



**K-PIRS  
Annual Report  
2009-10**

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Seven Institution Summary

## Kansas State Problem Identification Rating Scale (K-PIRS) 2009-10 Summary Observations

1. Seven institutions participated in the KCAT K-PIRS data summary from June 2009 through August 2010. They represented the following:
  - 5 public universities
  - 2 private institution
  - 2 institutions > 20,000 enrollment
  - 2 institutions 10,000 to 20,000 enrollment
  - 3 institutions < 10,000 enrollment
  - Regions: northeast (2), south (2), midwest (3)
2. K-PIRS client intake data were collected of 3,694 people from the seven institutions. Among those, 3,654 were students (freshmen to graduate students), 13 were faculty/staff or DCE students, and 27 did not report their status at the institution. This report is based on the student population only (N=3,654).
3. Summary statistics provide results from K-PIRS client intake data including demographical information, readiness, reason for seeking counseling, and K-PIRS scales. Also, results from the follow-up assessment (K-PIRS Form B) of an example institution are presented.
4. Demographic information (Tables 1.1 ~1.13) includes a no response (N/R) category. The frequency of N/R is listed in that category, but not included in the valid percent line. In a few cases, such as sexual orientation, the N/R is quite high calling into question the validity of this response category. Some specific demographic variables of note are as follows:
  - 66.5% females
  - 83.9% Caucasian/White
  - 20.5% (first year student), 19.4% (sophomore), 21.3% (junior), 23.7% (senior), 15.0% (graduate/professional school)
  - 42.4% entered counseling with previous history of treatment
  - 24.8% entered counseling with current psychiatric medication
  - 25.4% indicated they had someone's recommendation to seek counseling
5. The *readiness* question highlights the importance of *contemplative* concern levels for students entering counseling (Table 2). Sixty-two percent entered counseling indicating contemplative level of readiness, and 22% indicated that they were already taking action.

6. We report K-PIRS scale scores by *year in college* (Table 4.1) and by *gender* (Table 4.2). From our research, these appeared to be major demographical factors that impact K-PIRS scale scores. There are additional demographical variables that individual institutions might choose to analyze. If you desire more complex hypothesis testing, we can provide an estimate of time and cost.
7. It is important to note that K-PIRS T- Scores were computed on a norm that is weighted to include representative proportions of both clients in the counseling center (10%) and enrolled students from the general university population (90%). It is also weighted to reflect a distribution of students by gender and by year in college. The variation in T-Scores by scale has been consistent over the past 4-year multi-institution samples (2006-07 through 2009-10).
8. K-PIRS mean scale scores are plotted to illustrate differences between the norm group being used in the current T-Score formula and the client groups (Figure 4.1). It also demonstrates consistent response trends among the past 4-year multi-institution average.
  - Greater elevation for the client group compared to the norm group on Mood Difficulties and Interpersonal Conflicts
  - Significantly higher levels of interference with Academic and Social Functioning for the client group compared to the norm group indicating the potential impact of mental health concerns on performance
9. Client follow-up assessment at Kansas State University - utilizing the K-PIRS Form B at the 3<sup>rd</sup> and 6<sup>th</sup> sessions - is included as an example of measuring behavior change over time (Table 5). It was impossible to provide summative data on all institutions because of the irregularity in the way that the K-PIRS Form B was used as a follow-up or outcome measure.
10. Each institution is also provided the institution's individual results that can be used in comparison with this Summary Report of seven institution data. We have not provided any comparisons between specific institutions as our agreement promised anonymity of these results.

## Kansas State Problem Identification Rating Scale (K-PIRS) 2009-2010 DATA SUMMARY

K-PIRS client intake data were collected of 3,694 people from seven institutions (from June 2009 through August 2010). Among those, 3,654 were students (freshmen to graduate students), 13 were faculty/staff or DCE students, and 27 did not report their status at the institution. This report is based on the student population only (N=3,654).

### I. DEMOGRAPHICS

**Table 1.1 Year in College**

	Frequency	Percent
First Year Student	750	20.5
Sophomore	710	19.4
Junior	778	21.3
Senior	867	23.7
Graduate or Professional School	549	15.0
Total	3,654	100.0

**Table 1.2 Gender**

	Frequency	Percent	Valid Percent
Male	1,213	33.2	33.3
Female	2,421	66.3	66.5
Transgender	6	.2	.2
N/R	14	.4	---
Total	3,654	100.0	100.0

**Table 1.3 Marital Status**

	Frequency	Percent	Valid Percent
Single	3,146	86.1	86.6
Engaged	116	3.2	3.2
Partnered	162	4.4	4.4
Married	153	4.2	4.2
Separated	15	.4	.4
Divorced	31	.8	.9
Widowed	8	.2	.2
N/R	23	.6	---
Total	3,654	100.0	100.0

**Table 1.4 Do You Work**

	Frequency	Percent	Valid Percent
Yes	1823	49.9	50.3
No	1802	49.3	49.7
N/R	29	.8	---
Total	3,654	100.0	100.0

**Table 1.5 Hours Work Per Week**

N	Mean (SD)	Median	Min	Max
1,102	15.60 (10.00)	14	1.00	80.00

**Table 1.6 Current Grade Point Average**

N	Mean (SD)	Median	Min	Max
1,829	3.21 (.54)	3.30	.67	4.00

**Table 1.7 Number of Hours Enrolled**

N	Mean (SD)	Median	Min	Max
1,315	12.37 (4.71)	13	0	22

**Table 1.8 Residence**

	Frequency	Percent	Valid Percent
On-campus residence hall/ apartment	1,576	43.1	43.8
Off-campus apartment/house	1,802	49.3	50.1
At home with parent/guardian	113	3.1	3.1
Fraternity/Sorority	106	2.9	2.9
N/R	57	1.6	---
Total	3,654	100.0	100.0

**Table 1.9 Previous Treatment**

	Frequency	Percent	Valid Percent
Yes	1,533	42.0	42.4
No	2,081	57.0	57.6
N/R	40	1.1	---
Total	3,654	100.0	100.0

**Table 1.10 Current Psychiatric Medication**

	Frequency	Percent	Valid Percent
Yes	876	24.1	24.8
No	2,662	72.9	75.2
N/R	113	3.1	---
Total	3,654	100.0	100.0

**Table 1.11 Ethnicity**

	Frequency	Percent	Valid Percent
Native American/Alaskan Native	16	.4	.5
Asian/Pacific Islander	139	3.8	3.9
African American	183	5.0	5.2
Hispanic/Latin American	110	3.0	3.1
Mexican/Mexican American	21	.6	.6
Caucasian/White	2,959	81.0	83.9
Multiracial	99	2.7	2.8
N/R	127	3.5	---
Total	3,654	100.0	100.0

**Table 1.12 Are You an International Student**

	Frequency	Percent	Valid Percent
Yes	167	4.6	4.6
No	3,430	93.9	95.4
N/R	57	1.6	---
Total	3,654	100	100

**Table 1.13 Sexual Orientation**

	Frequency	Percent
Gay	37	1.0
Lesbian	23	.6
Bisexual	78	2.1
Questioning	42	1.1
Heterosexual	2,171	59.4
N/R (or Not Asked)	1,303	35.7
Total	3,654	100.0

## II. Readiness (How Do You Feel about Situation Right Now)

Table 2

	Frequency	Percent	Valid Percent
1. Other people in my life are more concerned about my situation than I am	201	5.5	5.6
2. I think I should do something about my situation, but I am not sure what to do	2,255	61.7	62.5
3. I am already doing something about the situation that has been bothering me	806	22.1	22.3
4. I resolved this problem previously, but it seems to be bothering me again	348	9.5	9.6
N/R	44	1.2	---
Total	3,654	100.0	100.0

## III. Why Are You Coming To Counseling At This Time

*(Select as many as may apply)*

Table 3

	Frequency	Percent
Mostly because someone asked me to come to counseling	928	25.4
To understand thoughts and feelings that I am having	1,776	48.6
To find a sense of relief from what concerns me	2,268	62.1
To develop strategies for solving problems or making decisions	2,096	57.4
To work on changing the way I act or respond in certain situations	1,830	50.1
Other	123	3.4

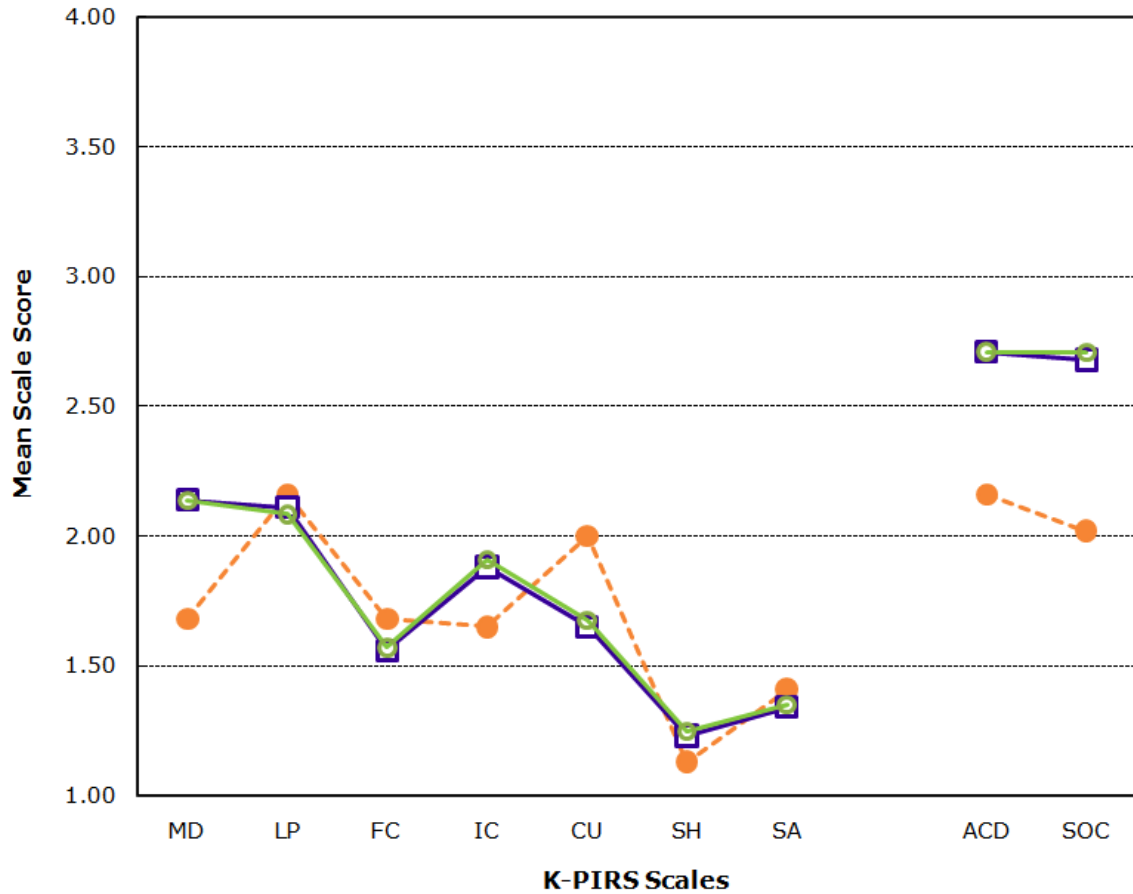
## IV. K-PIRS SCALES

**Table 4.1** K-PIRS Mean Scale Scores of Seven Institutions by Year in College and T-Scores

K-PIRS Scales		Mean Scale Score by Year in College					Total (n=3,654)	T-Score* (n=3,105)
		First Year (n=750)	Sophomore (n=710)	Junior (n=778)	Senior (n=867)	Graduate (n=549)		
1. Mood Difficulties	Mean	2.19	2.14	2.18	2.10	2.06	2.14	57.55
	SD	.73	.71	.70	.71	.66	.71	11.85
2. Learning Problems	Mean	2.19	2.19	2.21	2.03	1.91	2.12	49.52
	SD	.75	.77	.76	.77	.71	.76	11.15
3. Food Concerns	Mean	1.61	1.56	1.57	1.52	1.52	1.56	48.52
	SD	.74	.76	.73	.69	.70	.73	9.55
4. Interpersonal Conflicts	Mean	1.91	1.91	1.87	1.91	1.76	1.88	54.40
	SD	.72	.74	.73	.74	.69	.73	11.79
5. Career Uncertainties	Mean	1.72	1.76	1.67	1.60	1.43	1.65	45.13
	SD	.66	.72	.68	.64	.59	.67	10.42
6. Self-harm Indicators	Mean	1.31	1.24	1.21	1.20	1.16	1.23	52.92
	SD	.56	.51	.46	.46	.37	.48	12.81
7. Substance/Addiction Issues	Mean	1.38	1.34	1.36	1.36	1.24	1.34	48.68
	SD	.62	.59	.60	.61	.53	.59	10.33
Academic Interference	Mean	2.65	2.75	2.80	2.65	2.68	2.71	56.80
	SD	.98	.97	.98	1.00	.98	.98	10.60
Social Interference	Mean	2.73	2.68	2.67	2.68	2.64	2.68	57.27
	SD	.89	.92	.90	.90	.88	.90	10.10

\* T-Score is based on undergraduate students only.

**Figure 4.1** Mean scale scores of client samples from seven institutions in 2009-10 (N=3,654) and client samples from past 4-year multi-institution average (2006-07 through 2009-10, N=15,449), compared to the normative sample (N=1,716) being used in the current T-Score formula



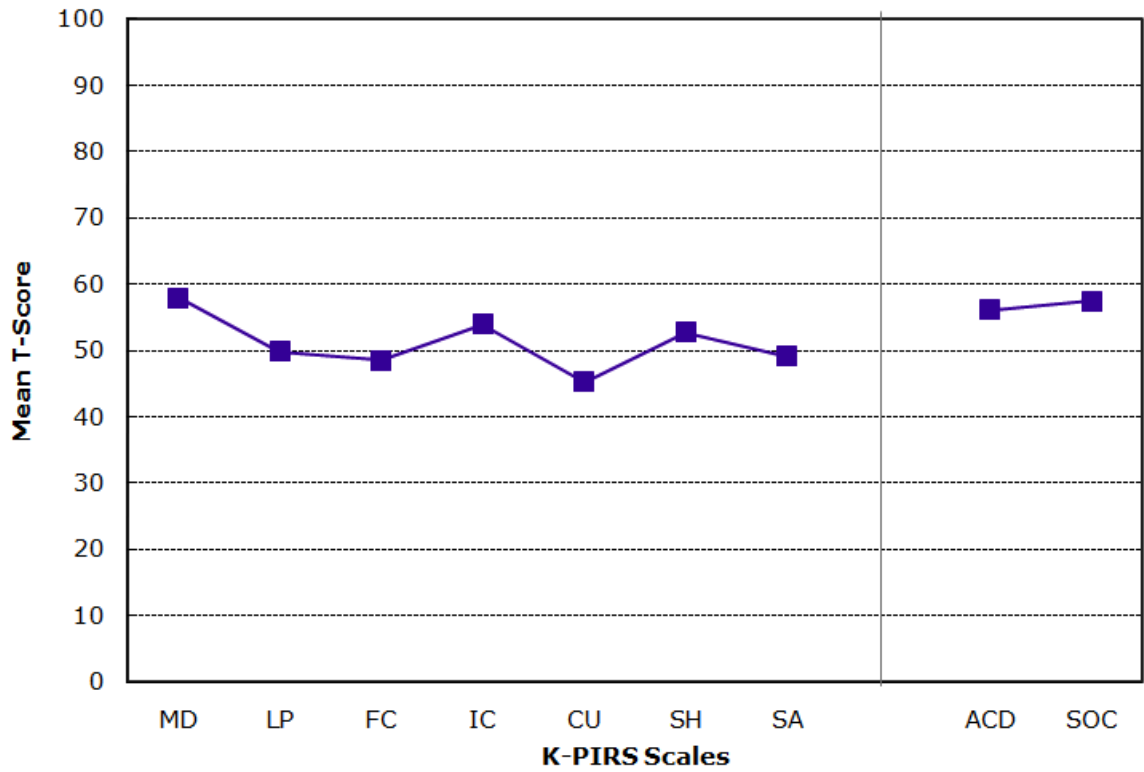
- - - Normative Sample  
 - - - Client Sample (2009-10)  
 - - - Client Sample (Past 4-Year Multi-institution Average)

MD: Mood Difficulties  
 LP: Learning Problems  
 FC: Food Concerns  
 IC: Interpersonal Conflicts  
 CU: Career Uncertainties  
 SH: Self-harm Indicators  
 SA: Substance/Addiction Issues

ACD: Academic Interference  
 SOC: Social Interference

*Note.* The normative sample (N=1,716) consists of 10% of active clients and 90% of non-client students (See *K-PIRS Administration and Scoring Manual* for details).

**Figure 4.2** Mean T-scores of Clients from Seven Institutions (2009-10)  
(Undergraduate students only, N=3,105)



MD: Mood Difficulties  
 LP: Learning Problems  
 FC: Food Concerns  
 IC: Interpersonal Conflicts  
 CU: Career Uncertainties  
 SH: Self-harm Indicators  
 SA: Substance/Addiction Issues

ACD: Academic Interference  
 SOC: Social Interference

**Table 4.2** Mean Scale Scores by Gender

K-PIRS Scales		Gender		Total (n=3,634)
		Male (n=1,213)	Female (n=2,421)	
1. Mood Difficulties	Mean	2.03	2.19	2.14
	SD	.72	.69	.71
2. Learning Problems	Mean	2.13	2.11	2.12
	SD	.78	.75	.76
3. Food Concerns	Mean	1.35	1.66	1.56
	SD	.54	.79	.73
4. Interpersonal Conflicts	Mean	1.80	1.92	1.88
	SD	.73	.73	.73
5. Career Uncertainties	Mean	1.66	1.63	1.65
	SD	.68	.66	.67
6. Self-harm Indicators	Mean	1.22	1.23	1.23
	SD	.47	.49	.48
7. Substance/Addiction Issues	Mean	1.50	1.26	1.34
	SD	.69	.52	.59
Academic Interference	Mean	2.79	2.66	2.71
	SD	1.01	.97	.98
Social Interference	Mean	2.60	2.72	2.68
	SD	.93	.88	.90

## V. K-PIRS FORM-B

Table 5 Changes in Clinical Symptoms (T-scores) between Intake, Session Three, and Session Six, as Measured by the K-PIRS Form B

[Data from Kansas State University Counseling Services, 2009-10]

K-PIRS Scales	Intake	Session 3	Session 6
	Mean (SD)	Mean (SD)	Mean (SD)
1. Mood Difficulties	61.27 <sup>a</sup> (12.55)	54.25 <sup>b</sup> (10.02)	49.83 <sup>c</sup> ( 8.61)
2. Learning Problems	48.93 <sup>a</sup> (12.09)	45.24 <sup>b</sup> (10.42)	41.97 <sup>c</sup> ( 7.17)
3. Food Concerns	48.26 <sup>a</sup> ( 9.32)	47.76 <sup>a</sup> ( 8.51)	45.56 <sup>b</sup> ( 6.30)
4. Interpersonal Conflicts	56.85 <sup>a</sup> (12.67)	53.54 <sup>a</sup> ( 9.85)	50.00 <sup>b</sup> ( 8.88)
5. Career Uncertainties	47.30 <sup>a</sup> (13.01)	42.01 <sup>b</sup> ( 7.96)	40.25 <sup>b</sup> ( 6.92)
6. Self-Harm Indicators	56.01 <sup>a</sup> (16.11)	49.53 <sup>b</sup> ( 7.94)	49.34 <sup>b</sup> ( 6.84)
7. Substance/Addiction Issues	47.57 <sup>a</sup> ( 7.28)	45.32 <sup>b</sup> ( 6.12)	44.11 <sup>b</sup> ( 4.25)
Academic Interference	59.57 <sup>a</sup> ( 9.04)	52.70 <sup>b</sup> ( 9.61)	52.02 <sup>b</sup> ( 8.19)
Social Interference	59.21 <sup>a</sup> ( 9.26)	56.18 <sup>ab</sup> ( .80)	53.82 <sup>b</sup> ( 9.14)

Note. N = 45

Means with different superscripts are significantly different from each other on ANOVA with repeated measures and pair-wise comparisons at alpha level=.05.

**Summary:** As indicated by T-Score changes, K-PIRS clinical symptoms of the clients were significantly reduced after three sessions of counseling as compared to Intake in the areas of Mood Difficulties, Learning Problems, Career Uncertainties, Self-harm Indicators, Substance/Addiction Issues, and academic Interference. Six sessions of counseling, as compared to three sessions, helped further improvement in the areas of Mood Difficulties, Learning Problems, Food Concerns, and Interpersonal Conflicts.

**Figure 5** Client level of Satisfaction as Measured by the K-PIRS Form B at Session Three (N=248)

[Data from Kansas State University Counseling Services, 2009-10]

