

# Life at Lehigh: Community and Well-being Survey 2022-23 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 2022-23. 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 community, 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
- National benchmark data when available

Many of the survey measures used in this survey are related to social and emotional well-being. While select key measures are highlighted in this report, an appendix is attached with frequency distributions for all other questions included in the survey. Unless otherwise noted, data from the fall '22 and spring '23 are combined for the purpose of this report and results are unweighted.

## About the Survey

The biannual Life at Lehigh: Community and Well-being Survey was administered to undergraduate students in November 2022 and April 2023. The survey population is randomly split so that students only receive the survey invitation once (in either fall or spring). This survey evolved from a survey called the "Alcohol Use and Social Options Survey". As its name suggests, the focus of the survey had historically been on alcohol use as well as interest and involvement in some alcohol-free social options at Lehigh. Beginning in Fall 2020, as part of an in-depth study on sense of belonging at Lehigh (Napper et al., 2023), the survey was redesigned to include other measures related to students' well-being, while still including alcohol and other drug use measures. The response rate in 2022-23 was 20%.

## Flourishing

In this survey, we used the Flourishing Scale, a widely used scale that was developed and validated by Diener, Wirtz, Kim-Prieto, Choi, and Biswas-Diener (2009). The Flourishing 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." The eight survey items are on a 7-point Likert scale (strongly disagree=1 to strongly agree=7). Table 1 provides the survey items and the mean responses from our survey data. All mean scores fall between 5 and 6. This means, on average, students fall between "somewhat agreeing" and "agreeing" with these statements.

Table 1: Flourishing scale and results

Rate your agreement with following:	Mean score
I lead a purposeful and meaningful life	5.5
My social relationships are supportive and rewarding	5.7
I am engaged and interested in my daily activities	5.4
I actively contribute to the happiness and well-being of others	5.7
I am competent and capable in the activities that are important to me	5.8
I am a good person and live a good life	5.8
I am optimistic about my future	5.6
People respect me	5.6

*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 the cutoff combined score of 48 (scores of individual items are summed) on the Flourishing Scale to define “Positive Mental Health”. This score can be interpreted as, on average, at least agreeing (“Agree” or “Strongly Agree”) with the statements above. 48% of our surveyed students have positive mental health by this definition.

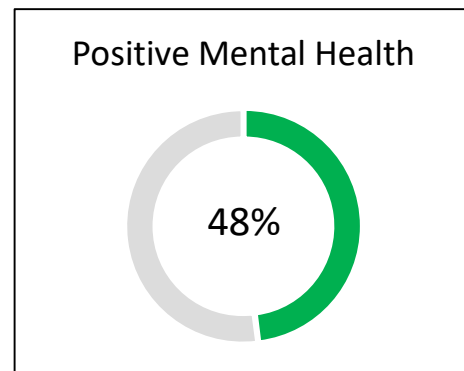


Figure 1: Flourishing/ Positive Mental Health

## Depression and Anxiety

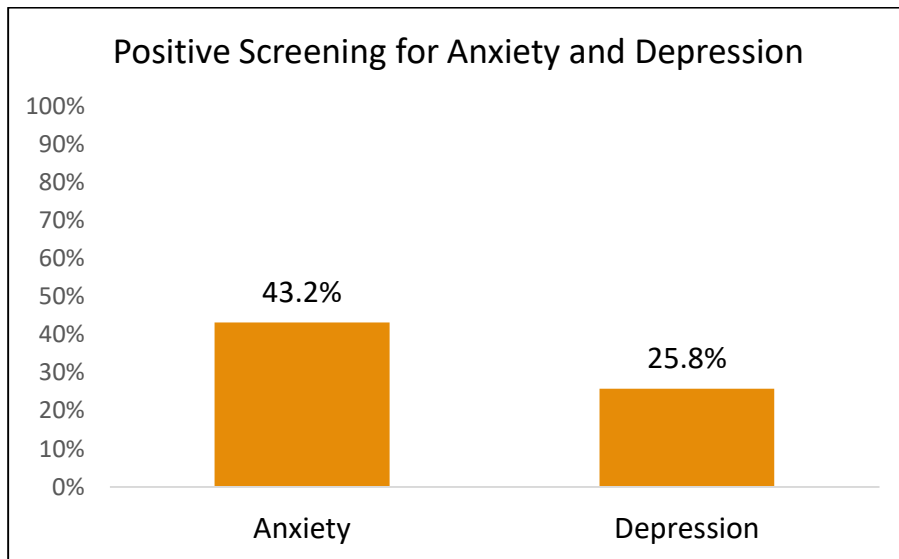
In this survey, the Patient Health Questionnaire-4 (PHQ-4) was used as a measure of anxiety and depression. This set of four questions was developed and validated by Kroenke, Spitzer, Williams, and Lowe (2009) as an ultra-brief screening tool for anxiety and depression. The measure has been used extensively in practice and research. The PHQ-4 consists of two subscales: a two-item measure of anxiety (GAD-2) and a two-item measure of depression (PHQ-2). The individual survey items and the frequency distributions for all survey respondents are provided in Table 2.

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	15.8%	41.4%	23.0%	19.8%
Not being able to stop or control worrying	31.8%	34.5%	18.4%	15.3%
Little interest or pleasure in doing things	42.7%	33.6%	15.3%	8.4%
Feeling down, depressed, or hopeless	46.3%	33.7%	11.9%	10.8%

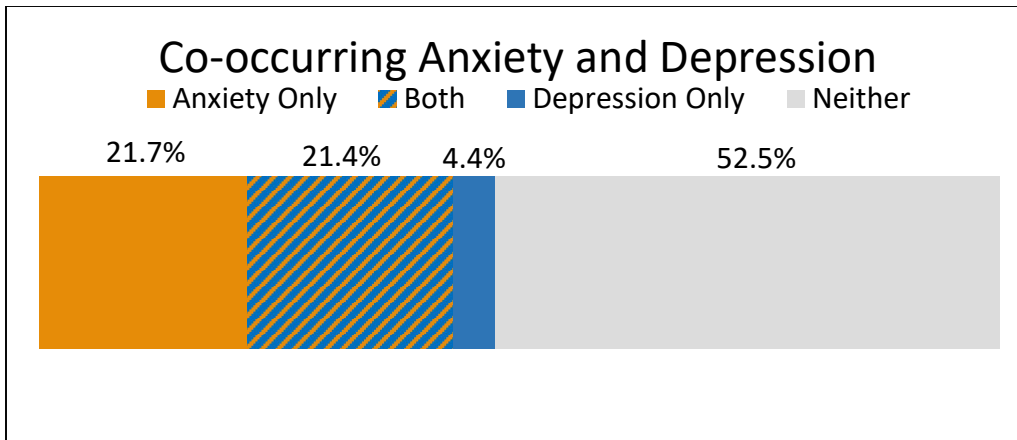
The overall PHQ-4 score and the individual sub-scores for anxiety and depression are calculated by summing the scores of the individual items (Not at all = 0 to Nearly every day =3). For the anxiety and depression sub-scales, prior research has established that scores  $\geq 3$  are used to identify positive screenings for generalized anxiety disorder and major depression disorder, respectively. In our survey results, shown in Figure 2, 43.2% of students would screen positively for generalized anxiety disorder and 25.8% of students would screen positively for major depression disorder.

Figure 2: Anxiety and Depression



Research has shown that when anxiety and depression co-occur, the functional impairment caused by these conditions is even greater. Figure 3 shows that 21.4% of surveyed students had scores that would indicate a positive screening for both anxiety and depression. Nearly half of students, 47.5%, would screen positively for at least one of the two conditions.

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

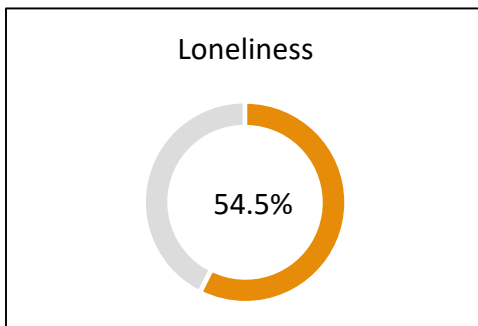


## Loneliness

In this survey, we used the UCLA three-item loneliness scale (Hughes et al., 2004). The individual survey items and the frequency distributions for all survey 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?	30.0%	54.6%	15.4%
...left out?	34.2%	50.5%	15.3%
...isolated from others?	34.5%	48.1%	17.4%



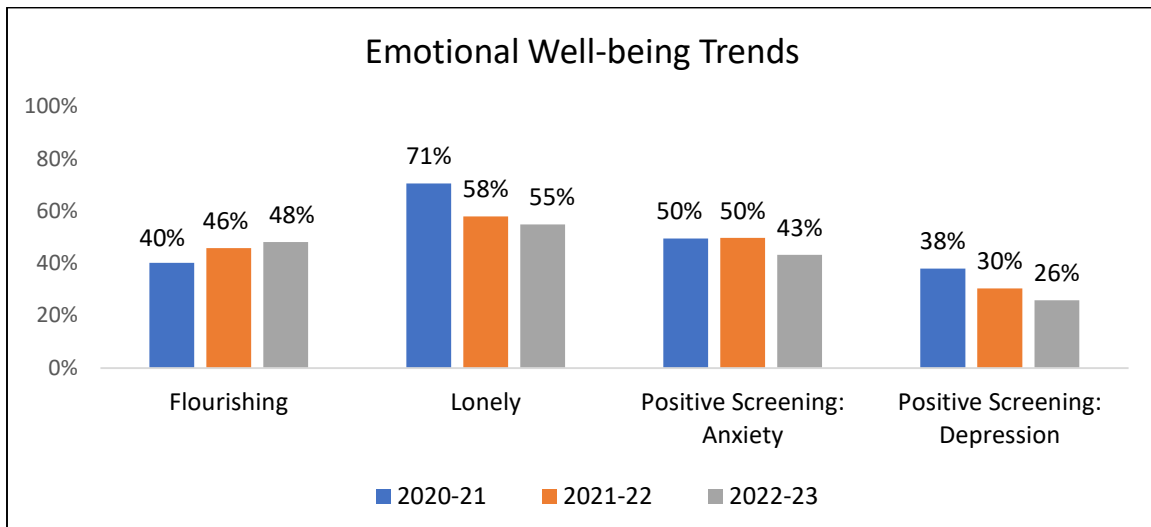
The total loneliness score is calculated by taking the sum of scores from the three questions above (From “hardly ever”=1 to “often”=3). Other sources, including the American College Health Association (ACHA), use the cutoff score of  $\geq 6$  on this scale to define significant feelings of loneliness. This can be interpreted as, on average, feeling the above ways at least some of the time. By this definition, 54.5% of students experience significant feelings of loneliness.

Figure 4: Significant feelings of loneliness

## Emotional Well-being Measures: Trends Over Time

Each of the emotional well-being and mental health measures described above was included in this survey for the first time in Fall 2020. While we do not have comparable data prior to the pandemic, we have seen favorable changes for each of these measures since we first started collecting the data.

Figure 5: Emotional Well-being Trends



## Sense of Community & Sense of Belonging

In this survey, we used an abbreviated and modified version of the Brief Sense of Community Scale (BSCS) developed by Peterson, Speer, and McMillan (2008). This scale uses the psychological sense of community conceptual framework of McMillan and Chavis (1986) by using the following four dimensions to assess sense of community: needs fulfillment, group membership, influence, and emotional connection. The individual items and their mean scores are provided in Table 4.

The trend in the overall combined mean score for Sense of Community is provided in Figure 6. This measure was also included in the survey for the first time in Fall 2020 and we have seen movement in the right direction. The difference in scores between each year was statistically significant.

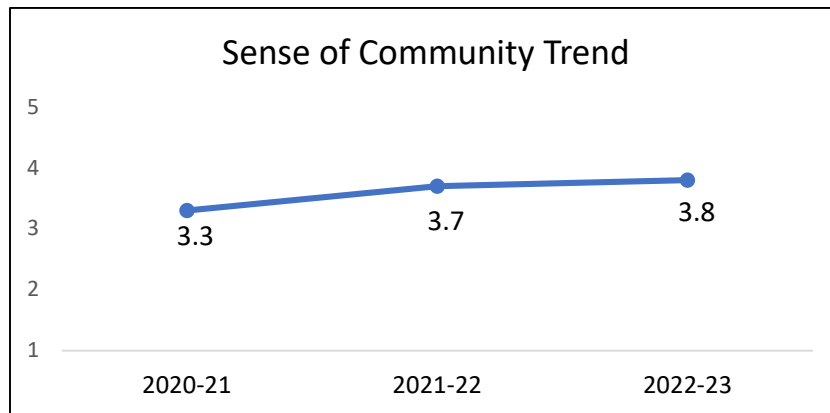
Also included in the survey are questions about students' sense of belonging in various campus settings (e.g., in classes, in clubs and organizations, etc.). These results are provided in the appendix.

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.	3.7
I feel like a member of the Lehigh community.	3.9
I belong in the Lehigh community.	3.8
I feel connected to the Lehigh community.	3.7
If I needed assistance with some practical problem, there would be someone from the Lehigh community who could help me.	4.0
There are many people from the Lehigh community whom I think I know well and I can talk to about almost anything.	3.7
I have several people from the Lehigh community who can give me real personal support to cope with the stresses and strains of life.	3.8

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

Figure 6: Overall Sense of Community Mean Score Trend



## Alcohol and Other Drug Use

Because this survey evolved from a survey that was primarily focused on alcohol use and social options at Lehigh, there are several questions related to alcohol use. One measure that has been tracked for several years at Lehigh is the high-risk drinking rate (commonly referred to as “binge drinking rate”). This rate is defined by the percent of students who report having had five or more drinks in a row during the two weeks prior to being surveyed. This is a standard measure used in research and college prevention work. It is an important measure since students are more likely to experience harmful consequences when they engage in high-risk (“binge”) drinking. Our survey data, shown in Figure 7, shows that there has been a steady downward trend in the high-risk drinking rate at Lehigh. A sharp decline was seen during the 2020-21 academic year, the height of the pandemic, when many activities were remote.

In this survey, we have also tracked drinking-related harms for several years. The exact question asks: Since the beginning of the academic year, have you experienced any of the following as a result of drinking alcohol? Like the high-risk drinking rate, we have seen a steady decrease in rates of drinking-related harms with a sharper decrease during the pandemic. The results for the most common drinking-related harms are provided in Figure 8. Also provided in the appendix are the rates of alcohol-related secondary harms, which are negative experiences that students report due to *other* students' drinking.

Figure 7: High-Risk Drinking Rate Trend

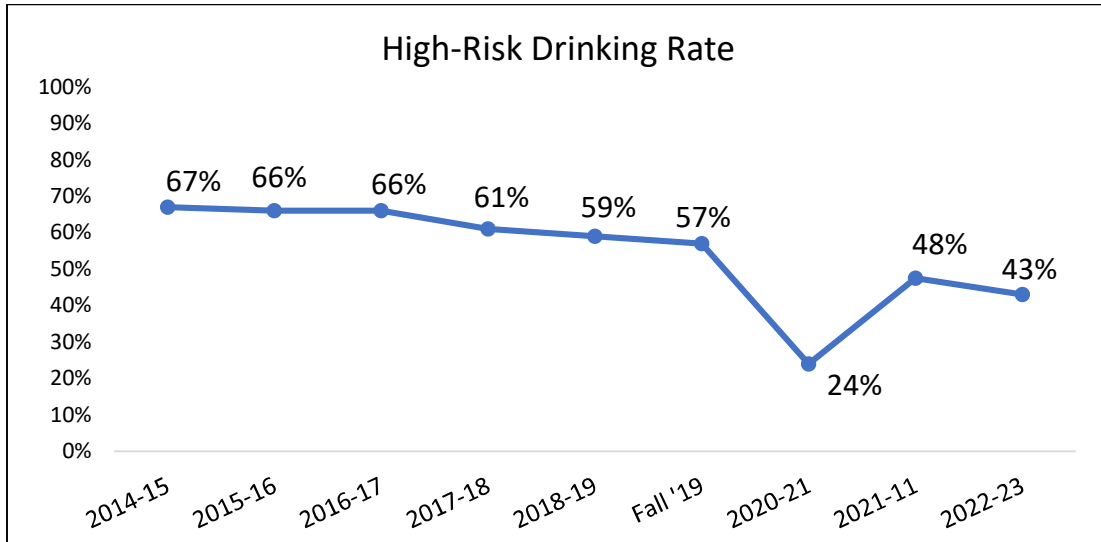
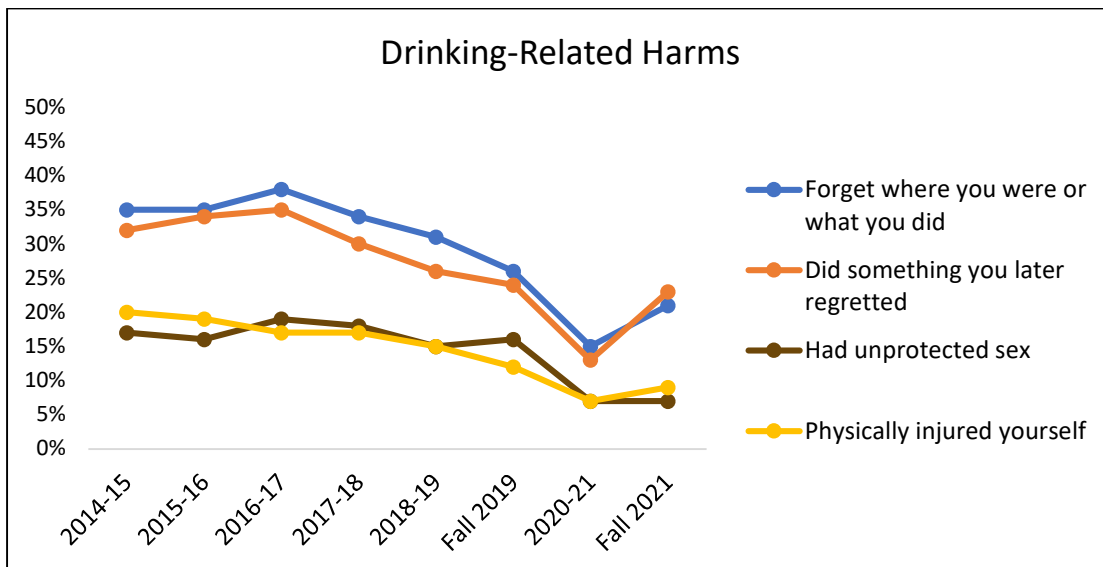


Figure 8: Trends in Drinking-Related Harms





In the survey, students were asked about drug use since the beginning of the academic year. Provided in table 5 are the spring '23 results. Marijuana is the most commonly used drug (30.3%). The percentage of respondents who reported non-medical use of *any* of the drugs listed below was 38.2%.

Table 5: Drug Use Since Beginning of the Academic Year – Spring '23 Results

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.)	21.5%
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.)	30.3%
Cocaine (coke, crack, etc.)	5.6%
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.)	5.3%
Methamphetamine (speed, crystal meth, ice, etc.)	0.2%
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	1.7%
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.)	2.0%
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	4.7%
Herion	0.5%
Prescription opioids (e.g., morphine, codeine, fentanyl, oxycodone, etc.)	1.2%

*"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.*

## Other Select Highlights

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

- 34% of students agree or strongly agree with the statement: At Lehigh, students' mental and emotional health is a priority.
- 49% of students agree or strongly agree with the statement: At Lehigh, there are adequate resources and services to support student mental health.
- 39% of students agree or strongly agree with the statement: While at Lehigh, my mental health and emotional needs are being met.
- Students are asked how concerned they are about certain aspects of their life. Results show that 23% of students are "quite a bit" or "extremely concerned about their mental health, 38% of students are "quite a bit" or "extremely concerned about their personal finances, and 29% of students are "quite a bit" or "extremely concerned about being able to afford balanced meals.

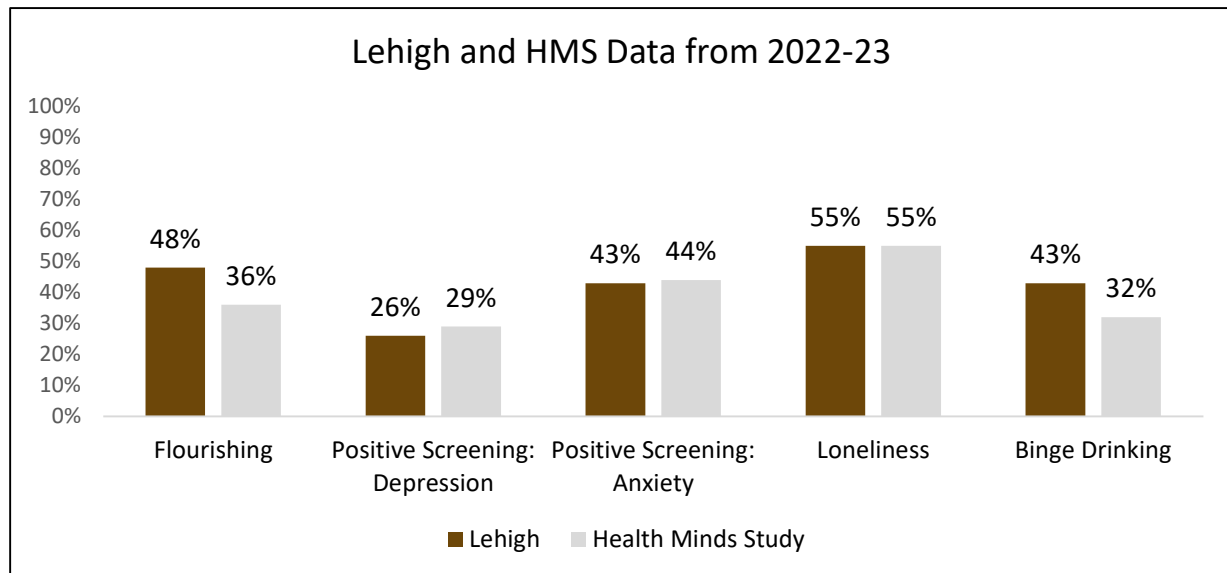
- 13% of survey respondents report using the Headspace app. Among Headspace users, 92% report being positively impacted by the app in one of the following ways: managing stress, improving sleep, increasing focus, learning to meditate, and increasing productivity.
- 53% of students report that they have attended at least one Lehigh After Dark (LAD) event since the beginning of the academic year. Among attendees, 52% reported that they have felt less stressed by attending LAD, 66% reported that LAD has positively impacted their Lehigh experience, 48% reported that they met someone new at a LAD event, and 44% reported that they felt more connected to other students by attending LAD events.

## Comparing Lehigh with National Benchmark Data

Some of the survey scales that we use are also used in the Healthy Minds Study (HMS), an annual national survey. In the academic year 2022-23, over 75,000 students participated in the Healthy Minds Survey. While Lehigh has not participated in this survey, we can use the HMS reports and their publicly available data sets to compare our data on select measures. Figure 9 provides the comparison data for: positive mental health (flourishing), positive screenings for depression and anxiety, loneliness, and binge drinking.

Note: For the depression and anxiety survey scales, we use shortened versions of longer survey scales. For depression, we use the PHQ-2 (HMS uses and reports the 9 question PHQ-9); for anxiety, we use the GAD-2 (HMS uses and reports the 7 question GAD-7). While HMS reports on the longer version of the scales, their data set is publicly available, so we can calculate the comparable data from the shortened versions of the scales. The more precise comparable data is presented here.

Figure 11: Comparing Lehigh with Data from the Healthy Minds Study



## References

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- Peterson, N. A., Speer, P. W., & McMillan, D. W. (2008). 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.

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## Appendix

This appendix provides the frequency distributions for the questions in this survey. Results are unweighted. For select questions, responses are provided separately for fall and spring (the survey is administered in November and April). However, unless specified, fall and spring responses are combined for the purposes of this report.

<b>Sense of Community Scale</b>						
	N	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
The Lehigh community helps me fulfill my needs.	1097	0.9%	8.4%	21.1%	57.2%	12.4%
I feel like a member of the Lehigh community.	1098	1.6%	7.4%	13.9%	55.6%	21.5%
I belong in the Lehigh community.	1095	1.6%	6.6%	20.2%	49.9%	21.7%
I feel connected to the Lehigh community.	1092	1.9%	12.5%	20.1%	47.8%	17.6%
If I needed assistance with some practical problem, there would be someone from the Lehigh community who could help me.	1095	0.8%	6.0%	13.0%	56.8%	23.4%
There are many people from the Lehigh community whom I think I know well and I can talk to about almost anything.	1095	2.5%	13.5%	16.7%	41.8%	25.5%
I have several people from the Lehigh community who can give me real personal support to cope with the stresses and strains of life.	1097	2.8%	9.2%	17.6%	44.1%	26.3%

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

<b>Scale for Sense of Belonging in Classes</b>						
	N	Completely Untrue	Mostly Untrue	Equally True and untrue	Mostly True	Completely True
It is difficult to meet other students in class.	1098	7.9%	34.6%	28.0%	23.2%	6.3%
I know very few people in my classes.	1096	10.7%	29.1%	22.0%	29.5%	8.8%
I rarely talk to other students in my classes.	1095	13.0%	28.9%	20.7%	28.8%	8.6%
No one in my classes knows anything personal about me	1095	12.2%	22.8%	22.2%	30.9%	11.9%
If I miss class, I know students who I could get the notes from.	1098	4.5%	12.4%	17.4%	44.2%	21.6%
Other students are helpful in reminding me when assignments are due or when tests are approaching	1098	9.4%	20.5%	24.7%	33.1%	12.4%
assignment.	1097	4.4%	10.2%	17.0%	42.9%	25.4%
I have met with classmates outside of class to study for an exam.	1098	10.7%	14.3%	14.6%	30.8%	29.6%

*Subset of Sense of Belonging Scale developed by Hoffman, Richmond, Morrow, and Salomone (2003)*

<b>Sense of Belonging within Different Campus Settings</b>						
	N	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I feel a sense of belonging in my classes	1020	2.6%	11.7%	28.6%	45.3%	11.8%
I feel a sense of belonging in my living environment (e.g., residence hall, off-campus house, etc.)	1022	4.3%	8.3%	20.3%	44.5%	22.6%
I feel a sense of belonging in my clubs/organizations	1022	2.3%	6.6%	21.5%	43.3%	26.3%
I feel a sense of belonging in my group of friends	1019	1.5%	5.4%	14.2%	44.0%	34.9%
I feel a sense of belonging in the general Lehigh community	1021	3.3%	11.4%	27.0%	43.6%	14.7%
I feel a sense of belonging in the Bethlehem community	1022	8.7%	17.8%	37.0%	26.0%	10.5%

<b>Club/Organization Involvement</b>		
How many campus clubs/organizations you are involved with?	N	Percent
1	179	17.7%
2	259	25.6%
3	263	26.0%
4	128	12.7%
5	65	6.4%
6	18	1.8%
7	5	0.5%
8	1	0.1%
9	1	0.1%
10 or more	0	0.0%
0 (none)	91	9.0%
All Respondents	1010	Average = 2.5

<b>Flourishing Scale</b>								
	N	Strongly Disagree	Disagree	Slightly Disagree	Neither Agree nor Disagree	Slightly Agree	Agree	Strongly Agree
I lead a purposeful and meaningful life	1055	0.8%	3.4%	5.5%	8.6%	19.2%	39.3%	23.1%
My social relationships are supportive and rewarding	1054	0.7%	2.3%	3.8%	6.7%	19.6%	41.3%	25.6%
I am engaged and interested in my daily activities	1054	1.4%	4.4%	5.6%	9.7%	20.4%	38.9%	19.6%
I actively contribute to the happiness and well-being of others	1054	0.5%	1.6%	2.7%	8.4%	17.2%	44.2%	25.4%
I am competent and capable in the activities that are important to me	1051	0.7%	1.2%	2.9%	6.9%	15.5%	44.1%	28.7%
I am a good person and live a good life	1054	0.6%	1.7%	2.5%	9.1%	13.6%	41.8%	30.7%
I am optimistic about my future	1048	1.1%	3.1%	5.2%	7.7%	17.0%	36.5%	29.3%
People respect me	1051	0.8%	1.3%	3.1%	10.2%	18.8%	44.0%	21.8%

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

<b>Loneliness Scale</b>				
	N	Hardly Ever	Some of the Time	Often
How often do you feel that you lack companionship?	1051	30.0%	54.6%	15.4%
How often do you feel left out?	1050	34.2%	50.5%	15.3%
How often do you feel isolated from others?	1050	34.5%	48.1%	17.4%

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

<b>Anxiety and Depression Screenings (PHQ4)</b>					
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	1054	15.8%	41.4%	23.0%	19.8%
Not being able to stop or control worrying	1054	31.8%	34.5%	18.4%	15.3%
Little interest or pleasure in doing things	1055	42.7%	33.6%	15.3%	8.4%
Feeling down, depressed, or hopeless	1054	46.3%	33.7%	11.9%	8.2%

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

<b>Select Concerns</b>						
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	1056	23.4%	31.2%	22.4%	17.1%	5.9%
The mental health of friends or family	1052	17.5%	28.9%	25.9%	21.3%	6.5%
My personal finances	1053	17.2%	23.9%	21.4%	20.5%	17.0%
Being able to afford balanced meals	1053	35.9%	18.4%	16.7%	16.0%	12.9%

<b>Overall Perceptions of University Well-being Prioritization and Resources</b>						
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.	1036	7.7%	25.6%	32.9%	26.4%	7.4%
At Lehigh, there are adequate resources and services to support student mental health.	1036	5.0%	16.3%	30.2%	39.2%	9.3%
While at Lehigh, my mental health and emotional needs are being met.	670	7.8%	19.1%	33.9%	31.5%	7.8%

<b>Headspace Awareness, Use, and Impact</b>			
Were you aware that Lehigh offers a free subscription to Headspace, a meditation-based app, to all students?	N	Y	N
	1049	75.2%	24.8%

Where did you first learn about the Headspace app offered to students?	N	Percent
Social media	101	12.9%
Faculty or staff	178	22.7%
Friend/Peer	52	6.6%
Flyer on campus	155	19.7%
Installments	217	27.6%
Other	82	10.4%

Are you currently using the Headspace app?	N	Percent "Yes"
<i>Among those aware of Headspace app availability</i>	787	17.9%
<i>Among all survey respondents</i>	1049	13.4%

Has using the Headspace app positively impacted you in the following ways? (Check all that apply)	N = 141	Percent "Yes" among Headspace Users
Learning to meditate	79	56.0%
Increasing focus	49	34.8%
Managing stress	69	48.9%
Improving sleep	67	47.5%
Increasing productivity	27	19.1%
Other	3	2.1%
<i>Any of the above selected</i>	131	92.3%

### 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	1035	5.1%	41.7%	53.1%
Personal use of alcohol or drugs	1038	62.3%	30.5%	7.1%
Struggles in relationships (e.g., family, friends, romantic partners)	1037	35.2%	40.5%	24.3%
Financial concerns	1039	44.9%	40.3%	14.8%
Experiencing discrimination	1039	78.3%	16.8%	4.8%
Anxiety	1040	20.6%	38.2%	41.3%
Depression	1035	46.3%	26.4%	27.3%
Lack of quality sleep	1040	19.7%	35.1%	45.2%
Illness (colds, flu, covid, etc.)	1038	22.2%	32.1%	45.8%



**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	312	30.6%
Zero times	270	26.4%
1 time	142	13.9%
2 times	116	11.4%
3 times	71	7.0%
4 times	51	5.0%
5 times	28	2.7%
6 times	14	1.4%
7 times	6	0.6%
8 times	2	0.2%
9 times	2	0.2%
10 or more times	7	0.7%
All Respondents	1021	Average= 1.1

**Primary Type of Alcohol Consumed**

Over the past two weeks, which type of alcohol have you primarily consumed?	N = 701	Percent of Respondents who Drink
I have not consumed alcohol	139	19.8%
Beer	110	15.7%
Hard liquor	246	35.1%
Wine	76	10.8%
Hard seltzers (e.g., white claws, high noons)	16	2.3%
Other (please specify)	114	16.3%

### 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 drunk for any of the following reasons?

	N = 709	Percent of Respondents who Drink
To relax	362	51.1%
Because I feel more self-confident or sure of myself	238	33.6%
To reduce my anxiety	163	23.0%
To forget my worries	153	21.6%
To cheer me up when I'm in a bad mood	163	23.0%
Because my friends pressure me to drink	26	3.7%
To fit in with a group	93	13.1%
So I won't feel left out	75	10.6%

### Alcohol Secondary Harms

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

		Percent "Yes"	
		Fall 22	Spring 23
Been insulted or humiliated	1001	11.5%	12.0%
Had a serious argument or quarrel	1001	12.1%	12.0%
Been pushed, hit, or assaulted	1002	6.5%	5.7%
Had your property damaged	1002	5.3%	8.9%
Had to babysit or take care of another student who drank too much	1002	39.9%	41.8%
Found vomit in the halls or bathroom of your residence	1001	20.2%	26.2%
Found urine in an inappropriate place	1000	10.1%	14.8%
Had your studying or sleep interrupted	1002	37.9%	43.0%
Experienced an unwanted sexual advance	999	9.0%	9.9%
Been a victim of sexual assault or rape	1001	2.8%	2.2%
Any of the above		61.5%	65.0%

*This question was asked to all respondents. Fall and spring results are reported separately since the likelihood of experiencing harms may increase as the school year progresses.*

The questions below were asked only to students who did not identify as abstainers/non-drinkers (i.e., students who drink). Fall and spring results are reported separately since the likelihood of experiencing harms may increase by the spring. Percentages are reported for those who drink as well as for all respondents.

### Alcohol Primary Harms

Since the beginning of the academic year, have you experienced any of the following as a result of drinking alcohol?	Percent "Yes" of Students who Drink		Percent "Yes" of All Respondents	
	Fall 2022	Spring 2023	Fall 2022	Spring 2023
Did something you later regretted	33.1%	33.9%	22.5%	22.8%
Forgot where you were or what you did	30.6%	32.3%	20.8%	21.8%
Got in trouble with the police	2.8%	2.5%	1.9%	1.7%
Had unprotected sex	13.3%	15.0%	9.0%	10.1%
Physically injured yourself	15.3%	17.9%	10.4%	12.1%
Physically injured another person	2.4%	2.5%	1.6%	1.7%
Missed a class	15.3%	22.6%	10.4%	15.3%
My academic performance was negatively impacted	12.9%	12.3%	8.8%	8.3%
Had to be babysat or taken care of by other students	16.9%	19.1%	11.5%	12.9%
Vomited in a public space	8.9%	11.0%	6.0%	7.4%
Urinated in a public space	6.0%	9.4%	4.1%	6.4%

### Sexual Assault While Drinking

Since the beginning of the academic year, have you experienced the following when drinking alcohol:	Percent "Yes" of Students who Drink		Percent "Yes" of All Respondents	
	Fall 2022	Spring 2023	Fall 2022	Spring 2023
Someone took advantage of me sexually when I was too drunk to stop what was happening	4.9%	7.1%	3.3%	4.8%

*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.*

### Alcohol Blackouts and Brownouts

I have...	Percent "Yes" of Students who Drink		Percent "Yes" of All Respondents	
	Fall 2022	Spring 2023	Fall 2022	Spring 2023
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)	14.9%	17.7%	10.4%	12.3%
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)	27.1%	26.4%	18.9%	18.3%

*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	665	11.6%	14.3%	32.0%	28.3%	13.8%
Avoid drinking games	664	15.4%	23.9%	31.9%	19.9%	8.9%
Choose not to drink alcohol	659	9.1%	22.2%	37.5%	26.6%	4.7%
Determine in advance not to exceed a set number of drinks	662	15.0%	16.5%	29.2%	26.9%	12.5%
Eat before and/or during drinking	664	2.7%	3.3%	15.8%	33.7%	44.4%
Have a friend let you know when you have had enough	659	17.1%	19.7%	28.1%	21.4%	13.7%
Keep track of how many drinks being consumed	661	4.7%	9.8%	20.1%	32.8%	32.5%
Pace drinks to one or fewer an hour	660	15.6%	22.0%	31.8%	20.6%	10.0%
Stay with the same group of friends the entire time drinking	661	2.9%	3.5%	13.9%	35.4%	44.3%
Stick with only one kind of alcohol when drinking	661	7.1%	14.5%	31.5%	33.3%	13.6%
Use a designated driver	656	8.8%	3.8%	11.9%	14.8%	60.7%

### 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?	39.1%	12.4%
Drinking so much that one gets into situations or behaves in a way that they later regret?	39.9%	22.8%
Drinking so much that one cannot remember where they were or what they did?	34.9%	21.5%
Drinking so much that one vomits in a public space?	28.3%	7.0%
Drinking so much that one urinates in a public space?	24.0%	5.6%

<b>Lehigh After Dark (LAD)</b>			
	N	Percent "Yes"	Percent "No"
Do you know where to find information on Lehigh After Dark activities?	993	82.7%	17.3%
Since the beginning of the school year, have you attended any Lehigh After Dark Events?	993	52.9%	47.1%

### **Lehigh After Dark (LAD) Impact**

Which of the following are true of your experiences at Lehigh After Dark?	N=525	Percent "Yes"
I met someone new at a Lehigh After Dark event	251	47.8%
I have felt more connected to other students by attending Lehigh After Dark event(s)	229	43.6%
I have felt less stressed by attending Lehigh After Dark event(s)	275	52.4%
I will likely attend another Lehigh After Dark event	380	72.4%
Attending Lehigh After Dark event(s) has positively impacted my Lehigh experience	347	66.1%
Attending Lehigh After Dark event(s) has contributed to my sense of community at Lehigh	261	49.7%
Lehigh After Dark provides late-night opportunities for me to thrive socially	239	45.5%

### **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 (Fall/Spring)	Fall	Spring
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, etc.)	337/647	20.5%	21.5%
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.)	337/646	28.2%	30.3%
Cocaine (coke, crack, etc.)	337/645	3.3%	5.6%
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.)	337/646	3.3%	5.3%
Methamphetamine (speed, crystal meth, ice, etc.)	336/644	0.3%	0.2%
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	336/644	1.2%	1.7%
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.)	336/646	0.9%	2.0%
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	337/645	1.5%	4.7%
Heroin	336/640	0.3%	0.5%
Prescription opioids (e.g., morphine, codeine, fentanyl, oxycodone, etc.)	333/645	0.3%	1.2%
Any non-medical drug use listed above	338/647	37.6%	38.2%

	N	Not at all familiar	Slightly familiar	Somewhat familiar	Moderately familiar	Extremely familiar
How familiar are you with Lehigh's Medical Amnesty Policy?	989	10.7%	11.4%	16.9%	32.7%	28.3%

### Feelings of Safety

How safe do you feel...	N	Not at all safe	Somewhat unsafe	Somewhat safe	Very safe
On campus during the day?	990	0.4%	1.9%	14.5%	83.1%
On campus at night?	989	2.1%	17.6%	52.2%	28.1%
In the area surrounding campus during the day?	989	1.8%	14.8%	53.5%	29.9%
In the area surrounding campus at night?	990	20.4%	44.2%	25.6%	9.8%

### 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?	987	4.6%	11.4%	21.4%	35.5%	27.2%

### 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	988	42.0%	22.7%	35.3%
Academic Coaching	981	60.0%	25.0%	15.0%
University athletic facilities (e.g., Taylor Gym)	984	15.3%	13.2%	71.4%
Counseling Center	980	51.9%	25.3%	22.8%
Health and Wellness Center	985	26.4%	18.9%	54.7%
Resources provided by Diversity, Equity, and Inclusion Offices (e.g., OMA, Pride Center, etc.)	978	61.2%	20.3%	18.4%
Food assistance (e.g., Swipe out Hunger)	978	80.5%	15.2%	4.4%