A special thanks to Dr. Saeromi Kim for collaborating to develop the mental health & wellness question inventory.
Utilization & Awareness of Resources

Utilization of Mental Health Resources – CAPS
International Undergraduate & Graduate Students
UGn= 785, Gn= 797
Source: Dashew Center Biennial Survey of International Students, 2016-17

**Awareness of Mental Health Resources – CAPS**

**International Undergraduate & Graduate Students**

**UGn= 785, Gn= 797**

Source: Dashew Center Biennial Survey of International Students, 2016-17

- **CAPS: Individual Counseling**
  - 80% Undergrad are aware of CAPS-individual counseling
  - 61% Exchange students are aware of CAPS-individual counseling
  - 78% Graduate students are aware of CAPS-individual counseling

- **CAPS: Group counseling**
  - 50% Undergrad
  - 69% Exchange
  - 66% Grad

- **CAPS: Wellness workshops & trainings**
  - 54% Undergrad
  - 70% Exchange
  - 64% Grad

- **CAPS: Crisis services/resources**
  - 50% Undergrad
  - 68% Exchange
  - 62% Grad

- **CAPS: Referral to outside therapist or specialist**
  - 46% Undergrad
  - 65% Exchange

**Utilization of Mental Health Resources – OTHER**

**International Undergraduates & Graduate Students**

UGn= 785, Gn= 797

- **Mindfulness Workshops**
  - Undergrad: 8.9%
  - Graduate: 8.1%

- **Brochure about Mental Health & International Students**
  - Undergrad: 4.4%
  - Graduate: 4.6%

- **Case Management Services (formerly known as CARE)**
  - Undergrad: 2.6%
  - Graduate: 2.3%

- **GRIT Peer Coaching**
  - Undergrad: 2.0%
  - Graduate: 4.4%

Wellness programs offered by student organizations (e.g. …

Source: Dashew Center Biennial Survey of International Students, 2016-17

Wellness programs offered by student organizations (e.g. …)

- Mindfulness Workshops
- Brochure about Mental Health & International Students
- GRIT Peer Coaching

Source: Dashew Center Biennial Survey of International Students, 2016-17

- 60% Undergrad are aware of Mindfulness Workshop
- 54% Exchange students are aware of Mindfulness Workshop
- 67% Graduate students are aware of CAPS-individual counseling

UGn= 785, Gn= 797

Approximately How Many People Do You Know Who Go/Went To...
International Undergraduates, n = 616

Source: Dashew Center Biennial Survey of International Students, 2016-17

CAPS at UCLA
- 46% report 0
- 54% report ≥1

Another counseling center in the U.S.
- 61% report 0
- 39% report ≥1

Another counseling center outside the U.S.
- 63% report 0
- 37% report ≥1

Another counseling center in the U.S.

CAPS at UCLA: 54% report 0, 46% report ≥1

Another counseling center outside the U.S.

CAPS at UCLA: 67% report 0, 33% report ≥1

Source: Dashew Center Biennial Survey of International Students, 2016-17

1 in 6 UCLA students actually go to CAPS | 16.7%

What percentage of UCLA students do you believe go to CAPS each year?

- International Undergraduates | 20.9%
- International Exchange Students | 18.0%
- International Graduate Students | 17.7%

Perceived > Actual = No Social Norming Effect

Spotlight: Utilization

- International degree students utilize CAPS at slightly lower rates than all students at UCLA.
- Degree students are under-aware of CAPS services outside of individual counseling as well as other wellness resources on campus.
- Exchange students are under-aware of and under-utilize CAPS and other wellness resources.

Spotlight: Social Norming

- International undergraduates know more people who go to counseling centers in the U.S. than their graduate peers.
- International undergraduate and graduate students know the same number of people who go to counseling centers outside the U.S. (no statistical difference).
- However, all international students slightly overestimate the number of students who go to CAPS, which implies there’s no social norming effect.
- Misperceiving the norm can create stigma and influence behavior e.g. keep people from going to CAPS.

A crisis
Sexual assault/harrassment
Discrimination or bias
Difficulty sleeping/waking
Difficulty concentrating
Feeling depressed or isolated
Changes in eating patterns
Academic performance
Physician referral
Fear of academic probation or dismissal
Difficulty connecting with peers
Worries some part of my identity is not accepted
Diffficulties resolving conflict
Worry about post-grad plans
Concerns about visa regulations
A desire to build skills

Likelihood to go to CAPS IF...

International Undergraduates, n = 595

Source: Dashew Center Biennial Survey of International Students, 2016-17

A crisis
Sexual assault/harassment
Discrimination or bias
Difficulty sleeping/waking
Difficulty concentrating
Feeling depressed or isolated
Changes in eating patterns
Academic performance
Physician referral
Fear of academic probation or dismissal
Worries some part of my identity is not accepted
Difficulties resolving conflict
Worry about post-grad plans
Concerns about visa regulations
A desire to build skills
Likelihood to go to CAPS IF...

International Graduate Students, n = 631

Source: Dashew Center Biennial Survey of International Students, 2016-17

Spotlight: Help-Seeking

• Most international undergraduate and graduate students report a willingness to seek help from CAPS for medicalized and serious conditions

• International students may get to CAPS with more severe mental health needs

I don't believe I need to go

CAPS is for people with severe problems, and mine aren't that bad

I don't think CAPS counselors will be able to help

If I go, my peers/family will judge me or think that I'm weak

I don't know how to access CAPS services

I don't trust people I don't know

I know someone who went to CAPS and had a bad experience

Source: Dashew Center Biennial Survey of International Students, 2016-17

I don't believe I need to go

I've been to CAPS and had a bad experience

I don't trust people I don't know

I worry that CAPS is not really confidential

If I go, my peers/family will judge me or think that I'm weak

I don't know how to access CAPS services

I don't think CAPS counselors will be able to help

CAPS is for people with severe problems, and mine aren't that bad

Reasons Non-Users Don’t Go

International Graduate Students, n = 629

Source: Dashew Center Biennial Survey of International Students, 2016-17

Other Reasons You Don’t Go

Not enough time (n = 12)

Wait times too long / not available when needed e.g. weekends (n = 6)

Select Quotes: Other Reasons You Don’t Go

• I haven't been brought in a culture that encourages a habit of seeing a counsellor
• More that I will think I'm weak and that will increase my self-esteem/self-loathing issues, not just my peers [will think I am weak].

Select Quotes: Other Reasons You Don’t Go

Self-Sufficiency and/or Reliance on Support Network

• I want to be able to tackle my problems myself before seeking out help and most of the time my friends and family help me.

• I believe that I can deal with my problems on my own.

• I ultimately need to deal with my own problems. I have been struggling with the same old problem for years, but I will not grow out of it if I choose not to move on. Sometimes, talking to someone at CAPS will not help but make one addicted to talk about one's problems.

Select Quotes: Other Reasons You Don’t Go

Uncertainty / Difficulty Articulating a/the Problem

• I don't know if I need help or not.

• I don't know how to explain my situation

• Communication and language difficulty. Can't express what I thought exactly.

Select Quotes: Other Reasons You Don’t Go

Fear/Anxiety About Seeking Help
• Anxiety surrounding outcome of CAPS treatment
• Afraid to get help.
• I'm too scared to admit to myself that I have problems, so not going to CAPS helps me ignore those problems. Also, CAPS is hard to use. Going over without any contact to the counselors what so ever is intimidating, not just to me, i assume, to other people too.

Academic, Administrative, Social, & Wellness Needs

Grouping of Needs

- Academic Cronbach’s alpha > 0.8
- Administrative Cronbach’s alpha > 0.7
- Social Cronbach’s alpha > 0.8
- Wellness Cronbach’s alpha > 0.8
Frequency of Difficulty: Wellness
International Undergraduate Students, n=648~653

Homesickness: 20% Always/Most of the time, 60% Sometimes, 20% Rarely/Never
Sadness or depression: 30% Always/Most of the time, 50% Sometimes, 20% Rarely/Never
Loneliness: 50% Always/Most of the time, 30% Sometimes, 20% Rarely/Never
Stress: 40% Always/Most of the time, 50% Sometimes, 10% Rarely/Never
Change in my eating patterns (eating more or less than usual): 20% Always/Most of the time, 60% Sometimes, 20% Rarely/Never
Sleep disturbances (too much/too little): 30% Always/Most of the time, 50% Sometimes, 20% Rarely/Never

Source: Dashew Center Biennial Survey of International Students, 2016-17

Frequency of Difficulty: Wellness
International Graduate Students, n=694~697

Source: Dashew Center Biennial Survey of International Students, 2016-17

Homesickness
Sadness or depression
Loneliness
Change in my eating patterns (eating more or less than usual)
Sleep disturbances (too much/too little)

Always/Most of the time
Sometimes
Rarely/Never

Frequency of Difficulty: Academic
International Undergraduate Students, n=650~653

Source: Dashew Center Biennial Survey of International Students, 2016-17

Always/ Most of the time  Sometimes  Rarely/Never

- Time management
- Adjusting to US academic expectations and norms
- Speaking in class or other group settings
- Reading comprehension
- Academic Performance
- Academic writing
- English proficiency

Frequency of Difficulty: Academic International Graduate Students, n=692~697

Source: Dashew Center Biennial Survey of International Students, 2016-17

- Time management: Mostly always
- Adjusting to US academic expectations and norms: Mostly always
- Speaking in class or other group settings: Mostly always
- Reading comprehension: Mostly always
- Academic Performance: Mostly always
- Academic writing: Mostly always
- English proficiency: Mostly always

Dashew Center Biennial Survey of International Students, 2016-17

Frequency of Difficulty: Social International Undergraduate Students, n=646~651

- Working in a group
- Leading a group
- Self-confidence/self-esteem
- Assertively standing up for myself
- Resolving disagreements with others
- Meeting/socializing with other international students
- Meeting/socializing with domestic students
- Adjusting to US social expectations and norms

Source: Dashew Center Biennial Survey of International Students, 2016-17

Frequency of Difficulty: Social International Graduate Students, n=690~694

Source: Dashew Center Biennial Survey of International Students, 2016-17

- Working in a group
- Leading a group
- Self-confidence/self-esteem
- Assertively standing up for myself
- Resolving disagreements with others
- Meeting/socializing with other international students
- Meeting/socializing with domestic students
- Adjusting to US social expectations and norms

Dealing with university policies that apply to international students

Frequency of Difficulty: Administrative International Undergraduate Students, n=651~652

- Always/Most of the time
- Sometimes
- Rarely/Never

Source: Dashew Center Biennial Survey of International Students, 2016-17

Visa, immigration laws, and/or work authorization

Dealing with university policies that apply to international students

Source: Dashew Center Biennial Survey of International Students, 2016-17

Frequency of Difficulty: Administrative
International Graduate Students, n=689~695

Always/ Most of the time
Sometimes
Rarely/ Never

> 50%

Question:
Do the students with frequent difficulty in the wellness, academic, social, and admin domains use CAPS and other wellness resources?

### T-test: Frequency of Difficulties, Int’l Undergraduates

<table>
<thead>
<tr>
<th></th>
<th>More frequent difficulties</th>
<th>Less frequent difficulties</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wellness</strong></td>
<td>Female, Transfers</td>
<td>Freshman, Exchange Students</td>
</tr>
<tr>
<td><strong>Academic</strong></td>
<td>East Asians, Transfers</td>
<td>South Asians, South East Asians</td>
</tr>
<tr>
<td><strong>Social</strong></td>
<td>East Asians, Transfers</td>
<td>South Asians, Freshman</td>
</tr>
<tr>
<td><strong>Administrative</strong></td>
<td>Transfers</td>
<td>Freshman, Exchange Students</td>
</tr>
</tbody>
</table>

**Among groups that report more frequent difficulties**

- **Awareness (CAPS)**
  - **Females**, South Asians, Freshman
  - East Asians, Transfers

- **Utilization (CAPS)**
  - Freshman, Exchange students
  - East Asians, Transfers

- **Awareness (Wellness)**
  - South Asians
  - East Asians, Transfers

- **Utilization (Wellness)**
  - Exchange Students

Graphic by Shuai Li
### T-test: Frequency of Difficulties, Int’l Graduate Students

<table>
<thead>
<tr>
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<td>East Asians</td>
</tr>
<tr>
<td>Administrative</td>
<td>East Asians</td>
</tr>
</tbody>
</table>

**Among groups that report more frequent difficulties**

- **Awareness (CAPS)**
  - South Asians

- **Utilization (CAPS)**
  - Females

- **Awareness (Wellness)**
  - South Asians

- **Utilization (Wellness)**
  - East Asians

Graphic by Shuai Li
Question:
Do the students with frequent difficulty in the wellness, academic, social, and admin domains use CAPS and other wellness resources?
Spotlight

• Students from different backgrounds relate to their mental health and needs in different ways
• Females report more need and report more awareness (UGs) and utilization (Gs)
• East Asians (UG & G) and transfer students report more need and less awareness of CAPS and other wellness resources

Questions