

**Community College Survey of Student Engagement - Los Medanos College (2023 Administration)**  
**Frequency Distributions - Community College Student Mental Health and Well-Being**

[Weighted]

			Your College		Medium Colleges		Community College Student Mental Health and Well-Being	
Item	Variable	Responses	Count	Percent	Count	Percent	Count	Percent
6. At this college, I feel that students' mental health and emotional well-being is a priority.	COLLQ8666	Strongly disagree	19	6.6	1,341	9.2	4,698	9.3
		Disagree	38	13.2	1,816	12.4	6,169	12.2
		Agree	157	53.9	7,994	54.7	27,515	54.3
		Strongly agree	76	26.3	3,468	23.7	12,245	24.2
		Total	290	100.0	14,620	100.0	50,627	100.0
7. Over the last 2 weeks, how often have you been bothered by having little interest or pleasure in doing things?	COLLQ8667	Not at all	105	36.3	5,948	40.6	20,772	41.0
		Several days	81	28.1	5,154	35.2	17,584	34.7
		More than half the days	59	20.5	1,956	13.3	6,859	13.5
		Nearly every day	44	15.1	1,605	10.9	5,490	10.8
		Total	288	100.0	14,661	100.0	50,705	100.0
8. Over the last 2 weeks, how often have you been bothered by feeling down, depressed or hopeless?	COLLQ8668	Not at all	127	44.1	7,205	49.4	25,207	49.9
		Several days	90	31.2	4,496	30.9	15,448	30.6
		More than half the days	41	14.3	1,678	11.5	5,658	11.2
		Nearly every day	30	10.4	1,195	8.2	4,171	8.3
		Total	289	100.0	14,573	100.0	50,485	100.0

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9. Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge?	COLLQ8669	Not at all	94	32.7	4,813	32.9	17,159	33.9
		Several days	104	36.0	5,393	36.9	18,299	36.2
		More than half the days	40	14.0	2,280	15.6	7,784	15.4
		Nearly every day	50	17.3	2,132	14.6	7,349	14.5
		Total	287	100.0	14,618	100.0	50,592	100.0
10. Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying?	COLLQ8670	Not at all	119	41.4	6,467	44.3	22,875	45.2
		Several days	89	30.7	4,521	30.9	15,259	30.2
		More than half the days	38	13.1	1,814	12.4	6,289	12.4
		Nearly every day	42	14.7	1,811	12.4	6,159	12.2
		Total	288	100.0	14,612	100.0	50,582	100.0
11. In the past 12 months, I have needed help for emotional or mental health problems such as feeling sad, blue, anxious, or nervous.	COLLQ8671	Strongly disagree	96	33.7	4,886	33.5	17,052	33.7
		Disagree	49	17.0	2,385	16.3	8,157	16.1
		Neither agree nor disagree	45	15.7	2,610	17.9	8,930	17.7
		Agree	60	20.9	2,941	20.1	10,294	20.4
		Strongly agree	36	12.7	1,780	12.2	6,138	12.1
		Total	285	100.0	14,602	100.0	50,571	100.0

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12. If you needed to seek professional help for your mental or emotional health while attending this college, you would know where to go.	COLLQ8672	Strongly disagree	60	21.0	2,034	14.0	7,195	14.3
		Disagree	56	19.6	2,322	16.0	7,892	15.7
		Neither agree nor disagree	36	12.5	2,970	20.4	10,437	20.7
		Agree	84	29.5	4,865	33.5	16,721	33.2
		Strongly agree	50	17.4	2,351	16.2	8,147	16.2
		Total	285	100.0	14,543	100.0	50,392	100.0
13. If you needed help for your mental health and emotional well-being in the past 12 months, how often have you sought such help?	COLLQ8673	Never	84	29.8	4,710	32.4	16,293	32.3
		Rarely	53	18.8	3,218	22.1	10,912	21.7
		Often	42	14.9	2,233	15.3	7,853	15.6
		Very often	27	9.4	1,130	7.8	3,981	7.9
		I have not needed help for my mental health and emotional well-being	77	27.2	3,257	22.4	11,342	22.5
		Total	283	100.0	14,548	100.0	50,382	100.0
14. If you needed help with your mental health and emotional well-being, what would be the greatest barrier that would keep you from seeking that help?	COLLQ8674	Lack of resources (money, time, transportation)	88	31.2	4,663	32.4	15,891	31.9
		I worry about what others will think of me	32	11.4	1,748	12.1	6,143	12.3
		I do not know where to seek help	13	4.6	928	6.5	3,255	6.5
		I do not know what kind of help I need	73	25.8	2,707	18.8	9,250	18.6
		Other	76	27.0	4,342	30.2	15,316	30.7
		Total	282	100.0	14,388	100.0	49,855	100.0

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Item	Variable	Responses	Count	Percent	Count	Percent	Count	Percent
15. If you were experiencing emotional or mental health problems such as feeling sad, blue, anxious, or nervous, whom would you most prefer to talk to about this?	COLLQ8675	Trained mental health provider (e.g., psychiatrist, psychologist, counselor, or social worker, etc.)	124	44.4	5,357	37.0	18,569	37.1
		Someone who works at this college who is not a trained mental health provider	4	1.6	400	2.8	1,436	2.9
		Friend, partner, or family member	122	43.6	7,094	49.0	24,386	48.7
		Someone from your cultural community (identity-based, faith-based, etc.)	8	2.7	485	3.4	1,618	3.2
		Other	22	7.7	1,143	7.9	4,094	8.2
		Total	280	100.0	14,480	100.0	50,103	100.0
16. If you were experiencing emotional or mental health problems such as feeling sad, blue, anxious, or nervous, which of the following supports from a trained mental health provider would you most prefer to use?	COLLQ8676	In-person, individual counseling or therapy	214	75.7	10,596	74.1	36,527	73.8
		In-person, group therapy or a support group	20	7.0	849	5.9	2,716	5.5
		Teletherapy (counseling or therapy via the phone, video, text, messaging)	44	15.5	2,057	14.4	7,321	14.8
		Peer counseling from a trained peer	2	0.6	540	3.8	2,015	4.1
		Crisis hotline (number to call or text during a mental health crisis to reach a trained responder)	3	1.2	265	1.9	891	1.8
		Total	283	100.0	14,307	100.0	49,470	100.0
17. If you needed help with your mental health and emotional well-being, how important is it to you that your mental health provider understands your cultural community (racial/ethnic identity, gender identity, religious identity, LGBTQIA+ identity, etc.)?	COLLQ8677	Not at all important	50	17.5	3,882	26.9	13,679	27.4
		Somewhat important	54	18.9	2,717	18.8	9,416	18.9
		Important	63	22.1	3,237	22.4	10,898	21.8
		Very important	55	19.4	2,263	15.7	7,852	15.7
		Absolutely essential	63	22.1	2,330	16.1	8,074	16.2
		Total	285	100.0	14,428	100.0	49,919	100.0

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18. In the past 4 weeks, how many days have you felt that emotional or mental difficulties have hurt your academic performance?	COLLQ8678	None	92	33.5	6,427	44.5	22,268	44.5
		1-2 days	64	23.2	3,715	25.7	12,813	25.6
		3-5 days	52	18.9	2,293	15.9	8,077	16.1
		6 or more days	67	24.4	2,023	14.0	6,896	13.8
		Total	275	100.0	14,458	100.0	50,054	100.0
19. How likely is it that issues with mental health or emotional well-being would cause you to withdraw from class(es) or from this college?	COLLQ8679	Not likely	139	49.3	9,101	63.0	31,786	63.5
		Somewhat likely	79	28.1	3,146	21.8	10,856	21.7
		Likely	32	11.3	1,258	8.7	4,319	8.6
		Very likely	32	11.3	942	6.5	3,095	6.2
		Total	281	100.0	14,447	100.0	50,055	100.0
20. In the past 12 months have you needed help with substance use issues?	COLLQ8680	No	256	90.9	13,408	92.5	46,158	91.9
		Yes	9	3.3	323	2.2	1,215	2.4
		I am not sure	12	4.4	397	2.7	1,506	3.0
		I prefer not to respond	4	1.4	362	2.5	1,322	2.6
		Total	282	100.0	14,490	100.0	50,201	100.0

## Colleges in the Comparison Group

Comparison Group: Medium Colleges

Institution	State	Year
Aims Community College	CO	2023
Alvin Community College	TX	2023
Butler Community College	KS	2023
Clovis Community College	CA	2023
Coastal Alabama Community College	AL	2023
College of Southern Idaho	ID	2023
College of Southern Maryland	MD	2023
Columbia State Community College	TN	2023
Doña Ana Community College	NM	2023
Eastern Iowa Community Colleges	IA	2023
Elizabethtown Community & Technical College	KY	2023
Forsyth Technical Community College	NC	2023
Germanna Community College	VA	2023
Heartland Community College	IL	2023
Kalamazoo Valley Community College	MI	2023
Kansas City Kansas Community College	KS	2023
Lakeland Community College	OH	2023
Monterey Peninsula College	CA	2023
Motlow State Community College	TN	2023
Mott Community College	MI	2023
Nashville State Community College	TN	2023
North Idaho College	ID	2023
Northeast Community College	NE	2023
Northeast Lakeview College	TX	2023
Northeast State Community College	TN	2023
Passaic County Community College	NJ	2023
Piedmont Virginia Community College	VA	2023
Roane State Community College	TN	2023
Rock Valley College	IL	2023
San Jose City College	CA	2023
Southwest Tennessee Community College	TN	2023
Southwest Texas Junior College	TX	2023
Texas Southmost College	TX	2023
Trinity Valley Community College	TX	2023
Union County College	NJ	2023
University of Cincinnati Blue Ash College	OH	2023
University of Cincinnati Clermont College	OH	2023
Walters State Community College	TN	2023
Wharton County Junior College	TX	2023