

National Depression Screening Day
SURVEY RESULTS @ SUFFOLK UNIVERSITY
October 8, 2008 (SSOM & CAS).....October 22, 2008 (Law School)

229 students participated in face-to-face depression screenings (2008)
(179 SSOB & CAS students / 50 Law Students)

199 students participated in face-to-face depression screenings (2007)
149 students participated in face-to-face depression screenings (2006)

- ❖ **Age:** % of the respondents were between the ages of 18-25. Ages ranged from 17-32. Mean age of the respondents was 19.6.
- ❖ **Academic Status:** Freshmen: (40.7%); Sophomores: (20.9%); Juniors: (18.1%); Seniors: (11%); Graduate Students: (5.5%); Other (2.2%).
- ❖ **Gender:** Females: (61.5%); Males: (35.2%).
- ❖ **Ethnicity:** Caucasian: (52.7%); Other: (15.8%); Asian American: (11.5%); African American: (6.6%); Hispanic: (6.6%); American Indian: (1.1%).
- ❖ **Residency:** Off-campus: (79%); On-campus: (14.8%).

34 of 179 students who completed the survey (18.9%) demonstrated symptoms that were “likely” or “very likely” suggestive of a major depressive disorder (2008)

20.8% demonstrated symptoms of a major depressive disorder in 2007
23.3% demonstrated symptoms of a major depressive disorder in 2005

Among those who were “likely” or “very likely” to have a major depressive disorder:

- ❖ **Academic Status:** Freshman (44.1%); Junior: (20.6%); Senior: (14.7%); Sophomore: (14.7%); Graduate: (5.9%); Other: (0%).
- ❖ **Gender:** Males: (44.1%); Females: (55.9%)
- ❖ **Ethnicity:** Caucasian: (47.1%); Other: (23.5%); Asian American: (14.7%); Hispanic: (5.9%); African American: (2.9%); American Indian: (2.9%), Unknown (2.9%).

11.5% of the students who completed the survey question in 2008 reported previous treatment for depression

10.1% reported previous treatment for depression in the 2007 survey
15.7% reported previous treatment for depression in the 2005 survey

Of those reporting previous treatment for depression:

- ❖ **Academic Status:** Graduate: (19%); Junior: (19%); Freshmen: (33.3%); Senior: (4.8%); Sophomore: (23.8%).
- ❖ **Gender:** Female: (66.6%); Male: (33.3%).
- ❖ **Ethnicity:** Caucasian: (76.2%); Asian American: (14.3%); Hispanic: (4.8%); Other: (4.8%); African American: (0%); American Indian: (0%).
- ❖ **Treatment:** With Medication: (52.4%); Without Medication: (47.6%)

5 out of the 229 total students who completed the survey item in 2008 reported prior suicide attempts

In 2007, 7 (4.7%) out of the 149 students who completed the survey item in 2007 reported prior suicide attempts.

6.3% of survey respondents reported prior suicide attempts in 2005

- ❖ **Comparative Data:** It is estimated that approximately 1,100 students commit suicide on college campuses each year, at a rate of approximately 7.5 per 100,000 students.¹ In a comprehensive study completed at Big Ten Universities, 9.5% of 16,000 participating students reported having contemplated suicide within a three-year period, while 1.5% made a suicide attempt during the period of the study.²
- ❖ **Academic Status:** Sophomore: (40%); Graduate: (40%) – one law student; Seniors: (20%).
- ❖ **Gender:** Female: (40%); Male: (60%)
- ❖ **Ethnicity:** Caucasian: (80%); Other: (20%).

22.2% of the students who completed the 2008 survey demonstrated symptoms that may be consistent with Post-Traumatic Stress Disorder. 2.2% (4) students demonstrated symptoms that correspond to PTSD

24.2% demonstrated PTSD-like symptoms in the 2007 survey

27.2% demonstrated similar symptoms in the 2005 survey

¹ US Department of Education, National Center for Education Statistics, *Digest of Education Statistics: Postsecondary Education*. www.nces.ed.gov.

² Silverman M., et al. Big Ten Suicide Study: A Ten-Year Study of Suicides on Midwestern University Campuses, *Suicides and Life Threatening Behavior*. 1997;27(3), 285-307.

37 of the students who completed the survey question (20.7%) demonstrated symptoms suggesting Generalized Anxiety Disorder (GAD)

25.5% presented like symptoms in the 2007 screening.

31.4% respondents presented with GAD symptoms in the 2005 screenings survey

8 of the 179 (4.5%) students who completed the survey in 2008 demonstrated moderate symptoms of bipolar disorder (BPD)

4.7% demonstrated moderate symptoms of BPD in 2007

6.4% demonstrated moderate symptoms of BPD in 2005