

ADDITIONAL ITEM SET

Mental Health and Well-Being

What is a **CCSSE** additional item set?

The end of the CCSSE instrument contains space for an additional 20 items. The first five of those are always developed by CCCSE and administered to all colleges as part of the core survey administration. Colleges have the option of using the remaining 15 to create a custom item set (see [Additional Items Catalog](#)) or choosing from our collection of [standard additional item sets](#) for an additional fee:

- » Academic Advising and Planning
- » Academic Mindset
- » Assessment and Placement
- » Information Literacy
- » Student Financial Health
- » The Working Learner

We frequently offer a specific additional item set free of charge, as part of an initiative exploring a topic of interest to the community college field. This free additional item set is provided to all colleges administering CCSSE that do not add items of their own choosing. Students are asked to mark their responses under “Additional Items” at the end of the [survey](#). The results from these items are provided as frequency distributions with colleges’ standard CCSSE reports.

CCSSE 2023 items

Colleges that participate in CCSSE 2023 will receive a 15 item set about mental health and well-being (shown below). These items are designed to help institutions further understand aspects of community college students’ mental health and well-being so that their needs can be more fully addressed.

Mark only one response for each item

1. At this college, I feel that students’ mental health and emotional well-being is a priority.
 - a. Strongly Disagree
 - b. Disagree
 - c. Agree
 - d. Strongly Agree

2. Over the **last 2 weeks**, how often have you been bothered by having little interest or pleasure in doing things?
 - a. Not at all
 - b. Several days
 - c. More than half the days
 - d. Nearly every day

3. Over the **last 2 weeks**, how often have you been bothered by feeling down, depressed or hopeless?
 - a. Not at all
 - b. Several days
 - c. More than half the days
 - d. Nearly every day

4. Over the **last 2 weeks**, how often have you been bothered by feeling nervous, anxious or on edge?
 - a. Not at all
 - b. Several days
 - c. More than half the days
 - d. Nearly every day

5. Over the **last 2 weeks**, how often have you been bothered by not being able to stop or control worrying?
 - a. Not at all
 - b. Several days
 - c. More than half the days
 - d. Nearly every day

6. In the **past 12 months**, I have needed help for emotional or mental health problems such as feeling sad, blue, anxious, or nervous.
 - a. Strongly Disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly Agree

7. If you needed to seek professional help for your mental or emotional health while attending this college, you would know where to go.
 - a. Strongly Disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly Agree

8. If you needed help for your mental health and emotional well-being in the **past 12 months**, how often have you sought such help?
 - a. Never
 - b. Rarely
 - c. Often
 - d. Very often
 - e. I have not needed help for my mental health and emotional well-being

9. 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?
- Lack of resources (money, time, transportation)
 - I worry about what others will think of me
 - I do not know where to seek help
 - I do not know what kind of help I need
 - Other
10. 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?
- Trained mental health provider (e.g., psychiatrist, psychologist, counselor, or social worker, etc.)
 - Someone who works at this college who is not a trained mental health provider
 - Friend, partner, or family member
 - Someone from your cultural community (identity-based, faith-based, etc.)
 - Other
11. 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?
- In-person, individual counseling or therapy
 - In-person, group therapy or a support group
 - Teletherapy (counseling or therapy via the phone, video, text, messaging)
 - Peer counseling from a trained peer
 - Crisis hotline (number to call or text during a mental health crisis to reach a trained responder)
12. 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.)?
- Not at all important
 - Somewhat important
 - Important
 - Very important
 - Absolutely essential
13. In the **past 4 weeks**, how many days have you felt that emotional or mental difficulties have hurt your academic performance?
- None
 - 1-2 days
 - 3-5 days
 - 6 or more days

14. 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?

- a. Not likely
- b. Somewhat likely
- c. Likely
- d. Very likely

15. In the **past 12 months** have you needed help with substance use issues?

- a. No
- b. Yes
- c. I am not sure
- d. I prefer not to respond