



**PennState**

College of Health and  
Human Development

EDNA BENNETT PIERCE  
PREVENTION RESEARCH CENTER

# Penn State CORE

## COLlege Relationships & Experiences

### **PENN STATE DESCRIPTIVE STATISTICS**

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EDNA BENNETT PIERCE PREVENTION RESEARCH CENTER

Penn State University

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## Number of Participants

### Overall

<b>CONSENT</b>	<b>FREQUENCY</b>	<b>PERCENTAGE</b>
Yes	4351	100

### By Campus

<b>CAMPUS</b>	<b>FREQUENCY</b>	<b>PERCENTAGE</b>
University Park	1905	43.8
Behrend	635	14.6
Harrisburg	482	11.1
Altoona	398	9.1
Abington	390	9.0
Berks	277	6.4
Brandywine	127	2.9
Beaver	79	1.8
Greater Allegheny	58	1.3

## Demographics

What is your sex that was assigned at birth? (For example, on your birth certificate)

SEX	FREQUENCY	PERCENTAGE
Female	2419	55.6
Male	1919	44.1
Intersex	Less than 5	N/A
Prefer not to answer	12	0.3

What is your current gender?

GENDER	FREQUENCY	PERCENTAGE
Male/man	1906	43.8
Female/woman	2385	54.8
Genderqueer/gender nonconforming	24	0.6
Trans male/ trans man	9	0.2
Trans female/ trans woman	Less than 5	N/A
Different identity	Less than 5	N/A
Prefer not to answer	21	0.5

Which option best describes your sexual identity/orientation?

SEXUAL IDENTITY	FREQUENCY	PERCENTAGE
Heterosexual/straight	3824	87.9
Bisexual	287	6.6
Gay	60	1.4
Lesbian	43	1.0
Queer	30	0.7
None of these options apply	25	0.6
Prefer not to answer	82	1.9

NIH Calculated Sexual and Gender Minority (SGM) Variable\*

SGM	FREQUENCY	PERCENTAGE
No	3822	87.8
Yes	441	10.1
Prefer not to answer	88	2.0

\*This was calculated by classifying a participant as SGM if they identified their gender and sexual identity as something other than male, female and heterosexual/straight.

How old are you?

AGE	FREQUENCY	PERCENTAGE
18	1522	35.0
19	1417	32.6
20-24	1412	32.5

Is your home residence (when not in school):

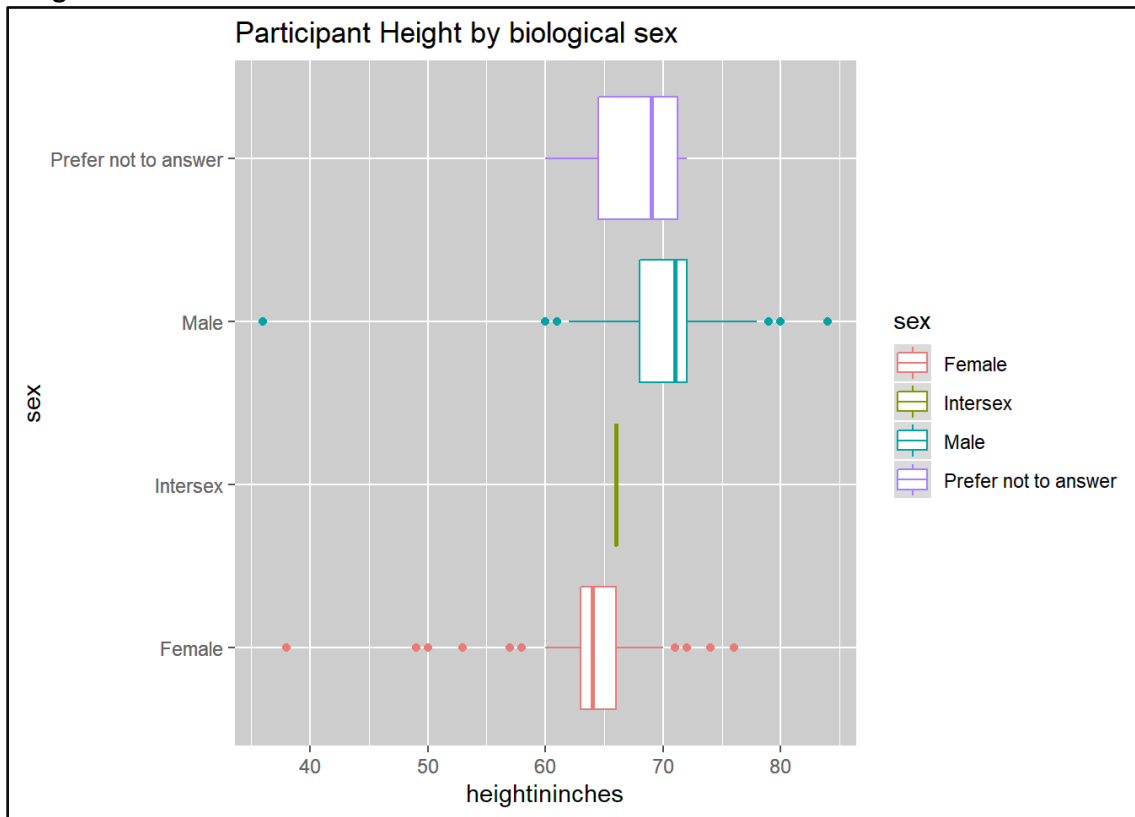
RESIDENCE	FREQUENCY	PERCENTAGE
In Pennsylvania	3230	74.2
In the US, but in a different state other than Pennsylvania	861	19.8
Outside of the US (international student)	242	5.6
Prefer not to answer	18	0.4

What is your race or ethnicity? Mark all that apply.

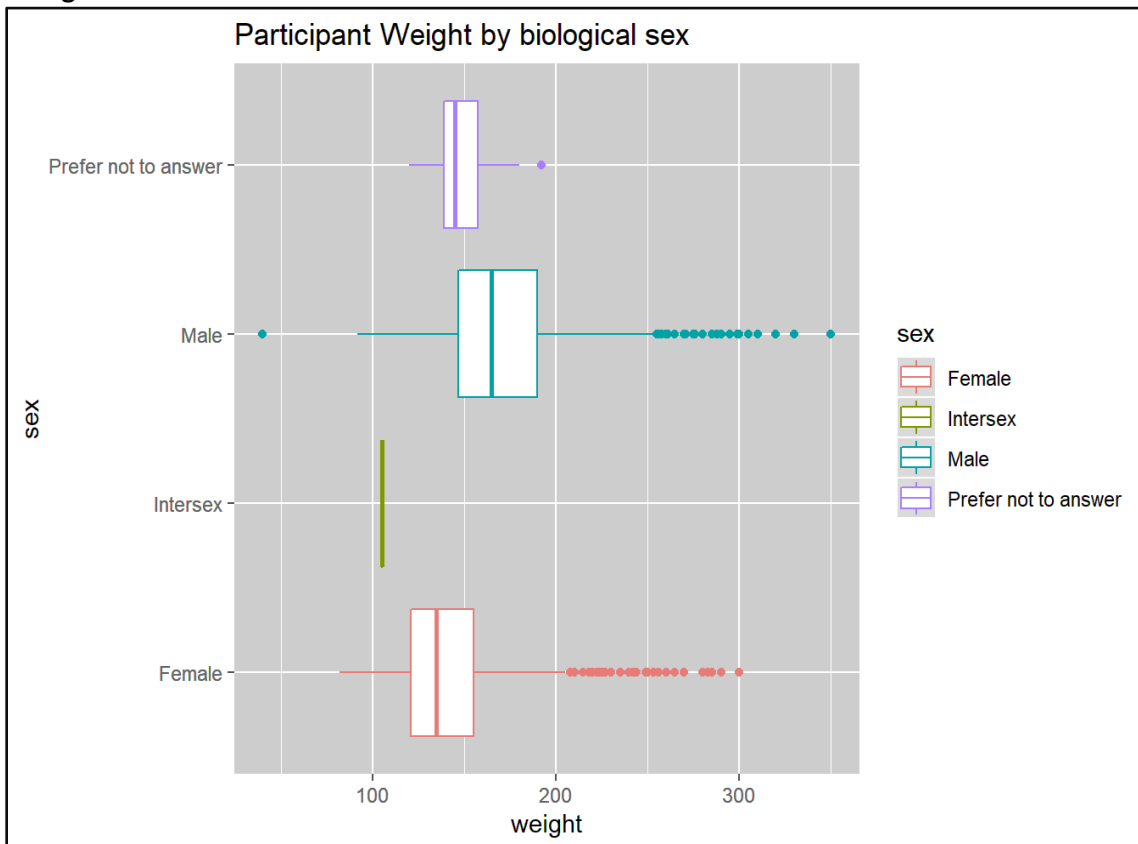
RACE	FREQUENCY	PERCENTAGE
Single Race (Non-Hispanic)	3775	87.7
Multiple Races (Non-Hispanic)	219	5.1
Hispanic and Another Race	174	4.0
Hispanic Only	138	3.2

RACE/ETHNICITY	FREQUENCY	PERCENTAGE
White	2944	68.4
Hispanic, Latino/a, or Spanish	138	3.2
Black or African American	210	4.9
Asian	554	12.9
Native American or Alaska Native	Less than 5	N/A
Middle Eastern or North African	51	1.2
Native Hawaiian or other Pacific Islander	Less than 5	N/A
Some other race or ethnicity	11	0.3

Your height:



Your weight:



## Sexual Activity

Have you been sexually active in the past month?

SEXUALLY ACTIVE	FREQUENCY	PERCENTAGE
No	2104	48.4
Yes	2009	46.2
Prefer not to answer	238	5.5

How many sexual partners have you had in the past month? [Of the participants who said they were sexually active in the past month]

SEX PARTNERS	FREQUENCY	PERCENTAGE
One	1721	85.7
Two	184	9.2
Three or more	82	4.1
Prefer not to answer	22	1.1

## Group Affiliation

Please indicate whether you're currently involved in the following groups:

THON	FREQUENCY	PERCENTAGE
No	2150	49.4
Maybe in future	1293	29.7
Yes	869	20.0
Prefer not to answer	39	0.9

SCHREYER HONORS COLLEGE	FREQUENCY	PERCENTAGE
No	3630	83.4
Maybe in future	523	12.0
Yes	148	3.4
Prefer not to answer	50	1.1

ACADEMIC GROUP	FREQUENCY	PERCENTAGE
No	2687	61.8
Maybe in future	971	22.3
Yes	644	14.8
Prefer not to answer	49	1.1

GOVERNMENT/POLITICAL GROUP	FREQUENCY	PERCENTAGE
No	3595	82.6
Maybe in future	450	10.3
Yes	256	5.9
Prefer not to answer	50	1.1

CULTURAL GROUP	FREQUENCY	PERCENTAGE
No	3308	76.0
Maybe in future	366	8.4
Yes	632	14.5
Prefer not to answer	45	1.0

CREATIVE GROUP	FREQUENCY	PERCENTAGE
No	3313	76.1
Maybe in future	534	12.3
Yes	466	10.7
Prefer not to answer	38	0.9

GREEK-ACADEMIC GROUP	FREQUENCY	PERCENTAGE
No	3739	85.9
Maybe in future	424	9.7
Yes	145	3.3
Prefer not to answer	43	1.0

GREEK-SOCIAL GROUP	FREQUENCY	PERCENTAGE
No	3593	82.6
Maybe in future	513	11.8
Yes	201	4.6
Prefer not to answer	44	1.0

SPORTS	FREQUENCY	PERCENTAGE
No	2451	56.3
Maybe in future	770	17.7
Yes	1097	25.2
Prefer not to answer	33	0.8

### Enrollment Status

What is your current college standing?

STATUS	FREQUENCY	PERCENTAGE
First year	1953	44.9
Second year	1350	31.0
Third year	442	10.2
Fourth year	466	10.7
Other	140	3.2



## Leap Status

Were you a part of the LEAP program at Penn State?

LEAP	FREQUENCY	PERCENTAGE
No	3903	89.7
Yes	402	9.2
Prefer not to answer	46	1.1

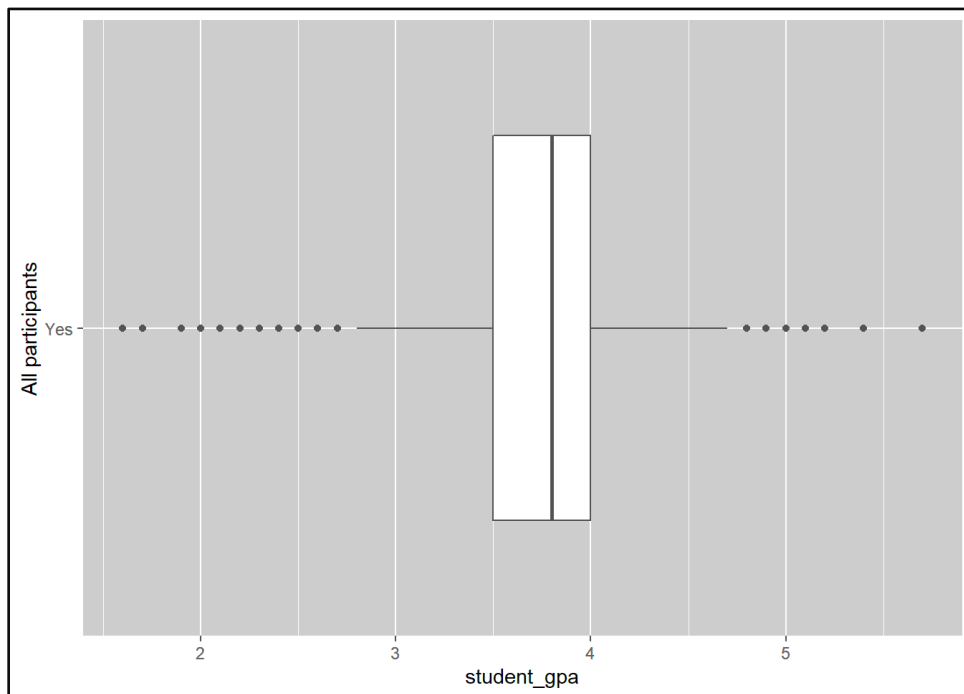
## Employment Status

Are you employed during the academic year?

EMPLOYED	FREQUENCY	PERCENTAGE
No, I do not work	2308	53.0
Yes, I work part time	1845	42.4
Yes, I work full time	137	3.1
Prefer not to answer	61	1.4

## High School GPA

What was your High School grade point average (GPA)?



## Housing Status

Where do you currently live during the academic year?

ACADEMIC RESIDENCE	FREQUENCY	PERCENTAGE
College dorm/residence hall	2211	50.8
Parent's or relative's home	1058	24.3
House/apartment/room (not college-affiliated)	1026	23.6
Fraternity/sorority house	9	0.2
Other	19	0.4
Prefer not to answer	28	0.6

## Parental Educational Attainment

What was the highest level of education completed by your Mother?

MOTHER'S EDUCATIONAL ATTAINMENT	FREQUENCY	PERCENTAGE
Do not know mother's education level	144	3.3
Did not complete high school	114	2.6
High school diploma or equivalent	925	21.3
Vocational/technical training	157	3.6
Associate's degree	489	11.2
Bachelor's degree	1529	35.1
Master's degree or equivalent	755	17.4
Doctoral degree (PhD, MD)	123	2.8
Prefer not to answer	115	2.6

What was the highest level of education completed by your Father?

FATHER'S EDUCATIONAL ATTAINMENT	FREQUENCY	PERCENTAGE
Do not know father's education level	227	5.2
Did not complete high school	143	3.3
High school diploma or equivalent	966	22.2
Vocational/technical training	299	6.9
Associate's degree	262	6.0
Bachelor's degree	1363	31.3
Master's degree or equivalent	730	16.8
Doctoral degree (PhD, MD)	240	5.5
Prefer not to answer	121	2.8

## First-Generation Student Calculation\*

FIRST GENERATION STUDENT	FREQUENCY	PERCENTAGE
Not a first-generation student	2946	67.7
First-generation student	1199	27.6
Incomplete information	206	4.7

\*If neither parent had completed higher than an associate's degree, then the participant was considered a first-generation college student. Data was incomplete if participant indicated prefer not to answer for both or did not know for both of their parent's education levels.

## Family Information

**Were you born in the United States?**

<b>BORN IN USA</b>	<b>FREQUENCY</b>	<b>PERCENTAGE</b>
Yes	3779	86.9
No	550	12.6
Prefer not to answer	19	0.4
Don't know	Less than 5	N/A

**Was your mother born in the United States?**

<b>MOTHER BORN IN USA</b>	<b>FREQUENCY</b>	<b>PERCENTAGE</b>
Yes	3264	75.0
No	1040	23.9
Prefer not to answer	35	0.8
Don't know	12	0.3

**Was your father born in the United States?**

<b>FATHER BORN IN USA</b>	<b>FREQUENCY</b>	<b>PERCENTAGE</b>
Yes	3261	74.9
No	1019	23.4
Prefer not to answer	41	0.9
Don't know	30	0.7

**[US born information combined]**

<b>IMMIGRANT</b>	<b>FREQUENCY</b>	<b>PERCENTAGE</b>
US born participant with both US born parents	3121	71.7
US born participant with a non-US born parent	658	15.1
Non-US born participant with a non-US born parent	514	11.8
Non-US born participant with a least one US born parent	58	1.3

## Perceived Discrimination

In the past month, how many times have you experienced bias or discrimination?

DISCRIMINATION	FREQUENCY	PERCENTAGE
Never	1744	40.1
Hardly ever	1564	35.9
Sometimes	798	18.3
Frequently	116	2.7
Always	37	0.9
Prefer not to answer	92	2.1

## Social Connectedness at PSU

I feel like I belong at Penn State

BELONG AT PSU	FREQUENCY	PERCENTAGE
Strongly agree	1286	29.6
Agree	1822	41.9
Slightly agree	642	14.8
Neither agree nor disagree	322	7.4
Slightly disagree	125	2.9
Disagree	87	2.0
Strongly disagree	48	1.1
Prefer not to answer	19	0.4

When you think about Penn State, how often, if ever, do you wonder “Maybe I don’t belong here?”

DON'T BELONG AT PSU	FREQUENCY	PERCENTAGE
Never	1291	29.7
Hardly ever	1447	33.3
Sometimes	1188	27.3
Frequently	282	6.5
Always	94	2.2
Prefer not to answer	48	1.1

## Food Insecurity

Within the past month, I worried whether my food would run out before I got money to buy more.

<b>WORRIED ABOUT FOOD</b>	<b>FREQUENCY</b>	<b>PERCENTAGE</b>
Never true	2808	64.5
Sometimes true	1055	24.2
Often true	396	9.1
Prefer not to answer	92	2.1

Within the past month, the food I bought just did not last and I did not have money to get more.

<b>FOOD DID NOT LAST</b>	<b>FREQUENCY</b>	<b>PERCENTAGE</b>
Never true	3378	77.6
Sometimes true	644	14.8
Often true	213	4.9
Prefer not to answer	116	2.7

### **Food Insecurity Calculation\***

<b>FOOD SECURITY</b>	<b>FREQUENCY</b>	<b>PERCENTAGE</b>
Food secure	2729	62.7
Food insecure	1525	35.0
Prefer not to answer	97	2.2

\*If participant indicated “sometimes true” or “often true” for either of the food insecurity questions, then they were categorized as “food insecure”.

## Health Service Use

In the past 30 days, have you had any appointments with on campus health services (for physical or mental health)?

HEALTH SERVICE USE	FREQUENCY	PERCENTAGE
No	3391	77.9
Yes	918	21.1
Prefer not to answer	42	1.0

How many appointments were primarily for physical health? [Of the participants who said they had a campus health service in the past 30 days]

APPOINTMENT(S) – PHYSICAL HEALTH	FREQUENCY
0	190
1	498
2	146
3	58
4	16
5	5
6	2
7	1
10	1
11	1

How many appointments were primarily for mental health/counseling? [Of the participants who said they had a campus health service in the past 30 days]

APPOINTMENT(S) – MENTAL HEALTH/COUNSELING	FREQUENCY
0	595
1	129
2	83
3	37
4	33
5	16
6	7
7	7
9	1
10	3
15	1

In the past 30 days have you seen a health care provider OFF campus (for physical or mental health)?

HEALTH OFF CAMPUS	FREQUENCY	PERCENTAGE
No	3285	75.5
Yes	1016	23.4
Prefer not to answer	50	1.1

[Any health service use in past month]

ANY HEALTH SERVICE	FREQUENCY	PERCENTAGE
No/Prefer not to answer	2676	61.5
Yes	1675	38.5

### Level of Physical Activity

For the purpose of this questionnaire, being physically active means doing activities such as strength training (e.g., weightlifting, swimming, running), playing sports, outdoor activities (e.g., hiking, skiing) for at least 30 minutes, 3 times a week...

Think about the past month, have you met these guidelines:

PHYSICAL ACTIVITY	FREQUENCY	PERCENTAGE
Every week	1689	38.8
Some weeks	1632	37.5
No weeks	967	22.2
Prefer not to answer	63	1.4

### Anxiety\*

- My heart races for no good reason
- I am anxious that I might have a panic attack in public
- I have sleep difficulties
- My thoughts are racing
- I have spells of terror or panic
- I feel tense

ANXIETY SCORE	FREQUENCY	PERCENTAGE
Low risk (score of 0 – 1.2)	2312	53.1
Moderate risk (score of 1.3 – 2.0)	972	22.3
Elevated risk (score of 2.1 – 4.0)	963	22.1

\*General Anxiety scale was taken from the \*\*CCAPS-34. Mean raw scores were balanced on a scale percentile table where cut offs were determined from previous robust reliability studies.

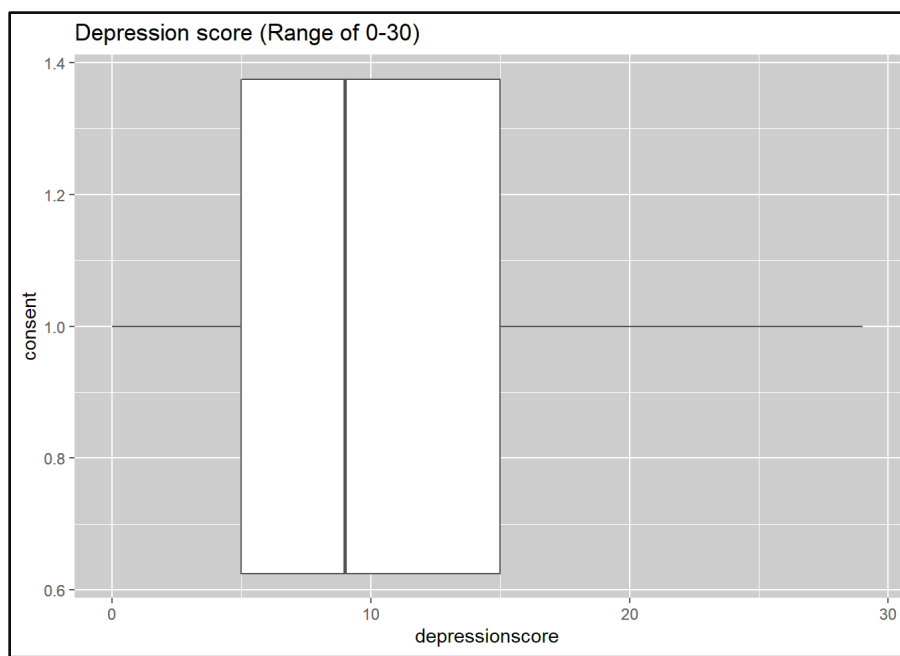
\*\*Locke, B.D., McAleavey, A.A., Zhao, Y., Lei, P.-W., Hayes, J.A., Castonguay, L.G., Li, H., Tate, R., Lin, Y. -C. (2012). Development and initial validation of the Counseling Center Assessment of Psychological Symptoms-34 (CCAPS-34). *Measurement and Evaluation in Counseling and Development*, 45, 151-169. Doi:10.1177/0748175611432642

## Depression\*

### During the last week...

- I was bothered by things that usually don't bother me
- I had trouble keeping my mind on what I was doing
- I felt depressed
- I felt that everything I did was an effort
- I felt hopeful about the future
- I felt fearful
- My sleep was restless
- I was happy
- I felt lonely
- I could not get "going"

DEPRESSION SCORE	FREQUENCY	PERCENTAGE
Lower risk (score of 0-10)	2258	51.9
Higher risk (score of 11-30)	1764	40.5



\*Depression scores based on the CES-D 10. Answers were added up, with reverse scoring as needed. Scores over 10 were coded as higher risk for depression.



## Alcohol

Have you ever tried alcoholic beverage more than just a few sips?

ALCOHOL USE	FREQUENCY	PERCENTAGE
Yes, in the last 30 days	2269	52.1
Yes, but not in the last 30 days	582	13.4
No	1281	29.4
Prefer not to answer	219	5.0

Have you ever consumed 5 or more alcoholic drinks in one sitting? [Of the male participants who have used alcohol]

MALE BINGE	FREQUENCY	PERCENTAGE
Yes, within the last 30 days	625	52.2
Yes, but not within the last 30 days	303	25.3
No	246	20.5
Prefer not to answer	24	2.0

Have you ever consumed 10 or more alcoholic drinks in one sitting? [Of the male participants who have consumed 5 or more alcoholic drinks in one sitting within the past 30 days]

MALE HIGH INTENSITY	FREQUENCY	PERCENTAGE
Yes, within the last 30 days	287	24.0
Yes, but not within the last 30 days	327	27.3
No	556	46.4
Prefer not to answer	28	2.3

Have you ever consumed 4 or more alcoholic drinks in one sitting? [Of the female participants who have used alcohol]

FEMALE BINGE	FREQUENCY	PERCENTAGE
Yes, within the last 30 days	798	48.4
Yes, but not within the last 30 days	417	25.3
No	415	25.2
Prefer not to answer	20	1.2

Have you ever consumed 8 or more alcoholic drinks in one sitting? [Of the female participants who have consumed 4 or more alcoholic drinks in one sitting within the past 30 days]

FEMALE HIGH INTENSITY	FREQUENCY	PERCENTAGE
Yes, within the last 30 days	228	13.8
Yes, but not within the last 30 days	337	20.4
No	1064	64.4
Prefer not to answer	24	1.5

## Nicotine

Have you ever used any kind of nicotine or tobacco product?

TRIED NICOTINE	FREQUENCY	PERCENTAGE
Yes	1791	41.2
No	2463	56.6
Prefer not to answer	97	2.2

Which nicotine or tobacco products have you used (check all that apply)? [Of participants who have tried nicotine or tobacco product]

CIGARETTE USE	FREQUENCY	PERCENTAGE
Used in the last 30 days	261	14.6
Tried, but not in past 30 days	598	33.4
Never	932	52.0

E-CIGARETTE USE	FREQUENCY	PERCENTAGE
Used in the last 30 days	891	49.7
Tried, but not in past 30 days	749	41.8
Never	151	8.4

CIGARILLO/CIGAR USE	FREQUENCY	PERCENTAGE
Used in the last 30 days	194	10.8
Tried, but not in past 30 days	702	39.2
Never	895	50.0

HOOKAH USE	FREQUENCY	PERCENTAGE
Used in the last 30 days	80	4.5
Tried, but not in past 30 days	591	33.0
Never	1120	62.5

SMOKELESS TOBACCO USE	FREQUENCY	PERCENTAGE
Used in the last 30 days	111	6.2
Tried, but not in past 30 days	287	16.0
Never	1393	77.8

NICOTINE REPLACEMENT PRODUCT	FREQUENCY	PERCENTAGE
Used in the last 30 days	44	2.5
Tried, but not in past 30 days	124	6.9
Never	1623	90.6

## Marijuana

Have you ever used marijuana or hashish?

TRIED MARIJUANA	FREQUENCY	PERCENTAGE
Yes, within the last 30 days	747	17.2
Yes, but not within the last 30 days	874	20.1
No	2494	57.3
Prefer not to answer	236	5.4

## Other Drug Use

Have you ever used any of the following: (check all that apply)

- Prescription stimulants (non-medical use)
- Prescription painkillers (non-medical use)
- Other prescription drugs (non-medical use)
- Psychedelics
- Other illicit drugs (cocaine, meth)

SUBSTANCE USE	FREQUENCY	PERCENTAGE
Multiple substances	158	3.6
Single substance	218	5.0
No substance/prefer not to answer	3975	91.4

[Substance use for participants who reported ONLY one substance]

SUBSTANCE USE - SINGLE	FREQUENCY	PERCENTAGE
Prescription stimulants	90	41.3
Prescription painkillers	35	16.1
Other prescription drugs	19	8.7
Psychedelics	63	28.9
Other illicit drugs (cocaine, meth)	11	5.0

[Substance use for participants who reported at least one substance]

SUBSTANCE USE – MULTIPLE	FREQUENCY	PERCENTAGE
Prescription stimulants	224	59.6
Prescription painkillers	88	23.4
Other prescription drugs	98	26.1
Psychedelics	181	48.1
Other illicit drugs (cocaine, meth)	100	26.6

## Smartphone

What type of smartphone do you own?

SMARTPHONE	FREQUENCY	PERCENTAGE
Apple iPhone	3429	78.8
Samsung Galaxy	540	12.4
Google Pixel	102	2.3
OnePlus Pro	30	0.7
Huawei Pro	18	0.4
Other Smartphone	170	3.9
I do not own a Smartphone	12	0.3
Prefer not to answer	50	1.1

## Future Research Participation

Overall

FUTURE RESEARCH	FREQUENCY	PERCENTAGE
Yes, I would like to be contacted for future research studies	2557	58.8
No thanks, just take me to the survey	1794	41.2

Appendix 1: Response Rates

Response rate among n=32,831 students who were direct-emailed:

CAMPUS	INVITED TO PARTICIPATE VIA EMAIL	NUMBER OF CLICK-THROUGHS	CLICK-THROUGH PERCENTAGE	NUMBER CONSENTED	CONSENTED PERCENTAGE	NUMBER COMPLETED SURVEY	COMPLETED SURVEY PERCENTAGE	OVERALL RESPONSE RATE FROM EMAIL
University Park	13,365	2,651	19.8	2,098	79.1	1,892	90.2	14.2
Behrend	3,919	886	22.6	669	75.5	608	90.9	15.5
Harrisburg	4,196	768	18.3	511	66.5	478	93.5	11.4
Altoona	3,057	545	17.8	432	79.3	394	91.2	12.9
Abington	3,607	579	16.1	437	75.5	389	89.0	10.8
Berks	2,376	392	16.5	301	76.8	277	92.0	11.7
Brandywine	1,306	201	15.4	143	71.1	127	88.8	9.7
Beaver	576	109	18.9	85	78.0	79	92.9	13.7
Greater Allegheny	429	95	22.1	61	64.2	58	95.1	13.5
<b>OVERALL</b>	<b>32,831</b>	<b>6,226</b>	<b>19.0</b>	<b>4,737</b>	<b>76.1</b>	<b>4,302</b>	<b>90.8</b>	<b>13.1</b>

Response rate among n=395 students who went through public link:

CAMPUS	NUMBER WHO WENT THROUGH LINK	NUMBER CONSENTED	CONSENTED PERCENTAGE	NUMBER COMPLETED SURVEY	COMPLETED SURVEY PERCENTAGE	OVERALL RESPONSE RATE FROM PUBLIC LINK
University Park	109	25	22.9	12	48.0	11.0
Behrend	208	44	21.2	28	63.6	13.5
Harrisburg	14	7	50.0	4	57.1	28.6
Altoona	15	5	33.3	3	60.0	20.0
Abington	17	8	47.1	2	25.0	11.8
Berks	4	2	50.0	0	00.0	NA
Brandywine	3	0	00.0	0	NA	NA
Beaver	7	1	14.3	0	00.0	NA
Greater Allegheny	8	0	00.0	0	NA	NA
<b>OVERALL</b>	<b>385</b>	<b>92</b>	<b>23.9</b>	<b>49</b>	<b>53.3</b>	<b>12.7</b>

## Appendix 2: Penn State Population Benchmarks

SEX	PERCENTAGE
Female	45.0
Male	55.0

RESIDENCE	PERCENTAGE
In Pennsylvania	65.2
In the US, but in a different state other than Pennsylvania	23.6
Outside of the US (international student)	11.2

RACE/ETHNICITY	PERCENTAGE
White	63.7
Hispanic, Latino/a, or Spanish	7.1
Black or African American	5.5
Asian	6.9
Native American or Alaska Native	<1
Middle Eastern or North African	N/A
Native Hawaiian or other Pacific Islander	<1

### Appendix 3: National Food Insecurity Statistics #RealCollege Survey April 2019

SEX	PERCENTAGE
Female	71
Male	27

FOOD INSECURE	PERCENTAGE
Overall	45
4-year college	41

RACE/ETHNICITY	PERCENTAGE	BY FOOD INSECURITY
White or Caucasian	35	39
African American or Black	13	58
Hispanic	36	49

AGE	PERCENTAGE
18-25	69
Older than 26	31

In general, LGBTQ showed higher rates of food insecurity.

Students who were employed experienced higher rates of basic needs insecurity.

Higher parental education levels were associated with lower rates of food and housing insecurity.

#### Reference:

Goldrick-Rab., S., Baker-Smith., C., Coca, V., Looker, E., and Williams, T. (2019) College and University Basic Needs Insecurity: A National #RealCollege Survey Report.