

CCMH Data Navigator – Data Dictionary and Information

Introduction

The information provided in this document is meant to inform users of the types of data included within the CCMH Data Navigator. Data within the navigator is taken from both the Counseling Center Assessment of Psychological Symptoms (CCAPS) and the Standardized Data Set – Client Demographic Information (SDS). This data is contributed by participating members of CCMH. The type of data and the amount of data contributed will vary by center. A center is able to view both their center’s local data, and the national aggregate sample by survey year. Data can further be broken down by Outcome Type and Sample Breakdown. Users that are interested in a detailed description of the data variables below should refer to the ‘Standardized Materials’ page located on the CCMH website.

Outcomes

There are two categories of outcomes provided within the Data Navigator. These include Mental Health History questions taken from the SDS and Subscale scores taken from both the CCAPS-62 and CCAPS-34. CCAPS data within the Data Navigator is from first time administrations of the CCAPS for each client.

Mental Health History Questions

SDS Item #	Actual Question on SDS	Abbreviated Question
1	Attended Counseling for Mental Health Concerns	Prior Counseling (lifetime prevalence)
2	Take a prescribed medication for mental health concerns	Prior Psychiatric Medication (lifetime prevalence)
3	Been hospitalized for mental health concerns	Prior Psychiatric Hospitalization (lifetime prevalence)
*	CCAPS Suicidal Ideation Item	"I have thoughts of ending my life" (in the last two weeks)
*	CCAPS Thoughts of Hurting Others Item	"I have thoughts of hurting others" (in the last two weeks)
53	Did your military experiences include any traumatic or highly stressful experiences which continue to bother you?	Traumatic military experience with current distress
85	Experienced harassing, controlling, and/or abusive behavior from another person (e.g. friend, family member, partner, or authority figure)	Experienced harassing, controlling, and/or abusive behavior(s) (lifetime prevalence)
67	Felt the need to reduce alcohol or drug use	Felt the need to reduce alcohol or drug use (lifetime prevalence)
69	Others have expressed concern about your alcohol or drug use	Others expressed concern about alcohol or drug use (lifetime prevalence)
71	Received treatment for alcohol or drug use	Prior treatment for alcohol or drug use (lifetime prevalence)
73	Purposely injured yourself without suicidal intent (e.g. cutting, hitting, burning, etc.)	Self-injurious behavior(s) (lifetime prevalence)
75	Seriously considered attempting	Seriously considered attempting suicide (lifetime prevalence)

	suicide	
77	Made a suicide attempt	Made a suicide attempt (lifetime prevalence)
79	Considered causing serious physical injury to another person	Considered causing serious physical injury to another person (lifetime prevalence)
81	Intentionally caused serious physical injury to another person	Intentionally caused serious physical injury to another person (lifetime prevalence)
83	Someone had sexual contact with you without your consent (e.g. you were afraid to stop what was happening, passed out, drugged, drunk, incapacitated, asleep, threatened, or physically forced)	Had unwanted sexual contact(s) (lifetime prevalence)
87	Experienced a traumatic event that caused you to feel intense fear, helplessness, or horror	Experienced traumatic event(s) (lifetime prevalence)

* The items “I have thoughts of ending my life” and “I have thoughts of hurting others” are taken from the CCAPS instrument.

Note: Where applicable, Lifetime Prevalence is calculated using responses other than “never” for each item.

CCAPS-62 & CCAPS-34

The below section provides relevant information on the CCAPS Instruments including subscales, critical items, cut scores, and implementation. This information may determine what CCAPS outcome data you choose to analyze using the Data Navigator.

CCAPS Measures

The CCAPS-62 and CCAPS-34 are multi-dimensional assessment/monitoring instruments used to assess for psychological symptoms/distress within college students. The CCAPS is available in two versions: the CCAPS-62 and the CCAPS-34. The CCAPS-62 has 8 subscales, including Depression, Generalized Anxiety, Social Anxiety, Academic Distress, Eating Concerns, Hostility, Substance Use, and Family Distress. The CCAPS-34 includes these same subscales, with the exception of Substance Use shifting to Alcohol Use, and the absence of the Family Distress subscale. Each of the subscales in the CCAPS-34 also includes fewer items. The Distress Index (DI) provides an overall measure of distress, and is calculated from items present in both CCAPS-62 and -34 to allow for a comparison between the two CCAPS versions. Clients are directed to answer a total of either 62 or 34 Likert scale items based on how well each statement describes them *within the past 2 weeks*. Each item response ranges from 0 to 4.

CCAPS Suicidal and Homicidal Ideation Items (SI/THO)

Suicidal Ideation (SI): I have thoughts of ending my life (#46 on CCAPS-62, #25 on the CCAPS-34)

Thoughts of Hurting Others (THO): I have thoughts of hurting others (#60 on CCAPS-62, #34 on the CCAPS-34)

Cut Scores:

Each subscale of the CCAPS and the DI has two severity indicators, the low and the elevated cut scores. These cut scores provide information about level of distress. Scores above the low cut (yellow zone) indicate moderate levels of distress, and are most consistent with college students in treatment. Scores in this range should be viewed as potentially problematic and assessed whether it's indicative of clinical concern. Scores above the elevated cut (red zone) indicate high levels of distress, and should be further assessed for the possible presence of a diagnosis.

Administration/Implementation of the CCAPS

CCAPS-62: Primarily administered at intake

CCAPS-34: Primarily administered as a repeated measure just prior to each therapeutic session, but can be used at intake.

Sample Breakdown

The outcome data mentioned above can be broken down by several categories. The below table consists of the available sample breakdown options within the Data Navigator.

SDS Item #	Actual Question on SDS	Abbreviated Question
		Sample Breakdown
25	Age (in years)	Client Age
95	What is your race/ethnicity?	Client Race
32	Are you an international student?	International Student
46	Did you transfer from another campus/institution to this school?	Transfer Student
42	What kind of housing do you currently have?	Housing
37	Current academic status	Academic Status
33	Relationship status	Relationship Status
1151,1152,1153	Do you currently participate in any of the following organized college athletics? (Intramurals, Club, Varsity)	Participation on Athletic Team
56	Are you the first generation in your family to attend college?	First Generation College
60	Are you registered, with the office for disability services on this campus, as having a documented and diagnosed disability?	Documented and Diagnosed Disability
88	What is your gender identity?	Gender Identity
92	Self-identify sexual orientation	Sexual Orientation
97	Religious or spiritual preference	Religious or Spiritual Preference
98	Have you ever served in any branch of the US military (active duty, veteran, National Guard, or reserves)?	Military Service
N/A	N/A	COMPARE TO ALL SCHOOLS