



NATIONAL COLLEGE HEALTH ASSESSMENT

NCHA IIIb Canadian Codebook

Revised 8/11/2026

The ACHA-NCHA III is currently available only as a web-based survey.

National College Health Assessment

The ACHA-NCHA asks about various aspects of your health and well-being. Your voice matters—your responses help your campus better understand and support student well-being. By participating, you're contributing to a healthier student community. Participation is **voluntary** and **confidential**. You may complete the survey in multiple sessions, use any device, and **skip any questions you do not want to answer**. When you hit the “**Submit Survey**” button at the end of the survey, the link between your email and your responses is permanently destroyed.

Before You Begin:

This survey includes questions on **sensitive personal experiences** such as:

- Mental health concerns (including suicidal thoughts)
- Experiences with sexual or interpersonal violence
- Use of alcohol and other drugs
- Disordered eating
- Sexual behavior
- Discrimination, exclusion, racism and harassment

Your safety and well-being are important to us. **You may skip any question, pause or exit the survey at any time.** Support resources are available — please refer to the contacts in your invitation or visit [these resources](#).

By clicking “Begin Survey,” you confirm that:

- The purpose of the survey has been explained to you
- You understand the types of questions being asked and that you may skip any question you're not comfortable answering
- You are at least 16 years old
- You **consent to participate in the survey**

Scales embedded in the ACHA-NCHA III (scales used with permission or licensing agreement)	ACHA-NCHA III item numbers
Alcohol, Smoking and Substance Involvement Screening Test (ASSIST)	N3Q22A – N3Q22Q
The Connor-Davison Resilience Scale (CD-RISC2)	N3Q42
Corey Keyes Mental Health Continuum- Short Form (MHC-SF)	N3Q41A & N3Q41B
USDA ERS Food Security 6-Item Short Form	N3Q12
Kessler 6 (K6) – screening for serious mental illness	N3Q44
UCLA Three-Item Loneliness Scale (Hughes, et. al. 2004)	N3Q45
The Suicide Behaviors Questionnaire – Revised (SBQ-R)	N3Q49 - N3Q52

Overall Health and Community

N3Q1 How would you describe your overall health?

- ☐ Excellent (1)
- ☐ Very Good (2)
- ☐ Good (3)
- ☐ Fair (4)
- ☐ Poor (5)

N3Q2 Please select your level of agreement with the following statements:

	Strongly disagree (1)	Disagree (2)	Somewhat disagree (3)	Somewhat agree (4)	Agree (5)	Strongly agree (6)
I feel that I belong at my college/university. (N3Q2A)	☐	☐	☐	☐	☐	☐
I feel that students' health and well-being are a priority of my college/university. (RN3Q2B)	☐	☐	☐	☐	☐	☐
I feel that the climate of my college/university encourages free and open discussion about students' health and well-being. (RN3Q2C)	☐	☐	☐	☐	☐	☐
We are a college/university where we look out for each other. (RN3Q2D)	☐	☐	☐	☐	☐	☐

N3Q3 How many hours do you spend in a typical week (7 days) on the following activities?

	0 hours (1)	1-5 hours (2)	6-10 hours (3)	11-15 hours (4)	16-20 hours (5)	21-25 hours (6)	26-30 hours (7)	More than 30 hours (8)
Attending classes, discussion sections, or labs (N3Q3A)	☐	☐	☐	☐	☐	☐	☐	☐
Studying and other academic activities outside of class (N3Q3B)	☐	☐	☐	☐	☐	☐	☐	☐
Attending cultural events, movies, concerts, sports or other entertainment with others (N3Q3C)	☐	☐	☐	☐	☐	☐	☐	☐
Performing community service or volunteer activities (N3Q3D)	☐	☐	☐	☐	☐	☐	☐	☐
Participating in physical exercise, team sports, recreational sports, or physically active hobbies (N3Q3E)	☐	☐	☐	☐	☐	☐	☐	☐
Participating in spiritual or religious activities (N3Q3F)	☐	☐	☐	☐	☐	☐	☐	☐
Participating in student clubs or organizations (N3Q3G)	☐	☐	☐	☐	☐	☐	☐	☐
Socializing with friends (N3Q3H)	☐	☐	☐	☐	☐	☐	☐	☐
Partying (N3Q3I)	☐	☐	☐	☐	☐	☐	☐	☐
Spending time with family (N3Q3J)	☐	☐	☐	☐	☐	☐	☐	☐
Watching TV, streaming movies/TV or other media for entertainment (N3Q3K)	☐	☐	☐	☐	☐	☐	☐	☐

Gaming (N3Q3L)	☐	☐	☐	☐	☐	☐	☐	☐
Using social media (N3Q3M)	☐	☐	☐	☐	☐	☐	☐	☐
Commuting to school and/or to work (N3Q3N)	☐	☐	☐	☐	☐	☐	☐	☐
Working for pay (N3Q3O)	☐	☐	☐	☐	☐	☐	☐	☐
Participating in meditation or meditative activities (N3Q3P)	☐	☐	☐	☐	☐	☐	☐	☐
Performing unpaid household responsibilities (N3Q3Q)	☐	☐	☐	☐	☐	☐	☐	☐
Taking care of children or other family members (unpaid) (N3Q3R)	☐	☐	☐	☐	☐	☐	☐	☐

Weight, Nutrition, and Exercise

N3Q4 How do you describe your weight?

- ☐ Very underweight (1)
- ☐ Slightly underweight (2)
- ☐ About the right weight (3)
- ☐ Slightly overweight (4)
- ☐ Very overweight (5)

N3Q5 Are you trying to do any of the following about your weight?

- ☐ I am not trying to do anything about my weight (1)
- ☐ Stay the same weight (2)
- ☐ Lose weight (3)
- ☐ Gain weight (4)

For the next two questions, the levels of physical activity intensity can be characterized in terms of breathing difficulty. A person doing moderate physical activity can typically talk, but not sing while doing the activity. A person doing vigorous physical activity typically cannot say more than a few words without pausing for a breath while doing the activity.

N3Q6 In the last 7 days, how many (total) minutes did you spend doing moderate physical activity? Examples: brisk walking, dancing, or household chores.

_____ minutes

N3Q7 In the last 7 days, how many (total) minutes did you spend doing vigorous physical activity? Examples: running, swimming laps, or hiking.

_____ minutes

N3Q8 In the last 7 days, on how many days did you do exercises to strengthen or tone your muscles? Examples: push ups, sit ups, or weightlifting/training.

- ☐ 0 days (0)
- ☐ 1 day (1)
- ☐ 2 days (2)
- ☐ 3 days (3)
- ☐ 4 days (4)
- ☐ 5 days (5)
- ☐ 6 days (6)
- ☐ 7 days (7)

N3Q9A In the last 7 days, how many servings of sugar-sweetened beverages did you drink on average per day?

One serving is 12 oz of soda; 8 oz of sugar-sweetened, flavored water or sports drink; 6 oz of sugar-sweetened coffee, tea, or juice. If you do not drink sugar-sweetened beverages, please enter 0.

_____ servings

N3Q9B In the past 30 days, on how many days did you drink energy drinks or energy shots (for example: Red Bull, Monster, Celsius, Bang, 5 Hour Energy, etc.)

_____ days

N3Q10 In the last 7 days, how many servings of fruit did you eat on average per day?

One serving is a medium piece of fresh fruit; 1/2 cup of fresh, frozen, or canned fruit; 1/4 cup of dried fruit; or 3/4 cup of 100% fresh fruit juice

- ☐ 0 servings per day (1)
- ☐ 1-2 servings per day (2)
- ☐ 3-4 servings per day (3)
- ☐ 5-6 servings per day (4)
- ☐ More than 6 servings per day (5)

N3Q11 In the last 7 days, how many servings of vegetables did you eat on average per day?

One serving is ½ cup of fresh, frozen, or canned vegetables; ¾ cup 100% vegetable juice; or 1 cup salad greens)

- ☐ 0 servings per day (1)
- ☐ 1-2 servings per day (2)
- ☐ 3-4 servings per day (3)
- ☐ 5-6 servings per day (4)
- ☐ More than 6 servings per day (5)

USDA Food Security

N3Q12 For the following statements, please say whether the statement was often true, sometimes true, or never true for you in the last 30 days.

	Often True (2)	Sometimes True (1)	Never True (0)
The food that I bought just didn't last, and I didn't have money to get more. (N3Q12A)	☐	☐	☐
I couldn't afford to eat balanced meals. (N3Q12B)	☐	☐	☐

N3Q12C In the last 30 days, did you ever cut the size of your meals or skip meals because there wasn't enough money for food?

- ☐ Yes, almost every day (3)
- ☐ Yes, some days, but not every day (2)
- ☐ Only 1 or 2 days (1)
- ☐ No (0)

N3Q12D In the last 30 days, did you ever eat less than you felt you should because there wasn't enough money for food?

☐ Yes (1)

☐ No (0)

N3Q12E In the last 30 days, were you ever hungry but didn't eat because there wasn't enough money for food?

☐ Yes (1)

☐ No (0)

Sleep

N3Q13 How long does it usually take for you to fall asleep at night once you close your eyes?

- ☐ Under 5 minutes (1)
- ☐ 5-15 minutes (2)
- ☐ 16-30 minutes (3)
- ☐ 31 minutes - 1 hour (4)
- ☐ over 1 hour (5)

N3Q14 Over the last 2 weeks, what is the average amount of sleep you have gotten on a weeknight (excluding naps)? (Please select the response closest to your answer)

- ☐ Less than 4 hours (1)
- ☐ 4 hours (2)
- ☐ 5 hours (3)
- ☐ 6 hours (4)
- ☐ 7 hours (5)
- ☐ 8 hours (6)
- ☐ 9 hours (7)
- ☐ 10 or more hours (8)

N3Q15 Over the last 2 weeks, what is the average amount of sleep you have gotten on a weekend night (excluding naps)? (Please select the response closest to your answer)

- ☐ Less than 4 hours (1)
- ☐ 4 hours (2)
- ☐ 5 hours (3)
- ☐ 6 hours (4)
- ☐ 7 hours (5)
- ☐ 8 hours (6)
- ☐ 9 hours (7)
- ☐ 10 or more hours (8)

N3Q16 On how many of the last 7 days did you: (Please mark the appropriate column for each row)

	0 days (1)	1 day (2)	2 days (3)	3 days (4)	4 days (5)	5 days (6)	6 days (7)	7 days (8)
Wake up too early in the morning and couldn't get back to sleep? (N3Q16A)	☐	☐	☐	☐	☐	☐	☐	☐
Feel tired or sleepy during the day? (N3Q16B)	☐	☐	☐	☐	☐	☐	☐	☐
Have an extremely hard time falling asleep? (N3Q16C)	☐	☐	☐	☐	☐	☐	☐	☐
Get enough sleep so that you felt rested? (N3Q16D)	☐	☐	☐	☐	☐	☐	☐	☐
Take a nap? (N3Q16E)	☐	☐	☐	☐	☐	☐	☐	☐

(if they select “1 day” to “7 days” in N3Q16E)

N3Q16F On average, how long are your naps?

- ☐ Less than 30 minutes (1)
- ☐ Between 30 and 59 minutes (2)
- ☐ Between 60 and 119 minutes (3)
- ☐ 2 hours or more (4)

Safety

N3Q17 Within the **last 12 months**, how often did you: (Please mark the appropriate column for each row)

	<u>Did not do this activity</u> within the last 12 months (1)	Never (2)	Rarely (3)	Sometimes (4)	Most of the time (5)	Always (6)
Wear a helmet when you rode a bicycle? (N3Q17A)	☐	☐	☐	☐	☐	☐
Wear a helmet when you rode a motorcycle/ motor scooter? (N3Q17B)	☐	☐	☐	☐	☐	☐
Wear a helmet when you were skateboarding? (N3Q17C)	☐	☐	☐	☐	☐	☐

N3Q18A When, if ever, was the last time you drove a car or other vehicle?

- ☐ Never (1)
- ☐ Within the last 2 weeks (2)
- ☐ More than 2 weeks ago but within the last 30 days (3)
- ☐ More than 30 days ago but within the last 3 months (4)
- ☐ More than 3 months ago but within the last 12 months (5)
- ☐ More than 12 months ago (6)

(if they select that they drove a car in the last 2 weeks in N3Q18A, they will see N3Q18B to N3Q18D)

N3Q18B Within the **last 2 weeks**, on how many days did you drive a car or other vehicle?
_____ days

N3Q18C **Within the last 2 weeks, on how many days did you manually operate a device to text, email, video chat, or use the internet or apps while driving a car or other vehicle?**
 _____ days

N3Q18D **Within the last 12 months, how many times have you been involved in an accident when you drove a car or other vehicle?**

- ☐ No accidents (1)
- ☐ One accident (2)
- ☐ Two accidents (3)
- ☐ Three or more accidents (4)

N3Q19 **Within the last 12 months, did you experience any of the following in an intimate (coupled/partnered) relationship? (Please mark the appropriate column for each row)**

	No (1)	Yes (2)
A partner called me names, insulted me, or put me down to make me feel bad. (N3Q19A)	☐	☐
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends. (N3Q19B)	☐	☐
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked, or hit me without my consent. (N3Q19C)	☐	☐
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way. (N3Q19D)	☐	☐
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs. (N3Q19E)	☐	☐

N3Q20 Within the last 12 months, did you experience any of the following? Do not include intimate relationships. (Please mark the appropriate column for each row)

	No (1)	Yes (2)
I was in a physical fight. (N3Q20A)	☐	☐
I was physically assaulted (do not include sexual assault). (N3Q20B)	☐	☐
I was verbally threatened. (N3Q20C)	☐	☐
I was sexually touched without my consent. (N3Q20D)	☐	☐
Sexual penetration (vaginal, anal, oral) was attempted on me without my consent. (N3Q20E)	☐	☐
I was sexually penetrated (vaginal, anal, oral), or made to penetrate someone without my consent. (N3Q20F)	☐	☐
I was a victim of stalking (for example: waiting for me outside my classroom, residence, or office; or repeated emails/phone calls). (N3Q20G)	☐	☐

N3Q21 How safe do you feel: (Please mark the appropriate column for each row)

	Not safe at all (1)	Somewhat unsafe (2)	Somewhat safe (3)	Very safe (4)	Does not apply (5)
On my campus (daytime)? (N3Q21A)	☐	☐	☐	☐	☐
On my campus (nighttime)? (N3Q21B)	☐	☐	☐	☐	☐
In the community surrounding my campus (daytime)? (N3Q21C)	☐	☐	☐	☐	☐
In the community surrounding my campus (nighttime)? (N3Q21D)	☐	☐	☐	☐	☐

ASSIST

(If they select 'no' to all items in N3Q22A, they skip to question N3Q23)

N3Q22A In your life, which of the following substances have you ever used?

For prescription medications, please report nonmedical use only. "Nonmedical use" means taking prescription drugs just for the feeling or experience they cause or taking them more often or at higher doses than prescribed.

	No (0)	Yes (3)
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.) (N3Q22A1)	☐	☐
Alcoholic beverages (beer, wine, liquor, etc.) (N3Q22A2)	☐	☐
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.] (N3Q22A3)	☐	☐
Cocaine (coke, crack, etc.) (N3Q22A4)	☐	☐
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.] (N3Q22A5)	☐	☐
Methamphetamine (speed, crystal meth, ice, etc.) (N3Q22A6)	☐	☐
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.) (N3Q22A7)	☐	☐
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.] (N3Q22A8)	☐	☐
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.) (N3Q22A9)	☐	☐

Heroin (N3Q22A10)	☐	☐
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) [Please report nonmedical use only.] (N3Q22A11)	☐	☐
Other – Specify: (N3Q22A12)	☐	☐

N3Q22B In the past 3 months, how often have you used the substance(s) you mentioned? (rows endorsed in N3Q22A are displayed for this question)

Response options: Never (0), Once or twice (2), Monthly (3), Weekly (4), Daily or almost daily (5)

(if they select that they used prescription stimulants in the last 3 months in N3Q22B)

N3Q22E Regarding your use of prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) in the past 3 months, was it prescribed for you?

- ☐ Yes (1)
- ☐ No (0)
- ☐ Don't know (99)

(if they select that they were prescribed stimulants in the last 3 months in N3Q22E)

N3Q22F **Regarding your use of prescription stimulants** (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) in the past 3 months:

	Yes (1)	No (0)	Don't know (99)
Do you ever use MORE of your stimulant medication, that is, take a higher dosage, than is prescribed for you? (N3Q22F1)	☐	☐	☐
Do you ever use your stimulant medication MORE OFTEN , that is, shorten the time between dosages, than is prescribed for you? (N3Q22F2)	☐	☐	☐

(if they select that they used prescription sedatives or sleeping pills in the last 3 months in N3Q22B)

N3Q22G **Regarding your use of prescription sedatives or sleeping pills** (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) in the past 3 months, was it prescribed for you?

- ☐ Yes (1)
- ☐ No (0)
- ☐ Don't know (99)

(if they select that they were prescribed sedatives or sleeping pills in the last 3 months in N3Q22G)

N3Q22H Regarding your use of prescription sedatives or sleeping pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) in the past 3 months:

	Yes (1)	No (0)	Don't know (99)
Do you ever use MORE of your sedatives or sleeping pills, that is, take a higher dosage, than is prescribed for you? (N3Q22H1)	☐	☐	☐
Do you ever use your sedatives or sleeping pills MORE OFTEN , that is, shorten the time between dosages, than is prescribed for you? (N3Q22H2)	☐	☐	☐

(if they select that they used prescription opioids in the last 3 months in N3Q22B)

N3Q22I Regarding your use of prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) in the past 3 months, was it prescribed for you?

- ☐ Yes (1)
- ☐ No (0)
- ☐ Don't know (99)

(if they select that they were prescribed opioids in the last 3 months in N3Q22I)

N3Q22J Regarding your use of prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) in the past 3 months:

	Yes (1)	No (0)	Don't know (99)
Do you ever use MORE of your opioid medication, that is, take a higher dosage, than is prescribed for you? (N3Q22J1)	☐	☐	☐
Do you ever use your opioid medication MORE OFTEN , that is, shorten the time between dosages, than is prescribed for you? (N3Q22J2)	☐	☐	☐

N3Q22K During the past 3 months, how often have you had a strong desire or urge to use the following substance(s)? (rows endorsed in N3Q22B are displayed for this question)

Response options: Never (0), Once or twice (3), Monthly (4), Weekly (5), Daily or almost daily (6)

N3Q22L During the past 3 months, how often has your use of the following substance(s) led to health, social, legal, or financial problems? (rows endorsed in N3Q22B are displayed for this question)

Response options: Never (0), Once or twice (4), Monthly (5), Weekly (6), Daily or almost daily (7)

N3Q22M During the past 3 months, how often have you failed to do what was normally expected of you because of your use of the following substance(s)? (rows endorsed in N3Q22B are displayed for this question)

Response options: Never (0), Once or twice (5), Monthly (6), Weekly (7), Daily or almost daily (8)

N3Q22N Has a friend or relative or anyone else ever expressed concern about your use of the following substance(s)? (rows endorsed in N3Q22A are displayed for this question)

Response options: No, never (0); Yes, in the past 3 months (6); Yes, but not in the past 3 months (3)

N3Q22O Have you ever tried and failed to control, cut down or stop using the following substance(s)? (rows endorsed in N3Q22A are displayed for this question)

Response options: No, never (0); Yes, in the past 3 months (6); Yes, but not in the past 3 months (3)

(if they select 'yes' in N3Q22A)

N3Q22P Have you ever used any drug by injection?
[RECREATIONAL or NON-MEDICAL USE ONLY]

- ☐ No, never (0)
- ☐ Yes, in the past 3 months (2)
- ☐ Yes, but **not** in the past 3 months (1)

(if they select 'yes, in the past 3 months' in N3Q22P)

N3Q22Q In the past 3 months, how often have you injected drugs? **[RECREATIONAL or NON-MEDICAL USE ONLY]**

- ☐ Once per week or less (0)
- ☐ More than once per week (1)

Alcohol, Tobacco, and Other Drugs

(if they select that they have used tobacco/nicotine delivery products in the last 3 months in N3Q22B)

N3Q23 Within the last 3 months, which tobacco products have you used?

	No (1)	Yes (2)
Cigarettes (N3Q23A)	☐	☐
E-cigarettes or other vape products (for example: Vuse, Elf Bar, Breeze, Juul, etc.) (N3Q23B)	☐	☐
Hookah or water pipe (N3Q23C)	☐	☐
Chewing or smokeless tobacco (N3Q23D)	☐	☐
Cigars, cigarillos, or little cigars (for example: Black & Mild, Swisher Sweets, etc.) (N3Q23E)	☐	☐
Pipe tobacco, rolling tobacco, or other loose tobacco (N3Q23G)	☐	☐
Heated tobacco products (HTPs) (for example: IQOS, etc.) (N3Q23H)	☐	☐
Nicotine pouches (for example: Zyn, On!, Rogue, etc.) (N3Q23I)	☐	☐
Other oral nicotine products (for example: gum, lozenges, mints, etc.) (N3Q23J)	☐	☐
Nicotine patches (N3Q23K)	☐	☐
Other (please specify) (N3Q23F)	☐	☐

(if they select 'never' in N3Q24, they skip to question N3Q33)

N3Q24 **When, if ever, was the last time you used cannabis/marijuana? Please include medical and non-medical use.**

- ☐ Never (1)
- ☐ Within the last 2 weeks (2)
- ☐ More than 2 weeks ago but within the last 30 days (3)
- ☐ More than 30 days ago but within the last 3 months (4)
- ☐ More than 3 months ago but within the last 12 months (5)
- ☐ More than 12 months ago (6)

(if they select 'more than 12 months ago' in N3Q25A they skip to N3Q32)

N3Q25A When, if ever, was the last time you drank alcohol?

- ☐ Never (1)
- ☐ Within the last 2 weeks (2)
- ☐ More than 2 weeks ago but within the last 30 days (3)
- ☐ More than 30 days ago but within the last 3 months (4)
- ☐ More than 3 months ago but within the last 12 months (5)
- ☐ More than 12 months ago (6)

(if they select that they drank alcohol within the last 3 months in N3Q25A, they will see questions N3Q25B, N3Q26, and N3Q27.

N3Q25B The last time you drank alcohol:

	No (1)	Yes (2)
Did you get drunk? (N3Q25B1)	☐	☐
Did you intend to get drunk? (N3Q25B2)	☐	☐

One drink of alcohol is defined as a 12 oz. can or bottle of beer or wine cooler, a 4 oz. glass of wine, or a shot of liquor straight or in a mixed drink.

N3Q26 The last time you drank alcohol in a social setting, how many drinks of alcohol did you have?

_____ drinks

N3Q27 The last time you drank alcohol in a social setting, over how many hours did you drink alcohol?

_____ hours

(if they select 'within the last 2 weeks' in N3Q25A)

N3Q28 Over the last two weeks, how many times have you had five or more drinks (males) or four or more drinks (females) containing any kind of alcohol at a sitting?

- ☐ None (1)
- ☐ 1 time (2)
- ☐ 2 times (3)
- ☐ 3 times (4)
- ☐ 4 times (5)
- ☐ 5 times (6)
- ☐ 6 times (7)
- ☐ 7 times (8)
- ☐ 8 times (9)
- ☐ 9 times (10)
- ☐ 10 or more times (11)

(if they select that they drank alcohol within the last 12 months in N3Q25A)

N3Q29 Within the last 12 months, have you experienced any of the following when drinking alcohol? (Please mark the appropriate column for each row)

	No (1)	Yes (2)
Did something I later regretted (N3Q29A)	☐	☐
Blackout (forgot where I was or what I did for a large period of time and cannot remember , even when someone reminds me) (N3Q29B)	☐	☐
Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me) (N3Q29C)	☐	☐
Got in trouble with the police (N3Q29D)	☐	☐
Got in trouble with college/university authorities (N3Q29E)	☐	☐
Someone had sex with me without my consent (N3Q29F)	☐	☐
Had sex with someone without their consent (N3Q29G)	☐	☐
Had unprotected sex (N3Q29H)	☐	☐
Physically injured myself (N3Q29I)	☐	☐
Physically injured another person (N3Q29J)	☐	☐
Seriously considered suicide (N3Q29K)	☐	☐
Needed medical help (N3Q29L)	☐	☐

(if they select that they drove in the last 30 days in N3Q18A AND drank alcohol within the last 30 days in N3Q25A)

N3Q30A Within the last 30 days, did you drive after drinking any alcohol at all?

- ☐ No (1)
- ☐ Yes (2)

(if they select that they drank alcohol within the last 12 months in N3Q25A)

N3Q30B Within the last 12 months, to what extent did your alcohol use affect your academic performance? (Please select the most serious outcome below)

- ☐ My alcohol use did not affect my academics (1)
- ☐ My alcohol use negatively impacted my performance in a class (2)
- ☐ My alcohol use delayed progress towards my degree (3)

(if they select that they drove in the last 30 days in N3Q18A AND used cannabis within the last 30 days in N3Q24)

N3Q31A Within the last 30 days, did you drive within 6 hours of using cannabis/marijuana?

- ☐ No (1)
- ☐ Yes (2)

(if they select that they used cannabis within the last 12 months in N3Q24)

N3Q31B Within the last 12 months, to what extent did your cannabis/marijuana use affect your academic performance? (Please select the most serious outcome below)

- ☐ My cannabis/marijuana use did not affect my academics (1)
- ☐ My cannabis/marijuana use negatively impacted my performance in a class (2)
- ☐ My cannabis/marijuana use delayed progress towards my degree (3)

N3Q32 Do you identify as a person in recovery from alcohol or other drug use?

- ☐ No (1)

☐ Yes. Please specify the type of substance: (2) N3Q32TEXT

Sexual Health

We recognize this survey asks about a limited number of sexual behaviors, likewise, the questions and response options may not represent your full identity, behaviors you engage in, nor use the language you prefer. Please answer to the best of your ability.

As you answer questions in this section, please include only sexual experiences for which you gave consent and exclude any sexual contact for which you did not consent.

(if they respond 'never' in N3Q33, they skip to question N3Q41)

N3Q33 When, if ever, was the last time you had: (Please mark the appropriate column for each row)

	Never (1)	Within the last 2 weeks (2)	More than 2 weeks ago but within the last 30 days (3)	More than 30 days ago but within the last 3 months (4)	More than 3 months ago but within the last 12 months (5)	More than 12 months ago (6)
Oral sex (oral/genital contact)? (N3Q33A)	☐	☐	☐	☐	☐	☐
Vaginal intercourse (penis in vagina)? (N3Q33B)	☐	☐	☐	☐	☐	☐
Anal intercourse (penis in anus)? (N3Q33C)	☐	☐	☐	☐	☐	☐

(if they select that they had oral, vaginal, or anal intercourse within the last 12 months in N3Q33)

N3Q34 Within the last 12 months, with how many partners have you had oral sex, vaginal intercourse, or anal intercourse?

_____ Number of Partners

(if they select that they had 1 or more partner in N3Q34)

N3Q35 Within the last 12 months, did you have sexual partner(s) who were: (Please mark the appropriate column for each row)

	No (1)	Yes (2)
Women or females (N3Q35A)	☐	☐
Men or males (N3Q35B)	☐	☐
Trans women (N3Q35C)	☐	☐
Trans men (N3Q35D)	☐	☐
Genderqueer (N3Q35E)	☐	☐
Person(s) with another identity (N3Q35F)	☐	☐

(if they select that they had oral, vaginal, or anal intercourse within the last 30 days in N3Q33)

RN3Q36 Within the last 30 days, how often did you or your partner(s) use a condom or other protective barrier (for example: external/male condom, internal/female condom, dam, or glove) during: (Please mark the appropriate column for each row)

	Never (1)	Rarely (2)	Sometimes (3)	Most of the time (4)	Always (5)
Oral sex (oral/genital contact)? (N3Q36A)	☐	☐	☐	☐	☐
Vaginal intercourse (penis in vagina)? (N3Q36B)	☐	☐	☐	☐	☐
Anal intercourse (penis in anus)? (N3Q36C)	☐	☐	☐	☐	☐

(if they selected that they had vaginal intercourse within the last 12 months in N3Q33B)

N3Q37 Did you or your partner use any method to prevent pregnancy the last time you had vaginal intercourse (penis in vagina)?

- ☐ Yes (1)
- ☐ No, did not want to prevent pregnancy (2)
- ☐ No, did not use any method (3)
- ☐ Don't know (4)

(if they select 'yes' in N3Q37)

RN3Q38 Please indicate which of the following method(s) you or your partner used to prevent pregnancy the last time you had vaginal intercourse. (Please select ALL that apply) ("0" indicates that the option was not selected, "1" indicates that the option was selected)

- ☐ Birth control pills (monthly or extended cycle) (A)
- ☐ Birth control shots (B)
- ☐ Birth control implants (C)
- ☐ Birth control patch (D)
- ☐ The ring (E)
- ☐ Emergency contraception ("morning after pill" or "Plan B") (F)
- ☐ Intrauterine device (IUD) (G)
- ☐ External condom (sometimes called "male condom") (H)
- ☐ Internal condom (sometimes called "female condom") (I)
- ☐ Diaphragm or cervical cap (J)

- ☐ Contraceptive sponge (K)
- ☐ Withdrawal (L)
- ☐ Fertility awareness (calendar, mucous, and basal body temperature) (M)
- ☐ Sterilization (for example: hysterectomy, tubes tied, or vasectomy) (N)
- ☐ Don't know (O)
- ☐ Other method (P) N3Q38PTEXT

(if they selected that they had vaginal intercourse within the last 12 months in N3Q33B)

N3Q39 Within the last 12 months, have you or your partner(s) used emergency contraception ("morning after pill" or "Plan B")?

- ☐ No (1)
- ☐ Yes (2)
- ☐ Don't know (3)
- ☐ Not applicable (4)

(if they selected that they had vaginal intercourse within the last 12 months in N3Q33B)

N3Q40 Within the last 12 months, have you or your partner(s) become pregnant?

- ☐ No (1)
- ☐ Yes, unintentionally (2)
- ☐ Yes, intentionally (3)
- ☐ Don't know (4)

(If they selected that yes to pregnancy in the last 12 months)

N3Q40B Within the last 12 months, to what extent did your pregnancy (or a partner's pregnancy) affect your academic performance? (Please select the most serious outcome below)

- ☐ Pregnancy did not affect my academics (1)
- ☐ Pregnancy negatively impacted my performance in a class (2)
- ☐ Pregnancy delayed progress towards my degree (3)

Corey Keyes (MHC-SF)

N3Q41A Please answer the following questions about how you have been feeling during the past month. Please mark the answer that best represents how often you have experienced or felt the following: During the past month, how often did you feel...

	Never (1)	Once or Twice (2)	About Once a Week (3)	About 2 or 3 times a week (4)	Almost Every Day (5)	Every Day (6)
Happy (N3Q41A1)	☐	☐	☐	☐	☐	☐
Interested in life (N3Q41A2)	☐	☐	☐	☐	☐	☐
Satisfied with life (N3Q41A3)	☐	☐	☐	☐	☐	☐
That you had something important to contribute to society (N3Q41A4)	☐	☐	☐	☐	☐	☐
That you belonged to a community (like a social group or your neighborhood) (N3Q41A5)	☐	☐	☐	☐	☐	☐
That our society is a good place, or is becoming a better place for all people (N3Q41A6)	☐	☐	☐	☐	☐	☐
That people are basically good (N3Q41A7)	☐	☐	☐	☐	☐	☐

N3Q41B Please answer the following questions about how you have been feeling during the past month. Please mark the answer that best represents how often you have experienced or felt the following: During the past month, how often did you feel...

	Never (1)	Once or Twice (2)	About Once a Week (3)	About 2 or 3 times a week (4)	Almost Every Day (5)	Every Day (6)
That the way our society works makes sense to you (N3Q41B1)	☐	☐	☐	☐	☐	☐
That you liked most parts of your personality (N3Q41B2)	☐	☐	☐	☐	☐	☐
Good at managing the responsibilities of your daily life (N3Q41B3)	☐	☐	☐	☐	☐	☐
That you had warm and trusting relationships with others (N3Q41B4)	☐	☐	☐	☐	☐	☐
That you had experiences that challenged you to grow and become a better person (N3Q41B5)	☐	☐	☐	☐	☐	☐
Confident to think or express your own ideas and opinions (N3Q41B6)	☐	☐	☐	☐	☐	☐
That your life has a sense of direction or meaning to it (N3Q41B7)	☐	☐	☐	☐	☐	☐

Mental Health

N3Q42 Please indicate how much you agree with the following statements as they apply to you over the last month. If a particular situation has not occurred recently, answer according to how you think you would have felt.

	Not at all true (0)	Rarely true (1)	Sometimes true (2)	Often true (3)	True nearly all the time (4)
I am able to adapt when changes occur. (N3Q42A)	☐	☐	☐	☐	☐
I tend to bounce back after illness, injury, or other hardships. (N3Q42B)	☐	☐	☐	☐	☐

N3Q43 If in the future you were having a personal problem that was really bothering you, would you consider seeking help from a mental health professional?

- ☐ No (1)
- ☐ Yes (2)

N3Q44 The next 6 questions ask about how you have been feeling during the past 30 days. For each question, please select the response that best describes how often you had this feeling.

During the past 30 days, about how often did you feel...

	All of the time (4)	Most of the time (3)	Some of the time (2)	A little of the time (1)	None of the time (0)
...nervous? (N3Q44A)	☐	☐	☐	☐	☐
...hopeless? (N3Q44B)	☐	☐	☐	☐	☐
...restless or fidgety? (N3Q44C)	☐	☐	☐	☐	☐
...so sad nothing could cheer you up? (N3Q44D)	☐	☐	☐	☐	☐
...that everything was an effort? (N3Q44E)	☐	☐	☐	☐	☐
...worthless? (N3Q44F)	☐	☐	☐	☐	☐

N3Q45 Indicate how often each of the statements below is descriptive of you.

	Hardly ever (1)	Some of the time (2)	Often (3)
How often do you feel that you lack companionship? (N3Q45A)	☐	☐	☐
How often do you feel left out? (N3Q45B)	☐	☐	☐
How often do you feel isolated from others? (N3Q45C)	☐	☐	☐

N3Q46 Within the last 12 months, how often have you intentionally cut, burned, bruised, or otherwise injured yourself?

- ☐ Never (1)
- ☐ Once or twice (2)
- ☐ Monthly (3)
- ☐ Weekly (4)
- ☐ Daily or almost daily (5)

N3Q47A Within the last 12 months, have you had problems or challenges with any the following?

	No (1)	Yes (2)
Academics (N3Q47A1)	☐	☐
Career (N3Q47A2)	☐	☐
Finances (N3Q47A3)	☐	☐
Procrastination (N3Q47A4)	☐	☐
Faculty (N3Q47A5)	☐	☐
Family (N3Q47A6)	☐	☐
Intimate relationships (N3Q47A7)	☐	☐
Roommate/housemate (N3Q47A8)	☐	☐
Peers (N3Q47A9)	☐	☐
Personal appearance (N3Q47A10)	☐	☐
Health of someone close to me (N3Q47A11)	☐	☐
Death of a family member, friend, or someone close to me (N3Q47A12)	☐	☐
I was bullied (threats, rumors, physical or verbal attacks, or being excluded from a group) (RN3Q47A13)	☐	☐

I was cyberbullied (technology was used to harass, threaten, embarrass, or target me) (RN3Q47A14)	☐	☐
I was hazed (rituals, challenges, and other activities involving harassment, abuse, embarrassment, ridicule, or humiliation were used as a way of initiating me into a group) (RN3Q47A15)	☐	☐
I experienced microaggression(s) directed at me (a subtle but offensive comment or action directed at a minority or other non-dominant group, whether intentional or unintentional, that reinforces a stereotype) (RN3Q47A16)	☐	☐
I was sexually harassed (unwelcomed sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature) (RN3Q47A17)	☐	☐
I experienced discrimination directed at me (the unjust or prejudicial treatment of a person based on the group, class, or category to which the person is perceived to belong) (RN3Q47A18)	☐	☐

N3Q47B Within the last 12 months, to what extent did the following issue(s) cause you distress? (rows endorsed in N3Q47A are displayed for this question)

Response options: No Distress (1), Minimal Distress (2), Moderate Distress (3), High Distress (4)

N3Q47C Within the last 12 months, to what extent did the following issue(s) negatively affect your academic performance? (Please select the most serious outcome below)
(rows endorsed in N3Q47A are displayed for this question)

Response options: This issue did not affect my academic performance (1), This issue negatively impacted my performance in a class (2), This issue delayed progress towards my degree (3)

N3Q48 Within the last 30 days, how would you rate the overall level of stress you have experienced?

☐ No stress (1)

☐ Low (2)

☐ Moderate (3)

☐ High (4)

N3Q49 Have you ever thought about or attempted to kill yourself?

- ☐ Never (1)
- ☐ It was just a brief passing thought (2)
- ☐ I have had a plan at least once to kill myself but did not try to do it (3)
- ☐ I have had a plan at least once to kill myself and really wanted to die (4)
- ☐ I have attempted to kill myself, but did not want to die (5)
- ☐ I have attempted to kill myself and really hoped to die (6)

N3Q50 How often have you thought about killing yourself in the past year?

- ☐ Never (1)
- ☐ Rarely (1 time) (2)
- ☐ Sometimes (2 times) (3)
- ☐ Often (3-4 times) (4)
- ☐ Very often (5 or more times) (5)

N3Q51 Have you ever told someone that you were going to kill yourself, or that you might do it?

- ☐ No (1)
- ☐ Yes, at one time, but did not really want to die (2)
- ☐ Yes, at one time, and really wanted to die (3)
- ☐ Yes, more than once, but did not want to do it (4)
- ☐ Yes, more than once, and really wanted to do it (5)

N3Q52 **How likely is it that you will attempt suicide someday?**

- ☐ Never (0)
- ☐ No chance at all (1)
- ☐ Rather unlikely (2)
- ☐ Unlikely (3)
- ☐ Likely (4)
- ☐ Rather likely (5)
- ☐ Very likely (6)

N3Q53 **Within the last 12 months, have you attempted suicide?**

- ☐ No (1)
- ☐ Yes (2)

Services Used

The following section asks about whether or not you have received services from different types of healthcare or mental health professionals.

N3Q54A **Have you ever received psychological or mental health services?**

- ☐ No (1)
- ☐ Yes (2)

N3Q54B Within in the last 12 months, have you received psychological or mental health services?

- ☐ No (1)
- ☐ Yes (2)

N3Q55A Within the last 12 months, have you visited any medical provider (for example: a nurse practitioner, physician assistant, primary care doctor, or other type of medical doctor) for a check-up or any other medical reasons?

- ☐ No (1)
- ☐ Yes (2)

N3QMH1 Have you ever been prescribed medication for a mental health condition?

- ☐ No (1)
- ☐ Yes (2)

(If they selected ever being prescribed medication for a mental health condition)

N3QMH2 When were you first prescribed medication for a mental health condition?

- ☐ Before starting at your current college/university (1)
- ☐ After starting at your current college/university (2)

(If they selected ever being prescribed medication for a mental health condition)

N3QMH3 Were you prescribed medication for a mental health condition in the last 12 months?

- ☐ No (1)
- ☐ Yes (2)

N3QMH4 **Have you ever had counseling for a mental health condition?**

☐ No (1)

☐ Yes (2)

(If they selected ever having had counseling for a mental health condition)

N3QMH5 **When did you first start counseling for a mental health condition?**

☐ Before starting at your current college/university (1)

☐ After starting at your current college/university (2)

(If they selected ever having had counseling for a mental health condition)

N3QMH6 **Have you had counseling for a mental health condition in the last 12 months?**

☐ No (1)

☐ Yes (2)

N3Q56 Have you had a gynecologic visit or exam (for example: contraception, STI testing, pelvic exam, or Pap test) with a healthcare provider (for example: OB-GYN, nurse practitioner, or physician assistant)?

- ☐ No (1)
- ☐ Yes (2)
- ☐ Don't know (3)
- ☐ Not applicable (4)

Medical

N3Q57 Have you had a dental exam and cleaning in the last 12 months?

- ☐ No (1)
- ☐ Yes (2)
- ☐ Don't know (3)

N3Q58 When you are outdoors in the sun, how often do you wear sunscreen?

- ☐ Never (1)
- ☐ Rarely (2)
- ☐ Sometimes (3)
- ☐ Usually (4)
- ☐ Always (5)

N3Q59 When you are outdoors in the sun, how often do you do the following to protect your skin from ultraviolet (UV) exposure?

	Never (1)	Rarely (2)	Sometimes (3)	Usually (4)	Always (5)
Wear a shirt with sleeves (N3Q59A)	☐	☐	☐	☐	☐
Wear sunglasses (N3Q59B)	☐	☐	☐	☐	☐
Stay in the shade (N3Q59C)	☐	☐	☐	☐	☐
Wear a hat (N3Q59D)	☐	☐	☐	☐	☐

N3Q60 In the last 12 months, how many times have you spent time outdoors with the intention of getting a tan?

_____ times

N3Q61 The Human Papillomavirus (HPV) vaccine (for example: Gardasil, Silgard, or Cervarix) is recommended, but usually not required, and is given in a series of 2 or 3 shots based on your age. Which of the following best describes your vaccination status for HPV:

- ☐ I have not received any of the HPV vaccine series (1)
- ☐ I have started, but not yet completed the HPV vaccine series (2)
- ☐ I have completed the HPV vaccine series (3)
- ☐ I don't know my HPV vaccination status (4)

N3Q62 Did you have a flu vaccine within the last 12 months?

- ☐ No (1)
- ☐ Yes (2)
- ☐ I don't know (3)

COVIDVAXD Have you received at least one dose of a COVID-19 vaccine?

- ☐ No (1)
- ☐ Yes (2)

(if they select “yes” in COVIDVAXD)

COVIDVAXE Have you received a COVID-19 vaccine in the last 12 months?

- ☐ No (1)
- ☐ Yes (2)

COVIDINF Have you tested positive for COVID-19 within the last 12 months?

- ☐ No (1)
- ☐ Yes (2)

N3Q63A Within the last 12 months, have you been diagnosed by a healthcare professional with any of the following?

	No (1)	Yes (2)
Bronchitis (N3Q63A1)	☐	☐
Chlamydia (N3Q63A2)	☐	☐
Chicken Pox (Varicella) (N3Q63A3)	☐	☐
Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis) (N3Q63A4)	☐	☐
Concussion (N3Q63A5)	☐	☐
Gonorrhea (N3Q63A6)	☐	☐
Flu (influenza) or flu-like illness (N3Q63A7)	☐	☐
Mumps (N3Q63A8)	☐	☐

Mononucleosis (mono) (N3Q63A9)	☐	☐
Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury) (N3Q63A10)	☐	☐
Pelvic Inflammatory Disease (N3Q63A11)	☐	☐
Pneumonia (N3Q63A12)	☐	☐
Shingles (N3Q63A13)	☐	☐
Stomach or GI virus or bug, food poisoning or gastritis (N3Q63A14)	☐	☐
Urinary tract infection (N3Q63A15)	☐	☐
Other short-term, temporary illness not listed above (please specify) (N3Q63A16)	☐	☐

(follow up question N3Q63B will only display rows from N3Q63A for which “yes” is selected)

N3Q63B Within the last 12 months, to what extent did the following negatively affect your academic performance? (Please select the most serious outcome below)

Response options: This issue did not affect my academic performance (1), This issue negatively impacted my performance in a class (2), This issue delayed progress towards my degree (3)

N3Q64 Have you ever been tested for HIV?

- ☐ Yes, within the last 12 months (1)
- ☐ Yes, more than 12 months ago (2)
- ☐ No (3)
- ☐ Unsure (4)

N3Q64B Are you taking PrEP (Pre-Exposure Prophylaxis) to prevent HIV infection?

☐ No (1)

☐ Yes (2)

Chronic Conditions

(if they do not select “yes” on any conditions in N3Q65A, they will skip to N3Q66)

N3Q65A Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or chronic conditions?

	No (1)	Yes (2)
Acne (N3Q65A1)	☐	☐
ADD/ADHD – Attention Deficit/Hyperactivity Disorder (N3Q65A2)	☐	☐
Alcohol or Other Substance Use Disorder (RN3Q65A3)	☐	☐
Allergies - food allergy (N3Q65A4)	☐	☐
Allergies - animals/pets (N3Q65A5)	☐	☐
Allergies - environmental (for example: pollen, grass, dust, mold) (N3Q65A6)	☐	☐
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia) (N3Q65A7)	☐	☐
Asthma (N3Q65A8)	☐	☐
Autism spectrum (N3Q65A9)	☐	☐
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode) (N3Q65A10)	☐	☐
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder (N3Q65A11)	☐	☐
Cancer (N3Q65A12)	☐	☐
Celiac disease (N3Q65A13)	☐	☐

Chronic pain (for example:
back or joint pain, arthritis,
nerve pain) (N3Q65A14)

Depression (for example:
Major depression, persistent
depressive disorder,
disruptive mood disorder)
(N3Q65A15)



Diabetes or pre-diabetes/insulin resistance (N3Q65A16)	☐	☐
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating) (N3Q65A17)	☐	☐
Endometriosis (N3Q65A18)	☐	☐
Gambling Disorder (N3Q65A19)	☐	☐
Genital herpes (N3Q65A20)	☐	☐
Gastroesophageal Reflux Disease (GERD) or acid reflux (N3Q65A21)	☐	☐
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition) (N3Q65A22)	☐	☐
Hepatitis B or C (N3Q65A23)	☐	☐
High blood pressure (hypertension) (N3Q65A24)	☐	☐
High cholesterol (hyperlipidemia) (N3Q65A25)	☐	☐
HIV or AIDS (N3Q65A26)	☐	☐
Human papillomavirus (HPV) or genital warts (N3Q65A27)	☐	☐
Insomnia (N3Q65A28)	☐	☐
Irritable bowel syndrome (spastic colon or spastic bowel) (N3Q65A29)	☐	☐

“Long COVID” or having a Post-COVID Condition (N3Q65A41)	☐	☐
Migraine headaches (N3Q65A30)	☐	☐
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania, other body-focused repetitive behavior disorders) (N3Q65A31)	☐	☐
Polyendocrine Metabolic Ovarian Syndrome (PMOS, formerly PCOS) (N3Q65A32)	☐	☐
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor-related condition (N3Q65A33)	☐	☐
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder) (N3Q65A34)	☐	☐
Sleep Apnea (N3Q65A35)	☐	☐
Thyroid condition or disorder (N3Q65A36)	☐	☐
Tourette’s or other neurodevelopmental condition not already listed (N3Q65A37)	☐	☐
Traumatic brain injury (TBI) (N3Q65A38)	☐	☐

Urinary system disorder (for
example: bladder or kidney
disease, urinary reflux,
interstitial cystitis)
(N3Q65A39)



Other ongoing or chronic
condition **not listed above**
(N3Q65A40)



(if they select 'yes' in N3Q65A16)

N3Q65S You indicated that you had been diagnosed with Diabetes or Pre-Diabetes. Were you told that you had:

	No (1)	Yes (2)
Type 1 Diabetes (N3Q65S1)	☐	☐
Type 2 Diabetes (N3Q65S2)	☐	☐
Pre-diabetes or insulin resistance (N3Q65S3)	☐	☐
Gestational Diabetes (N3Q65S4)	☐	☐

(if they select "yes" in N3Q65A, they will see the corresponding question(s))

N3Q65T Have you had an appointment and/or discussion with a healthcare or mental health professional for the following condition(s) within the last 12 months?

	No (1)	Yes (2)
Acne (N3Q65T1)	☐	☐
ADD/ADHD – Attention Deficit/Hyperactivity Disorder (N3Q65T2)	☐	☐
Alcohol or Other Substance Use Disorder (RN3Q65T3)	☐	☐
Allergies - food allergy (N3Q65T4)	☐	☐
Allergies - animals/pets (N3Q65T5)	☐	☐
Allergies - environmental (for example: pollen, grass, dust, mold) (N3Q65T6)	☐	☐
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia) (N3Q65T7)	☐	☐
Asthma (N3Q65T8)	☐	☐
Autism Spectrum (N3Q65T9)	☐	☐
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode) (N3Q65T10)	☐	☐
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder (N3Q65T11)	☐	☐
Cancer (N3Q65T12)	☐	☐
Celiac disease (N3Q65T13)	☐	☐

Chronic pain (for example: back or joint pain, arthritis, nerve pain) (N3Q65T14)	☐	☐
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder) (N3Q65T15)	☐	☐
Diabetes or pre- diabetes/insulin resistance (N3Q65T16)	☐	☐
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge- Eating) (N3Q65T17)	☐	☐
Endometriosis (N3Q65T18)	☐	☐
Gambling Disorder (N3Q65T19)	☐	☐
Genital herpes (N3Q65T20)	☐	☐
Gastroesophageal Reflux Disease (GERD) or acid reflux (N3Q65T21)	☐	☐
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition) (N3Q65T22)	☐	☐
Hepatitis B or C (N3Q65T23)	☐	☐
High blood pressure (hypertension) (N3Q65T24)	☐	☐
High cholesterol (hyperlipidemia) (N3Q65T25)	☐	☐
HIV or AIDS (N3Q65T26)	☐	☐

Human papillomavirus (HPV) or genital warts (N3Q65T27)	☐	☐
Insomnia (N3Q65T28)	☐	☐
Irritable bowel syndrome (spastic colon or spastic bowel) (N3Q65T29)	☐	☐
“Long COVID” or having a Post-COVID Condition (N3Q65T41)	☐	☐
Migraine headaches (N3Q65T30)	☐	☐
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders) (N3Q65T31)	☐	☐
Polyendocrine Metabolic Ovarian Syndrome (PMOS, formerly PCOS) (N3Q65T32)	☐	☐
PTSD (Posttraumatic Stress Disorder), Adjustment Disorder, or another trauma- or stressor- related condition (N3Q65T33)	☐	☐
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder) (N3Q65T34)	☐	☐
Sleep Apnea (N3Q65T35)	☐	☐
Thyroid condition or disorder (N3Q65T36)	☐	☐

Tourette's or other
neurodevelopmental
condition not already listed
(N3Q65T37)

☐☐

Traumatic brain injury (TBI)
(N3Q65T38)

☐☐

Urinary system disorder (for
example: bladder or kidney
disease, urinary reflux,
interstitial cystitis)
(N3Q65T39)

☐☐

Other ongoing or chronic
condition **not listed above**
(N3Q65T40)

☐☐

(if 'Yes' is selected in N3Q65T to any mental health conditions, they will see the corresponding question(s))

N3Q65U In the last 12 months, what treatment(s), if any, have you used for the following conditions?

	No treatment (1)	Medicine only (2)	Therapy only (3)	Both medicine and therapy (4)	Other Treatment (5)
ADD/ADHD - Attention Deficit/Hyperactivity Disorder (N3Q65U2)	☐	☐	☐	☐	☐
Alcohol or Other Substance Use Disorder (RN3Q65U3)	☐	☐	☐	☐	☐
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia) (N3Q65U7)	☐	☐	☐	☐	☐
Autism Spectrum (N3Q65U9)	☐	☐	☐	☐	☐
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode) (N3Q65U10)	☐	☐	☐	☐	☐
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder (N3Q65U11)	☐	☐	☐	☐	☐
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder) (N3Q65U15)	☐	☐	☐	☐	☐

Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating) (N3Q65U17)	☐	☐	☐	☐	☐
Gambling Disorder (N3Q65U19)	☐	☐	☐	☐	☐
Insomnia (N3Q65U28)	☐	☐	☐	☐	☐
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders) (N3Q65U31)	☐	☐	☐	☐	☐
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor-related condition (N3Q65U33)	☐	☐	☐	☐	☐
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder) (N3Q65U34)	☐	☐	☐	☐	☐
Tourette's or other neurodevelopmental condition not already listed (N3Q65U37)	☐	☐	☐	☐	☐

Traumatic brain
injury (TBI)
(N3Q65U38)

☐☐☐☐☐

(if "other" treatment is selected in N2Q65W)

N3Q65V In the last 12 months, what other treatment did you receive?

N3Q65Y Within the last 12 months, to what extent did your ongoing or chronic condition(s) negatively affect your academic performance? (Please select the most serious outcome below)

- ☐ My condition(s) did not affect my academic performance (1)
- ☐ My condition(s) negatively impacted my performance in a class (2)
- ☐ My condition(s) delayed progress towards my degree (3)

Impediments to Academic Performance

N3Q66

Within the last 12 months, have any of the following affected your academic performance? (Please select the most serious outcome for each item below)

	I did not experience this issue/not applicable (1)	I have experienced this issue, but my academics have not been affected (2)	I have experienced this issue and it negatively impacted my performance in a class (3)	I have experienced this issue and it delayed progress towards my degree (4)
Assault (physical) (N3Q66A)	☐	☐	☐	☐
Assault (sexual) (N3Q66B)	☐	☐	☐	☐
Allergies (N3Q66C)	☐	☐	☐	☐
Anxiety (N3Q66D)	☐	☐	☐	☐
Attention- Deficit/Hyperactivity Disorder (ADHD) or Attention-Deficit Disorder (ADD) (N3Q66E)	☐	☐	☐	☐
Concussion or Traumatic Brain Injury (TBI) (N3Q66F)	☐	☐	☐	☐
COVID-19 (N3Q66S)	☐	☐	☐	☐
Depression (N3Q66G)	☐	☐	☐	☐
Eating disorder/problem (N3Q66H)	☐	☐	☐	☐
Headaches/migraines (N3Q66I)	☐	☐	☐	☐
Influenza or influenza like illness (the flu) (N3Q66J)	☐	☐	☐	☐

Injury (for example: burn, sprain or broken bone) <u>excluding</u> concussion or TBI (N3Q66K)	☐	☐	☐	☐
PMS (Premenstrual Syndrome), painful periods, or menstrual cramping) (N3Q66L)	☐	☐	☐	☐
Post Traumatic Stress Disorder (PTSD) (N3Q66M)	☐	☐	☐	☐
Short-term illness, excluding upper respiratory illness and influenza (N3Q66N)	☐	☐	☐	☐
Upper respiratory illness (for example: sinus infection, colds, or sore throat, etc.) (N3Q66O)	☐	☐	☐	☐
Sleep difficulties (N3Q66P)	☐	☐	☐	☐
Stress (N3Q66Q)	☐	☐	☐	☐
Other issue <u>not</u> <u>previously reported</u> (please specify) (N3Q66R)	☐	☐	☐	☐

Demographic Characteristics

This part of the survey will help us understand your personal characteristics. There may be limitations to the response options provided, and the response categories offered may not represent your full identity nor use the language you prefer. We care about all identities and experiences and ask that you indicate which choice best describes you.

N3Q67A What sex were you assigned at birth?

- ☐ Female (1)
- ☐ Male (2)
- ☐ Intersex (3)

N3Q67B Do you identify as transgender?

- ☐ No (1)
- ☐ Yes (2)

N3Q67C **Which term do you use to describe your gender identity?**

- ☐ Woman or female (1)
- ☐ Man or male (2)
- ☐ Trans woman (3)
- ☐ Trans man (4)
- ☐ Genderqueer (5)
- ☐ Agender (7)
- ☐ Genderfluid (8)
- ☐ Intersex (10)
- ☐ Non-binary (9)
- ☐ My identity is not listed above

N3Q67CTEXT **You selected that your gender identity was not listed in the previous question. What term do you use to describe your gender identity?**

Notes on recoding N2Q67C:

- Students who select “my identity is not listed above” (6) on N3Q67C and indicate a cisgender response for N3Q67CTEXT are recoded either female (1) or male (2) for N3Q67C.
- No additional recoding is done for N3Q67C.
- Students original text responses in N3Q67CTEXT remain unchanged in the data file. To identify cases recoded by ACHA, look for responses in N3Q67CTEXT that have a code other than 6 in N3Q68.
- You may choose to adopt different recoding rules in working with this data and are encouraged to document those rules.

N3Q68 What term best describes your sexual orientation?

- ☐ Straight/Heterosexual (9)
- ☐ Asexual (1)
- ☐ Bisexual (2)
- ☐ Gay (3)
- ☐ Lesbian (4)
- ☐ Pansexual (5)
- ☐ Queer (6)
- ☐ Questioning (7)
- ☐ My identity is not listed above

N3Q68TEXT You selected that your sexual orientation identity was not listed in the previous question. What term do you use to describe your sexual orientation?

Notes on recoding for N3Q68:

- Asexual was added in as a permanent option in fall 2023 instead of recoding write-ins.
- Students selecting “my identity is not listed above” (10) and specifying “straight” in N3Q68TEXT are recoded Straight/Heterosexual (9) for N3Q68.
- Students who indicate more than one sexual orientation in N3Q68TEXT are NOT recoded.
- No additional recoding is done for N3Q68.
- Students original text responses in N3Q68TEXT remain unchanged in the data file. To identify cases recoded by ACHA, look for responses in N3Q68TEXT that have a code other than 10 in N3Q68.
- You may choose to adopt different recoding rules in working with this data and are encouraged to document those rules.

N3Q69 **How old are you?**

_____ Years

What is your height in feet (') and inches (")?

Click [here](#) for a centimeter to feet/inches conversion calculator

N3Q70A _____ feet

N3Q70B _____ inches

N3Q71 **What is your weight in pounds?**

Click [here](#) for a kilogram to pound conversion calculator

_____ Pounds

RN3Q72 **Which best describes your current academic program?** (Undergraduate students: please tell us how long you've been enrolled as an undergrad rather than your current credit level standing.)

- ☐ 1st year undergraduate (1)
- ☐ 2nd year undergraduate (2)
- ☐ 3rd year undergraduate (3)
- ☐ 4th year undergraduate (4)
- ☐ 5th year or more undergraduate (5)
- ☐ Master's student (e.g. MA, MS, MEd, MFA, MBA, LL.M, MPP, MPA, MPH, MSW or equivalent) (6)
- ☐ Doctoral or professional student (e.g. PhD, EdD, JD, MD, DO, DDS, DNP, DPT, DrPH, AuD, PharmD or equivalent) (7)
- ☐ Not enrolled in a degree program (e.g. certificate program, licensure program, completing prerequisites, non-degree student, special standing, etc.) (8)

☐ Other (9)

(if "other" is selected in RN3Q72)

N3Q72TEXT You selected "other" for your current academic program. How would you best describe your current academic program?

N3Q72ATEXT

N3Q73 What is your enrollment status?

☐ Full-time (1)

☐ Part-time (2)

☐ Other (please specify): (3) N3Q73TEXT

N3Q73A I am taking classes this term:

☐ Entirely in-person (1)

☐ Entirely online (2)

☐ A mix of in-person and online classes (3)

N3Q73B How likely is it that you will:

	Very likely (1)	Moderately likely (2)	Slightly likely (3)	Slightly unlikely (4)	Moderately unlikely (5)	Very unlikely (6)
Leave your school before graduating <u>and transfer</u> to another school? (N3Q73B1)	☐	☐	☐	☐	☐	☐
Leave your school before graduating <u>without transferring</u> to another school? (N3Q73B2)	☐	☐	☐	☐	☐	☐

(If they selected very likely, moderately likely, or slightly likely to leaving)

N3Q73C What would be your reason(s) for leaving your current college/university?

	No (1)	Yes (2)
Lack of safe and/or affordable housing (N3Q73C1)		
Financial concerns other than housing (N3Q73C2)		
Need to take care of family members/children (N3Q73C3)		
Conflicts with work responsibilities/schedule (N3Q73C4)	☐	☐
Ongoing physical and/or mental health issues (N3Q73C5)		
Change in my academic plans and/or professional goals (e.g., institution doesn't have the academic program I		

want; I may not want my
chosen degree
anymore) (N3Q73C6)

Poor academic
performance
(N3Q73C7)

Negative experience at
my college/university
(N3Q73C8)

I don't feel like I fit in at
my college/university
(N3Q73C9)

Other (please specify)
(N3Q73C10)

N3Q74 What is your Canadian citizenship status?

☐ Canadian citizen (1)

☐ Study permit holder (2)

☐ Permanent resident (3)

☐ Refugee (4)

☐ Other (please specify): (5) N3Q74TEXT

N3Q75A **What is your racial or ethnic identification? (Please select ALL that apply)** ("0" indicates that the option was not selected, "1" indicates that the option was selected)

- ☐ Arab (2)
- ☐ Black (3)
- ☐ Chinese (4)
- ☐ Filipino (5)
- ☐ Indigenous (First Nations, Inuit, or Métis) (1)
- ☐ Japanese (6)
- ☐ Korean (7)
- ☐ Latin American (8)
- ☐ South Asian (e.g., Indian, Pakistani, Sri Lankan, etc.) (9)
- ☐ Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai, etc.) (10)
- ☐ West Asian (e.g., Iranian, Afghan, etc.) (11)
- ☐ White (12)
- ☐ My identity is not listed above (please specify) (14) N3Q75TEXT

N3Q76 What is your relationship status?

- ☐ Not in a relationship (1)
- ☐ In a relationship but not married/partnered (2)
- ☐ Married/partnered (3)

N3Q77A Are you a member of a social fraternity or sorority?

- ☐ No (1)
- ☐ Yes (2)

N3Q77B Do you live in a fraternity or sorority residence?

- ☐ No (1)
- ☐ Yes (2)

(only if they select “no” in N3Q77B, they will see this question)

N3Q78 Where do you currently live?

- ☐ Campus or university housing (1)
- ☐ Parent/guardian/other family member’s home (2)
- ☐ Off-campus or other non-university housing (3)
- ☐ Temporarily staying with a relative, friend, or “couch surfing” until I find housing (4)
- ☐ I don’t currently have a place to live (5)
- ☐ Other (please specify) (6) _____ N3Q78TEXT _____

The next question asks about your access to supplemental health insurance. Supplemental health insurance typically covers health services beyond provincial health care insurance plans. Supplemental health insurance helps pay for things like prescriptions, physiotherapy, dental care, and eye care.

N3Q79 What is your primary source of supplemental health insurance?

- ☐ I have a college/university Student Health Insurance Plan (1)
- ☐ I am covered by my parent/guardian's supplemental plan (2)
- ☐ I am covered by my employer-based plan (or my spouse/partner's employer-based plan) (3)
- ☐ I bought a plan on my own (4)
- ☐ I don't have supplemental health insurance (5)
- ☐ I don't know if I have supplemental health insurance (6)
- ☐ I have health supplemental health insurance, but I don't know the primary source (7)

N3Q80 What is your approximate cumulative grade average?

- ☐ A+ (1)
- ☐ A (2)
- ☐ A- (3)
- ☐ B+ (4)
- ☐ B (5)
- ☐ B- (6)
- ☐ C+ (7)
- ☐ C (8)
- ☐ C- (9)
- ☐ D+ (10)
- ☐ D (11)
- ☐ D- (12)
- ☐ F (13)
- ☐ N/A (14)

**N3Q81 Do you participate in organized college athletics at any of the following levels?
(Please mark the appropriate column for each row)**

	No (1)	Yes (2)
Varsity (N3Q81A)	☐	☐
Club Sports (N3Q81B)	☐	☐
Intramurals (N3Q81C)	☐	☐

N3Q82 Do you have any of the following? (Please mark the appropriate column for each row)

	No (1)	Yes (2)
Attention-Deficit/Hyperactivity Disorder (ADD or ADHD) (N3Q82A)	☐	☐
Autism Spectrum Disorder (N3Q82B)	☐	☐
Deaf/Hearing loss (N3Q82C)	☐	☐
Learning disability (N3Q82D)	☐	☐
Mobility/Dexterity disability (N3Q82E)	☐	☐
Blind/Low Vision (N3Q82F)	☐	☐
Speech or language disorder (N3Q82G)	☐	☐

N3Q83 Are you currently or have you been a member of your country's Armed Services?

- ☐ No (1)
- ☐ Yes and I **have** served in a geographic area of hazardous duty (2)
- ☐ Yes and I **have not** served in a geographic area of hazardous duty (3)

N3Q84 What is the highest level of education completed by either of your parents (or guardians)?

- ☐ Did not finish high school (1)
- ☐ High school diploma or GED (2)
- ☐ Attended college but did not complete degree (3)
- ☐ Associate's degree (AA, AS, etc.) or trade/technical training (4)
- ☐ Bachelor's degree (BA, BS, etc.) (5)
- ☐ Master's degree (MA, MS, MFA, MBA, MPP, MPA, MPH, etc.) (6)
- ☐ Doctoral or professional degree (PhD, EdD, JD, MD, etc.) (7)
- ☐ Don't know (8)

N3Q85 Are you a parent or guardian of a child under the age of 18 or do you have primary responsibility for someone else's child/children under the age of 18?

- ☐ No (1)
- ☐ Yes (2)

N3Q85B How many dependents under the age of 18 are you responsible for?

- ☐ 1 (1)
- ☐ 2 (2)
- ☐ 3 (3)
- ☐ 4 (4)
- ☐ 5 or more (5)

Any campus-specific extra questions will always begin with N3Q87

SCHOOLID is a variable used to identify cases coming from the same institution within a given survey period.

HT_INCH height in inches

WTKG weight in kilograms

Estimated Blood Alcohol Concentration (BAC) is based on the reported number of drinks consumed the last time they “partied” or socialized (N3Q26), their approximate length of time of consumption (N3Q26), sex (N3Q67A), weight (N3Q71), and an average rate of ethanol metabolism (.015 g/100mL/hour.) BAC is a continuous variable.

RBAC1 collapses the continuous variable, estimated BAC, into a categorical variable where (1= YES) for those students with an estimated BAC under 0.08% the last time they “partied” or socialized.

RBAC2 collapses the continuous variable, estimated BAC, into a categorical variable where (1= YES) for those students with an estimated BAC under 0.10% the last time they “partied” or socialized.

Estimated Body Mass Index (BMI) is based on self-reported height (N3Q70A and N3Q70B) and weight (N3Q71) and is a continuous variable. The calculation for computing BMI is $\text{weight (kg)} / [\text{height (m)}]^2$.

RBMI is the continuous BMI variable recoded into the following categories identified by the World Health Organization:

- (1) BMI <18.5 Underweight
- (2) BMI 18.5-24.9 Healthy Weight
- (3) BMI 25-29.9 Overweight
- (4) BMI 30-34.5 Class I Obesity
- (5) BMI 35-39.9 Class II Obesity
- (6) BMI $\geq$ 40 Class III Obesity

USDAFI – USDA Food Security 6-item Short Scale Score (5 items when self-administered) (0-6)

RUSDAFI – USDA Food Security 6-item Short Scale Score collapsed

- (1) Very low food security (5-6)
- (2) Low food security (2-4)
- (3) High or marginal food security (0-1)

KESSLER6 – Kessler 6 Screening for Non-Specific Serious Mental Illness Score (0-24)

RKESSLER6 – Kessler 6 Screening for Non-Specific Serious Mental Illness Score Collapsed

- (1) Negative for serious psychological distress (0-12)

(3) Positive for serious psychological distress (13-24)

ULS3 – UCLA Loneliness Scale Score (3-9)

RULS3 – UCLA Loneliness Scale Score Collapsed

(1) Negative for loneliness (3-5)

(2) Positive for loneliness (6-9)

SBQR – Suicide Behavior Questionnaire-Revised (SBQR) Screening Score (3-18)

RSBQR – Suicide Behavior Questionnaire-Revised (SBQR) Screening Score

(1) Negative suicidal screening (3-6)

(2) Positive suicidal screening (7-18)

MHC_DX – Mental Health Continuum-Short Form Score (MHC_DX) is computed from N3Q41A and N3Q41B

(0) Languishing

(1) Moderate

(2) Flourishing

CDRISC2 – The Connor-Davison Resilience Scale (CD-RISC) Score (0-8), with higher scores reflecting greater resilience

Alcohol, Smoking and Substance Involvement Screening Test (ASSIST) Substance Specific Involvement Scores (SSIS)

SSISTOBACCO – SSIS Tobacco Score (0-39)

SSISALCOHOL – SSIS Alcohol Score (0-39)

SSISCANNABIS – SSIS Cannabis Score (0-39)

SSISCOCAINE – SSIS Cocaine Score (0-39)

SSISRXSTIMULANT – SSIS Prescription Stimulant Score (0-39) – **Adjusted for students with prescriptions for use and report using only as directed (does not take more than prescribed, nor more often than prescribed)**

SSISMETH – SSIS Methamphetamine Score (0-39)

SSISINHALANT – SSIS Inhalant Score (0-39)

SSISSEDATIVE – SSIS Sedative or Sleeping Pill Score (0-39) – **Adjusted for students with prescriptions for use and report using only as directed (does not take more than prescribed, nor more often than prescribed)**

SSISHALLUCINOGEN – SSIS Hallucinogen Score (0-39)

SSISHEROIN – SSIS Heroin Score (0-39)

SSISRXOPIOID – SSIS Prescription Opioid Score (0-39) – **Adjusted for students with prescriptions for use and report using only as directed (does not take more than prescribed, nor more often than prescribed)**

SSISOTHER – SSIS Other Drug Score (0-39)

TOBACCORISK – SSIS Tobacco Score Collapsed
CANNABISRISK – SSIS Cannabis Score Collapsed
COCAINERISK – SSIS Cocaine Score Collapsed
RXSTIMULANTRISK – Adjusted SSIS Prescription Stimulant Score Collapsed
METHRISK – SSIS Methamphetamine Score Collapsed
INHALANTRISK – SSIS Inhalant Score Collapsed
SEDATIVERISK – Adjusted SSIS Sedative or Sleeping Pills Score Collapsed
HALLUCINOGENRISK – SSIS Hallucinogen Score Collapsed
HEROINRISK – SSIS Heroin Score Collapsed
RXOPIOIDRISK – Adjusted SSIS Prescription Opioid Score Collapsed
OTHERSSISRISK – SSIS Other Drug Score Collapsed

- (1) Low Risk (0-3)
- (2) Moderate Risk (4-26)
- (3) High Risk (27-39)

ALCOHOLRISK – SSIS Alcohol Score Collapsed

- (1) Low Risk (0-10)
- (2) Moderate Risk (11-26)
- (3) High Risk (27-39)

RSEX* - uses the responses to N3Q67A, N3Q67B, and N3Q67C to create a new variable, SEX AND GENDER. This variable is used to sort respondents into female and male categories in the ACHA-NCHA report documents.

- If a student's gender identity (N3Q67C) is consistent with their sex at birth (N3Q67A) AND the student selects "no" for transgender (N3Q67B), then RSEX is coded as female or male.
- If a student selects "yes" for transgender (N3Q67B) OR their sex at birth (N3Q67A) is not consistent with their gender identity (N3Q67C), then RSEX is coded as non-binary.
- If a student selects "intersex" for sex at birth (N3Q67A), then RSEX is coded as nonbinary even if transgender (N3Q67B) or gender identity (N3Q67C) are missing, with one exception:
 - If a student selects "intersex" for sex at birth (N3Q67A), transgender (N3Q67B) is "no" or missing, and gender identity (N3Q67C) is "female" or "male," then RSEX is coded as female or male, respectively.
- If a student skips any of the three questions used to compute RSEX, then they are sorted as missing, unless they selected "intersex" for sex at birth (N3Q67A).

- (1) Female
- (2) Male
- (3) Non-Binary
- (-9) Missing

****Note that you are under no obligation to use the variable RSEX, and you are welcome to recalculate it using different decision rules if you like. Responses from the original questions N3Q67A, N3Q67B, and N3Q67C remain in the data file for your use.***

PAAERO – uses the responses to N3Q6 and N3Q7 to determine if the respondent met the US recommended guidelines for *only* aerobic physical activity for adults (150 or more minutes per

week of moderate aerobic activity, where 1 minute of vigorous activity equals 2 minutes of moderate activity.)

(1) No

(2) Yes

PAGUIDE – uses the responses to N3Q6, N3Q7, and N3Q8 to determine if the respondent met the US recommended guidelines for physical activity for adults (at least **2 days** of muscle strengthening activity AND **150 or more minutes** per week of moderate aerobic activity, where 1 minute of vigorous activity equals 2 minutes of moderate activity.)

(1) No

(2) Yes

HAPAGUIDE – uses the responses to N3Q6, N3Q7, and N3Q8 to determine if the respondent met the US recommended guidelines for physical activity for *highly active* adults (at least **2 days** of muscle strengthening activity AND **300 or more minutes** per week of moderate aerobic activity, where 1 minute of vigorous activity equals 2 minutes of moderate activity.)

(1) No

(2) Yes

(US Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: US Department of Health and Human Services; 2018.)