

**REFERENCE GROUP
EXECUTIVE SUMMARY
Fall 2023 - PILOT**

**American College Health Association
Well-Being Assessment**



Notes about this report:

Calculating scores:

Mean scores are simple averages of participants' responses multiplied by 10. Missing data is ignored (i.e. pairwise observations were used).

About the use of sex and gender in this report:

The responses to SEX, TRANS, and GENDER are used to create a new variable called RSEX. RSEX is used for organizing results in the report documents. Respondents are reported as cis men or cis women only when their responses to SEX, TRANS, and GENDER are consistent with one another. If gender identity is consistent with sex at birth AND "no" is selected for transgender, then respondents are designated as either cis men or cis women in RSEX. If respondents select "yes" for transgender OR their sex at birth is not consistent with their gender identity, then they are designated as transgender/gender non-conforming in RSEX. A respondent that selects "intersex" for sex at birth, "no" for transgender, and man or woman for gender identity are designated as cis men or cis women in RSEX. A respondent that selects "intersex" for sex at birth, "yes" for transgender, or selects a gender identity other than man or woman are designated as transgender/gender non-conforming in RSEX. A respondent that selects "another identity" on GENDER is designated missing in RSEX. A respondent that skips any of the three questions is designated as missing in RSEX. Totals displayed in this report include missing responses. Please note: if your data contain a small number of transgender and gender non-conforming students, we advise you to take caution in sharing this report, as these students' responses may make it possible to identify who they are.

Suggested citation for this document:

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Demographic Supopulation Definitions

Cis Women Cis Men Transgender/Gender Non- Conforming	See note about the use of sex and gender above.
BIPOC (Black, Indigenous, People of Color)	Students are categorized as BIPOC if they identified as any single race or ethnicity other than white (i.e., American Indian or Native Alaskan; Asian or Asian American; Black or African American; Hispanic or Latino/a/x; Middle Eastern/North African (MENA) or Arab Origin; Native Hawaiian or Other Pacific Islander Native; Biracial or Multiracial; or 'Another identity'), OR if they chose more than race/ethnicity (which may include white.)
Parent/Guardian	Students that selected 'yes' to being a parent of a child under the age of 18 or having primary responsibility for a child/children under the age of 18
Veterans	Students that are currently or have been a member of the Armed Services
1st Generation College Students	Students whose parent(s)/guardian(s) have not completed a bachelor's degree
Varsity Athletes	Students who participate in organized college athletics at the varsity level
Disability/Condition	Students who selected having any of the following: Attention-Deficit Hyperactivity Disorder (ADD or ADHD), Autism Spectrum Disorder, Blind/low vision, Chronic illness, Deaf/hearing impairment, Learning disorder, Mobility/Dexterity impairment, Psychological or mental health condition, speech or language disorder, or Traumatic Brain Injury (TBI)
Queer-Spectrum	Students who selected any of the following sexual orientations: Asexual, Bisexual, Gay, Lesbian, Pansexual, Queer, or Questioning
Visa	Students who are studying in the U.S. and have a visa

Dimension scoring is the mean response within that dimension multiplied by 10. The table below describes the range of possible scores for each dimension and the desired directional outcome.

Interpreting Dimension Scores			
Dimension	Minimum Score	Maximum Score	Desirability
Happiness	10	50	High score is desirable
Anxiety	10	50	Low score is desirable
Depression	10	50	Low score is desirable
Loneliness	10	50	Low score is desirable
Social Anxiety	10	50	Low score is desirable
Life Satisfaction	10	60	High score is desirable
Self-esteem	10	60	High score is desirable
Optimism	10	60	High score is desirable
Positive Coping	10	60	High score is desirable
Belonging	10	60	High score is desirable
Meaning	10	60	High score is desirable
Purpose	10	60	High score is desirable
Activity Engagement	10	60	High score is desirable
Academic Engagement	10	60	High score is desirable

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Dimension	Subpopulations of Students											
	All Students	Cis Woman	Cis Man	Trans / GNC	BIPOC	Parent/ Guardian	Veterans	1st Gen. College Students	Varsity Athletes	Disability/ Condition	Queer-spectrum	Visa
Happiness	32.39	32.39	33.40	28.25	31.17	32.39	31.29	31.41	36.32	30.06	29.55	31.40
Anxiety	27.62	28.46	33.00	32.55	27.06	25.76	25.90	28.76	22.88	30.99	31.23	27.21
Depression	21.30	21.34	19.67	28.05	21.29	19.46	22.20	22.28	18.71	24.30	25.61	21.43
Loneliness	18.58	18.70	17.32	22.61	19.00	17.82	18.45	19.42	16.13	20.61	21.19	19.20
Social Anxiety	20.94	21.39	18.34	27.55	20.66	18.18	17.59	22.29	17.81	23.77	25.03	21.10
Life Satisfaction	44.00	44.86	43.16	38.70	42.70	46.43	43.98	42.63	47.07	42.35	41.38	42.15
Self-esteem	43.45	43.52	44.47	38.42	43.74	46.32	42.68	42.46	45.96	40.83	39.83	44.04
Optimism	38.37	38.34	39.92	32.24	39.36	42.62	38.35	38.15	41.41	35.30	34.25	40.04
Positive Coping	34.41	33.27	38.19	30.15	34.38	36.09	39.96	33.61	38.86	31.36	30.90	33.55
Belonging	44.94	45.33	45.25	39.97	43.16	44.48	41.80	43.84	47.92	43.37	42.41	44.53
Meaning	44.51	44.95	44.75	38.92	43.93	47.87	43.37	43.91	48.41	42.36	40.56	44.46
Purpose	50.17	50.82	49.56	46.43	49.43	51.83	51.11	50.20	51.70	49.80	48.28	49.88
Activity Engagement	47.18	47.01	47.79	46.40	45.79	41.96	47.64	44.23	54.37	45.90	46.29	44.84
Academic Engagement	45.06	45.46	44.53	43.46	44.87	46.50	44.21	43.91	46.24	44.22	44.45	44.21
TOTAL N for Subpopulation	5627	3738	1519	324	1825	417	87	1756	237	2925	1390	979

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Demographics and Sample Characteristics

■ Age

18 - 20 years:	48.4 %
21 - 24 years:	26.3 %
25 - 29 years:	11.7 %
30+ years:	13.6 %
Mean age:	23.3 years
Median age:	21.0 years

■ Gender*

Cis Women:	66.4 %
Cis Men:	27.0 %
Transgender/Gender Non-conforming:	5.8 %

* See note on page 2 regarding gender categories

■ Student status

1st year undergraduate:	23.7 %
2nd year undergraduate:	16.6 %
3rd year undergraduate:	16.4 %
4th year undergraduate:	12.6 %
5th year or more undergraduate:	2.3 %
Master's (MA, MS, MFA, MBA, etc.):	13.9 %
Doctorate (PhD, EdD, MD, JD, etc.):	13.3 %
Not seeking a degree:	0.2 %
Other:	0.9 %

Full-time student:	91.3 %
Part-time student:	7.9 %
Other student:	0.8 %

■ Student Veteran:

1.6 %

■ Parent or primary responsibility for someone else's child/children under 18 years old:

7.4 %

**this question was select all that apply, totals may add up to over 100%

■ First generation students

31.3 %

(Proportion of students for whom no parent/guardian have completed a bachelor's degree)

■ Do you have any of the following?

Attention-Deficit/Hyperactivity Disorder (ADD or ADHD)	18.6 %
Autism Spectrum Disorder	3.8 %
Blind/vision impairment	7.7 %
Chronic illness (e.g. cancer, diabetes, autoimmune disorder, etc)	8.7 %
Deaf/Hearing impairment	1.6 %
Learning disorder (e.g. dyslexia, etc.)	4.5 %
Mobility/Dexterity impairment	1.6 %
Psychological or mental health condition (e.g. anxiety,	39.9 %
Speech or language disorder	1.4 %
Traumatic brain injury (TBI)	1.2 %

■ Students describe themselves as

Straight/Heterosexual:	74.4 %
Asexual:	1.8 %
Bisexual:	11.4 %
Gay:	1.8 %
Lesbian:	3.1 %
Pansexual:	2.2 %
Queer:	2.8 %
Questioning:	1.9 %
Identity not listed above:	0.7 %

■ Housing

Campus or university housing:	42.7 %
Fraternity or sorority residence:	2.7 %
Parent/guardian/other family:	6.4 %
Off-campus:	46.8 %
Temporary or "couch surfing":	0.2 %
Don't have a place to live:	0.0 %
Other:	1.3 %

■ Students describe themselves as**

American Indian or Native Alaskan	1.3 %
Asian or Asian American	14.7 %
Black or African American	5.9 %
Hispanic or Latino/a/x	7.4 %
Middle Eastern/North African (MENA) or Arab Origin:	1.6 %
Native Hawaiian or Other Pacific Islander Native:	0.4 %
White:	74.0 %
Biracial or Multiracial:	4.1 %
Identity not listed above:	1.3 %

If Hispanic or Latino/a/x, are you**

Mexican, Mexican American, Chicano:	44.3 %
Puerto Rican:	9.1 %
Cuban:	3.1 %
Another Hispanic, Latino/a/x, or Spanish Origin:	48.1 %

If Asian or Asian American, are you**

East Asian:	58.2 %
Southeast Asian:	15.4 %
South Asian:	27.4 %
Other Asian:	1.7 %

■ Visa status & location of study

	Do not have/need a U.S. visa	Have/need a U.S. visa
Studying in U.S.	76.2 %	18.1 %
Studying Outside U.S.	5.1 %	0.7 %

■ **Participated in organized college athletics:**

Varsity:	4.3 %
Club sports:	7.6 %
Intramurals:	14.0 %

■ **Member of a social fraternity or sorority:**

Greek member:	8.5 %
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■ **Dropout Intention**

Very, moderately, or slightly likely to:

Leave school and transfer to another school	9.3 %
Leave school without transferring to another school	6.4 %

Demographics of Participating Institutions

Six postsecondary institutions self-selected to participate in the Fall 2023 ACHA Well-Being Assessment Pilot and 5,627 surveys were completed by students on these campuses. For the purpose of forming the Reference Group, only institutions located in the United States that surveyed all students or used a random sampling technique are included in the analysis, yielding a final data set consisting of 5,627 students at 6 schools. Demographic characteristics of the 6 campuses follow.

Demographical Characteristics of the 6 US Postsecondary Institutions Included in the Fall 2023 ACHA Well-Being Assessment Reference Group	
Campus Characteristic	<i>n</i>
Type of Institution	
Public	2
Private	4
2-year	0
4-year or above	6
Location of Campus	
Northeast (CT, ME, MA, NH, NJ, NY, PA, RI, VT)	0
Midwest (IL, IN, IA, KS, MI, MN, MO, NE, ND, OH, SD, WI)	3
South (AL, AR, DE, DC, FL, GA, KY, LA, MD, MS, NC, OK, SC, TN, TX, VA, WV)	1
West (AK, AZ, CA, CO, HI, ID, MT, NV, NM, OR, UT, WA, WY)	2
Campus Size	
< 2,500 students	1
2,500 – 4,999 students	2
5,000 – 9,999 students	0
10,000 – 19,999 students	0
20,000 students or more	3
Campus Setting	
Very large city (population over 500,000)	1
Large city (population 250,000-499,999)	0
Small city (population 50,000-249,999)	4
Large town (population 10,000-49,999)	1
Small town (population 2,500-9,999)	0
Rural community (population under 2,500)	0
Carnegie Classification	
Associates Colleges	0
Baccalaureate Colleges	2
Baccalaureate/Associates Colleges	0
Masters Colleges and Universities	0
Doctoral Universities	4
Special Focus Institutions	0

Demographical Characteristics of the 6 US Postsecondary Institutions Included in the Fall 2023 ACHA Well-Being Assessment Reference Group	
Campus Characteristic	<i>n</i>
ACHA Membership Status	
Institutional Member	6
Nonmember	0
Religious Affiliation	
No	3
Yes	3
<u>If yes:</u>	
Catholic	0
Protestant or Other Christian	3
Postsecondary Minority Institution (US Department of Education)	
No	6
Yes	0
<u>*If yes:</u>	
Historically Black College or University (HBCU)	0
Hispanic-serving Institution (HSI)	0
Tribal College or University	0
Predominately Black Institution	0
Asian American and Native American Pacific Islander-serving	0
Alaska Native-serving or Native Hawaiian-serving Institution	0
Native American-serving Nontribal Institution	0
 *institutions may hold more than one type of minority status	

	Fall 2023 Institutions
Number of institutions	6
Number of students	5,627
Mean response proportion	15%
Median response proportion	13%