

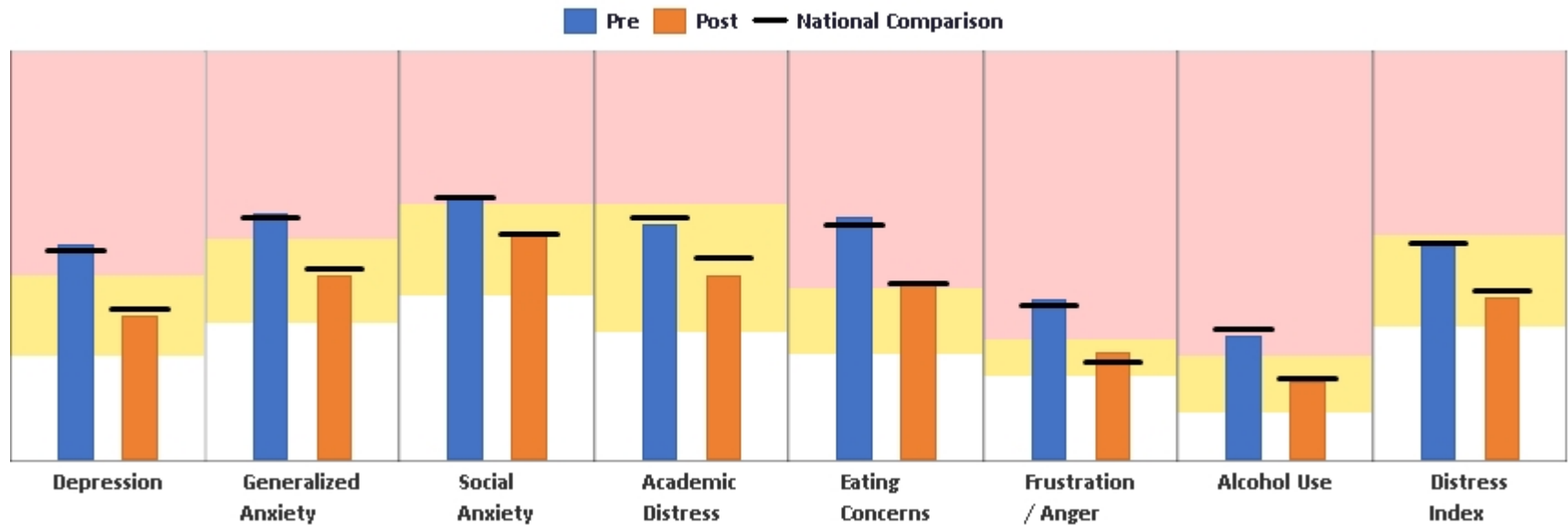
CCAPS National Comparison — Pre-Post Change

v 01/2025

Student Health and Wellness Counseling Services — Based on 246 unique local clients above the low cut, with at least 2 CCAPS Administrations from 08/26/2023 to 08/25/2024. Clients in the local sample have an average of 2.9 administrations; clients in the national sample have an average of 4.9 administrations.

Note: This report only includes clients with at least 2 CCAPS Administrations and is most useful when the CCAPS is administered at every session. The number of CCAPS administrations may or may not reflect the number of appointments depending on your CCAPS administration schedule.

National Pre- to Post-Treatment Change



Local Pre, Post	2.12, 1.41	2.41, 1.80	2.56, 2.22	2.30, 1.80	2.37, 1.71	1.56, 1.05	1.20, 0.75	2.15, 1.59
Local Change	-0.71	-0.61	-0.34	-0.49	-0.66	-0.51	-0.45	-0.56
National Pre, Post	2.05, 1.48	2.39, 1.88	2.58, 2.21	2.37, 1.99	2.31, 1.73	1.51, 0.94	1.28, 0.79	2.13, 1.65
National Change	-0.58	-0.51	-0.37	-0.39	-0.58	-0.56	-0.48	-0.47

For example, at pre-treatment, local clients reported an average score on the Depression subscale of 2.12. At post-treatment, they reported an average score on the Depression subscale of 1.41, reflecting a decrease of 0.71 over the course of treatment.

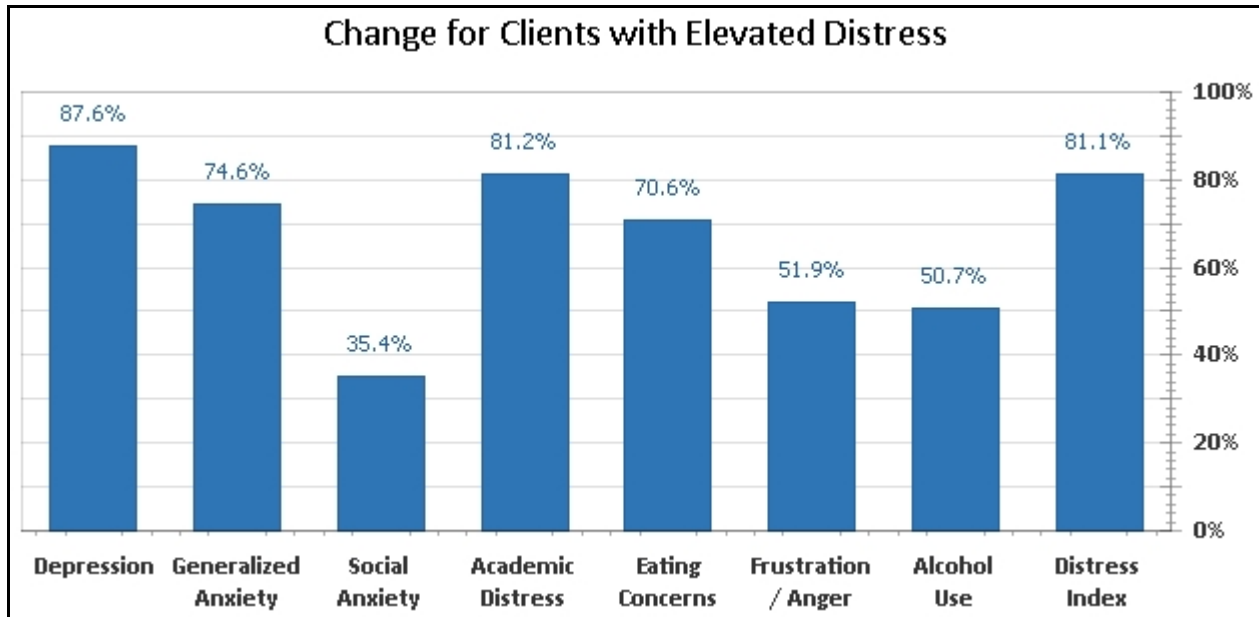
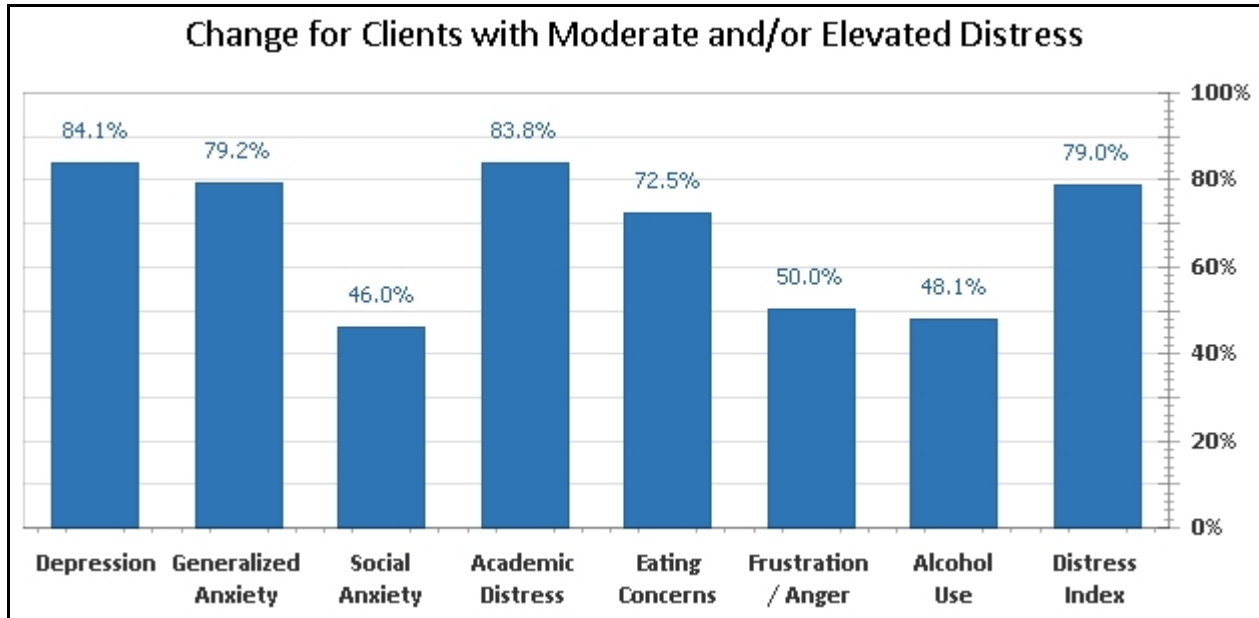
Out of 246 total clients, **32% (n = 78) reported at least some SI at pre-treatment. Of those, 76% (n = 59) decreased their SI score at post treatment.**

Out of 246 total clients, **10% (n = 24) reported at least some THO at pre-treatment. Of those, 75% (n = 18) decreased their THO score at post treatment.**

CCAPS National Comparison — Pre-Post Change

v 01/2025

Student Health and Wellness Counseling Services — Based on 290 unique local clients, with at least 2 CCAPS Administrations from 08/26/2023 to 08/25/2024. The clients in the local sample have an average of 2.9 administrations.



Note: This report only includes clients with at least 2 CCAPS Administrations and is most useful when the CCAPS is administered at every session. The number of CCAPS administrations may or may not reflect the number of appointments depending on your CCAPS administration schedule.

This report compares your center's average change on the CCAPS' subscales to a national sample of 356 counseling centers representing 271,711 clients. Average change is calculated by subtracting each client's last scorable CCAPS administration from their first scorable CCAPS administration and then averaging these differences by subscale. Two charts are provided above based on client's level of initial distress: (1) clients with moderate and/or elevated initial distress or (2) clients with only elevated initial distress.

For example, looking at the first chart (moderate + elevated), your center's average change for Depression is at the 84th percentile. This means that your center's average change on the Depression subscale is greater than the change achieved by 84% of counseling centers in the national sample (for clients whose initial distress was at least moderate and/or elevated).

CCAPS Pre-Post Change Data Table

Subscale by Initial Distress Level	Local Average Change in Raw Subscale Score	# of Local Clients Above Cut Score	% of Local Clients Above Cut Score	National Average Change in Raw Subscale Score	# of National Clients Above Cut Score	% of National Clients above Cut Score
Depression Low-Cut	0.712	158	54.5%	0.534	192,516	70.9%
Depression High-Cut	0.967	97	33.4%	0.719	115,039	42.3%
Generalized Anxiety Low-Cut	0.613	182	62.8%	0.473	202,265	74.4%
Generalized Anxiety High-Cut	0.746	99	34.1%	0.617	123,790	45.6%
Social Anxiety Low-Cut	0.339	179	61.7%	0.351	194,309	71.5%
Social Anxiety High-Cut	0.426	86	29.7%	0.479	99,103	36.5%
Academic Distress Low-Cut	0.494	180	62.1%	0.352	197,318	72.6%
Academic Distress High-Cut	0.802	82	28.3%	0.632	91,935	33.8%
Eating Concerns Low-Cut	0.663	93	32.1%	0.551	98,162	36.1%
Eating Concerns High-Cut	0.727	66	22.8%	0.619	78,900	29.0%
Frustration / Anger Low-Cut	0.509	126	43.4%	0.509	111,247	40.9%
Frustration / Anger High-Cut	0.626	77	26.6%	0.617	76,773	28.3%
Alcohol Use Low-Cut	0.453	64	22.1%	0.461	82,045	30.2%
Alcohol Use High-Cut	0.656	40	13.8%	0.652	49,597	18.3%
Distress Index Low-Cut	0.559	168	57.9%	0.433	189,288	69.7%
Distress Index High-Cut	0.765	78	26.9%	0.594	81,169	29.9%

Data Table Column Descriptions

Subscale by Initial Distress Level	Scores on the CCAPS are divided into three ranges of distress, Low-Distress (white), Moderate Distress (yellow), and Elevated Distress (red), using Low and High cut-scores (Low-Cut and High-Cut). Clients that score over the Low-Cut include Moderate Distress plus Elevated Distress scores. Those that score over the High-Cut include Elevated Distress scores only. For more information about cut-scores please view the CCAPS User Manual under "CCAPS" in the Help Tab.
Local Average Change in Raw Subscale Score	The average difference in Pre-Post CCAPS scores at your center for a given subscale and initial distress.
# of Local Clients Above Cut Score	The number of clients at your center that scored above the indicated cut-score (low or high) per subscale.
% of Local Clients Above Cut Score	The percentage of clients at your center that scored above the indicated cut-score (low or high) per subscale.
National Average Change in Raw Subscale Score	The national average Pre-Post change in CCAPS scores for the indicated subscale and cut-score.
# of National Clients Above Cut Score	The number of clients in the national sample that scored above the indicated subscale and cut-score.
% of National Clients Above Cut Score	The percentage of clients in the national sample that that scored above the indicated subscale and cut-score.