# CCAPS National Comparison — Initial Distress

Student Health and Wellness Counseling Services — Based upon first scoreable CCAPS-62 Administration per Client, from 08/26/2023 to 08/25/2024, 858 Unique Local Clients compared to the CCMH 2022-2024 national sample of 300,716

| Subscale | CCAPS Average Scores ■ Local Average □ National Average | | | | | Effect size, Description |
|---|---|---|---|---|---|---|
| | 0 | 1 | 2 | 3 | 4 | |
| **Depression** | Local: 1.08 — National: 1.76 | | | | | .68, Medium |
| **Generalized Anxiety** | Local: 1.17 — National: 1.86 | | | | | .70, Medium |
| **Social Anxiety** | Local: 1.62 — National: 2.12 | | | | | .49, Small |
| **Academic Distress** | Local: 1.35 — National: 1.89 | | | | | .54, Medium |
| **Eating Concerns** | Local: 0.86 — National: 1.10 | | | | | .24, Small |
| **Frustration / Anger** | Local: 0.70 — National: 0.97 | | | | | .28, Small |
| **Family Distress** | Local: 1.07 — National: 1.42 | | | | | .35, Small |
| **Substance Use** | Local: 0.3? — National: 0.54 | | | | | .24, Small |
| **Distress Index** | Local: 1.11 — National: 1.79 | | | | | .68, Medium |
| | 0 | 1 | 2 | 3 | 4 | |

### Legend:

- <u>CCAPS Average Scores</u>: *Local*: the average local scores for each subscale; *National*: the composite average subscale score for CCMH member institutions.
- ⊢—⊣ : This line represents a range of 2 standard deviations, one above and one below the national average subscale score. (NOTE: that for Eating Concerns and Alcohol Use subscales, the lower bound of this range is cut off as it extends below zero.)
- *Effect size, Description*: The numerical value is the Cohen's *d* effect size (Cohen, 1988). This indicates the strength of the difference between the local average and the national average. The description represents the practical implication of the difference between local and national averages, based on Cohen's *d*. Negligible = 0.00 to 0.19, Small = 0.20 to 0.49, Medium = 0.50 to 0.79, and large = 0.80 or greater.

# CCAPS Data Table

| Subscale | National average | National SD | Local Average | Local SD | Raw Average Difference | Raw SD Difference | Pooled SD | Cohen's *d* | % of Clients Above National Average |
|---|---|---|---|---|---|---|---|---|---|
| Depression | 1.76 | 0.88 | 1.08 | 1.00 | 0.676605 | 0.122194 | 0.945780 | 0.715393 | 30.65% |
| Generalized Anxiety | 1.86 | 0.91 | 1.17 | 1.08 | 0.696811 | 0.169098 | 0.998610 | 0.697781 | 31.09% |
| Social Anxiety | 2.12 | 0.91 | 1.62 | 0.99 | 0.494308 | 0.081200 | 0.951296 | 0.519615 | 35.67% |
| Academic Distress | 1.89 | 0.97 | 1.35 | 1.00 | 0.541471 | 0.025520 | 0.987372 | 0.548396 | 34.91% |
| Eating Concerns | 1.10 | 0.89 | 0.86 | 0.82 | 0.237611 | 0.069563 | 0.855047 | 0.277892 | 42.21% |
| Frustration / Anger | 0.97 | 0.81 | 0.70 | 0.83 | 0.277073 | 0.023830 | 0.822739 | 0.336769 | 40.59% |
| Family Distress | 1.42 | 1.01 | 1.07 | 1.00 | 0.350086 | 0.008623 | 1.001207 | 0.349664 | 40.24% |
| Substance Use | 0.54 | 0.75 | 0.31 | 0.58 | 0.236132 | 0.166553 | 0.668994 | 0.352966 | 40.15% |
| Distress Index | 1.79 | 0.79 | 1.11 | 1.01 | 0.683801 | 0.217338 | 0.910025 | 0.751408 | 29.76% |

**CCAPS Data Table Legend:**

National average: the composite average scores for all CCMH member institutions
National SD: the composite standard deviation of average scores for all CCMH member institutions
Local average: the average scores at your center for a given subscale
Local SD: the standard deviation of average scores at your center
Raw average difference: the absolute value of the difference between the local and national averages
Raw SD difference: the absolute value of the difference between the local and national standard deviations
Pooled SD: a combination of local and national standard deviations, used in calculation of Cohen's *d*
Cohen's *d:* the strength of the difference between a local center's average and the national average
% of clients above the national average (probability of superiority): the likelihood that a student entering your clinic has a starting subscale score higher than what is expected for the national mean. A center with mean subscale scores equivalent to national means would have a 50% probability; percentages above and below 50% indicate comparatively higher and lower mean subscale scores compared to national means.

# SI/THO Item Analysis

| Item | % Responses > 0 (Local / National) | Item Average (Local / National) | Local Response Frequencies (# / %) | | | | |
|---|---|---|---|---|---|---|---|
| | | | 0 | 1 | 2 | 3 | 4 |
| "I have thoughts of ending my life (SI)" | 19.7% / 35.9% | 0.38 / 0.69 | 689 / 80.30% | 76 / 8.86% | 46 / 5.36% | 28 / 3.26% | 19 / 2.21% |
| "I have thoughts of hurting others (THO)" | 6.6% / 9.3% | 0.11 / 0.15 | 801 / 93.36% | 35 / 4.08% | 12 / 1.40% | 7 / 0.82% | 3 / 0.35% |