

American College Health Association - National College Health Assessment

Acronym	ACHA-NCHA
Developer	Developed by an interdisciplinary team of college health professionals
Description	Since 2000 the ACHA-NCHA survey has tracked changes in health issues and trends, enabling both ACHA and institutions of higher education to adequately identify factors affecting academic performance, respond to questions and concerns about the health of the nation's students, develop a means to address these concerns, and ultimately improve the health and welfare of those students.
Population	More than 825,000 students at 550+ colleges and universities across the country have already taken the survey. The NCHA has been used by two-year and four-year public and private institutions from varied geographical regions, Carnegie Foundation Classifications, and campus settings.
Instrument Type	Survey

Availability (Years)	Annually, Fall and Spring, 2000-2011
Latest Year	2011
Instrument Frequency	Twice annually
Data Coverage	School
Reliability/Validity	<p>http://www.acha-ncha.org/grvanalysis.html</p> <p>To receive a copy of the NCHA Reliability and Validity Analyses, contact ACHA Research Director E. Victor Leino, PhD, at vleino@acha.org</p>
PEI Goal(s)	
Example questions	<p>Mental and Physical Health</p> <ul style="list-style-type: none"> • Within the last school year/12 months how many times have you felt things were hopeless? • Within the last school year/12 months how many times have you felt very sad? • Within the last school year/12 months how many times have you felt so depressed that it was difficult to function? • Within the last school year/12 months how many times have you seriously considered attempting suicide? • Within the last school year/12 months have you had any of the following mental or physical health problems? (Subjects were given a list of 29 choices, top 10 responses are presented.) <p>Impediments to Academic Performance</p> <ul style="list-style-type: none"> • Within the last school year/12 months have any of the following mental or physical health problems affected your academic performance (received a lower grade on an exam or important project, received a lower grade in the course, received an incomplete or dropped the course)? <ul style="list-style-type: none"> ○ Stress

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	<ul style="list-style-type: none"> ○ Sleep difficulties ○ Concern about family/friend ○ Relationship difficulties ○ Sinus infection ○ Cold/Flu/Sore throat ○ Death of a friend or family member ○ Alcohol use ○ Depression/anxiety

Website	http://www.acha-ncha.org/
Source Reference	ACHA-NCHA 2005. American College Health Association- National College Health Assessment (ACHA-NCHA) Web Summary. http://www.acha.org/projects_programs/ncha_sampledata.cfm .
Other References	
Availability and Cost	Portions of the ACHA-NCHA Reference Group data set may be made available for independent analysis. Interested investigators are encouraged to submit proposals. Research is being conducted in the areas of nutrition, weight and eating disorders; BAC and binge drinking; alcohol and marijuana as impediments to academic performance; and depression and suicide ideation.
Link to Instrument(s)	Current survey instrument: http://www.acha-ncha.org/docs/ACHA-NCHAII_sample.pdf
Link to Data	Published results: http://www.acha-ncha.org/pubs_rpts.html
Contact Information	ACHA Research Director E. Victor Leino, vleino@acha.org
Administration/ Scoring	N/A

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