	6.7	-0.4	6.7	5.6	1.1
poor	1.2	0.8	0.4	1.8	0.8	1.0
don't know	0.3	0.3	0.0	0.0	0.2	-0.2

* sign

Other Populations

- There were no significant differences between graduate/professional and undergraduate students, ethnicities, age categories, undergraduate years in school, and on and off-campus students in overall general health ratings (See Table 1.3).

Table 1.3: Considering your age, how would you describe your general health? (percentages)

	Under-graduate (n=380)	Graduate/ Professional (n=160)	Difference	On-Campus Students (n=142)	Off-Campus Students (n=419)	Difference
excellent	15.3	16.3	-1.0	19.0	14.8	4.2
very good	44.2	52.5	-8.3	44.4	47.0	-2.6
good	31.8	25.0	6.8	26.1	31.0	-4.9
fair	6.8	5.6	1.2	7.7	6.0	1.7
poor	1.6	0.6	1.0	2.1	1.2	0.9
don't know	0.3	0	0.3	0.7	0.0	0.7

ILLNESSES

Students reported whether they were ever diagnosed, or diagnosed in the past year, with several types of conditions (See Table 1.4).

Comparison of OSU to National Data

OSU students report statistically higher levels of experiencing some illnesses ever during their life, and within the last year. There are reasons for this difference that are not related to the University environment, for instance some illnesses (allergies) are influenced by geographic location. In addition, the sample of students from OSU is significantly older than the national sample.

Illnesses experienced within the last year that were reported at a rate at least 5% higher than the national results include; allergy problems (55.3%), sinus infection (36.1%) and back pain (50.0%). Illnesses that were experienced at any time during the respondents life that were at least 5% higher than the national results include Allergy problems (44.6%), Sinus infection (45.9%), Strep throat (50.0%), Bronchitis (25.4%), Ear infection (41.9%), and broken bone/fracture (26.2%). (Table 1.4)

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Table 1.4: Have you ever been diagnosed with, or within the last school year were you ever diagnosed with ...? (percentages)

	Within Last Year				Ever Diagnosed With			
	OSU Total (n=559)	NCHA Total (n=19,097)	Difference	$\chi^2(df=1)$	OSU Total (n=560)	NCHA Total (n=18,865)	Difference	$\chi^2(df=1)$
Allergy problems	55.3	45.7	9.6***	20.578	44.6	36.2	8.4***	17.310
Back pain	50.0	44.2	5.8**	7.550	18.2	20.9	-2.7	
Sinus Infection	36.1	26.9	9.2***	24.132	45.9	37.4	8.5***	17.328
Depression	18.6	18.8	-0.2		12.9	12.8	0.1	
Strep throat	14.6	12.6	2		50.0	39.6	10.4***	25.200
Seasonal affected disorder	11.2	6.5	4.7***	20.207	2.5	2.1	0.4	
Bronchitis	11.1	7.8	3.3**	8.440	25.4	20.0	5.4***	10.280
Asthma	10.8	11.0	-0.2		14.6	15.3	-0.7	
Ear infection	10.6	8.9	1.7		41.9	34.1	7.8***	15.119
Anxiety disorder	10.1	11.5	-1.4		6.4	7.0	-0.6	
Repetitive stress injury	8.8	8.6	0.2		8.8	5.4	3.4***	12.878
Broken bone/fracture	3.9	4.7	-0.8		26.2	20.4	5.8***	
Chronic fatigue syndrome	3.8	3.3	0.5		2.2	1.5	0.7	
High cholesterol	3.6	3.3	0.3		4.4	5.1	-0.7	
High blood pressure	2.9	3.3	-0.4		3.4	5.5	-2.1*	4.621
Bulimia	2.3	2.4	-0.1		1.8	5.2	-3.4***	12.957
Anorexia	2.3	1.9	0.4		1.8	2.6	-0.8	
Mononucleosis	2.2	2.0	0.2		11.6	8.6	3.0**	6.766
Genital warts/HPV	2.0	1.6	0.4		2.7	2.3	0.4	
Substance abuse problem	2.0	3.5	-1.5*	3.944	1.3	1.7	-0.4	

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Gender Differences

- Both nationally and at OSU, women reported significantly higher levels of affliction with many illnesses. For OSU students within the last year, women had rates that were statistically different and at least 5% higher than men for sinus infections, seasonal affected disorder, and repetitive stress injury. For OSU students ever diagnosed with the illness, women had statistically different rates, at least 5% higher than men of Sinus Infection, Bronchitis, Ear Infection, Anxiety disorder, and Repetitive stress injury. The only condition that was more common for males was broken bones/fractures, with 31.4% of men compared to 22.9% of women ever being diagnosed. (See Table 1.5).

Table 1.5: Have you ever been diagnosed with, or within the last school year were you ever diagnosed with...? (percentages)

	Within Last Year				Ever Diagnosed With			
	OSU Women (n=334)	OSU Men (n=224)	Difference	$\chi^2(df=1)$	OSU Women (n=334)	OSU Men (n=224)	Difference	$\chi^2(df=1)$
Allergy problems	56.9	52.9	4.0		46.7	42.0	4.7	
Back pain	53.3	45.5	7.8		19.8	16.1	3.7	
Sinus Infection	41.3	28.7	12.6**	9.118	51.2	37.9	13.3**	9.482
Depression	20.4	16.1	4.3		17.5	6.3	11.2***	15.036
Strep throat	16.6	11.7	4.9		53.0	45.5	7.5	
Seasonal affected disorder	15.2	5.4	9.8***	12.879	3.6	0.9	2.7*	24.670
Bronchitis	13.3	8.1	5.2		28.6	20.5	8.1*	4.612
Asthma	12.3	8.6	3.7		15.1	14.0	1.1	
Ear infection	12.0	8.5	3.5		46.1	35.4	10.7*	6.270
Anxiety disorder	11.8	7.7	4.1		8.4	3.6	4.8*	5.183
Repetitive stress injury	10.8	5.8	5.0*	4.228	12.0	4.0	8.0***	10.639
Chronic fatigue syndrome	3.9	3.6	0.3		3.3	0.4	2.9*	5.227
High cholesterol	3.6	3.6	0.0		4.9	3.6	1.3	
Anorexia	3.6	0.4	3.2*	5.879	3.0	0.4	2.6**	6.819
Bulimia	3.6	0.4	3.2*	5.915	3.0	0.0	3.0**	6.810
Genital Warts	2.1	1.8	0.3		4.2	0.7	3.5**	7.177
Broken bone/fracture	1.8	7.1	-5.3**	9.970	22.9	31.4	-8.5*	4.970

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Undergraduate and Graduate/Professional Student Comparison

- Undergraduate students (n=380) had a significantly lower percentages of students reporting having endometriosis in the last year (0.5%), as compared to graduate/professional students (n=160) with 4.4%. $\chi^2(1) = 10.156^{***}$
- Undergraduates had a significantly lower percentage of students reporting having high blood pressure in the past year (1.9%) whereas, 5.7% of graduate\ professional students reported having high blood pressure in the past year. $\chi^2(1) = 5.587^*$
- Undergraduates had significantly higher rates of strep throat in the past year (17.8%), as compared to graduate/professional students (8.2%). $\chi^2(1) = 8.110^{**}$

Undergraduate Student Rank

- First year undergraduates (n=75) had the lowest percent of students reporting allergy problems in the last year with 40.0%, and fifth year undergraduates (n=45) had the highest rate with 73.3% reporting being diagnosed with allergies in the last year. $\chi^2(4) = 15.322^{**}$
- First year (n=76, 7.9%) and second year (n=88, 2.3%) undergraduates reported the lowest percentage of students diagnosed with anxiety disorder in the last year, compared to fourth year (n=72, 15.3%) and fifth year undergraduates (n=45, 15.6%). $\chi^2(4) = 11.376^{**}$

On-Campus and Off-Campus Comparison

- On-campus students (n=142) had significantly lower percentages than off-campus students (n=418) for being diagnosed in the past year with sinus infections, seasonal affective disorder, repetitive stress injury, and substance abuse (Table 1.6).

Table 1.6: Within the last school year were you ever diagnosed with...? (percentages)

	Within Last Year			
	On-Campus Students (n=142)	Off-Campus Students (n=418)	Difference	χ^2 df = χ^2
Sinus Infection	29.1	38.5	-9.4*	4.020
Seasonal Affective Disorder	4.9	13.3	-8.4**	7.450
Repetitive stress injury	4.2	10.3	-6.1*	4.936
Substance abuse	0.0	2.6	-2.6*	3.830

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Age Comparisons

Significant differences were found between age groups for seasonal affected disorder, repetitive stress injury, high blood pressure and diabetes (See Table 1.7).

Table 1.7: Have you ever been diagnosed with, or within the last school year were you ever diagnosed with...? (percentages)

	Within Last Year					$\chi^2(df=4)$
	18-20 Years-old (n=198)	21-24 Years-old (n=217)	25-29 Years-old (n=80)	30-45 Years-old (n=51)	46+ Years-old (n=8)	
Seasonal affected disorder	7.0	12.8	11.3	15.7	42.9	12.176*
Repetitive stress injury	5.0	9.2	9.9	15.7	37.5	14.917**
High Blood Pressure	1.0	2.8	2.5	3.9	50.0	66.048***
Diabetes	2.0	0.9	0.0	0.0	25.0	33.988***

International Students

- International students (n=38) had a significantly lower percent of students reporting problems with sinus infections in the last year (13.2%), as compared to resident students (n=511) with 38.0%, $\chi^2(1) = 9.419^{**}$.
- International students (n=38) had a significantly lower percent of students reporting problems with allergies (31.6%), compared to 56.9% of resident students (n=513), $\chi^2(1) = 9.186^{**}$.
- A lower percent of Resident students (n=513) reported problems with depression in the last year with 17.7%, compared to 31.6% of International students (n=38). $\chi^2(1) = 4.459^*$.
- No (0.0%) International students (n=38) reported problems with repetitive stress injury, whereas, 9.4% of resident students (n=512) reported a problem with repetitive stress injury in the last year, $\chi^2(1) = 3.903^*$.

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GLBT Students

Given the small sample of GLBT students, caution must be taken in interpreting the results and should only be used as a reference for further assessment. GLBT students had significantly higher percentages reported for back pain, allergies, depression, seasonal affected disorder, anxiety disorder, repetitive stress injury, genital warts, substance abuse, chronic fatigue syndrome, gonorrhea, Chlamydia, and pelvic inflammatory disease (See Table 1.8).

Table 1.8: Have you ever been diagnosed with, or within the last school year were you ever diagnosed with...? (percentages)

	Within Last Year				Ever Diagnosed With			
	OSU GLBT Students (n=24)	OSU Hetero-sexual Students (n=522)	Difference	χ^2 df=1	OSU GLBT Students (n=24)	OSU Hetero-sexual Students (n=522)	Difference	χ^2 df=1
Back Pain	79.2	48.8	30.4**	8.489	33.3	17.6	-24.8	
Allergies	79.2	53.9	25.3*	5.864	66.7	43.4	23.3*	5.030
Depression	54.2	16.9	37.3***	21.184	50.0	11.2	38.8***	30.877
Seasonal affected disorder	34.8	9.8	25.0***	14.185	16.7	1.5	15.2***	24.339
Anxiety disorder	25.0	9.5	15.5*	6.075	16.7	5.9	10.8*	4.402
Repetitive stress injury	37.5	7.7	29.8***	24.938	29.2	8.1	21.1***	12.450
Genital Warts	12.5	1.6	10.9***	13.812	8.3	2.5	5.8	
Substance abuse	8.3	1.5	6.8*	5.886	4.2	1.0	1.7	
Chronic fatigue syndrome	8.3	3.4	4.9		8.3	1.9	6.4*	4.370
Gonorrhea	4.2	0.4	3.8*	5.970	8.3	0.8	7.5***	12.061
Chlamydia	0.0	0.6	-0.6		12.5	2.3	10.2*	8.888
Pelvic inflammatory disease	0.0	0.4	-0.4		4.2	0.6	3.6*	4.050

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HEALTH RELATED BEHAVIORS

Questions regarding preventive health measures indicated participation levels similar to the national sample. Participants were asked to respond yes, no, or don't know to questions regarding vaccinations, medical tests, medical exams, etc. Information on vaccinations is separated from other behaviors because of the influence of regional or school policies.

Routine Examinations and Preventative Care

OSU Compared to National Sample

The percent of OSU students (n=560) indicating 'yes' to having completed these exams or tests in the indicated period of time are as follows:

- 90.5% had their **blood pressure checked** in the last 2 years (NCHA 90.6%).
- 79.7% had a **dental exam** and cleaning in the last year (NCHA 80.2%).
- 70.1% of the women had a routine **gynecological exam** in the last year (NCHA 62.0%).
- 46.1% of the women performed a **breast self-exam** in the last month (NCHA 41.5%).
- 44.0% had their **cholesterol check** in the last 5 years (NCHA 44.7%).
- 35.1% of the males performed **testicular self-exam** in the last month (NCHA 37.9%).
- 13.1% reported **using sunscreen daily** (NCHA 16.0%).

Gender Differences

- OSU women were significantly more likely to use sunscreen daily (18.7%), as compared to OSU men, 4.5%, $\chi^2(2) = 24.294^{***}$.

Undergraduate and Graduate/Professional Student Differences

- Graduate/professional students (54.4%) were significantly more likely to have had their cholesterol checked in the last five years than undergraduates (38.2%), $\chi^2(2) = 15.993^{***}$.
- Graduate/professional students were significantly more likely to report using sunscreen daily (22.2%), as compared to undergraduates (9.0%), $\chi^2(2) = 21.088^{***}$.

On-Campus and Off-Campus Differences

It is important to note the age difference between on and off campus students in interpreting these findings; however, the differences may be useful in program planning for target audiences.

- On-campus women (n=77) were significantly less likely than off-campus women (n=259) to have received a routine gynecological exam in the past year with 58.4% of on-campus women having the exam, as compared to 73.7% of off-campus women $\chi^2(2) = 7.023^*$.
- Almost fifty percent (49.8%) of off-campus women reported performing a breast self-exam in the last month, significantly higher than on-campus women who reported 32.5% performing the same breast self-exam $\chi^2(2) = 7.996^*$.
- On-campus students (n=142) were significantly more likely than off-campus students (n=418) to receive a dental exam and cleaning in the past year with 90.8% of on-campus students having the exam in the past year and 76.0% of off-campus students having the dental exam in the past year $\chi^2(2) = 14.370^{***}$.

* significant to $\leq .05$, ** significant to $\leq .01$, ***significant to $\leq .001$

Undergraduate Class Rank Differences

- First year women (25.6%) were less likely to have performed a breast self exam in the last month, compared to 60.9% of fifth year women (Table 1.10).
- First year women (58.1%) were less likely to have had a routine gynecological exam in the last year compared to 82.6% of fifth year women (Table 1.10).
- First year students were more likely (90.8%) to have had a dental exam in the last year, compared to 68.9% of fifth year students (Table 1.10).

Table 1.10: Have you...? (percentages)

	First Year Under-graduates (n=76)	Second Year Under-graduates (n=88)	Third Year Under-graduates (n=98)	Fourth Year Under-graduates (n=72)	Fifth Year Under-graduates (n=45)	$\chi^2(df=8)$
Had a dental exam and cleaning in the last year	90.8	86.4	77.6	78.9	68.9	15.824*
Vaccinated for Hepatitis B	59.2	51.7	49.0	51.4	31.1	16.835*
Been vaccinated against meningococcal disease (meningococcal meningitis)	51.3	52.3	40.4	31.9	17.8	22.536**
Used sunscreen daily	5.3	5.7	6.1	12.5	22.2	17.848*
	First Year Women (n=43)	Second Year Women (n=49)	Third Year Women (n=56)	Fourth Year Women (n=45)	Fifth Year Women (n=23)	$\chi^2(df=4)$
(Females) Had a routine gynecological exam in the last year	58.1	55.1	76.8	71.1	82.6	10.027*
(Females) Performed breast self exam in the last month	25.6	36.7	48.2	55.6	60.9	12.470*

Racial/Ethnic Differences

- Students of Color (36.8%) were least likely to have had their cholesterol checked in the last five years, as compared to 45.5% of White/Caucasian students $\chi^2(2) = 9.198^{**}$.
- Women of Color, 37.7%, (n=51) were significantly less likely than White/Caucasian women, 47.3%, (n=283) to have performed a breast self-exam in the last month $\chi^2(2) = 6.476^*$.
- White/Caucasian men, 36.5%, (n=181) were significantly more likely than Men of Color, 29.3% , (n=41) to have performed a testicular self-exam in the last month $\chi^2(2) = 9.350^{**}$.

* significant to $\leq .05$, ** significant to $\leq .01$, ***significant to $\leq .001$

Vaccinations

The only items that were significantly different than the national sample were regarding vaccinations. These are mentioned in a separate section because they may be influenced by school or regional policies rather than indicating a behavior that was motivated by the student or their family. The percent of students reporting having had various vaccinations were as follows:

- 32.6% were **vaccinated against meningococcal** (meningitis) disease (NCHA 44.0%).
- 21.1% were **vaccinated against the flu** in the last year (NCHA 23.3%).
- 51.4% had been **vaccinated against hepatitis B** (NCHA 69.5%).
- 38.5% had been **vaccinated against varicella** (chicken pox)(NCHA 47.0%).
- 84.5% had been **vaccinated for measles, mumps, rubella** (2 shots) (NCHA 86.4%).

Racial/Ethnic Differences

- Students of Color (n=96), 50.0%, were significantly more likely than White/Caucasian students, 36.1%, (n=464) to receive the varicella (chicken pox) vaccination, $\chi^2(2) = 10.417^{**}$.
- White/Caucasian, 21.8%, students were significantly more likely to have been vaccinated for influenza (the flu), compared to Students of Color, 16.7%, $\chi^2(2) = 16.237^{***}$.

Undergraduate Class Rank Differences

- Significant differences were found based on undergraduate class rank, with first and second year students most likely to have been vaccinated against hepatitis B and meningitis (Table 1.10).

Undergraduate and Graduate/Professional Student Differences

- Significantly more undergraduates (n=380) (41.1%) than graduate/professionals (n=159) (14.5%) received the meningococcal (meningitis) vaccination $\chi^2(2) = 36.474^{***}$.

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ACADEMIC PERFORMANCE AND HEALTH STATUS

Students were asked the level to which certain illnesses or mental health situations negatively impacted their academic performance. Available responses ranged from not affecting academic performance to receiving a lower grade on an exam, receiving a lower grade in the course, or receiving an incomplete or dropping the course (See Table 1.22).

The conditions reportedly having a negative academic impact for fifteen percent or more of the population were as follows (Table 1.10 and Chart 1.2):

- | | |
|--|--------------------------|
| • Stress | (OSU 29.6%) (NCHA 32.0%) |
| • Cold/flu/sore throat | (OSU 28.4%) (NCHA 25.3%) |
| • Sleep difficulties | (OSU 25.5%) (NCHA 24.0%) |
| • Concern for troubled friend or family member | (OSU 19.4%) (NCHA 18.4%) |
| • Relationship difficulty | (OSU 17.2%) (NCHA 15.9%) |
| • Depression/anxiety disorder/SAD | (OSU 14.9%) (NCHA 14.6%) |

OSU Compared to National Sample

Findings at OSU were similar to the national data; Table 1.22 display results from OSU and Chart 1.2 display a comparison of findings to the national sample for each of the possible influences.

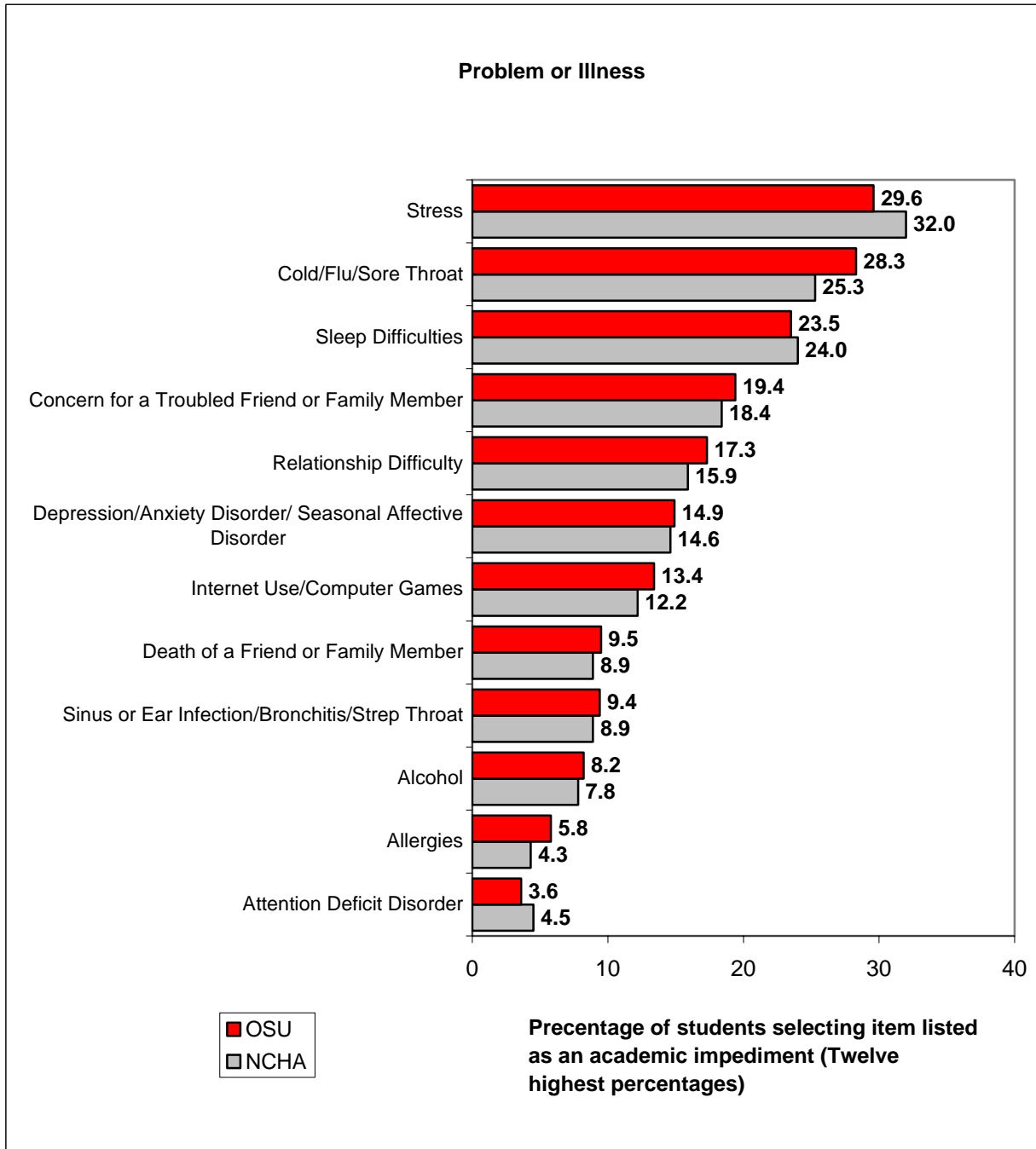
* significant to $\leq .05$, ** significant to $\leq .01$, ***significant to $\leq .001$

Table 1.22: Within the last school year, how many of the following affected your academic performance? (percentages)

	Experienced, but Academics were not Affected by	Received Lower Grade on Exam	Received Lower Grade in Course	Received Incomplete or Dropped Course	Total Percentage of Students Affected
Stress	51.9	20.3	7.5	1.8	29.6
Cold/Flu/Sore Throat	58.2	24.0	3.4	0.9	28.3
Sleep Difficulties	38.7	19.0	4.1	0.4	23.5
Concern for a Troubled Friend or Family Member	47.4	13.6	4.7	1.1	19.4
Relationship Difficulty	30.5	11.3	4.7	1.3	17.3
Depression/Anxiety Disorder/Seasonal Affective	15.8	7.7	4.9	2.3	14.9
Internet Use/Computer Games	45.6	8.9	4.1	0.4	13.4
Death of a Friend or Family Member	23.2	5.4	2.5	1.6	9.5
Sinus or Ear Infection/ Bronchitis/Strep Throat	33.8	8.5	0.7	0.2	9.4
Alcohol	49.6	5.5	2.3	0.4	8.2
Allergies	41.6	4.7	1.1	0.0	5.8
Injury	15.6	2.9	0.5	0.7	4.1
Attention Deficit Disorder	3.8	1.8	1.8	0.0	3.6
Chronic Pain	10.6	2.0	0.5	0.0	2.5
Chronic Illness (asthma, diabetes, etc.)	8.4	0.9	1.3	0.2	2.4
Drug Use	8.6	1.1	0.7	0.2	2.0
Mononucleosis	2.3	0.4	0.9	0.7	2.0
Learning Disability	1.8	1.1	0.5	0.2	1.8
Eating Disorders/Problems	5.4	1.1	0.5	0.0	1.6
Pregnancy (your's or your partner's)	2.0	0.7	0.4	0.4	1.5
Physical Assault	2.7	0.2	0.4	0.4	1.0
Sexual Assault	3.2	0.2	0.4	0.0	0.6
Sexually Transmitted Disease	3.2	0.2	0.0	0.0	0.2

* significant to ≤ .05, ** significant to ≤ .01, ***significant to ≤ .001

**Chart 1.2: Within the last school year, have any of the following affected your academic performance?
(Percentages include those indicating any type of negative impact)**



* significant to $\leq .05$, ** significant to $\leq .01$, ***significant to $\leq .001$

Gender Differences

- OSU women reported a significantly higher percent of negative academic impacts caused by chronic pain, depression/ anxiety disorder/seasonal affective disorder, sinus or ear infection/bronchitis/strep throat, stress, and eating disorders (See Table 1.23).
- OSU men reported significantly higher percent of negative impacts caused by internet use/computer games.

Table 1.23: Within the last school year, how many of the following affected your academic performance (percentages include receiving a lower grad on an exam, lower grade in a class, and taking an incomplete or dropping the course)? (percentages)

	OSU Women (n=334)	OSU Men (n=224)	Difference	$\chi^2(df=1)$	NCHA Women (n=12,191)	NCHA Men (n=5,901)	Difference
Stress	33.1	24.1	9.0*	5.239	35.4	25.9	9.5
Depression/Anxiety Disorder/Seasonal Affective Disorder	18.3	9.9	8.4**	7.405	16.4	11.2	5.2
Sinus or Ear Infection/Bronchitis/Strep Throat	11.5	6.3	5.2*	4.220	10.5	6.1	4.4
Internet Use/Computer Games	9.9	18.7	-8.8**	9.067	9.6	17.9	-8.3
Chronic Pain	3.9	0.4	3.5*	6.497	3.0	2.0	1.0
Eating Disorder	2.7	0.0	2.7*	6.099	1.8	0.6	1.2

Racial/Ethnic Differences

- Almost five percent (4.9%) of White/Caucasian students (n=464) reported attention deficit disorder as an impediment to academic performance, as compared to 0.0% of Students of Color (n=95) $\chi^2 (1) = 4.275^{**}$.

On and Off Campus Differences

- A significantly higher number of on-campus students reported that their academic performance was negatively impacted by internet use/ computer games, 21.1%, as compared to off-campus students,10.8%, $\chi^2 (1) = 9.741^{**}$.

Undergraduate and Graduate/Professional Student Differences

- OSU undergraduate students reported a significantly higher percent, compared to graduate/ professional students, whose academic performance was negatively affected by, alcohol, cold/flu/sore throat, drug use, internet use/ computer games, relationship difficulty, sleep difficulties, and stress. (See Table 1.24)

* significant to $\leq .05$, ** significant to $\leq .01$, ***significant to $\leq .001$

Table 1.24: Within the last school year, how many of the following affected your academic performance(percentages include receiving a lower grad on an exam, lower grade in a class, and taking an incomplete or dropping the course)? (percentages)

	Under-graduates (n=380)	Graduate/ Professional (n=160)	Difference	χ^2 (df=1)
Stress	36.1	15.2	20.9***	23.163
Cold/Flu/Sore Throat	35.8	10.6	25.2***	35.113
Sleep Difficulties	29.2	10.7	18.5***	21.229
Concern for a Troubled Friend or Family Member	22.8	12.5	10.3**	7.467
Relationship Difficulty	21.6	8.1	13.5***	14.145
Internet Use/Computer Games	17.6	4.4	13.2***	16.732
Sinus or Ear Infection/ Bronchitis/Strep Throat	12.5	1.9	10.6***	14.857
Death of a Friend or Family Member	12.5	3.1	9.4***	11.094
Alcohol	11.1	0.6	10.5***	10.568
Allergies	7.4	1.3	6.1**	8.064
Injury	5.6	1.3	4.3*	5.114
Attention Deficit Disorder	4.7	1.3	3.4*	3.832
Drug Use	2.9	0.0	2.9*	4.724

International and Resident Student Differences

International students (n=38) reported no (0.0%) academic impediments related to alcohol, allergies, physical assault, sexual assault, chronic illness, drug use, internet use/ computer games, sinus or ear infection/bronchitis/strep throat.

Age Group Differences

- Significant differences were found between different **age groups** of 18-20 year olds, 21-24 year olds, 25-29 year olds, 30-45 year olds, and 46+ year old conditions listed in Table 1.25.

* significant to $\leq .05$, ** significant to $\leq .01$, ***significant to $\leq .001$

Table 1.25: Within the last school year, how many of the following affected your academic performance (percentages include receiving a lower grad on an exam, lower grade in a class, and taking an incomplete or dropping the course)? (percentages)

	18 - 20 year olds (n=199)	21 - 24 year olds (n=219)	25 - 29 year olds (n=82)	30 - 45 year olds (n=51)	46+ year olds (n=6)	χ^2 (df=4)
Stress	35.6	32.1	17.1	18.0	12.5	14.707**
Cold/Flu/Sore Throat	34.1	33.9	9.8	14.0	12.5	26.544***
Sleep Difficulties	31.1	25.6	9.7	10.0	0.0	23.168***
Relationship Difficulty	22.8	18.3	6.1	11.7	0.0	14.236**
Internet Use/Computer Games	21.1	11.9	4.8	5.9	0.0	19.455***
Death of a Friend or Family Member	1.5	3.3	3.6	2.0	0.0	11.689*

GLBT Students

Given the small sample of the populations mentioned here, caution must be taken in interpreting the results and should only be used as a reference for further assessment.

- **GLBT students** (n=24) reported a significantly higher percentages of students whose academic performance was affected by depression (41.7%) as compared to **heterosexual students** (n=523), 13.7%, χ^2 (1) = 14.206***.
- Over twelve percent (12.5%) of GLBT students reported drug use as an academic impediment compared to 1.3% of heterosexual students, χ^2 (1) = 15.817***.

* significant to $\leq .05$, ** significant to $\leq .01$, ***significant to $\leq .001$

High-risk Drinking and Academic Performance

- **High-risk drinkers** are defined by having had five or more drinks at a sitting in the last two weeks (Core Survey, 2004). A significantly higher percent of high-risk drinkers reported that their academic performance was negatively affected by the occurrences listed in Table 1.26.

Table 1.26: Within the last school year, how many of the following affected your academic performance (percentages include receiving a lower grad on an exam, lower grade in a class, and taking an incomplete or dropping the course)? (percentages)

	High-Risk Drinkers (n=222)	Low-Risk Drinkers (n=334)	Difference	$\chi^2(df=1)$
Cold/Flu/Sore Throat	34.2	24.3	9.9*	6.448
Sleep Difficulties	28.4	20.1	8.3*	5.064
Concern for a Troubled Friend or Family Member	24.4	15.9	8.5*	6.186
Alcohol	18.5	1.5	17.0***	50.616
Death of a Friend or Family Member	15.5	5.7	9.8***	14.438
Drug Use	3.6	0.9	2.7*	5.085
Sexual Assault	1.4	0.0	1.4*	4.504

Abusive Relationships, Unwanted Pregnancies, Sexual Assault and Academic Performance

- Of the students who experienced being in emotionally abusive relationships (n=72), 47.2% reported that relationship difficulty impeded their academic performance, as compared to students in an emotionally non-abusive relationship (n=488) with 12.8%, $\chi^2(1) = 52.16***$
- Of the students who reported being in physically abusive relationships (n=12), 75% reported that their relationship difficulties contributed to poorer academic performance, as compared to students in a physically non-abusive relationship (n=461) (15.7%), $\chi^2(1) = 29.037***$.
 - Thirty-three percent (33.3%) of the students in a physically abusive relationship reported that they received an incomplete or dropped the class.
- Of students who were the victim of sexual penetration against their will (n=10), 30.0% reported poorer academic performance as a result of sexual assault, whereas none (0.0%) of the other students reported the same.
- Of students who experienced, or their partner experienced, an unwanted pregnancy (n=7) 42.9% reported the pregnancy as contributing to poorer academic performance.

* significant to $\leq .05$, ** significant to $\leq .01$, ***significant to $\leq .001$

MENTAL HEALTH

Students responded to several items regarding their psychological well-being. Questions regarding feelings of hopelessness and depression, treatment for depression, and suicidal tendencies were posed to assess mental health status.

Feelings Related to Depression

OSU Compared to National Sample

Similar responses were reported by OSU students and the NCHA population. A Chi Square analysis was run for a comparison between OSU and NCHA indicating no significant differences (See Table 1.27).

**Table 1.27: Within the last school year how many times have you....?
(percentages)**

		Never	1-4 Times	5-10 Times	11+ Times
Felt things were hopeless	OSU (n=558)	38.0	38.0	12.9	11.1
	NCHA (n=19,216)	36.2	39.0	14.6	10.2
Felt overwhelmed by all you had to do	OSU (n=560)	6.4	30.9	33.8	28.9
	NCHA (n=19,226)	5.4	31.0	34.7	28.8
Felt exhausted (not from physical activity)	OSU (n=559)	7.0	33.8	30.4	28.8
	NCHA (n=19,223)	7.6	32.4	32.9	27.0
Felt very sad	OSU (n=558)	22.2	44.1	20.3	13.4
	NCHA (n=19,203)	18.0	46.5	21.0	14.5
Felt so depressed that it was difficult to function	OSU (n=558)	55.0	29.2	9.0	6.8
	NCHA (n=19,209)	55.2	28.4	9.2	7.1

* significant to $\leq .05$, ** significant to $\leq .01$, ***significant to $\leq .001$

Gender Differences

- Significant differences were found between the responses from **OSU men** (n=224) and **women** (n=334) on three of the five questions including; feeling overwhelmed by all they had to do in the past year, feeling exhausted (not from physical activity), and feeling very sad (See Table 1.28).

Table 1.28: Within the last school year how many times have you...? (percentages)

		Never	1-4 Times	5-10 Times	11+ Times
Felt overwhelmed by all you had to do $\chi^2 (3) = 38.500^{***}$	OSU Women (n=334)	3.9	24.3	34.7	37.1
	OSU Men (n=224)	10.3	40.2	32.6	17.0
Felt exhausted (not from physical activity) $\chi^2 (3) = 15.252^{**}$	OSU Women (n=333)	4.2	32.1	30.6	33.0
	OSU Men (n=224)	11.2	36.2	30.4	22.3
Felt very sad $\chi^2 (3) = 27.634^{***}$	OSU Women (n=333)	15.3	44.7	24.3	15.6
	OSU Men (n=223)	32.7	42.6	14.3	10.3

Undergraduate and Graduate/Professional Differences

- A Significantly higher percent of undergraduate students indicated having felt things were hopeless compared to graduate/ professional students (See Table 1.29).

Table 1.29: Within the last school year how many times have you...? (percentages)

		Never	1-4 Times	5-10 Times	11+ Times
Felt things were hopeless $\chi^2 (3) = 9.295^*$	Under-Graduates (n=378)	33.6	39.4	14.6	12.4
	Graduate/Professional (n=160)	46.3	36.3	9.4	8.1

* significant to $\leq .05$, ** significant to $\leq .01$, ***significant to $\leq .001$

International and Resident Student Differences

- International students reported significantly greater frequencies of feeling so depressed that it was difficult to function compared to resident students. With 28.9% reporting feeling this depressed 5 or more times in the last school year compared to 14.6% of other students (Table 1.30).

Table 1.30: Within the last school year how many times have you:...? (percentages)

		Never	1-4 Times	5-10 Times	11+ Times
Felt so depressed that it was difficult to function $\chi^2 (3) = 8.045^*$	International Students (n=38)	36.8	34.2	18.4	10.5
	Resident Students (n=160)	56.6	28.7	8.0	6.6

Age Group Differences

Significant differences were found between age group categories regarding feeling that things were hopeless, feeling overwhelmed by all they had to do, and feeling very sad (See Table 1.31).

Table 1.31: Within the last school year how many times have you:...? (percentages)

		Never	1-4 Times	5-10 Times	11+ Times
Felt things were hopeless $\chi^2 (12) = 24.156^*$	18-20 Years Old (n=198)	32.3	41.9	14.6	11.1
	21-24 Years Old (n=218)	35.8	36.2	15.1	12.8
	25-29 Years Old (n=82)	40.2	42.7	8.5	8.5
	30-45 Years Old (n=51)	62.7	21.6	5.9	9.8
	46+ Years Old (n=8)	62.5	37.5	0.0	0.0
Felt overwhelmed by all you had to do $\chi^2 (12) = 26.585^{**}$	18-20 Years Old (n=199)	9.0	28.1	36.2	26.6
	21-24 Years Old (n=219)	3.2	27.9	35.6	33.3
	25-29 Years Old (n=82)	4.9	40.2	31.7	23.2
	30-45 Years Old (n=51)	13.7	39.2	15.7	31.4
	46+ Years Old (n=8)	0.0	25.0	62.5	12.5
Felt very sad $\chi^2 (3) = 24.810^*$	18-20 Years Old (n=199)	22.6	40.7	26.6	10.1
	21-24 Years Old (n=217)	17.1	48.8	17.1	17.1
	25-29 Years Old (n=82)	28.0	43.9	15.9	12.2
	30-45 Years Old (n=51)	35.3	31.4	17.6	15.7
	46+ Years Old (n=8)	12.5	75.0	12.5	0.0

* significant to $\leq .05$, ** significant to $\leq .01$, ***significant to $\leq .001$

Suicide

Students responded to questions about whether they had contemplated or attempted suicide in the past year.

OSU Students

- Over four percent (4.5%) of OSU students seriously considered committing suicide 1-2 times in the past year, 2.3% considered suicide 3-10 times, and 0.7% considered suicide 11 or more times in the past year
- Of all OSU students, 0.7% attempted suicide 1-2 times in the past year and 0.2% attempted suicide 3-4 times in the past year.

OSU Compared to the National Sample

- Of all OSU students, 7.5% seriously considered attempting suicide in the past year as compared to 10.3% for the national sample. (A Chi square analysis indicated no significant difference between the two groups).
- Almost one percent (0.9%) of all OSU students attempted suicide in the past year as compared to 1.4% of the national sample. No significant differences were found between the NCHA population and the OSU sample.

High Risk Drinkers

- High risk drinkers (n=223) reported significantly higher rates for feeling suicidal in the past year as compared to low-risk drinkers (See Table 1.32).

Table 1.32: Within the last school year how many times have you:...? (percentages)

		Never	1-4 Times	5-10 Times	11+ Times
Seriously considered attempting suicide $\chi^2 (3) = 8.481^*$	High-Risk Drinkers (n=223)	90.1	6.7	1.8	1.3
	Low-Risk Drinkers (n=334)	94.0	5.7	0.0	0.3

No significant differences in the percentages of students seriously considering or attempting suicide were found between **genders, undergraduate/graduate professional students, type of relationship, on/off-campus students, age, White/Caucasian students and Students of Color, or sexual orientation.**

* significant to $\leq .05$, ** significant to $\leq .01$, ***significant to $\leq .001$

Depression Diagnosis and Therapy

Students were asked to respond to questions about clinical depression and treatment received.

OSU Comparison to National Sample

Results from OSU and the national sample are as follows, no significant differences were identified between the two groups.

- Of all OSU students (n=556), 12.9% of the students (n=56) had sometime in their life been diagnosed with depression, as compared to 13.4% of NCHA respondents.
- Of the students ever diagnosed with depression, 35.1% were diagnosed in the past year as compared to 39.1% of the NCHA respondents.
- Twenty-six percent (26.0%) of the students who have ever been diagnosed with depression are currently in treatment for depression, as compared to 27.5% for the NCHA sample.
- Over forty-five percent (45.9%) of the students ever diagnosed with depression are currently taking medication for depression whereas, 40.4% of the NCHA sample are taking medication for depression.

Gender Differences

- A significantly lower proportion of OSU men (7.2%, n=222) than women students (16.9%, n=332) reported that they had ever been diagnosed with depression, $\chi^2 (1) = 10.980^{***}$.
- A significantly lower proportion of High-risk drinkers (9.1%, n=221) than low-risk drinkers (15.7%, n=332) reported that they had ever been diagnosed with depression, $\chi^2 (1) = 5.123^*$.

GLBT Student Differences

Given the small sample of the populations mentioned here, caution must be taken in interpreting the results and should only be used as a reference for further assessment.

- GLBT students (n=24) showed a significantly higher percentage of students ever diagnosed with depression (41.7%), as compared to heterosexual students (11.6%, n=519), $\chi^2 (1) = 18.515^{***}$.

Undergraduate and Graduate/Professional Differences

- Of the OSU undergraduate (n=46) and graduate/professional students (n=25) that reported they had ever been diagnosed with depression, significant differences were found on the question of whether they were currently taking medication for depression. Thirty percent (30.4%) of undergraduates and 68.0% of graduate professionals reported they were currently taking medication, $\chi^2 (1) = 9.292^{**}$.

No significant differences were found based on off/on-campus, international status, ethnicity, undergraduate class rank, and relationship status.

* significant to $\leq .05$, ** significant to $\leq .01$, ***significant to $\leq .001$

HEALTH INSURANCE

In the NCHA survey, OSU students were asked whether they had health insurance, including HMO's (Health Maintenance Organizations). The year after this survey, OSU implemented mandatory health insurance coverage for all students.

Ninety-six percent (96.4%) of all OSU students reported that they had some type of health insurance, significantly higher than the 85.6% reported by the national sample, $\chi^2 (1) = 34.525^{***}$.

No significant differences were found based on gender, school status, campus residences, ethnicities, and sexual orientations.

FUTURE RESEARCH

In addition to reports provided by the office of Student Affairs Assessment, additional uses of this data include:

- 1) Identification of specific issues with OSU students that might be improved programmatically by student affairs or other offices on campus. *In addition to referencing this report, programs and offices on campus may review the data files, or request a focused analysis of individual question items by contacting the Office of Student Affairs Assessment or Student Wellness to gain access to the data or obtain more detailed information.*
- 2) The tracking of change over time so that improvements or possible problem areas can be identified. *OSU currently plans to participate in the survey again in the spring of 2006 to enable this tracking.*
- 3) Making comparisons to the national sample so that OSU can identify areas that may need to be researched further in terms of identifying best practices from other institutions. *In addition to comparisons made in this report, a data set containing information from other large, research institutions has been requested from NCHA so that more specific comparisons can be made.*

* significant to $\leq .05$, ** significant to $\leq .01$, ***significant to $\leq .001$