

Life at Lehigh:

Community and Well-being Survey

2024-25 Data Report

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Summary

This report provides survey results from the Life at Lehigh: Community and Well-being Survey from academic year 2024-25. The survey, which is administered to undergraduate students, includes various measures that are related to well-being. Included are measures of flourishing (positive mental health), anxiety, depression, loneliness, sense of belonging, and alcohol and other drug use. It also contains measures for specific Lehigh programs and interventions as well as university resource use. This summary report provides:

- An overview of the survey measures and corresponding responses
- Select trends over time
- Select national benchmark data

While select key measures are highlighted in this report, the appendix contains frequency distributions for all other questions included in the survey.

About the Survey

The Life at Lehigh: Community and Well-being Survey was administered to all undergraduate students in November 2024. This survey evolved from a long-standing survey called the “Alcohol Use and Social Options Survey”. As its name suggests, the focus of the survey was on alcohol use as well as interest and involvement in some alcohol-free social options at Lehigh. Beginning in Fall 2020, the survey was redesigned and expanded to include other measures related to students’ well-being and sense of belonging, while still including alcohol and other drug use measures. For this reason, some historical trends are available for earlier years (e.g., alcohol use) while other measures have been added since 2020. The response rate for the 2024-25 academic year was 14% (N = 830).

Positive Mental Health

The survey includes the Flourishing Scale, a widely used scale that was developed by Diener, Wirtz, Kim-Prieto, Choi, and Biswas-Diener (2009), as a measure of positive mental health. The scale is a “brief 8-item summary measure of the respondent's self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism. The scale provides a single psychological well-being score.” Each item is rated on a 7-point Likert scale (1 = strongly disagree to 7 = strongly agree). Table 1 presents the survey items and corresponding mean responses. Across all items, mean scores ranged between 5 and 6, indicating that, on average, students reported between “somewhat agreeing” and “agreeing” with the statements.

Table 1: Flourishing scale and results

Rate your agreement with following:	Mean score
I lead a purposeful and meaningful life	5.8
My social relationships are supportive and rewarding	5.8
I am engaged and interested in my daily activities	5.7
I actively contribute to the happiness and well-being of others	5.9
I am competent and capable in the activities that are important to me	5.9
I am a good person and live a good life	5.9
I am optimistic about my future	5.8
People respect me	5.8

Scale: 1 = Strongly disagree, 2 = Disagree, 3 = Somewhat disagree, 4 = Neither agree nor disagree, 5 = Somewhat agree, 6 = Agree, 7 = Strongly agree

Several sources, including the American College Health Association, use a total score of 48 or higher on the Flourishing Scale (calculated by summing the eight items) to define “positive mental health.” This threshold corresponds to, on average, at least agreeing (“Agree” or “Strongly Agree”) with the scale items. Based on this definition, 55% of surveyed students met the criteria for positive mental health.

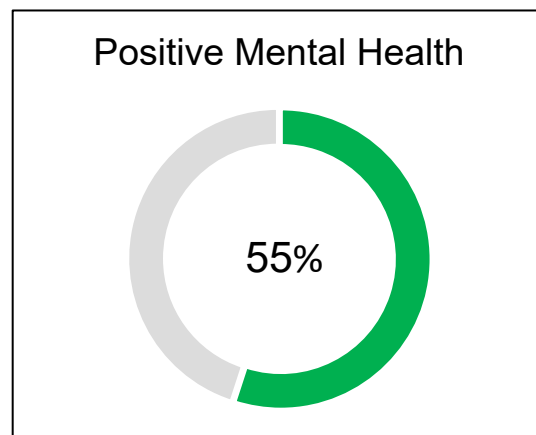


Figure 1: Flourishing/ Positive Mental Health

Psychological Distress: Depression and Anxiety

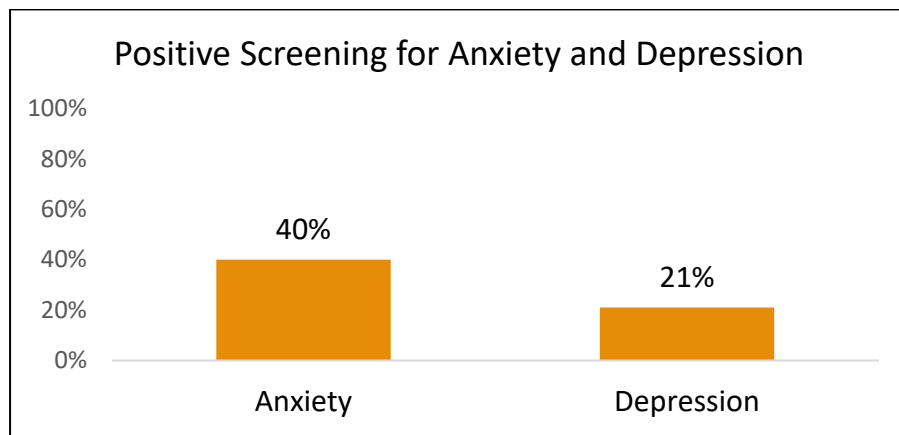
This survey used the Patient Health Questionnaire-4 (PHQ-4) as a measure of anxiety and depression. Developed by Kroenke, Spitzer, Williams, and Löwe (2009), the PHQ-4 is an ultra-brief screening tool widely used in both research and practice. It consists of two subscales: a two-item measure of anxiety (GAD-2) and a two-item measure of depression (PHQ-2). Table 2 provides individual survey items and frequency distributions for all respondents.

Table 2: PHQ-4 (Anxiety and Depression) scale and results

Over the past two weeks, how often have you been bothered by the following problems:	Not at all	Several Days	More than half the days	Nearly every day
Scores	0	1	2	3
Feeling nervous, anxious or on edge	20%	41%	23%	15%
Not being able to stop or control worrying	38%	31%	18%	13%
Little interest or pleasure in doing things	52%	29%	13%	6%
Feeling down, depressed, or hopeless	53%	30%	10%	6%

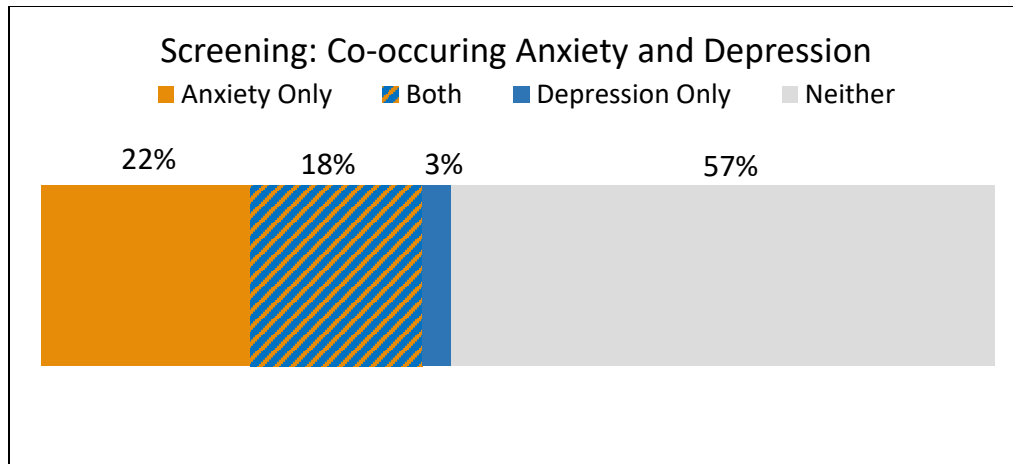
The overall PHQ-4 score and the individual sub-scores for anxiety and depression are calculated by summing the scores of the individual items (Not at all = 0 to Nearly every day =3). For the anxiety and depression sub-scales, prior research has established that scores ≥ 3 are used to identify positive screenings for generalized anxiety disorder and major depression disorder, respectively. In our survey results, shown in Figure 2, 40% of students would screen positively for generalized anxiety disorder and 21% of students would screen positively for major depression disorder.

Figure 2: Positive Screenings for Anxiety and Depression



Research has shown that when anxiety and depression co-occur, the resulting functional impairment is even greater. As shown in Figure 3, 18% of surveyed students had scores indicating positive screenings for both anxiety and depression, while 43% screened positively for at least one of the two conditions.

Figure 3: Positive screenings for co-occurring anxiety and depression



Loneliness

Several national sources have identified loneliness as a prevalent concern among college students. To examine this issue on our campus, this survey uses the UCLA Three-Item Loneliness Scale (Hughes et al., 2004). The individual survey items and the frequency distributions for all respondents are provided in Table 3.

Table 3: UCLA 3-item loneliness scale and results

Loneliness Items How often do you feel:	Hardly ever	Some of the time	Often
...that you lack companionship?	34%	54%	12%
...left out?	35%	53%	12%
...isolated from others?	42%	46%	12%

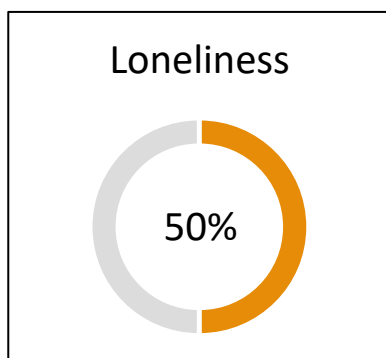


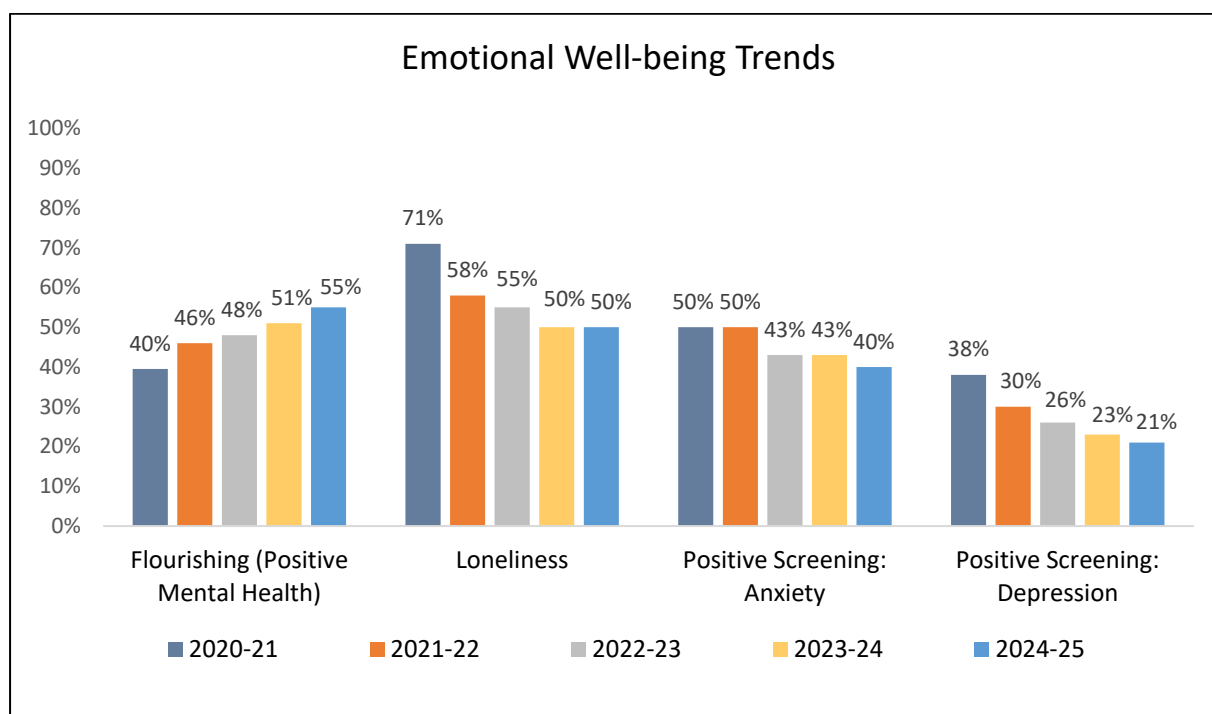
Figure 4: Loneliness

The total loneliness score is calculated by summing responses to the three items (Hardly ever = 1 to Often = 3). Several sources, including the American College Health Association (ACHA), use a cutoff score of ≥ 6 to indicate a positive screen for loneliness. This threshold reflects, on average, experiencing these feelings at least some of the time. By this definition, 50% of surveyed students screened positive for loneliness. However, only 12% of students reported experiencing these feelings “often,” indicating that while experiencing loneliness *sometimes* is common, a much smaller proportion of students experience it with high frequency.

Emotional Well-being Measures: Trends Over Time

Each of the emotional well-being and mental health measures described above was first incorporated into this survey in Fall 2020. Figure 5 shows the 5-year trends, highlighting improvement across all measures. Some of the favorable trends observed may be attributable, at least in part, to the return to greater normalcy following the COVID-19 pandemic. Nonetheless, it is encouraging to note consistent improvements across multiple indicators of well-being since data collection began.

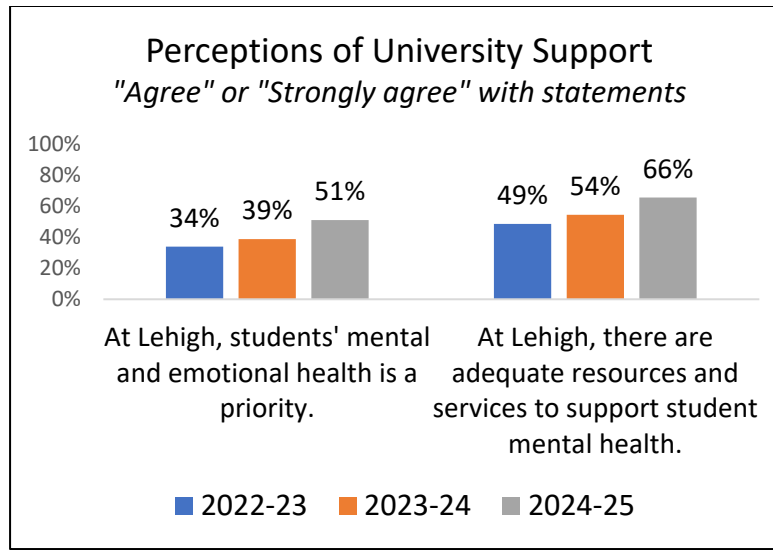
Figure 5: Emotional Well-being Trends



Perceptions of University Support

In 2022-23, questions were added to the survey about students' perceptions of the university's support for mental health and well-being, as well as the extent to which mental health is viewed as an institutional priority. As shown in Figure 6, these measures have improved over the past few years. It is important to note that a substantial proportion of students remain ambivalent, selecting "neither agree nor disagree" in response to these items. For instance, 31% of students neither agreed nor disagreed that mental health is a university priority, and 25% were neutral on whether adequate supports and services are available. This ambivalence suggests that, while progress has been made, a significant percentage of students remain uncertain about the university's commitment or unaware of the resources and efforts in place to support mental health and well-being.

Figure 6: Perceptions of University Well-being Support



Sense of Community and Belonging

This survey uses an abbreviated and modified version of the Brief Sense of Community Scale (BSCS) developed by Peterson, Speer, and McMillan (2007). The BSCS draws on McMillan and Chavis's (1986) psychological sense of community framework, which assesses four dimensions: needs fulfillment, group membership, influence, and emotional connection. Individual items and their mean scores are presented in Table 4. Trends in the overall combined mean score are shown in Figure 7 and show movement in the positive direction. The current mean score of 4.0 suggests that, on average, students agree with the statements on the scale. The survey also includes items addressing students' sense of belonging across various campus contexts (e.g., classes, clubs and organizations). These results are provided in the appendix.

Figure 7: Overall Sense of Community Mean Score Trend

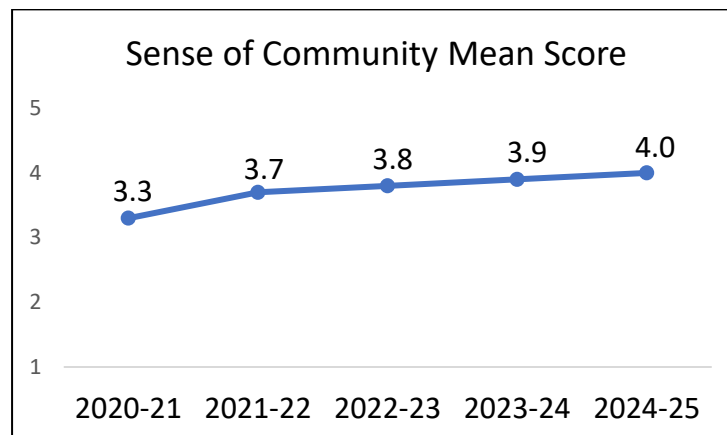


Table 4: Sense of Community Individual Items and Mean Scores

Rate your agreement with following:	Mean score
The Lehigh community helps me fulfill my needs.	4.0
I feel like a member of the Lehigh community.	4.1
I belong in the Lehigh community.	4.1
I feel connected to the Lehigh community.	4.0
If I needed assistance with some practical problem, there would be someone from the Lehigh community who could help me.	4.1
There are many people from the Lehigh community whom I think I know well and I can talk to about almost anything.	3.9
I have several people from the Lehigh community who can give me real personal support to cope with the stresses and strains of life.	4.0

Scale: 1 = Strongly disagree, 2 = Disagree, 3 = Neither agree nor disagree, 4 = Agree, 5 = Strongly agree

Alcohol and Other Drug Use

Because this survey originated from one primarily focused on alcohol use and social options at Lehigh, several items continue to address alcohol use. One key measure that has been tracked for many years is the high-risk drinking rate (commonly referred to as the ‘binge drinking rate’). This measure is defined as the percentage of students reporting consumption of five or more drinks in a row within the two weeks prior to the survey. Widely used in research and college prevention work, it is an important indicator given the increased likelihood of harmful consequences associated with high-risk drinking.

As shown in Figure 8, the high-risk drinking rate at Lehigh has declined steadily over time, with a sharp drop during the 2020–21 academic year when many activities were remote due to the pandemic.

The survey has also tracked drinking-related harms for several years. Students are asked: *Since the beginning of the academic year, have you experienced any of the following as a result of drinking alcohol?* Similar to the high-risk drinking rate, reported harms have shown a steady decrease, with a sharper reduction during the pandemic. Results for the most common harms are shown in Figure 9, and rates of alcohol-related secondary harms, negative experiences due to others’ drinking, are presented in the appendix.

Figure 8: High-Risk Drinking Rate Trend

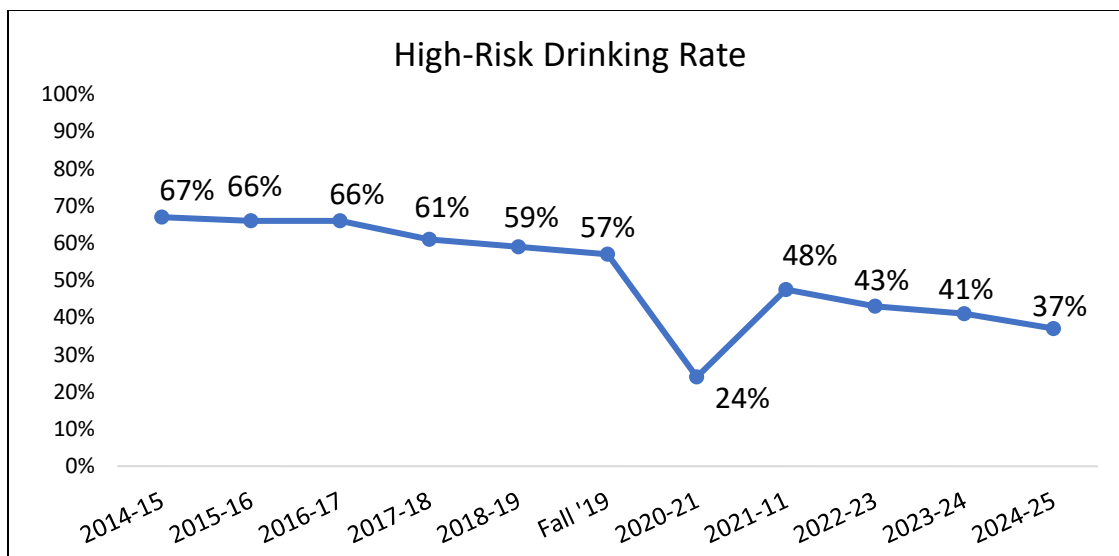
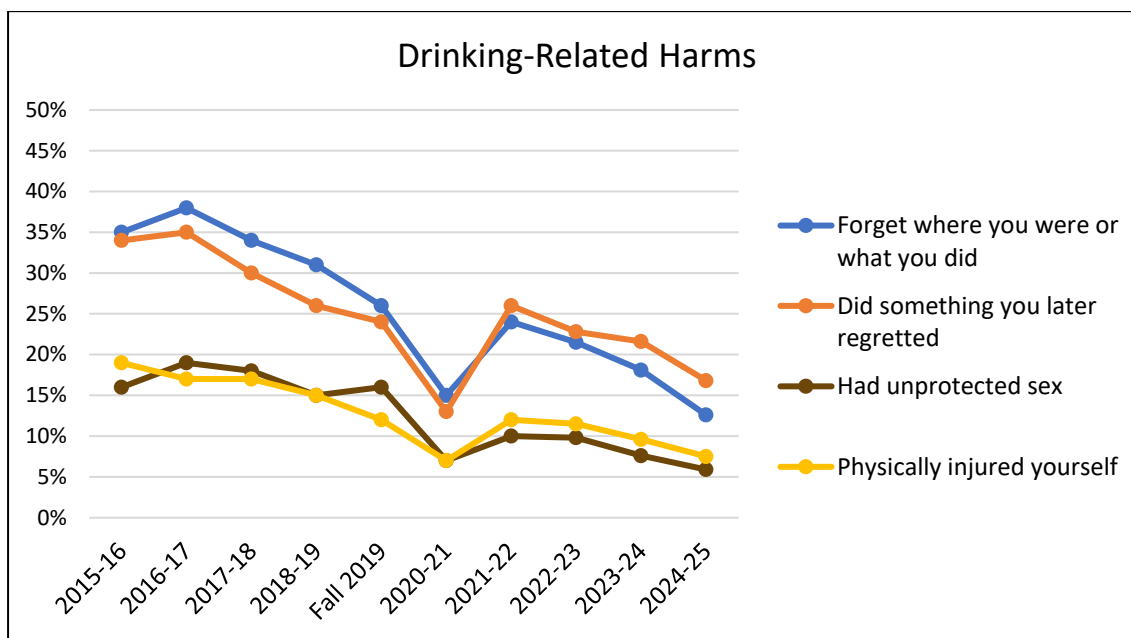


Figure 9: Trends in Alcohol-Related Harms



In the survey, students were asked about drug use since the beginning of the academic year. Results are provided in Table 5. Marijuana is the most commonly used drug at 18%. The percentage of respondents who reported non-medical use of *any* of the drugs listed below was 23%.

Table 5: Drug Use Since Beginning of the Academic Year

Since the beginning of the academic year, which of the following substances have you used? For prescription medications, please report nonmedical use only.	
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, etc.)	13%
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.)	18%
Cocaine (coke, crack, etc.)	2%
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.)	2%
Methamphetamine (speed, crystal meth, ice, etc.)	0%
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	1%
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.)	1%
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	1%
Heroin	0%
Prescription opioids (e.g., morphine, codeine, fentanyl, oxycodone, etc.)	0%

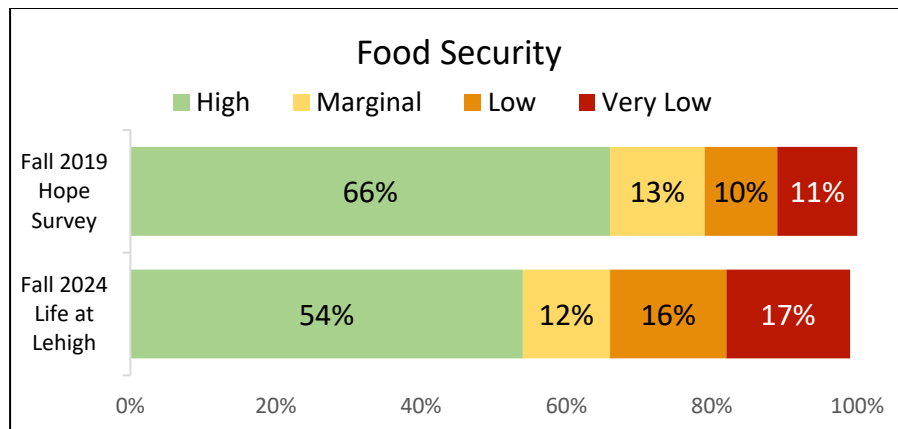
"Nonmedical use" means taking prescription drugs just for the feeling or experience they cause or taking them more often or at higher doses than prescribed.

Food Security

To better understand food insecurity on campus and to inform campus efforts in this area (e.g., campus food pantries), food security questions were added to the survey during the 2023-24 academic year. We use the USDA 10-item Food Security scale since it has been shown to be a reliable and valid measure of food insecurity. In addition, Lehigh participated in a national basic needs survey, the Hope Center Survey, in Fall 2019, which used this measure. With this information, we can compare the current data on food security with data collected during the 2019-20 academic year. We can also benchmark against this national survey.

According to this year's results, based on the USDA food security scale and interpretation, 33% of undergraduates are categorized as food insecure (low or very low food security). By comparison, the rate was 20% in Fall 2019, when Lehigh participated in the Hope Center Survey. It should be noted that the 2019 data shown in the chart below represent combined undergraduate and graduate students, as separate breakdowns were not available from the Hope Survey results.

Figure 10: Food Security



The survey also asked students whether they had used Lehigh’s food pantry. Results indicate that 26% of food-insecure students reported using the pantry, compared with 10% of food-secure students. This suggests that food-insecure students are significantly more likely to utilize this resource. In addition, 71% of pantry users reported that access to the pantry enabled them to devote more time and energy to class-related activities.

Sexual Health

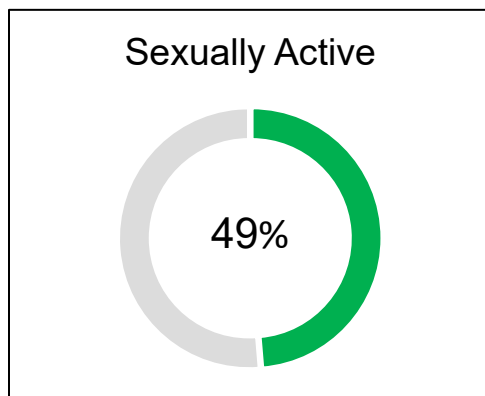


Figure 11: Sexually Active

In 2023–24, the survey was expanded to include questions on sexual health. Results show that 49% of respondents reported being sexually active. Among these students, 59% reported using safe sex supplies most or all of the time, and 34% reported having ever been tested for STIs. Campus health services, including free clinics provided by the Health & Wellness Center, are a key resource, with 44% of students tested within the past six months utilizing these services. In addition, 55% of undergraduates who use safe sex supplies, such as condoms, obtain them from campus resources including the Health & Wellness Center, Health Advancement & Prevention Strategies, Office of Survivor Support &

Intimacy Education, the Pride Center, and Lamberton Hall. These findings highlight the important role of campus initiatives in supporting student sexual health and well-being.

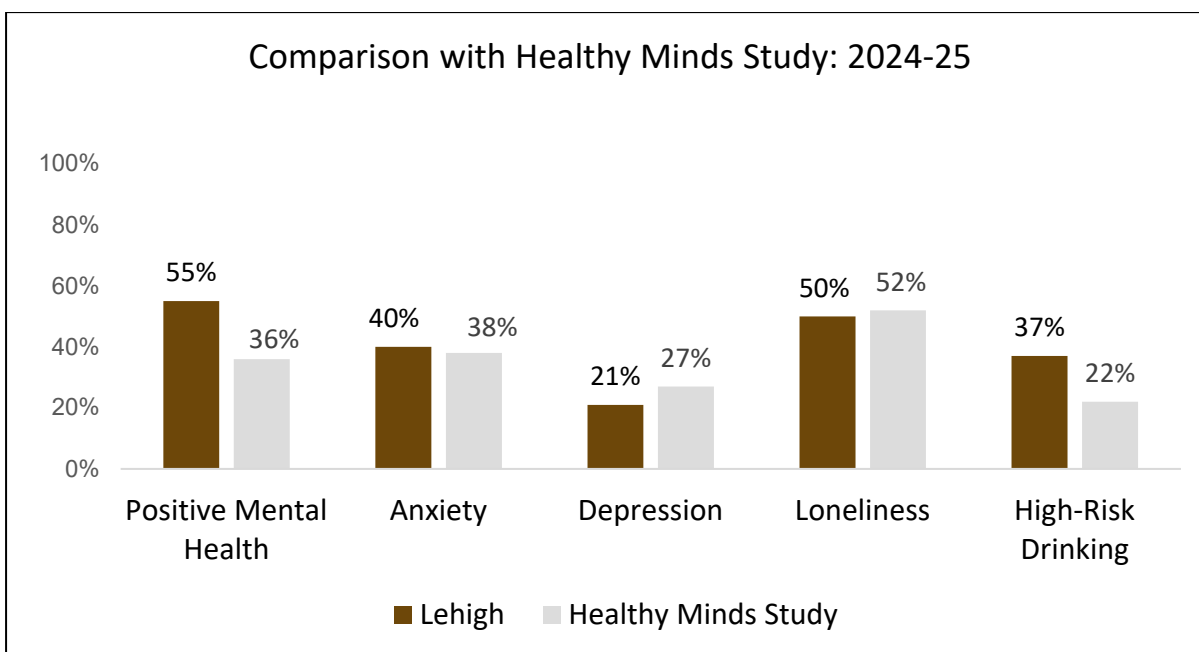
Comparing Lehigh with National Benchmark Data

Several of the survey scales used in this study are also included in the Healthy Minds Study (HMS), an annual national survey. In 2024-25, more than 84,000 students participated in HMS. Although Lehigh

has not participated in this study, HMS reports and publicly available datasets allow for comparison on select measures. Figure 9 presents comparative data on positive mental health (flourishing), positive screenings for depression and anxiety, loneliness, and binge drinking.

Please note that for depression and anxiety, Lehigh's survey uses shortened versions of established scales: the PHQ-2 for depression and the GAD-2 for anxiety, while HMS uses and reports the full PHQ-9 and GAD-7. Using HMS's publicly available datasets, we calculated the shorter scale equivalents to ensure comparability. These more precise data are presented here.

Figure 12: Comparing Lehigh with Data from the Healthy Minds Study



Other Select Highlights

Other survey highlights are provided below. See the appendix for more results.

- 15% of survey respondents reported using the Headspace app, a digital platform that provides guided meditation, mindfulness practices, and sleep resources. Lehigh provides free access to Headspace for all undergraduate students. Among users, 90% reported being positively impacted in at least one of the following areas: managing stress, improving sleep, increasing focus, learning to meditate, or enhancing productivity.
- The survey asked students whether they experienced common challenges and, if so, whether these challenges negatively affected their academic performance. The most frequently reported challenges with a negative academic impact were stress (42%), lack of quality sleep (34%), seasonal illness (31%), and anxiety (30%).

- Among students who attended a Lehigh After Dark (LAD) event, 48% reported that they have felt less stressed by attending LAD, 63% reported that LAD has positively impacted their Lehigh experience, 57% reported that they met someone new at a LAD event, and 51% reported that they felt more connected to other students by attending LAD events.
- 66% of respondents reported that they were either moderately familiar or extremely familiar with Lehigh's Medical Amnesty Policy. This policy seeks to remove barriers that may prevent students from seeking the medical attention needed by themselves or their peers.
- In campus alcohol prevention work, social norms approaches aim to correct students' misperceptions about how much and how often their peers drink, as students often overestimate both the prevalence and the consequences of alcohol use. Our survey includes social norms questions that demonstrate this pattern: students tend to believe alcohol use and related harms are more common than they actually are. For example, on average, students estimated that 35% of peers did something they regretted as a result of drinking, while only 17% reported this experience. Similarly, students estimated that 24% of peers drank to the point of vomiting in a public space, whereas only 4% actually reported this behavior.
- Added in Fall 2024, the survey asked students: *If you were to experience concerns about your mental health while at Lehigh, to what extent would the following reasons prevent you from seeking help from campus support resources (e.g., University Counseling & Psychological Services, Dean of Students Offices, etc.)?* Overall, students were more likely to indicate that potential concerns would not serve as barriers. Among the barriers rated 'considerably' or 'a great deal,' the most common were uncertainty about whether campus resources would be helpful (27%), discomfort with talking about feelings or emotions (27%), and a preference for informal sources of support (22%).

This report was prepared by Meg Munley Stone in Student Affairs Research and Assessment. Questions can be sent to mam6@lehigh.edu

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Appendix

This appendix provides the frequency distributions for the questions in this survey. Results are unweighted.

Sense of Community Scale						
	N	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
The Lehigh community helps me fulfill my needs.	829	1.7%	3.3%	11.7%	58.7%	24.6%
I feel like a member of the Lehigh community.	828	1.9%	3.6%	9.5%	51.3%	33.6%
I belong in the Lehigh community.	822	1.9%	4.4%	11.4%	47.8%	34.4%
I feel connected to the Lehigh community.	824	2.1%	5.6%	13.8%	48.4%	30.1%
If I needed assistance with some practical problem, there would be someone from the Lehigh community who could help me.	827	1.6%	1.9%	12.1%	50.2%	34.2%
There are many people from the Lehigh community whom I think I know well and I can talk to about almost anything.	827	3.0%	8.1%	15.5%	41.1%	32.3%
I have several people from the Lehigh community who can give me real personal support to cope with the stresses and strains of life.	826	2.5%	7.1%	14.8%	40.7%	34.9%
<i>Adapted from Brief Sense of Community Scale (BSCS) developed by Peterson, Speer, and McMillan (2008)</i>						

Sense of Belonging within Different Campus Settings						
	N	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I feel a sense of belonging in my classes	749	2.5%	7.3%	22.0%	47.0%	21.1%
I feel a sense of belonging in my living environment (e.g., residence hall, off-campus house, etc.)	748	2.5%	6.1%	16.8%	43.0%	31.4%
I feel a sense of belonging in my clubs/organizations	745	1.5%	4.0%	16.5%	45.8%	32.2%
I feel a sense of belonging in my group of friends	748	1.1%	4.8%	13.9%	40.4%	39.8%
I feel a sense of belonging in the general Lehigh community	745	2.4%	5.2%	20.0%	50.1%	22.3%
I feel a sense of belonging in the Bethlehem community	749	3.9%	13.9%	34.7%	31.2%	16.3%

Club/Organization Involvement

How many campus clubs/organizations you are involved with?	N	Percent
1	116	15.7%
2	187	25.2%
3	206	27.8%
4	110	14.8%
5	49	6.6%
6	14	1.9%
7	6	0.8%
8	2	0.3%
9	0	0.0%
10 or more	4	0.5%
0 (none)	47	6.3%
All Respondents	741	100%

Club/Organization Leadership

Do you hold leadership positions in any of your clubs/organizations?	N	Yes	No
	743	43.5%	56.5%

Select Concerns

How concerned are you about the following?	N	Not at all concerned	Slightly concerned	Somewhat concerned	Quite a bit concerned	Extremely concerned
My mental health	776	30.8%	31.7%	19.5%	13.5%	4.5%
The mental health of friends or family	773	29.9%	26.8%	24.7%	14.6%	4.0%
My personal finances	776	25.6%	21.9%	20.4%	18.3%	13.8%
Being able to afford balanced meals	770	40.6%	19.4%	16.8%	13.2%	10.0%
Getting adequate sleep	771	20.8%	23.6%	23.1%	20.2%	12.3%

Flourishing Scale (Positive Mental Health)								
	N	Strongly Disagree	Disagree	Slightly Disagree	Neither Agree nor Disagree	Slightly Agree	Agree	Strongly Agree
I lead a purposeful and meaningful life	779	1.7%	2.1%	2.6%	6.4%	15.9%	39.2%	32.2%
My social relationships are supportive and rewarding	777	1.0%	1.9%	3.2%	5.7%	15.6%	40.5%	32.0%
I am engaged and interested in my daily activities	776	1.3%	1.8%	4.0%	6.8%	20.7%	39.4%	25.9%
I actively contribute to the happiness and well-being of others	774	0.9%	0.5%	0.6%	8.0%	16.7%	44.1%	29.2%
I am competent and capable in the activities that are important to me	776	1.0%	0.6%	2.1%	5.4%	15.1%	43.2%	32.6%
I am a good person and live a good life	774	1.3%	0.9%	2.2%	6.1%	11.9%	43.3%	34.4%
I am optimistic about my future	773	1.7%	1.8%	3.6%	7.8%	17.7%	32.5%	34.9%
People respect me	768	0.9%	0.5%	3.1%	8.6%	16.1%	42.8%	27.9%

Flourishing Scale developed by Diener, Wirtz, Kim-Prieto, Choi, and Biswas-Diener (2009)

Loneliness Scale				
	N	Hardly Ever	Some of the Time	Often
How often do you feel that you lack companionship?	774	34.5%	54.0%	11.5%
How often do you feel left out?	775	35.2%	53.0%	11.7%
How often do you feel isolated from others?	773	41.5%	46.3%	12.2%

Loneliness Scale developed by Hughes, Waite, Hawkey, and Cacioppo (2004)

Anxiety and Depression Screenings (PHQ4)					
Over the last 2 weeks, how often have you been bothered by the following problems?	N	Not at all	Several days	More than half the days	Nearly everyday
Feeling nervous, anxious or on edge	776	20.4%	41.1%	23.2%	15.3%
Not being able to stop or control worrying	774	37.9%	30.9%	18.3%	12.9%
Little interest or pleasure in doing things	775	51.5%	28.8%	13.4%	6.3%
Feeling down, depressed, or hopeless	776	53.0%	30.2%	10.4%	6.4%

Ultra-brief screening scale for anxiety and depression (PHQ4) developed by Kroenke, Spitzer, Williams, and Lowe (2009)

Perceptions of University Support for Student Well-being

To what extent do you agree with the following statements?	N	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
At Lehigh, students' mental and emotional health is a priority.	753	4.2%	14.2%	30.7%	38.0%	12.9%
At Lehigh, there are adequate resources and services to support student mental health.	751	1.9%	7.6%	25.0%	46.1%	19.4%
While at Lehigh, my mental health and emotional needs are being met.	750	2.8%	9.6%	31.3%	40.1%	16.1%

Barriers to Seeking Support from University Resources

If you were to experience concerns about your mental health while at Lehigh, to what extent would the following reasons prevent you from seeking help from campus support resources (e.g., University Counseling & Psychological Services, Dean of Students Offices, etc.)?

	N	Not at all	Slightly	Moderately	Considerably	A great deal
Concerns about what friends or peers would think	754	52.5%	21.6%	14.1%	8.9%	2.9%
Concerns about what family members would think	753	53.4%	19.0%	13.5%	10.4%	3.7%
Concerns about confidentiality	751	45.8%	22.5%	17.8%	8.7%	5.2%
Stigma around mental health challenges	750	48.5%	22.3%	17.6%	8.9%	2.7%
Uncertainty about what campus support resources are available	750	38.8%	24.7%	21.3%	10.9%	4.3%
Uncertainty whether campus support resources would be helpful	749	27.5%	19.1%	26.2%	17.9%	9.3%
Discomfort with talking about feelings/emotions	747	26.9%	22.6%	23.6%	18.2%	8.7%
Preference for supporting myself through accessing self-help resources	749	33.9%	24.3%	21.5%	14.2%	6.1%
Preference for accessing support through informal support resources	746	32.3%	23.2%	22.5%	15.7%	6.3%

Reported Impact on Academic Performance				
Since the beginning of the academic year, have any of the following negatively impacted your academic performance?	N	I have not experienced this issue	I have experienced this issue, but my academic performance has not been affected	I have experienced this issue, and it negatively affected my academic performance
Stress	750	9.5%	48.5%	42.0%
Personal use of alcohol or drugs	748	70.2%	25.5%	4.3%
Struggles in relationships (e.g., family, friends, romantic partners)	749	47.3%	36.8%	15.9%
Financial concerns	752	51.9%	34.3%	13.8%
Experiencing discrimination	750	81.7%	14.9%	3.3%
Anxiety	748	27.0%	43.0%	29.9%
Depression	752	58.8%	23.5%	17.7%
Lack of quality sleep	752	25.7%	39.6%	34.7%
Seasonal illness (colds, flu, covid, etc.)	752	29.5%	39.5%	31.0%

Headspace Awareness, Use, and Impact			
Were you aware that Lehigh offers a free subscription to Headspace, a meditation-based app, to all students?	N	Y	N
	773	76.8%	23.2%

Are you currently using the Headspace app?	N	Y	N
Among those aware of Headspace app availability	594	19.7%	80.3%
Among all survey respondents	773	15.1%	84.9%

Has using the Headspace app positively impacted you in the following ways? (Check all that apply)	N = 117	Percent "Yes" among Headspace Users
Learning to meditate	67	57.3%
Increasing focus	43	36.8%
Managing stress	72	61.5%
Improving sleep	45	38.5%
Increasing productivity	24	20.5%
Any of the above selected	105	89.7%

High-Risk Drinking ("Binge Drinking")

Over the last two weeks, how many times have you had five or more drinks of alcohol at a sitting? (One drink or alcoholic beverage is defined as a 12 oz. beer, a 5 oz. glass of wine, a 1.5 oz. shot of liquor, or [in] a mixed drink.)

	N	Percent of Respondents
N/A, I Don't Drink	277	37.0%
Zero times	195	26.0%
1 time	108	14.4%
2 times	82	10.9%
3 times	29	3.9%
4 times	22	2.9%
5 times	15	2.0%
6 times	11	1.5%
7 times	0	0.0%
8 times	4	0.5%
9 times	0	0.0%
10 or more times	6	0.8%
All Respondents	749	100.0%

Primary Type of Alcohol Consumed

Over the past two weeks, which type of alcohol have you primarily consumed?	N = 465	Percent of Respondents who Drink
I have not consumed alcohol	92	19.8%
Beer	89	19.1%
Hard liquor	138	29.7%
Wine	46	9.9%
Hard seltzers (e.g., white claws, high noons)	88	18.9%
Other	12	2.6%

Reported Reasons for Drinking

Below is a list of reasons people sometimes give for drinking alcohol. Thinking of all the times you consumed alcohol in the past month, have you drank for any of the following reasons?

	N = 472	Percent of Respondents who Drink
To relax	219	46.4%
Because I feel more self-confident or sure of myself	144	30.5%
To reduce my anxiety	98	20.8%
To forget my worries	85	18.0%
To cheer me up when I'm in a bad mood	104	22.0%
Because my friends pressure me to drink	14	3.0%
To fit in with a group	67	14.2%
So I won't feel left out	53	11.2%

Alcohol Secondary Harms

Since the beginning of the school year, have you experienced any of the following *because of other students' drinking* ?

	N = 727	Percent "Yes"
Been insulted or humiliated	78	10.7%
Had a serious argument or quarrel	65	9.0%
Been pushed, hit, or assaulted	33	4.5%
Had your property damaged	34	4.7%
Had to babysit or take care of another student who drank too much	234	32.2%
Found vomit in the halls or bathroom of your residence	133	18.3%
Found urine in an inappropriate place	69	9.5%
Had your studying or sleep interrupted	238	32.8%
Experienced an unwanted sexual advance	40	5.5%
Been a victim of sexual assault or rape	15	2.1%
Any of the above	393	54.1%

The questions below were asked only to students who did not identify as abstainers/non-drinkers (i.e., students who drink). Percentages are reported for those who drink as well as for all respondents.

Alcohol Primary Harms	Percent "Yes" of Students who Drink	Percent "Yes" of All Respondents
Since the beginning of the academic year, have you experienced any of the following as a result of drinking alcohol?		
Did something you later regretted	26.7%	16.8%
Forgot where you were or what you did	19.9%	12.6%
Got in trouble with the police	1.7%	1.1%
Had unprotected sex	9.3%	5.9%
Physically injured yourself	11.9%	7.5%
Physically injured another person	1.7%	1.1%
Missed a class	13.8%	8.7%
My academic performance was negatively impacted	8.5%	5.3%
Had to be babysat or taken care of by other students	12.5%	7.9%
Vomited in a public space	6.8%	4.3%
Urinated in a public space	5.1%	3.2%
Any of the above	45.9%	27.8%

Sexual Assault While Drinking	Percent "Yes" of Students who Drink	Percent "Yes" of All Respondents
Since the beginning of the academic year, have you experienced the following when drinking alcohol:		
Someone took advantage of me sexually when I was too drunk to stop what was happening	4.9%	3.1%
<i>This question is intentionally separated and rephrased from the question on primary harms above. Those who indicate that they have been sexually assaulted are provided with full information on university resources.</i>		

Alcohol Blackouts and Brownouts	Percent "Yes" of Students who Drink	Percent "Yes" of All Respondents
I have...		
Experienced one or more blackouts (forgot where I was or what I did for a large period of time and cannot remember, even if someone reminds me)	9.3%	5.9%
Experienced one or more brownouts (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)	15.9%	10.0%

These questions are asked to those who indicated that they have forgotten where they were or what they did as a result of drinking alcohol.

Protective Behavioral Strategies

Listed below are strategies used to reduce the negative consequences of drinking. When you drink, how often do you do the following?

	N	Never	Rarely	Sometimes	Often	Always
Alternate non-alcoholic with alcoholic beverages	435	12.0%	14.5%	29.4%	29.7%	14.5%
Avoid drinking games	434	15.9%	22.1%	28.3%	21.4%	12.2%
Choose not to drink alcohol	437	7.6%	17.4%	39.8%	29.3%	5.9%
Determine in advance not to exceed a set number of drinks	434	12.4%	17.7%	27.0%	28.1%	14.7%
Eat before and/or during drinking	435	3.4%	3.4%	12.6%	31.5%	49.0%
Have a friend let you know when you have had enough	436	19.0%	19.0%	22.9%	21.8%	17.2%
Keep track of how many drinks being consumed	436	5.7%	8.7%	20.0%	28.9%	36.7%
Pace drinks to one or fewer an hour	435	17.0%	20.0%	28.3%	21.8%	12.9%
Stay with the same group of friends the entire time drinking	435	4.8%	2.8%	13.8%	35.9%	42.8%
Stick with only one kind of alcohol when drinking	436	8.7%	11.5%	28.0%	33.9%	17.9%
Use a designated driver	433	9.7%	3.0%	9.9%	13.4%	64.0%

This set of questions was only asked to those who indicated that they drink alcohol.

Social Norms Comparisons

Behaviors	Perception	Reality
	On average, students think this percent of Lehigh students engage in the following behaviors...	Percent of students who report experiencing behaviors themselves
Drinking so much that one needs to be babysat or taken care of by other students?	33.4%	7.9%
Drinking so much that one gets into situations or behaves in a way that they later regret?	34.8%	16.8%
Drinking so much that one cannot remember where they were or what they did?	29.8%	12.6%
Drinking so much that one vomits in a public space?	24.4%	4.3%
Drinking so much that one urinates in a public space?	20.5%	3.2%

Drug Use

Since the beginning of the academic year, which of the following substances have you used? For prescription medications, please report nonmedical use only. "Nonmedical use" means taking prescription drugs just for the feeling or experience they cause or taking them more often or at higher doses than prescribed.

	N	Percent "Yes"
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, etc.)	712	13.1%
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.)	712	18.0%
Cocaine (coke, crack, etc.)	709	2.0%
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.)	711	2.0%
Methamphetamine (speed, crystal meth, ice, etc.)	711	0.4%
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	710	0.8%
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.)	711	1.0%
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	710	1.3%
Heroin	711	0.1%
Prescription opioids (e.g., morphine, codeine, fentanyl, oxycodone, etc.)	708	0.1%
Any non-medical drug use listed above	712	23.2%

Lehigh After Dark (LAD)

	N	Percent "Yes"
Do you know where to find information on Lehigh After Dark activities?	720	87.9%
Since the beginning of the school year, have you attended any Lehigh After Dark Events?	720	43.2%

Lehigh After Dark (LAD) Impact

	N	Percent "Yes" Among Attendees
Which of the following are true of your experiences at Lehigh After Dark?		
I met someone new at a Lehigh After Dark event	409	56.7%
I have felt more connected to other students by attending Lehigh After Dark event(s)	409	51.1%
I have felt less stressed by attending Lehigh After Dark event(s)	409	48.2%
I will likely attend another Lehigh After Dark event	409	70.2%
Attending Lehigh After Dark event(s) has positively impacted my Lehigh experience	409	63.1%
Attending Lehigh After Dark event(s) has contributed to my sense of community at Lehigh	409	48.7%
Lehigh After Dark provides late-night opportunities for me to thrive socially	409	45.2%

Medical Amnesty Awareness

	N	Not at all familiar	Slightly familiar	Somewhat familiar	Moderately familiar	Extremely familiar
How familiar are you with Lehigh's Medical Amnesty Policy?	714	7.4%	8.4%	18.1%	35.0%	31.1%

Choose Lehigh Again

	N	Definitely not	Probably not	Maybe	Probably would	Definitely would
If given the choice to start over (with your college experience), would you still choose to enroll at Lehigh?	712	3.1%	7.7%	17.7%	34.4%	37.1%

University Resource Use

What university resources have you used or plan to use this academic year?

	N	Have not used, do not plan to use	Have not used, but plan to use	Have used
Academic Tutoring	708	36.3%	26.1%	37.6%
Academic Coaching	703	53.9%	25.9%	20.2%
University athletic facilities (e.g., Taylor Gym)	706	11.5%	14.9%	73.7%
Counseling Center	705	56.0%	24.3%	19.7%
Health & Wellness Center	707	24.6%	21.5%	53.9%
Resources provided by Diversity, Equity, and Inclusion Offices (e.g., OMA, Center for Gender Equity, Pride Center, etc.)	705	59.7%	21.3%	19.0%
Food assistance (e.g., Swipe out Hunger)	704	73.4%	18.6%	8.0%

Food Security (USDA Scale Items) - Added for the first time in Spring 2024

	N	I've had enough of the kinds of food I want to eat	I've had enough food but not always the kinds of food I want	Sometimes not enough to eat	Often not enough to eat
Which of the following best describes the food you have eaten since the beginning of the academic year?	711	29.7%	55.1%	10.5%	4.6%

The following are statements that people have made about their food situation. For these statements, please indicate how often these statements have been true for you since the beginning of this academic year.

	N	Never true	Sometimes true	Often true
I worried whether my food would run out before I got money to buy more	708	60.0%	28.4%	11.6%
The food that I bought just didn't last, and I didn't have money to get more	705	71.2%	19.3%	9.5%
I couldn't afford to eat balanced meals	705	65.8%	22.6%	11.6%

Note: The following question set was only asked to respondents whose answers were affirmative (sometimes or often true) for any of the items in the previous question set. The percentages displayed here are based on all students who answered the food security questions (N = 705).

Since the beginning of the academic year:	N	Percent "Yes"
Did you ever cut the size of your meals or skip meals because there wasn't enough food?	705	23.7%
Did you ever eat less than you felt you should because there wasn't enough money for food?	705	23.0%
Were you ever hungry but didn't eat because there wasn't enough money for food?	705	20.0%
Did you lose weight because there wasn't enough money for food?	705	12.3%
Did you ever not eat for a whole day because there was not enough money for food?	705	9.4%

USDA 10-item Food Security Scale (2012)

Additional Food Security Items	N	Percent "Yes"
During this academic year, has there ever been a time when you were aware of another student (not yourself) who did not have enough food?	709	22.8%

Lehigh Food Pantry	N	Very unlikely	unlikely	Unsure	Likely	Very likely
If there was an occasion when you didn't have enough food, how likely would it be that you would use the university food pantry?	707	15.4%	13.4%	31.4%	25.9%	13.9%

Lehigh Food Pantry	N	Percent "Yes"
Have you ever used Lehigh's food pantry?	711	15.9%

Lehigh Food Pantry	N	Yes	No	Unsure
By getting food from the campus food pantry, were you able to focus more of your time and energy on class-related activities?	110	70.9%	10.0%	19.1%

** This question was only asked to those who indicated that they have used the campus food pantry.*

Safe sex	N	N/A, I am not sexually active	Never	Rarely	Sometimes	Most of the time	Every time
How often do you use safe sex supplies during sexual activity (e.g., condoms, dental dams, finger cots)?	700	51.3%	6.7%	7.0%	6.1%	10.6%	18.3%

Use of Safe Sex Supplies	N = 341	Percent "Yes" Among Sexually Active
Which safe sex supplies do you use? (Check all that apply)		
External condoms	270	79.2%
Internal condoms	22	6.5%
Dental dams	11	3.2%
Finger cots	3	0.9%
Other	18	5.3%

**This question was only asked to those who did not indicate that they are not sexually active.*

Access of Safe Sex Supplies

Where are you accessing safe sex supplies? (Check all that apply)	N = 341	Percent "Yes" Among Sexually Active
Purchasing off-campus or online	209	61.3%
Health & Wellness Center (HWC), on campus	132	38.7%
Health Advancement & Prevention Strategies Office (HAPS), on campus	15	4.4%
Office of Survivor Support & Intimacy Education (OSSIE), on campus	14	4.1%
Pride Center, on campus	15	4.4%
Lamberton Hall, on campus	34	10.0%
Other	17	5.0%

STI/HIV Testing

	N	Yes, more than 6 months ago	Yes, within the last 6 months	No	Unsure
Have you ever been tested for Sexually Transmitted Infections (STIs)?	342	14.0%	20.2%	64.0%	1.8%
Have you ever been tested for HIV?	342	9.1%	9.9%	71.3%	9.6%

STI/HIV Testing

Where are you accessing STI testing? (Check all that apply)	N = 69	Percent "Yes" Among Those Tested Within the Last 6 Months
Free clinics on campus	18	26.1%
Appointments at the Health & Wellness Center (HWC)	21	30.4%
Off campus	44	63.8%