

# **NCHA and NIU Data Dashboards 2011, 2013, 2015**

## **Mental Health**

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January 31, 2017



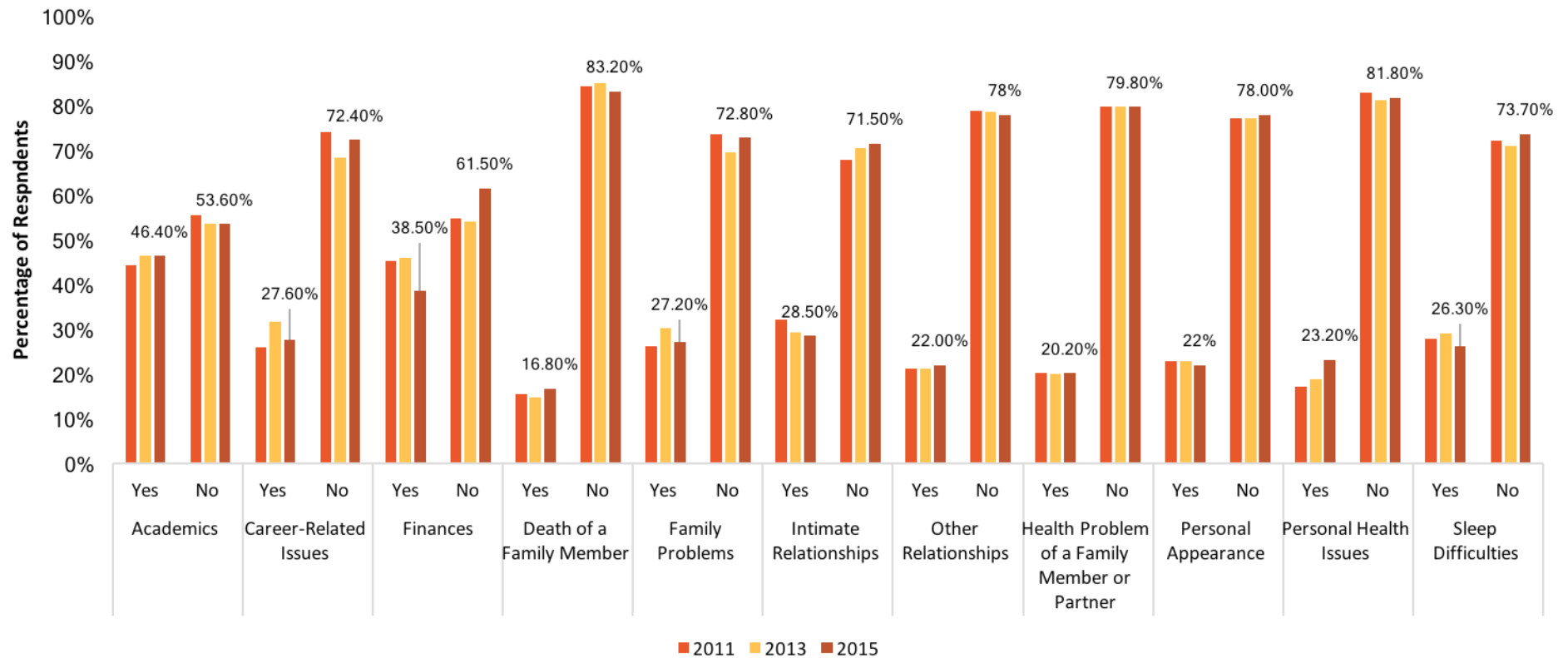
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# NIU Students\* Report a Lack of Difficulty in Handling Life Issues

Reported Level of Difficulty in Handling Life Issues by NIU Students in the National College Health Assessment



NIU undergraduate participants consistently reported a lack of difficulty handling a variety of issues (issues reported under 30% include Career-related issues; Death of a family member; Family problems; Intimate relationships; Other relationships; Health problem of a close other; Personal appearance; Personal health issue; and Sleep difficulties). However, when reporting difficulty with academics and finances, NIU participants' reporting of these issues were evenly split for how difficult it was for them to handle. More specifically, more NIU undergraduates reported having difficulty handling academic related-issues compared to the other life issues asked about.

\*National College Health Assessment

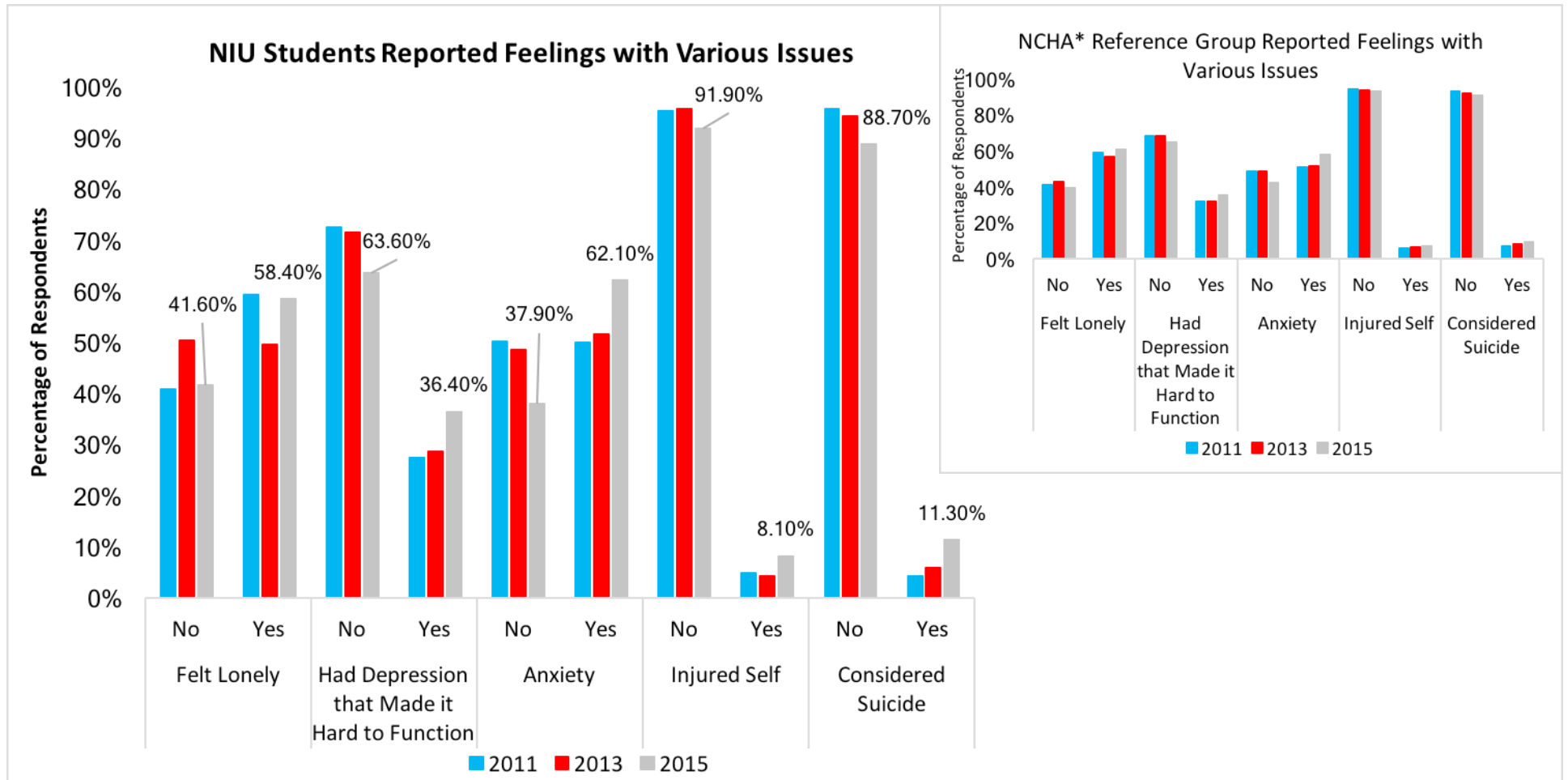


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# NIU Does Not Differ from the NCHA\* Reference Group in Reported Feelings on Various Issues

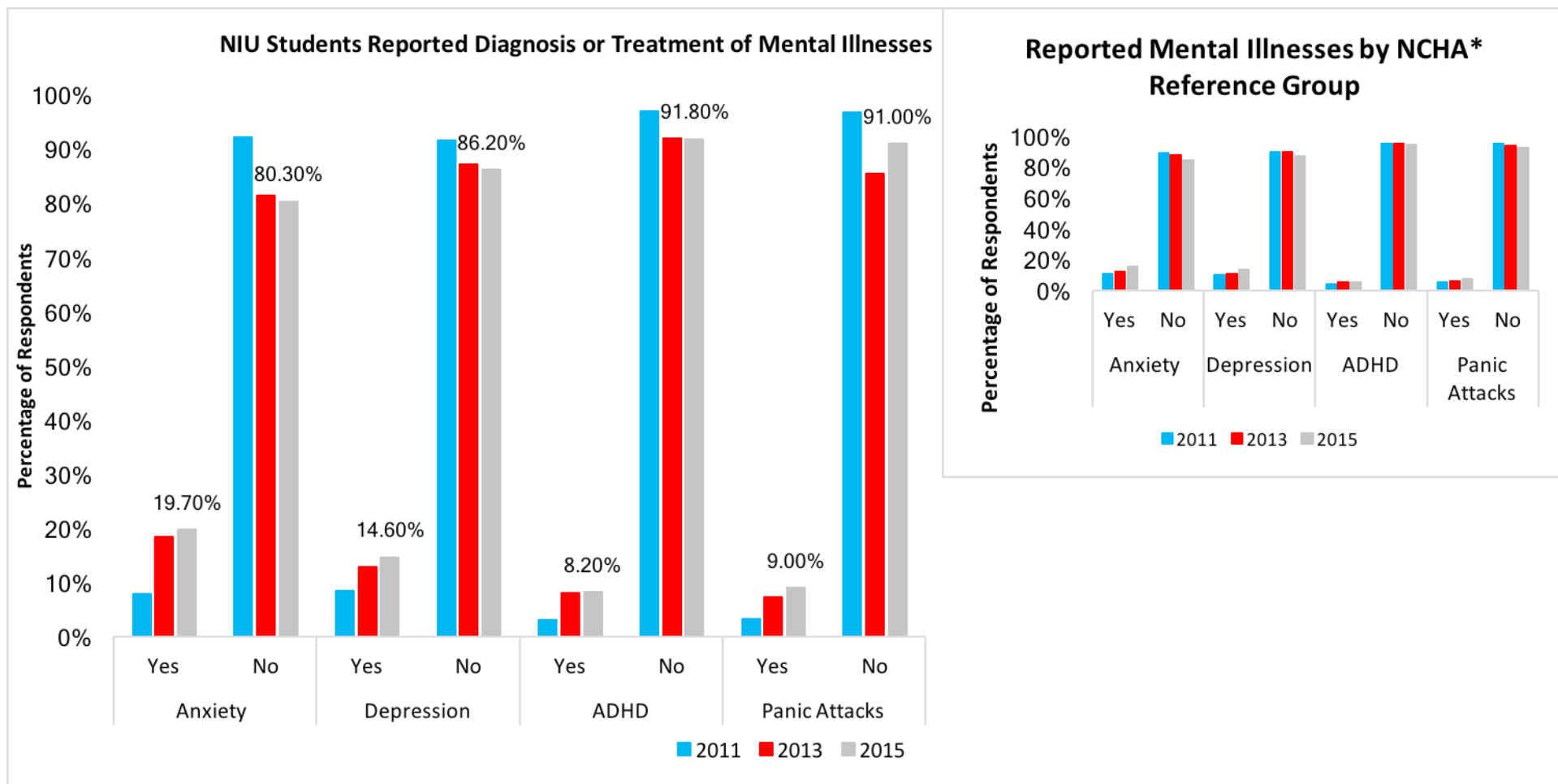


NIU undergraduate participants were inconsistent on their reported feelings across the issues asked. A majority of participants indicated that they had not injured themselves or considered suicide in the last 12 months. However, when reporting feelings of anxiety and loneliness, the participants were evenly split, with just under half indicating that they had not had these feelings. Further, a little under two-thirds of participants indicated that they had not felt depressed to the point that it was difficult to function. These trends are comparable to the NCHA\* Reference Group.

\*National College Health Assessment



## NIU Does Not Differ From NCHA\* Reference Group in Reported Diagnosis of Mental Illnesses



The majority of NIU undergraduate participants indicated that they had not been diagnosed nor treated for Anxiety, Depression, ADHD, or Panic Attacks in the past 12 months. However, of the mental illnesses reported on, these options were selected more often as having been diagnosed or treated. This is comparable to the NCHA Reference Group. As would be expected, there is a statistically significant difference between those who said “no” and those who said “yes.”

\*National College Health Assessment

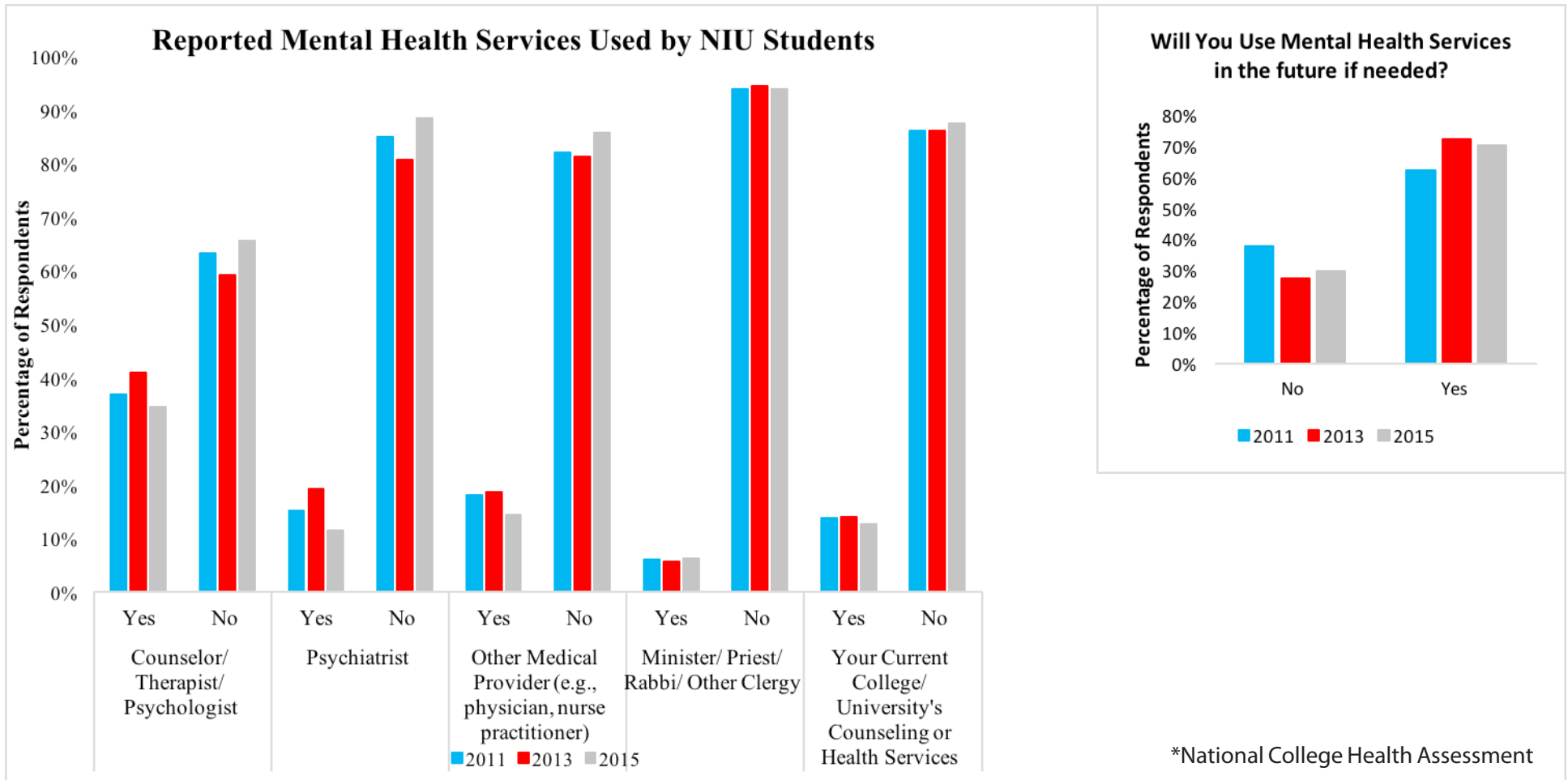


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# Reported Use of Mental Health Services by NIU Students\*



\*National College Health Assessment

NIU undergraduate participants consistently indicated that they did not receive any services from the psychological or mental health services listed. However, if they did report using a mental health service, generally, they reported receiving help from a counselor/therapist/psychologist over the other options provided. However, NIU undergraduate participants have consistently indicated that if they needed mental health professionals, they would consider seeking them out. Almost three-fourths of the NIU participants would consider seeking help from a mental professional if they deemed it necessary.

