

Life at Lehigh:

Community and Well-being Survey

2025-26 Data Report

Table of Contents

Summary & About the Survey	2
Positive Mental Health	2
Psychological Distress	3
Loneliness	4
Well-being Trends over Time	5
Perceptions of University Well-being Support	6
Sense of Community & Belonging	7
Campus Club & Organization Involvement	8
Alcohol and Other Drug Use	9
Food security	11
Sexual Health	12
Physical Activity	13
Comparing Lehigh with National Data	13
Other Select Highlights	14
References	16
Appendix	17

Summary

This report provides survey results from the Life at Lehigh: Community and Well-being Survey from academic year 2025-26. 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 2025. 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 in recent years. The response rate for the 2025-26 academic year was 15% (N = 905). This includes partial responses (i.e., students who completed at least part of the survey). 805 students completed the entire survey (14%).

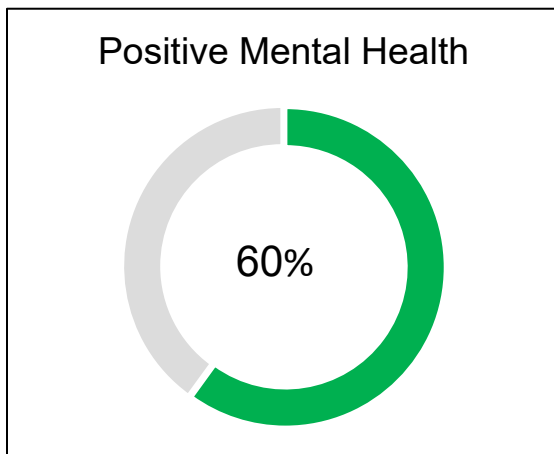
Positive Mental Health

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	5.9
My social relationships are supportive and rewarding	6.0
I am engaged and interested in my daily activities	5.8
I actively contribute to the happiness and well-being of others	6.0
I am competent and capable in the activities that are important to me	6.0
I am a good person and live a good life	6.0
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, 60% of surveyed students met the criteria for positive mental health.

Figure 1: Flourishing/ Positive Mental Health

Psychological Distress: Depression and Anxiety

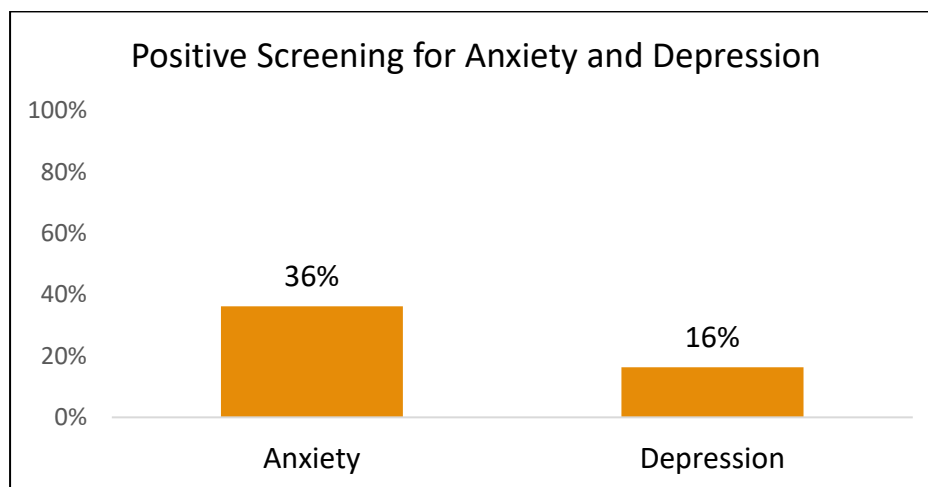
This survey used the Patient Health Questionnaire-4 (PHQ-4) as a measure of anxiety and depression. Developed by Kroenke, Spitzer, Williams, and Löwe (2009), the PHQ-4 is an ultra-brief screening tool widely used in both research and practice. It consists of two subscales: a two-item measure of anxiety (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
<i>Scores</i>	<i>0</i>	<i>1</i>	<i>2</i>	<i>3</i>
Feeling nervous, anxious or on edge	22%	41%	21%	16%
Not being able to stop or control worrying	39%	35%	15%	12%
Little interest or pleasure in doing things	55%	31%	8%	6%
Feeling down, depressed, or hopeless	59%	27%	8%	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, 36% of students would screen positively for anxiety and 16% of students would screen positively for depression.

Figure 2: Positive Screenings for Anxiety and Depression



Loneliness

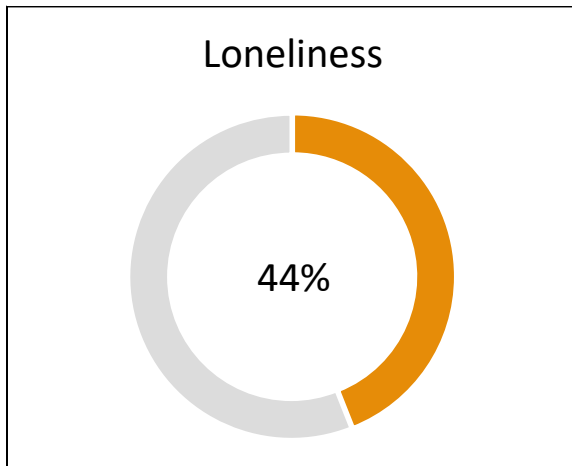
Several national sources have identified loneliness as a prevalent concern among college students. To examine this issue on our campus, this survey uses the UCLA Three-Item Loneliness Scale (Hughes et al.,

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?	38%	51%	10%
...left out?	41%	49%	10%
...isolated from others?	46%	43%	12%

Figure 3: Loneliness

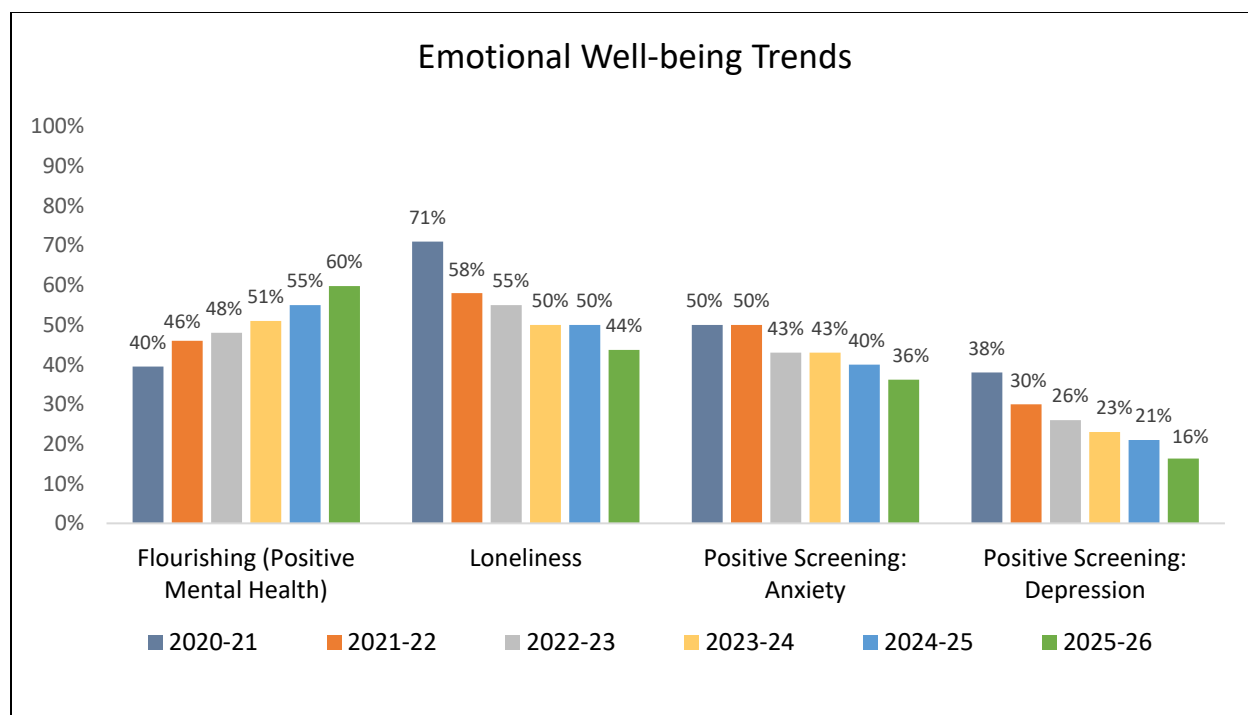


The total loneliness score is calculated by summing responses to the three items (Hardly ever = 1 to Often = 3). Several sources, including the American College Health Association (ACHA), use a cutoff score of ≥ 6 to indicate a positive screen for loneliness. This threshold reflects, on average, experiencing these feelings at least some of the time. By this definition, 44% of surveyed students screened positive for loneliness. However, only 10% - 12% of students reported experiencing these feelings “often,” indicating that while experiencing loneliness *sometimes* is common, a much smaller proportion of students experience these feelings 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 4 shows the 6-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.

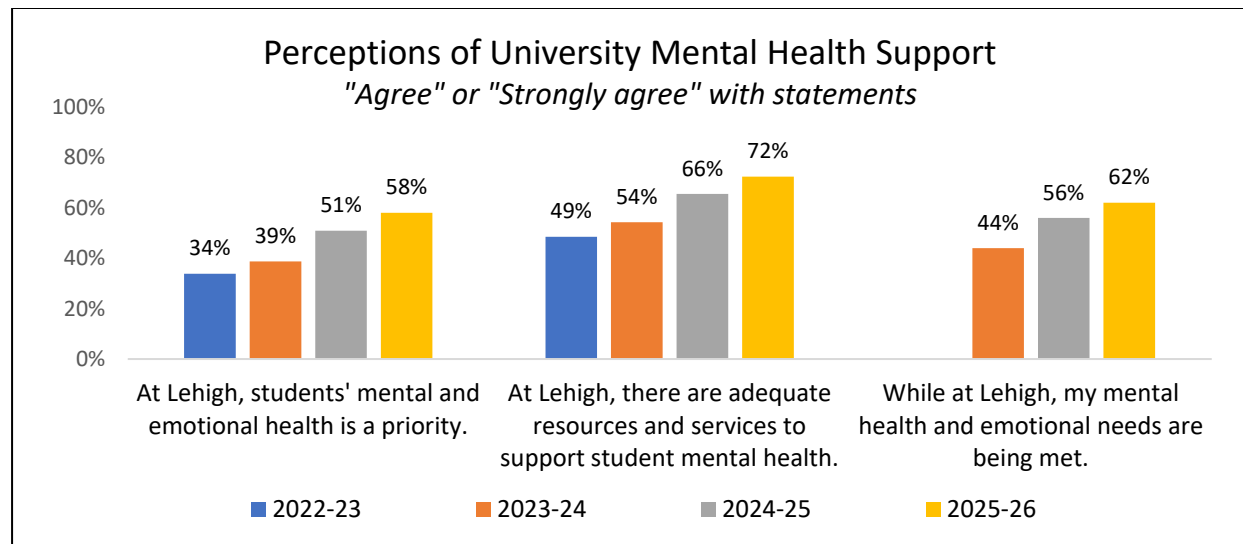
Figure 4: Emotional Well-being Trends



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, with an additional question added in 2023-24 about whether students feel that their mental health and emotional needs are being met. As shown in Figure 5, 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 5: 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 6 and show movement in the positive direction. The current mean score of 4.1 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 6: Overall Sense of Community Mean Score Trend

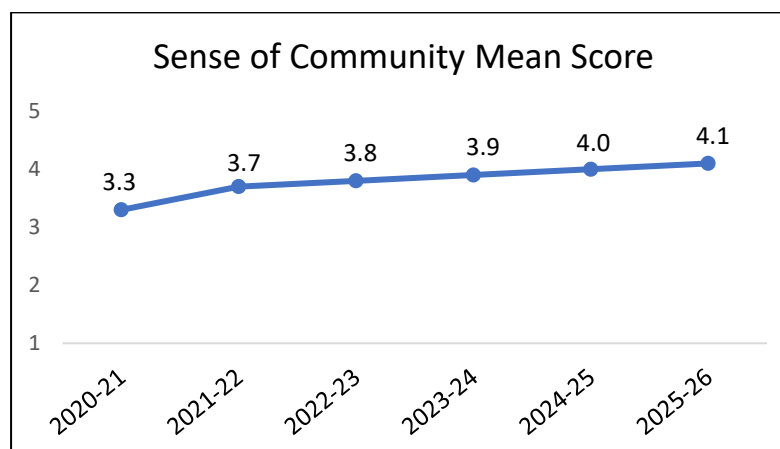


Table 4: Sense of Community Individual Items and Mean Scores

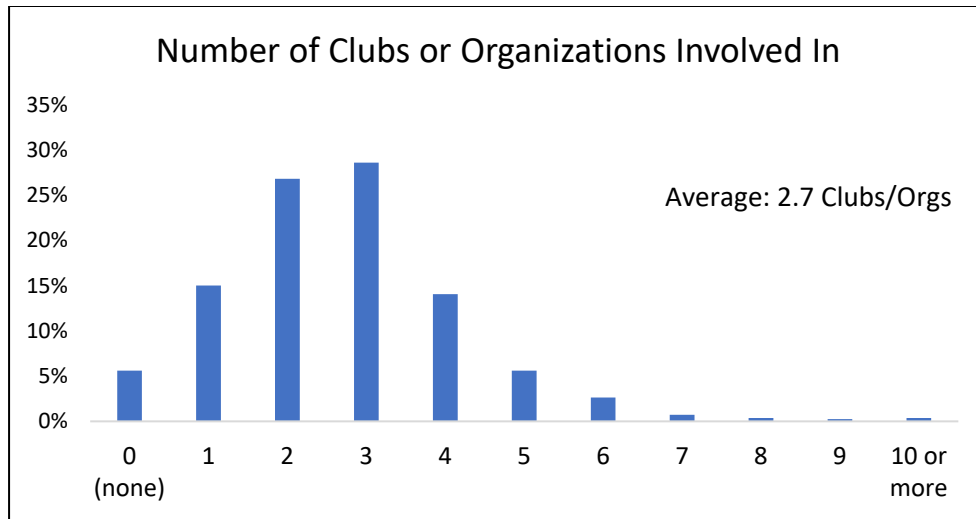
Rate your agreement with following:	Mean score
The Lehigh community helps me fulfill my needs.	4.1
I feel like a member of the Lehigh community.	4.2
I belong in the Lehigh community.	4.1
I feel connected to the Lehigh community.	4.1
If I needed assistance with some practical problem, there would be someone from the Lehigh community who could help me.	4.2
There are many people from the Lehigh community whom I think I know well and I can talk to about almost anything.	4.0
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

Campus Club and Organization Involvement

Survey results indicate that students report being involved in an average of 2.7 campus clubs or organizations. When asked whether their current level of involvement aligns with their desired level of engagement, 37% of students indicated that they are less involved than they would like to be, 55% indicated that their current level of involvement feels about right, and 8% indicated that they are over-involved or stretched too thin. Among students who identified barriers to involvement, the most common challenges were time conflicts due to academic commitments (68%), feeling shy, nervous, or uncertain about not knowing anyone (39%), and time conflicts due to employment (e.g., work-study) or other responsibilities (33%).

Figure 7: Club/Organization Involvement



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 included in the appendix.

Figure 8: High-Risk Drinking Rate Trend

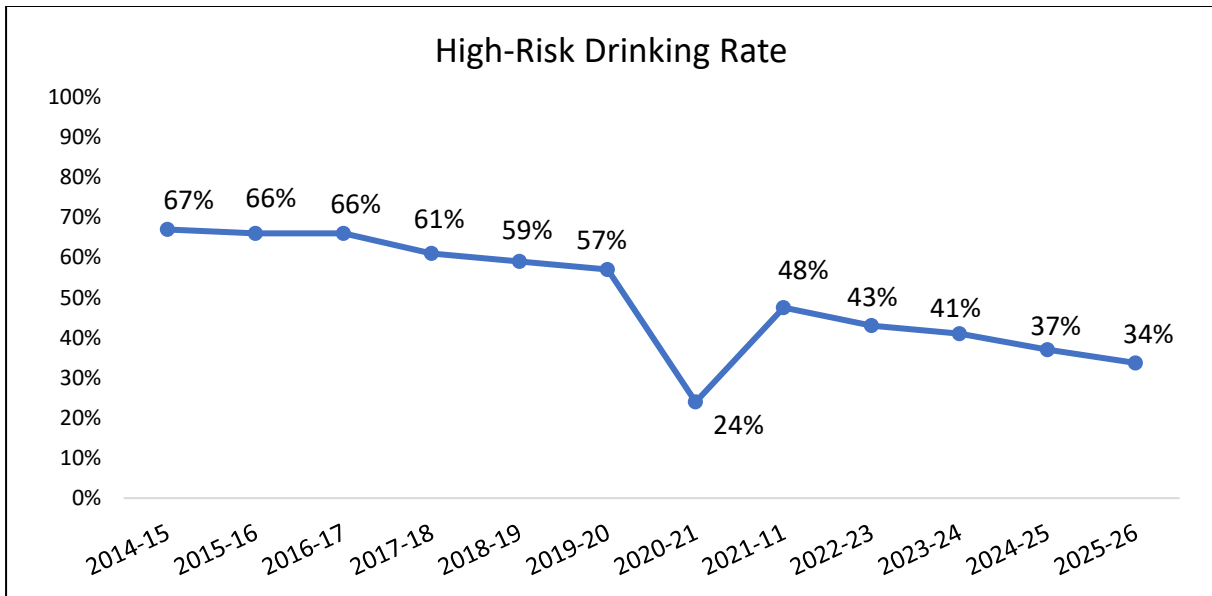
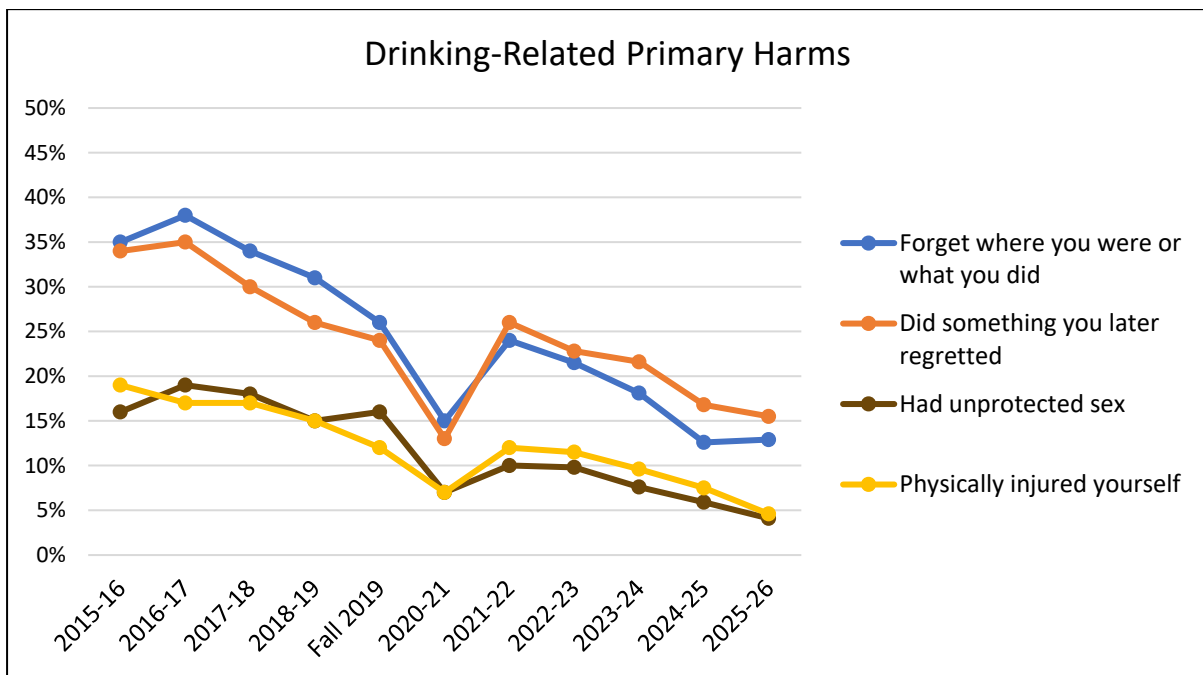


Figure 9: Trends in Alcohol-Related Harms



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.)	14.5%
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.)	17.6%
Cocaine (coke, crack, etc.)	1.2%
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.)	1.5%
Methamphetamine (speed, crystal meth, ice, etc.)	0.5%
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	1.0%
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.)	0.7%
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	1.1%
Heroin	0.2%
Prescription opioids (e.g., morphine, codeine, fentanyl, oxycodone, etc.)	0.6%

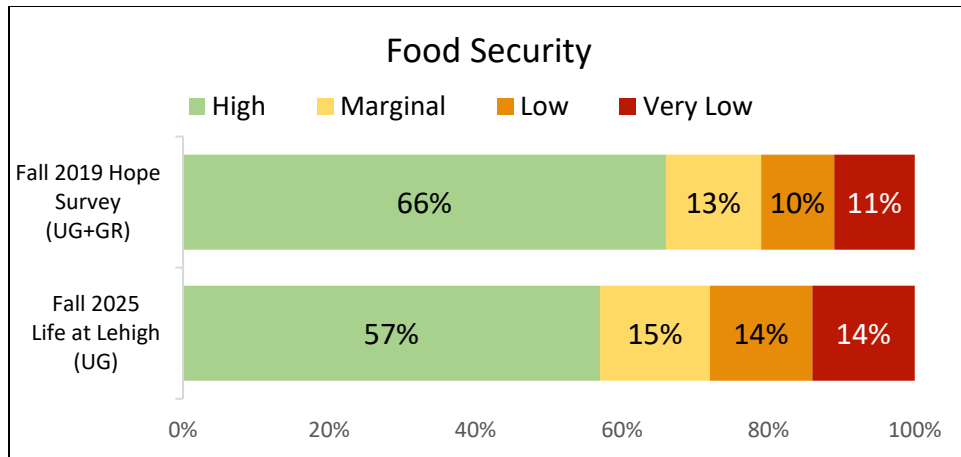
"Nonmedical use" means taking prescription drugs just for the feeling or experience they cause or taking them more often or at higher doses than prescribed.

Food Security

To better understand food insecurity among Lehigh students and inform campus efforts to address basic needs (e.g., campus food pantries), food security questions were added to the *Life at Lehigh: Community and Well-being Survey* during the 2023–24 academic year. The survey uses the USDA 10-item Food Security Survey Module, a widely used, reliable, and valid measure of food insecurity. This measure was also used in the Hope Center Survey, a national basic needs survey in which Lehigh participated in Fall 2019. Using the same instrument allows for comparisons with Lehigh's 2019 results as well as national benchmark data.

Based on this year's survey results, 28% of undergraduate students are categorized as food insecure (low or very low food security) according to USDA scoring guidelines. By comparison, 20% of Lehigh students were categorized as food insecure in Fall 2019 when the university 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 undergraduate results were not available from the Hope Center. In the most recent publicly available Hope Center report (2023–24), 41% of students across participating colleges and universities were categorized as food insecure.

Figure 10: Food Security



The survey also asked students whether they had used Lehigh’s food pantry. This year, 33% of food-insecure students reported using the pantry, compared with 26% in 2024–25 and 16.1% in 2023–24, indicating that an increasing proportion of food-insecure students are accessing this campus resource. In addition, 59% of pantry users reported that access to the pantry enabled them to devote more time and energy to class-related activities.

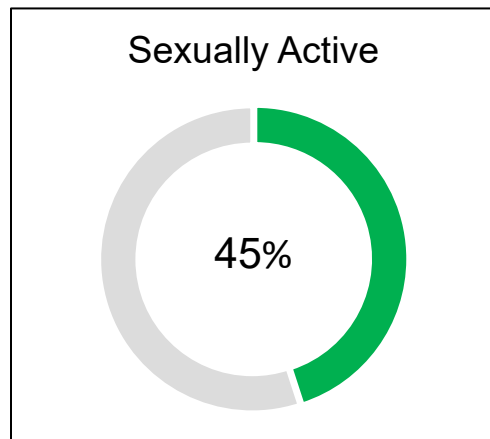


Figure 11: Sexually Active

Sexual Health

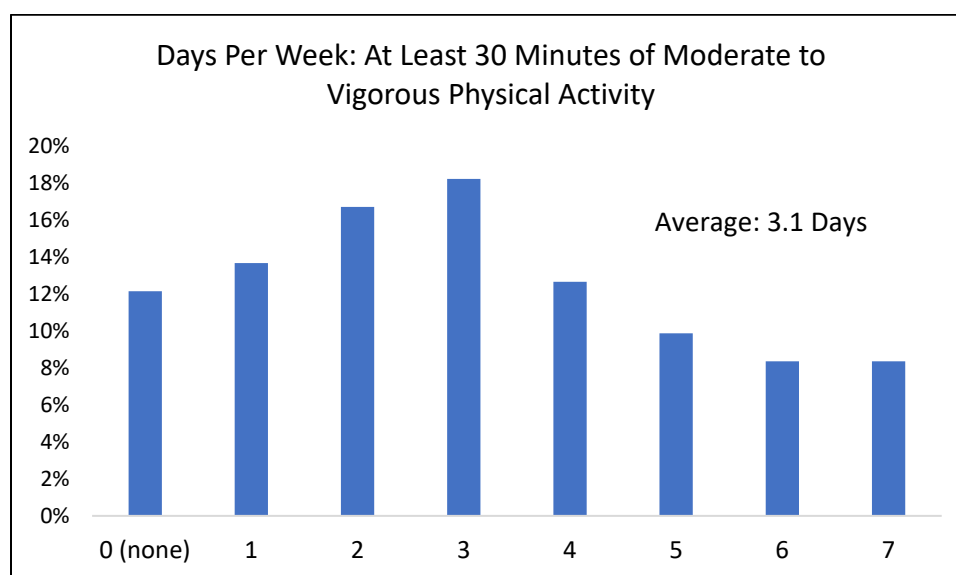
In 2023–24, the survey was expanded to include questions on sexual health. Results indicate that 45% of respondents reported being sexually active. Among these students, 57% reported using safe sex supplies most or all of the time, 31% reported having ever been tested for sexually transmitted infections (STIs), and 27% reported using campus services for STI testing (through free clinics or through appointments at the Health & Wellness Center). In addition, 52% of sexually active respondents reported obtaining safe sex supplies, such as condoms, from campus resources, including the Health & Wellness Center, Health Advancement & Prevention

Strategies, the Office of Survivor Support & Intimacy Education, the Pride Center, and Lamberton Hall. These findings underscore the important role of campus resources and health promotion efforts in supporting student sexual health and well-being.

Physical Activity

In 2025–26, the survey started including questions regarding physical activity. According to results, 53% of respondents were satisfied or somewhat satisfied with their level of physical activity, while 34% reported being dissatisfied or very dissatisfied. Students reported an average of 3.1 days per week in which they engaged in at least 30 minutes of moderate to vigorous physical activity. Walking was by far the most common activity (78%), followed by strength training (41%) and jogging/running (35%). The primary motivators for staying active were general health (78%), stress reduction/mental health (52.2%), enjoyment (51.0%), and fitness/performance (48%). The survey also asked about barriers to physical activity, and results showed that lack of time (75%), academic workload (68%), and low motivation/energy (56%) were the dominant obstacles reported by students.

Figure 12: Physical Activity



Comparing Lehigh with National Benchmark Data

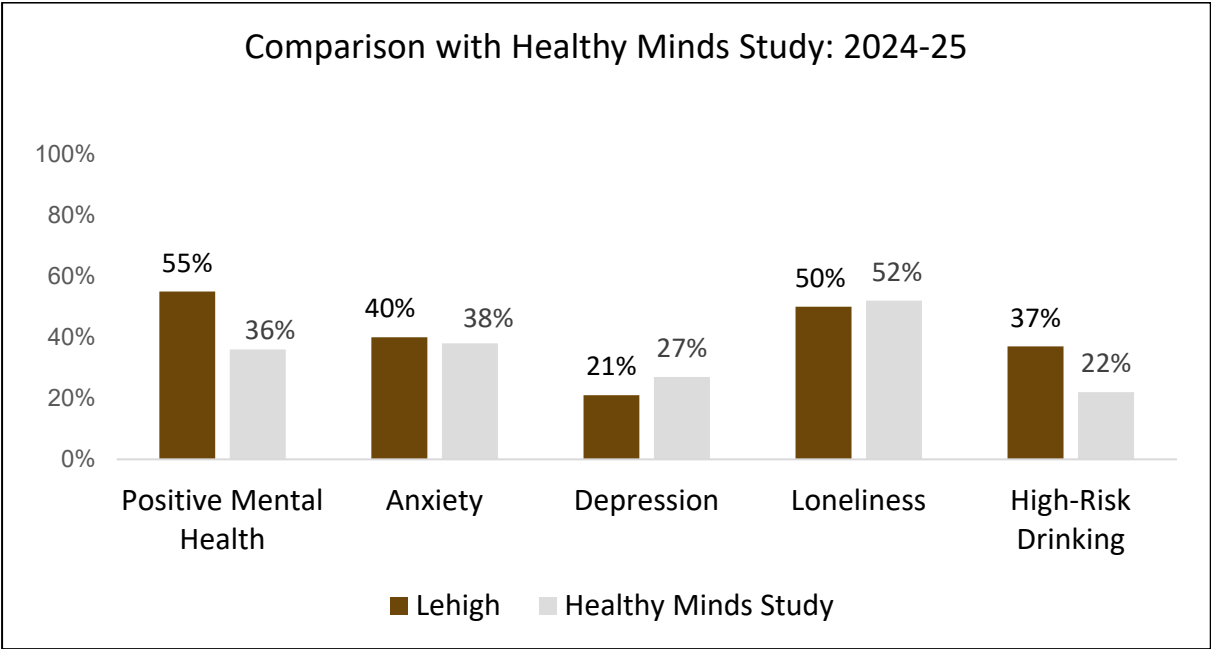
Several of the measures included in this survey are also used in the Healthy Minds Study (HMS), an annual national survey of college student mental health and well-being. In 2024–25, more than 84,000 students participated in HMS. Although Lehigh has not participated in the study, HMS reports and publicly available datasets provide an opportunity to compare Lehigh students with a national sample on select measures. Figure 13 presents comparative data on positive mental health (flourishing), positive screenings for depression and anxiety, loneliness, and high-risk (binge) drinking.

For depression and anxiety, Lehigh's survey uses the PHQ-2 and GAD-2, which are abbreviated versions of the PHQ-9 and GAD-7 used in the Healthy Minds Study. To ensure comparability, we used HMS's publicly available datasets to calculate PHQ-2 and GAD-2 scores from students' responses to the full

PHQ-9 and GAD-7 measures. The comparative results presented here are based on these calculated scores, which differ slightly from the positive screening rates reported by HMS using the full scales. As a result, the HMS percentages shown in this figure may vary slightly from those presented in HMS summary reports and publications.

Note: The 2025–26 Healthy Minds Study report was not available at the time this report was prepared. These comparisons will be updated when the latest HMS data become available.

Figure 13: Comparing Lehigh with Data from the Healthy Minds Study



Other Select Highlights

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

- 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 (41%), lack of quality sleep (33%), seasonal illness (30%), and anxiety (29%).
- Among students who attended a Lehigh After Dark (LAD) event, 40% reported that they have felt less stressed by attending LAD, 60% reported that LAD has positively impacted their Lehigh experience, 43% reported that they met someone new at a LAD event, and 48% reported that they felt more connected to other students by attending LAD events.
- 71% of respondents reported being either moderately or extremely familiar with Lehigh’s Medical Amnesty Policy, an increase from 66% in 2024-25, 62% in 2023-24, and 61% in 2022-23. The policy is designed to remove barriers that may prevent students from seeking necessary

medical attention for themselves or their peers. The continued increase in reported familiarity with the policy, along with a corresponding increase in observed medical amnesty calls, suggests that ongoing efforts to educate students about the policy and encourage help-seeking behaviors are having a positive impact.

- 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 the prevalence 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 16% reported this experience. Similarly, students estimated that 24% of peers drank to the point of vomiting in a public space, whereas only 5% 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 discomfort with talking about feelings or emotions (25%), uncertainty about whether campus resources would be helpful (23%), and a preference for informal sources of support (23%).

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

References

- Bickel, G., Nord, M., Price, C., Hamilton, W., Cook, J., United States Department of Agriculture Food and Nutrition Service Office of Analysis, Nutrition, and Evaluation, Abt Associates, Inc., Tufts University Center on Hunger, Poverty, and Nutrition Policy, & Boston University School of Medicine/New England Medical Center. (2000). Measuring food security in the United States. In *Measuring Food Security in the United States: Reports of the Federal Interagency Food Security Measurement Project* (Report No. 6). U.S. Department of Agriculture, Food and Nutrition Service. <https://nhis.ipums.org/nhis/resources/FSGuide.pdf> (Original work published 1997)
- Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., & Biswas-Diener, R. (2009). New well-being measures: short scales to assess flourishing and positive and negative feelings. *Social Indicators Research*, 97(2), 143–156. <https://doi.org/10.1007/s11205-009-9493-y>
- Hughes, M. E., Waite, L. J., Hawkey, L. C., & Cacioppo, J. T. (2004). A short scale for measuring loneliness in large surveys. *Research on Aging*, 26(6), 655–672. <https://doi.org/10.1177/0164027504268574>
- Kroenke, K., Spitzer, R. L., Williams, J. B., & Lowe, B. (2009). An Ultra-Brief screening scale for anxiety and depression: the PHQ-4. *Psychosomatics*, 50(6), 613- 621. <https://doi.org/10.1176/appi.psy.50.6.613>
- Peterson, N. A., Speer, P. W., & McMillan, D. W. (2007). Validation of A brief sense of community scale: Confirmation of the principal theory of sense of community. *Journal of Community Psychology*, 36(1), 61–73. <https://doi.org/10.1002/jcop.20217>

Appendix

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

In an effort to keep the survey shorter, some questions were administered to a random subset (half) of respondents.

Sense of Community

	N	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
The Lehigh community helps me fulfill my needs.	905	1.3%	3.6%	9.5%	56.0%	29.5%
I feel like a member of the Lehigh community.	905	1.3%	3.4%	8.2%	47.3%	39.8%
I belong in the Lehigh community.	904	1.3%	2.8%	12.8%	45.9%	37.2%
I feel connected to the Lehigh community.	901	1.4%	3.7%	13.0%	46.9%	35.0%
If I needed assistance with some practical problem, there would be someone from the Lehigh community who could help me.	903	1.1%	3.0%	10.2%	45.1%	40.6%
There are many people from the Lehigh community whom I think I know well and I can talk to about almost anything.	905	2.2%	7.6%	13.3%	39.2%	37.7%
I have several people from the Lehigh community who can give me real personal support to cope with the stresses and strains of life.	905	2.3%	6.3%	13.5%	40.0%	37.9%

Adapted from Brief Sense of Community Scale (BSCS) developed by Peterson, Speer, and McMillan (2008)

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	414	1.4%	6.3%	21.0%	52.2%	19.1%
I feel a sense of belonging in my living environment (e.g., residence hall, off-campus house, etc.)	414	1.4%	6.0%	15.5%	46.9%	30.2%
I feel a sense of belonging in my clubs/organizations	413	1.0%	3.9%	17.2%	49.4%	28.6%
I feel a sense of belonging in my group of friends	414	1.7%	2.9%	13.0%	45.4%	37.0%
I feel a sense of belonging in the general Lehigh community	414	2.4%	5.1%	13.8%	55.1%	23.7%
I feel a sense of belonging in the Bethlehem community	414	3.4%	8.7%	35.0%	37.9%	15.0%

Club/Organization Involvement

How many campus clubs/organizations you are involved with?	N	Percent
0 (none)	47	5.6%
1	126	15.0%
2	225	26.8%
3	240	28.6%
4	118	14.1%
5	47	5.6%
6	22	2.6%
7	6	0.7%
8	3	0.4%
9	2	0.2%
10 or more	3	0.4%
All Respondents	839	100%
<i>Average number of clubs</i>	2.7	

Level of Participation

Thinking about the club or organization you are MOST involved with, which statement best describes your level of participation?	N	Percent
I hold a leadership role (e.g., on the exec board)	292	37.3%
I am a highly active member and attend most regular meetings and events	275	35.2%
I am a somewhat active member and attend meetings/events when they fit my schedule	148	18.9%
I am lightly involved (e.g., I receive communication through GroupMe/emails but I rarely attend events)	49	6.3%
My involvement is currently minimal or inactive	18	2.3%
All Respondents	782	100%

Level of Participation

Which of the following best describes your level of involvement in campus clubs and organizations?

	N	Percent
I'm less involved than I would like to be	310	37.4%
My current level of involvement feels about right and works well for me	455	55.0%
I feel overinvolved or stretched too thin	63	7.6%
All Respondents	828	100%

Barriers to Involvement

Which of the following factors have prevented you from participating in campus clubs and organizations as much as you would like? *(Check all that apply)*

	N	Percent
I don't know where to find information about opportunities	130	16.0%
I'm overwhelmed by the large number of options available	184	22.6%
Feeling nervous, shy, or worried about not knowing anyone	320	39.3%
Financial costs (e.g., club fees, materials, travel expenses)	108	13.3%
Time conflicts due to academic commitments (e.g., studying, classes)	553	67.9%
Time conflicts due to working (e.g., work-study or working off campus) or other personal responsibilities	270	33.1%
Lack of clubs/organizations matching my interests	102	12.5%
Difficulty of joining certain clubs/organizations (e.g., applying, auditioning)	95	11.7%
Other (please specify)	35	4.3%
N/A, I haven't experienced barriers to involvement	121	14.8%

Flourishing (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	852	0.9%	1.4%	2.3%	5.4%	15.0%	40.8%	34.0%
My social relationships are supportive and rewarding	852	1.2%	0.6%	1.9%	4.3%	13.8%	41.8%	36.4%
I am engaged and interested in my daily activities	850	0.7%	1.6%	2.9%	6.2%	19.4%	38.7%	30.4%
I actively contribute to the happiness and well-being of others	851	0.5%	1.1%	0.8%	6.6%	12.8%	45.0%	33.3%
I am competent and capable in the activities that are important to me	850	0.5%	0.8%	1.6%	5.3%	12.4%	43.9%	35.5%
I am a good person and live a good life	852	1.2%	0.8%	1.1%	5.8%	11.9%	40.4%	39.0%
I am optimistic about my future	849	1.3%	2.4%	3.2%	6.1%	15.9%	35.9%	35.2%
People respect me	851	0.6%	1.1%	1.9%	8.7%	16.6%	43.7%	27.5%

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

Loneliness				
	N	Hardly Ever	Some of the Time	Often
How often do you feel that you lack companionship?	848	38.2%	51.4%	10.4%
How often do you feel left out?	848	41.2%	49.2%	9.7%
How often do you feel isolated from others?	847	45.6%	42.9%	11.6%

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

Anxiety and Depression Symptoms					
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	853	22.3%	41.3%	20.5%	15.9%
Not being able to stop or control worrying	853	39.0%	34.6%	14.8%	11.6%
Little interest or pleasure in doing things	853	55.0%	30.8%	8.2%	6.0%
Feeling down, depressed, or hopeless	853	58.6%	27.1%	8.4%	5.9%

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.	837	1.9%	11.0%	28.9%	41.3%	16.8%
At Lehigh, there are adequate resources and services to support student mental health.	837	1.3%	4.8%	21.5%	47.8%	24.6%
While at Lehigh, my mental health and emotional needs are being met.	837	2.3%	7.4%	27.8%	43.0%	19.5%

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	420	50.2%	25.7%	14.8%	6.7%	2.6%
Concerns about what family members would think	420	52.6%	18.1%	16.7%	8.6%	4.0%
Concerns about confidentiality	417	52.5%	22.1%	12.9%	8.4%	4.1%
Stigma around mental health challenges	418	51.2%	26.3%	14.1%	6.5%	1.9%
Uncertainty about what campus support resources are available	419	43.4%	25.5%	17.9%	8.8%	4.3%
Uncertainty whether campus support resources would be helpful	418	26.8%	25.4%	24.4%	14.6%	8.9%
Discomfort with talking about feelings/emotions	418	28.2%	23.2%	23.4%	16.0%	9.1%
Preference for supporting myself through accessing self-help resources	418	29.4%	25.4%	23.0%	15.6%	6.7%
Preference for accessing support through informal support resources	418	26.8%	25.4%	24.6%	15.6%	7.7%

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	421	34.0%	31.8%	20.2%	9.0%	5.0%
Difficulty affording essential needs (e.g., housing, food)	422	55.5%	18.0%	14.9%	8.3%	3.3%
Difficulty affording extracurricular or campus activities (e.g., clubs, social events)	421	59.9%	18.8%	12.4%	7.4%	1.7%
Getting adequate sleep	421	24.2%	27.1%	26.1%	15.4%	7.1%
Balancing various responsibilities (academics, extracurriculars, work)	422	16.1%	27.7%	26.5%	19.7%	10.0%
Difficulty making or maintaining friendships	422	43.6%	23.0%	18.5%	10.4%	4.5%
Broader societal issues or events	422	37.0%	26.1%	16.4%	14.2%	6.4%

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	417	7.0%	52.5%	40.5%
Personal use of alcohol or drugs	417	72.9%	24.7%	2.4%
Struggles in relationships (e.g., family, friends, romantic partners)	417	48.9%	36.5%	14.6%
Financial concerns	417	58.5%	31.4%	10.1%
Experiencing discrimination	415	86.7%	11.1%	2.2%
Anxiety	417	25.7%	45.1%	29.3%
Depression	416	59.5%	21.7%	18.8%
Lack of quality sleep	415	26.2%	40.6%	33.2%
Seasonal illness (colds, flu, covid, etc.)	417	26.1%	43.6%	30.2%

Satisfaction with Physical Activity						
	N	Dissatisfied	Somewhat dissatisfied	Neither satisfied nor dissatisfied	Somewhat satisfied	Satisfied
Overall, how satisfied are you with your level of physical activity?	413	10.7%	23.2%	13.3%	26.4%	26.4%

Typical Weekly Physical Activity

In a typical week, on how many days do you do at least 30 minutes of moderate to vigorous physical activity?

	N	Percent
0 (none)	48	12.2%
1	54	13.7%
2	66	16.7%
3	72	18.2%
4	50	12.7%
5	39	9.9%
6	33	8.4%
7	33	8.4%
All Respondents	395	100.0%
<i>Average number of days</i>	<i>3.1</i>	

Physical Activities

Which types of physical activities do participate in on a regular basis?

(Select all that apply)

	N	Percent
Walking	321	78.3%
Jogging/Running	145	35.4%
Strength training	169	41.2%
Team sports (varsity or club)	63	15.4%
Cycling	19	4.6%
Swimming	26	6.3%
Fitness classes	33	8.0%
Yoga/Pilates	51	12.4%
Recreational sports (e.g., pick up games)	47	11.5%
Other	27	6.6%
None	11	2.7%
All Respondents	410	100%

Reasons for Physical Activity

What are your main reasons for being physically active? *(Check all that apply)*

	N	Percent
General health	320	78.4%
Fitness/Performance	194	47.5%
Stress reduction/Mental health	213	52.2%
Enjoyment/fun	208	51.0%
Social connection	104	25.5%
Weight management	133	32.6%
Team requirement	37	9.1%
Improving energy/sleep	97	23.8%
Other	4	1.0%
None	16	3.9%
All Respondents	408	100.0%

Barriers to Physical Activity

Which factors most limit your ability to be physically active? *(Check all that apply)*

	N	Percent
Lack of time	305	74.6%
Academic workload	278	68.0%
Low motivation/energy	228	55.7%
Limited access to facilities/equipment	64	15.6%
Safety concerns	9	2.2%
No one to exercise with	51	12.5%
Injury/Health condition	42	10.3%
Weather	75	18.3%
Not sure what to do	45	11.0%
Other	9	2.2%
None	20	4.9%
All Respondents	409	100.0%

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	326	39.6%
Zero times	220	26.7%
1 time	110	13.3%
2 times	72	8.7%
3 times	46	5.6%
4 times	25	3.0%
5 times	9	1.1%
6 times	5	0.6%
7 times	4	0.5%
8 times	1	0.1%
9 times	0	0.0%
10 or more times	6	0.7%
All Respondents	824	100.0%

Primary Type of Alcohol Consumed

Over the past two weeks, which type of alcohol have you primarily consumed?	N = 491	Percent of Respondents who Drink
I have not consumed alcohol	128	26.1%
Beer	100	20.4%
Hard liquor	108	22.0%
Wine	39	7.9%
Hard seltzers (e.g., white claws, high noons)	111	22.6%
Other	5	1.0%

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 = 168	Percent of Respondents who Drink
To relax	106	63.1%
Because I feel more self-confident or sure of myself	72	42.9%
To reduce my anxiety	40	23.8%
To forget my worries	33	19.6%
To cheer me up when I'm in a bad mood	34	20.2%
Because my friends pressure me to drink	6	3.6%
To fit in with a group	39	23.2%
So I won't feel left out	26	15.5%

Alcohol Secondary Harms

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

	N = 408	Percent "Yes"
Been insulted or humiliated	37	9.1%
Had a serious argument or quarrel	26	6.4%
Been pushed, hit, or assaulted	14	3.4%
Had your property damaged	21	5.1%
Had to babysit or take care of another student who drank too much	119	29.2%
Found vomit in the halls or bathroom of your residence	69	16.9%
Found urine in an inappropriate place	31	7.6%
Had your studying or sleep interrupted	137	33.6%
Experienced an unwanted sexual advance	21	5.1%
Been a victim of sexual assault or rape	7	1.7%
Any of the above	226	55.4%

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	25.7%	15.5%
Forgot where you were or what you did	21.3%	12.9%
Got in trouble with the police	1.2%	0.7%
Had unprotected sex	6.8%	4.1%
Physically injured yourself	7.6%	4.6%
Physically injured another person	1.2%	0.7%
Missed a class	12.9%	7.8%
My academic performance was negatively impacted	6.0%	3.6%
Had to be babysat or taken care of by other students	9.4%	5.7%
Vomited in a public space	7.6%	4.6%
Urinated in a public space	4.0%	2.4%
Any of the above	42.6%	25.7%

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	2.8%	1.7%
<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>		

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	247	10.5%	13.0%	30.4%	30.8%	15.4%
Avoid drinking games	247	15.4%	23.1%	32.8%	16.6%	12.1%
Choose not to drink alcohol	246	8.5%	15.9%	39.0%	28.9%	7.7%
Determine in advance not to exceed a set number of drinks	246	16.3%	12.6%	25.2%	31.3%	14.6%
Eat before and/or during drinking	246	3.3%	3.7%	10.2%	32.1%	50.8%
Have a friend let you know when you have had enough	247	15.8%	18.6%	22.3%	19.4%	23.9%
Keep track of how many drinks being consumed	247	4.9%	5.3%	21.1%	27.5%	41.3%
Pace drinks to one or fewer an hour	246	15.0%	20.3%	31.3%	16.3%	17.1%
Stay with the same group of friends the entire time drinking	246	4.5%	2.8%	13.8%	35.4%	43.5%
Stick with only one kind of alcohol when drinking	246	8.1%	8.9%	34.6%	31.3%	17.1%
Use a designated driver	245	7.8%	1.6%	10.2%	10.6%	69.8%

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?	35.1%	5.7%
Drinking so much that one gets into situations or behaves in a way that they later regret?	35.1%	15.5%
Drinking so much that one cannot remember where they were or what they did?	30.7%	12.9%
Drinking so much that one vomits in a public space?	23.5%	4.6%
Drinking so much that one urinates in a public space?	19.3%	2.4%

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.)	117	14.5%
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.)	142	17.6%
Cocaine (coke, crack, etc.)	10	1.2%
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.)	12	1.5%
Methamphetamine (speed, crystal meth, ice, etc.)	4	0.5%
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	8	1.0%
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.)	6	0.7%
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	9	1.1%
Heroin	2	0.2%
Prescription opioids (e.g., morphine, codeine, fentanyl, oxycodone, etc.)	5	0.6%
Any non-medical drug use listed above	188	23.3%

Lehigh After Dark (LAD)

	N	Percent "Yes"
Do you know where to find information on Lehigh After Dark activities?	810	87.5%
Since the beginning of the school year, have you attended any Lehigh After Dark Events?	809	58.3%

Lehigh After Dark (LAD) Impact

Which of the following are true of your experiences at Lehigh After Dark?	N	Percent "Yes" Among Attendees
I met someone new at a Lehigh After Dark event	472	43.4%
I have felt more connected to other students by attending Lehigh After Dark event(s)	472	48.1%
I have felt less stressed by attending Lehigh After Dark event(s)	472	40.3%
I will likely attend another Lehigh After Dark event	472	68.9%
Attending Lehigh After Dark event(s) has positively impacted my Lehigh experience	472	60.0%
Attending Lehigh After Dark event(s) has contributed to my sense of community at Lehigh	472	49.2%
Lehigh After Dark provides late-night opportunities for me to thrive socially	472	47.5%
There have been times when I attended a LAD event because I knew there would be food and I was running low on meal swipes/money	472	31.4%

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?	406	4.9%	7.1%	16.7%	38.7%	32.5%

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?	807	2.1%	5.3%	14.3%	32.1%	46.2%

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	401	40.1%	30.7%	29.2%
Academic Coaching	400	53.3%	25.3%	21.5%
University Athletic Facilities (e.g., Taylor Gym)	401	14.5%	15.5%	70.1%
Counseling Center	400	51.0%	25.5%	23.5%
Health & Wellness Center	401	24.3%	25.5%	50.3%
Resources provided by Inclusive Excellence & Belonging Offices (e.g., Center for Cultural Engagement, Pride Center, Gender, Leadership and Empowerment Center, etc.)	400	63.8%	19.7%	16.5%
Food assistance (e.g., Food Pantries, Swipe out Hunger)	400	67.3%	18.8%	14.0%

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?	804	28.2%	55.0%	10.1%	6.7%
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	801	67.3%	22.5%	10.2%	
The food that I bought just didn't last, and I didn't have money to get more	801	74.4%	19.2%	6.4%	
I couldn't afford to eat balanced meals	800	67.8%	22.3%	10.0%	

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 = 804).

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?	804	18.3%
Did you ever eat less than you felt you should because there wasn't enough money for food?	804	18.2%
Were you ever hungry but didn't eat because there wasn't enough money for food?	804	17.0%
Did you lose weight because there wasn't enough money for food?	804	8.8%
Did you ever not eat for a whole day because there was not enough money for food?	804	6.7%

USDA 10-item Food Security Scale (2012)

Lehigh Food Pantry	N	Percent "Yes"
Have you ever used Lehigh's food pantry?	804	14.4%

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?	116	59.5%	10.3%	30.2%

** 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)?	401	54.6%	8.5%	4.2%	6.7%	10.2%	15.7%

Use of Safe Sex Supplies

Which safe sex supplies do you use? (Check all that apply)	N = 182	Percent "Yes" Among Sexually Active
External condoms	142	78.0%
Internal condoms	6	3.3%
Dental dams	3	1.6%
Finger cots	4	2.2%
Other	10	5.5%

Access of Safe Sex Supplies

Where are you accessing safe sex supplies? (Check all that apply)	N = 182	Percent "Yes" Among Sexually Active
Purchasing off-campus or online	87	47.8%
Health & Wellness Center (HWC), on campus	57	31.3%
Health Advancement & Prevention Strategies (HAPS), on campus	17	9.3%
Survivor Support & Intimacy Education (OSSIE), on campus	7	3.8%
Pride Center, on campus	11	6.0%
Lamberton Hall, on campus	32	17.6%
Dravo and/or M&M residence halls	21	11.5%
Other	10	5.5%

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)?	177	14.1%	16.4%	69.5%	0.0%
Have you ever been tested for HIV?	178	10.7%	13.5%	71.9%	3.9%

STI Testing

Where are you accessing STI testing? (Check all that apply)	N = 29	Percent "Yes" Among Those Tested Within the Last 6 Months
Free clinics on campus	8	27.6%
Appointments at the Health & Wellness Center (HWC)	7	24.1%
Off campus	18	62.1%

Demographics

Class Year			Gender Identity		
What year of college are you in?	N	Percent	What is your gender identity (check all that apply)?	N	Percent
1st year undergraduate	297	37.0%	Man	283	35.3%
2nd year undergraduate	180	22.4%	Woman	493	61.5%
3rd year undergraduate	157	19.6%	Transgender man	5	0.6%
4th year undergraduate	162	20.2%	Transgender woman	0	0.0%
Other (please specify):	6	0.7%	Genderqueer or Gender nonconforming	26	3.2%
All students	802	100.0%	Additional Category	2	0.2%

All "other" listed 5th year undergraduate

Hispanic/Latino			International		
Are you Hispanic or Latino(a)?	N	Percent	Are you an international student?		
Non-Hispanic/Non-Latino(a)	695	87.5%	Yes	47	5.9%
Hispanic/Latino(a)	99	12.5%	No	749	94.1%
All students	794	100.0%	All students	796	100.0%

Race			Sexual Orientation		
Please indicate which of the following best describes you:	N	Percent	Which term best describes your sexual orientation (check all that apply) ?	N	Percent
American Indian / Alaskan Native	12	1.5%	Bisexual	93	12.2%
Asian	126	16.1%	Gay	18	2.4%
Native Hawaiian / Pacific Islander	1	0.1%	Heterosexual / straight	586	76.8%
African American / Black	35	4.5%	Lesbian	22	2.9%
White	554	70.6%	Queer	36	4.7%
Multiracial (please specify):	42	5.4%	Asexual	27	3.5%
Additional Category (please specify):	15	1.9%	Questioning	14	1.8%
All students	785	100.0%	Additional Category:	3	0.4%

Residence		
Which of the following best describes your residential/campus status(i.e., where you currently live)?		
	N	Percent
On-campus, residential student	552	69.0%
Off-campus, local to campus student	229	28.6%
Commuter student	19	2.4%
All students	800	100.0%

First Generation		
Are you a first generation student (i.e., no parents / guardians have completed a bachelor's degree)?]		
	N	Percent
Yes	177	22.4%
No	614	77.6%
All students	791	100.0%

Estimated Family Income		
What is your family/parent's approximate household income?		
	N	Percent
< \$24,999	58	7.6%
\$25,000 - \$49,999	79	10.4%
\$50,000 - \$74,999	80	10.5%
\$75,000 - \$99,999	98	12.9%
\$100,000 - \$149,999	150	19.7%
\$150,000 - \$199,999	97	12.7%
\$200,000+	200	26.2%
All students	762	100.0%

Neurodiversity		
Neurodiversity is a term that refers to the fact that there is diversity in the human brain and there are variations in the ways that people learn, behave, and interact. "Neurodivergent" is a nonmedical term that describes people whose brains work or have developed differently than most ("neurotypical") people. Common examples of neurodivergence include autism, ADHD, and dyslexia. Do you consider yourself:		
	N	Percent
Neurodivergent	148	18.8%
Neurotypical	458	58.2%
Unsure	181	23.0%
All students	787	100.0%

Disability		
Do you have a disability?		
	N	Percent
Yes	63	8.0%
No	726	92.0%
All students	789	100.0%