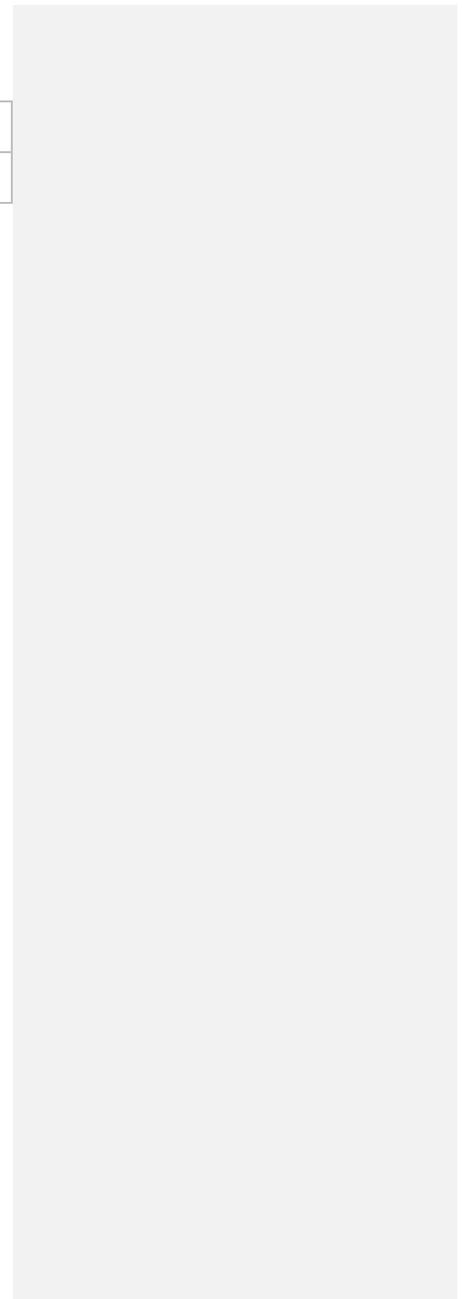


**Student Coping Survey – Spring 2011
Survey Codebook**

Final Revision
May 2011

Conventions	
Question Numbering Q2, Q3_1, Q3_2...	Each distinct question is numbered sequentially in presentation order. Some questions invite responses on several points; these various points share the same question number, but have a sequential letter appended to differentiate them.
Open Text Numbering	Items with free text will follow a numbering convention in which the letter 'u' follows each open text item (e.g., Q03_8u)
Survey Content “Please provide your age in years:”	The text of each question as well as all potential responses are included in this codebook. Anything marked with quotes is taken verbatim from the survey.
Response Options 1 = “Yes”	The response options for each question are indicated on the right side of each row. In the case of questions with multiple data points, the response options presented apply to each point. When there are response options nested within categories within an item (e.g., Q41), the numbering convention will reflect this nesting characteristic (e.g., Q41_1_1 indicates that participant endorsed turning to an adviser about academic problems).
Missing Values	For the majority of questions, a missing value is indicated by a blank; this may be due to either the respondent skipping the question or a skip pattern. The one exception is multiple choice questions, in which a '0' indicates a particular option has not been selected.
Skip Patterns [Q04 = 1]	Simple skip patterns, in which the availability of one or two questions is dependent on another close question, are indicated by an expression in brackets. Larger skip patterns, in which entire sections of questions are skipped, are indicated by separate rows labeled “Skip:” with explanations of the pattern.

Case ID ('cid')	A fully anonymous number that uniquely identifies the response.	(string; always present)
School	A unique number which identifies the school of the respondent.	(integer number; always present)



Q01	“Please provide your age in years:”	(dropdown menu [18 to 95]; blank = no response)
Q02	“How do you identify?”	blank = no response or skipped 1 = “Female” 2 = “Male” 3 = “Transgender”
Q03	“With the understanding that these categories might be limiting, how do you typically describe yourself? (Select all that apply)” Q03_1= “African American, of African descent, African, of Caribbean descent, or Black” Q03_2 = “Asian or Asian American (e.g., Chinese, Japanese, Korean)” Q03_3 = “Caucasian, White, of European descent, or European (including Spanish)” Q03_4 = “Hispanic, Latino or Latina (e.g., Cuban American, Mexican American, Puerto Rican)” Q03_5 = “Middle Eastern or East Indian (e.g., Pakistani, Iranian, Egyptian)” Q03_6 = “Native American (e.g., Dakota, Cherokee) or Alaskan Native” Q03_7 = “Native Hawaiian or other Pacific Islander (e.g., Samoan, Papuan, Tahitian)” Q03_8 = Other, please specify:”	blank = no response or skipped 1 = TRUE; 2 = FALSE
Q03_8u	(no prompt; provided for “Other, please specify:” response to Q03_8) [Q03_8 = 1]	(text; blank = no response or skipped)
Q04	“Are you an international student?”	blank = no response or skipped 1 = “Yes” 2 = “No”
Q05	“What is your country of origin?” [Q04 = 1]	(text; blank = no response or skipped)

Elaine Hess 4/22/2011 12:07 AM

Comment [1]: Recode this item to the following for the crosstabs report only?
1 = “18-21 years”
2 = “22-25 years”
3 = “26-29 years”
4 = “30-39 years”
5 = “40+ years”

Elaine Hess 4/28/2011 10:53 AM

Comment [2]: This question will require recoding into one variable. Respondents who selected more than one ethnicity will be recoded to “Multiracial/Multiethnic”.

Q06	“What is your grade classification?”	blank = no response or skipped 1 = “Freshman” 2 = “Sophomore” 3 = “Junior” 4 = “Senior” 5 = “Medical Student” 6 = “Law Student” 7 = “Graduate Student or Other Professional Student” 8 = “Non-degree-seeking Student”
Q07	“How would you describe your sexual orientation?”	blank = no response or skipped 1 = “Bisexual” 2 = “Gay or Lesbian” 3 = “Heterosexual” 4 = “Questioning” 5 = “Other, please specify:”
Q07_5u	(no prompt; provided for “Other, please specify:” response to Q07_5) [Q07_5 = 1]	(text; blank = no response or skipped)
Q08	“What is your current relationship status? (Select all that apply)”	blank = no response or skipped Q08_1 = “I am single and not currently dating” Q08_2 = “I am casually dating” Q08_3 = “I am in a steady dating relationship” Q08_4 = “I am partnered or married” Q08_5 = “I am separated or divorced” Q08_6 = “I am widowed”
Q09	“What is your living situation? (Select all that apply)”	blank = no response or skipped Q09_1 = “By myself” Q09_2 = “With parent(s) and / or family of origin” Q09_3 = “With roommate(s)” Q09_4 = “With romantic partner or spouse” Q09_5 = “With children or dependents” Q09_6 = “With pet(s)” Q09_7 = “Sorority or fraternity house” Q09_8 = “College or University Housing”

<p>Q10</p>	<p>“What is your religious or spiritual preference? (Select all that apply)”</p> <p>Q10_1 = “None” Q10_2 = “Agnostic” Q10_3 = “Atheist” Q10_4 = “Buddhist” Q10_5 = “Christian” Q10_6 = “Catholic” [Q10_5 = 1] Q10_7 = “LDS” [Q10_5 = 1] Q10_8 = “Protestant” [Q10_5 = 1] Q10_9 = “Hindu” Q10_10 = “Jewish” Q10_11 = “Muslim” Q10_12 = “Native American Religion” Q10_13 = “Unitarian or Universalist” Q10_14 = “Other, please specify:”</p>	<p>blank = no response or skipped 1 = TRUE; 2 = FALSE</p>
<p>Q10_14u</p>	<p>(no prompt; provided for “Other, please specify:” response to Q10_14) [Q10_14 = 1]</p>	<p>(text; blank = no response or skipped)</p>
<p>Q11</p>	<p>“How important are your religious or spiritual beliefs to your personal identity?”</p>	<p>NOTE: for all 5-point Likert scales, anchors will be found on the ends and mid-points:</p> <p>blank = no response or skipped 1 = “Not at all important” 2 3 = “Moderately important” 4 5 = “Very important”</p>
<p>Q12</p>	<p>“To what degree have you questioned or changed your religious or spiritual beliefs over the past year?”</p>	<p>blank = no response or skipped 1 = “Significantly less sure of my beliefs” 2 3 = “No change in my beliefs” 4 5 = “Significantly more sure of my beliefs”</p>

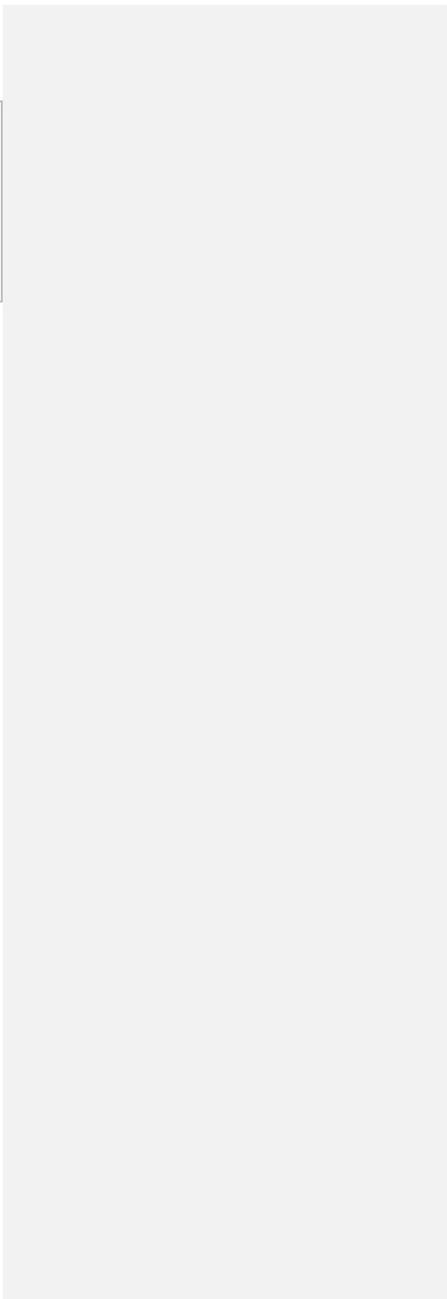
Q13	“What is the highest level of education completed by your parent(s) or significant caregiver(s)?”	blank = no response or skipped 1 = “Did not complete high school” 2 = “Finished high school or high school equivalent” 3 = “Some college” 4 = “Associate’s degree or technical training certificate” 5 = “Finished college” 6 = “Some graduate or professional school after college” 7 = “Finished graduate or professional school (e.g., masters or doctoral degree)” 8 = “Not sure”
Q14	“From which of the following have you ever received counseling or mental health services? (Select all that apply)” Q14_1 = “Counselor, therapist, psychologist, and / or social worker” Q14_2 = “Psychiatrist” Q14_3 = “Clergy” Q14_4 = “Other medical provider (e.g., physician, nurse practitioner)” Q14_5 = “Alternative medical provider (e.g., acupuncturist, naturopathic doctor, massage therapist)” Q14_6 = “Other, please specify:” Q14_7 = “I have never received counseling or mental health services”	blank = no response or skipped 1 = TRUE; 2 = FALSE
Q14_6u	(no prompt; provided for “Other, please specify:” response to Q14_6) [Q14_6 = 1]	(text; blank = no response or skipped)
Q15	“Have you ever received counseling or psychiatric services from your college or university counseling center?”	blank = no response or skipped 1 = “Yes” 2 = “No”
Q16	“Have you ever taken medication for mental health concerns?”	blank = no response or skipped 1 = “Yes” 2 = “No”
Q17	“Have you ever been hospitalized for mental health concerns?”	blank = no response or skipped 1 = “Yes” 2 = “No”

Q18	“Have you served in the military?”	blank = no response or skipped 1 = “Yes” 2 = “No”
	Skip: respondents who answered “No” to Q18 skip Q23 – Q26.	
Section Intro	“In this next section of the survey, we are interested in learning about challenging or upsetting experiences you may have had during your lifetime.”	
Q19	“Overall, how stable was your family environment while growing up? (e.g., frequent moves, financial stresses, excessive fighting)?”	blank = no response or skipped 1 = “Not stable at all” 2 3 = “Moderately stable” 4 5 = “Very stable”
Q20	“Please characterize your lifetime medical history (e.g., serious illnesses, hospitalizations, chronic medical conditions).”	blank = no response or skipped 1 = “No medical problems” 2 3 = “Moderate medical problems” 4 5 = “Substantial medical problems”
Q21	“Please characterize your lifetime history of mental health concerns (e.g., depression, anxiety).”	blank = no response or skipped 1 = “No mental health concerns” 2 3 = “Moderate mental health concerns” 4 5 = “Substantial mental health concerns”
Q22	“In your lifetime, have you been a victim of abuse or violence (e.g., sexual abuse, physical abuse, emotional abuse, assault)?”	blank = no response or skipped 1 = “Yes” 2 = “No”
Q23	“Did you ever serve in a war zone?” [Q18 = 1]	blank = no response or skipped 1 = “Yes” 2 = “No”

Q24	<p>“Have you been deployed more than once?” [Q23 = 1]</p>	<p>blank = no response or skipped 1 = “Yes” 2 = “No”</p>
Q25	<p>“Where were you deployed? (Select all that apply) [Q23 = 1]</p> <p>Q25_1 = “Afghanistan” Q25_2 = “Iraq” Q25_3 = “Other, please specify:”</p>	<p>blank = no response or skipped 1 = TRUE; 2 = FALSE</p>
Q25_3u	<p>(no prompt; provided for “Other, please specify:” response to Q25_3) [Q25_3 = 1]</p>	<p>(text; blank = no response or skipped)</p>
Q26	<p>“To what extent were you exposed to traumatic events while in military service?” [Q18 = 1]</p>	<p>blank = no response or skipped 1 = “No trauma” 2 3 = “Moderate trauma” 4 5 = “Substantial trauma”</p>
Q27	<p>“Have you ever seriously considered attempting suicide at some point in your life?”</p>	<p>blank = no response or skipped 1 = “Yes” 2 = “No”</p>
Q28	<p>“When did you first seriously consider attempting suicide?” [Q27 = 1]</p>	<p>blank = no response or skipped 1 = “Before or while in middle school” 2 = “While in high school” 3 = “After high school but before college” 4 = “While in college” 5 = “After college and before graduate school” 6 = “While in graduate school” 7 = “Other, please specify:”</p>
Q28_7u	<p>(no prompt; provided for “Other, please specify:” response to Q28_7) [Q28_7 = 1]</p>	<p>(text; blank = no response or skipped)</p>

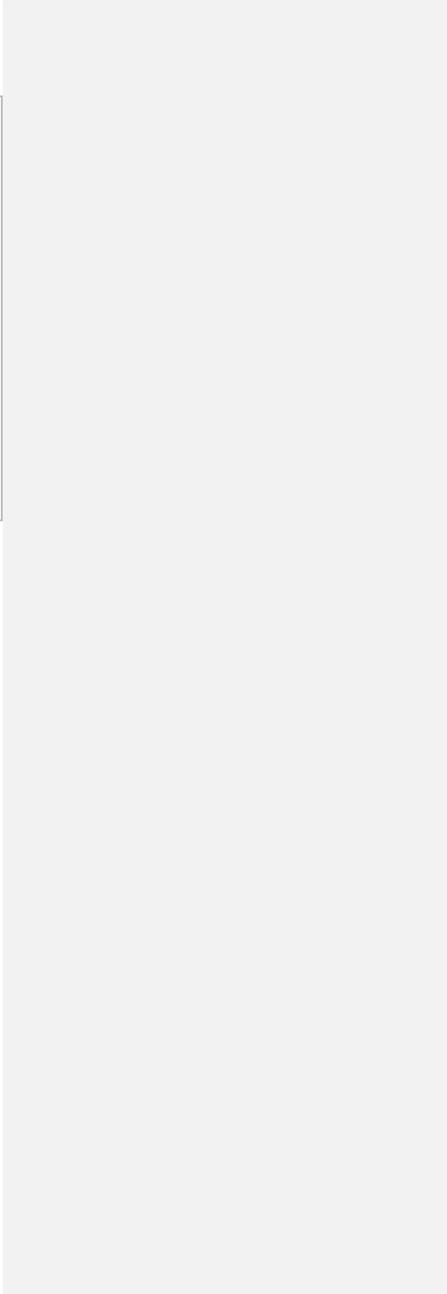
Q29	“During the past 12 months, have you seriously <i>considered</i> attempting suicide?”	blank = no response of skipped 1 = “Yes” 2 = “No”
Q30	“How many times in your life have you attempted suicide?”	blank = no response or skipped 0 = “0” 1 = “1” 2 = “2” 3 = “3” 4 = “4” 5 = “5 or more”
Q30a	“For how many of your attempts did you receive emergency medical attention?” [Q30 = 1, 2, 3, 4, or 5 or more]	(pop out for Q30; blank = no response or skipped) 0 = “none” 1 = “1” 2 = “2” 3 = “3” 4 = “4” 5 = “5 or more”
Q31	“How many of those attempts occurred in the past 12 months?” [Q30 = 1, 2, 3, 4, or 5 or more]	blank = no response or skipped 0 = “0” 1 = “1” 2 = “2” 3 = “3” 4 = “4” 5 = “5 or more”
Q31a	“For how many of your attempts did you receive emergency medical attention?” [Q31 = 1, 2, 3, 4, or 5 or more]	(pop out for Q31; blank = no response or skipped) 0 = “none” 1 = “1” 2 = “2” 3 = “3” 4 = “4” 5 = “5 or more”

Q32	“During your lifetime, how would you describe the relative severity of your suicide attempts?” [Q30 = 2, 3, 4, or 5 or more]	blank = no response or skipped 1 = “All of the attempts were equally life-threatening” 2 = “The more I attempted the more life-threatening they became” 3 = “The more I attempted the less life-threatening they became” 4 = “Some attempts were more life-threatening than others, but there was no real pattern”
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Section Intro	“People generally develop consistent ways of viewing themselves and others throughout their lives. When answering these questions, please consider how you generally think and feel.”	
Q33	“When approaching the challenges of daily life:”	[Item column will be blank]
Q33a	“How critical are you of yourself?”	blank = no response or skipped 1 = “Not at all critical” 2 3 = “Moderately critical” 4 5 = “Very critical”
Q33b	“How capable are you of managing your daily challenges?”	blank = no response or skipped 1 = “Not at all capable” 2 3 = “Moderately capable” 4 5 = “Very capable”
Q33c	“How motivated are you to manage your daily challenges?”	blank = no response or skipped 1 = “Not at all motivated” 2 3 = “Moderately motivated” 4 5 = “Very motivated”
Q33d	“How meaningful do you view your life to be?”	blank = no response or skipped 1 = “Not at all meaningful” 2 3 = “Moderately meaningful” 4 5 = “Very meaningful”
Q33e	“To what extent are you able to understand what must be done to face the challenges of daily life?”	blank = no response or skipped 1 = “Not at all able to understand” 2 3 = “Moderately able to understand” 4 5 = “Very able to understand”

Q34	<p>“People have a variety of ways of relating to their thoughts and feelings. Please rate how much each of these ways generally applies to you:”</p> <p>Q34_1 = “It is easy for me to concentrate on what I am doing.” Q34_2 = “I can tolerate emotional pain.” Q34_3 = “I can accept things I cannot change.” Q34_4 = “I can usually describe how I feel at the moment in considerable detail.” Q34_5 = “I am easily distracted.” Q34_6 = “It’s easy for me to keep track of my thoughts and feelings.” Q34_7 = “I try to notice my thoughts without judging them.” Q34_8 = “I am able to accept the thoughts and feelings I have.” Q34_9 = “I am able to focus on the present moment.” Q34_10 = “I am able to pay close attention to one thing for a long period of time.”</p>	<p>blank = no response or skipped 1 = “Rarely or not at all” 2 = “Sometimes” 3 = “Often” 4 = “Almost always”</p>
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Q35	“When approaching the challenges of daily life:”	[Item column will be blank]
Q35a	“How much do you feel you are a burden on others?”	blank = no response or skipped 1 = “Not at all a burden” 2 3 = “Moderately a burden” 4 5 = “Very much a burden”
Q35b	“How understood by others do you feel?”	blank = no response or skipped 1 = “Not at all understood” 2 3 = “Moderately understood” 4 5 = “Very much understood”
Q35c	“How cared for by others do you feel?”	blank = no response or skipped 1 = “Not at all cared for” 2 3 = “Moderately cared for” 4 5 = “Very much cared for”
Q35d	“How much do you feel that you can count on others?”	blank = no response or skipped 1 = “Not at all able to count on others” 2 3 = “Moderately able to count on others” 4 5 = “Very much able to count on others”
Q35e	“How comfortable do you feel making new connections with others?”	blank = no response or skipped 1 = “Not at all comfortable” 2 3 = “Moderately comfortable” 4 5 = “Very comfortable”

Q37	<p>“On average, how much time per week do you spend (collectively) participating in these organization(s)?” [Q36_(1-11)yn = 1 or 2]</p>	<p>blank = no response or skipped 1 = “5 or less hrs/week” 2 = “6 - 10 hrs/week” 3 = “11 - 15 hrs /week” 4 = “16 - 20 hrs/week” 5 = “21 – 25 hrs/week” 6 = “26 – 30 hrs/week” 7 = “More than 30 hrs/week”</p>
Q38	<p>“How important is the following in staying connected with others?”</p> <ol style="list-style-type: none"> 1. “Blogging” 2. “Email” 3. “In person contact” 4. “Gaming connections” 5. “Phone” 6. “Social networking (e.g., Facebook, Twitter)” 7. “Text message” 8. “Videochat” 9. “Other, please specify:” (text) 	<p>blank = no response or skipped 1 = “Not at all important” 2 3 = “Moderately important” 4 5 = “Very important”</p>
Q38_9u	<p>(no prompt; provided for “Other, please specify:” response to Q38_9) [Q38_9 = 1]</p>	<p>(text; blank = no response or skipped)</p>
Q39	<p>“Do you consider your relationship with people you spend most of your time with to be:”</p>	<p>blank = no response or skipped 1 = “Not at all close” 2 3 = “Moderately close” 4 5 = “Very close”</p>
Q40	<p>“On average, how close is your relationship with your family?”</p>	<p>blank = no response or skipped 1 = “Not at all close” 2 3 = “Moderately close” 4 5 = “Very close”</p>

<p>Q41_#_#</p>	<p>“When the following problems arise, who do you turn to? (Select all that apply)”</p> <p>Q41_1 = “Academic problems” Q41_2 = “Emotional problems (e.g. feeling sad, anxious)” Q41_3 = “Financial problems” Q41_4 = “Health problems (e.g. illness, nutrition, fitness)” Q41_5 = “Life issues (e.g. identity struggles, career choices, life purpose)” Q41_6 = “Relationship problems (e.g. romantic, friend, and family)”</p>	<p>blank = no response or skipped 1 = TRUE; 2 = FALSE</p> <p>1 = “Adviser (e.g., academic adviser, resident adviser)” 2 = “Friend or roommate” 3 = “Instructor (e.g., professor, teaching assistant, coach)” 4 = “Parent or family member” 5 = “Romantic partner” 6 = “Professional (e.g., physician, counselor, clergy)” 7 = “I would not seek help from these sources for this problem”</p>
<p>Q42</p>	<p>“To what degree do you feel connected to your college or university?”</p>	<p>blank = no response or skipped 1 = “Not at all connected” 2 3 = “Moderately connected” 4 5 = “Very connected”</p>
<p>Q43</p>	<p>“To what degree does the financial support you receive from all sources (including scholarship, employment income, financial aid, parent or family support) meet your needs?”</p>	<p>blank = no response or skipped 1 = “Does not meet my needs at all” 2 3 = “Meets my needs moderately well” 4 5 = “Meets all of my needs”</p>
<p>Section Intro</p>	<p>“Please reflect on <i>the most stressful period</i> of time that you have experienced in the past 12 months, including the present day. While it may be difficult to choose just one time, please think back on your experiences over the past 12 months and identify a single period when you <i>were most upset, distressed or overwhelmed.</i>”</p>	

<p>Q44</p> <p>“In which month did this most stressful period begin?”</p> <p>NOTE: this was programmed so that the preceding 12 months was adjusted to end with the month in which student was participating in the survey</p>		<p>blank = no response or skipped</p> <p>“February, 2010”</p> <p>“March, 2010”</p> <p>“April, 2010”</p> <p>“May, 2010”</p> <p>“June, 2010”</p> <p>“July, 2010”</p> <p>“August, 2010”</p> <p>“September, 2010”</p> <p>“October, 2010”</p> <p>“November, 2010”</p> <p>“December, 2010”</p> <p>“January, 2011”</p> <p>“February, 2011”</p> <p>“March, 2011”</p> <p>“April, 2011”</p>
<p>Q45</p>	<p>“Are you currently in the stressful period?”</p>	<p>blank = no response or skipped</p> <p>1 = “Yes”</p> <p>2 = “No”</p>
<p>Q46</p>	<p>“For how long did this most stressful period last or how long has it lasted?”</p>	<p>blank = no response or skipped</p> <p>1 = “A day or less”</p> <p>2 = “More than a day to one week”</p> <p>3 = “More than a week to one month”</p> <p>4 = “More than one month to three months”</p> <p>5 = “More than three months to six months”</p> <p>6 = “More than 6 months”</p>
<p>Q47u</p>	<p>“Please briefly describe this stressful period. Recall the context of the experience (i.e., what was occurring, where you were, how you were feeling). Provide only as much detail as you feel comfortable sharing.”</p>	<p>(text; blank = no response or skipped)</p>

<p>Q48</p>	<p>“Of the following categories, which best describe the contributors to this stressful period? (Select all that apply)”</p> <p>Q48_1 = “Academics” Q48_2 = “Death of a close family member or friend (excluding suicide)” Q48_3 = “Discrimination” Q48_4 = “Drug or alcohol overuse or addiction” Q48_5 = “Family problems” Q48_6 = “Financial problems” Q48_7 = “Friendship problems” Q48_8 = “Gender identity concerns” Q48_9 = “Legal trouble or violation of the law” Q48_10 = “Life transition (e.g. changing jobs, switching schools, new care-taking responsibilities)” Q48_11 = “Emotional health problems” Q48_12 = “Physical health problems” Q48_13 = “Problems at work” Q48_14 = “Problems experienced by close friend or family member” Q48_15 = “Relationship violence” Q48_16 = “Romantic relationship problems” Q48_17 = “Sexual assault” Q48_18 = “Sexual orientation concerns” Q48_19 = “Suicide of a close family member or friend” Q48_20 = “Other traumatic experience (e.g. car accident, natural disaster)” Q48_21 = “Other, please specify:”</p>	<p>blank = no response or skipped 1 = TRUE; 2 = FALSE</p>
<p>Q48_21u</p>	<p>(no prompt; provided for “Other, please specify:” response to Q48_21) [Q48_21 = 1]</p>	<p>(text; blank = no response or skipped)</p>

<p>Q49</p>	<p>“To what extent did this contribute to your level of stress or feelings of distress”? [Q48_(1 – 21)]</p> <p>Q49_1 = “Academics” Q49_2 = “Death of a close family member or friend (excluding suicide)” Q49_3 = “Discrimination” Q49_4 = “Drug or alcohol overuse or addiction” Q49_5 = “Family problems” Q49_6 = “Financial problems” Q49_7 = “Friendship problems” Q49_8 = “Gender identity concerns” Q49_9 = “Legal trouble or violation of the law” Q49_10 = “Life transition (e.g. changing jobs, switching schools, new care-taking responsibilities)” Q49_11 = “Emotional health problems” Q49_12 = “Physical health problems” Q49_13 = “Problems at work” Q49_14 = “Problems experienced by close friend or family member” Q49_15 = “Relationship violence” Q49_16 = “Romantic relationship problems” Q49_17 = “Sexual assault” Q49_18 = “Sexual orientation concerns” Q49_19 = “Suicide of a close family member or friend” Q49_20 = “Other traumatic experience (e.g. car accident, natural disaster)” Q49_21 = “Other, please specify:”</p>	<p>blank = no response or skipped 1 = “Not at all” 2 3 = “Moderately” 4 5 = “Very much”</p>
<p>Q49_21u</p>	<p>(no prompt; provided for “Other, please specify:” response to Q49_21) [Q49_21 = 1]</p>	<p>(text; blank = no response or skipped)</p>

<p>Q50</p>	<p>“Which of the following behaviors or attitudes did you use to try to manage this stressful period? (Select all that apply)”</p> <p>Q50_1 = “Acknowledging and allowing myself to feel my emotions” Q50_2 = “Creating a strategy or plan of action” Q50_3 = “Distracting myself with work, school, or leisure activities” Q50_4 = “Eating healthy” Q50_5 = “Exercising” Q50_6 = “Focusing on a positive aspect of the situation or a lesson learned” Q50_7 = “Prayer, meditation, or spirituality” Q50_8 = “Sleeping” Q50_9 = “Suppressing or avoiding my emotions” Q50_10 = “Other, please specify:”</p>	<p>blank = no response or skipped 1 = TRUE; 2 = FALSE</p>
<p>Q50_10u</p>	<p>(no prompt; provided for “Other, please specify:” response to Q50_10) [Q50_10 = 1]</p>	<p>(text; blank = no response or skipped)</p>
<p>Q51</p>	<p>“How helpful did you perceive this method of managing stress to be for you?” [Q50 = 1 – 10]</p> <p>Q51_1 = “Acknowledging and allowing myself to feel my emotions” Q51_2 = “Creating a strategy or plan of action” Q51_3 = “Distracting myself with work, school, or leisure activities” Q51_4 = “Eating healthy” Q51_5 = “Exercising” Q51_6 = “Focusing on a positive aspect of the situation or a lesson learned” Q51_7 = “Prayer, meditation, or spirituality” Q51_8 = “Sleeping” Q51_9 = “Suppressing or avoiding my emotions” Q51_10 = “Other, please specify:”</p>	<p>blank = no response or skipped 1 = “Not at all” 2 3 = “Moderately” 4 5 = “Very much”</p>

<p>Q52</p>	<p>“From whom did you seek help or support in dealing with this stressful period? (Select all that apply)”</p> <p>Q52_1 = “Academic Adviser” Q52_2 = “Clergy” Q52_3 = “Coach” Q52_4 = “Family member” Q52_5 = “Friend, peer, or roommate” Q52_6 = “Alternative medical provider (e.g., acupuncturist, naturopathic doctor, massage therapist)” Q52_7 = “Instructor (e.g., professor, teaching assistant)” Q52_8 = “Medical provider (e.g., doctor, nurse practitioner)” Q52_9 = “Psychiatrist” Q52_10 = “Psychologist, counselor, or social worker” Q52_11 = “Resident Adviser” Q52_12 = “Romantic partner” Q52_13 = “Other, please specify:” Q52_14 = “I did not seek help from anyone”</p>	<p>blank = no response or skipped 1 = TRUE; 2 = FALSE</p>
<p>Q52_13u</p>	<p>(no prompt; provided for “Other, please specify:” response to Q52_13) [Q52_13 = 1]</p>	<p>(text; blank = no response or skipped)</p>
<p>Q53</p>	<p>“Which factors influenced your decision to seek help from this person or these people? (Select all that apply)” [Q52 = 1 -13; skip if Q52 = 14 or blank]</p> <p>Q53_1 = “They had expertise in this area” Q53_2 = “I thought they would empathize or listen to me” Q53_3 = “They had gone through this experience before” Q53_4 = “I was referred to them” Q53_5 = “I didn't know where else to turn” Q53_6 = “They appeared safe to confide in” Q53_7 = “I had received help from them before” Q53_8 = “They were easily accessible” Q53_9 = “Other, please specify:”</p>	<p>blank = no response or skipped 1 = TRUE; 2 = FALSE</p>

Q53_9u	(no prompt; provided for “Other, please specify:” response to Q53_9) [Q53_9 = 1]	(text; blank = no response or skipped)
Q54	<p>“Did you see this person or these people on-campus? (i.e., were they affiliated with your college or university?)” [Q52 = 2, 6, 8, 9, or 10]</p> <p>Q54_2 = “Clergy” Q54_6 = “Alternative medical provider (e.g., acupuncturist, naturopathic doctor, massage therapist)” Q54_8 = “Medical provider (e.g., doctor, nurse practitioner)” Q54_9 = “Psychiatrist” Q54_10 = “Psychologist, counselor, or social worker”</p>	<p>blank = no response or skipped 1 = “Yes” 2 = “No”</p>
Q55	<p>“Why did you choose not to seek help or support from anyone during this stressful period? (Select all that apply)” [Q52 = 14]</p> <p>Q55_1 = “I did not think that it would be helpful to talk to anybody about it” Q55_2 = “I did not think I needed support or help” Q55_3 = “I did not want anyone to interfere or try to help” Q55_4 = “I typically do not share my personal concerns with other people” Q55_5 = “I did not want to burden other people” Q55_6 = “I felt ashamed or embarrassed” Q55_7 = “I was worried that they would judge me or think of me differently” Q55_8 = “I did not feel like there was anyone I could talk to” Q55_9 = “I thought there could be negative consequences for seeking help (e.g., being forced into treatment, losing my job, academic setbacks)” Q55_10 = “I have had a prior negative experience seeking help or support” Q55_11 = “Other, please specify:”</p>	<p>blank = no response or skipped 1 = TRUE; 2 = FALSE</p>
Q55_11u	(no prompt; provided for “Other, please specify:” response to Q55_11) [Q55_11 = 1]	(text; blank = no response or skipped)

<p>Q56</p>	<p>“Why did you choose not to seek professional help during this stressful period? (Select all that apply)” [Q52 = 1, 3 - 5, 7, 11 - 14; skip if Q52 = 2, 6, 8, 9 or 10]</p> <p>Q56_1 = “It did not occur to me to seek professional help” Q56_2 = “I did not feel a need for professional help” Q56_3 = “I did not know how to access professional help” Q56_4 = “I did not think that I could afford professional help” Q56_5 = “Seeking professional help is not acceptable in my family or my family’s culture” Q56_6 = “Seeking professional help is not acceptable in my peer culture or friend group” Q56_7 = “I was afraid my culture or background would not be understood” Q56_8 = “I did not think that professional help would be useful” Q56_9 = “I was worried about the potential consequences of seeking professional help on my future academic and career opportunities” Q56_10 = “I did not think professional help was available” Q56_11 = “I thought it would take too long to be seen by a professional” Q56_12 = “I have had a prior negative experience seeking professional help or support” Q56_13 = “Other, please specify:”</p>	<p>blank = no response or skipped 1 = TRUE; 2 = FALSE</p>
<p>Q56_13u</p>	<p>(no prompt; provided for “Other, please specify:” response to Q56_13) [Q56_13 = 1]</p>	<p>(text; blank = no response or skipped)</p>
<p>Q57</p>	<p>“How important was the following in helping you to reach out for support during this stressful time?”</p> <p>Q57_1 = “Blogging” Q57_2 = “Email” Q57_3 = “In person contact” Q57_4 = “Gaming connections” Q57_5 = “Phone” Q57_6 = “Social networking (e.g., Facebook, Twitter)” Q57_7 = “Text message” Q57_8 = “Videochat” Q57_9 = “Other, please specify:”</p>	<p>blank = no response or skipped 1 = “Not at all important” 2 3 = “Moderately important” 4 5 = “Very important”</p>

Q57_9u	(no prompt; provided for “Other, please specify:” response to Q57_9) [Q57_9 = 1]	(text; blank = no response or skipped)
Section Intro	“Now please focus on the "worst point" (when you were experiencing the most intense distress) during the stressful period that you’ve been focusing on.”	
Q58u	“Please briefly describe this worst point.”	(text; blank = no response or skipped)
Q59	“At the worst point during this stressful period, how would you rate the following:”	[Item column will be blank]
Q59a	“How emotionally distressed were you?”	blank = no response or skipped 1 = “Not at all distressed” 2 3 = “Moderately distressed” 4 5 = “Very distressed”
Q59b	“How disrupted were you in your day-to-day functioning?”	blank = no response or skipped 1 = “Not at all disrupted” 2 3 = “Moderately disrupted” 4 5 = “Very disrupted”
Q60	“At the worst point during this stressful period, how did your social behaviors change?”	blank = no response or skipped 1 = “I spent a lot less time socializing” 2 3 = “No change” 4 5 = “I spent a lot more time socializing”

Q61	“At the worst point during this stressful time, when approaching the challenges you were facing:”	[Item column will be blank]
Q61a	“How critical were you of yourself?”	blank = no response or skipped 1 = “Not at all critical” 2 3 = “Moderately critical” 4 5 = “Very critical”
Q61b	“How capable were you of managing these challenges?”	blank = no response or skipped 1 = “Not at all capable” 2 3 = “Moderately capable” 4 5 = “Very capable”
Q61c	“How motivated were you to manage these challenges?”	blank = no response or skipped 1 = “Not at all motivated” 2 3 = “Moderately motivated” 4 5 = “Very motivated”
Q61d	“How meaningful did you view your life to be?”	blank = no response or skipped 1 = “Not at all meaningful” 2 3 = “Moderately meaningful” 4 5 = “Very meaningful”
Q61e	“To what extent were you able to understand what needed to be done to face these challenges?”	blank = no response or skipped 1 = “Not at all able to understand” 2 3 = “Moderately able to understand” 4 5 = “Very able to understand”

Q61f	“How much did you feel you were a burden on others?”	blank = no response or skipped 1 = “Not at all a burden” 2 3 = “Moderately a burden” 4 5 = “Very much a burden”
Q61g	“How understood by others did you feel?”	blank = no response or skipped 1 = “Not at all understood” 2 3 = “Moderately understood” 4 5 = “Very understood”
Q61h	“How cared for by others did you feel?”	blank = no response 1 = “Not at all cared for” 2 3 = “Moderately cared for” 4 5 = “Very cared for”
Q61i	“How much did you feel that you could count on others?”	blank = no response or skipped 1 = “Not at all able to count on others” 2 3 = “Moderately able to count on others” 4 5 = “Very much able to count on others”
Q61j	“How comfortable did you feel making new connections with others?”	blank = no response or skipped 1 = “Not at all comfortable” 2 3 = “Moderately comfortable” 4 5 = “Very comfortable”

Section Intro	“In this section we hope to learn more about what you may have experienced during the stressful period that you identified.”	
Q62	<p>“During the stressful period, did you engage in any of the following behaviors? (Select all that apply)”</p> <p>Q62_1 = “Getting into fights” Q62_2 = “Increased gambling” Q62_3 = “Increased internet use or gaming” Q62_4 = “Increased use of drugs or alcohol” Q62_5 = “Risk-taking behavior (e.g., drunk driving, speeding)” Q62_6 = “Risky sexual behavior (e.g., unprotected sex with an untested partner, sexual contact with strangers or while intoxicated)” Q62_7 = “Severely restricted or excessive eating” Q62_8 = “Self-injury (e.g., intentional cutting, burning)” Q62_9 = “Significant drop in academic performance” Q62_10 = “Violating the law or violating school policies” Q62_11 = “None of the above”</p>	<p>blank = no response or skipped 1 = TRUE; 2 = FALSE</p>
Q63	<p>“During the stressful period, did you have any thoughts similar to the following? (Select all that apply)”</p> <p>Q63_1 = "This is all just too much" Q63_2 = "I wish this would all end" Q63_3 = "I have to escape" Q63_4 = "I wish I was dead" Q63_5 = "I want to kill myself" Q63_6 = "I might kill myself" Q63_7 = "I will kill myself" Q63_8 = I did not have any thoughts like these</p>	<p>blank = no response or skipped 1 = TRUE; 2 = FALSE</p>
Q64	“During this stressful period, did you seriously consider attempting suicide?”	<p>blank = no response or skipped 1 = “Yes” 2 = “No”</p>

Q65	<p>“When these thoughts were at their most intense, how strong was your intent to kill yourself?” [Q64 = 1]</p>	<p>blank = no response or skipped 1 = “Not at all strong” 2 3 = “Moderately strong” 4 5 = “Very strong”</p>
Q66	<p>“During this stressful period, did you do any of the following? (Select all that apply)” [Q64 = 1]</p> <p>Q66_1 = “Investigated ways to kill myself” Q66_2 = “Formed a specific plan for attempting suicide” Q66_3 = “Gathered the material for a suicide attempt” Q66_4 = “Wrote a suicide note but did not post it or leave it where others might read it” Q66_5 = “Wrote a suicide note and shared it or posted it” Q66_6 = “Wrote a will or otherwise put my affairs in order” Q66_7 = “Formed a suicide pact with others” Q66_8 = “Did a practice run of a suicide attempt” Q66_9 = “Began a suicide attempt, then changed my mind” Q66_10 = “None of the above”</p>	<p>blank = no response or skipped 1 = TRUE; 2 = FALSE</p>
Q67	<p>“During this stressful period, did you attempt suicide?”</p>	<p>blank = no response or skipped 1 = “Yes” 2 = “No”</p>

<p>Q68</p>	<p>“How many attempts did you make during this time?” [Q67 = 1]</p>	<p>blank = no response or skipped 1 = “1” 2 = “2” 3 = “3” 4 = “4” 5 = “5 or more”</p>
<p>Q68a</p>	<p>“For how many of your attempts did you receive emergency medical attention?” [Q68 = 1, 2, 3, 4, or 5 or more]</p>	<p>(pop out for Q68; blank = no response or skipped) 0 = “none” 1 = “1” 2 = “2” 3 = “3” 4 = “4” 5 = “5 or more”</p>
<p>Q69</p>	<p>“Which of these statements describe your intentions at the time of the attempt(s)?” [Q67 = 1]</p>	<p>blank = no response or skipped 1 = “I made a serious attempt to kill myself and I intended to die” 2 = “I tried to kill myself but knew that I might survive using the method I chose” 3 = “I was ambivalent and partly wanted to die but also partly wanted to live” 4 = “I mostly wanted to live but a small part of me wanted to die” 5 = “I did not intend to die”</p>
<p>Q70u</p>	<p>“How do you feel now about surviving the attempt(s)?” [Q67 = 1]</p>	<p>(text; blank = no response or skipped)</p>

<p>Q71</p>	<p>“Which of the following best describe your reasons for attempting suicide? (Select all that apply)” [Q67 = 1]</p> <p>Q71_1 = “It was impulsive and not really a choice” Q71_2 = “I wanted others to pay attention and take me seriously” Q71_3 = “I wanted to make others feel guilty or sorry” Q71_4 = “I wanted to show others the extent of my pain or unhappiness” Q71_5 = “I wanted to get help” Q71_6 = “My emotional pain became unbearable” Q71_7 = “I did not know what else to do” Q71_8 = “I had nothing else to live for” Q71_9 = “I felt like I was a burden on people around me” Q71_10 = “Other, please specify:”</p>	<p>blank = no response or skipped 1 = TRUE; 2 = FALSE</p>
<p>Q71_10u</p>	<p>(no prompt; provided for “Other, please specify:” response to Q71_10) [Q71_10 = 1]</p>	<p>(text; blank = no response or skipped)</p>
<p>Q72</p>	<p>“How would you describe the role of drugs or alcohol in your most recent suicide attempt? (Select all that apply)” [Q67 = 1]</p> <p>Q72_1 = “I was not using alcohol or drugs before or during my attempt” Q72_2 = “I intended to overdose with alcohol or drugs” Q72_3 = “I intended to use alcohol or drugs to reduce my inhibitions or fears about attempting suicide” Q72_4 = “My attempt was not planned in advance and may have happened because I was using alcohol or drugs” Q72_5 = “I was using alcohol or drugs but they were not related to my attempt” Q72_6 = “Addiction to alcohol or drugs was a reason for my attempt”</p>	<p>blank = no response or skipped 1 = TRUE; 2 = FALSE</p>
<p>Q73</p>	<p>“How would you describe your current thoughts about suicide?” [Q29 = 1]</p>	<p>blank = no response or skipped 1 = “I am no longer considering suicide and I doubt that I will ever again” 2 = “I am no longer considering suicide but I might in the future” 3 = “I am still considering suicide, but not very seriously” 4 = “I am currently seriously considering a suicide attempt”</p>

Section Intro	<p>“In this final, very brief section of the survey we hope to learn about what was helpful or could have been helpful in increasing your ability to manage during your <i>most stressful time</i>.”</p>	
Q74	<p>“From the list below, please indicate how the following impacted your ability to cope during the most stressful time?”</p> <p>Q74_1 = “Connection with your friends” Q74_2 = “Connection with your family” Q74_3 = “Connection to religion, spirituality or a higher power” Q74_4 = “Connection with your college or university” Q74_5 = “Connection with a mental health professional” Q74_6 = “Having experienced a similar situation before” Q74_7 = “Involvement in extracurricular groups, activities, or communities” Q74_8 = “Resources available on campus (e.g., student services, health center, counseling center, career center)”</p>	<p>blank = no response or skipped 1 = “Considerably reduced my ability to cope” 2 3 = “Did not impact my ability to cope” 4 5 = “Considerably improved my ability to cope”</p>
Q75	<p>“Do you think you will be less equipped or better equipped to handle future stress as a result of your experiences during the past year?”</p>	<p>blank = no response or skipped 1 = “Considerably less equipped” 2 3 = “No change” 4 5 = “Considerably more equipped”</p>
Q76	<p>“After going through this stressful period, how likely would you be to seek help through your campus counseling center for future stressful experiences?”</p>	<p>blank = no response or skipped 1 = “Not at all likely” 2 3 = “Neither more nor less likely” 4 5 = “Very likely”</p>

Q77	“If you had a friend who was going through similarly stressful experiences, how likely would you be to refer her or him to the campus counseling center?”	blank = no response or skipped 1 = “Not at all likely” 2 3 = “Neither more nor less likely” 4 5 = “Very likely”
Q78u	“What could your college or university have provided you or done differently to better help you manage during this stressful time?”	(text; blank = no response or skipped)
Q79u	“In what ways do you feel like you have grown from going through this stressful experience and / or what personal strengths have you become more aware of?”	(text; blank = no response or skipped)