

CAPS Utilization and Wellbeing of UA Grad Students


Brief Report

Graduate student utilization of CAPS services:

Grad students make up about **one third of students** seen at CAPS, and **between 35%-43% of total CAPS visits**. Last year, CAPS served **11% of all enrolled graduate students at UA**.

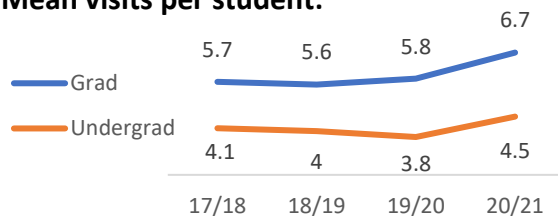
JULY 1 – JUNE 30	2017/2018	2018/2019	2019/2020	2020/2021	2021/2022*
GRAD STUDENTS SERVED	1,119 28%	1,225 28%	1,200 27%	1,121 33%	717 32%
TOTAL GRAD VISITS	6,406 35%	6,802 34%	7,016 35%	7,524 43%	2,585 38%

*YTD July 1-December 31

 (% of all students/visit who were grad students)

In Fall 2021 alone, CAPS served **761** graduate students with **2,698** visits, making up **31%** of students served at CAPS and **33%** of all visits.

Mean visits per student:




% of students served at CAPS | % of total UA enrollment


Grad students in 2020/2021 made up...


33%


22%


Breakdown of Select Visit Types:


 42% Counseling

 26% Psychiatry

 13% Triage

 12% Group visits

 3% Oasis

 2% ADHD Assessment

Triage – entryway into CAPS in which students and provider collaborate on a CAPS Care Plan

Oasis – working with a counseling provider on issues related to sexual assault and relationship violence

59%

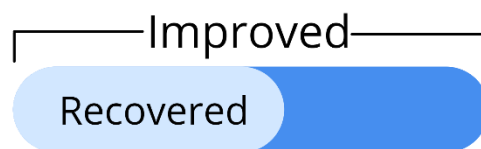
Of CAPS therapy and support group attendance were graduate students in Fall 2021

Top 3 Diagnoses:

1. Anxiety or panic disorders
2. Adjustment disorders
3. Romantic relationship issues

67%

Of graduate students with 2 or more visits improved on their Global Mental Health score on the Behavioral Health Measure-43 Item



50%

Of graduate students who showed improvement 'recovered' at their last recorded visit (showed no signs of distress on their Global Mental Health score)



2021 Annual Health and Wellness Survey – Select Insights

How difficult does depression or anxiety make it to work, go to school, get along with other people?

	GRAD	UNDERGRAD
Not at all	18%	13%
Somewhat	44%	46%
Very	20%	24%
N/a	18%	17%

Amount of stress felt in the past school year

	GRAD	UNDERGRAD
No stress or less than average stress	5%	7%
Average stress	25%	27%
More than average stress	56%	52%
Tremendous stress	14%	14%

Experienced the following in the past 30 days

	GRAD	UNDERGRAD
Hopelessness	18%	21%
Overwhelmed	53%	52%
Exhausted	48%	49%
Very lonely	24%	31%
Very sad	30%	33%
So depressed it was difficult to function	15%	18%
Overwhelming anxiety	32%	34%

High-risk issues

	GRAD	UNDERGRAD
Ever seriously considered suicide	10%	13%
Ever attempted suicide	1%	1%
In past school year, felt the need to cut down or stop using alcohol or other drugs	23%	20%
In past school year, tried to cut down or stop using alcohol or other drugs	21%	22%

Use of mental health services

	GRAD	UNDERGRAD
Knew they had access to CAPS virtual mental health services	59%	65%
Have used CAPS	11%	8%
Have used mental health services off campus	21%	17%
Would use mental health services if needed – at CAPS	54%	48%
Would use mental health services if needed – Off campus	63%	53%
Would not use mental health services if needed	14%	25%

Barriers to use of mental health services

	GRAD	UNDERGRAD
Financial	27%	23%
Stigma	11%	12%
Haven't gotten around to it	35%	39%
Scheduling issues	23%	19%
Don't know where to go	19%	22%
Feel embarrassed or ashamed	11%	18%

Nights of restful sleep in the past week

	GRAD	UNDERGRAD
0 nights	11%	12%
1 – 2 nights	17%	21%
3 – 4 nights	32%	32%
5 – 6 nights	27%	26%
7 nights	14%	9%

<i>Experienced discrimination in the past school year based on:</i>	GRAD	UNDERGRAD
Race or ethnicity	18%	14%
Gender or gender presentation	12%	11%
Sexual orientation	4%	5%
Disability	2%	3%
Religion	4%	6%

<i>In the past 12 months, have been in an intimate relationship that was:</i>	GRAD	UNDERGRAD
Emotionally abusive	6%	9%
Physically abusive	1%	2%
Sexually abusive	1%	2%



For questions, contact:

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