



## **2018 North Dakota Student Wellness and Perception Survey North Dakota State University Institutional Report**

### **Overview**

The 2018 North Dakota Student Wellness and Perception Survey (NDSWAPS) was developed to provide an insight into the current well-being of North Dakota College Students, ranging from their experiences using alcohol / other drugs to mental health symptomology and unwanted sexual experiences. The aim of gathering data through NDSWAPS is to inform and develop prevention and intervention efforts specific to students in North Dakota, in addition to students on each institutions campus, within the North Dakota University System.

All undergraduate students enrolled in the North Dakota University System were invited to participate in the 2018 NDSWAPS via an email notification during Fall 2018; all responses were collected through an online survey platform (i.e., Qualtrics) and were anonymous to promote disclosure of students' true experiences. Across institutions, 33,393 students were invited to participate. Of the population, 4,174 students responded to the email invitation and 3,961 students consented to participation (overall response rate of 11.86%). Survey responses were weighted by two auxiliary variables, year in school and gender (male / female); please see the separate report for details on sample weighting.

All undergraduate students at North Dakota State University (NDSU;  $n=11429$ ) were invited to participate in the survey. Students received three email invitation notifications for survey participation. A total of 1315 students responded to the email invitation and 1283 students provided valid responses on at least one question (response rate of 11.23%). However, not every respondent provided a response to each question in the survey, so total sample size per survey item varies. The key findings from the 2018 NDSWAPS among NDSU students are provided below. All responses are weighted unless otherwise noted.

### **Demographics of Respondents**

Of the total valid responses, 19.70% of respondents reported being in their first year, 24.60% in their second year, 21.80% in their third year, and 34.00% in their fourth year. Full-time students represent 94.70% of respondents. The majority of respondents (57.90%) reported taking no online courses, followed by students taking some courses online (40.50%). Most students reported living off campus (61.40%). Students involved in activities or organizations on campus are as follows: intercollegiate athlete: 3.40%; intramural or club sport team: 16.40%; sorority or fraternity: 8.00%; student government: 4.50%; fine arts: 7.40%; and resident assistant: 0.00%.

The majority of respondents identified as a woman (65.90%), followed man (32.00%); the remaining individuals prefer to self-describe (0.60%), non-binary (0.40%), and transgender (0.50%); 0.60% of respondents preferred not to answer. Most respondents identified as straight or heterosexual (89.80%); the remaining individuals identifies as follows: bisexual (5.00%), prefer to self-describe (1.80%), and gay or lesbian (1.70%); 1.70% preferred not to answer.

Respondents ranged in age from 18 to 56 (Mean = 20.88 SD = 3.94). The majority of respondents identified as White (96.20%), with 3.20% identifying as Black or African American, 2.30% as American Indian or Alaska Native, 3.70% as Asian, and 0.80% as Native Hawaiian or Pacific Islander. Note that respondents were allowed to select more than one racial identity. Respondents that identified as Hispanic or Latinx made up 1.90% of responses. Of respondents, 46.50% reported having permanent residence in North Dakota, 52.10% reported residence in a state outside of North Dakota, and 1.40% residence outside of the United States. With regard to health insurance, 86.90% of respondents reported being covered by their parent's health insurance, 8.50% having independent health insurance, and 4.60% having no health insurance.

## Alcohol Use

### Alcohol Use Overview

**Recent use.** In the 30 days prior to the survey, 21.00% reported consuming alcohol on 1-2 days, 23.00% on 3-5 days, 16.10% on 6-9 days, 6.00% on 10-19 days, 1.20% on 20-29 days, and 0.20% on all 30 days.

*Table 1. Past Year Alcohol Use*

Alcohol Use Frequency	Percent Endorsement
None	20.40
Once	8.30
Six time per year	16.40
Once per month	22.20
Once per week	21.20
Two to three times per week	9.90
Four to five times per week	1.40
Every day	0.10

**Age of onset.** Of all respondents, 1.00% reported first drinking alcohol before 10, 0.20% reported first drinking alcohol from 10-11, 2.60% first began drinking from 12-13, 10.80% reported first drinking from 14-15, 27.80% reported first drinking from 16-17, 34.50% reported first drinking alcohol from 18-20 years old, 6.50% reported first drinking from 21-25, and 0.10% first began drinking at 26 or older.

*Table 2. Alcohol Use of Sample by Data Collection Year*

	2018	2016	2016 NDUS	2014 NDUS	2012 NDUS	2010 NDUS	2008 NDUS
<b>Average Drinks per Week</b> (Drinkers Only)	2.76	6.42	6.09	N/A	N/A	N/A	N/A
<b>Average Drinks per Week</b> (All Respondents)	2.48	4.71	4.56	4.36	5.18	4.78	5.39
<b>Alcohol Use Prior 30 Days (%)</b>	67.50	74.20	75.40	66.60	72.60	70.50	72.00
<b>Alcohol Use Past Year (%)</b>	79.50	79.70	81.10	80.40	84.80	82.60	83.60
<b>Peak BAC</b>							
<b>Male</b>	.079	.115	.115	.095	.12	.11	.15
<b>Female</b>	.071	.102	.101	.102	.11	.127	.168

**Use location.** In the prior year, 10.50% of respondents reported consuming alcohol at an on-campus event, 17.80% reporting consuming alcohol in on-campus housing, 68.60% reported consuming alcohol at an off-campus event or location, and 81.80% reported consuming alcohol in off-campus housing.

### Alcohol Use for Students Under 21 Years

**Recent use.** In the 30 days prior to the survey, 19.80% reported consuming alcohol on 1-2 days, 18.00% on 3-5 days, 12.90% on 6-9 days, 3.90% on 10-19 days, 3.90% on 20-29 days, and 0.30% on all 30 days.

Table 3. Past Year Alcohol Use of Sample Under 21

<b>Alcohol Use Frequency</b>	<b>Percent Endorsement</b>
<b>None</b>	29.20
<b>Once</b>	10.60
<b>Six time per year</b>	17.00
<b>Once per month</b>	21.20
<b>Once per week</b>	14.40
<b>Two to three times per week</b>	7.50
<b>Four to five times per week</b>	0.20
<b>Every day</b>	0.00

**Age of onset.** Of respondents, 0.70% reported first drinking alcohol before 10, 0.20% reported first drinking alcohol from 10-11, 2.40% first began drinking from 12-13, 9.90% reported first drinking from 14-15, 33.60% reported first drinking from 16-17, 29.50% reported first drinking alcohol from 18-20 years old, and 0.10% reported first drinking at 21.

Table 4. Alcohol Use of Sample Under 21 Years of Age by Data Collection Year

	<b>2018</b>	<b>2016</b>	<b>2016</b>	<b>2014</b>	<b>2012</b>	<b>2010</b>	<b>2008</b>
			<b>NDUS</b>	<b>NDUS</b>	<b>NDUS</b>	<b>NDUS</b>	<b>NDUS</b>
<b>Average Drinks per Week</b> (Drinkers Only)	2.43	6.96	7.13	N/A	N/A	N/A	N/A
<b>Average Drinks per Week</b> (All Respondents)	1.91	4.07	4.15	4.04	4.57	4.44	5.25
<b>Alcohol Use Prior 30 Days (%)</b>	54.80	61.00	61.30	60.90	66.40	66.20	67.70
<b>Alcohol Use Past Year (%)</b>	70.80	68.90	69.50	76.40	80.90	79.40	80.30
<b>Peak BAC</b>							
<b>Male</b>	.089	.131	.151	.090	.11.	.12	.13
<b>Female</b>	.076	.101	.112	.099	.10	.11	.11

**Use location.** In the prior year, 12.10% of respondents reported consuming alcohol at an on-campus event, 27.70% reporting consuming alcohol in on-campus housing, 52.90% reported consuming alcohol at an off-campus event or location, and 77.30% reported consuming alcohol in off-campus housing.

### Alcohol Use Perceptions

Respondents reported, on average, believing that 47.24% of students on campus have two drinks or less in a typical week (SD=20.69, Median = 50.00) and that 31.42% of students on campus do not drink in a typical week (SD=19.77, Median = 25.00).

Table 5. Alcohol Use Perceptions

	<b>2018</b>	<b>2016</b>	<b>2016</b>	<b>2014</b>	<b>2012</b>	<b>2010</b>	<b>2008</b>
			<b>NDUS</b>	<b>NDUS</b>	<b>NDUS</b>	<b>NDUS</b>	<b>NDUS</b>
<b>Necessary for a good time (%)</b>	3.50	4.70	5.90	10.20	11.80	10.40	11.80

Table 6. Students Perceptions of Student Annual Alcohol Use

<b>Alcohol Use Frequency Perceptions</b>	<b>Percent Endorsement</b>
Never	0.20
Once per year	0.60
Six times per year	3.80
Once per month	21.90
Once per week	44.40
Two to three times per week	26.50
Four to five times per week	2.20
Every day	0.30

### Parent Influence on Alcohol Use

Of all respondents, 74.40% of respondents reported that their parents have talked with them about their expectations regarding alcohol use. Respondents reported parent's expectation or rules about limiting or controlling alcohol use as very effective (38.80%), somewhat effective (41.80%), and not effective (19.30%).

### Tobacco and Electronic Cigarette Use

#### Tobacco Use Overview

**Recent use.** In the prior 30 days, 2.40% used tobacco on 1-2 days, 1.20% used tobacco on 3-5 days, 0.90% used tobacco on 6-9 days, 0.30% used tobacco on 10-19 days, 0.70% used tobacco on 20-29 days, and 0.60% used tobacco on all 30 days.

Table 7. Past Year Tobacco Use

<b>Tobacco Use Frequency</b>	<b>Percent Endorsement</b>
None	87.30
Once	3.90
Six time per year	3.50
Once per month	2.60
Once per week	0.70
Two to three times per week	0.50
Four to five times per week	0.90
Every day	0.70

**Age of onset.** Of those reporting having ever used tobacco, 0.60% reported first using tobacco before 10, 2.00% reported first began using tobacco from 10-11, 5.10% first using tobacco from 12-13, 14.60% reported first using tobacco from 14-15, 28.20% reported first using tobacco from 16-17, 44.30% reported first using tobacco 18-20 years old, and 5.10% first began using tobacco at 21 or older.

Table 8. Tobacco Use (Percentages) of Sample by Data Collection Year

	<b>2018</b>	<b>2016</b>	<b>2016 NDUS</b>
<b>Tobacco Use Prior 30 Day</b>	6.00	15.90	7.13
<b>Tobacco Use Past Year</b>	12.70	26.80	5.15

### Vaping / Electronic Cigarette Use

**Recent use.** In the prior 30 days, 7.30% used vaping/e-cigarettes on 1-2 days, 3.30% used vaping/e-cigarettes on 3-5 days, 1.50% used vaping/e-cigarettes on 6-9 days, 2.30% used vaping/e-cigarettes on 10-19 days, 2.10% used vaping/e-cigarettes on 20-29 days, and 3.70% used vaping/e-cigarettes on all 30 days.

*Table 9. Past Year Vaping / Electronic Cigarette Use*

<b>Vaping / E-Cig Use Frequency</b>	<b>Percent Endorsement</b>
<b>None</b>	74.90
<b>Once</b>	5.00
<b>Six time per year</b>	5.00
<b>Once per month</b>	4.80
<b>Once per week</b>	2.90
<b>Two to three times per week</b>	3.20
<b>Four to five times per week</b>	2.40
<b>Every day</b>	1.70

**Age of onset.** Of those reporting having ever used vaping/e-cigarettes, 0.00% reported first using vaping/e-cigarettes before 10, 0.10% reported first using vaping/e-cigarettes from 10-11, 1.00% first began using vaping/e-cigarettes from 12-13, 6.90% reported first using vaping/e-cigarettes from 14-15, 31.60% reported first using vaping/e-cigarettes from 16-17, 50.90% reported first using vaping/e-cigarettes from 18-20 years old, 8.30% first using vaping/e-cigarettes from 21-25, and 0.90% first began using vaping/e-cigarettes at 26 or older.

**Use location.** In the prior year, 14.00% of respondents reported using vaping / e-cigarettes at an on-campus event, 29.90% reporting vaping / e-cigarettes in on-campus housing, 53.80% reported vaping / e-cigarettes at an off-campus event or location, and 79.60% reported vaping / e-cigarettes in off-campus housing.

### **Tobacco and Electronic Cigarette Use Perceptions**

*Table 10. Students Perceptions of Student Annual Tobacco Use*

<b>Tobacco Use Frequency Perceptions</b>	<b>Percent Endorsement</b>
<b>Never</b>	26.50
<b>Once per year</b>	10.20
<b>Six times per year</b>	14.40
<b>Once per month</b>	16.90
<b>Once per week</b>	14.00
<b>Two to three times per week</b>	11.40
<b>Four to five times per week</b>	3.70
<b>Every day</b>	3.00

*Table 11. Students Perceptions of Student Annual Vaping / Electronic Cigarette Use*

<b>Vaping / E-Cig Use Frequency Perceptions</b>	<b>Percent Endorsement</b>
<b>Never</b>	20.10
<b>Once per year</b>	3.00
<b>Six times per year</b>	7.20
<b>Once per month</b>	11.70
<b>Once per week</b>	15.00
<b>Two to three times per week</b>	16.00
<b>Four to five times per week</b>	14.00
<b>Every day</b>	13.00

### **Parents Influence on Tobacco and Electronic Cigarette Use**

Respondents reported parent's expectation or rules about limiting or controlling tobacco use as very effective (60.10%), somewhat effective (26.30%), and not effective (13.60%). Respondents reported parent's

expectation or rules about limiting or controlling vaping / electronic cigarette use as very effective (50.50%), somewhat effective (27.90%), and not effective (21.50%).

### Marijuana Use

#### Marijuana Use

**Recent use of marijuana.** In the prior 30 days, 6.30% used marijuana on 1-2 days, 1.20% used marijuana on 3-5 days, 1.30% used marijuana on 6-9 days, 1.40% used marijuana on 10-19 days, 1.10% used marijuana on 20-29 days, and 1.40% used marijuana on all 30 days.

*Table 12. Past Year Marijuana Use*

<b>Marijuana Use Frequency</b>	<b>Percent Endorsement</b>
<b>None</b>	78.50
<b>Once</b>	7.00
<b>Six time per year</b>	5.60
<b>Once per month</b>	3.20
<b>Once per week</b>	1.60
<b>Two to three times per week</b>	1.80
<b>Four to five times per week</b>	1.20
<b>Every day</b>	1.10

**Recent use of vaping marijuana.** In the prior 30 days, 2.90% vaped marijuana on 1-2 days, 1.10% vaped marijuana on 3-5 days, 0.80% vaped marijuana on 6-9 days, 0.40% vaped marijuana on 10-19 days, 0.10% vaped marijuana on 20-29 days, and 0.00% vaped marijuana on all 30 days.

*Table 13. Past Year Vaping Marijuana*

<b>Vaping Marijuana Frequency</b>	<b>Percent Endorsement</b>
<b>None</b>	92.90
<b>Once</b>	2.70
<b>Six time per year</b>	1.70
<b>Once per month</b>	1.60
<b>Once per week</b>	0.50
<b>Two to three times per week</b>	0.40
<b>Four to five times per week</b>	0.20
<b>Every day</b>	0.00

**Age of onset.** Of those reporting having ever used marijuana, 0.30% reported first using marijuana before 10, 0.40% reported first using marijuana from 10-11, 3.00% reported first using marijuana from 12-13, 12.40% reported first using marijuana from 14-15, 33.50% reported first using marijuana from 16-17, 44.60% reported first using marijuana from 18-20 years old, 4.80% first began using marijuana from 21-25, and 0.80% began using marijuana at 26 or older.

*Table 14. Marijuana Use (Percentages) of Sample by Data Collection Year*

	<b>2018</b>	<b>2016</b>	<b>2016</b>	<b>2014</b>	<b>2012</b>	<b>2010</b>	<b>2008</b>
			<b>NDUS</b>	<b>NDUS</b>	<b>NDUS</b>	<b>NDUS</b>	<b>NDUS</b>
<b>Prior 30 Days</b>	12.80	14.10	13.10	14.00	12.20	12.80	10.90
<b>Past Year</b>	21.50	25.10	23.00	26.30	25.50	23.50	22.70

**Use location.** In the prior year, 7.00% of respondents reported using marijuana at an on-campus event, 13.80% reporting using marijuana in on-campus housing, 31.50% reported using marijuana at an off-campus event or location, and 77.70% reported using marijuana in off-campus housing.

### **Marijuana Use Perceptions**

A total of 1.20% of respondents believe that marijuana is necessary to have a good time.

*Table 15. Students Perceptions of Student Annual Marijuana Use*

<b>Marijuana Use Frequency Perceptions</b>	<b>Percent Endorsement</b>
Never	21.10
Once per year	9.00
Six times per year	14.00
Once per month	21.70
Once per week	17.50
Two to three times per week	11.40
Four to five times per week	3.40
Every day	1.80

*Table 16. Students Perceptions of Student Annual Vaping Marijuana*

<b>Vaping Marijuana Frequency Perceptions</b>	<b>Percent Endorsement</b>
Never	27.70
Once per year	12.10
Six times per year	13.80
Once per month	16.70
Once per week	16.00
Two to three times per week	8.00
Four to five times per week	3.40
Every day	2.30

### **Parent Influence on Marijuana Use**

Respondents reported parent’s expectation or rules about limiting or controlling marijuana use as very effective (55.20%), somewhat effective (27.30%), and not effective (17.50%).

### **Other Drug Use**

#### **Other Drug Use**

**Recent use.** During the prior 30 days, 0.60% of respondents reported using amphetamines, 0.50% reported using opioids, 2.40% reported a non-medical use of prescription drugs, and 1.10% reported using other illicit drugs. During the prior year, 1.10% of respondents reported using amphetamines, 1.20% reported using opioids, 3.80% reported a non-medical use of prescription drugs, and 1.50% reported using other illicit drugs.

**Age of onset.** The most common age of onset for amphetamine use was 18-20 years old, 18-20 years old for opioids, 18-20 years old for non-medical use of prescription drugs, and 18-20 years old for other illicit drugs.

#### **Other Drug Use Perceptions**

The majority of respondents believe that students on campus have never used amphetamines (55.20%), followed by once per year (21.50%). The majority of respondents believe that students on campus have never used opioids (60.90%), followed by once per year (22.90%). The majority of respondents believe that students on campus have never used prescription drugs for non-medical purposes (40.40%), followed by once per year

(18.60%). The majority of respondents believe that students on campus have never used other illicit drugs (56.60%), followed by once per year (22.90%).

### **Parent Influence on Other Drug Use**

A total of 70.10% of respondents reported that their parents have talked to them about their expectations regarding drug use. Respondents reported parent’s expectation or rules about limiting or controlling drug use as very effective (68.90%), somewhat effective (19.00%), and not effective (12.00%).

## **Alcohol, Tobacco and Other Drug Use**

### **Consequences of Using Alcohol and Other Drugs**

*Table 17. Prior Year Alcohol and Other Drug Consequences*

<b>Consequence</b>	<b>Percent Endorsement</b>
<b>Hangover, nauseated, or vomited</b>	75.70
<b>Blackout or memory loss</b>	42.80
<b>Performed poorly on test / project, missed class</b>	28.80
<b>Been in trouble with a college authority</b>	6.80
<b>Driven while under the influence</b>	13.00
<b>Thought they might have a problem</b>	8.40
<b>Done something they later regretted</b>	38.20
<b>Been criticized by someone due to their behavior</b>	26.00
<b>Been arrested for DWI/DUI</b>	0.60
<b>Been hurt or injured</b>	13.10

### **Policies Related to Alcohol and Other Drug Use**

Of the total respondents, 98.30% reported being aware the campus’ alcohol and other drug policies and 72.60% stated that the policies are enforced. The majority of respondents stated that stricter policies, laws, or ordinances would not deter them from using alcohol or other drugs (61.80%). Of those who responded, 20.20% reported that fines or fees would deter their use, 35.40% stated expulsion from college would deter them, and 14.60% stated jail would deter them.

### **Instructor Influence on Alcohol and Other Drug Use**

Respondents stated that 36.40% of their instructors never make a lighthearted comment about alcohol or drug use, followed by less than once per month (39.50%). Instructors were reported to never talk about their expectations for students to control their limit of alcohol or other drugs 59.80% of the time, followed by less than once per month (26.80%). Instructors were reported to never talk about resources of alcohol or other drugs 57.70% of the time, followed by less than once per month (25.70%).

Respondents stated that they would be very unlikely to change their alcohol or drug use based on their instructors’ expectations (41.50%), followed by unlikely (24.70%). Respondents reported instructor’s expectation as a way of limiting or controlling alcohol drug use as not effective (63.70%), somewhat effective (33.00%), and very effective (3.20%).



## Mental Health and Well Being

### Depression and Anxiety

*Table 18. Percent endorsement of depression and anxiety symptoms over prior two weeks*

	<b>Nearly every day</b>	<b>More than half the days</b>	<b>Several days</b>	<b>Not at all</b>
<b>Feeling down and depressed</b>	4.90	8.90	38.10	48.10
<b>Little interest / pleasure in things</b>	4.70	9.30	31.70	54.30
<b>Feeling nervous, anxious, on edge</b>	11.70	15.40	40.90	32.00
<b>Not able to control / stop worry</b>	8.70	12.50	29.90	49.00

In considering the aforementioned depression and anxiety symptoms, 14.70% reported that these experiences have made it extremely or very difficult to complete their academic work; 10.80% reported it has made is extremely or very difficult to take care of daily activities; and 11.80% reported it has made it extremely or very difficult to get along with others.

### Stress and Emotional Distress

Over the previous month, 12.70% of respondents stated that they have very or fairly often found it hard to cope with all the things they had to do and 16.90% of respondents stated that they have very or fairly often felt that their difficulties were piling up so high that they could not overcome them.

Over the previous month, nearly every day or more than half of the days 8.60% have felt hopeless, 31.70% of respondents have felt mentally exhausted, 18.60% have felt very lonely, and 6.40% have felt overwhelmed by anger.

### Sleep

*Table 19. Average hours of sleep*

<b>Hours of Sleep</b>	<b>Percent Endorsement</b>
<b>Less than 5</b>	3.60
<b>5-6</b>	35.80
<b>7-8</b>	56.80
<b>9 or more</b>	3.80

Over the past two weeks, 8.40% of respondents reported being bothered by their quality or duration of sleep nearly every day. In considering sleep difficulties, 1.90% reported that these experiences have made it extremely difficult to complete their academic work; 1.70% reported it has made is extremely difficult to take care of daily activities; and 1.90% reported it has made it extremely difficult to get along with others.

### Social Support

Of all respondents, 3.80% either very strongly disagreed that they have friends they can share their ups and downs with. Similarly, 4.00% either very strongly disagreed that when they are on-campus they receive the emotional support they need.

### Mental Health Social Environment

Of all respondents, 2.00% reported that they very strongly agreed that students on their campus have a negative attitude about those who receive psychological help; 2.10% reported that they very strongly agreed that their family has a negative attitude about those who receive psychological help. Overall, 4.20% of respondents very strongly agreed that they would be more likely to receive professional psychological help if those about them did not view it negatively.

Respondents stated that their instructors never make a lighthearted comment about mental health difficulties 80.60% of the time, followed by less than once per month (15.00%). Respondents stated that their

instructors never talk about resources for mental health difficulties 46.60% of the time, followed by less than once per month (31.00%).

## Mental Health Diagnosis History

*Table 20. Mental Health Disorder Diagnosis in Prior 12 Months*

<b>Diagnosis</b>	<b>Percent Endorsement</b>
<b>Major depressive disorder</b>	16.80
<b>Generalized or social anxiety disorder</b>	22.80
<b>Panic attacks or panic disorder</b>	9.70
<b>Eating disorder</b>	2.70
<b>Alcohol use disorder</b>	1.00
<b>Drug use disorder</b>	0.80
<b>Attention deficit hyperactivity disorder</b>	3.90
<b>Sleep disorder or insomnia</b>	7.10
<b>Other mental health disorder</b>	5.90

## Self-Injurious Thoughts and Behavior

### Non-Suicidal Self-Injury

In the prior year, 11.50% of respondents had intentionally hurt themselves without the intent of killing themselves at least one time and 3.6% reported engaging in self-injury five or more times.

### Suicidal Thoughts and Behaviors

In the prior year, 22.40% of respondents reported having thoughts of killing themselves, 4.80% of respondents reported having a plan to kill themselves, 1.30% of respondents attempted to kill themselves.

*Table 21. Percent Endorsement of Suicidal Thoughts and Behaviors in Prior Year History*

	<b>Once</b>	<b>Twice</b>	<b>Three to Five Times</b>	<b>Six to Ten Times</b>	<b>More than Ten Times</b>
<b>Thoughts of killing oneself</b>	6.20	5.40	5.60	1.50	3.60
<b>Plan to kill oneself</b>	2.70	0.90	0.90	0.20	0.20
<b>Attempted to kill oneself</b>	1.10	0.10	0.0	0.10	0.00

### Disclosure of Suicidal Thoughts and Behaviors

In considering any of the aforementioned suicidal thoughts or behaviors, 32.50% of respondents reported telling a peer on campus about their experience, 46.30% reported telling a peer not on their campus, 35.20% reported telling a family member, 19.10% reported telling an on-campus health professional, 19.10% reported telling an off-campus health professional, and 4.80% reported telling an on-campus staff or faculty.

### Self-Injurious Thoughts and Behaviors Perceptions

Respondents reported believing that 21.48% of students on their campus had either thought about suicide or attempted to kill themselves in the past year (SD = 18.78, Median = 15.00).

### Instructor Influence on Suicidal Thoughts and Behaviors

Respondents stated that their instructors never make a lighthearted comment about suicidal thoughts or behaviors 93.10% of the time, followed by less than once per month (5.80%). Respondents stated that their instructors never talk about resources suicidal thoughts and behaviors 58.20% of the time, followed by less than once per month (25.00%).

## Unwanted Sexual Experiences

### Unwanted Sexual Experiences

During the prior year, 22.40% of respondents reported that someone has made an unwanted attempt to stroke, fondle, or kiss them without their consent or against their will at least once; 7.60% of respondents reported that someone has attempted to have sex with them without their consent or against their will at least once in the prior year; 3.10% of respondents reported that someone has had sex with them without their consent or against their will at least once in the prior year.

### Disclosure of Unwanted Sexual Experiences

In considering any of the aforementioned unwanted experiences, 50.90% of respondents reported telling a peer on campus about their experience, 48.80% reported telling a peer not on their campus, 20.70% reported telling a family member, 5.90% reported telling an on-campus health professional, 3.60% reported telling an off-campus health professional, and 2.80% reported telling an on-campus staff or faculty.

### Perceptions of Unwanted Sexual Experiences

Respondents reported believing that 28.64 of students on their campus had an unwanted sexual experience in the past year (SD = 18.99, Median = 25.00).

### Instructor Influence on Unwanted Sexual Experiences

Respondents stated that their instructors never make a lighthearted comment about sexual assault or harassment 91.10% of the time, followed by less than once per month (7.50%). Respondents stated that their instructors never talk about resources for sexual assault or harassment 59.10% of the time, followed by less than once per month (25.90%).

## NDSU Specific Questions

*Table 22. Frequency past 12-month student experiences*

	Never	Very Rarely	Rarely	Occasionally	Very Frequently	Always
<b>Alcohol Use</b>	25.10	15.30	9.40	37.40	11.30	1.50
<b>Drug Use</b>	77.10	9.40	4.80	5.20	2.70	0.90
<b>Anxiety</b>	24.40	12.30	8.60	25.20	21.80	7.80
<b>Depression</b>	35.70	17.40	10.40	21.30	10.90	4.20
<b>Eating Disorder Symptoms</b>	74.70	8.90	6.10	7.20	2.30	0.80
<b>Loneliness</b>	28.30	20.30	12.40	24.20	11.0	3.0
<b>Sleep Difficulties</b>	21.70	18.90	13.80	25.20	17.0	3.40
<b>Stress</b>	8.30	5.10	6.00	28.10	35.80	16.70
<b>Homesickness</b>	36.10	20.70	14.80	19.90	6.40	2.20
<b>Relationship Difficulties</b>	33.70	23.70	14.80	19.50	5.40	2.90
<b>Unwanted touching / interactions</b>	76.30	15.50	4.80	3.10	0.20	0.10
<b>Chronic Health Problem / Pain</b>	68.10	11.60	4.90	7.60	4.70	43.00
<b>Cold/Flu/Sore Throat</b>	22.20	29.90	21.90	21.60	3.60	0.80
<b>Injury</b>	63.00	23.20	9.00	3.80	0.60	0.50
<b>Learning Disability</b>	88.70	5.90	2.30	1.50	0.50	1.00
<b>Pregnancy</b>	98.20	1.10	0.10	0.40	0.10	0.10
<b>Financial Stability</b>	22.30	11.70	9.60	18.80	20.10	17.40
<b>Fulfillment of Basic Needs</b>	28.90	3.40	2.00	4.50	15.40	45.70
<b>Work or Volunteer Time</b>	14.40	6.40	6.60	20.20	31.30	21.10

Table 23. Academic impact of past 12-month student experience

	Never	Very Rarely	Rarely	Occasionally	Very Frequently	Always
<b>Alcohol Use</b>	81.90	11.20	3.40	3.20	0.10	0.10
<b>Drug Use</b>	94.30	2.90	1.00	1.50	0.20	0.10
<b>Anxiety</b>	41.90	13.10	10.20	20.20	11.30	3.30
<b>Depression</b>	57.30	10.00	8.40	14.00	7.20	3.10
<b>Eating Disorder Symptoms</b>	90.00	4.90	2.50	1.10	1.0	0.50
<b>Loneliness</b>	69.20	11.60	7.40	7.80	3.30	0.70
<b>Sleep Difficulties</b>	40.40	16.10	12.70	19.00	8.60	3.20
<b>Stress</b>	24.70	11.80	15.10	24.80	15.60	8.00
<b>Homesickness</b>	75.80	9.90	7.20	4.70	1.60	0.80
<b>Relationship Difficulties</b>	71.10	11.80	6.60	8.10	1.90	0.50
<b>Unwanted touching / interactions</b>	94.60	3.50	1.10	0.70	0.10	0.00
<b>Chronic Health Problem / Pain</b>	84.10	4.70	3.50	4.00	2.60	1.20
<b>Cold/Flu/Sore Throat</b>	51.80	21.10	13.60	11.90	1.50	0.10
<b>Injury</b>	89.70	6.30	2.40	1.10	0.40	0.00
<b>Learning Disability</b>	92.50	2.60	1.50	2.30	0.50	0.60
<b>Pregnancy</b>	98.70	0.60	0.20	0.30	0.20	0.10
<b>Financial Stability</b>	75.80	6.80	6.10	7.60	2.00	1.70
<b>Fulfillment of Basic Needs</b>	85.20	4.10	2.60	1.90	1.70	3.50
<b>Work or Volunteer Time</b>	54.40	12.80	8.30	15.70	7.00	1.90
<b>Social Media</b>	55.10	11.50	11.30	14.40	6.10	1.60
<b>Gaming</b>	81.00	7.20	4.80	5.00	1.70	0.40
<b>Extracurricular Activities</b>	60.40	12.70	10.50	12.00	3.80	0.60

Of all respondents, the following reported knowing where to see assistance for the following: alcohol use – 69.20%; drug use – 68.20%; anxiety – 82.70%; depression – 83.30%; eating disorder symptoms – 75.90%; loneliness – 70.60%; sleep difficulties – 61.90%; stress – 76.40%; homesickness – 62.50%; relationship difficulties – 66.90%; unwanted touching / interactions – 75.50%; chronic health problem / pain – 79.60%; cold/flu/sore throat – 87.30%; injury – 85.80%; learning disability – 69.40%; pregnancy – 67.60%; financial stability – 60.70%; fulfillment of basic physical needs – 57.90%; work or volunteer time – 73.80%; and extracurricular activities – 80.90%.