

The Healthy Minds Study

The Healthy Minds Study (HMS) is an annual, national survey that examines mental health issues among college students. It is a partnership between the University of Michigan School of Public Health, the multidisciplinary University of Michigan Comprehensive Depression Center, and the Center for Student Studies in Ann Arbor, MI.

Since its launch as a pilot study, 50 schools have participated in HMS's three data collections.

Topics in the survey include

- Mental health measures:
 - Depression
 - Anxiety disorders
 - Eating disorders and body image
 - Suicidal ideation and non-suicidal self-injury
 - Functional impairment
 - Positive mental health ("flourishing")
- Help-seeking behavior:
 - Perceived need for help
 - Psychotropic medication use
 - Utilization of therapy/counseling
- Potential barriers and facilitators to accessing healthcare
 - Stigma, knowledge, and beliefs about treatment
 - Satisfaction with services
- Perceived supportiveness of academic and social environment
- Outcomes that may be related to mental health, such as substance use and academic performance

Participating Schools

- Arizona State University
- Boston University
- Bridgewater College
- Brigham Young University
- California Polytechnic State University-San Luis Obispo
- California State Polytechnic University-Pomona
- California State University-Chico
- California State University-Fullerton
- Cumberland University
- Earlham College
- Eastern Michigan University
- Emory University
- George Mason University
- Guilford College
- Howard University
- James Madison University
- Liberty University
- Loyola University Chicago
- Mary Baldwin College
- Massachusetts College of Art and Design
- Miami University-Oxford
- Michigan State University
- New Mexico State University-Main Campus
- New York University
- Pennsylvania State University-Main Campus
- Pennsylvania State University-Penn State Altoona
- Purdue University-Calumet Campus
- Rhode Island School of Design
- San Diego State University
- School of the Art Institute of Chicago
- Shenandoah University
- Stanford University
- SUNY College at Old Westbury
- Texas Christian University
- The Richard Stockton College of New Jersey
- The University of Montana
- The University of Texas-Pan American
- Tufts University
- University of Arkansas Main Campus
- University of Denver
- University of Illinois at Chicago
- University of Illinois at Springfield
- University of Illinois at Urbana-Champaign
- University of Michigan-Ann Arbor
- University of Montana
- University of North Carolina at Chapel Hill
- University of North Carolina at Greensboro
- University of Richmond
- University of Virginia-Main Campus
- Yeshiva University



Coalitions

HMS is particularly valuable if you belong to a state-wide system or other coalition of schools. Groups of 5 or more schools may benefit from additional participation discounts. They may also receive coalition-specific custom questions, aggregated samples, additional reports and benchmarking, or coalition-specific seminars.

Uses for HMS Data:

- Make informed decisions regarding policies and programs to improve the mental health of your students
- Understand the dynamics between mental health and other factors, such as academic performance and substance use
- Assess trends in mental health issues over time
- Benchmark your results against other schools across the nation
- Collaborate with a research network that advocates for student mental health

Study Design

HMS is administered online, using e-mail invitations to recruit students. Up to 4,000 undergraduate and graduate students at your institution are invited to participate in this confidential survey.

Optional Enhancements

You may enhance HMS with a variety of additional services:

- Custom Questions: Create up to 10 school-specific questions
- Postal Mail Invitations: Send postal mail invitations (minimum 500)
- Individual Incentives: Include a \$1 bill in mailed invitations (minimum 500)
- Additional Sample: Expand your sample beyond 4,000 (no limit)

Benefits of Participation

- Complete analytic dataset
- Customized report with benchmarking
- A primary contact person to assist you through participation and making use of your results

Research Team

M SPH Daniel Eisenberg, PhD, is the principal investigator for HMS. He is a faculty member at the University of Michigan School of Public Health and is affiliated with the University of Michigan Comprehensive Depression Center. Dr. Eisenberg is working with researchers from a variety of fields including public health, social work, psychology, psychiatry, sociology, education, and economics.



New Publications Using HMS Data

- Hunt, J, Eisenberg, D. (2010). Mental Health Problems and Help-Seeking Behavior among College Students (Review article). *Journal of Adolescent Health, 46*(1), 3-10.
- Eisenberg, D., Golberstein, E., Hunt, J. (2009). Mental Health and Academic Success in College. *B.E. Journal of Economic Analysis & Policy, 9*(1) (Contributions), Article 40.
- Golberstein, E., Gollust, S., Eisenberg, D. (2009). Perceived Public Stigma and Help-seeking in a Longitudinal Sample of College Students. *Psychiatric Services, 60*, 1254-1256.
- Eisenberg, D., Downs, M., Golberstein, E., Zivin, K. (2009). Stigma and Help-seeking for Mental Health among College Students. *Medical Care Research & Review, 66*(5), 522-541.
- Cranford, J., Eisenberg, D, Serras, A. (2009). Substance Use Behaviors, Mental Health Problems, and Use of Mental Health Services in a Probability Sample of College Students. *Addictive Behaviors, 34*(2), 134-145.
- Eisenberg, D, Golberstein, E, Gollust, SE (2007). Help-seeking and Access to Mental Health Care in a University Student Population. *Medical Care, 45*(7), 594-601. (Appendix with survey items)

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2011



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