



"Nature and Severity of College Students' Counseling Concerns"

A Preliminary Analysis Comparing the 1991 Clinical Sample & the 1994–1995 Non–Clinical Sample.

Presentation to

The Research Consortium of Counseling & Psychological Services in Higher Education

held at the

Annual Meeting of the
Association of University & College
Counseling Center Directors
Newport, RI, October 23, 1995.

This report was constructed by David K. Alexander and Augustine (Gus) Barón of the Counseling & Mental Health Center, The University of Texas at Austin, on behalf of The Research Consortium. Data analyses were performed by Mr. Alexander and the U.T.–Austin Measurement & Evaluation Center.

Research Consortium Report: 10/23/95

The following colleges and universities contributed data to the current study.

COLLEGE OR UNIVERSITY	Clinical Sample	Non-Clinical Sample	Total Number of Surveys
ARIZONA STATE UNIVERSITY	91	66	157
BOSTON UNIVERSITY	172	pending	172
BUFFALO STATE UNIVERSITY	26		26
CARNEGIE-MELLON UNIVERSITY	39		36
COLORADO STATE UNIVERSITY	14	77	91
CORNELL UNIVERSITY	89		89
EAST TENNESSEE UNIVERSITY	56		82
FRANKLIN & MARSHALL	40		40
HOLY CROSS COLLEGE		11	11
ILLINOIS STATE UNIVERSITY	329	112	441
ITHACA COLLEGE	93	23	116
KENYON COLLEGE	39	95	134
LOYOLA UNIVERSITY	20		20
MEMPHIS STATE UNIVERSITY	43	14	57
MIAMI UNIVERSITY	40	89	129
NORTHERN ILLINOIS UNIVERSITY	72	pending	72
PENN STATE UNIVERSITY	187	183	370
SOUTHERN METHODIST UNIVERSITY		91	91
SOUTHWEST TEXAS STATE		203	203
STEPHENS COLLEGE	20	26	20
TEXAS A&M UNIVERSITY	221	12	233
TULANE UNIVERSITY	86	pending	86
UNIVERSITY OF ARIZONA	170	180	350
UNIVERSITY OF CALIFORNIA: LOS ANGELES	132		132
UNIVERSITY OF CALIFORNIA: DAVIS		138	138
UNIVERSITY OF CALIFORNIA: SANTA BARBARA	60		60
UNIVERSITY OF FLORIDA	30	122	152
UNIVERSITY OF HOUSTON		91	91
UNIVERSITY OF IOWA	94		94
UNIVERSITY OF MARYLAND	146	72	218
UNIVERSITY OF NOTRE DAME	42	40 + pending	82
UNIVERSITY OF PENNSYLVANIA		pending	
UNIVERSITY OF PITTSBURGH	55	62	117
UNIVERSITY OF RHODE ISLAND		82	82
UNIVERSITY OF UTAH	150	3	153
UNIVERSITY OF VIRGINIA	139		139
US COAST GUARD ACADEMY	17		17
UNIVERSITY OF TEXAS: SAN ANTONIO		55	55
UNIVERSITY OF TEXAS: AUSTIN	419	224	643
Total Number of Surveys Completed	3128	2071	5199

DEMOGRAPHICS

This report provides an overview of the similarities and differences in responses obtained from two groups of students: students who were surveyed in the course of seeking services at college and university counseling centers; and students from the same campuses who were surveyed outside the context of college counseling centers. It was hoped that the first group could improve our understanding of the students who seek our services and the concerns that lead them to seek assistance. We hope that the second group will provide a basis for comparison between students who sought services and students who were not seeking services at the time that they completed the survey. The survey used to collect this data consists of four sections: (1) demographics; (2) a "Presenting Problems" list, including duration; (3) the "Brief Symptom Inventory (BSI)," and (4) the "Family Experiences" inventory.

Demographics: University Status

Class	Clinical	(%)	Non-Clinical	(%)
Freshman	432	(14.3%)	390	(19.4%)
Sophomore	557	(18.5%)	330	(16.4%)
Junior	650	(21.6%)	473	(23.5%)
Senior	766	(25.4%)	650	(32.3%)
Graduate	578	(19.2%)	150	(7.5%)
Special	33	(1.1%)	18	(0.9%)
Totals	3016	(100%)	2011	(100%)
Missing Class Information	112		60	
Total Sample Size	3128		2071	

Demographics: Age

Age Range	Clinical Sample	(%)	Non-Clinical Sample	(%)
<20	656	(23.0%)	523	(25.5%)
20 - 24	1491	(52.3%)	1194	(58.2%)
25 - 29	383	(13.4%)	172	(8.4%)
30 - 34	160	(5.6%)	70	(3.4%)
35 - 39	86	(3.0%)	35	(1.7%)
40 - 44	45	(1.6%)	30	(1.5%)
45 - 49	19	(0.7%)	16	(0.8%)
>= 50	11	(0.4%)	12	(0.6%)
Totals	2851	(100%)	2052	(100%)
Missing or Invalid Age Data	277		19	
Total Sample Size	3128		2071	

Demographics: Ethnicity / Race, and Gender

Ethnicity / Race	Gender	Clinical Sample	Non-Clinical Sample
African American	Female	91 3.3%	99 5.0%
	Male	23 0.8%	60 3.0%
Alaskan / Native American	Female	4 0.1%	7 0.4%
	Male	0 0.0%	5 0.3%
Asian American	Female	57 2.1%	42 2.1%
	Male	36 1.3%	41 2.1%
Foreign / International	Female	47 1.7%	27 1.4%
	Male	32 1.2%	25 1.3%
Hispanic American	Female	125 4.6%	106 5.3%
	Male	64 2.4%	65 3.3%
White American	Female	1484 54.5%	1004 50.4%
	Male	758 27.9%	510 25.6%
Totals	Female	1808 66.4%	1285 64.5%
	Male	913 33.6%	706 35.5%
	All Subjects	2721 100.0%	1991 100.0%
Missing Ethnicity / Race or Gender Data		407	80
Total Sample Size		3128	2071

Demographics: Mental Health History

Inquiry	Clinical (Yes)	(% Yes)	Non-Clinical	(% Yes)
Previous Psychological Counseling	1289	(45.0%)	603	(29.5%)
Currently Using Prescribed Medication	128	(4.5%)	54	(2.6%)
Previously Prescribed Medication	260	(9.1%)	115	(5.8%)
Physical or Mental Disabilities	219	(7.7%)	149	(7.3%)

Presenting Problems

All participants in the study were asked to respond to 41 inquiries about current distresses (not including a 42nd query labeled "Other"). The general inquiry was posed as follows: "How Much Are You Currently Distressed By..." Respondents could endorse any point on a five point scale from "Not at All" to "Extremely." Respondents who responded at any level of distress regarding an item were asked to note the duration of the distress (on a 6 point scale). The means for each item, between those who were seeking counseling services and those who were not at the time of the survey, are compared below. A ratio of the difference between group means and one standard deviation (by item) are listed along with the significance level to help identify the magnitude of the differences. In those cases where respondents from the non-clinical sample endorsed an item at a higher rate or with more intensity than the clinical group (i.e. higher average), the Difference / SD ratio is preceded by a minus sign and is in italics. No analyses were completed with the duration information for this preliminary report.

Presenting Problems Item Comparisons Between Clinical and Non-Clinical Subjects

HOW MUCH ARE YOU CURRENTLY DISTRESSED BY: (0 - 4 Scale)	CLINICAL Mean (SD)	NON-CLIN Mean (SD)	SIGNIFICANCE (DIFF / SD)
Academic / school work / grades	2.3339 (1.217)	2.4849 (1.028)	** <i>-(.13)</i>
Adjustment to the university / college	.8935 (1.203)	.9145 (1.051)	ns
Alcohol / drugs	.3929 (0.871)	.3776 (0.760)	ns
Anxiety, fear, worries, nervousness	2.2653 (1.317)	1.8089 (1.194)	** (.35)
Assertiveness	1.0790 (1.234)	1.0005 (1.109)	ns
Breakup / loss of a relationship	1.4574 (1.593)	.9932 (1.312)	** (.31)
Concentration	1.5900 (1.418)	1.2242 (1.169)	** (.28)
Confusion about beliefs / values	1.0697 (1.301)	.7710 (1.065)	** (.24)
Dating concerns	1.2711 (1.409)	1.1255 (1.265)	** (.11)
Death or impending death of significant person	.6793 (1.248)	.8379 (1.272)	** <i>-(.13)</i>
Decisions about career / major	1.7108 (1.450)	1.9614 (1.341)	** <i>-(.18)</i>
Depression	1.8392 (1.457)	.9584 (1.167)	** (.63)
Developing independence from your family	.9475 (1.308)	.8902 (1.188)	ns
Ethnic / racial discrimination	.2675 (0.739)	.4351 (0.871)	** <i>-(.21)</i>
Eating problems: bingeing and vomiting / dieting / using laxatives / fasting / avoiding food	.5255 (1.116)	.5763 (1.112)	ns

Sample size: n > 2500 for clinical sample on all items; n > 2000 for non-clinical sample on all items

Significance level: * p < .005; ** p < .001

HOW MUCH ARE YOU CURRENTLY DISTRESSED BY: (0 - 4 Scale)	CLINICAL Mean (SD)	NON-CLIN Mean (SD)	SIGNIFICANCE (DIFF / SD)
Finances	1.7838 (1.409)	1.9736 (1.342)	** <i>-(.20)</i>
Homesickness	.4982 (0.971)	.5085 (0.887)	ns
Irritability, anger, hostility	1.3375 (1.348)	.9839 (1.100)	** (.28)
Making friends	.9260 (1.245)	.7449 (1.054)	** (.15)
Perfectionism	1.2499 (1.404)	1.1068 (1.267)	** (.11)
Physical health problems (e.g. headaches, stomach pains, etc.)	.9312 (1.272)	.9360 (1.197)	ns
Problem pregnancy	.0954 (0.531)	.1892 (0.681)	** <i>-(.16)</i>
Procrastination / getting motivated	1.7167 (1.479)	1.8214 (1.353)	ns
Rape / sexual assault / unwanted sex	.3736 (0.987)	.3467 (0.871)	ns
Reading / study skills problems	.9315 (1.307)	1.0414 (1.250)	* <i>-(.09)</i>
Relationship with family / parents / siblings	1.4033 (1.493)	.9138 (1.194)	** (.35)
Relationship with friends / roommates / peers	1.1272 (1.339)	.9053 (1.1161)	** (.18)
Relationship with romantic partner / spouse	1.6503 (1.623)	1.0323 (1.297)	** (.40)
Religious / spiritual concerns	.6520 (1.085)	.6605 (1.040)	ns
Self-esteem / self-confidence	1.9622 (1.486)	1.3065 (1.304)	** (.45)
Sexual concerns	.8669 (1.288)	.7555 (1.121)	* (.09)
Sexual identity / orientation issues	.2965 (0.865)	.1982 (0.673)	** (.11)
Sexually transmitted disease(s)	.3141 (0.827)	.5634 (1.031)	** <i>-(.27)</i>
Shyness, being ill at ease with people	.9098 (1.283)	.8948 (1.210)	ns
Sleeping problems	.9804 (1.343)	.7491 (1.158)	** (.18)
Stress management	1.7157 (1.477)	1.2831 (1.272)	** (.31)
Suicidal feelings / thoughts	.5718 (1.041)	.3106 (0.786)	** (.28)
Test anxiety / speech anxiety / performance anxiety	1.2052 (1.427)	1.5174 (1.388)	** <i>-(.22)</i>
Time management	1.3260 (1.374)	1.5184 (1.305)	** <i>-(.14)</i>
Uncertain about future / life after college	1.8315 (1.508)	1.9116 (1.445)	ns
Weight problems / body image	1.4343 (1.481)	1.5669 (1.422)	* <i>-(.13)</i>
Other	.4732 (1.185)	.6288 (1.266)	ns

Sample size: n > 2500 for clinical sample on all items; n > 2000 for non-clinical sample on all items

Significance level: * p < .005; ** p < .001

FACTOR ANALYSIS OF PRESENTING PROBLEMS

Factor analyses were completed with items from the "Presenting Problems" section alone and in combination with items from the BSI. The traditional clinical factors (depression, anxiety disorder) that emerged appeared to be largely redundant with the BSI scales, so are not described here. Several factors emerged, however, that appeared to focus on the distresses associated with a college population. These factors are presented in greater detail below. In addition, several single items failed to load onto any factor solution, and will be treated as unique items. Finally, a few combinations of items (sleeping problems and suicidality) emerged independently, even though they were moderately correlated with two or more other factors. The following factors and items were finally selected for further analysis.

AUTONOMY:

Developing independence
Relationships with family

BREAK-UP:

Break-up
Dating concerns
Relationship with romantic partner

VALUES:

Confusion about values / beliefs
Religious / spiritual concerns

SOCIAL DISCOMFORT:

Assertiveness
Making friends
Perfectionism
Relationship with friends
Self-esteem
Shyness

SLEEPING PROBLEMS:

Sleeping problems (on Presenting Problems list and BSI)

SUICIDE:

Suicidality (on Presenting Problems list and BSI)

SINGLE ITEMS:

ALCOHOL / DRUGS
DEATH OR IMPENDING DEATH OF SIGNIFICANT PERSON
ETHNIC / RACIAL DISCRIMINATION
PROBLEM PREGNANCY
RAPE / SEXUAL ASSAULT/ UNWANTED SEX
SEXUAL IDENTITY / ORIENTATION ISSUES
SEXUALLY TRANSMITTED DISEASE(S)

BODY IMAGE:

Eating problems
Weight problems

CAREER / FUTURE:

Career / Major
Finances
Uncertain about future / life after college

HOMESICK:

Adjustment to university
Homesickness

SCHOOL CONCERNS:

Academics
Concentration
Procrastination
Study skills
Test anxiety
Time management

STRESS:

Anxiety
Stress Management
Nervousness (BSI)
Feeling tense or keyed up (BSI)

SIGNIFICANT DIFFERENCES IN SELECTED PRESENTING CONCERNS

PRESENTING CONCERN	GROUP DIFFERENCES	GENDER DIFFERENCES	ETHNIC DIFFERENCES	AGE DIFFERENCES
AUTONOMY	**	**	ns	**
BREAK-UP	**	ns	ns	ns
EATING / BODY IMAGE	**	**	*	**
MAKING FRIENDS	**	**	ns	ns
CAREER / FUTURE	**	ns	ns	**
HOMESICK	ns	**	**	**
SCHOOL	**	ns	**	*
SLEEP	**	**	ns	**
STRESS	**	**	*	ns
SUICIDE	**	ns	ns	ns
VALUES	**	ns	ns	ns
SINGLE ITEMS:				
ALCOHOL / DRUGS	ns	**	**	ns
DEATH OF OTHER	**	**	ns	ns
DISCRIMINATION	**	ns	**	ns
PREGNANCY	**	ns	ns	ns
RAPE / SX ASSAULT	ns	**	ns	ns
SX IDENT	**	**	ns	ns
STDs	**	ns	ns	ns

Sample size: n > 2500 for clinical sample on all items; n > 2000 for non-clinical sample on all items
 Significance level: * p < .005; ** p < .001

GROUP DIFFERENCES IN PRESENTING PROBLEMS

PRESENTING CONCERN	Clinical	(SD)	Non-Clin	(SD)	SIG	(DIFF /SD)
AUTONOMY	1.16	(1.19)	.90	(.99)	**	(.10)
BREAK-UP	1.41	(1.17)	1.05	(.99)	**	(.33)
EATING / BODY IMAGE	.92	(1.11)	1.06	(1.09)	**	-(.13)
MAKING FRIENDS	1.17	(.92)	.99	(.81)	**	(.20)
CAREER / FUTURE	1.76	(1.12)	1.95	(1.08)	**	-(.17)
HOMESICK	.68	(.92)	.71	(.78)	ns	
SCHOOL	1.48	(.98)	1.60	(.87)	**	-(.12)
SLEEP	1.01	(1.25)	.78	(1.07)	**	(.19)
STRESS	1.75	(1.08)	1.31	(.93)	**	(.42)
SUICIDE	.57	(.94)	.34	(.67)	**	(.27)
VALUES	.85	(1.04)	.71	(.91)	**	(.14)
Single Items:						
ALCOHOL / DRUGS	.39	(.87)	.38	(.76)	ns	
DEATH OF OTHER	.68	(1.25)	.84	(1.27)	**	-(.13)
DISCRIMINATION	.27	(.74)	.44	(.87)	**	-(.21)
PREGNANCY	.10	(.53)	.19	(.68)	**	-(.16)
RAPE / SX ASSAULT	.37	(.99)	.35	(.87)	ns	
SX IDENT	.30	(.86)	.20	(.67)	**	(.12)
STDs	.31	(.83)	.56	(1.03)	**	-(.27)

Sample size: n > 2500 for clinical sample on all items; n > 2000 for non-clinical sample on all items

Significance level: * p < .005; ** p < .001

SIGNIFICANT GENDER DIFFERENCES IN PRESENTING CONCERNS

PRESENTING CONCERN	GROUP	WOMEN (SD)	MEN (SD)
DEATH OF SIG PERSON	CLINICAL	.74 (1.29)	.57 (1.15)
	NON-CLIN	.87 (1.29)	.75 (1.20)
RAPE / SEXUAL ASSAULT	CLINICAL	.51 (1.13)	.10 (.51)
	NON-CLIN	.44 (.96)	.19 (.65)
ALCOHOL / DRUGS	CLINICAL	.35 (.84)	.50 (.95)
	NON-CLIN	.31 (.68)	.49 (.85)
SEXUAL IDENTITY	CLINICAL	.24 (.77)	.40 (1.01)
	NON-CLIN	.18 (.62)	.23 (.76)
AUTONOMY	CLINICAL	1.27 (1.23)	.96 (1.10)
	NON-CLIN	.98 (1.04)	.75 (.89)
EATING / BODY IMAGE	CLINICAL	1.16 (1.22)	.53 (.76)
	NON-CLIN	1.29 (1.16)	.67 (.80)
SOCIAL DISCOMFORT	CLINICAL	1.23 (.90)	1.08 (.93)
	NON-CLIN	1.02 (.80)	.93 (.82)
HOMESICK	CLINICAL	.75 (.96)	.58 (.83)
	NON-CLIN	.76 (.80)	.64 (.75)
SLEEPING PROBLEMS	CLINICAL	1.08 (1.27)	.86 (1.17)
	NON-CLIN	.79 (1.07)	.75 (1.07)
STRESS	CLINICAL	1.89 (1.05)	1.49 (1.09)
	NON-CLIN	1.40 (.94)	1.13 (.88)
SUICIDALITY	CLINICAL	.55 (.92)	.60 (.96)
	NON-CLIN	.32 (.63)	.38 (.73)

Sample size: n > 2500 for clinical sample on all items; n > 2000 for non-clinical sample on all items

Significance level: * p < .005; ** p < .001

SIGNIFICANT ETHNIC DIFFERENCES IN PRESENTING CONCERNS

PRESENTING CONCERN	GROUP	AFRICAN AMERICAN	ASIAN AMERICAN	HISPANIC AMERICAN	ALASKAN NAT AMER	WHITE	FOREIGN / INTERNAT
DISCRIMINATION	CLINICAL	.87	.74	.59	.67	.16	.67
	NON-CLIN	1.06	.82	.68	.50	.30	.92
ALCOHOL / DRUGS	CLINICAL	.23	.23	.27	.60	.43	.16
	NON-CLIN	.23	.34	.29	.75	.40	.23
EATING / BODY IMAGE	CLINICAL	.83	.83	1.01	.20	.93	.75
	NON-CLIN	.97	.83	1.24	.71	1.09	.70
HOMESICK	CLINICAL	.68	.88	.96	.20	.63	1.12
	NON-CLIN	.74	.73	.85	1.25	.68	1.05
ACADEMIC CONCERNS	CLINICAL	1.73	1.73	1.80	.77	1.42	1.71
	NON-CLIN	1.62	1.89	1.79	1.50	1.55	1.67
STRESS	CLINICAL	1.70	1.53	1.71	.81	1.77	1.96
	NON-CLIN	1.09	1.42	1.46	.73	1.31	1.36
SUICIDE	CLINICAL	.67	.67	.47	.40	.57	.81
	NON-CLIN	.37	.47	.36	.25	.33	.38

Sample size: n > 2500 for clinical sample on all items; n > 2000 for non-clinical sample on all items

Significance level: * p < .005; ** p < .001

SIGNIFICANT AGE DIFFERENCES IN PRESENTING CONCERNS

PRESENTING CONCERN	GROUP	15-19 YRS (SD)	20-24 YRS (SD)	25-35 YRS (SD)
ACADEMIC CONCERNS	CLINICAL	1.55 (.97)	1.47 (.98)	1.47 (.99)
	NON-CLIN	1.69 (.88)	1.60 (.87)	1.48 (.86)
ALCOHOL/ DRUG PROBLEMS	CLINICAL	.45 (.97)	.40 (.86)	.34 (.79)
	NON-CLIN	.41 (.76)	.39 (.76)	.27 (.71)
DISCRIMINATION	CLINICAL	.27 (.73)	.27 (.74)	.26 (.73)
	NON-CLIN	.47 (.93)	.43 (.86)	.44 (.86)
EATING / BODY IMAGE	CLINICAL	1.10 (1.21)	.93 (1.10)	.72 (1.00)
	NON-CLIN	1.18 (1.14)	1.07 (1.10)	.86 (.94)
HOMESICK	CLINICAL	.99 (1.08)	.58 (.82)	.61 (.88)
	NON-CLIN	.95 (.89)	.66 (.74)	.53 (.70)
STRESS	CLINICAL	1.75 (1.07)	1.69 (1.10)	1.87 (1.07)
	NON-CLIN	1.29 (.92)	1.34 (.94)	1.21 (.87)

Sample size: n > 2500 for clinical sample on all items; n > 2000 for non-clinical sample on all items

Significance level: * p < .005; ** p < .001

Brief Symptom Inventory (BSI)

The BSI is composed of 53 items that query about behavioral and psychological symptoms. The queries are posed as follows: "How Much Were You Distressed By..." Respondents rate their level of distress regarding each item on a five point scale from 0, which is labeled "Not at All," to 4, which is labeled "Extremely." For the purposes of this preliminary analysis, comparisons between various participant groupings are based on the average level of endorsement for a particular item or scale. Although this seems to provide a fair representation of most of the data, further consideration should be given to the relationship between the frequency of endorsement and ratings of intensity.

BSI Item Comparisons Between Clinical and Non-Clinical Samples

How Much Were You Distressed By:	CLINICAL SAMPLE (SD)	NON-CLINICAL SAMPLE (SD)	SIGNIFICANCE (Difference/SD)
Nervousness or shakiness inside	1.3318 (1.315)	.9380 (1.072)	** (.32)
Faintness or dizziness	.4198 (0.851)	.3968 (0.776)	ns
The idea that someone else can control you thoughts	.4818 (1.028)	.3353 (0.832)	** (.15)
Feeling others are to blame for most of your problems	.5455 (0.972)	.4117 (0.820)	** (.15)
Trouble remembering things	.8398 (1.145)	.8291 (1.041)	ns
Feeling easily annoyed or irritated	1.5217 (1.316)	1.8602 (1.183)	** (.13)
Pains in heart or chest	.3417 (0.828)	.3659 (0.825)	ns
Feeling afraid of open spaces	.1346 (0.537)	.1361 (0.509)	ns
Thoughts of ending your life	.4237 (0.903)	.2217 (0.666)	** (.25)
Feeling that most people cannot be trusted	.9219 (1.242)	.8285 (1.103)	* (.08)
Poor appetite	.6175 (1.090)	.4319 (0.863)	** (.18)
Suddenly scared for no reason	.5739 (1.074)	.3640 (0.840)	** (.21)
Temper outbursts	.6890 (1.147)	.5191 (0.958)	** (.16)
Feeling lonely even when you are with people	1.4998 (1.384)	.9642 (1.162)	** (.41)
Feeling blocked in getting things done	1.4597 (1.413)	1.0289 (1.162)	** (.32)
Feeling lonely	1.7200 (1.145)	1.1391 (1.225)	** (.42)
Feeling blue	1.8015 (1.403)	1.0357 (1.158)	** (.56)
Feeling no interest in things	1.2674 (1.377)	.7107 (1.038)	** (.44)
Feeling tearful	1.5755 (1.446)	.8968 (1.127)	** (.50)
Your feelings being hurt easily	1.4114 (1.398)	.9609 (1.152)	** (.34)
Feeling that people are unfriendly or dislike you	.9905 (1.263)	.7485 (1.040)	** (.21)
Feeling inferior to others	1.1793 (1.337)	.7794 (1.089)	** (.32)
Nausea or upset stomach	.8626 (1.228)	.6251 (1.011)	** (.21)

Significance: * $p < .005$; ** $p < .001$

(Difference / SD): difference between group means divided by one standard deviation

How Much Were You Distressed By:	CLINICAL SAMPLE (SD)	NON-CLINICAL SAMPLE (SD)	SIGNIFICANCE (Difference/SD)
Feeling that you are watched or talked about by others	.7278 (1.128)	.6688 (1.025)	ns
Trouble falling asleep	1.0456 (1.355)	.8207 (1.165)	** (.17)
Having to check and double check what you do	.7401 (1.112)	.7382 (1.063)	ns
Difficulty making decisions	1.2657 (1.340)	.9946 (1.139)	** (.21)
Feeling afraid to travel on buses, subways, or trains	.1194 (0.549)	.1167 (0.499)	ns
Trouble getting your breath	.2605 (0.730)	.2884 (0.724)	ns
Hot or cold spells	.2844 (0.767)	.2887 (0.741)	ns
Having to avoid certain things, places, or activities because they frighten you	.5014 (1.037)	.3279 (0.794)	** (.18)
Your mind going blank	.7001 (1.110)	.6074 (0.926)	* (.09)
Numbness or tingling in parts of your body	.2906 (0.755)	.3528 (0.772)	* (.08)
The idea that you should be punished for your sins	.4358 (0.954)	.3948 (0.853)	ns
Feeling hopeless about the future	1.1922 (1.315)	.7833 (1.102)	** (.33)
Trouble concentrating	1.6153 (1.400)	1.1919 (1.177)	** (.32)
Feeling weak in parts of your body	.5420 (0.986)	.5153 (0.891)	ns
Feeling tense or keyed up	1.6924 (1.392)	1.12153 (1.218)	** (.36)
Thoughts of death or dying	.6980 (1.159)	.5057 (0.963)	** (.18)
Having urges to beat, injure, or harm someone	.4569 (0.987)	.4435 (0.922)	ns
Having urges to break or smash things	.6674 (1.096)	.5091 (0.942)	** (.15)
Feeling very self-conscious with others	1.2269 (1.315)	.9941 (1.147)	** (.19)
Feeling uneasy in crowds	.7257 (1.141)	.5833 (0.986)	** (.13)
Never feeling close to another person	.9604 (1.305)	.5835 (1.022)	** (.31)
Spells of terror or panic	.5305 (1.072)	.2995 (0.785)	** (.24)
Getting into frequent arguments	.7042 (1.141)	.5719 (0.945)	** (.12)
Feeling nervous when you are left alone	.5379 (1.037)	.3456 (0.792)	** (.20)
Others not giving you proper achievement	.6894 (1.112)	.7342 (1.036)	ns
Feeling so restless you couldn't sit still	.7450 (1.118)	.6498 (1.011)	* (.09)
Feelings of worthlessness	1.1393 (1.345)	.5739 (0.985)	** (.46)
Feeling that people will take advantage of you if you let them	1.1019 (1.360)	.9473 (1.192)	** (.12)
Feelings of guilt	1.2509 (1.365)	.8158 (1.098)	** (.34)
The idea that something is wrong with you	1.1208 (1.369)	.5794 (1.054)	** (.42)

Significance: * $p < .005$; ** $p < .001$

(Difference / SD): difference between group means divided by one standard deviation

BSI Clinical Scales

A factor analysis of the 53 BSI items supports the validity of the inventory's nine clinical scales. Although most of the variance is accounted for by the first three factors (particularly the first, which is consistent with an earlier evaluation of the BSI using only the clinical sample), all items load on their assigned scales and each scale has an eigenvalue of 1.00 or higher. Therefore, all further comparisons are done with scores from the nine clinical scales. The nine BSI scales were evaluated for group differences (clinical sample versus non-clinical sample), gender differences, ethnic differences, and age differences. All significant findings are reported below.

Group Differences on BSI Scales

BSI SCALE	Clinical (SD)	Non-Clinical (SD)	Significance
Anxiety	1.0652 (0.871)	.7474 (0.714)	**
Depression	1.2451 (1.005)	.7444 (0.800)	**
Hostility	.7988 (0.848)	.6795 (0.745)	**
Interpersonal Sensitivity	1.1908 (1.088)	.8700 (0.912)	**
Obsessive-Compulsive	1.0875 (0.900)	.8952 (0.780)	**
Paranoid Ideation	.7856 (0.829)	.7173 (0.750)	*
Phobic Anxiety	.3958 (0.585)	.2918 (0.518)	**
Psychoticism	.8912 (0.831)	.5687 (0.683)	**
Somatization	.4189 (0.594)	.4030 (0.563)	ns

Significance: * $p < .005$; ** $p < .001$

Significant Gender Differences on BSI Scales

BSI Scale	Group	Females (SD)	Males (SD)	Significance
Anxiety	Clinical	1.20 (.88)	.80 (.79)	**
	Non-Clinical	.79 (.72)	.59 (.68)	**
Depression	Clinical	1.31 (1.00)	1.13 (1.00)	**
	Non-Clinical	.75 (.79)	.72 (.82)	ns
Interpersonal Sensitivity	Clinical	1.32 (1.12)	.97 (1.00)	**
	Non-Clinical	.94 (.93)	.72 (.85)	**
Obsessive Compulsive	Clinical	1.13 (.90)	.98 (.88)	**
	Non-Clinical	.91 (.79)	.87 (.77)	ns
Paranoid Ideation	Clinical	.85 (.85)	.66 (.76)	**
	Non-Clinical	.71 (.74)	.72 (.76)	ns
Phobic Anxiety	Clinical	.43 (.61)	.33 (.52)	**
	Non-Clinical	.31 (.51)	.29 (.54)	ns
Somatization	Clinical	.48 (.64)	.31 (.50)	**
	Non-Clinical	.45 (.59)	.32 (.49)	**

Significance: * $p < .005$; ** $p < .001$

Significant Ethnic Differences on BSI Scales

BSI Scale	Group	African American	Asian American	Hispanic American	Alaskan / Nat. Amer.	White American	Foreign / International	Sig.
Obsessive Compulsive	Clinical	1.17 (.99)	1.12 (.83)	1.20 (.94)	.53 (.55)	1.06 (.89)	1.43 (.99)	*
	Non-Clin	.81 (.70)	1.14 (.81)	1.05 (.85)	.82 (.77)	.87 (.77)	1.12 (.85)	**
	Clinical	1.05 (.91)	.91 (.92)	.86 (.87)	1.30 (.99)	.75 (.81)	.98 (.79)	**
Paranoia	Non-Clin	.77 (.76)	.84 (.78)	.81 (.81)	.83 (.70)	.69 (.74)	.92 (.85)	ns
	Clinical	.31 (.52)	.45 (.54)	.42 (.66)	.32 (.61)	.38 (.57)	.52 (.64)	ns
	Non-Clin	.49 (.78)	.46 (.56)	.36 (.53)	.25 (.30)	.28 (.51)	.45 (.57)	*

Significance: * $p < .005$; ** $p < .001$

Note: Alaskan / Native Americans are included for comparison purposes only; statistics conducted without them due to small number

Significant Age Differences on BSI Scales

BSI Scale	Group	15 - 19 Years Old	20 - 24 Years Old	25 - 35 Years Old	Sig.
Interpersonal Sensitivity	Clinical	1.32 (1.13)	1.19 (1.10)	1.06 (1.00)	**
	Non-Clin	1.02 (.97)	.86 (.90)	.67 (.82)	**
	Clinical	.87 (.87)	.80 (.84)	.66 (.75)	**
Paranoia	Non-Clin	.79 (.74)	.72 (.77)	.56 (.60)	**
	Clinical	.47 (.67)	.39 (.57)	.35 (.54)	*
	Non-Clin	.33 (.53)	.30 (.52)	.25 (.47)	ns
Phobic Anxiety	Clinical	1.00 (.88)	.88 (.83)	.82 (.77)	**
	Non-Clin	.65 (.72)	.57 (.68)	.46 (.59)	*
	Clinical	.50 (.67)	.39 (.57)	.41 (.58)	**
Somatization	Non-Clin	.43 (.55)	.40 (.58)	.36 (.56)	ns

Significance: * $p < .005$; ** $p < .001$

Significant Ethnic Differences on BSI Scales

BSI Scale	Group	African American	Asian American	Hispanic American	Alaskan / Nat. Amer.	White American	Foreign / International	Sig.
Obsessive Compulsive	Clinical	1.17 (.99)	1.12 (.83)	1.20 (.94)	.53 (.55)	1.06 (.89)	1.43 (.99)	*
	Non-Clin	.81 (.70)	1.14 (.81)	1.05 (.85)	.82 (.77)	.87 (.77)	1.12 (.85)	**
Paranoia	Clinical	1.05 (.91)	.91 (.92)	.86 (.87)	1.30 (.99)	.75 (.81)	.98 (.79)	**
	Non-Clin	.77 (.76)	.84 (.78)	.81 (.81)	.83 (.70)	.69 (.74)	.92 (.85)	ns
Phobia	Clinical	.31 (.52)	.45 (.54)	.42 (.66)	.32 (.61)	.38 (.57)	.52 (.64)	ns
	Non-Clin	.49 (.78)	.46 (.56)	.36 (.53)	.25 (.30)	.28 (.51)	.45 (.57)	*

Significance: * $p < .005$; ** $p < .001$

Note: Alaskan / Native Americans are included for comparison purposes only; statistics conducted without them due to small number

Significant Age Differences on BSI Scales

BSI Scale	Group	15 - 19 Years Old	20 - 24 Years Old	25 - 35 Years Old	Sig.
Interpersonal Sensitivity	Clinical	1.32 (1.13)	1.19 (1.10)	1.06 (1.00)	**
	Non-Clin	1.02 (.97)	.86 (.90)	.67 (.82)	**
Paranoia	Clinical	.87 (.87)	.80 (.84)	.66 (.75)	**
	Non-Clin	.79 (.74)	.72 (.77)	.56 (.60)	**
Phobic Anxiety	Clinical	.47 (.67)	.39 (.57)	.35 (.54)	*
	Non-Clin	.33 (.53)	.30 (.52)	.25 (.47)	ns
Psychoticism	Clinical	1.00 (.88)	.88 (.83)	.82 (.77)	**
	Non-Clin	.65 (.72)	.57 (.68)	.46 (.59)	*
Somatization	Clinical	.50 (.67)	.39 (.57)	.41 (.58)	**
	Non-Clin	.43 (.55)	.40 (.58)	.36 (.56)	ns

Significance: * $p < .005$; ** $p < .001$

Family Experiences

Group Differences in Family Experiences

Did the following occur in your family?	Clinical Yes %	Non-clinical Yes %	Chi Square
Parents divorced or permanently separated before you were 18	29.8%	27.3%	ns
Family frequently moved	22.2%	20.2	ns
Parent(s) unemployed for an extended period of time	16.3%	16.8%	ns
Frequent, hostile arguing among family members	46.4%	36.8%	**
Death of parent(s) before you were 18	6.2%	4.7%	ns
Parent(s) with a drinking problem	23.2%	18.8%	**
Parent(s) with a drug problem	4.6%	4.9%	ns
Parent(s) with a gambling problem	2.0%	2.9%	ns
Physical abuse in your family	14.9%	11.5%	*
Sexual abuse in your family	7.6%	5.2%	*
Rape / sexual assault on yourself or family member	13.5%	11.2%	ns
Family member hospitalized for emotional problems	15.0%	13.4%	ns
Family member diagnosed with a mental disorder	13.0%	12.0%	ns
Family member attempted suicide	13.2%	11.1%	ns
Family member committed suicide	3.5%	3.2%	ns
Family member with a debilitating illness, injury, or handicap	15.9%	15.6%	ns
Family member prosecuted for criminal activity	7.1%	10.5%	*
Family member with an eating problem	19.8%	17.3%	ns

Significance: * $p < .005$; ** $p < .001$

Gender Differences in Family Experiences

Did the following occur in your family?	Group	Female Yes %	Male Yes %	χ^2
Frequent, hostile arguing among family members	Clinical	48.4%	41.6%	**
	Non-Clin	38.5%	32.2%	ns
Physical abuse in your family	Clinical	15.7%	12.7%	ns
	Non-Clin	12.8%	8.4%	*
Sexual abuse in your family	Clinical	9.3%	3.5%	**
	Non-Clin	6.3%	2.9%	**
Rape / sexual assault on yourself or family member	Clinical	18.3%	4.7%	**
	Non-Clin	14.3%	5.4%	**
Family member with an eating problem	Clinical	18.3%	4.7%	**
	Non-Clin	14.3%	5.4%	**

Significance: * $p < .005$; ** $p < .001$

Ethnic Differences in Family Experiences

Did the following occur in your family?	Group	African American	Asian American	Hispanic American	Alaskan / Nat Amer	White American	Foreign / Internat	χ^2
Parents divorced or permanently separated before you were 18	Clinical	39.5%	21.1%	31.0%	50.0%	30.1%	13.6%	**
	Non-Clin	42.9%	12.2%	19.8%	8.3%	27.3%	17.3%	**
Parent(s) unemployed for an extended period of time	Clinical	22.4%	21.5%	24.4%	0.0%	15.4%	11.8%	*
	Non-Clin	22.6%	22.2%	25.3%	16.7%	14.9%	18.0%	*
Parent(s) with a drug problem	Clinical	11.6%	2.4%	4.7%	0.0%	4.4%	3.9%	*
	Non-Clin	4.9%	4.3%	2.0%	0.0%	1.8%	2.3%	ns
Physical abuse in your family	Clinical	23.1%	18.3%	23.0%	40.0%	13.5%	11.4%	**
	Non-Clin	16.9%	11.5%	13.9%	0.0%	10.5%	12.7%	ns
Family member diagnosed with a mental disorder	Clinical	4.2%	3.2%	16.0%	16.7%	13.9%	10.2%	*
	Non-Clin	7.5%	9.8%	9.4%	0.0%	13.0%	15.4%	ns
Family member prosecuted for criminal activity	Clinical	16.1%	4.2%	9.2%	0.0%	6.8%	4.5%	*
	Non-Clin	25.6%	3.7%	18.5%	0.0%	8.5%	11.8%	**
Family member with an eating problem	Clinical	12.7%	7.5%	19.9%	25.0%	20.9%	11.1%	*
	Non-Clin	18.5%	8.8%	18.8%	9.1%	17.7%	12.2%	ns

Significance: * $p < .005$; ** $p < .001$

Note: Alaskan / Native Americans are included for comparison purposes only; all statistics were done without this group due to small number in the group

Age Differences in Family Experiences

Did the following occur in your family?	Group	15-19	20-24	25-35	χ^2
Frequent, hostile arguing among family members	Clinical	45.9%	43.8%	54.0%	**
	Non-Clin	36.0%	35.7%	42.2%	ns
Death of parent(s) before you were 18	Clinical	5.2%	5.1%	9.2%	*
	Non-Clin	3.3%	4.7%	6.2%	ns
Parent(s) with a drinking problem	Clinical	19.7%	21.5%	31.8%	**
	Non-Clin	18.8%	18.0%	25.8%	**
Physical abuse in your family	Clinical	11.6%	12.3%	20.3%	**
	Non-Clin	7.5%	10.7%	18.4%	**
Sexual abuse in your family	Clinical	5.2%	6.5%	10.2%	*
	Non-Clin	2.9%	4.8%	9.0%	*
Family member hospitalized for emotional problems	Clinical	13.9%	13.2%	19.3%	*
	Non-Clin	11.4%	12.7%	17.4%	ns
Family member diagnosed with a mental disorder	Clinical	11.9%	10.4%	18.0%	**
	Non-Clin	10.0%	11.1%	18.0%	*
Family member attempted suicide	Clinical	14.1%	10.5%	18.4%	**
	Non-Clin	8.1%	10.5%	17.7%	**
Family member with a debilitating illness, injury, or handicap	Clinical	14.2%	13.0%	20.6%	**
	Non-Clin	12.8%	14.6%	23.2%	**
Family member prosecuted for criminal activity	Clinical	7.0%	6.5%	8.0%	ns
	Non-Clin	10.5%	9.2%	16.6%	*
Family member with an eating problem	Clinical	17.0*	17.7%	26.6%	**
	Non-Clin	14.0%	16.4%	25.9%	**

Significance: * $p < .005$; ** $p < .001$

BSI Clinical Scales

Clinical Status x Gender

