



Research Roundup & Counter-Narratives: International Students at UCLA

Mental Health & Wellness

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A special thanks to Dr. Saeromi Kim for collaborating to develop the mental health & wellness question inventory



Utilization & Awareness of Resources

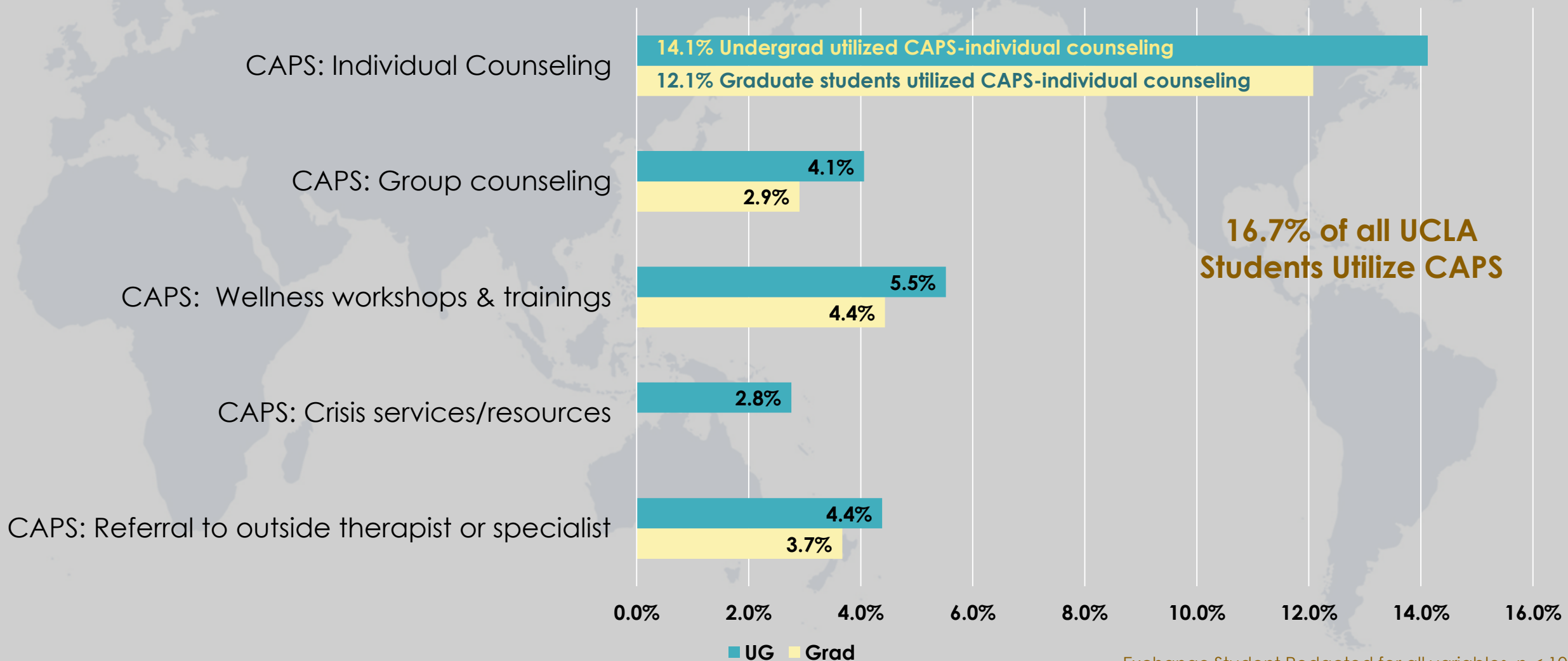
Pojar, A. (2018, Feb). Mental Health & Wellness. *Research Round Up & Counter-Narratives: International Students at UCLA*. Presented at UCLA, Los Angeles, CA.

Utilization of Mental Health Resources – CAPS

International Undergraduate & Graduate Students

UGn= 785, Gn= 797

Source: Dashe Center Biennial Survey of International Students, 2016-17

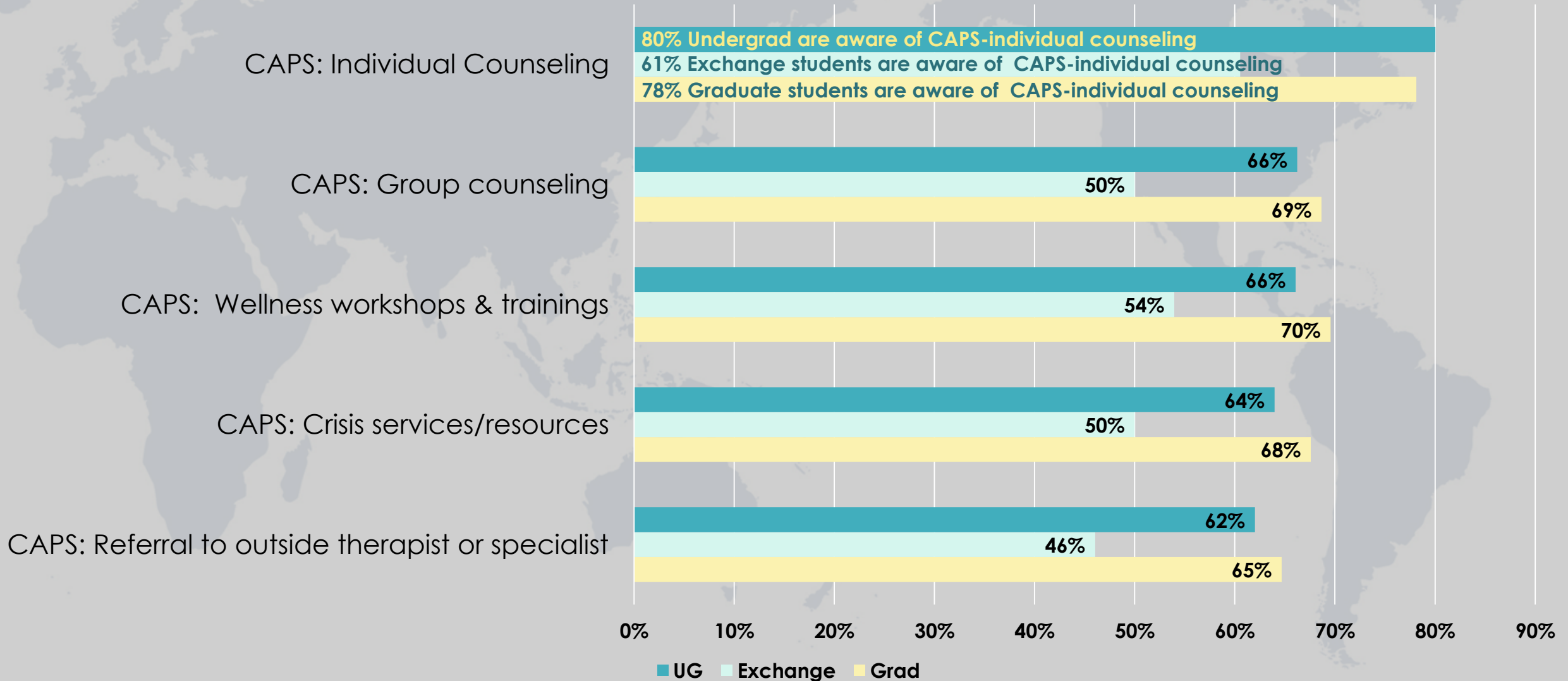


Awareness of Mental Health Resources – CAPS

International Undergraduate & Graduate Students

UGn= 785, Gn= 797

Source: Dashew Center Biennial Survey of International Students, 2016-17

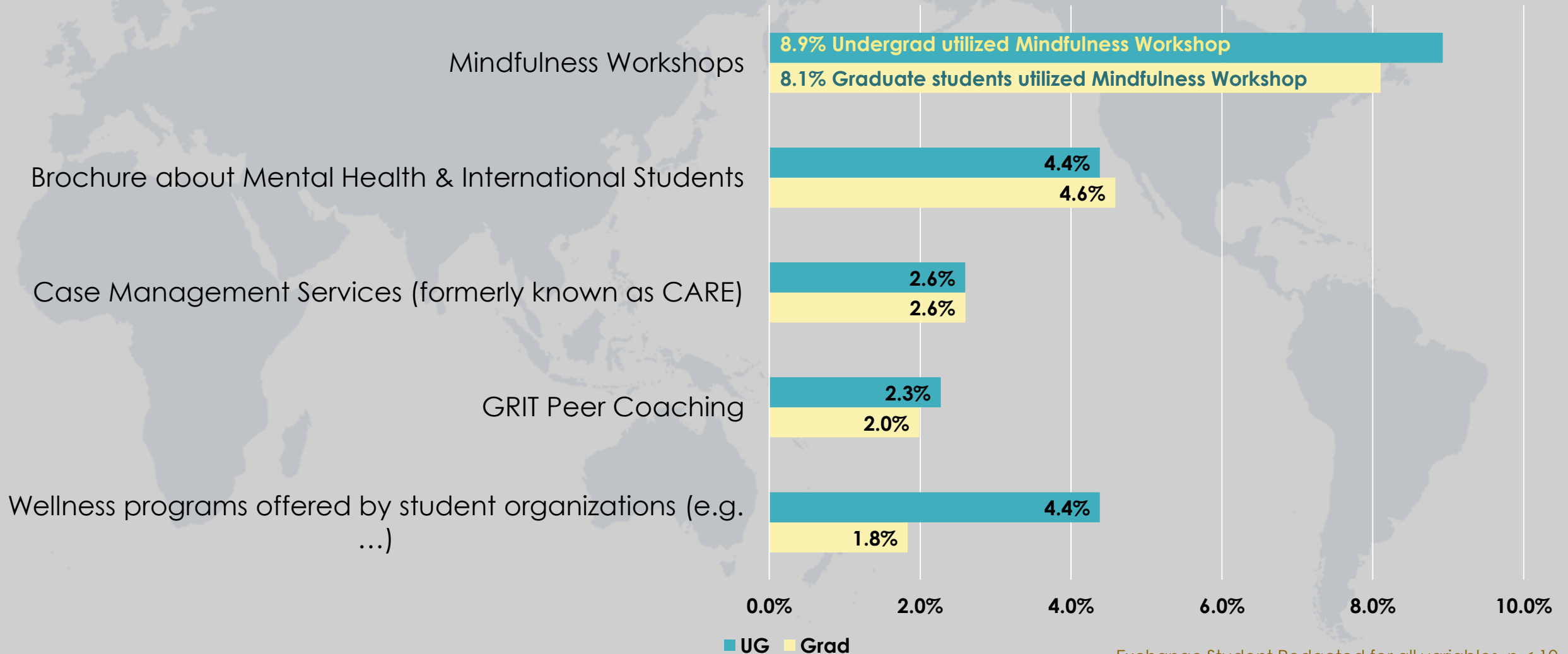


Utilization of Mental Health Resources – OTHER

International Undergraduates & Graduate Students

UGn= 785, Gn= 797

Source: Dashew Center Biennial Survey of International Students, 2016-17

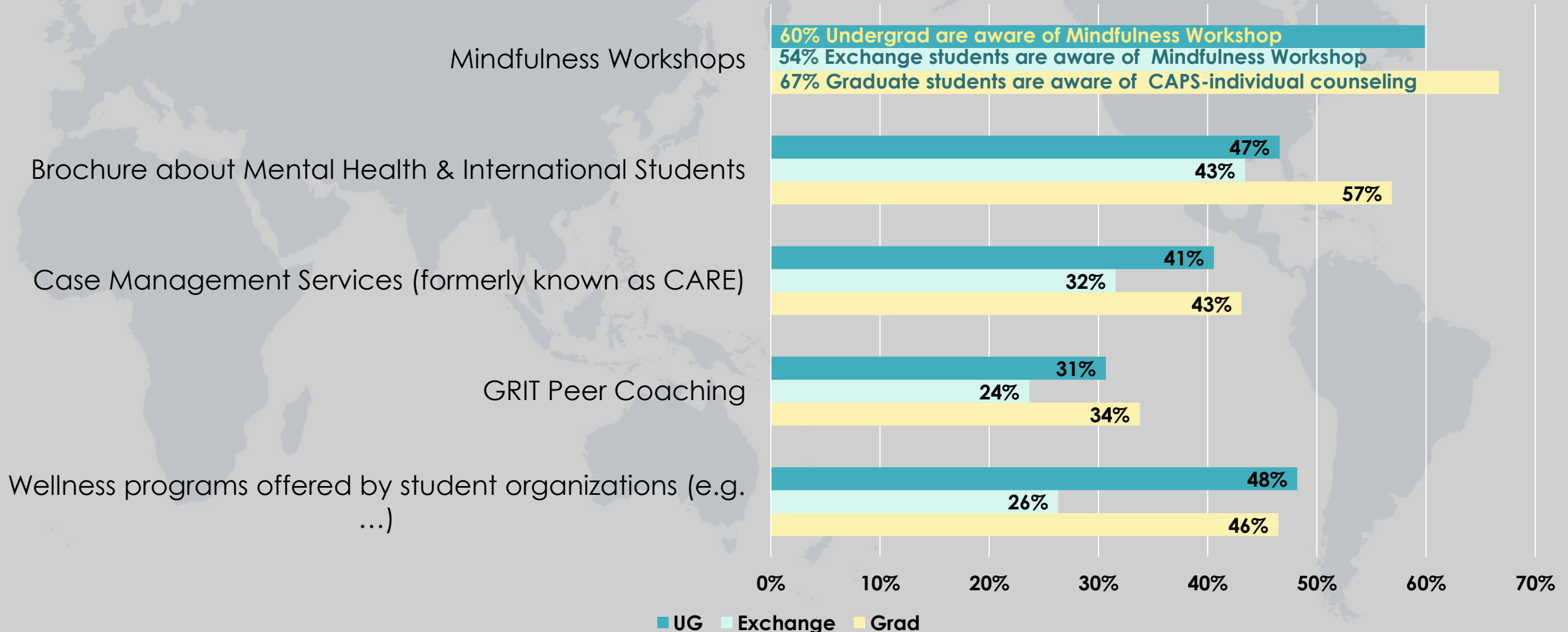


Awareness of Mental Health Resources – OTHER

International Undergraduate & Graduate Students

UGn= 785, Gn= 797

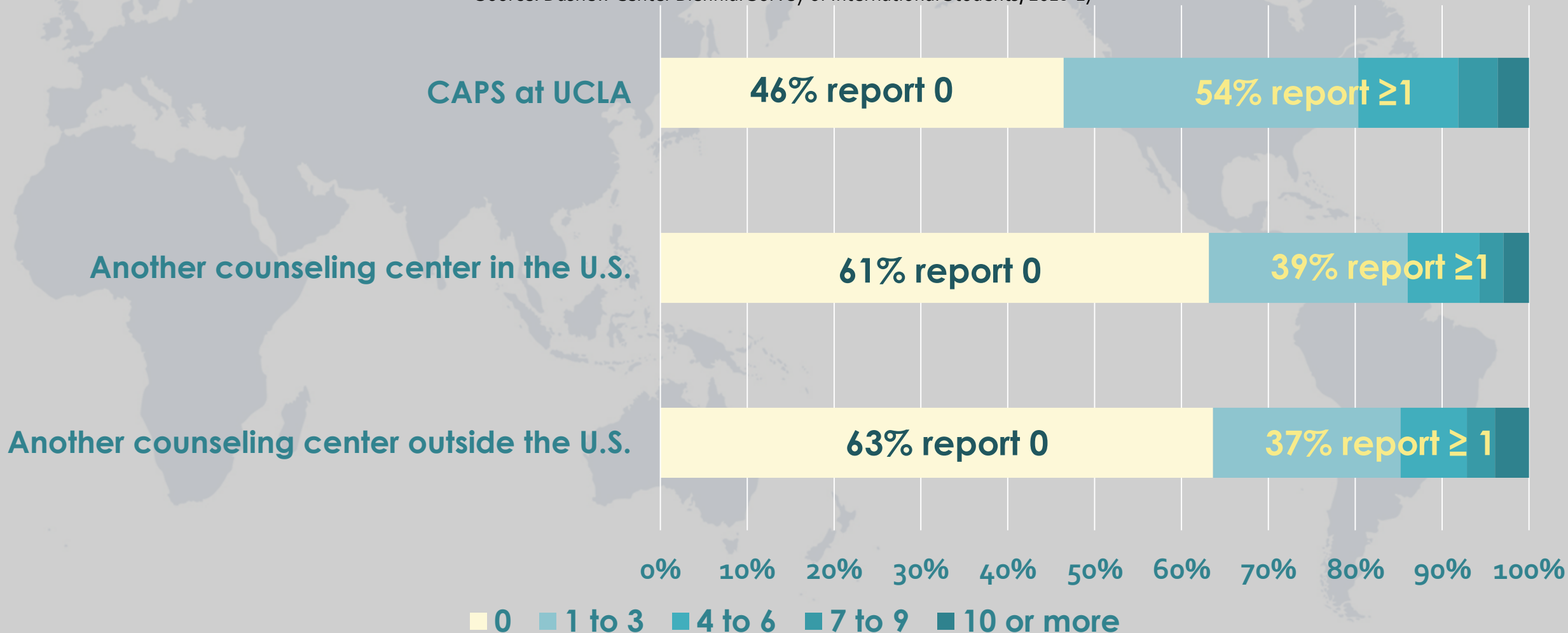
Source: Dashew Center Biennial Survey of International Students, 2016-17



Approximately How Many People Do You Know Who Go/Went To...

International Undergraduates, n = 616

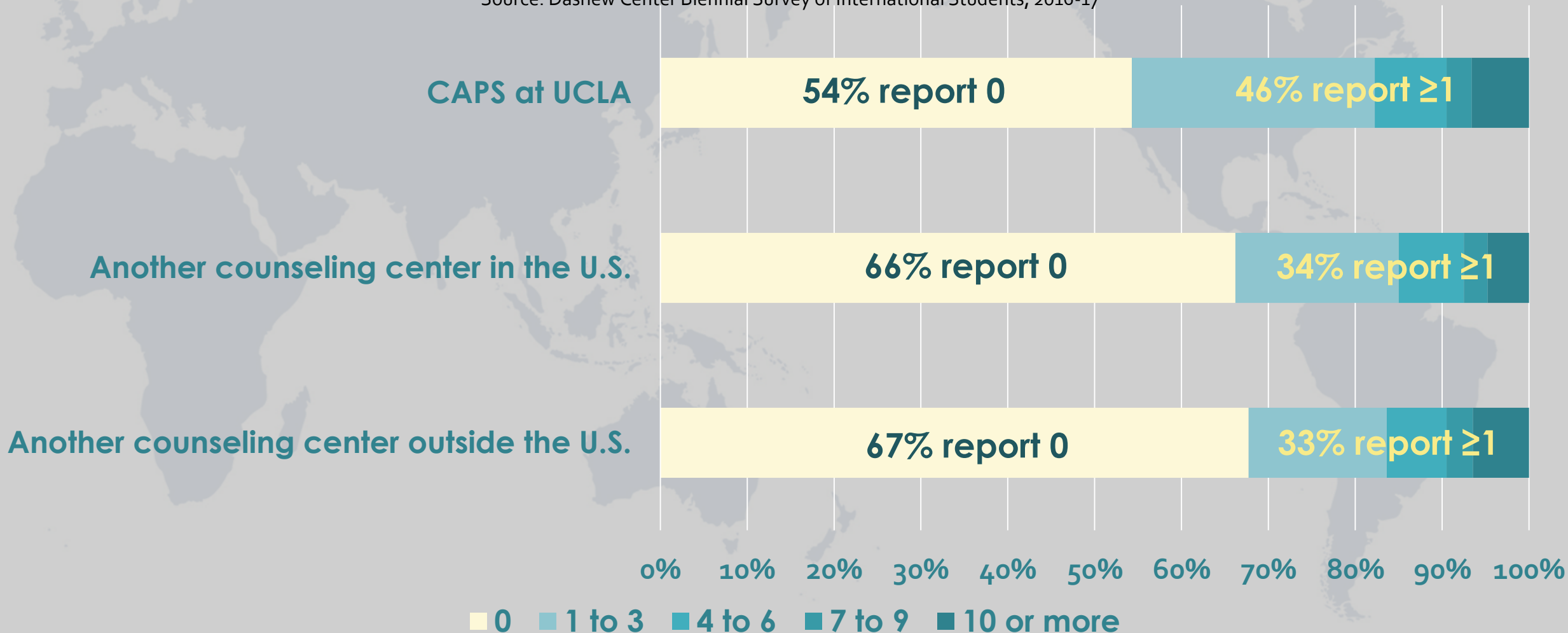
Source: Dashew Center Biennial Survey of International Students, 2016-17

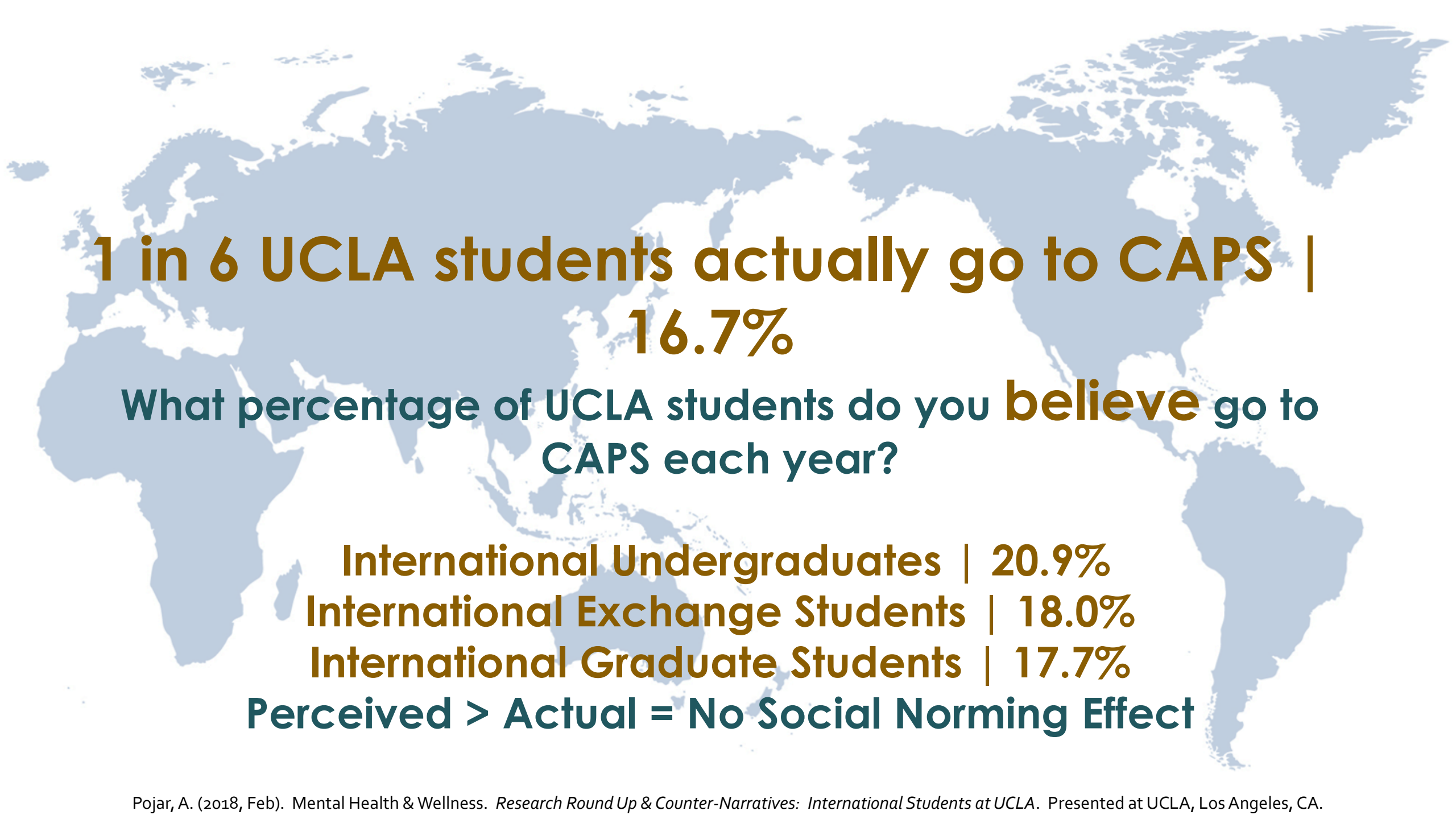


Approximately How Many People Do You Know Who Go/Went To...

International Graduate Students, n = 654

Source: Dashe Center Biennial Survey of International Students, 2016-17





**1 in 6 UCLA students actually go to CAPS |
16.7%**

What percentage of UCLA students do you **believe go to
CAPS each year?**

International Undergraduates | 20.9%

International Exchange Students | 18.0%

International Graduate Students | 17.7%

Perceived > Actual = No Social Norming Effect

Spotlight: Utilization

- International degree students utilize CAPS at slightly lower rates than all students at UCLA
- Degree students are under-aware of CAPS services outside of individual counseling as well as other wellness resources on campus
- Exchange students are under-aware of and under-utilize CAPS and other wellness resources

Spotlight: Social Norming

- International undergraduates know more people who go to counseling centers in the U.S. than their graduate peers
- International undergraduate and graduate students know the same number of people who go to counseling centers outside the U.S. (no statistical difference)
- However, all international students slightly overestimate the number of students who go to CAPS, which implies there's no social norming effect
 - Misperceiving the norm can create stigma and influence behavior e.g. keep people from going to CAPS



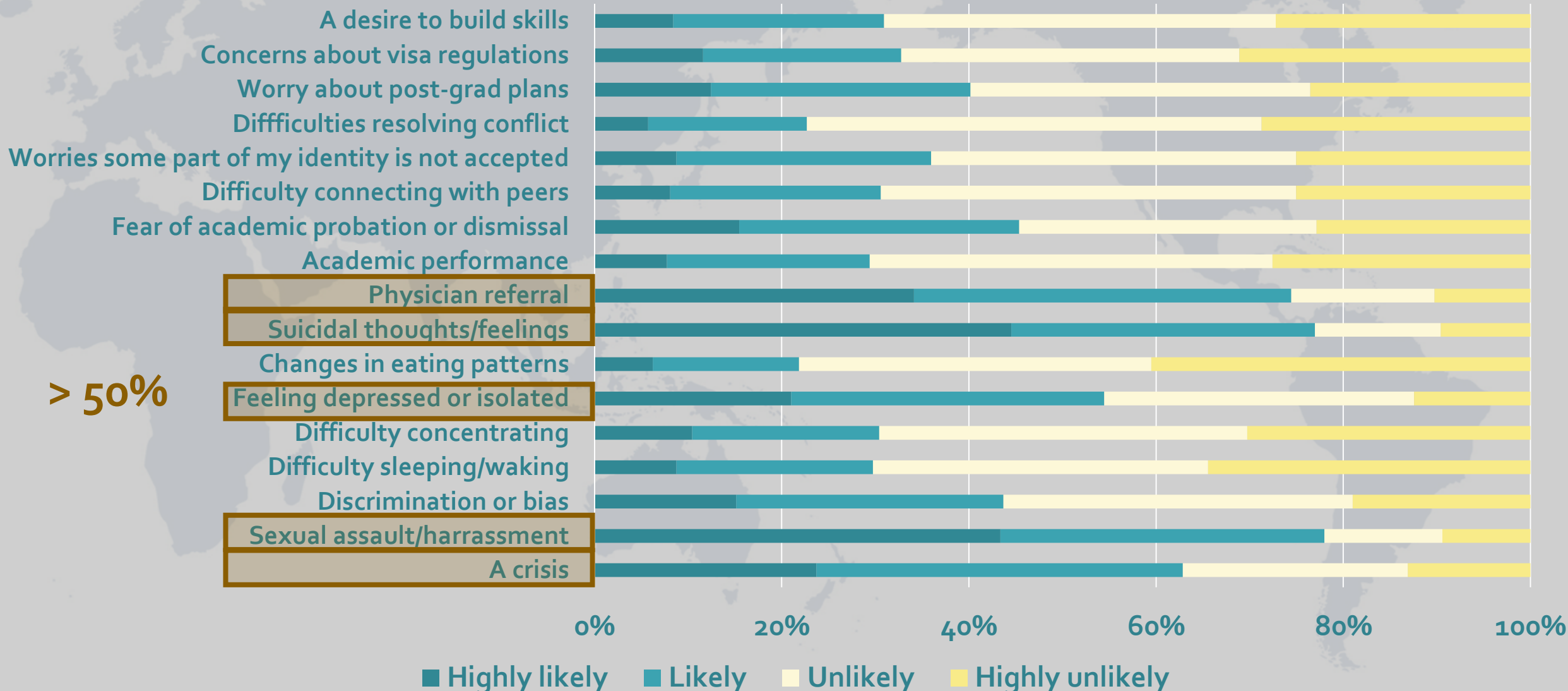
Help-Seeking

Pojar, A. (2018, Feb). Mental Health & Wellness. *Research Round Up & Counter-Narratives: International Students at UCLA*. Presented at UCLA, Los Angeles, CA.

Likelihood to go to CAPS IF...

International Undergraduates, n = 595

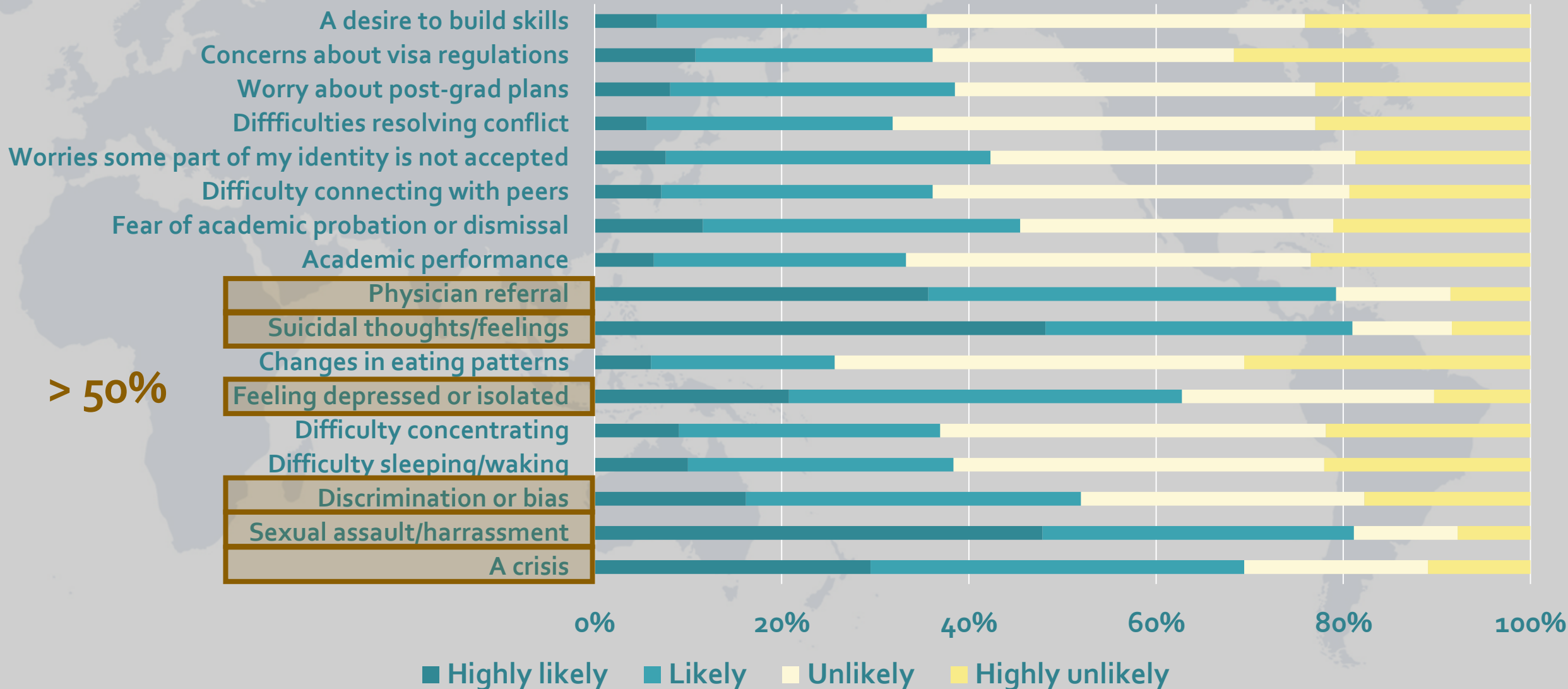
Source: Dashew Center Biennial Survey of International Students, 2016-17



Likelihood to go to CAPS IF...

International Graduate Students, n = 631

Source: Dashew Center Biennial Survey of International Students, 2016-17



Spotlight: Help-Seeking

- Most international undergraduate and graduate students report a willingness to seek help from CAPS for medicalized and serious conditions
- International students may get to CAPS with more severe mental health needs

Reasons Non-Users Don't Go Undergraduate Students, n = 591

Source: Dashew Center Biennial Survey of International Students, 2016-17

I know someone who went to CAPS and had a bad experience

I've been to CAPS and had a bad experience

I don't trust people I don't know

I worry that CAPS is not really confidential

If I go, my peers/family will judge me or think that I'm weak

I don't know how to access CAPS services

I don't think CAPS counselors will be able to help

CAPS is for people with severe problems, and mine aren't that bad

I don't believe I need to go

0%

20%

40%

60%

80%

100%

■ Major Reason

■ Minor Reason

■ Not a Reason

Reasons Non-Users Don't Go

International Graduate Students, n = 629

Source: Dashew Center Biennial Survey of International Students, 2016-17



Other Reasons You Don't Go

Not enough time (n = 12)

Wait times too long /
not available when needed e.g. weekends (n = 6)

Select Quotes: Other Reasons You Don't Go

- I haven't been brought in a culture that encourages a habit of seeing a counsellor
- More that I will think I'm weak and that will increase my self-esteem/self-loathing issues, not just my peers [will think I am weak].

Select Quotes: Other Reasons You Don't Go

Self-Sufficiency and/or Reliance on Support Network

- I want to be able to tackle my problems myself before seeking out help and most of the time my friends and family help me.
- I believe that I can deal with my problems on my own.
- I ultimately need to deal with my own problems. I have been struggling with the same old problem for years, but I will not grow out of it if I choose not to move on. Sometimes, talking to someone at CAPS will not help but make one addicted to talk about one's problems.

Select Quotes: Other Reasons You Don't Go

Uncertainty / Difficulty Articulating a/the Problem

- I don't know if I need help or not.
- I don't know how to explain my situation
- Communication and language difficulty. Can't express what I thought exactly.

Select Quotes: Other Reasons You Don't Go

Fear/Anxiety About Seeking Help

- Anxiety surrounding outcome of CAPS treatment
- Afraid to get help.
- I'm too scared to admit to myself that I have problems, so not going to CAPS helps me ignore those problems. Also, CAPS is hard to use. Going over without any contact to the counselors what so ever is intimidating, not just to me, i assume, to other people too.



Academic, Administrative, Social, & Wellness **Needs**

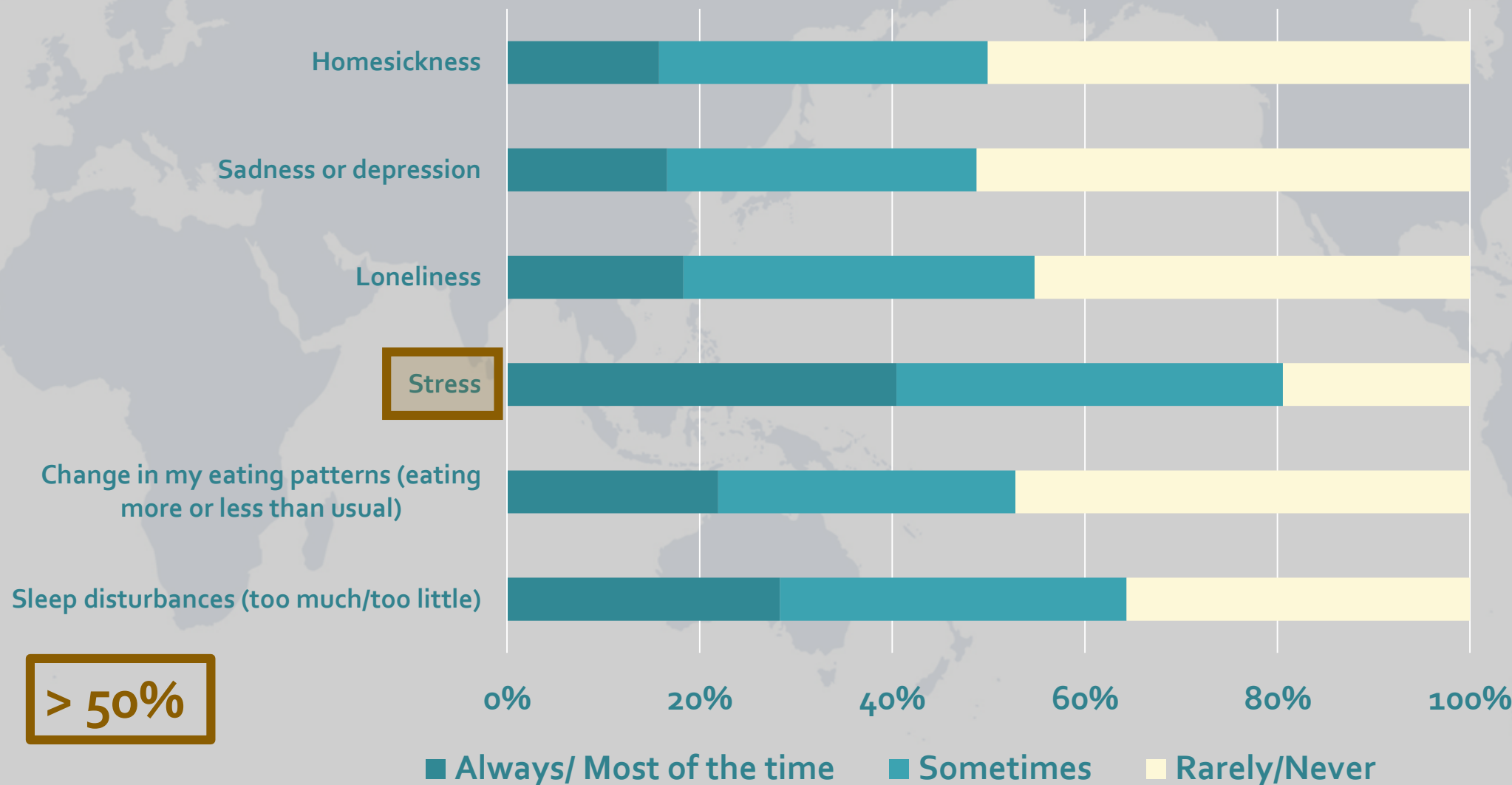
Grouping of Needs

- Academic Cronbach's $\alpha > 0.8$
- Administrative Cronbach's $\alpha > 0.7$
- Social Cronbach's $\alpha > 0.8$
- Wellness Cronbach's $\alpha > 0.8$

Frequency of Difficulty: Wellness

International Undergraduate Students, n=648~653

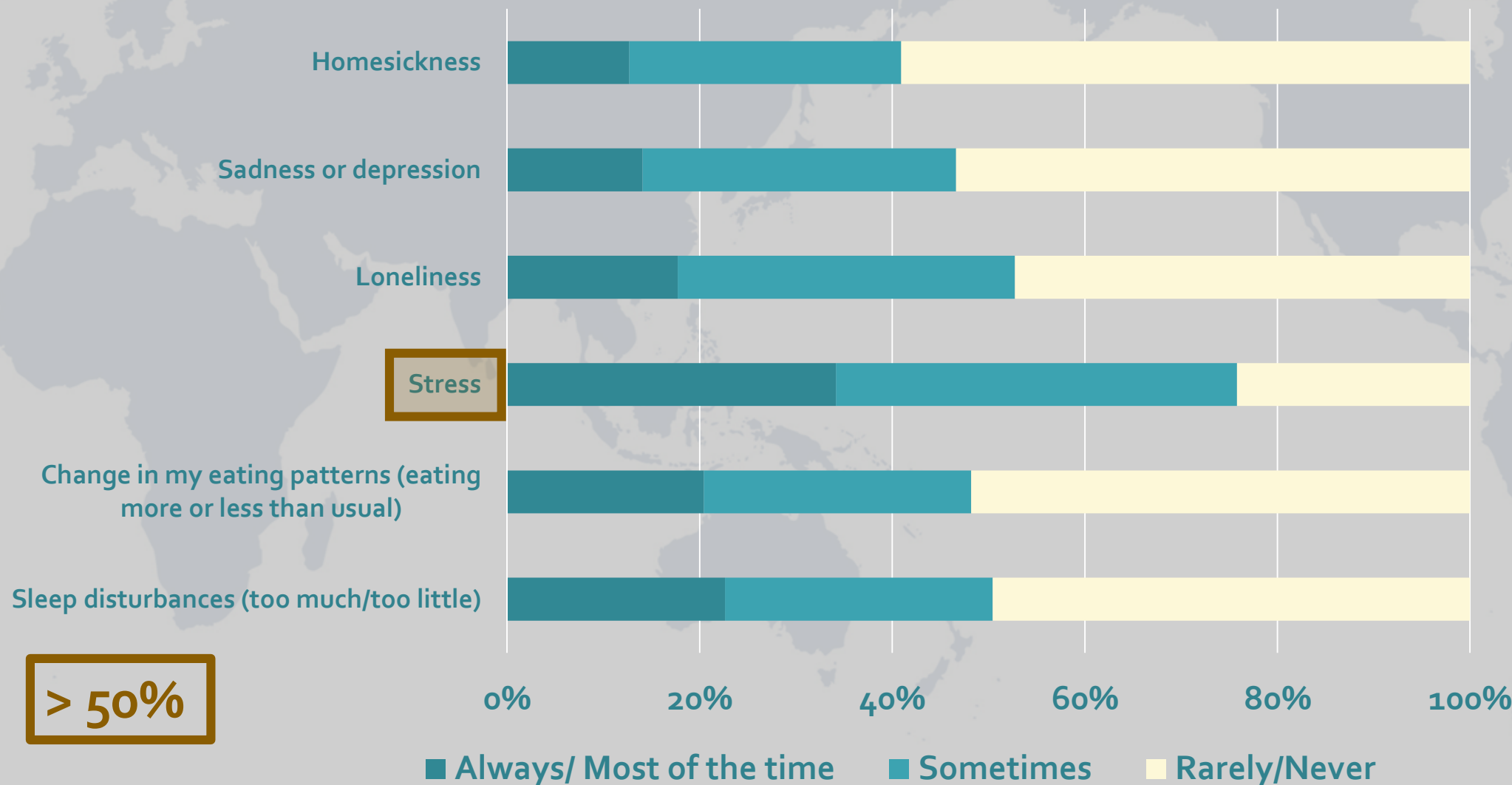
Source: Dashew Center Biennial Survey of International Students, 2016-17



Frequency of Difficulty: Wellness

International Graduate Students, n=694~697

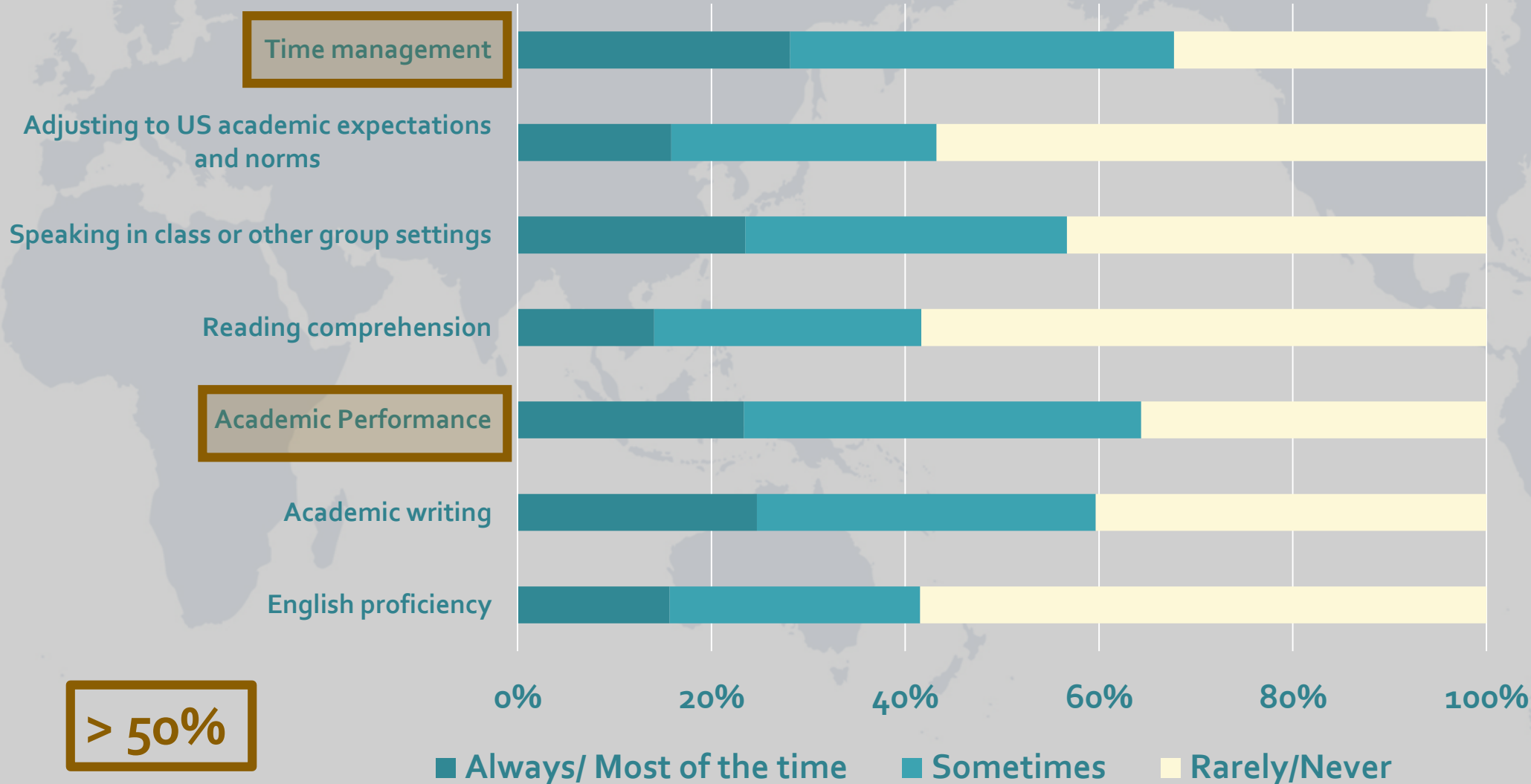
Source: Dashew Center Biennial Survey of International Students, 2016-17



Frequency of Difficulty: Academic

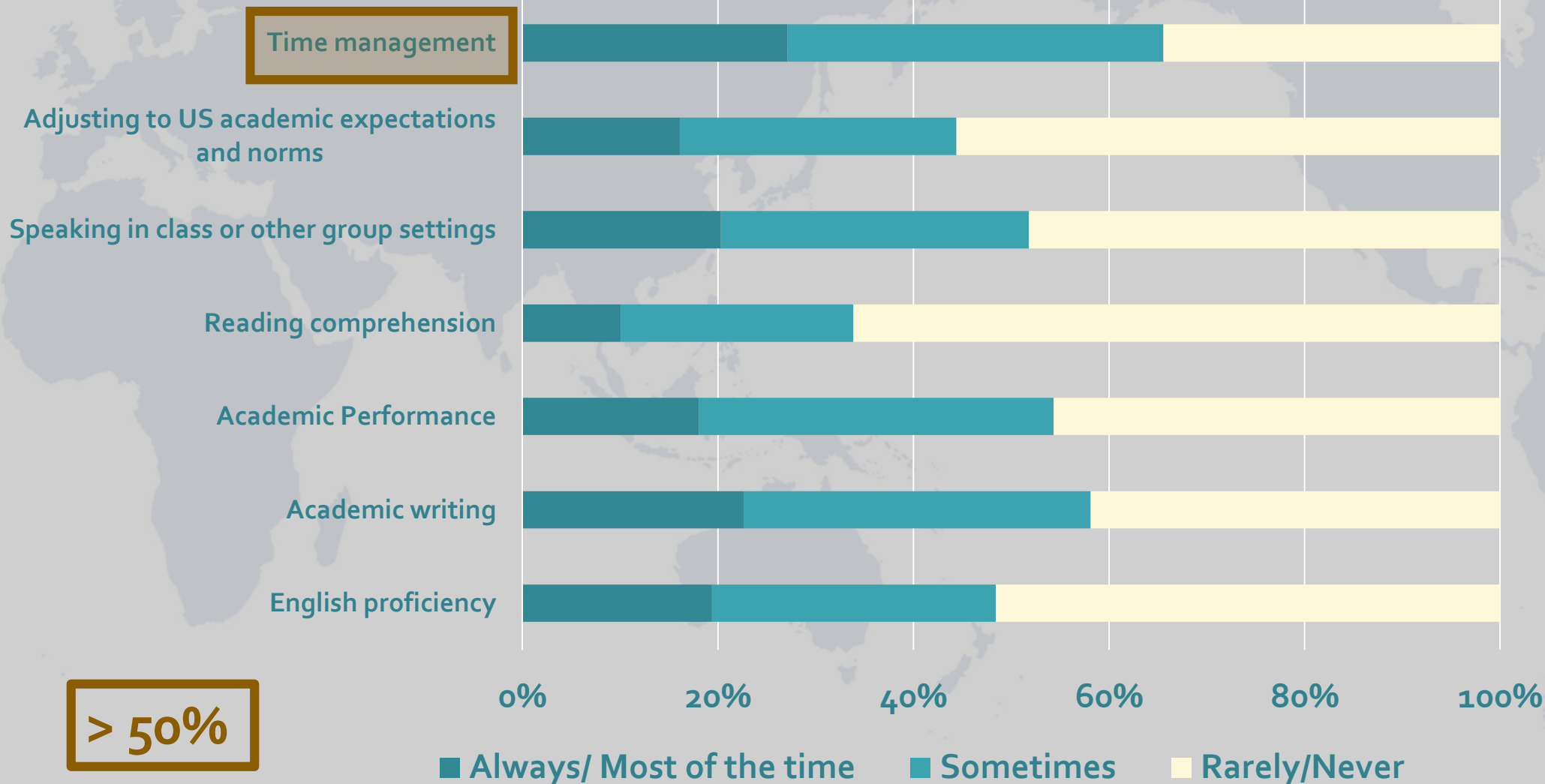
International Undergraduate Students, n=650~653

Source: Dashew Center Biennial Survey of International Students, 2016-17



Frequency of Difficulty: Academic International Graduate Students, n=692~697

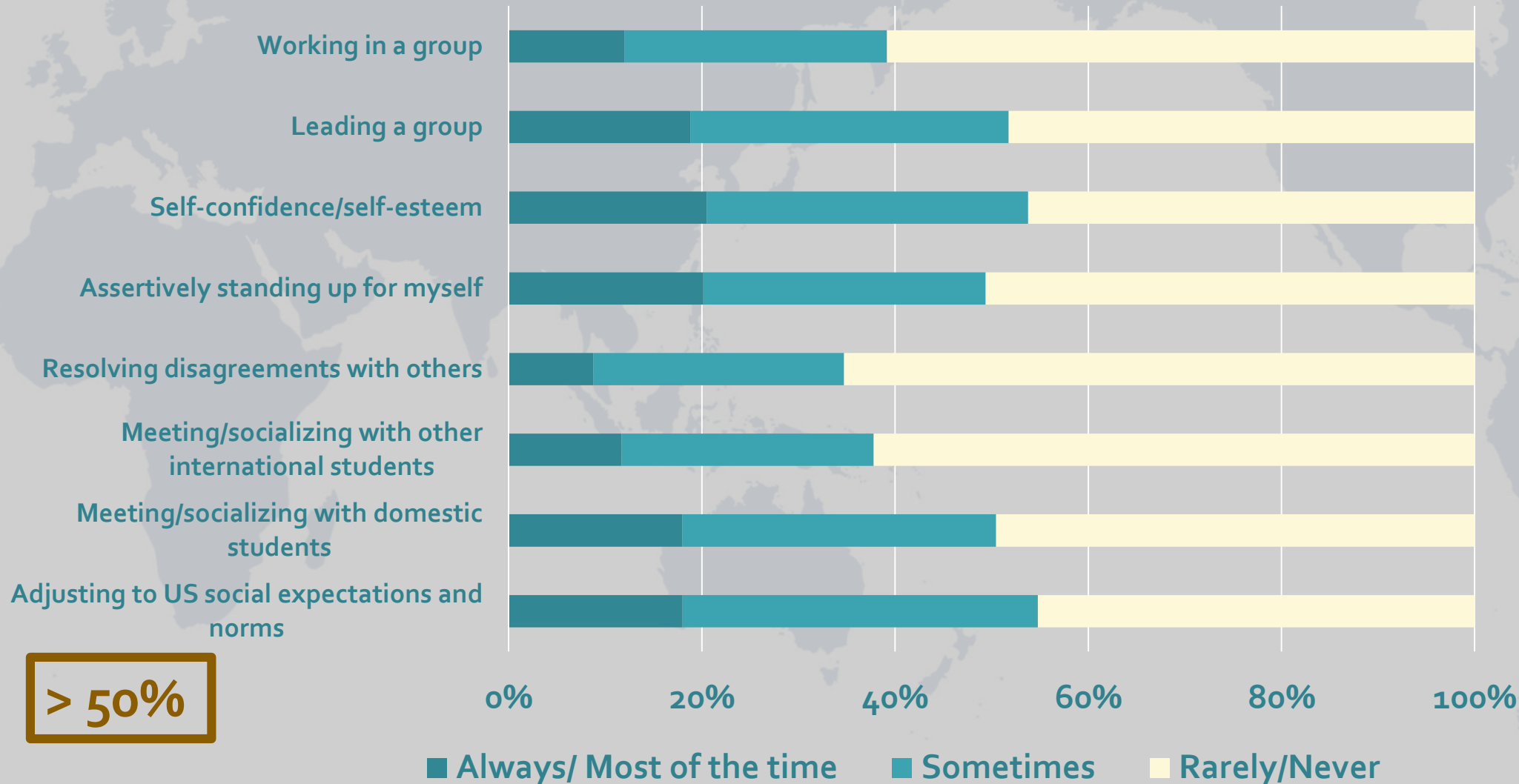
Source: Dashew Center Biennial Survey of International Students, 2016-17



Frequency of Difficulty: Social

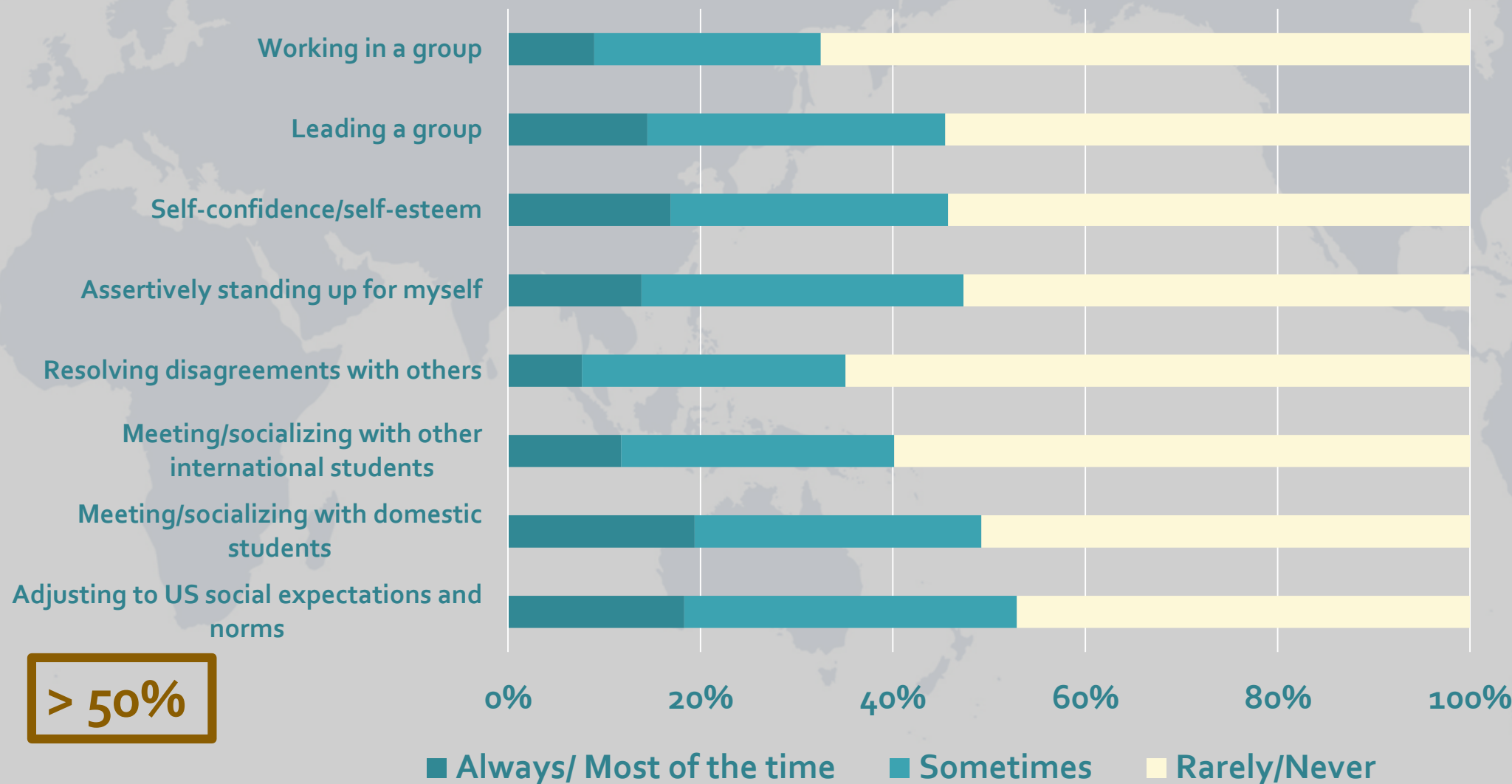
International Undergraduate Students, n=646~651

Source: Dashew Center Biennial Survey of International Students, 2016-17



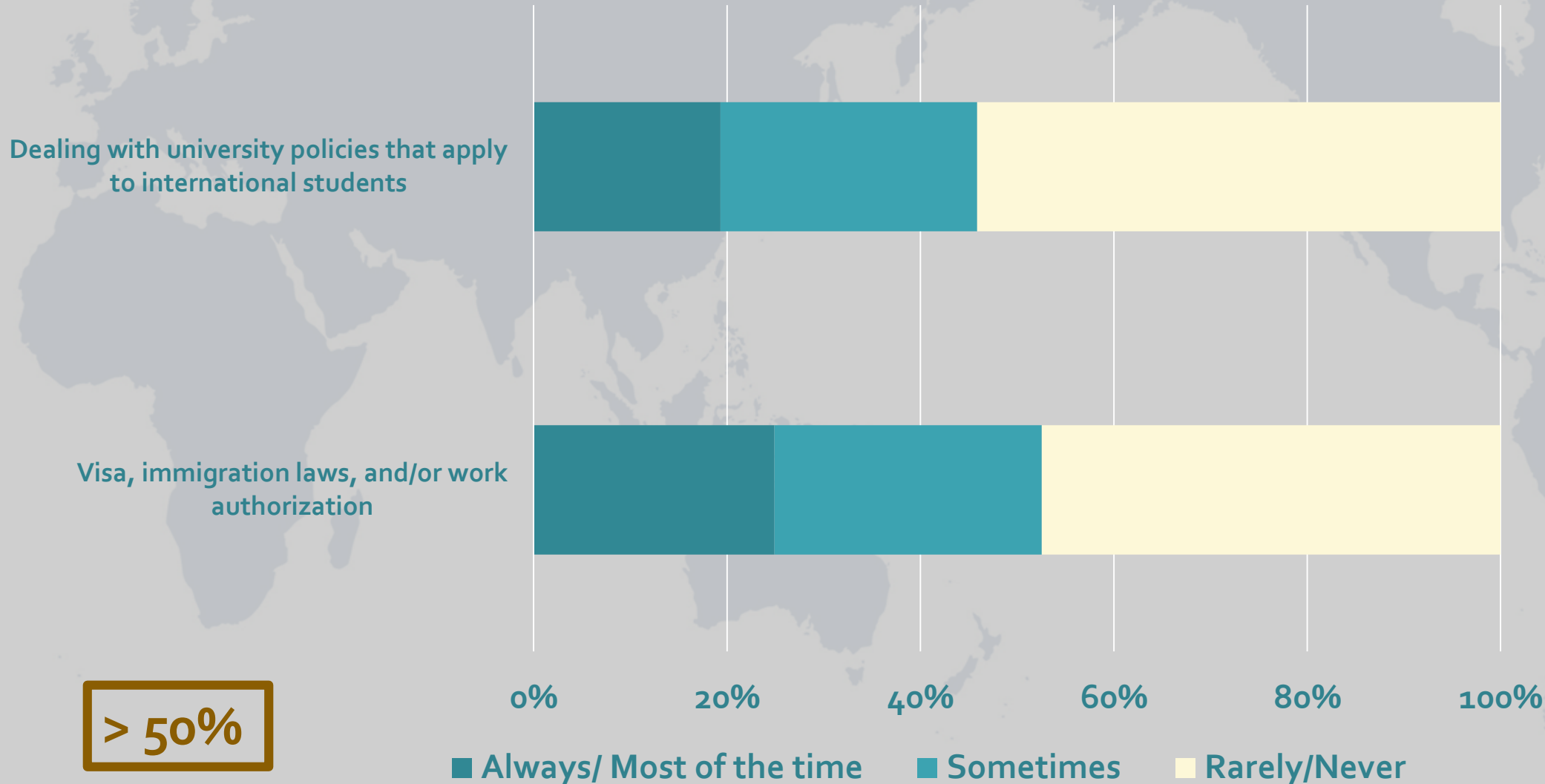
Frequency of Difficulty: Social International Graduate Students, n=690~694

Source: Dashew Center Biennial Survey of International Students, 2016-17



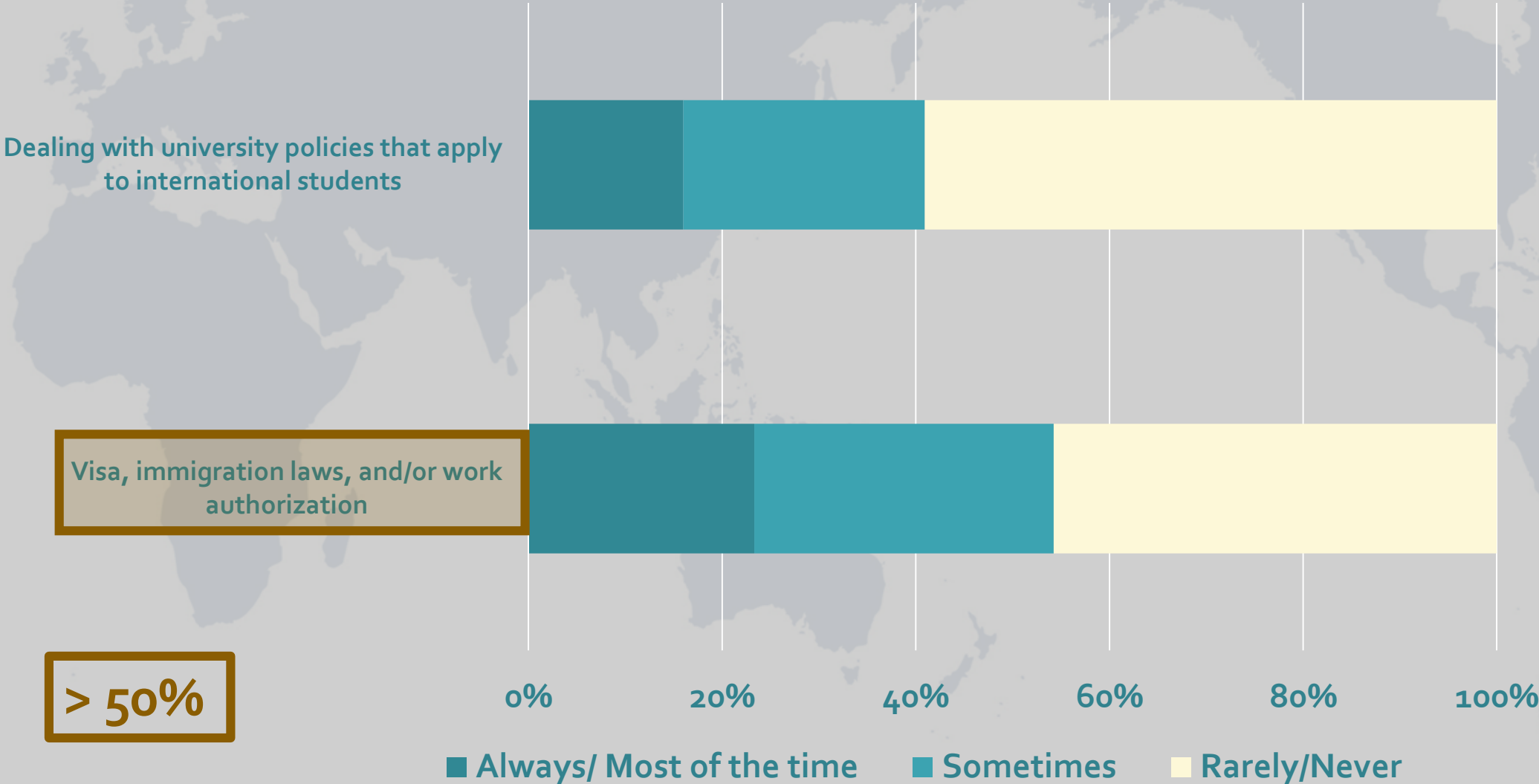
Frequency of Difficulty: Administrative International Undergraduate Students, n=651~652

Source: Dashew Center Biennial Survey of International Students, 2016-17



Frequency of Difficulty: Administrative International Graduate Students, n=689~695

Source: Dashew Center Biennial Survey of International Students, 2016-17





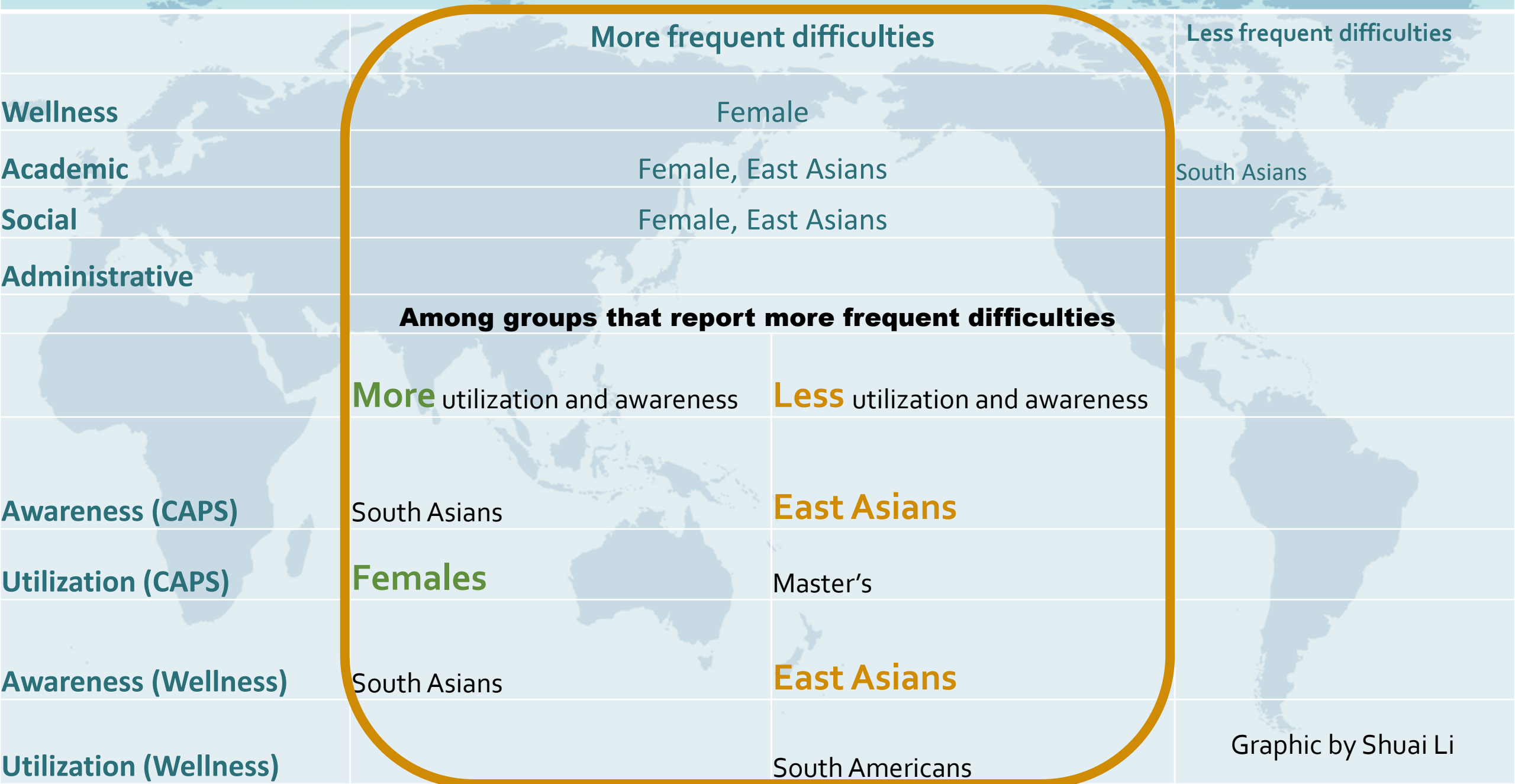
Question:

Do the students with frequent difficulty in the wellness, academic, social, and admin domains use CAPS and other wellness resources?

T-test: Frequency of Difficulties, Int'l Undergraduates

	More frequent difficulties	Less frequent difficulties
Wellness	Female, Transfers	Freshman, Exchange Students
Academic	East Asians, Transfers	South Asians, South East Asians
Social	East Asians, Transfers	South Asians, Freshman
Administrative	Transfers	Freshman, Exchange Students
	Among groups that report more frequent difficulties	
	More utilization and awareness	Less utilization and awareness
Awareness (CAPS)	Females, South Asians, Freshman	East Asians, Transfers Exchange Students
Utilization (CAPS)		Freshman, Exchange students
Awareness (Wellness)	South Asians	East Asians, Transfers Exchange Students
Utilization (Wellness)		Exchange Students

T-test: Frequency of Difficulties, Int'l Graduate Students





Question:

Do the students with frequent difficulty in the wellness, academic, social, and admin domains use CAPS and other wellness resources?

Spotlight



- Students from different backgrounds relate to their mental health and needs in different ways
- Females report more need and report more awareness (UGs) and utilization (Gs)
- East Asians (UG & G) and transfer students report more need and less awareness of CAPS and other wellness resources

Questions

