Hispanic/Latinx Students’ Mental Health Brief

Mental health outcomes of Hispanic/Latinx students at UA campus

Key Insights:

- Anxiety/Panic and depression are some of the top concerns of Hispanic/Latinx students on UA campus.
- Mental health concerns interfere with students’ performance and retention at UA.
- CAPS visits have helped students with high distress and low hope levels.
- Increasing number of students have utilized embedded counselor services through the Guerrero center.

Select mental health symptoms reported by Hispanic/Latinx students in the past twelve months:

- Overwhelming anxiety: 15%
- Exhausted (not from physical activity): 18%
- Very sad: 36%
- Very lonely: 42%
- Hopeless: 48%
- So depressed it was difficult to function: 55%

Data Source: 2022, Health and Wellness Survey, Campus Health Service (n=1403)

Top 5 Mental Health concerns reported by Hispanic/Latinx students:

- Anxiety/Panic, 65%
- Depression, 39%
- Academic concerns, 31%
- Difficult transition, 24%
- Family difficulties, 21%

75% of students agreed that these concerns impacted their academic performance.

39% of students agreed that these concerns affected their decision to stay at UA.

Data Source: 2022 CAPS Satisfaction Survey (Hispanic/Latinx students, n= 72)

There was a 87% decrease in high distress levels reported by students from their initial to latest visit at CAPS.

There was a 72% increase in moderate-high hope levels reported by students from their initial to latest visit at CAPS.

Data Source: 2022 CAPS Satisfaction Survey (Hispanic/Latinx students, n= 72)

Embedded Counselor Visits:

During the academic year 2022-2023, there were 219 total visits to the embedded counselor by Hispanic/Latinx students.

From these 166 visits, there were total 46 unique student visits.

86% of students reported that visiting CAPS counselors have improved the mental health concerns they came in with (n= 71)

“I go through a lot and to be able to have consistent support at the university, it genuinely helps me a lot...”

“My counselor boosted my confidence, validated my feelings, supported me when I needed it and listened to me.”

Data Source: 2022 CAPS Satisfaction Survey (Hispanic/Latinx students, n= 72)

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