

mtvU / Associated Press Survey
March 2008



Interviewing dates: Feb. 28 - Mar. 6, 2008
Interviews: 2,253 4-year college students age 18-24
Margin of error: +/- 3.0

*Note: All results shown are percentages unless otherwise labeled.
A "*" signifies less than one percent.*

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Sex

	Percent	Valid Percent
Male	49	49
Female	51	51
Total	100	100

Age

	Percent	Valid Percent
Age 18-19	40	40
Age 20-21	40	40
Age 22-24	20	20
Total	100	100

Q3. Class level

	Percent	Valid Percent
Freshman	28	28
Sophomore	27	27
Junior	23	23
Senior	19	19
DK/NA	3	3
Total	100	100

Q4. Do you live...

	Percent	Valid Percent
On campus	50	50
Off campus	35	35
At home with parents or family	11	11
DK/NA	3	3
Total	100	100

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Q5. Race / Ethnicity

	Percent	Valid Percent
White	56	56
Black	15	15
Hispanic or Latino	14	14
Asian	9	9
American Indian or Alaskan Native	1	1
Other	2	2
Refused	3	3
Total	100	100

Q6. Are you of Hispanic or Latino descent, or not?

	Percent	Valid Percent
Yes	13	13
No	80	80
Refused	6	6
Total	100	100

Q7. When you think about how things are going in your life in general, would you say you are...

	Percent	Valid Percent
Very unhappy	9	9
Somewhat unhappy	10	10
Neither happy nor unhappy	9	9
Somewhat happy	33	33
Very happy	31	31
DK/NA	8	8
Total	100	100

Q8. If the election for president were held today and these candidates were on the ballot, for whom would you vote?

	Percent	Valid Percent
Hillary Clinton, the Democrat	39	39
John McCain, the Republican	21	21
Mike Huckabee (volunteered)	1	1
Ralph Nader (volunteered)	1	1
Barack Obama (volunteered)	14	14
Ron Paul (volunteered)	1	1
Other	3	3
Would not vote	12	12
DK/NA	8	8
Total	100	100

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Q9. If the election for president were held today and these candidates were on the ballot, for whom would you vote?

	Percent	Valid Percent
Barack Obama, the Democrat	59	59
John McCain, the Republican	23	23
Mike Huckabee (volunteered)	1	1
Ralph Nader (volunteered)	*	*
Ron Paul (volunteered)	1	1
Hillary Clinton (volunteered)	1	1
Other	2	2
Would not vote	11	11
DK/NA	2	2
Total	100	100

Q10. Which comes closest to your view?

	Percent	Valid Percent
It matters more than usual who gets elected in the next presidential election	70	70
It doesn't matter any more than usual who gets elected in the next presidential election	28	28
DK/NA	2	2
Total	100	100

Q11. All in all, thinking about how things have gone in Iraq since the U.S. went there in March of 2003, do you think the U.S....?

	Percent	Valid Percent
Made the right decision in going to war with Iraq	30	30
Made a mistake in going to war with Iraq	68	68
DK/NA	2	2
Total	100	100

Q12. Do you personally know anyone who has served or is currently serving in Iraq or Afghanistan since October, 2001, or not?

	Percent	Valid Percent
Yes	50	50
No	46	46
DK/NA	4	4
Total	100	100

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Q13. What best describes your relationship to this person? (Base: Know someone who has served in Iraq/Afghanistan)

	Percent	Valid Percent
Self	1	2
Spouse	*	*
Significant other	1	2
Brother or Sister	2	5
Mother or Father	1	2
Other family member	9	19
School classmate	6	13
Friend	25	50
DK/NA	3	7
Total	50	100
Missing System	50	
Total	100	

Q14. What is this person doing now? (Base: Know someone who has served in Iraq/Afghanistan)

	Percent	Valid Percent
Still in the military	32	64
Left the military and now attending school	5	10
Left the military and now employed	5	11
Left the military and now unemployed	1	3
Killed in action	2	3
Other	1	2
DK/NA	4	8
Total	50	100
Missing System	50	
Total	100	

Q15A. Was this person wounded in action in Iraq or Afghanistan, or not? (Base: Know someone who has served in Iraq/Afghanistan)

	Percent	Valid Percent
Yes	8	15
No	41	82
DK/NA	2	3
Total	50	100
Missing System	50	
Total	100	

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Q15B. Did this person suffer significant psychological trauma after action in Iraq or Afghanistan, or not? (Base: Know someone who has served in Iraq/Afghanistan)

		Percent	Valid Percent
	Yes	9	19
	No	38	77
	DK/NA	2	4
	Total	50	100
Missing	System	50	
Total		100	

Q16. How much stress did this person's service in Iraq or Afghanistan cause you personally? (Base: Know someone who has served in Iraq/Afghanistan)

		Percent	Valid Percent
	A lot of stress	8	15
	Some stress	20	40
	Very little stress	14	28
	No stress at all	7	15
	DK/NA	1	2
	Total	50	100
Missing	System	50	
Total		100	

Q17. How easy or difficult do you think it is for service members to adjust back to life in the United States when they return from war in Iraq or Afghanistan? (Base: Know someone who has served in Iraq/Afghanistan)

		Percent	Valid Percent
	Very easy	1	2
	Somewhat easy	4	8
	Neither easily nor difficult	11	22
	Somewhat difficult	22	44
	Very difficult	11	22
	DK/NA	1	1
	Total	50	100
Missing	System	50	
Total		100	

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Q18. How good a job do you think the U.S. government is doing at providing veterans returning from Iraq and Afghanistan with the medical and psychological treatment they need?

	Percent	Valid Percent
Very good job	7	7
Somewhat good job	33	33
Somewhat poor job	36	36
Very poor job	21	21
DK/NA	3	3
Total	100	100

Q19. During the past three months, how often have you experienced stress in your daily life?

	Percent	Valid Percent
Never	3	3
Rarely	15	15
Sometimes	41	41
Frequently	39	39
DK/NA	2	2
Total	100	100

Q20. Over the past three months, how much of an impact did each of the following have on the stress you experienced in your daily life?

a. Extracurricular activities

	Percent	Valid Percent
A lot of impact	17	17
Some impact	33	33
Very little impact	24	24
No impact at all	17	17
DK/NA	10	10
Total	100	100

b. Family issues

	Percent	Valid Percent
A lot of impact	20	20
Some impact	30	30
Very little impact	27	27
No impact at all	18	18
DK/NA	5	5
Total	100	100

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Q20. Over the past three months, how much of an impact did each of the following have on the stress you experienced in your daily life? (Cont'd)

c. Financial worries

	Percent	Valid Percent
A lot of impact	27	27
Some impact	35	35
Very little impact	20	20
No impact at all	13	13
DK/NA	5	5
Total	100	100

d. Relationships/dating

	Percent	Valid Percent
A lot of impact	19	19
Some impact	31	31
Very little impact	24	24
No impact at all	18	18
DK/NA	8	8
Total	100	100

e. The grades you get in school

	Percent	Valid Percent
A lot of impact	36	36
Some impact	35	35
Very little impact	14	14
No impact at all	10	10
DK/NA	5	5
Total	100	100

f. Your friends

	Percent	Valid Percent
A lot of impact	10	10
Some impact	29	29
Very little impact	34	34
No impact at all	22	22
DK/NA	5	5
Total	100	100

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Q20. Over the past three months, how much of an impact did each of the following have on the stress you experienced in your daily life? (Cont'd)

g. Your job

	Percent	Valid Percent
A lot of impact	11	11
Some impact	22	22
Very little impact	21	21
No impact at all	20	20
DK/NA	26	26
Total	100	100

h. Your school work

	Percent	Valid Percent
A lot of impact	37	37
Some impact	37	37
Very little impact	15	15
No impact at all	7	7
DK/NA	6	6
Total	100	100

i. Your physical health

	Percent	Valid Percent
A lot of impact	11	11
Some impact	25	25
Very little impact	27	27
No impact at all	29	29
DK/NA	8	8
Total	100	100

j. Mental health/emotional issues

	Percent	Valid Percent
A lot of impact	12	12
Some impact	20	20
Very little impact	25	25
No impact at all	31	31
DK/NA	12	12
Total	100	100

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Q20. Over the past three months, how much of an impact did each of the following have on the stress you experienced in your daily life? (Cont'd)

k. Concerns about finding a full-time job after graduation

	Percent	Valid Percent
A lot of impact	18	18
Some impact	23	23
Very little impact	23	23
No impact at all	26	26
DK/NA	11	11
Total	100	100

l. Concerns about getting into graduate or professional school

	Percent	Valid Percent
A lot of impact	15	15
Some impact	18	18
Very little impact	20	20
No impact at all	29	29
DK/NA	18	18
Total	100	100

Q21. Over the past three months, was there a time when you seriously considered leaving or dropping out of college, or not?

	Percent	Valid Percent
Yes	19	19
No	79	79
DK/NA	2	2
Total	100	100

Q22. How often were each of the following statements true for you during the past three months?

a. You had trouble sleeping

	Percent	Valid Percent
Never	16	16
Rarely	29	29
Sometimes	36	36
Most of the time	11	11
All of the time	6	6
DK/NA	1	1
Total	100	100

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**Q22. How often were each of the following statements true for you during the past three months?
 (Cont'd)**

b. You felt like you couldn't get motivated or get things done

	Percent	Valid Percent
Never	9	9
Rarely	26	26
Sometimes	45	45
Most of the time	14	14
All of the time	4	4
DK/NA	2	2
Total	100	100

c. You didn't feel like eating

	Percent	Valid Percent
Never	29	29
Rarely	36	36
Sometimes	27	27
Most of the time	5	5
All of the time	2	2
DK/NA	2	2
Total	100	100

d. You didn't want to do things you used to enjoy

	Percent	Valid Percent
Never	28	28
Rarely	39	39
Sometimes	24	24
Most of the time	6	6
All of the time	2	2
DK/NA	2	2
Total	100	100

e. You felt that you were too tired to do things

	Percent	Valid Percent
Never	11	11
Rarely	27	27
Sometimes	42	42
Most of the time	15	15
All of the time	4	4
DK/NA	2	2
Total	100	100

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**Q22. How often were each of the following statements true for you during the past three months?
 (Cont'd)**

f. You felt irritable or agitated

	Percent	Valid Percent
Never	10	10
Rarely	31	31
Sometimes	43	43
Most of the time	11	11
All of the time	3	3
DK/NA	2	2
Total	100	100

g. You felt like a failure or like you let people down

	Percent	Valid Percent
Never	29	29
Rarely	33	33
Sometimes	24	24
Most of the time	9	9
All of the time	3	3
DK/NA	3	3
Total	100	100

h. You felt depressed

	Percent	Valid Percent
Never	28	28
Rarely	36	36
Sometimes	23	23
Most of the time	9	9
All of the time	2	2
DK/NA	2	2
Total	100	100

i. You enjoyed life

	Percent	Valid Percent
Never	3	3
Rarely	7	7
Sometimes	22	22
Most of the time	45	45
All of the time	19	19
DK/NA	4	4
Total	100	100

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**Q22. How often were each of the following statements true for you during the past three months?
(Cont'd)**

j. You felt hopeful about the future

	Percent	Valid Percent
Never	3	3
Rarely	8	8
Sometimes	26	26
Most of the time	42	42
All of the time	18	18
DK/NA	2	2
Total	100	100

k. You felt life was not worth living

	Percent	Valid Percent
Never	70	70
Rarely	17	17
Sometimes	8	8
Most of the time	3	3
All of the time	1	1
DK/NA	1	1
Total	100	100

l. You had trouble thinking or concentrating

	Percent	Valid Percent
Never	11	11
Rarely	33	33
Sometimes	41	41
Most of the time	11	11
All of the time	3	3
DK/NA	2	2
Total	100	100

m. You felt worried or anxious

	Percent	Valid Percent
Never	10	10
Rarely	31	31
Sometimes	42	42
Most of the time	12	12
All of the time	4	4
DK/NA	2	2
Total	100	100

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**Q22. How often were each of the following statements true for you during the past three months?
(Cont'd)**

n. You felt like you needed to cut down on drinking or going out

	Percent	Valid Percent
Never	43	43
Rarely	26	26
Sometimes	19	19
Most of the time	7	7
All of the time	2	2
DK/NA	3	3
Total	100	100

o. You wanted to use alcohol or drugs to relax

	Percent	Valid Percent
Never	45	45
Rarely	22	22
Sometimes	22	22
Most of the time	8	8
All of the time	3	3
DK/NA	1	1
Total	100	100

p. You intentionally cut or injured yourself

	Percent	Valid Percent
Never	85	85
Rarely	5	5
Sometimes	5	5
Most of the time	2	2
All of the time	1	1
DK/NA	2	2
Total	100	100

q. You felt understood by your family

	Percent	Valid Percent
Never	8	8
Rarely	14	14
Sometimes	25	25
Most of the time	36	36
All of the time	15	15
DK/NA	2	2
Total	100	100

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**Q22. How often were each of the following statements true for you during the past three months?
(Cont'd)**

r. You felt lonely

	Percent	Valid Percent
Never	24	24
Rarely	31	31
Sometimes	29	29
Most of the time	9	9
All of the time	4	4
DK/NA	3	3
Total	100	100

Q23. At any point during the past three months have you ever felt so stressed that you couldn't get your school work done?

	Percent	Valid Percent
Yes, it has happened once or twice	44	44
Yes, it has happened several times	19	19
No, it hasn't happened at all	35	35
DK/NA	2	2
Total	100	100

Q24. At any point during the past three months have you ever felt so stressed that you didn't want to hang out with your friends or participate in social activities?

	Percent	Valid Percent
Yes, it has happened once or twice	38	38
Yes, it has happened several times	17	17
No, it hasn't happened at all	42	42
DK/NA	3	3
Total	100	100

Q25. What do you plan to do during spring break? (Q4 is a multiple response question. Percentages may add to more than 100%.)

Response	Percent
Go home	43
Take a trip somewhere other than home	40
Work	26
Look for a summer job or internship	17
Stay at school	10
None of the above	7

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Q26. Thinking about spring break, how much do you worry about each of the following?

a. Being around people who are drinking too much

	Percent	Valid Percent
Very worried	5	5
Somewhat worried	12	12
Not worried too much	25	25
Not worried at all	54	54
DK/NA	3	3
Total	100	100

b. Being in shape / fit

	Percent	Valid Percent
Very worried	10	10
Somewhat worried	35	35
Not worried too much	28	28
Not worried at all	23	23
DK/NA	4	4
Total	100	100

c. You personally drinking too much

	Percent	Valid Percent
Very worried	4	4
Somewhat worried	10	10
Not worried too much	25	25
Not worried at all	57	57
DK/NA	5	5
Total	100	100

d. Getting along with others

	Percent	Valid Percent
Very worried	3	3
Somewhat worried	12	12
Not worried too much	32	32
Not worried at all	48	48
DK/NA	4	4
Total	100	100

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Q26. Thinking about spring break, how much do you worry about each of the following? (Cont'd)

e. Keeping safe

	Percent	Valid Percent
Very worried	5	5
Somewhat worried	17	17
Not worried too much	30	30
Not worried at all	42	42
DK/NA	7	7
Total	100	100

f. Not having enough money to really enjoy it

	Percent	Valid Percent
Very worried	13	13
Somewhat worried	32	32
Not worried too much	24	24
Not worried at all	26	26
DK/NA	5	5
Total	100	100

g. Having "casual" sex

	Percent	Valid Percent
Very worried	4	4
Somewhat worried	9	9
Not worried too much	19	19
Not worried at all	64	64
DK/NA	5	5
Total	100	100

Q27. In general, how safe do you feel on campus?

	Percent	Valid Percent
Very safe	49	49
Somewhat safe	37	37
Not too safe	5	5
Not at all safe	2	2
DK/NA	6	6
Total	100	100

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Q28. What best describes the role of the Internet in your daily life at college?

	Percent	Valid Percent
It's so important to your life you can't imagine living without it	55	55
It's an important part of your life, but you could live without it	31	31
You use it but it doesn't play much of a role in your life	6	6
You don't use it at all	1	1
DK/NA	7	7
Total	100	100

Q29. During the past three months, how much stress have you felt from each of the following?

a. Keeping up with instant messages and chats

	Percent	Valid Percent
A lot of stress	5	5
Some stress	8	8
Very little stress	20	20
No stress at all	52	52
DK/NA	15	15
Total	100	100

b. Keeping up your pages on personal networking sites like MySpace or Facebook

	Percent	Valid Percent
A lot of stress	2	2
Some stress	9	9
Very little stress	24	24
No stress at all	54	54
DK/NA	11	11
Total	100	100

c. Not being able to be online often enough

	Percent	Valid Percent
A lot of stress	3	3
Some stress	8	8
Very little stress	20	20
No stress at all	54	54
DK/NA	15	15
Total	100	100

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Q30. In the past three months, how often have you been unable to spend time with other people "in person" because you were spending your time on the Internet?

	Percent	Valid Percent
Very often	3	3
Somewhat often	12	12
Not too often	28	28
Not at all often	54	54
DK/NA	4	4
Total	100	100

Q31. If you were in serious emotional distress or were thinking about hurting yourself, how sure are you that you would know where or whom to turn to for help?

	Percent	Valid Percent
Very sure	56	56
Somewhat sure	24	24
Not too sure	11	11
Not at all sure	5	5
DK/NA	3	3
Total	100	100

Q32. Who do you think you would turn to for help? (Q32 is a multiple response question. Percentages may add to more than 100%.)

Response	Percent
Friends	76
Parents	63
Brothers or Sisters	47
Significant other	34
A religious leader	27
A professor/teacher	23
Other	21
School Counseling	20
Other family member	19
Resident Advisers (RAs)	18
Online resources	18
A crisis hotline	17
Private therapists	10
Spouse	5
I wouldn't turn to anyone for help	4

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Q33. How familiar are you with the counseling resources available on campus?

	Percent	Valid Percent
Very familiar	14	14
Somewhat familiar	32	32
Not too familiar	30	30
Not at all familiar	22	22
DK/NA	2	2
Total	100	100

Q34. At any time during the past year have any of your friends talked about wanting to end their life, or not?

	Percent	Valid Percent
Yes	16	16
No	82	82
DK/NA	2	2
Total	100	100

Q35. At any time during the past year have any of your friends made a suicide attempt, or not?

	Percent	Valid Percent
Yes	11	11
No	87	87
DK/NA	2	2
Total	100	100

Q36. At any time during the past year have you seriously thought about ending your life, or not?

	Percent	Valid Percent
Yes	9	9
No	89	89
DK/NA	2	2
Total	100	100

Q37. Since starting college, have you considered talking to a counselor or mental health professional to help you deal with your stress or other emotional issues, or not?

	Percent	Valid Percent
Yes	26	26
No	72	72
DK/NA	2	2
Total	100	100

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Q38. Since starting college, have you received any type of support or treatment from a counselor or mental health professional, or not?

	Percent	Valid Percent
Yes	15	15
No	82	82
DK/NA	2	2
Total	100	100

Q40. Have you ever been diagnosed with a mental health condition (like depression, anxiety disorder, bipolar disorder, or others, or not?)

	Percent	Valid Percent
Yes	13	13
No	84	84
DK/NA	4	4
Total	100	100

Q41. How well have you been able to follow your treatment plan? (Base: Ever been diagnosed with a mental health condition)

	Percent	Valid Percent
You are able to follow your treatment plan without difficulty	4	33
It is sometimes hard to follow your treatment plan, but you mostly stick with it	4	35
You have been unable to follow your treatment plan	1	9
I am not currently on a treatment plan	3	21
DK/NA	*	2
Total	13	100
Missing System	87	
Total	100	

Q42. What kind of grades do you get in school?

	Percent	Valid Percent
Mostly A's	19	19
Mostly A's and B's	47	47
Mostly B's and C's	26	26
Mostly C's and D's	3	3
Mostly D's	1	1
DK/NA	4	4
Total	100	100

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Q43. Do you rely on any of the following sources to finance your education? (Q43 is a multiple response question. Percentages may add to more than 100%.)

Response	Percent
Money from parents	63
Student loans	49
A part-time or full-time job	47
Scholarships	47
Personal savings	27
Money from other family members	15
None of these	2

Q44. Generally, how honestly have you answered these questions?

	Percent	Valid Percent
Not honestly at all	2	2
Somewhat honestly	6	6
Very honestly	29	29
Completely honestly	62	62
DK/NA	2	2
Total	100	100