Appendix A: Selected questions in the survey
(to be made available online)

In the past 12 months have you taken any of the following types of prescription medications? Please count only those you took several times per week for at least a month. (Check all that apply)

1. Psychostimulants (e.g., methylphenidate (Ritalin or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.)
2. Antidepressants (e.g., fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), escitalopram (Lexapro), venlafaxine (Effexor), buproprion (Wellbutrin), etc.)
3. Antipsychotics (e.g., haloperidol (Haldol), clozapine (Clozaril), risperidone (Risperdal), olanzapine (Zyprexa), etc.)
4. Anti-anxiety medications (e.g., lorazepam (Ativan), clonazepam (Klonopin), (Xanax), buspirone (BuSpar), etc.)
5. Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazapine (Tegretol), etc.)
6. Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
7. Other (specify)
8. None
9. Don’t know

Who wrote your most recent prescription for the medication(s) you noted in the last question? (Select all that apply)

1. A general practitioner or primary care physician
2. A psychiatrist
3. Other type of doctor (specify)
4. Took the medication(s) without a prescription
5. Don’t know

In the past 12 months have you received counseling or therapy for your mental or emotional health from a health professional (such as psychiatrist, psychologist, social worker, or primary care doctor)?

1. Yes
2. No

How many total visits or sessions for counseling or therapy have you had in the past 12 months?

1. 1 or 2
2. 3-5
3. 6-12
4. More than 12
Please indicate how strongly you agree or disagree with the following statement:
If you needed to seek professional help for your mental or emotional health while attending [name of university], you would know where to go.

1. Strongly disagree
2. Disagree
3. Neither agree nor disagree
4. Agree
5. Strongly agree

Before filling out this survey, did you know that [name of university] has free counseling services available to all students at Counseling and Psychological Services (CAPS)?

1. Yes
2. No

How helpful on average do you think therapy or counseling is, when provided competently, for people your age who are depressed?

1. Very helpful
2. Quite helpful
3. A little helpful
4. Not at all helpful

How helpful on average do you think medication is, when provided competently, for people your age who are depressed?

1. Very helpful
2. Quite helpful
3. A little helpful
4. Not at all helpful

How many of your close friends have ever sought professional help for an emotional or mental health problem?

1. None
2. At least 1 or 2
3. 3 or more
4. Don’t know

How many members of your immediate family have ever sought professional help for an emotional or mental health problem?

1. None
2. At least 1 or 2
3. 3 or more
4 Don’t know

Do you know if your health insurance plan would provide *any* coverage for a visit to a mental health professional (psychiatrist, psychologist, clinical social worker, etc.) at [name of university] or in [name of local community]?

1 Yes, it definitely would
2 I think it would but am not sure
3 I have no idea
4 I think it would not but am not sure
5 no, it definitely would not

Does your current health insurance plan meet your needs for mental health services?

1 I have not needed to use my current insurance plan to cover mental health services
2 Yes, everything I have needed is covered
3 No, the coverage is inadequate to meet my needs

I feel that coverage is inadequate because my plan… (Check all that apply)

1 doesn’t cover any mental health services
2 doesn’t cover preexisting conditions
3 doesn’t cover certain conditions
4 has a co-pay that is too expensive
5 has a deductible that is too expensive
6 doesn’t cover certain types of services or providers
7 has a limit on the number of services that are covered