

## Substance Misuse and Mental Health in College Settings: National Data Sources

This tool provides a list of key national data sources with measures specific to college students regarding substance misuse, mental health problems, and college-related risk and protective factors identified via systematic review. Each identified data source includes the following:

- Brief description and access information;
- List of available substance misuse and mental health problem indicators; and
- List of available college-related risk and protective factor indicators.

Prevention practitioners may want to target specific college-related factors such as those identified by [Substance Misuse in the College Environment: Understanding Outcomes and Associated Factors](#), which provides a summary of college-related factors and associated substance misuse and mental health problems based on a systematic review of literature. Once priorities have been selected and risk and protective factors identified, prevention practitioners can use the list of key national data sources in this tool to select specific indicators that best reflect the focus of their prevention efforts.

Please note: The list of data sources presented in this tool is not comprehensive. Prevention practitioners may want to identify additional data sources available in their state, jurisdiction, or tribe for more information on college-related indicators.

## SAMHSA'S CENTER FOR THE APPLICATION OF PREVENTION TECHNOLOGIES

Data source	Description and access information	Substance misuse and mental health problem indicators available <sup>1,2</sup>	College-related risk and protective factor indicators available <sup>1,2</sup>
<a href="#"><u>Current Population Survey</u></a>	Provides data on work, earnings, and education in a monthly household survey for those 15 years of age and older and not in the Armed Forces.	<ul style="list-style-type: none"> <li>• (N/A – does not include data on substance misuse and mental health problem indicators)</li> </ul>	<ul style="list-style-type: none"> <li>• College enrollment<sup>3</sup></li> </ul>
<a href="#"><u>Digest of Education Statistics</u></a>	Provides enrollment statistics compiled by the National Center for Education Statistics. Information includes number of schools and colleges, teachers, enrollment, graduates, and many other education-related topics.	<ul style="list-style-type: none"> <li>• (N/A – does not include data on substance misuse and mental health problem indicators)</li> </ul>	<ul style="list-style-type: none"> <li>• College enrollment</li> <li>• College type (for example, faith-based institution)</li> <li>• Intention or participation in study abroad program</li> <li>• Living arrangements while in college</li> <li>• Out-of-state student status</li> </ul>

<sup>1</sup> This table only focuses on outcomes (substance misuse and mental health problems) and risk/protective factors identified by our systematic review.

<sup>2</sup> Our initial review of national data sources did not find any data or information on the following indicators identified by our systematic review: participation in sports-related social events and quantity of marijuana consumed.

<sup>3</sup> College enrollment data can also be gathered from the American Community Survey: <https://www.census.gov/programs-surveys/acs/about.html>.

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<a href="#"><u>National College Health Assessment</u></a>	<p>Provides data on health habits, behaviors, perceptions, and unique health risks and needs of college students.</p>	<ul style="list-style-type: none"> <li>• Alcohol use</li> <li>• Binge drinking</li> <li>• Heavy alcohol use</li> <li>• Quantity of alcohol consumed</li> <li>• Illicit drug use</li> <li>• Marijuana/cannabis use</li> <li>• Ecstasy use</li> <li>• Nonmedical use of prescription drugs</li> <li>• Nonmedical use of opiates/opioids</li> <li>• Nonmedical use of stimulants</li> <li>• Anxiety</li> <li>• Suicidal ideation</li> </ul>	<ul style="list-style-type: none"> <li>• Academic stress</li> <li>• College drinking norms</li> <li>• Greek membership/affiliation</li> <li>• Living arrangements while in college</li> <li>• Participation in college sports/intramural sports/club sports</li> <li>• Poor academic performance</li> </ul>

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<a href="#"><u>National Survey on Drug Use and Health</u></a>	<p>Provides data on trends and patterns of alcohol, tobacco, and other substance use and misuse; assesses consequences of substance use and misuse; and identifies groups at high risk among those 12 and older.</p>	<ul style="list-style-type: none"> <li>• Alcohol use</li> <li>• Binge drinking</li> <li>• Heavy alcohol use</li> <li>• Quantity of alcohol consumed</li> <li>• Illicit drug use</li> <li>• Marijuana/cannabis use</li> <li>• Nonmedical use of prescription pain relievers</li> <li>• Nonmedical use of stimulants</li> <li>• Suicidal ideation</li> </ul>	<ul style="list-style-type: none"> <li>• Academic achievement</li> <li>• College drinking norms</li> <li>• Participation in student activities</li> <li>• Poor academic performance</li> </ul>

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<a href="#"><u>Core Institute Survey</u></a>	<p>Provides data on college students' attitudes and perceptions about alcohol and drugs, substance use, and consequences of use and misuse.</p>	<ul style="list-style-type: none"> <li>• Alcohol use</li> <li>• Binge drinking</li> <li>• Heavy alcohol use</li> <li>• Quantity of alcohol consumed</li> <li>• Illicit drug use</li> <li>• Marijuana/cannabis use</li> <li>• Ecstasy use</li> <li>• Nonmedical opiates use</li> <li>• Suicidal ideation</li> </ul>	<ul style="list-style-type: none"> <li>• Academic achievement</li> <li>• College drinking norms</li> <li>• Living arrangements while in college</li> <li>• Multiple student leadership roles</li> <li>• Participation in prosocial campus activities</li> <li>• Perceived college sanctions for alcohol policy violations</li> <li>• Poor academic performance</li> </ul>
<a href="#"><u>Monitoring the Future</u></a>	<p>Looks at trends in use of licit and illicit drugs among adolescents, college students, young adults, and adults up to age 55.</p>	<ul style="list-style-type: none"> <li>• Alcohol use</li> <li>• Binge drinking</li> <li>• Drunkenness</li> <li>• Illicit drug use</li> <li>• Marijuana/cannabis use</li> <li>• Ecstasy use</li> <li>• Stimulants use</li> <li>• Narcotics other than heroin</li> </ul>	<ul style="list-style-type: none"> <li>• (N/A – does not include data on factors identified by our review)</li> </ul>

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The national data sources listed above can be helpful in providing overall prevalence rates of college-related factors and associated substance misuse and mental health problems, but they often do not provide community- or local-level prevalence rates. Local higher education institutions such as technical schools, colleges, and universities may be able to provide data on substance misuse, mental health problems, and risk and protective factors that they collect as part of activities conducted in student health centers, campus living, and student services as well as through local college health surveys. Wherever possible, prevention practitioners interested in targeting this population should collaborate with local colleges and universities to access and/or collect data on these and other indicators, and consider college-related factors and associated outcomes prevalent in their communities.