

**Montgomery County College Wellness Survey  
2020-2021 Report**

**Produced by**  
Prevention Education Solutions LLC

# Contents

<b>Contents</b>	<b>1</b>
<b>1 Introduction</b>	<b>2</b>
<b>2 Data Summary</b>	<b>2</b>
2.1 Description of the data set . . . . .	2
<b>3 Exploratory Data Analysis</b>	<b>2</b>
3.1 30 day drug use . . . . .	2
3.2 12 month drug use . . . . .	3
<b>4 Actual use versus perceived use</b>	<b>4</b>
4.1 Actual versus perceived alcohol use . . . . .	5
4.2 Actual versus perceived marijuana use . . . . .	6
4.3 Actual versus perceived opioid use . . . . .	7
4.4 Actual versus perceived stimulant use . . . . .	9
<b>5 Comparing substance use across different substances</b>	<b>10</b>
5.1 Drinking versus additional substance use . . . . .	10
5.2 Marijuana usage and usage of additional substances . . . . .	10
<b>6 Student Athlete Drug Usage</b>	<b>11</b>
<b>7 Opioid pipeline</b>	<b>13</b>
<b>8 Prevention, Resources, and Support</b>	<b>13</b>
<b>9 Mental Health</b>	<b>17</b>
9.1 Mental health: coping mechanisms . . . . .	26
9.2 Mental health and substance abuse: anxiety . . . . .	35
9.3 Mental health and substance abuse: depression . . . . .	36
9.4 Mental health: suicidal ideation and self-harm . . . . .	37
9.5 Mental health: COVID-19 . . . . .	37
9.6 Mental health: barriers to accessing support services . . . . .	37

# 1 Introduction

Data summaries and visualizations created based on data from a survey of college students in Montgomery County.

## 2 Data Summary

### 2.1 Description of the data set

	<b>Overall (n=116)</b>
<b>Gender</b>	
Female	82 (70.7%)
Male	32 (27.6%)
Transgender man/ Transman	2 (1.7%)
<b>College</b>	
Arcadia University	7 (6.0%)
Bryn Athyn College	1 (0.9%)
Bryn Mawr College	13 (11.2%)
Gwynedd Mercy University	9 (7.8%)
Harcum	59 (50.9%)
Haverford College	11 (9.5%)
Manor College	5 (4.3%)
Penn State Abington	4 (3.4%)
Rosemont College	5 (4.3%)
Ursinus	2 (1.7%)
<b>Age</b>	
Mean (SD)	22.6 (10.7)
Median [Min, Max]	23.0 [0.00, 60.0]
<b>Race</b>	
American Indian or Alaska Native	5 (4.3%)
Asian Indian	2 (1.7%)
Black or African American	20 (17.2%)
Chinese	3 (2.6%)
Filipino	2 (1.7%)
Korean	1 (0.9%)
Native Hawaiian	1 (0.9%)
Prefer not to answer	4 (3.4%)
Vietnamese	2 (1.7%)
White	76 (65.5%)
<b>Ethnicity</b>	
No, not of Hispanic, Latino/Latina/Latinx, or Spanish origin	84 (72.4%)
Yes, another Hispanic, Latino/Latina/Latinx, or Spanish origin (ex. Argentinean, Columbian, Dominican, Nicaraguan, Salvadoran)	9 (7.8%)
Yes, Cuban	2 (1.7%)
Yes, Mexican, Mexxian American, Chicano, Other	15 (12.9%)
Yes, Puerto Rican	6 (5.2%)

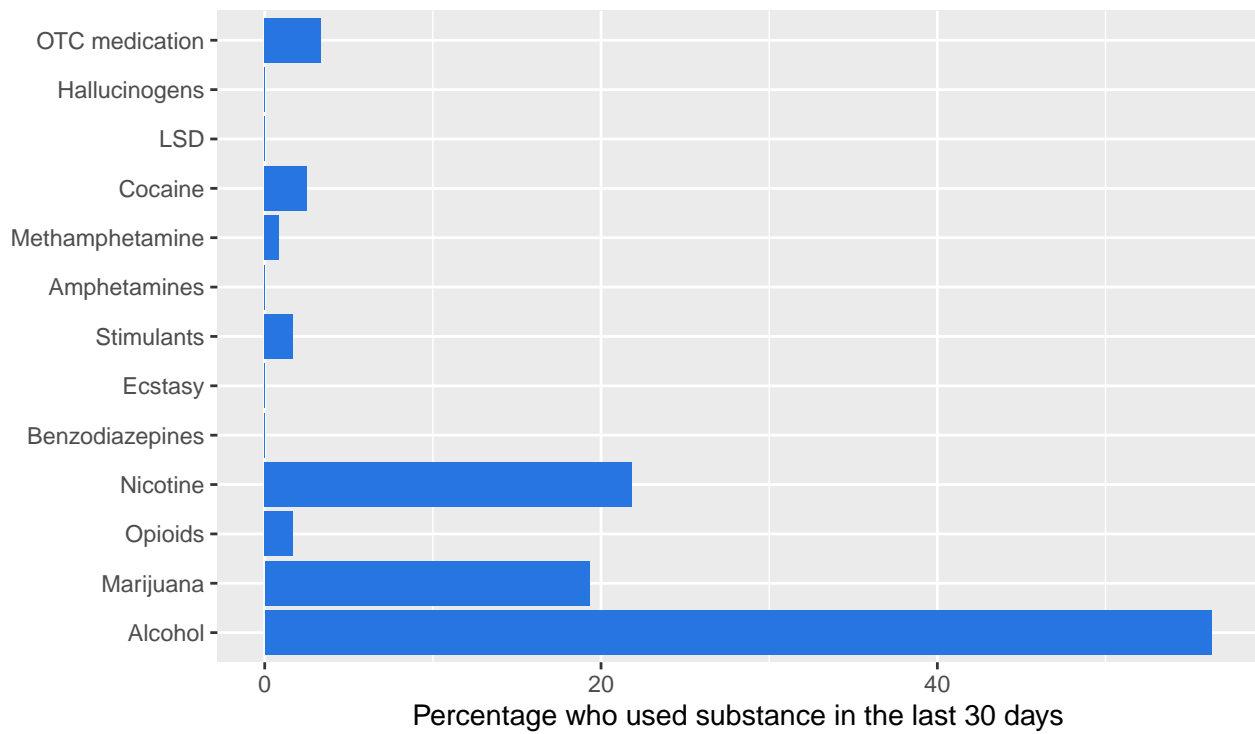
Tbl.1: Demographic summary

## 3 Exploratory Data Analysis

### 3.1 30 day drug use

An in-depth look at the percentage of students using drugs over the past 30 days.

	percentage
Alcohol	56.3
Marijuana	19.3
Opioids	1.7
Nicotine	21.8
Benzodiazepines	0.0
Ecstasy	0.0
Stimulants	1.7
Amphetamines	0.0
Methamphetamine	0.8
Cocaine	2.5
LSD	0.0
Hallucinogens	0.0
OTC medication	3.4

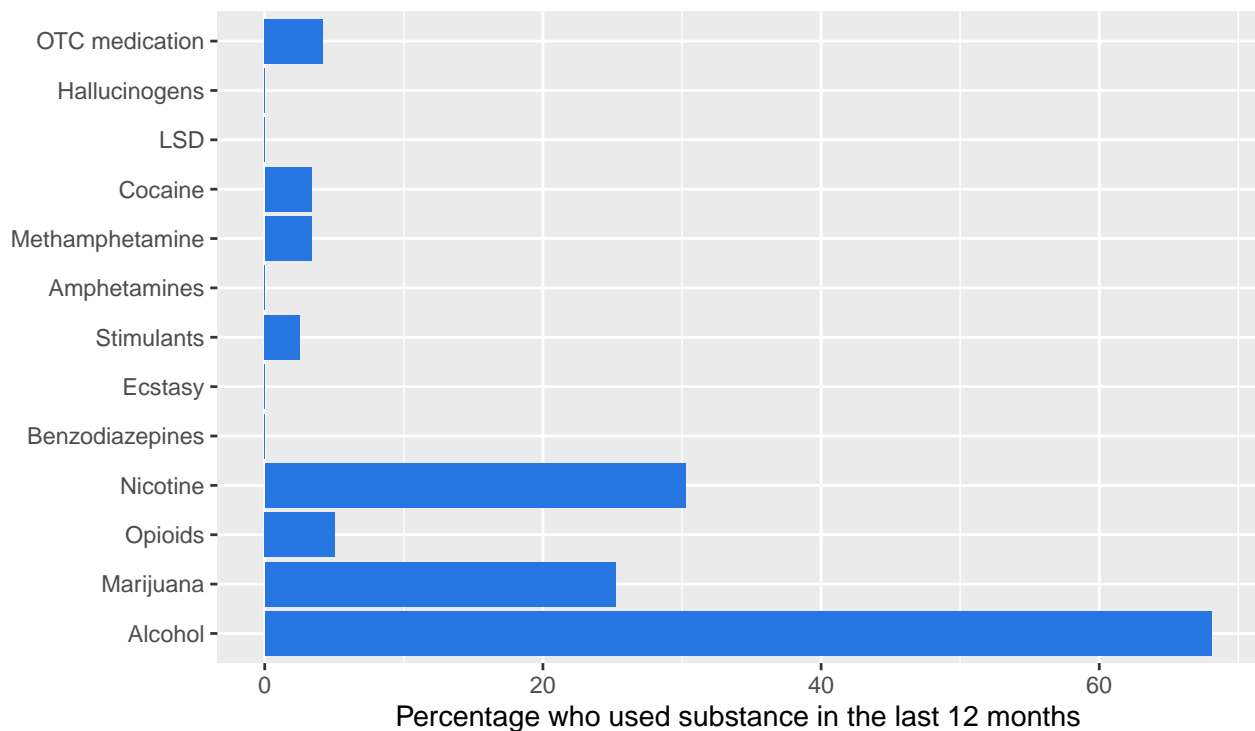


### 3.2 12 month drug use

An in-depth look at the percentage of students who have used different drugs over the past 12 months.

	percentage
Alcohol	68.1
Marijuana	25.2
Opioids	5.0
Nicotine	30.3
Benzodiazepines	0.0
Ecstasy	0.0
Stimulants	2.5

	percentage
Amphetamines	0.0
Methamphetamine	3.4
Cocaine	3.4
LSD	0.0
Hallucinogens	0.0
OTC medication	4.2



#### 4 Actual use versus perceived use

	Alcohol	Marijuana	Opioids	Stimulants
Percentage who used in the last 30 days	56.3%	19.3%	1.7%	1.7%
Percentage who think peers use at least once a month	74.8	59.7	31.4	38.1
Percentage who used more than 3 of the last 30 days	37.3%*	10.1%	7.6%	?
Percentage who think peers use more than 3 of the last 30 days	39%**	50%	12.7%	22%

## Comparison of Reported Versus Perceived Drug Use

\*question asked specifically about being drunk, not having 1 drink

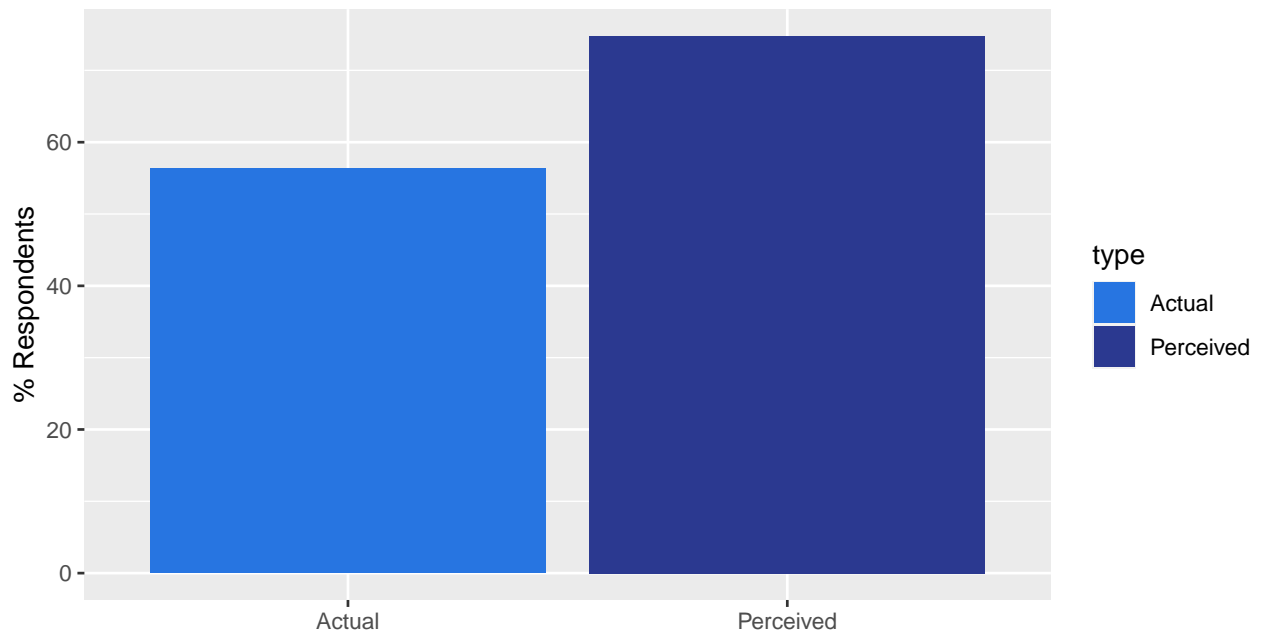
\*\*question asked specifically about having more than 4 drinks in a day

### 4.1 Actual versus perceived alcohol use

74.8 percent of survey participants believed that their peers drank alcohol in the past 30 days

Yet only 56.3 percent of survey participants report drinking alcohol in the past 30 days.

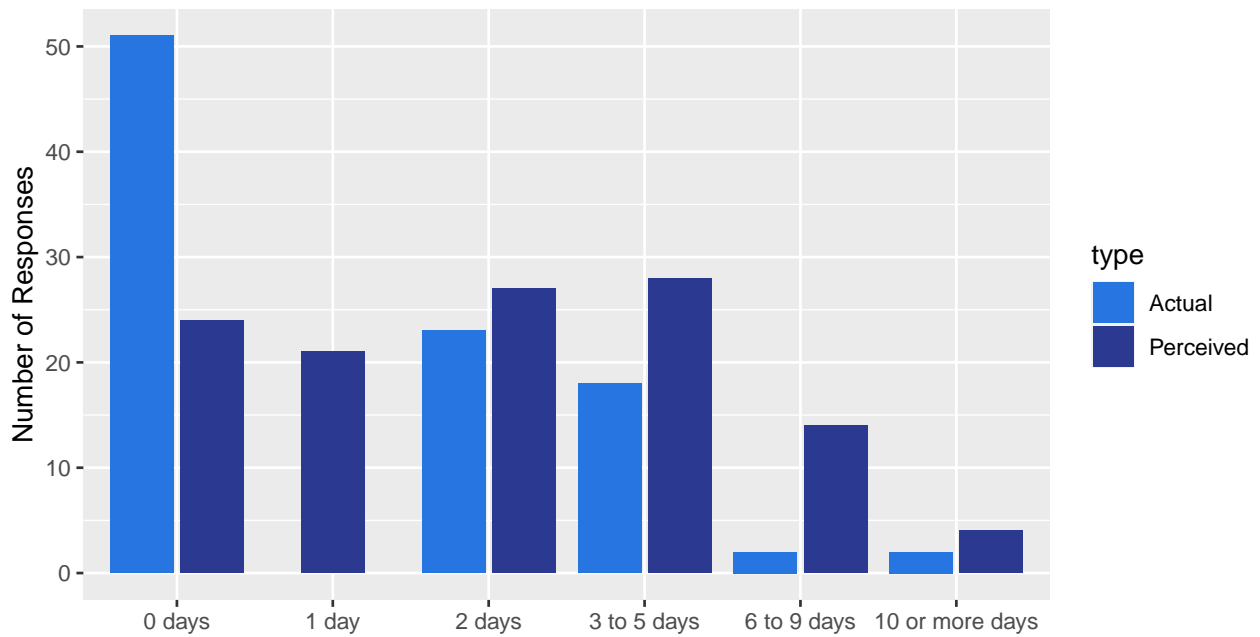
Percent of Respondents Who Used Versus Who Believed Others Used Alcohol



Now, we look at the percentage of respondents who drank excessively at a certain frequency in the past month, and the percentage of respondents who believed students drank excessively at a certain frequency over the past month.

Frequency	Actual	Perceived
0 days	42.9	20.2
2 days	19.3	22.7
3 to 5 days	15.1	23.5
6 to 9 days	1.7	11.8
10 or more days	1.7	3.4
NA	19.3	0.8
1 day	NA	17.6

### Actual and Perceived Frequency of Excessive Alcohol Use Over 30 Days

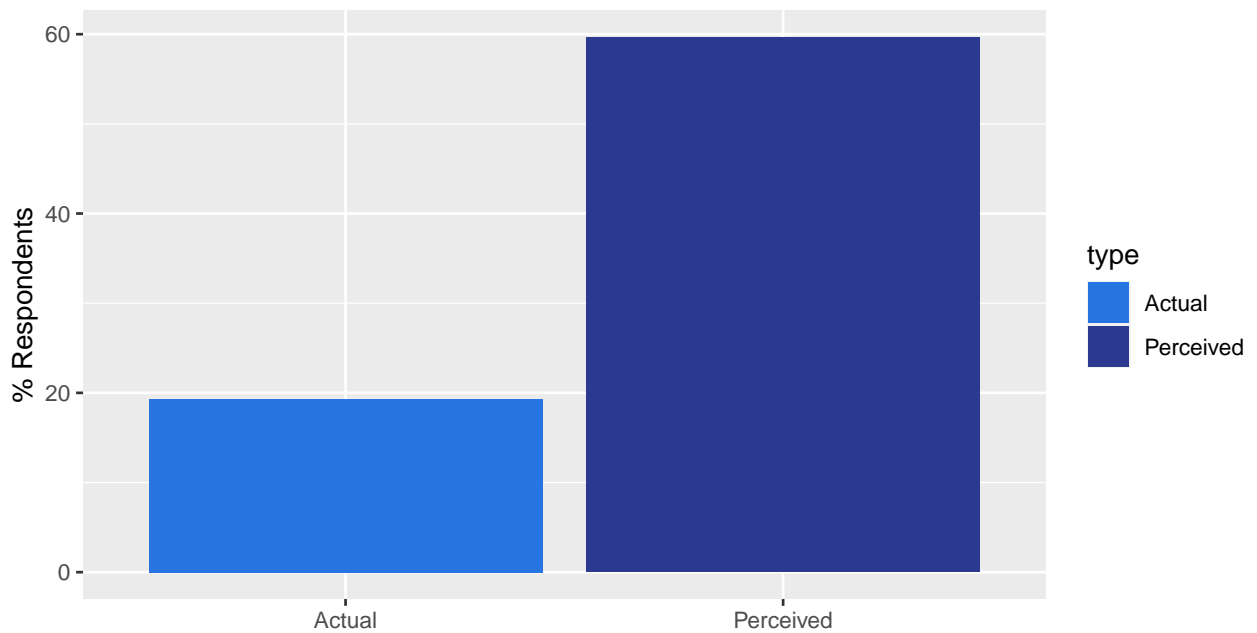


### 4.2 Actual versus perceived marijuana use

59.7 percent of survey participants believed that their peers used marijuana in the past 30 days

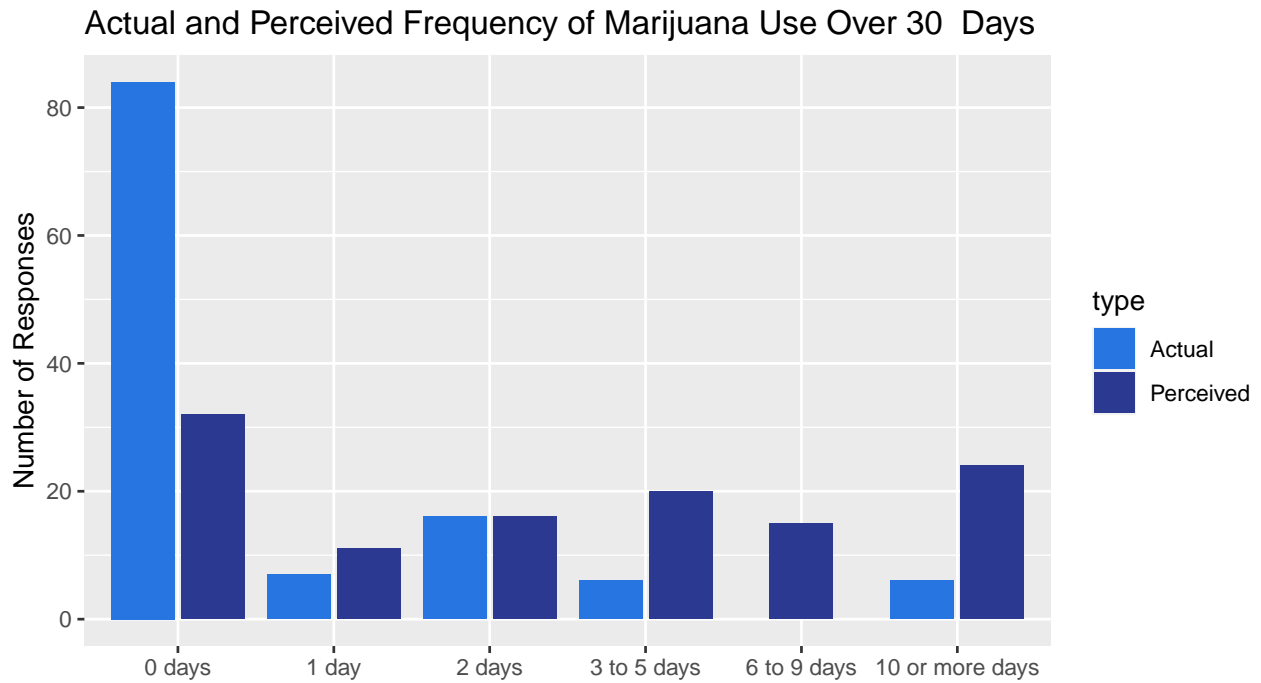
Yet only 19.3 percent of survey participants report using marijuana in the past 30 days.

### Percent of Respondents Who Used Versus Who Believed Peers Used Marijuana



Now, we look at the percentage of respondents who used marijuana at a certain frequency in the past month, and the percentage of respondents who believed students used marijuana at a certain frequency over the past month.

Frequency	Actual	Perceived
0 days	70.6	26.9
1 day	5.9	9.2
2 days	13.4	13.4
3 to 5 days	5.0	16.8
10 or more days	5.0	20.2
6 to 9 days	NA	12.6
NA	NA	0.8

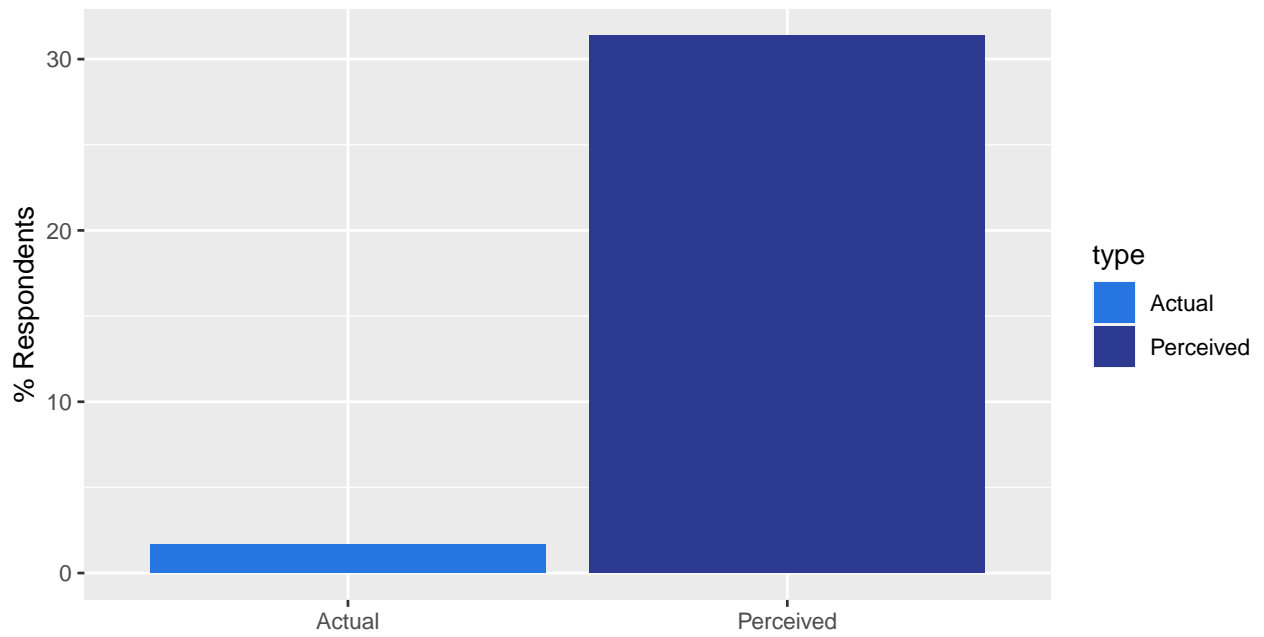


### 4.3 Actual versus perceived opioid use

31 percent of survey participants believed that their peers used opioids in the past 30 days. Yet only 1.7 percent of survey participants report using opioids in the past 30 days.

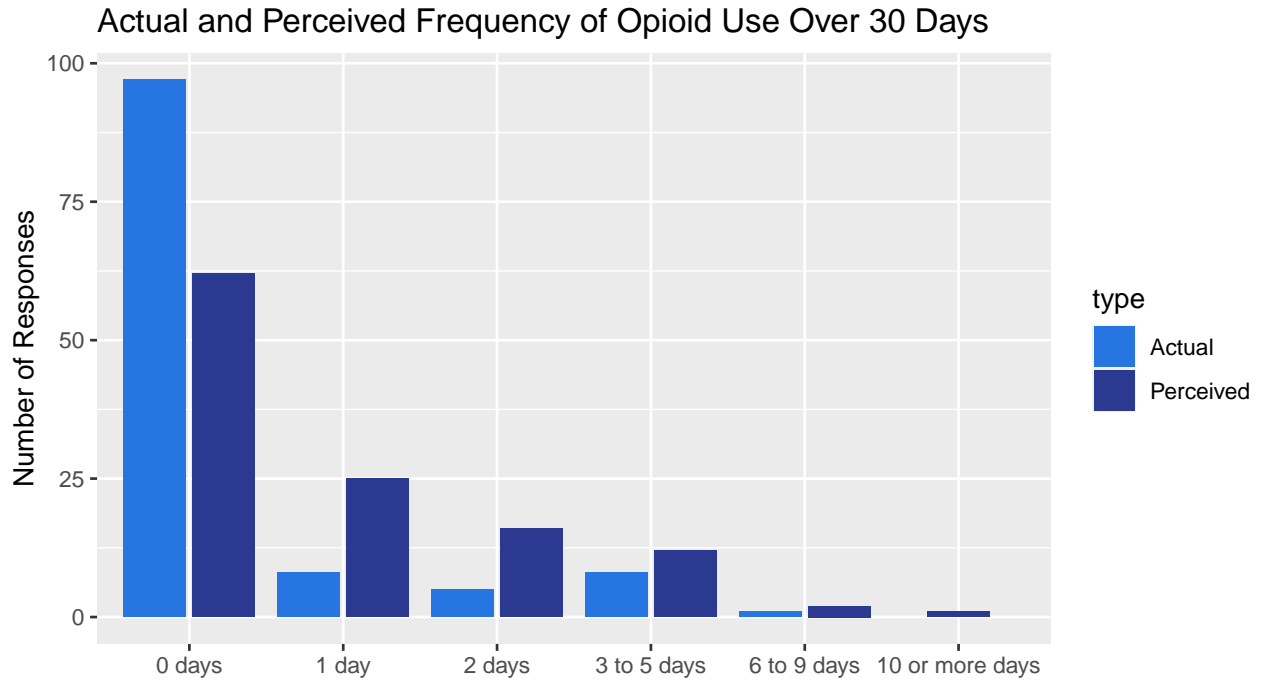


### Percent of Respondents Who Used Versus Who Believed Peers Used Opiods



Now, we look at the percentage of respondents who used opioids at a certain frequency in the past month, and the percentage of respondents who believed students used opioids at a certain frequency over the past month.

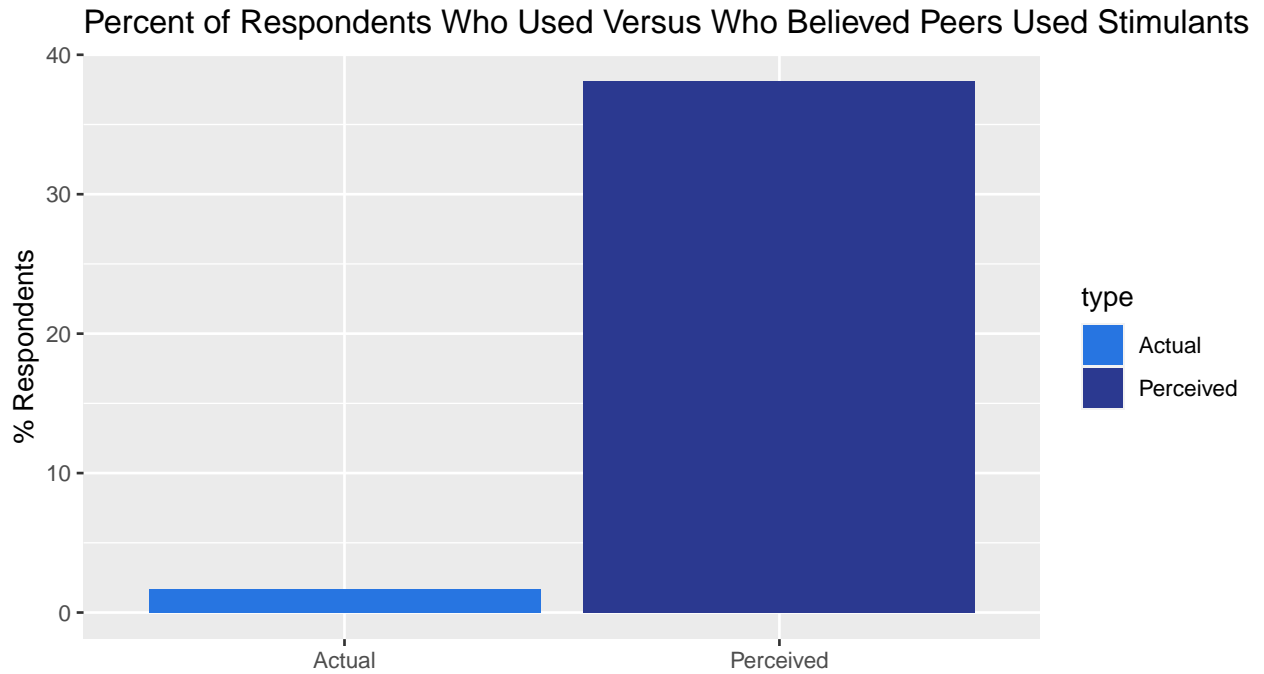
Frequency	Actual	Perceived
0 days	81.5	52.1
1 day	6.7	21.0
2 days	4.2	13.4
3 to 5 days	6.7	10.1
6 to 9 days	0.8	1.7
10 or more days	NA	0.8
NA	NA	0.8



#### 4.4 Actual versus perceived stimulant use

38 percent of survey participants believed that their peers used stimulants in the past 30 days

Yet only 1.7 percent of survey participants report using stimulants in the past 30 days.



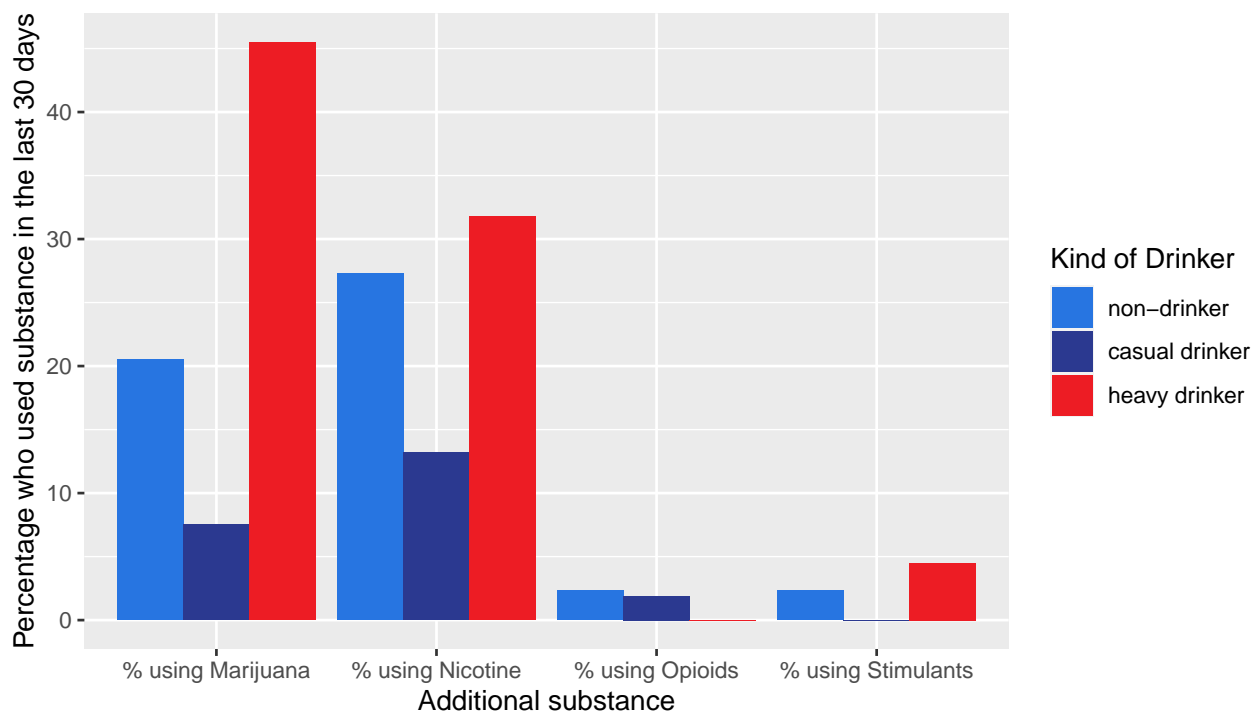
## 5 Comparing substance use across different substances

### 5.1 Drinking versus additional substance use

We now look at substance use for those who report high risk drinking behavior (being drunk 3 or more of the last 30 days) versus for those who report lower risk drinking behavior and those who do not drink.

We define a “heavy drinker” as someone who reported being drunk at least 3 of the past 30 days, a “casual drinker” as someone who reported drinking but reported being drunk less than 3 of the past 30 days, and a “non-drinker” as someone who did not report drinking at all over the past 30 days.

Type of Drinker	% using Marijuana	% using Nicotine	% using Opioids	% using Stimulants
non-drinker	20.5	27.3	2.3	2.3
casual drinker	7.5	13.2	1.9	0.0
heavy drinker	45.5	31.8	0.0	4.5

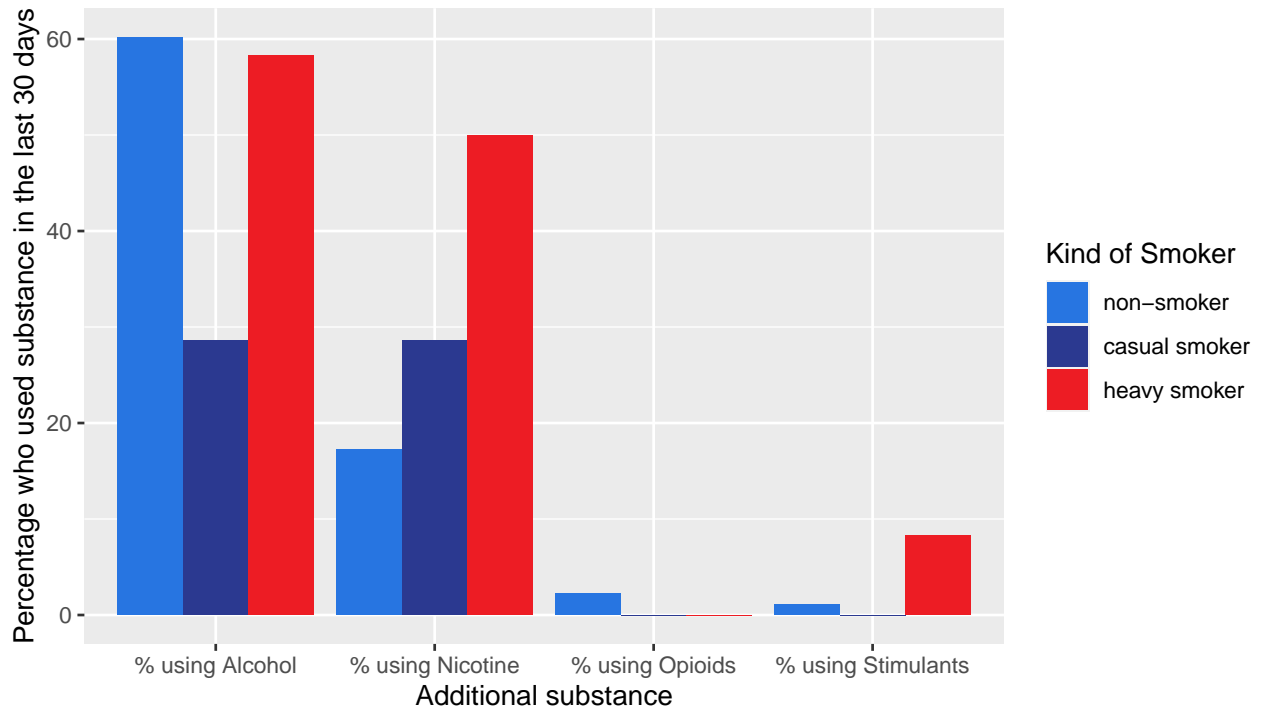


### 5.2 Marijuana usage and usage of additional substances

For those who report using more marijuana (smoking over 3-5 days in past 30 days) what is their other substance use?

We define a “heavy smoker” as someone who used marijuana at least 3 of the past 30 days, a “casual smoker” as someone who used marijuana only 1 or 2 of the past 30 days, and a “non-smoker” as someone who did not report using marijuana over the past 30 days.

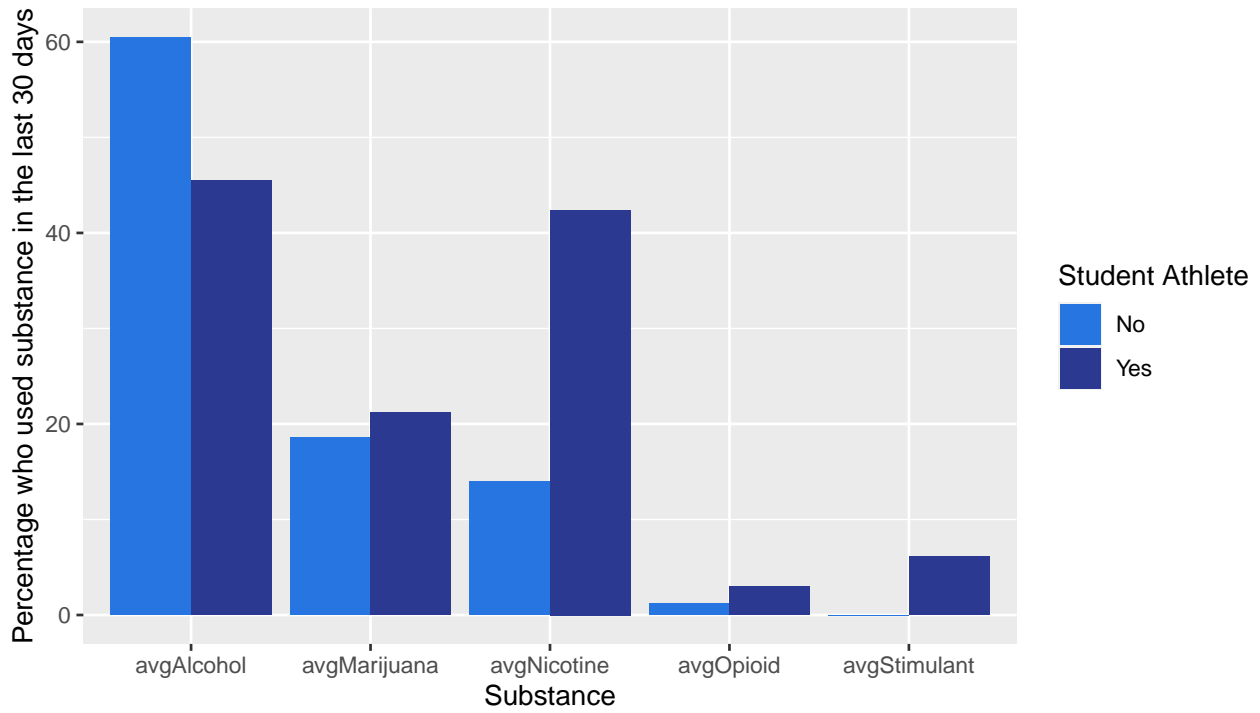
Type of Smoker	% using Alcohol	% using Nicotine	% using Opioids	% using Stimulants
non-smoker	60.2	17.2	2.2	1.1
casual smoker	28.6	28.6	0.0	0.0
heavy smoker	58.3	50.0	0.0	8.3



## 6 Student Athlete Drug Usage

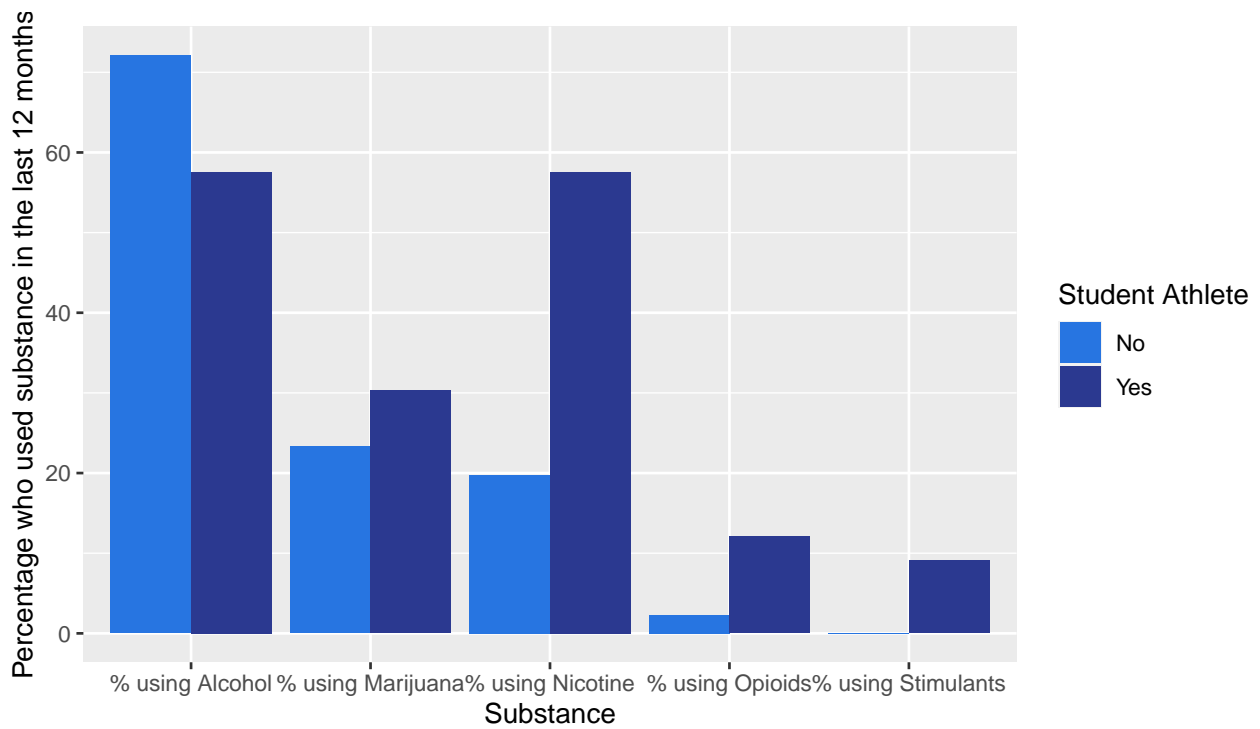
Here, we look at drug use by student athletes and non-athletes over the past 30 days.

Student Athlete	% using Alcohol	% using Marijuana	% using Nicotine	% using Opioids	% using Stimulants
No	60.5	18.6	14.0	1.2	0.0
Yes	45.5	21.2	42.4	3.0	6.1



And we can also look at drug use by student athletes and non-athletes over the past 12 months.

Student Athlete	% using Alcohol	% using Marijuana	% using Nicotine	% using Opioids	% using Stimulants
No	72.1	23.3	19.8	2.3	0.0
Yes	57.6	30.3	57.6	12.1	9.1



## 7 Opioid pipeline

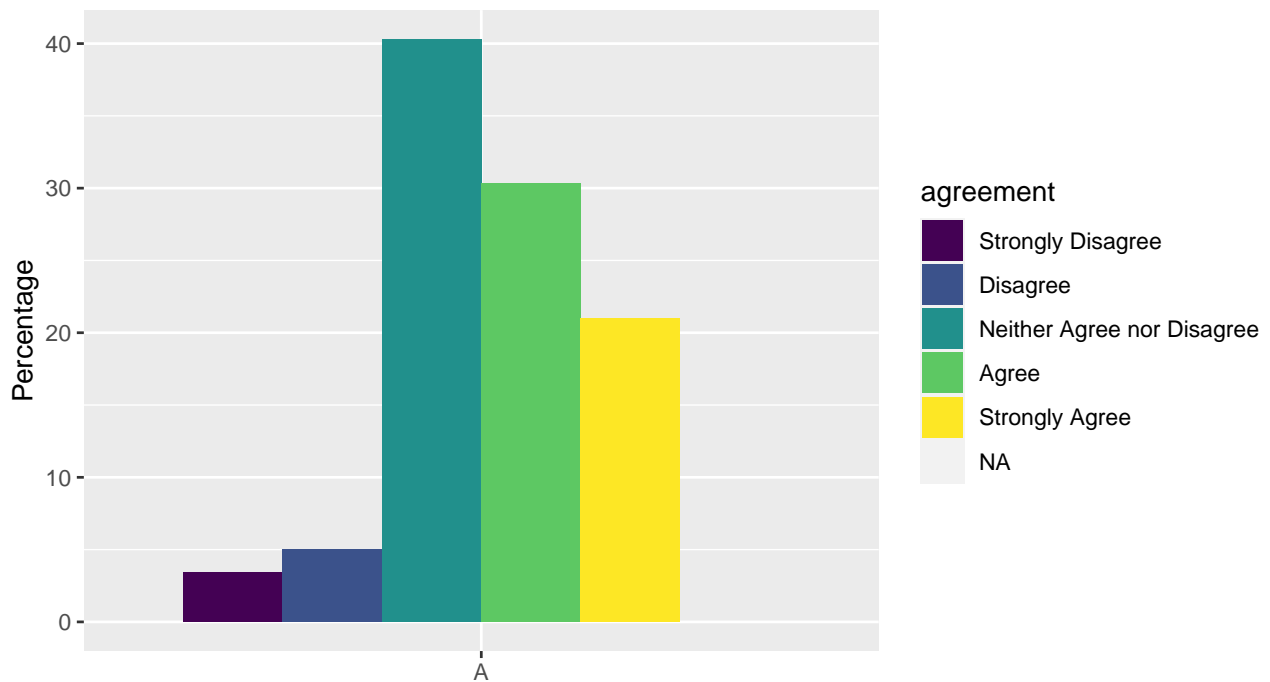
- 1.7% of survey respondents reported using an opioid in the past 30 days
- 4.2% of survey respondents reported using an opioid in the past 12 months
  - 2.5% reported prescription opioids
  - 1.7% reported heroin
- 46% of survey respondents reported being prescribed an opioid in their lifetime (57 out of 121 respondents)
  - 82.5% of survey respondents reported filling their prescription for opioids (47 out of 57 respondents)
  - 87.2% of survey respondents reported taking the opioid medication prescribed (41 out of 47 respondents)

## 8 Prevention, Resources, and Support

In this next section, we show student responses to the following questions:

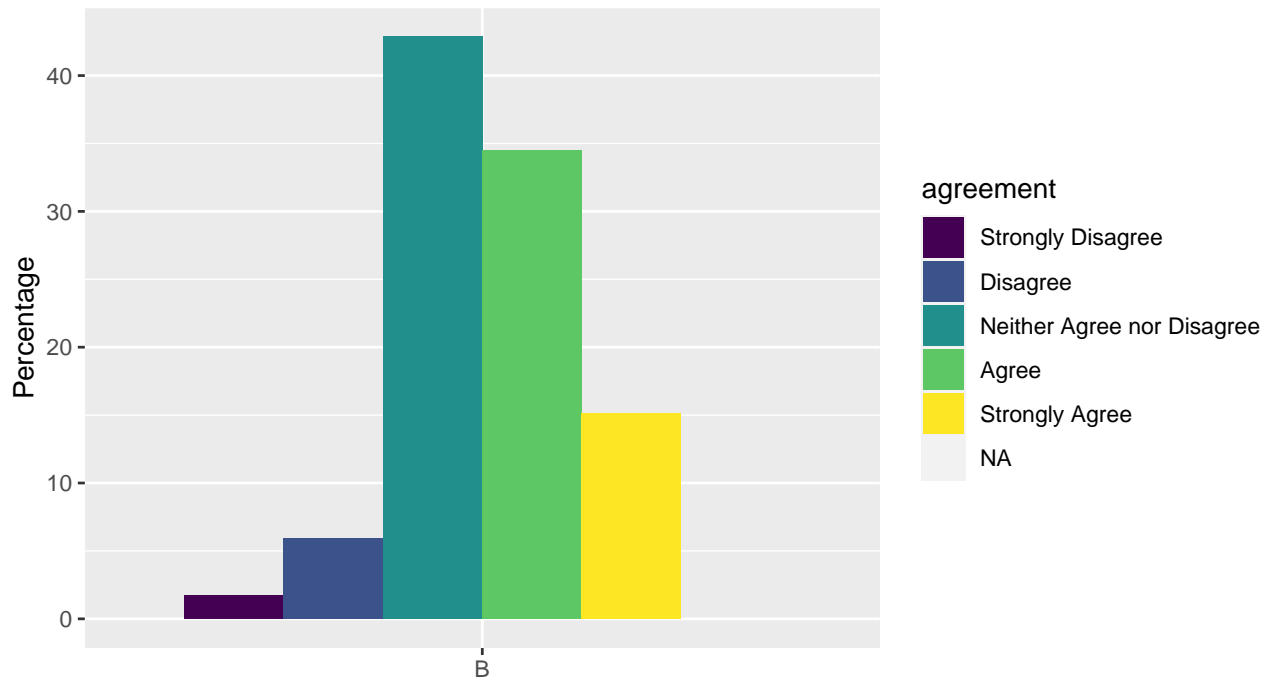
(A) My school is making an effort to address alcohol marijuana stimulant opioid and other drug use.

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	NA
3.4	5.0	40.3	30.3	21.0	NA



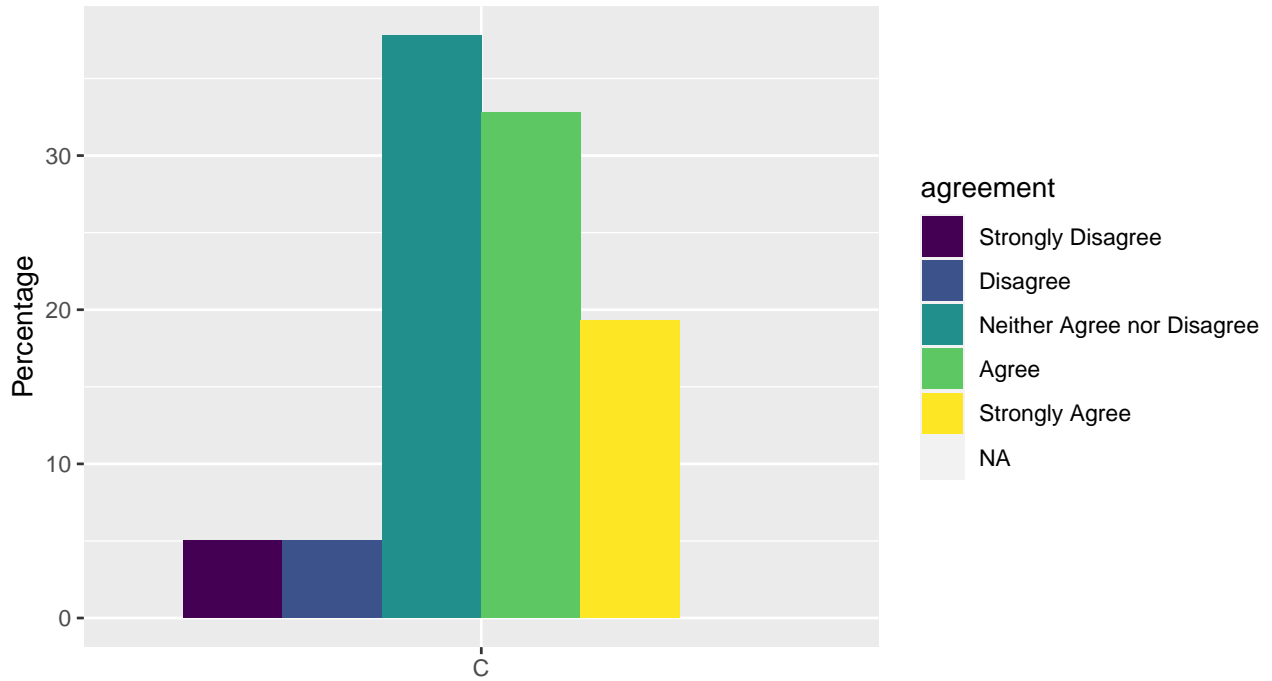
(B) My school provides students with a non-disciplinary, non-judgmental option to seek help with alcohol and other drug use.

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	NA
1.7	5.9	42.9	34.5	15.1	NA



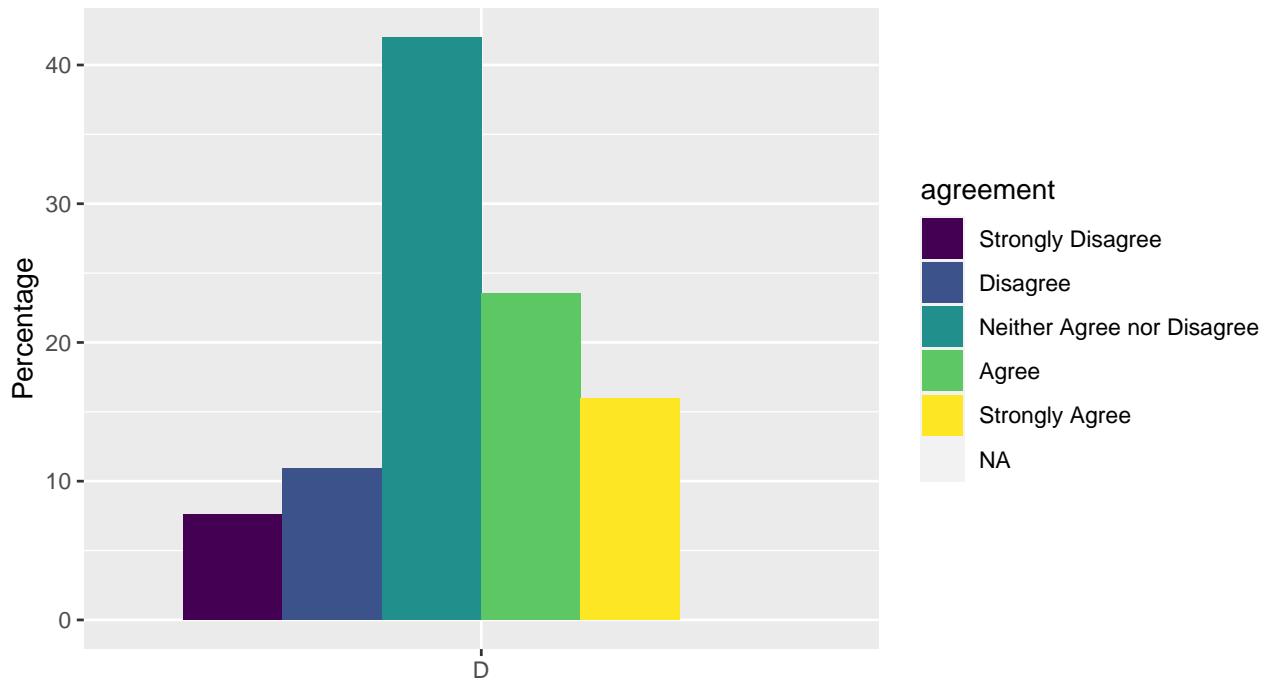
(C) The students and staff at my college/university should be concerned about risks relating to alcohol use by the student body

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	NA
5.0	5.0	37.8	32.8	19.3	NA



(D) The students and staff at my college/university should be concerned about risks relating to marijuana use by the student body.

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	NA
7.6	10.9	42.0	23.5	16.0	NA

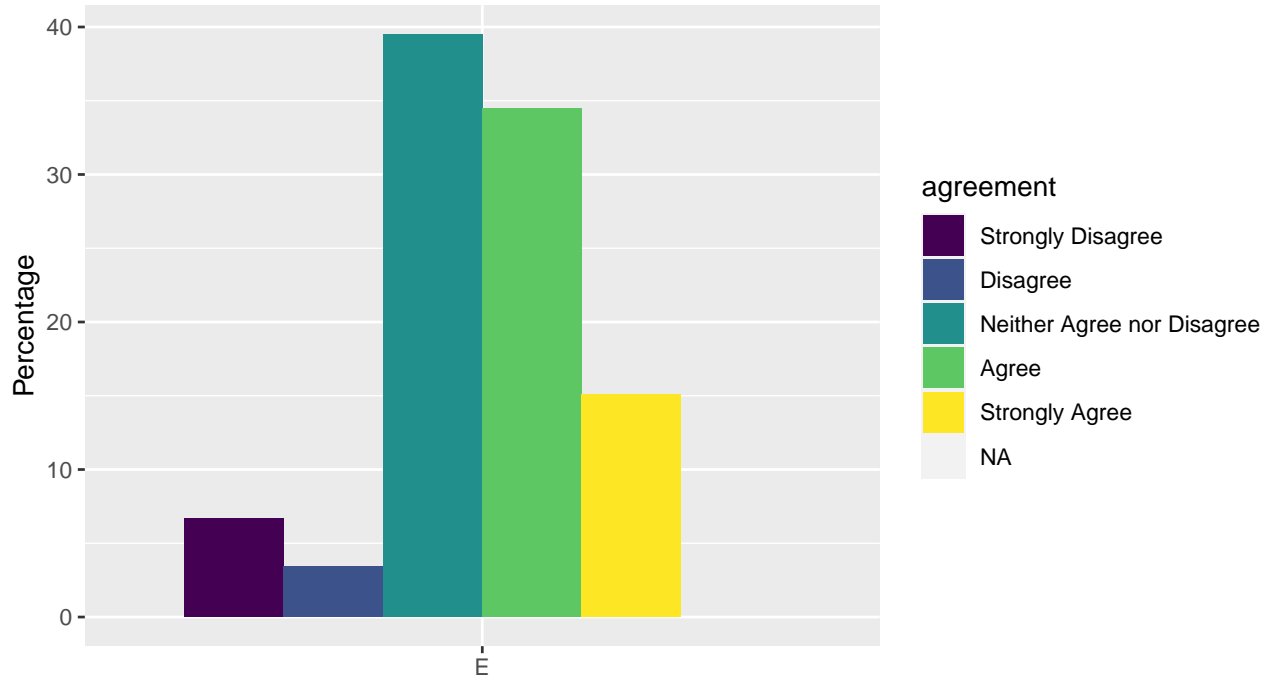


(E) The students and staff at my college/university should be concerned about risks relating to stimulant



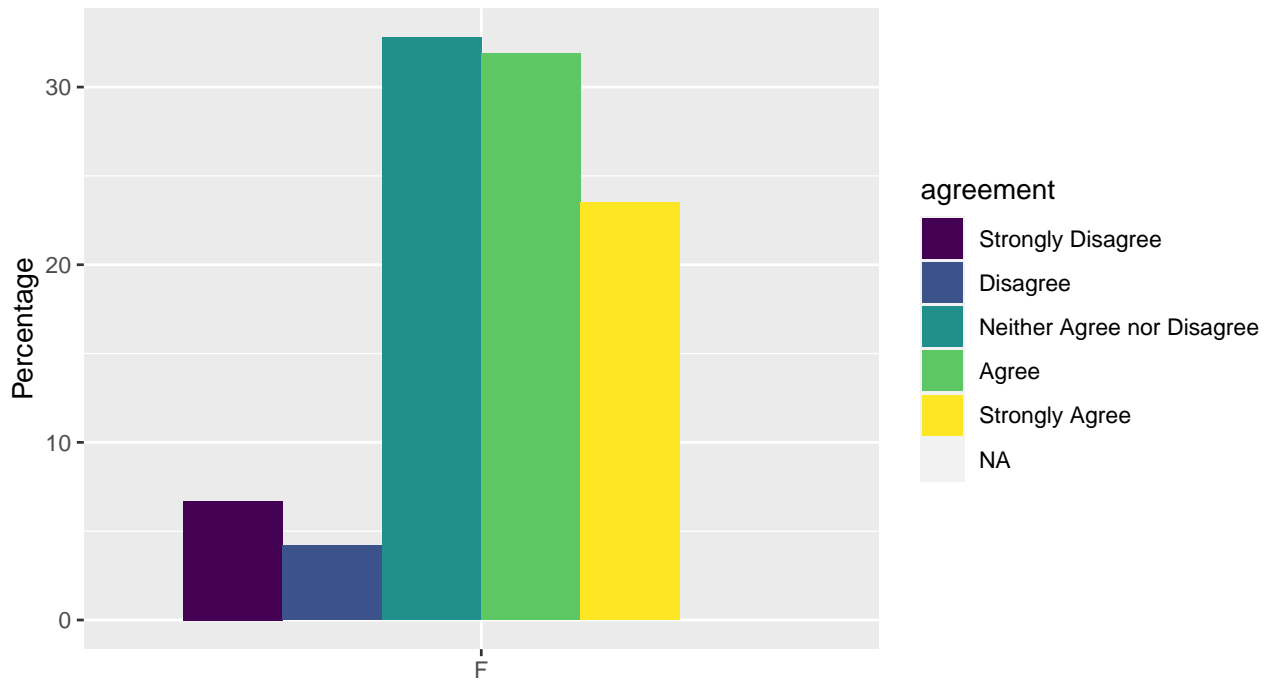
use by the student body.

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	NA
6.7	3.4	39.5	34.5	15.1	0.8

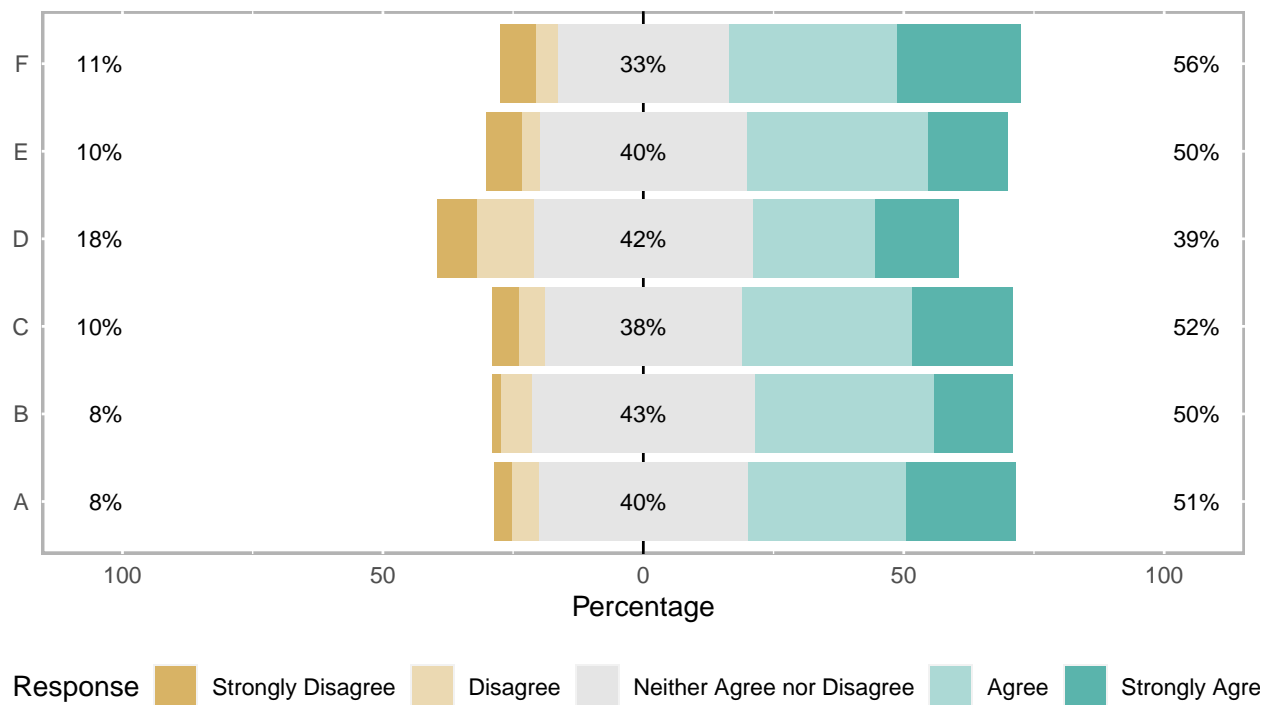


(F) The student community and staff should be concerned about risks relating to opioid use by the student body.

Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	NA
6.7	4.2	32.8	31.9	23.5	0.8



We can also plot all of the answers next to each other.

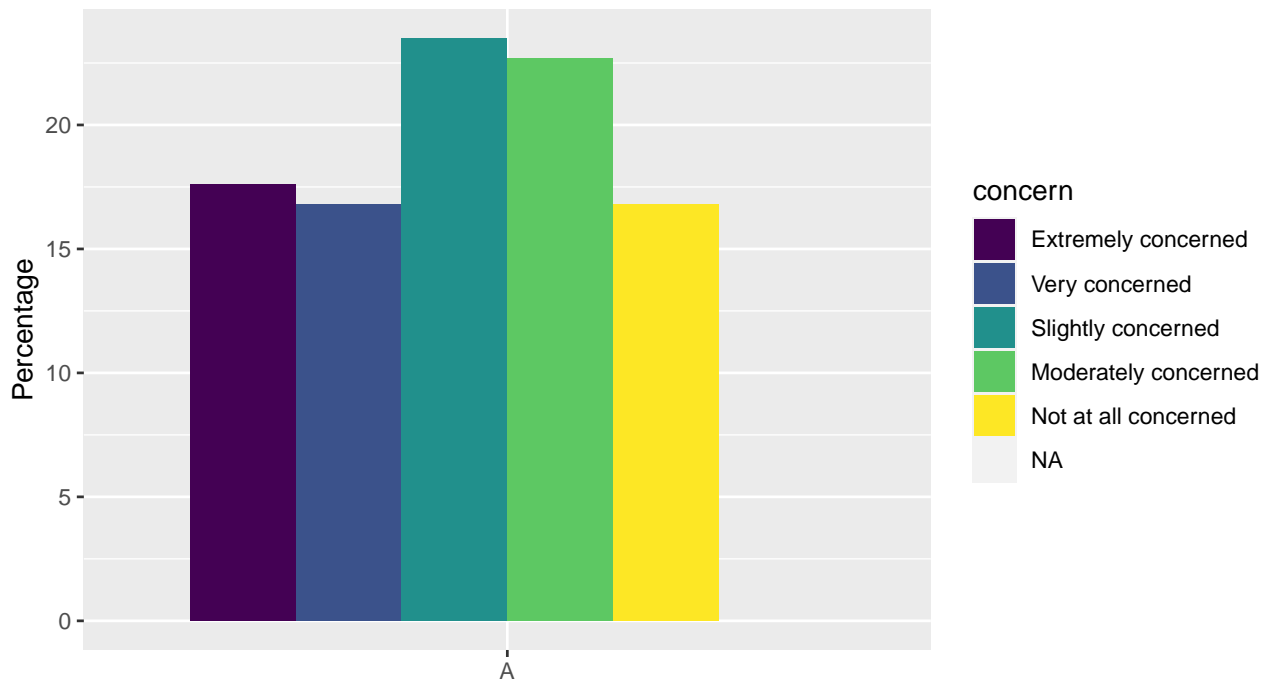


## 9 Mental Health

In this section, we have letters which correspond to the questions “How much are you concerned with the following:”

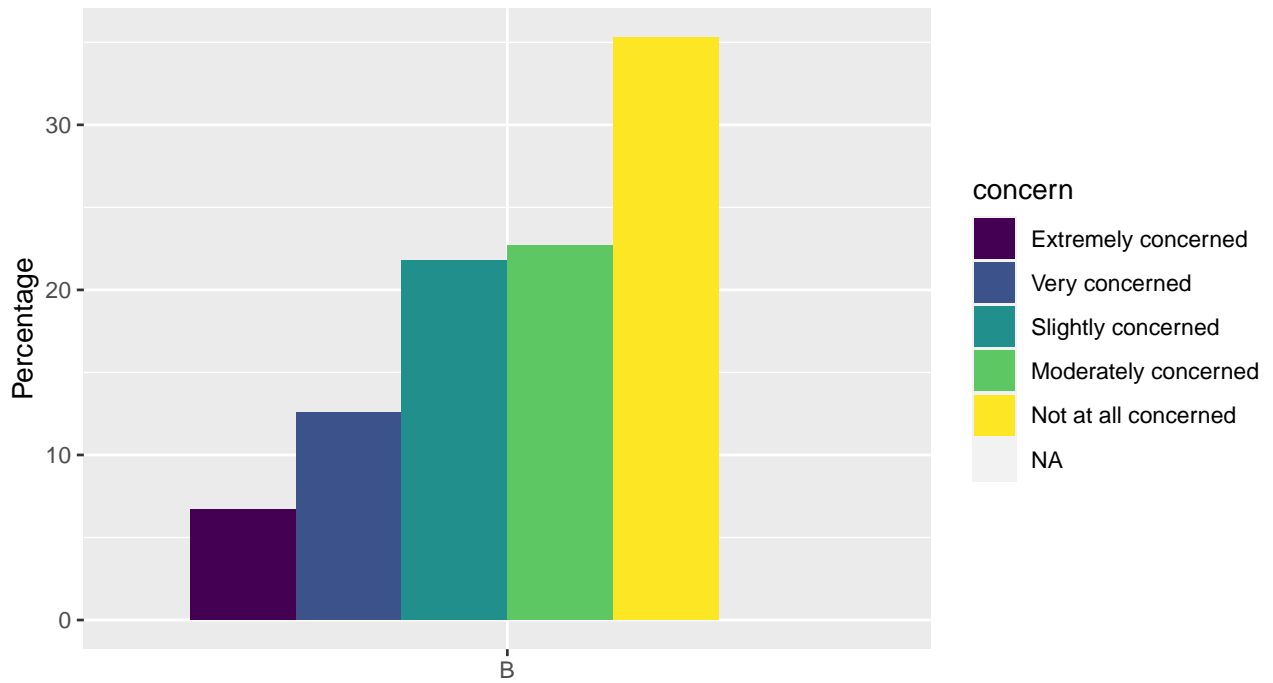
(A) How much are you concerned with a parent, caregiver, or family member losing their job?

Extremely concerned	Very concerned	Slightly concerned	Moderately concerned	Not at all concerned	NA
17.6	16.8	23.5	22.7	16.8	2.5



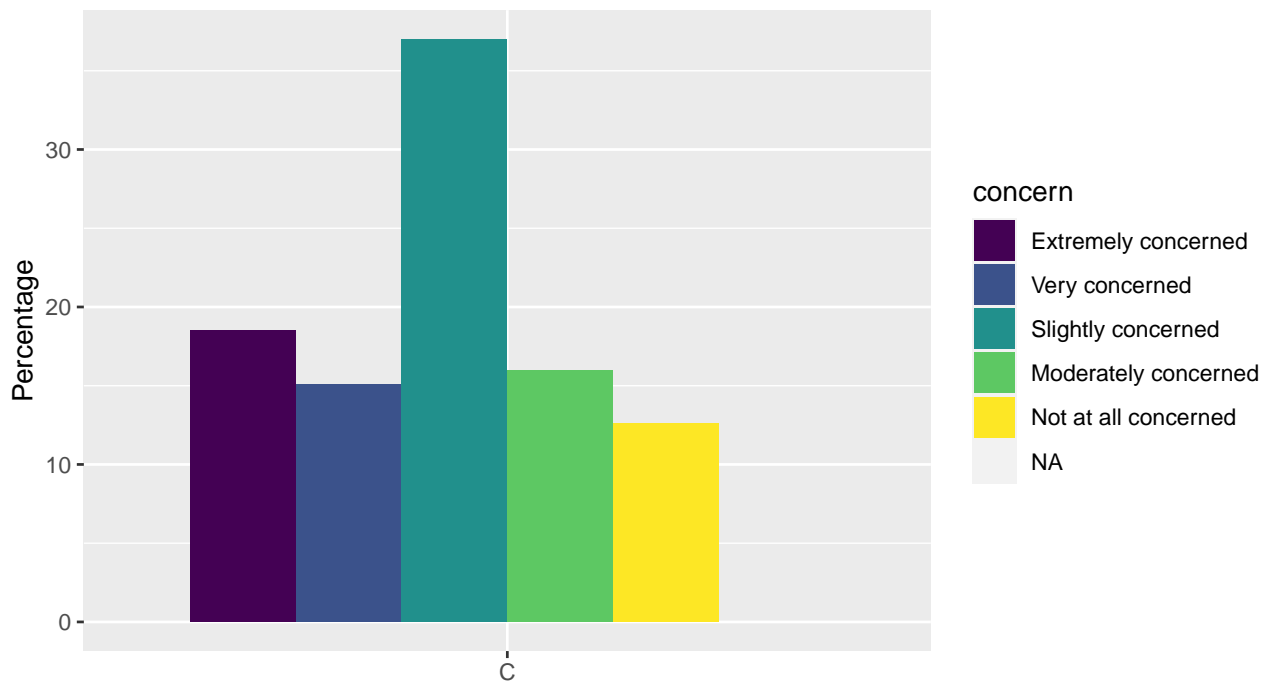
(B) How much are you concerned with falling behind in sports and extracurricular activities?

Extremely concerned	Very concerned	Slightly concerned	Moderately concerned	Not at all concerned	NA
6.7	12.6	21.8	22.7	35.3	0.8



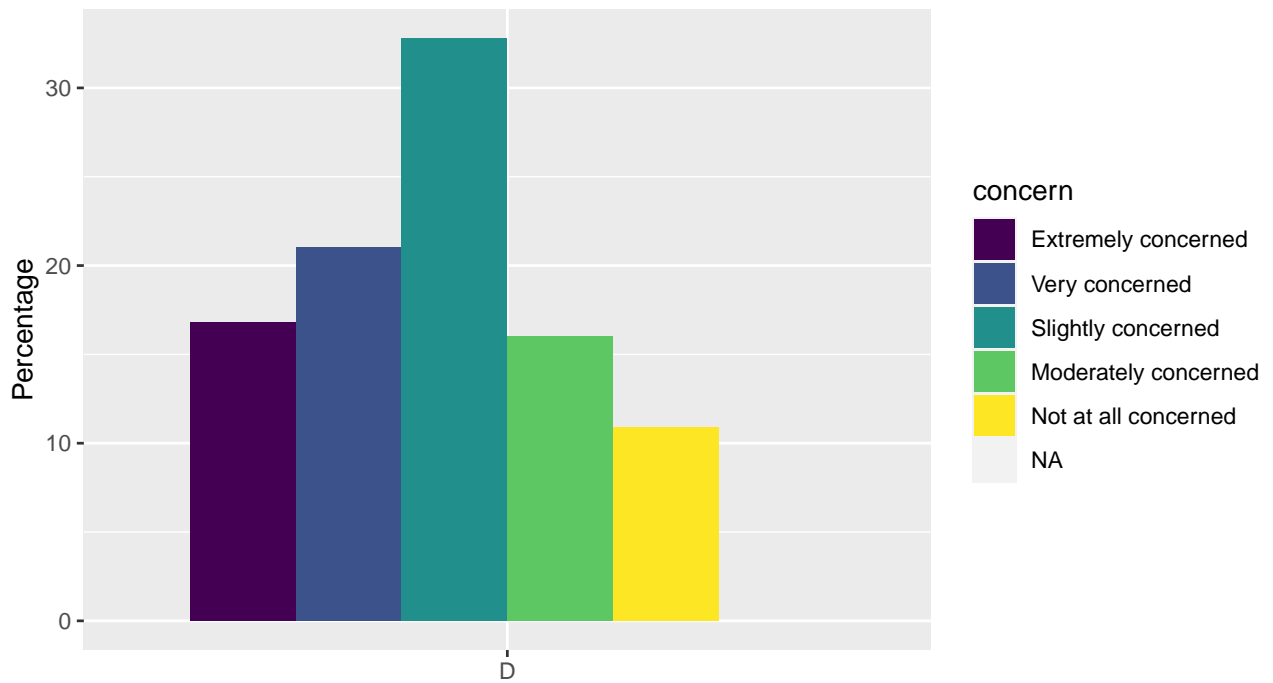
(C) How much are you concerned with falling behind in your academics?

Extremely concerned	Very concerned	Slightly concerned	Moderately concerned	Not at all concerned	NA
18.5	15.1	37.0	16.0	12.6	0.8



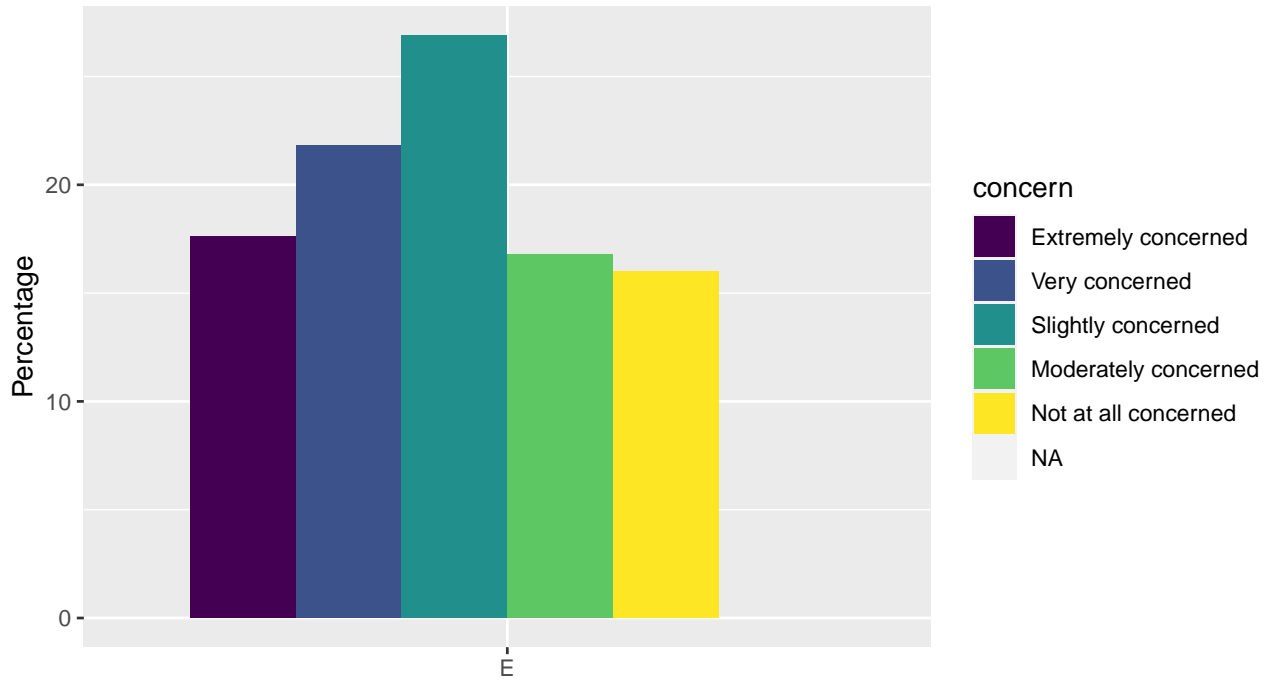
(D) How much are you concerned with having trouble caring for your mental health?

Extremely concerned	Very concerned	Slightly concerned	Moderately concerned	Not at all concerned	NA
16.8	21.0	32.8	16.0	10.9	2.5



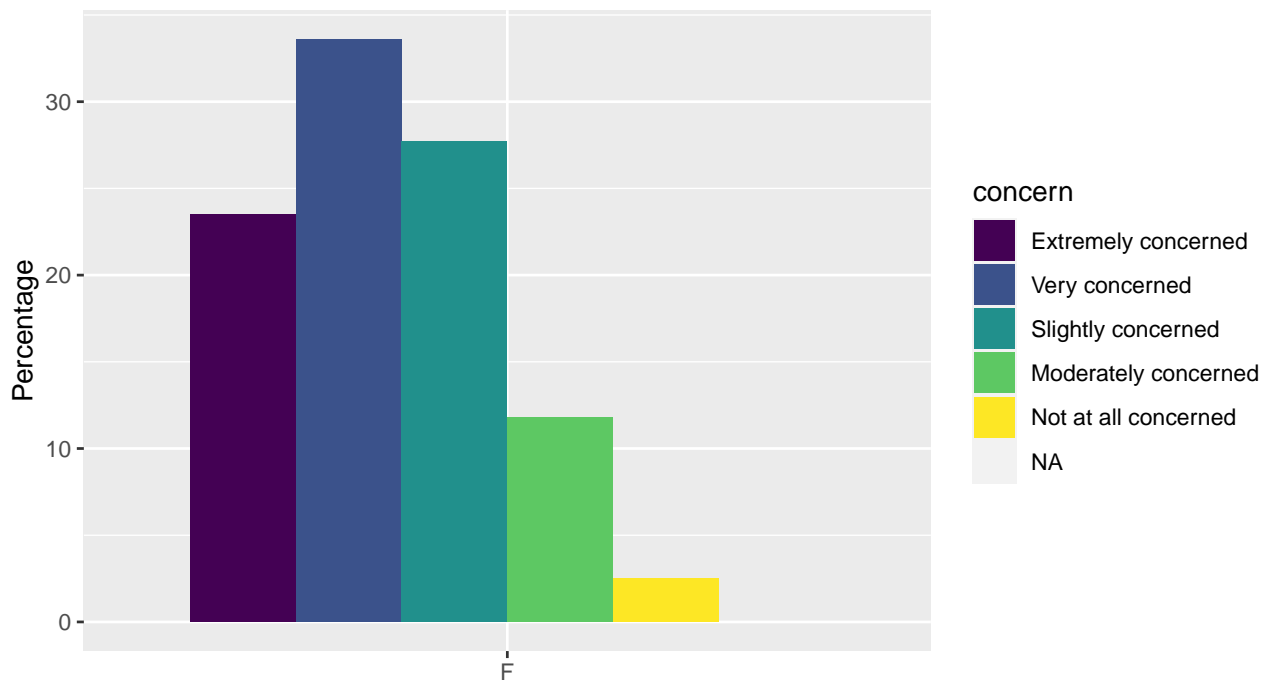
(E) How much are you concerned with having trouble caring for your physical health?

Extremely concerned	Very concerned	Slightly concerned	Moderately concerned	Not at all concerned	NA
17.6	21.8	26.9	16.8	16.0	0.8



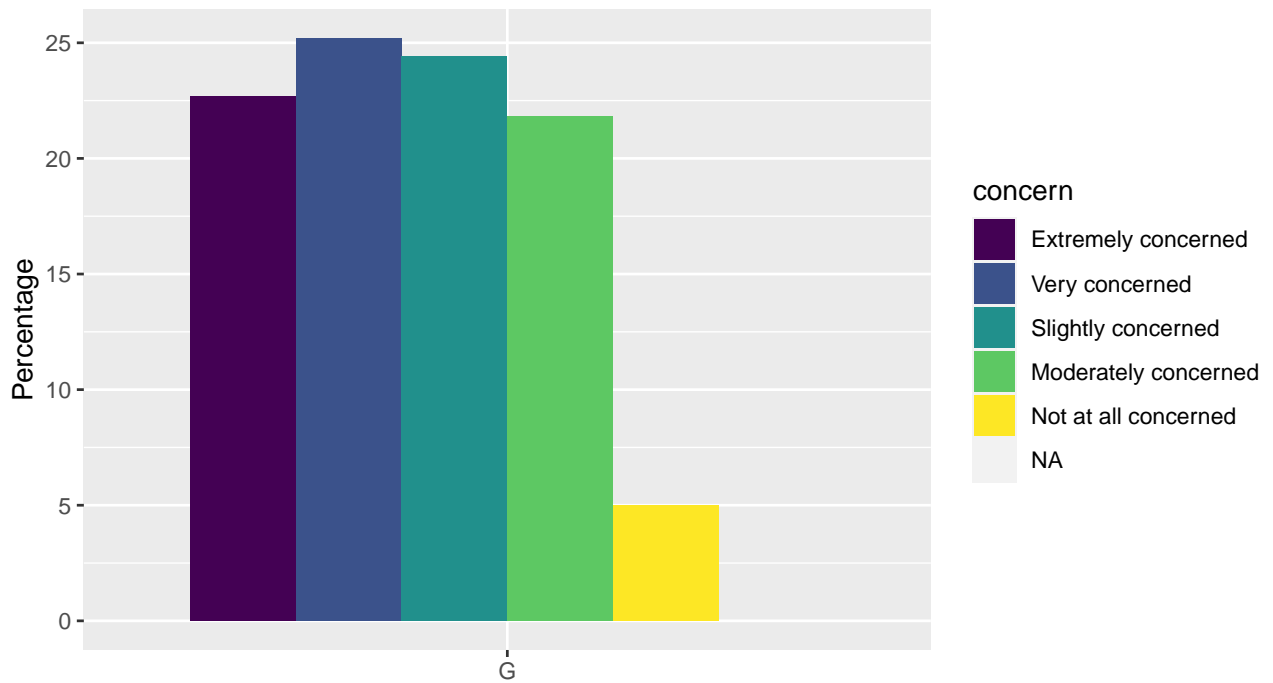
(F) How much are you concerned with how long the pandemic will last?

Extremely concerned	Very concerned	Slightly concerned	Moderately concerned	Not at all concerned	NA
23.5	33.6	27.7	11.8	2.5	0.8



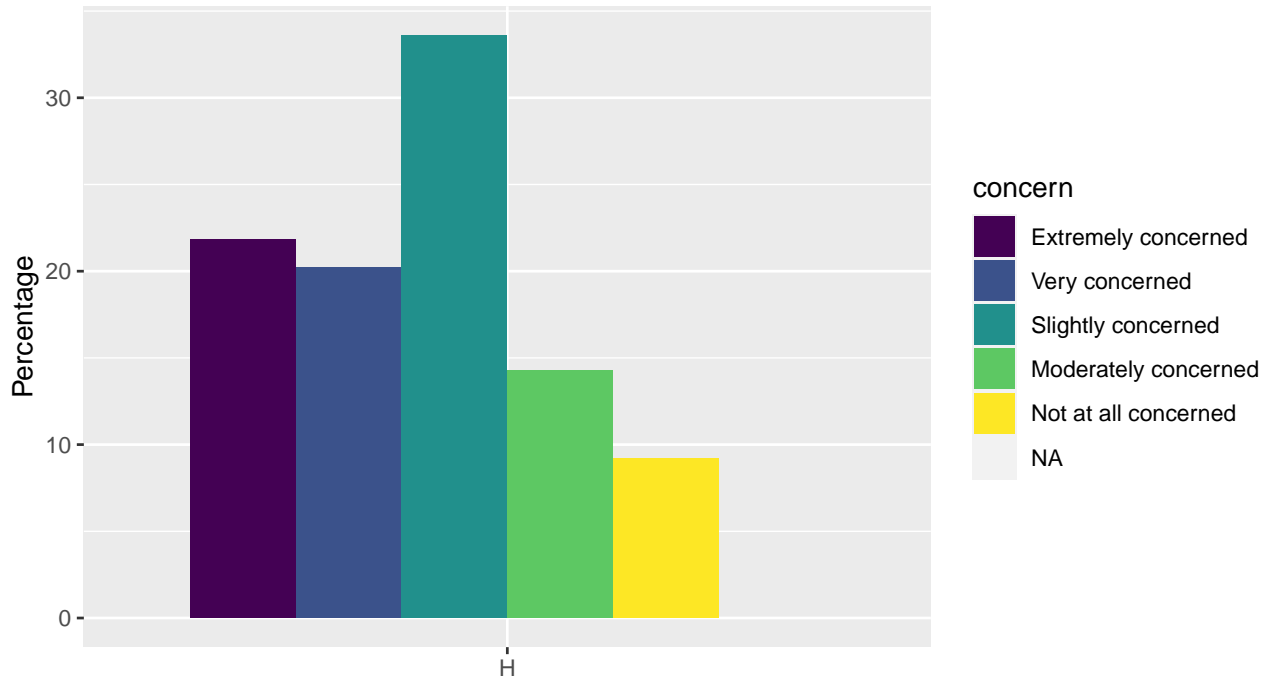
(G) How much are you concerned with people you care about contracting COVID-19?

Extremely concerned	Very concerned	Slightly concerned	Moderately concerned	Not at all concerned	NA
22.7	25.2	24.4	21.8	5.0	0.8



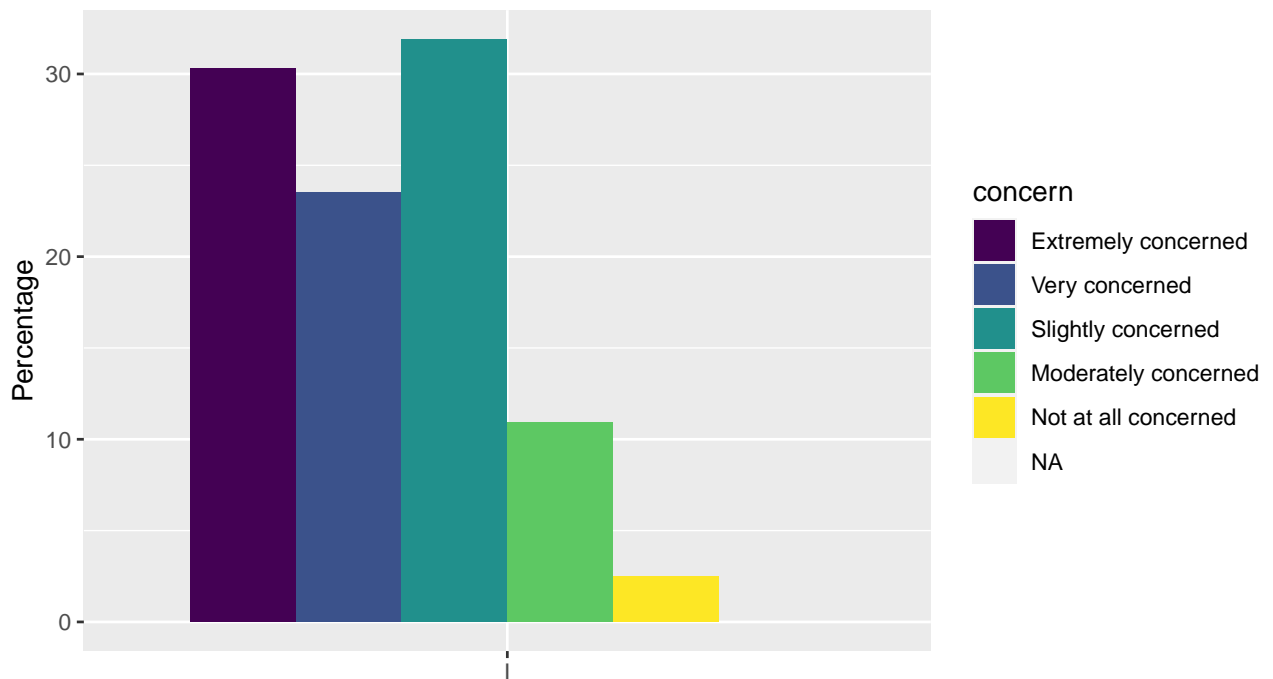
(H) How much are you concerned with preparing emotionally for this school year?

Extremely concerned	Very concerned	Slightly concerned	Moderately concerned	Not at all concerned	NA
21.8	20.2	33.6	14.3	9.2	0.8



(I) How much are you concerned with racial unrest in this country?

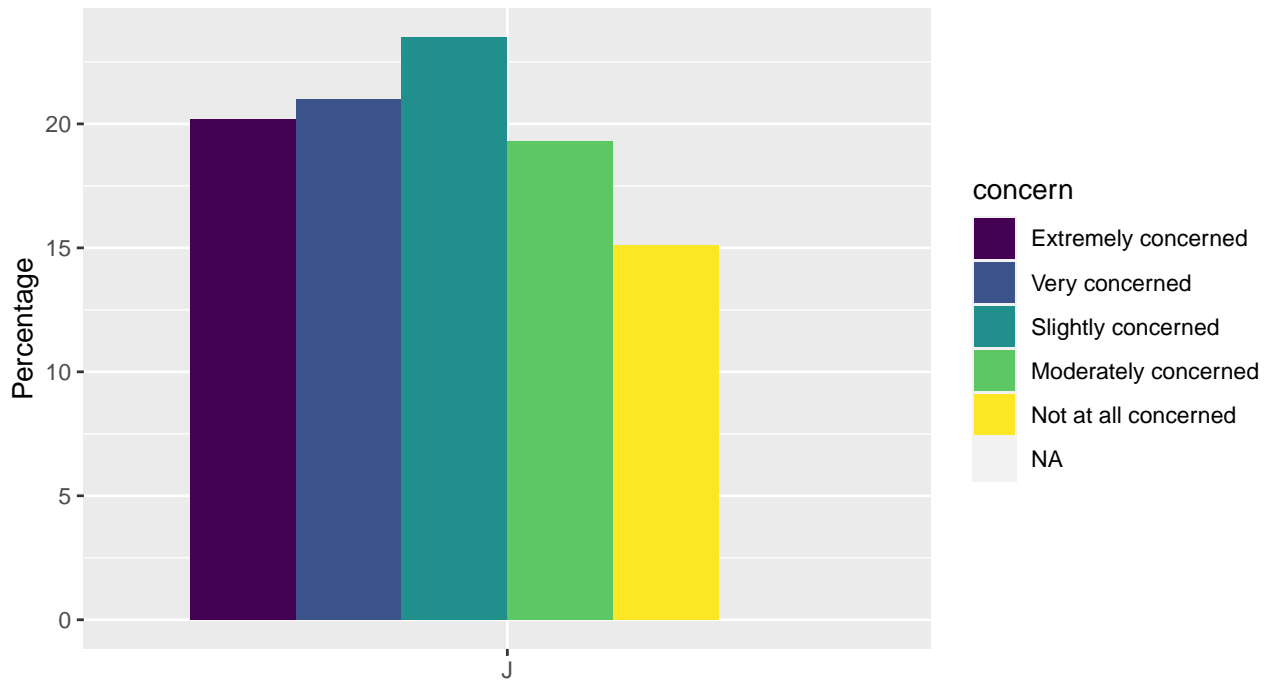
Extremely concerned	Very concerned	Slightly concerned	Moderately concerned	Not at all concerned	NA
30.3	23.5	31.9	10.9	2.5	0.8



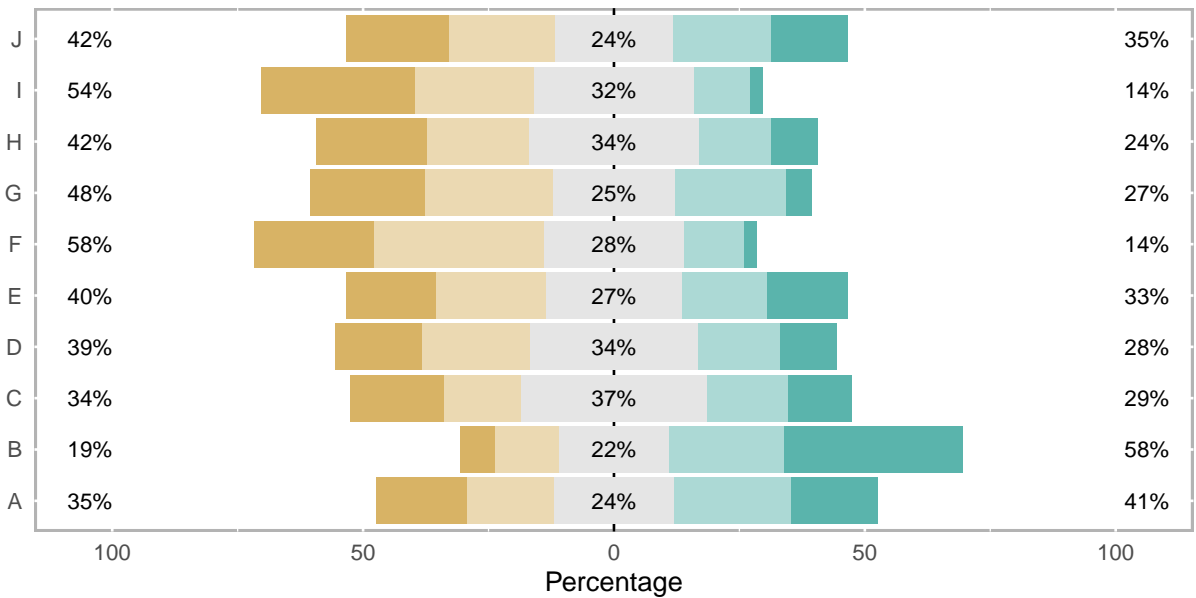
(J) How much are you concerned with your personal sense of safety and security?



Extremely concerned	Very concerned	Slightly concerned	Moderately concerned	Not at all concerned	NA
20.2	21.0	23.5	19.3	15.1	0.8



We can also plot all of the answers next to each other.

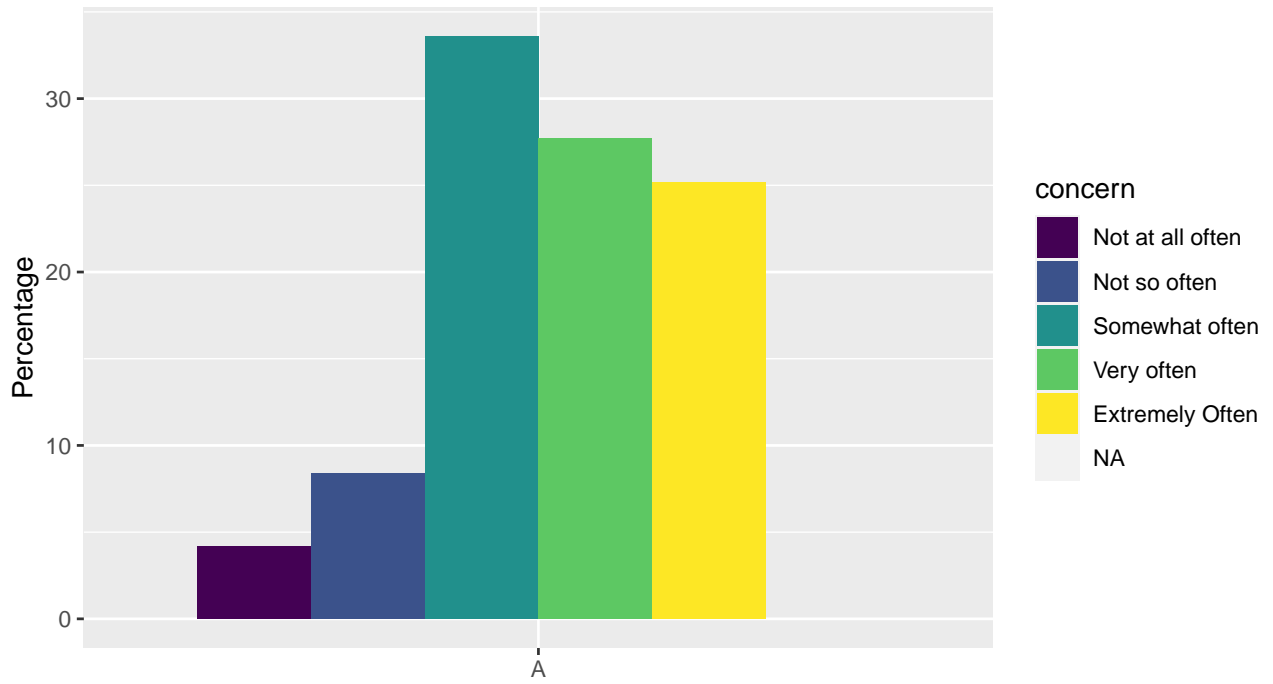


onse ■ Extremely concerned ■ Very concerned ■ Slightly concerned ■ Moderately concerned ■ Not at all concerned

In this next section, we show student responses to the following questions:

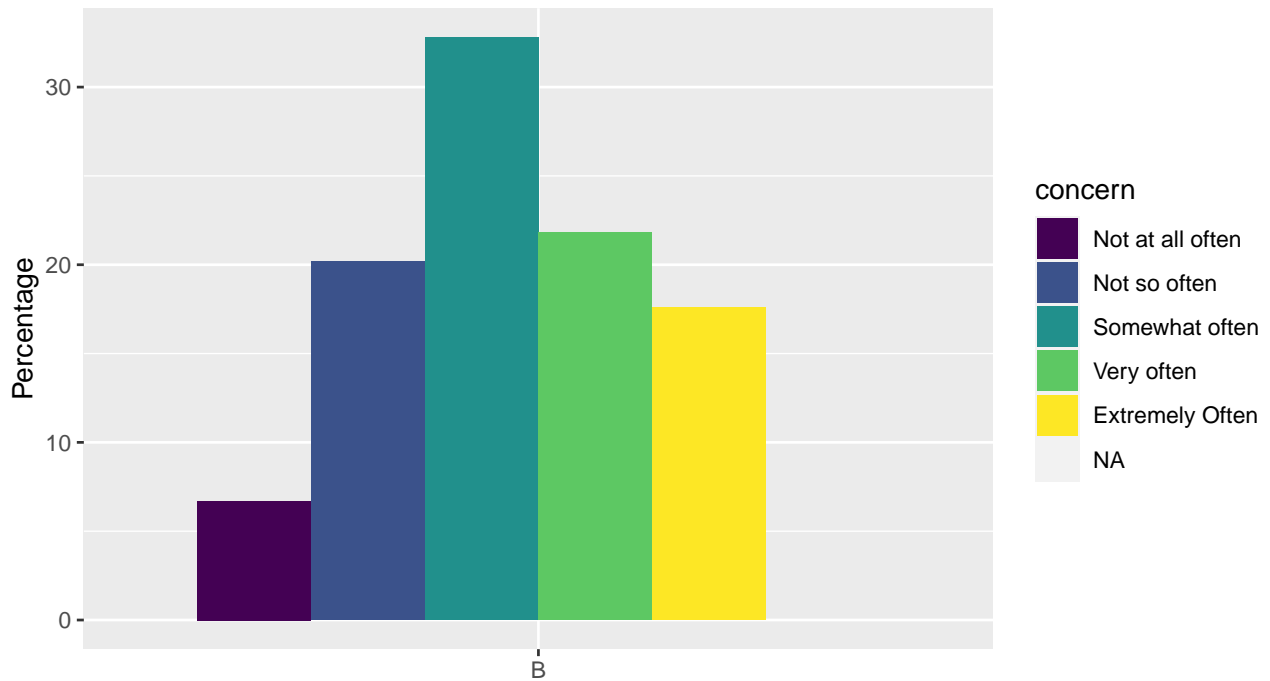
(A) In the PAST 12 MONTHS how often have you felt anxious?

Not at all often	Not so often	Somewhat often	Very often	Extremely Often	NA
4.2	8.4	33.6	27.7	25.2	0.8

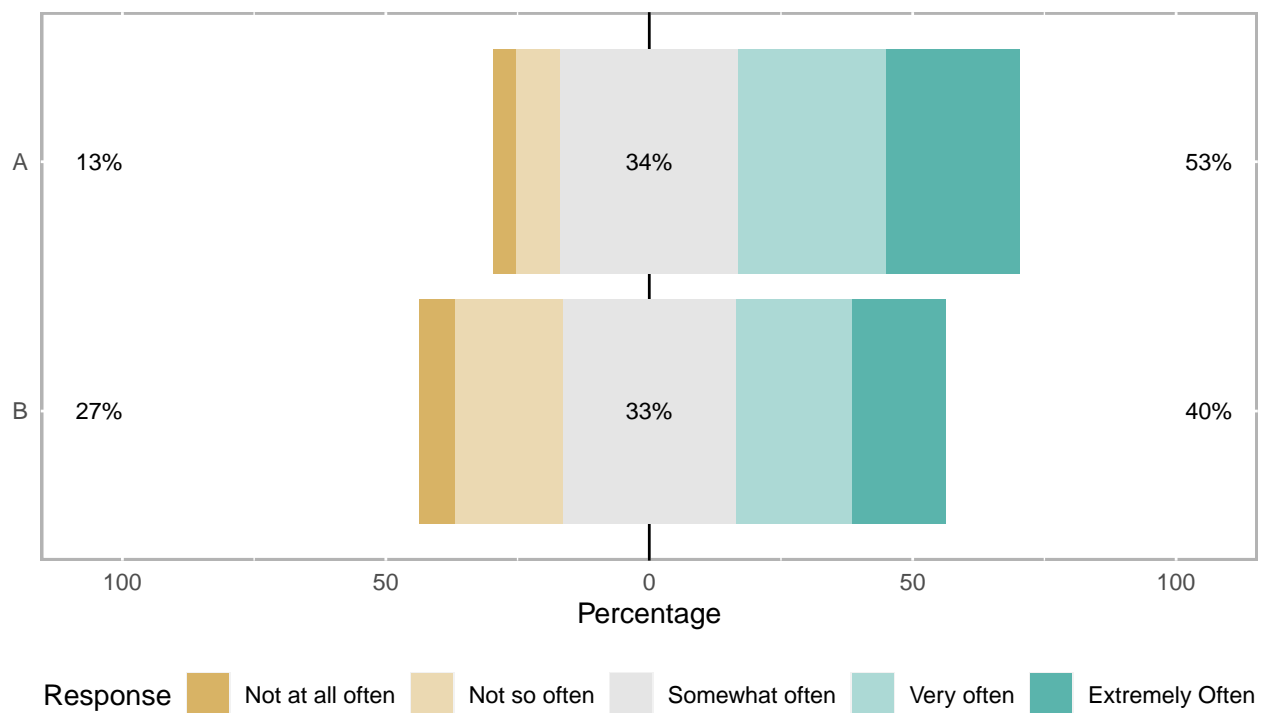


(B) In the PAST 12 MONTHS how often have you felt sad or depressed?

Extremely concerned	Very concerned	Slightly concerned	Moderately concerned	Not at all concerned	NA
6.7	20.2	32.8	21.8	17.6	0.8



We can also plot all of the answers next to each other.

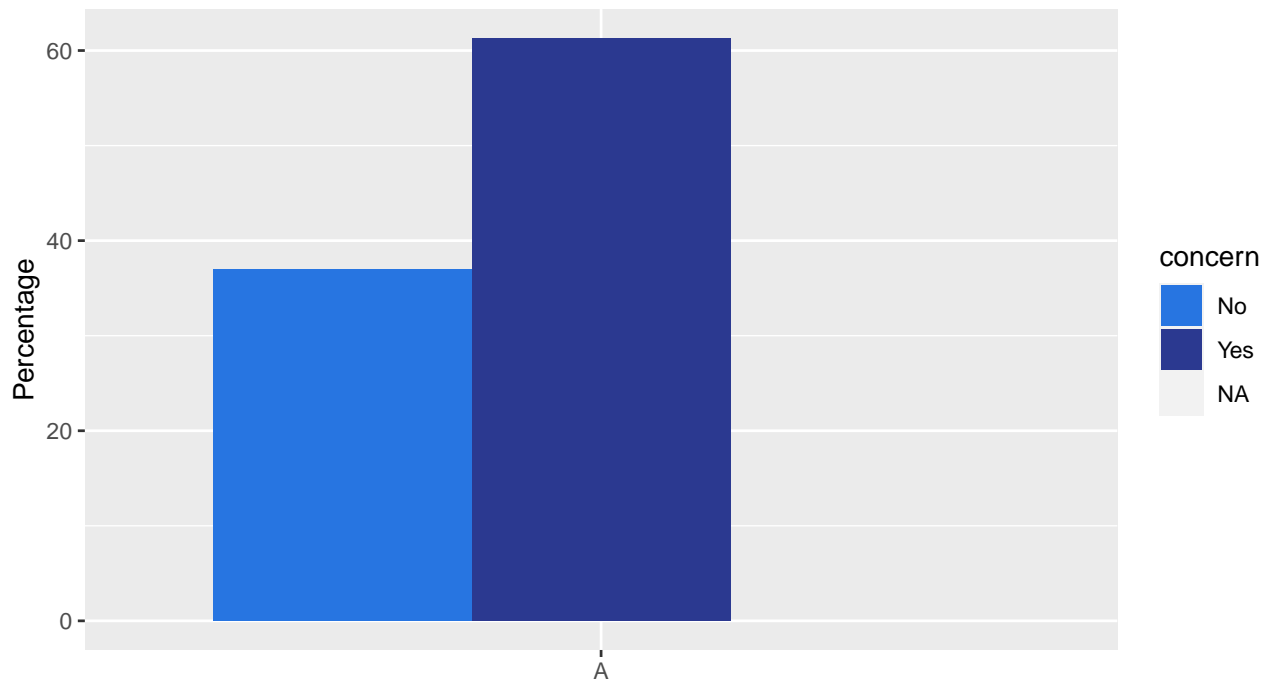


## 9.1 Mental health: coping mechanisms

In the next section, we show student responses to the following question: “What tools, resources, or coping mechanisms are you currently using to care for your emotional health? Yes/No for each items”

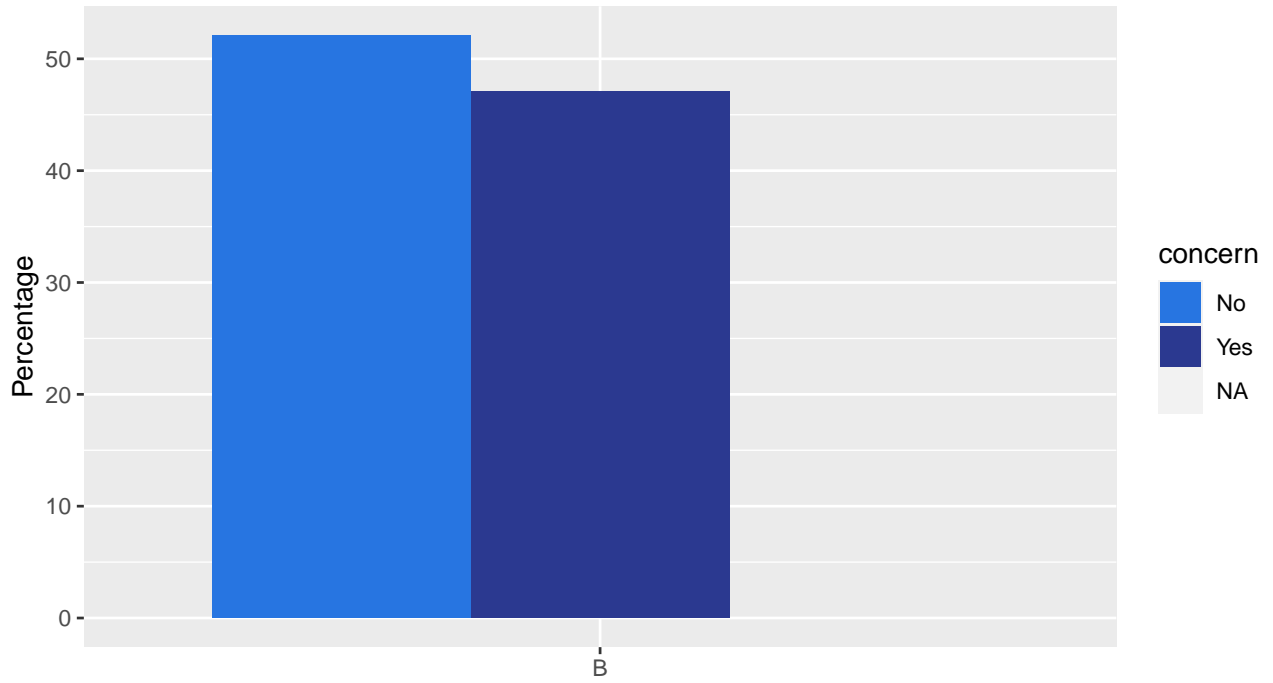
- (A) What tools, resources, or coping mechanisms are you currently using to care for your emotional health?  
Adequate exercise (30-60 minutes per day)

No	Yes	NA
37.0	61.3	1.7



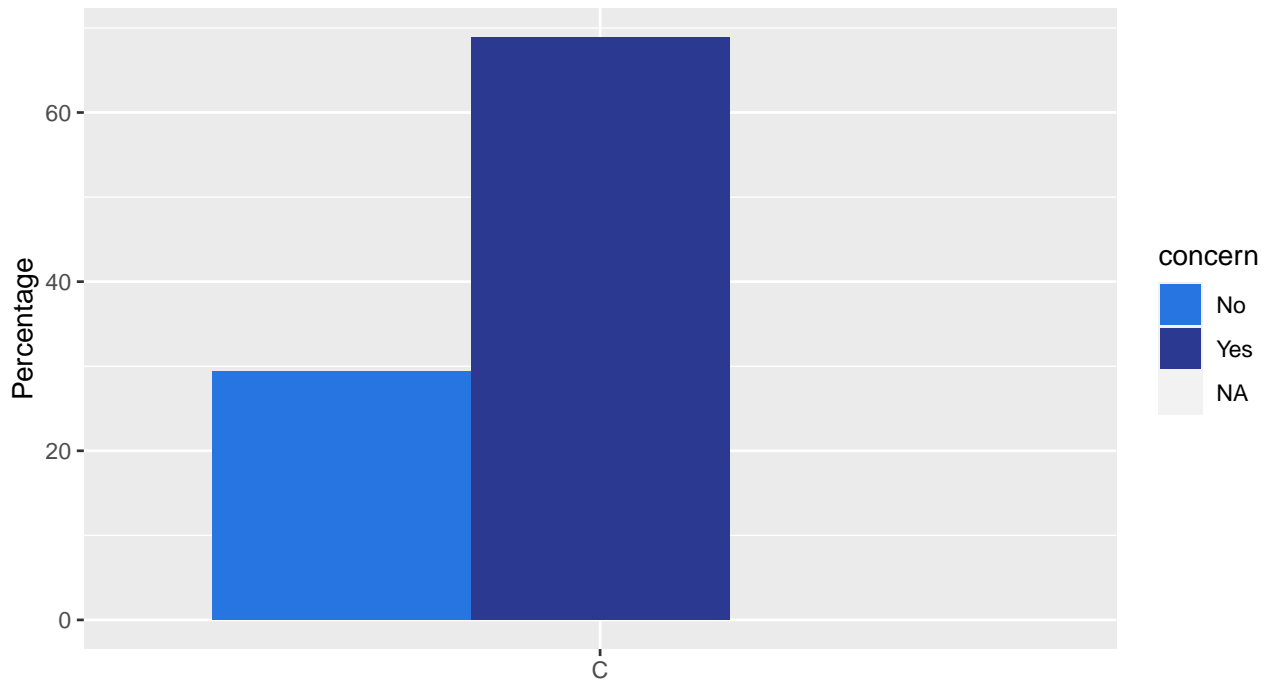
(B) What tools, resources, or coping mechanisms are you currently using to care for your emotional health?  
Counseling or therapeutic Services

No	Yes	NA
52.1	47.1	0.8



(C) What tools, resources, or coping mechanisms are you currently using to care for your emotional health?  
 Good support system of family

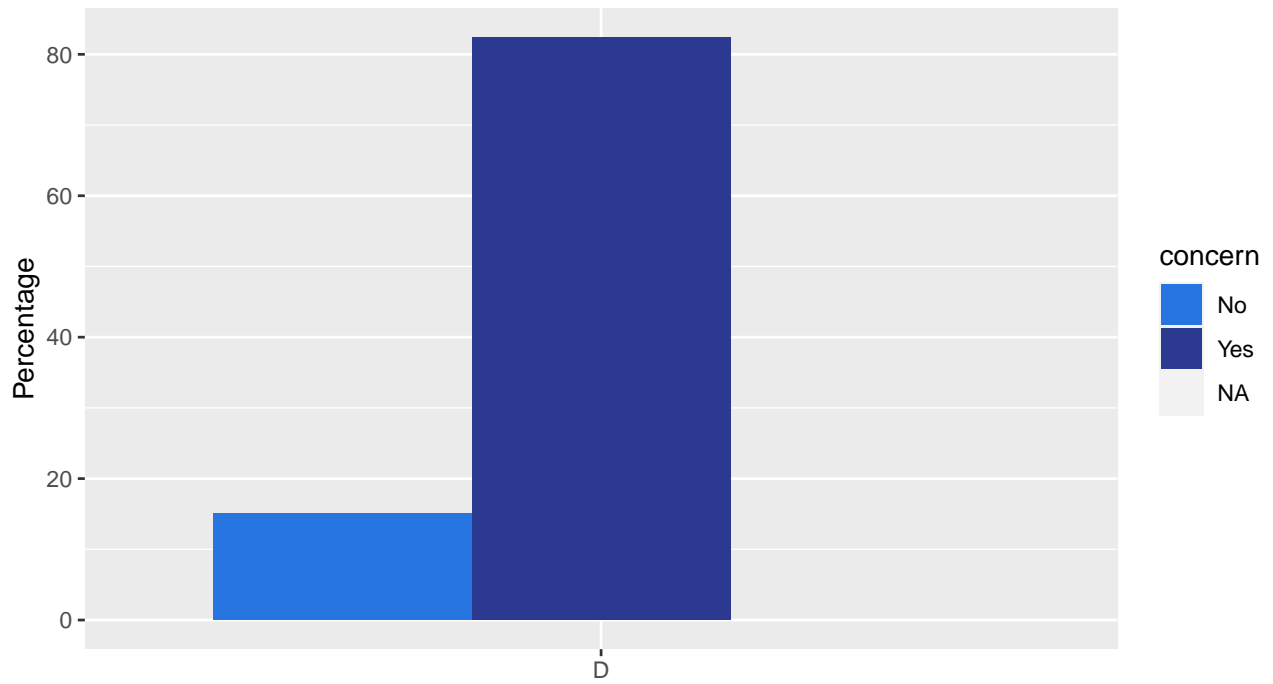
No	Yes	NA
29.4	68.9	1.7



(D) What tools, resources, or coping mechanisms are you currently using to care for your emotional health?

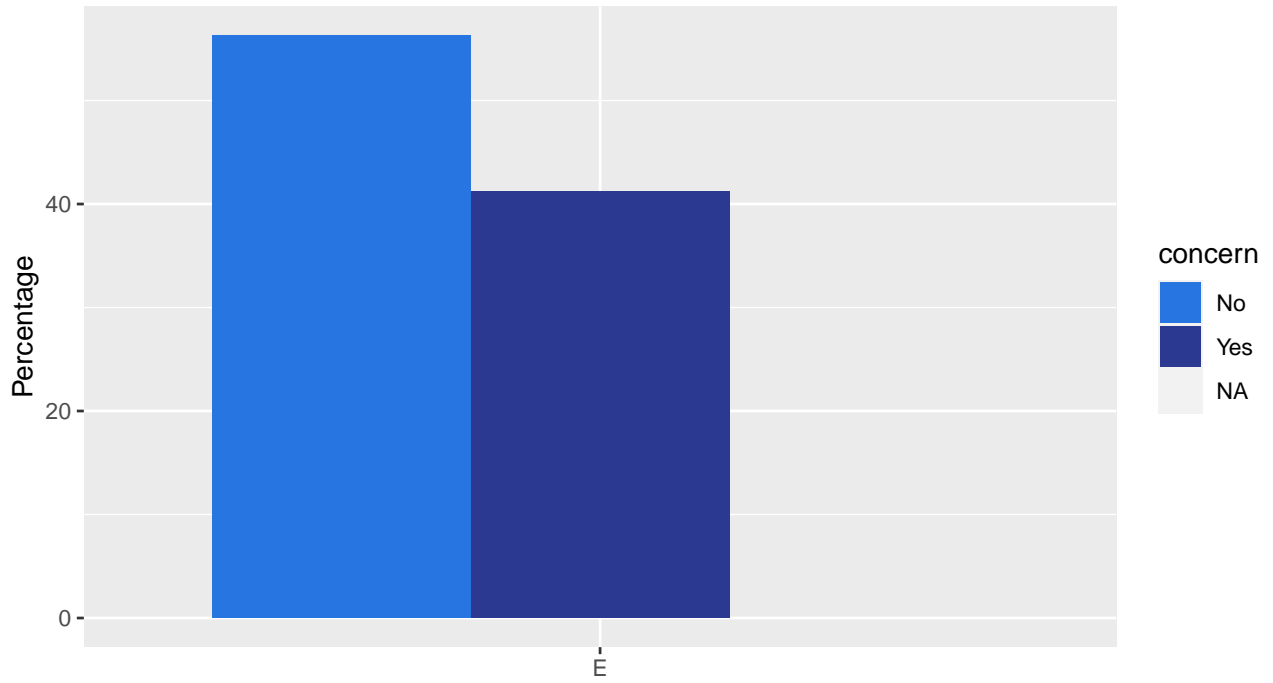
Good support system of friends

No	Yes	NA
15.1	82.4	2.5



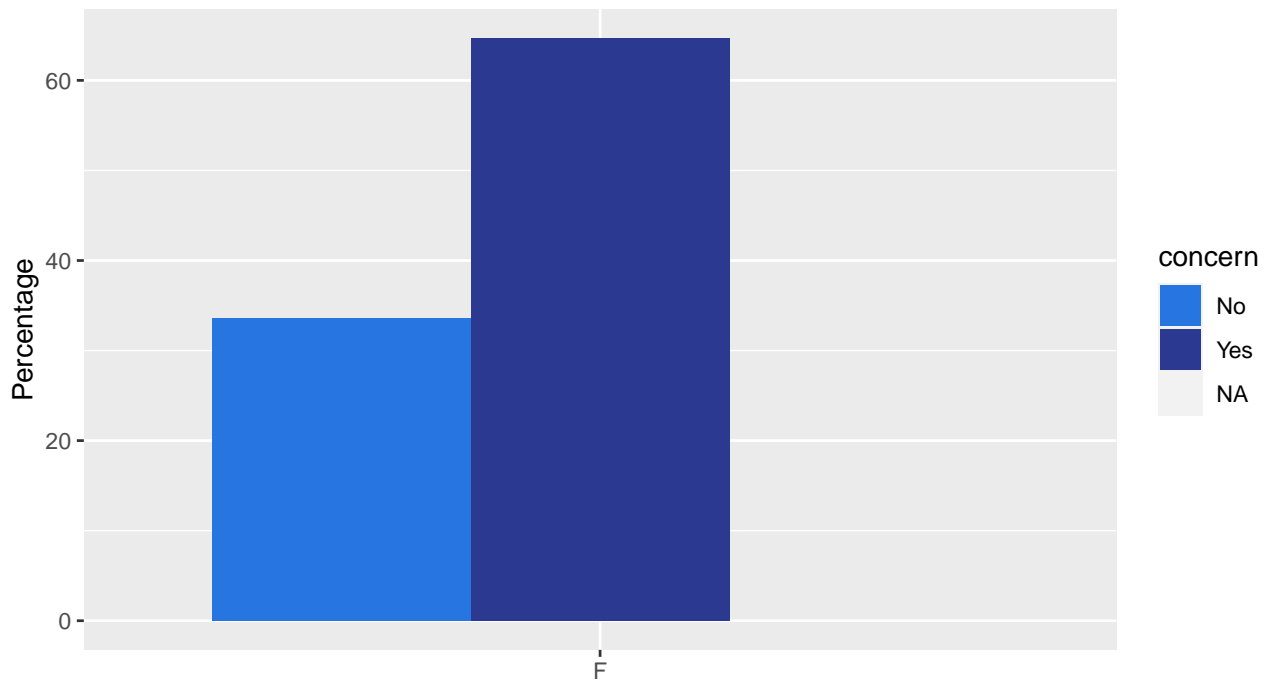
(E) What tools, resources, or coping mechanisms are you currently using to care for your emotional health?  
Participation in school activities

No	Yes	NA
56.3	41.2	2.5



(F) What tools, resources, or coping mechanisms are you currently using to care for your emotional health?  
 Proper nutrition (eating a variety of health foods daily)

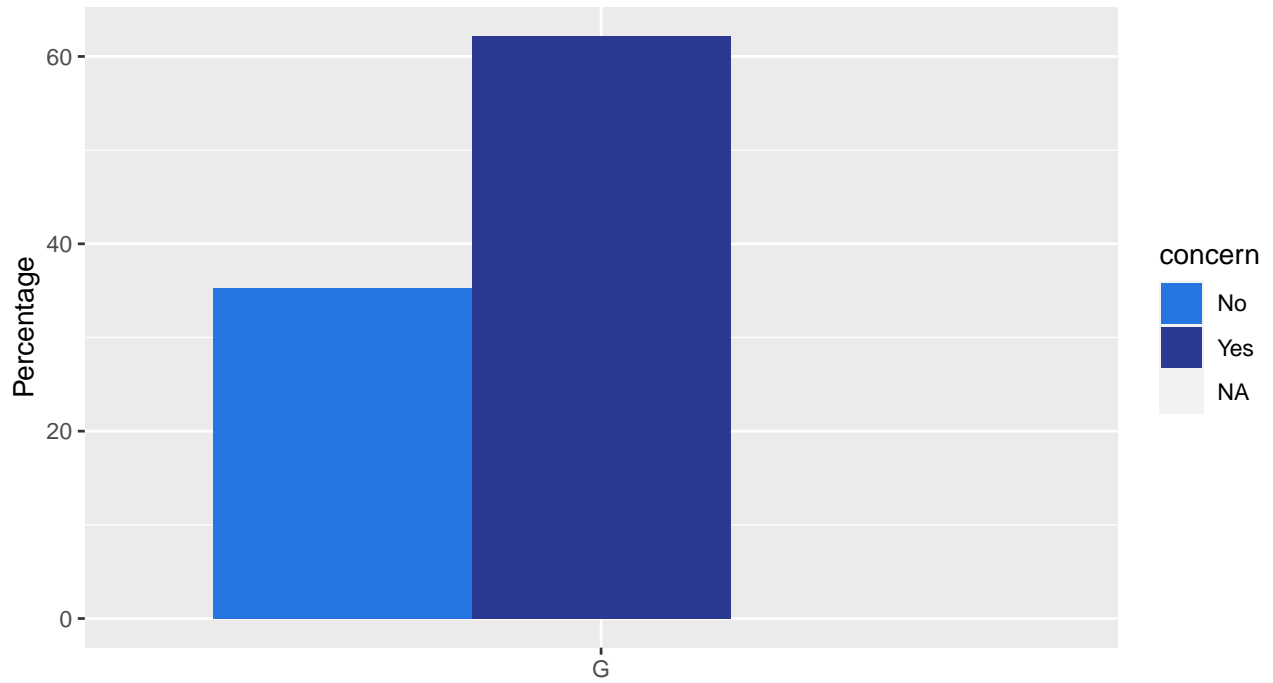
No	Yes	NA
33.6	64.7	1.7



(G) What tools, resources, or coping mechanisms are you currently using to care for your emotional health?

Proper sleep (7-9 hours a night)

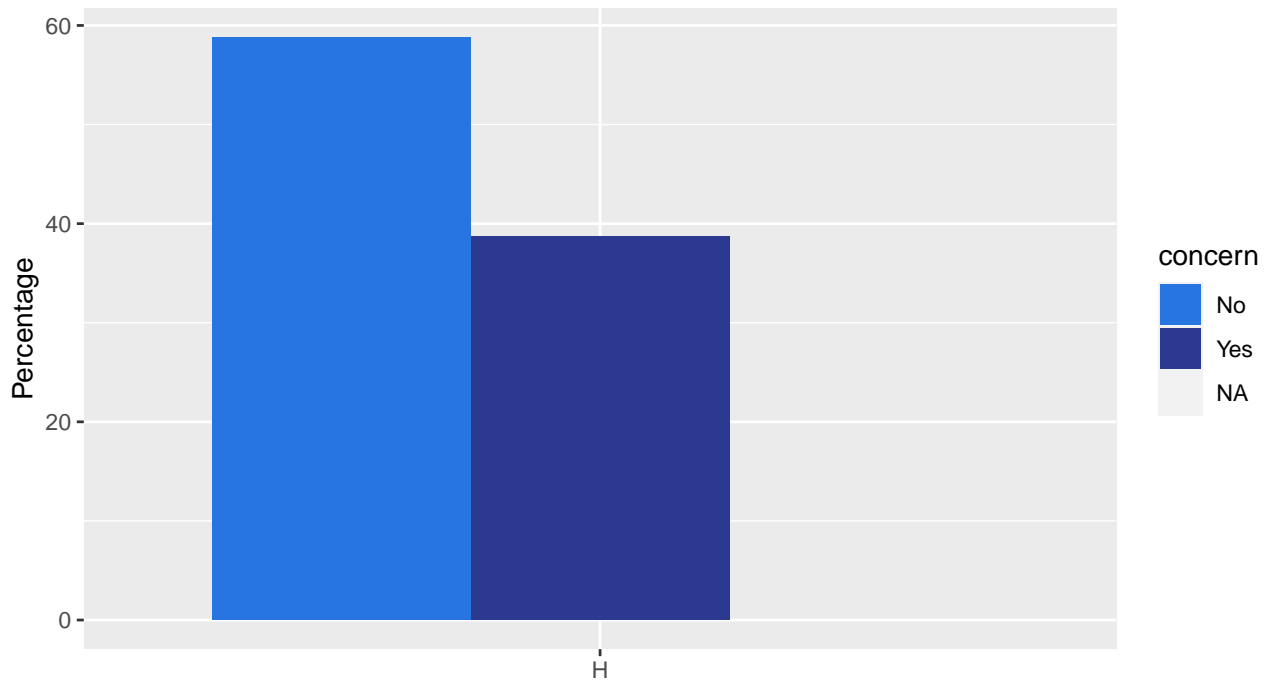
No	Yes	NA
35.3	62.2	2.5



(H) What tools, resources, or coping mechanisms are you currently using to care for your emotional health?  
Religion/Spirituality

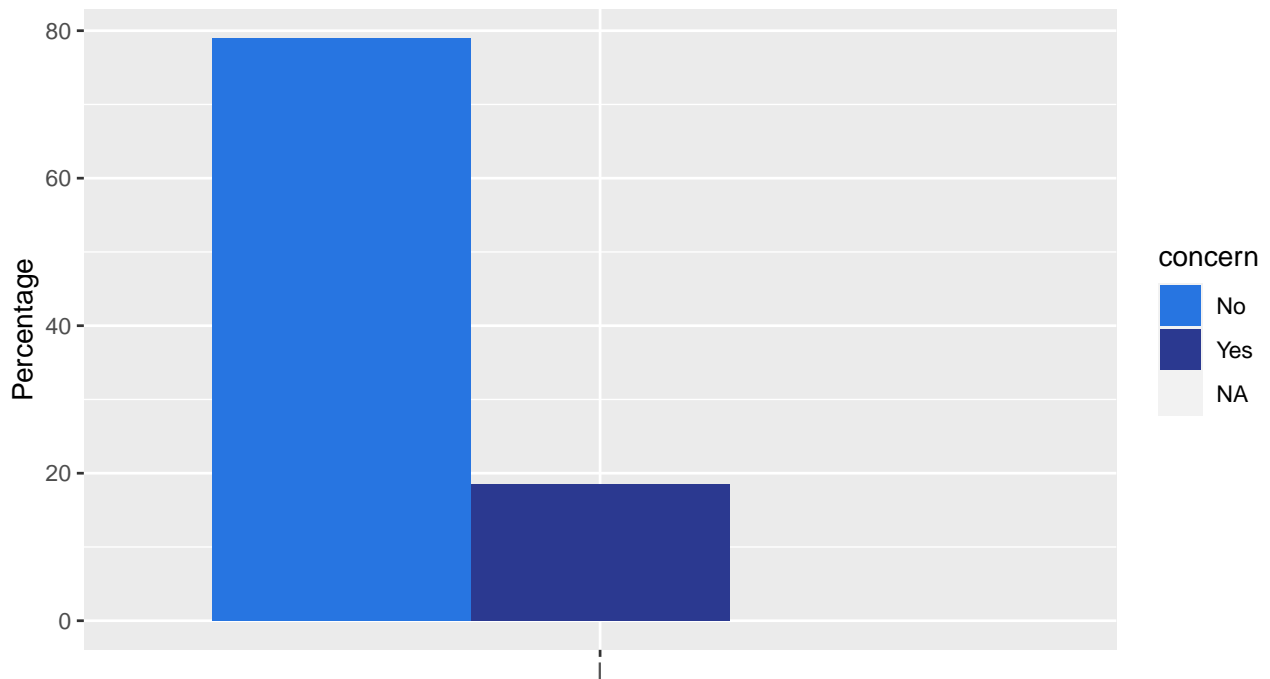
No	Yes	NA
58.8	38.7	2.5





(I) What tools, resources, or coping mechanisms are you currently using to care for your emotional health?  
Self-injury (self-harm)

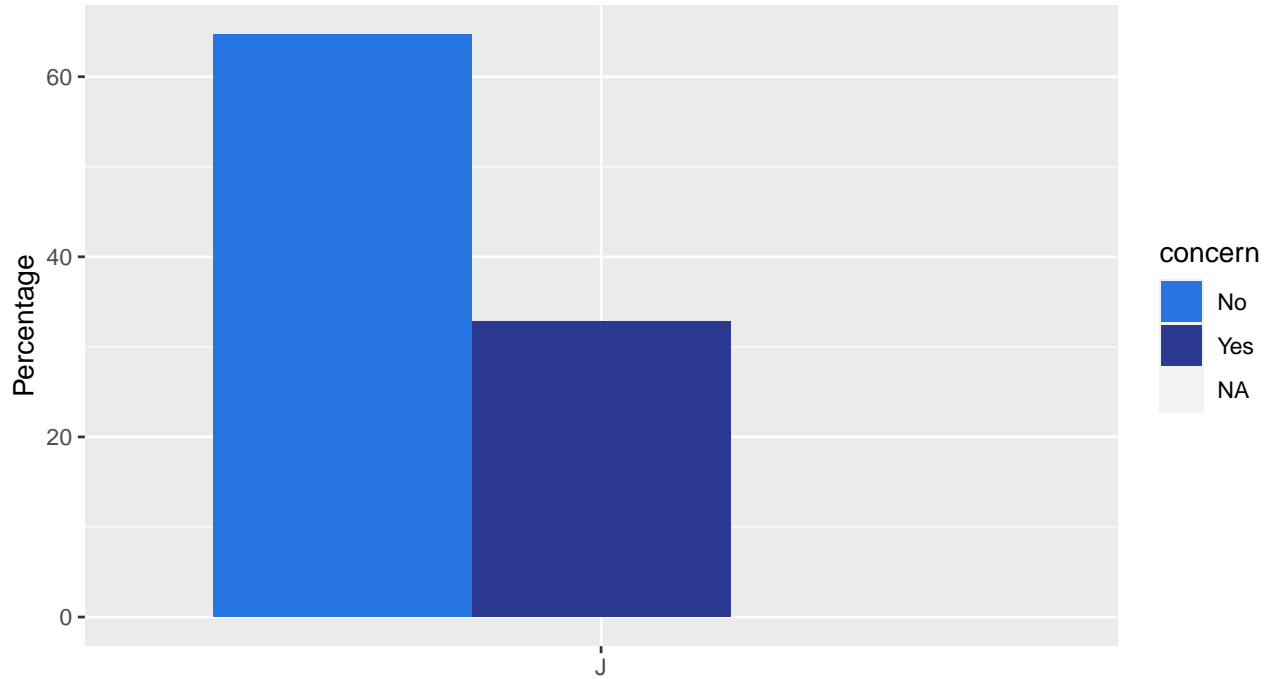
No	Yes	NA
79.0	18.5	2.5



(J) What tools, resources, or coping mechanisms are you currently using to care for your emotional health?

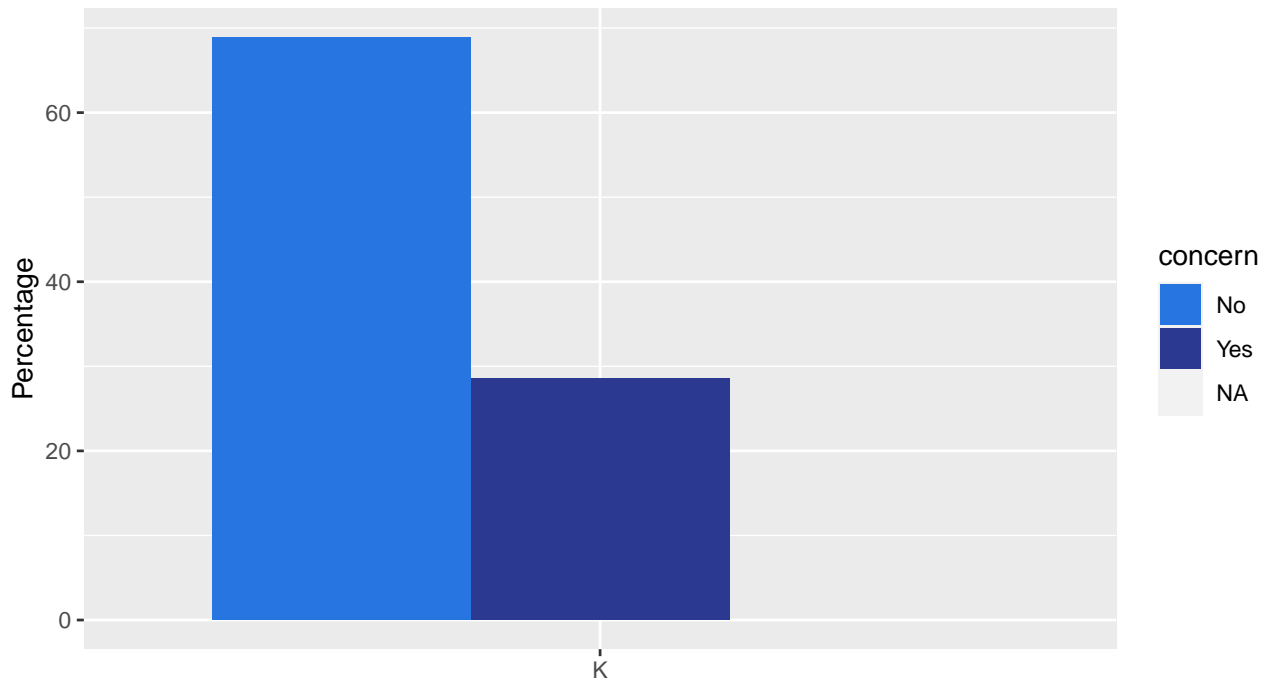
Taking medication prescribed to me

No	Yes	NA
64.7	32.8	2.5



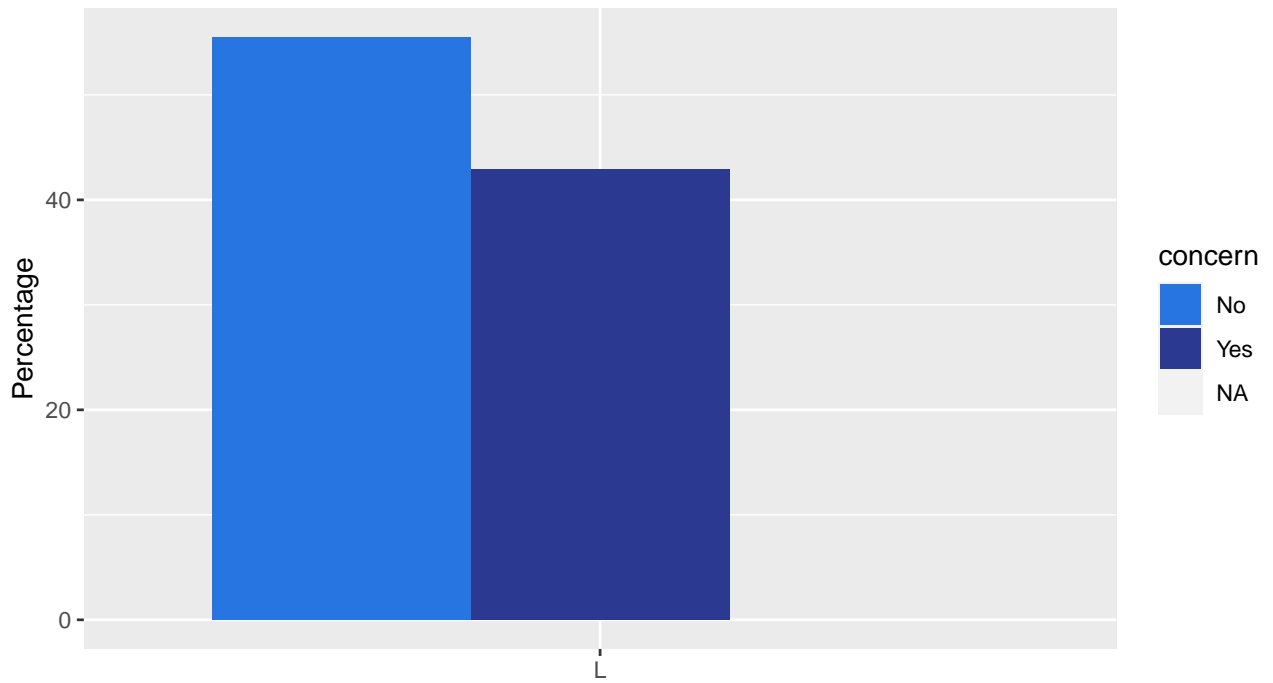
(K) What tools, resources, or coping mechanisms are you currently using to care for your emotional health?  
Taking medication prescribed to someone else

No	Yes	NA
68.9	28.6	2.5



(L) What tools, resources, or coping mechanisms are you currently using to care for your emotional health?  
Use of substances (alcohol, marijuana, nicotine... etc)

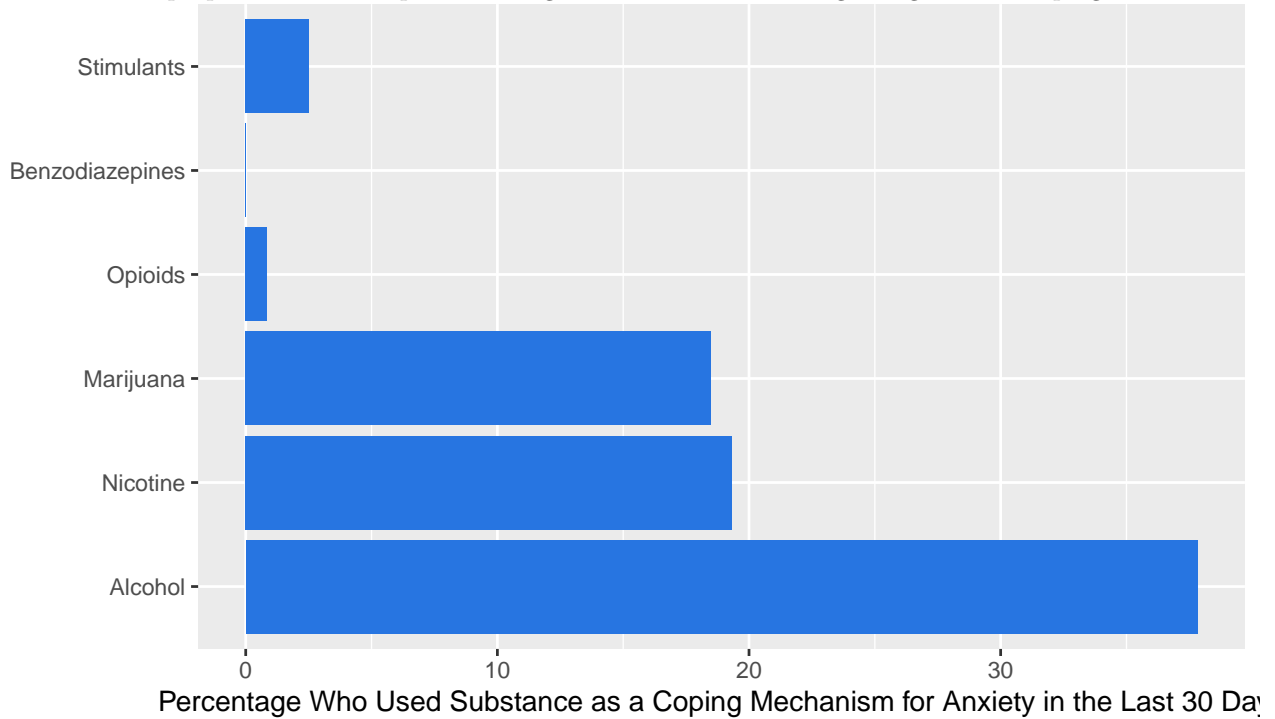
No	Yes	NA
55.5	42.9	1.7



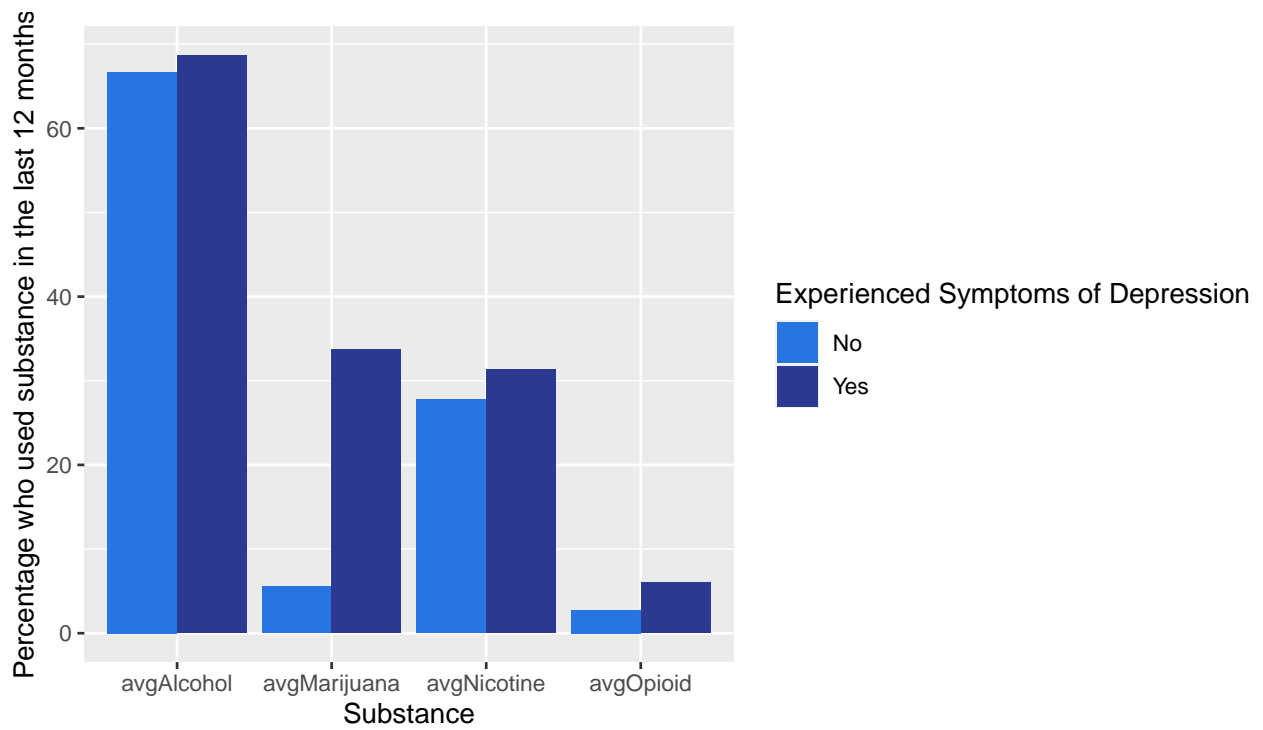
## 9.2 Mental health and substance abuse: anxiety

All survey respondents who chose to answer the question “In the PAST 12 MONTHS have you experienced symptoms of anxiety” responded that they had indeed experienced anxiety. We therefore cannot look at the difference in substance use from those who felt anxious versus those who did not.

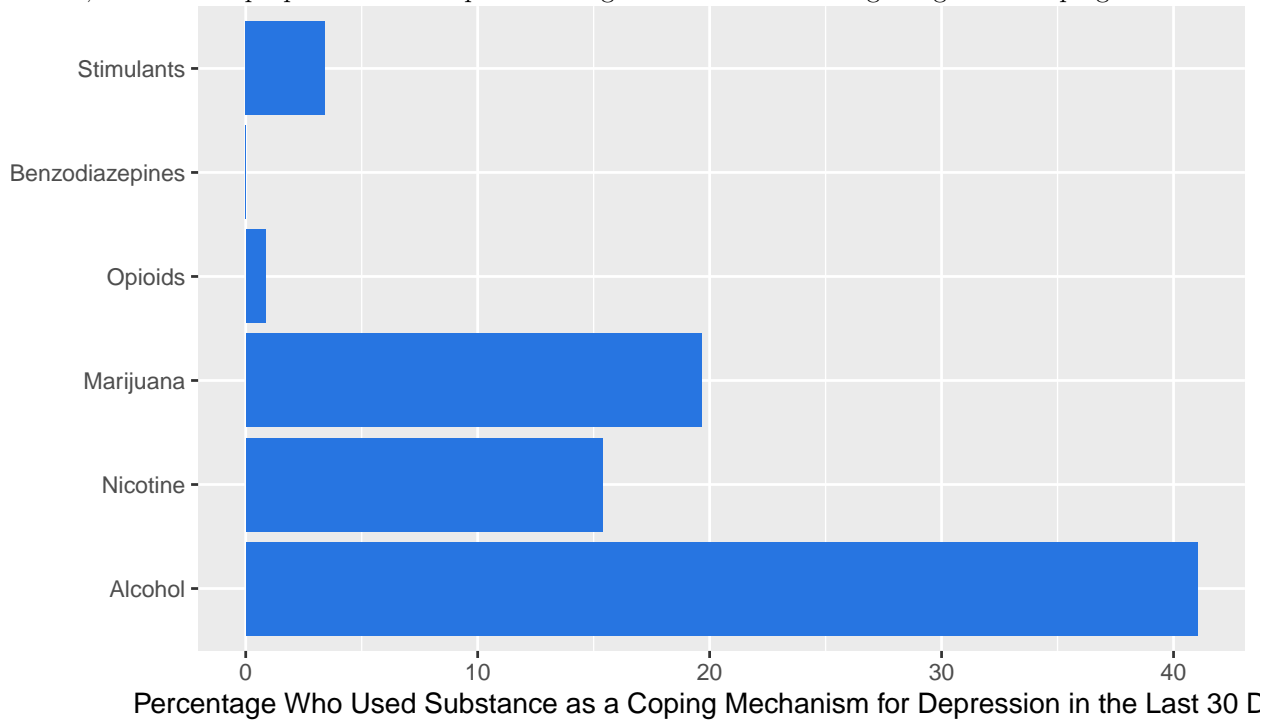
From this group who responded that they experienced symptoms of anxiety in the last month, this is the proportion who reported using each of the following drugs as a coping mechanism:



### 9.3 Mental health and substance abuse: depression



From the group of respondents who reported that they experienced symptoms of depression in the last month, this is the proportion who reported using each of the following drugs as a coping mechanism:



## 9.4 Mental health: suicidal ideation and self-harm

During the past 12 months, 62.8% of respondents reported feeling so sad or hopeless almost every day for two or more days in a row that they stopped doing their usual activities.

During the past 12 months 40.2% of respondents reported considering attempting suicide.

Of the 60 respondents who answered this question, 38% reported making a plan about how they would commit suicide.

Respondents reported attempting suicide the following number of times:

How many times did you attempt suicide in the past 30 days?	Number of respondents	Percentage
0	101	84.9
1	9	7.6
2	8	6.7
3+	1	0.8

Respondents reported self-harming the following number of times in the past 30 days:

How many times did you self harm in the past 30 days?	Number of respondents	Percentage
0	92	77.3
1	13	10.9
2	9	7.6
3	5	4.2

## 9.5 Mental health: COVID-19

Respondents reported their mental health after the pandemic compared to before the pandemic was as follows:

Emotional health compared to before COVID-19	Number of respondents	Percentage
About the same	30	25.2
Far worse than before	22	18.5
Much better than before	3	2.5
Somewhat better than before	6	5.0
Somewhat worse than before	57	47.9
NA	1	0.8

## 9.6 Mental health: barriers to accessing support services

What reasons would affect your decision to access treatment for mental health or drug and alcohol needs?

- (A) Cost
- (B) Time
- (C) Reliable transportation
- (D) Concerns about stigma
- (E) Concerns about disciplinary actions from my college/university

(F) Unsure what to expect or how to access support

(G) Unsure/not applicable

	val	ue
Cost	25.4	
Time	39.0	
Transportation	7.6	
Stigma	16.1	
Disciplinary action	9.3	
Knowledge	13.6	
Not applicable	33.1	

