USC Student Well-being Collective Impact

Data Update on Mental Health

USC students participated in the 2018 Healthy Minds Study that provides a detailed picture of mental health and related issues in college student populations.

A random sample of 4,560 students* took part in this study in the Spring of 2018.

*The sample is weighted proportionally to USC student population by sex, race/ethnicity, degree program, and online or on-campus status. The respondents were 47% heterosexual female, 39% heterosexual male, and 14% LGBTQ+; 40% Bachelor's, 48% Master's and 13% PhD and Professional Doctorates; 33% White, 17% Asian, 22% International, 15% Hispanic, 3% Mixed, 6% Black/African American, 2% Middle Eastern/Arab, and 2% Other.

POSITIVE MENTAL HEALTH

45% of USC students had positive mental health

Half of heterosexual female students had positive mental health when compared to 32% of LGBTQ+ students.

African American/Black students had the most positive mental health while international students had the least.

RESILIENCE

77% of USC students had normal and high resilience

Heterosexual male students had the highest rates of resilience while LGBTQ+ students had the least.

More than 85% of African American/Black students possessed resilience compared to 73% of Middle Eastern/Arab students.

POSITIVE UPSTANDING ATTITUDES

53% of USC students had positive upstanding attitudes

LGBTQ+ students had the highest positive upstanding attitudes while heterosexual men had the least.

African American/Black students had the most positive upstanding attitudes while international students had the least.

POSITIVE UPSTANDING BEHAVIOR

31% of USC students had positive upstanding behaviors

LGBTQ+ students had the highest rates of positive upstanding behaviors while heterosexual female students had the least.

More than one in four of Students who identify as Mixed had the highest rates of positive upstanding behaviors while black students had the least.

1. Positive mental health is measured using the Flourishing Scale with 8 items in the constructs such as relationships, self-esteem, purpose, and optimism (Diener, Wirtz, Tov, Kim-Prieto, Choi, Oishi, & Biswas-Diener, 2009). People with a positive mental health score 48 or more out of 56 in the scale.

2. Resilience is measured using a 6-item Brief Resilience Scale (Smith, Dalen, Wiggins, Tooley, Christopher, & Bernard, 2008). Respondents with high resilience had an average score of 3.00 and over out of 5.0 points from the Brief Resilience Scale.

3. Positive Upstanding Attitudes is measured by students who on average answer agree or strongly agree that they would intervene if they saw someone: 1) drinking too much; 2) at risk of being sexually assaulted; 3) using harassing language towards others; and 4) under emotional distress or suicidal.

4. Positive Upstanding Behavior is measured by students who have intervened for someone in at least one of the following situations: 1) drinking too much; 2) at risk of being sexually assaulted; 3) using harassing language towards others; 4) under emotional distress or suicidal, 5) physical altercation.
**PERCENT OF STUDENTS WITH POSITIVE MENTAL HEALTH BY...**

<table>
<thead>
<tr>
<th>Program of Study 5</th>
<th>Online or On-Campus Status 6</th>
<th>First Generation 7</th>
<th>Registration with DSP 8</th>
<th>Military Status 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Bachelor's 1st Year</td>
<td>All Master's</td>
<td>All PhD and Professional Doctorates</td>
<td>Online</td>
<td>On-Campus UPC</td>
</tr>
</tbody>
</table>

**PERCENT OF STUDENTS WITH NORMAL AND HIGH RESILIENCE BY...**

<table>
<thead>
<tr>
<th>Program of Study</th>
<th>Online or On-Campus Status</th>
<th>First Generation</th>
<th>Registration with DSP</th>
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</table>

**PERCENT OF STUDENTS WITH POSITIVE UPSTANDING BEHAVIOR BY...**

<table>
<thead>
<tr>
<th>Program of Study</th>
<th>On-Campus Status*</th>
<th>First Generation</th>
<th>Registration with DSP</th>
<th>Military Status</th>
</tr>
</thead>
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<tr>
<td>All Bachelor's 1st Year</td>
<td>All Master's</td>
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</tr>
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*Online students did not answer this question.

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5. All Bachelor's (n = 1,723), Bachelor's 1st Year (n = 459), All Master's (n = 2,094), All PhD and Professional Doctorates (n = 550)
6. Online (n = 493), On-Campus at UPC (University Park Campus, n = 3,522), On-Campus HSC (Health Sciences Campus, n = 358)
7. First Generation refers to students who would be the first generation to graduate with a Bachelor's Degree or higher. First Generation (n = 1,308), Not First Generation (n = 3,034)
8. Registered with DSP refers to students with disability who had registered with Disability Services and Programs at USC. Registered with DSP (n = 172), Not Registered with DSP (n = 3,983)
9. Military refers to students who were currently in Reserve Officers’ Training Corps (ROTC), in Military Reserves or National Guard, Now on active duty, On active duty in the past 12 months, or On active duty beyond the past 12 months. Non-Military refers to students who were never involved in ROTC, Military Reserves, National Guard or the US Military. Military (n = 179), Non-Military (n = 4,195)