

The Healthy Minds Study

The Healthy Minds Study (HMS) is an annual, national survey that examines mental health issues among college students. It is the product of 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.

This survey was painless for us to administer!

- Jeanne Irwin-Olson, UNC-Greensboro

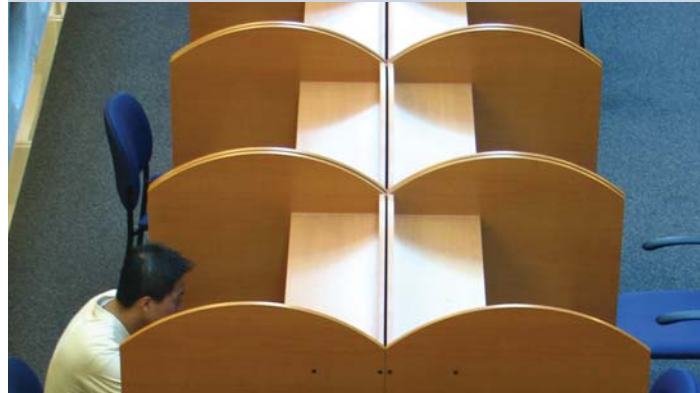
A Window into Mental Health Issues on Campus

HMS equips institutions to evaluate a range of mental health topics on their campuses by providing data about:

- The prevalence of mental health conditions, such as depression, anxiety disorders, eating disorders, and self-injury
- Utilization of mental health services, including medication and therapy
- Potential barriers to utilizing mental health services
- Associations between mental health and students' academic and social environments, health-related behaviors (e.g. exercise, substance use), and academic outcomes (grades, remaining in school, graduating on time)
- Customized topics that address your institution's specific needs
- Positive mental health ("flourishing")

HMS Timeline

- June 31, 2009** Deadline for guaranteed enrollment
- Sept. 1, 2009** Final enrollment deadline
- Jan-April 2010** Data collection
- Summer 2010** Receive report and data CD



HMS Schools

- Bridgewater College
- California State University at Chico
- Earlham College
- Emory University
- George Mason
- James Madison University
- Liberty University
- Mary Baldwin College
- Miami University of Ohio
- New Mexico State University
- New York University
- Penn State University
- School of the Art Institute of Chicago
- Shenandoah University
- Tufts University
- University of Arkansas-Fayetteville
- University of Illinois-Chicago
- University of Illinois-Springfield
- University of Illinois-Urbana Champaign
- University of Michigan
- University of North Carolina-Chapel Hill
- University of North Carolina-Greensboro
- University of Richmond
- University of Texas-Pan American
- University of Virginia
- Virginia Commonwealth University
- Yeshiva University

HMS Data Working for You

Participating institutions may use data to:

- Make informed decisions to improve the mental health of your students
- Understand the dynamics between mental health and other factors, such as academic performance and substance use
- Evaluate policies and programs related to mental health
- Assess trends in mental health issues over time
- Contextualize institutional results against a national sample
- Collaborate with a network of other schools leading the nation in advocating for student mental health

A Focus on Your Needs

HMS offers the design quality and perspective of a national study, with a commitment to understanding and meeting each institution's unique needs. We provide:

- High-quality data about your students, including a complete data set of your students' responses
- Customized report summarizing your school's results and comparing them to the national sample of schools
- Up to 10 customizable, school-specific questions
- The support of a dedicated School Coordinator to guide you through all stages of study preparation

HMS History

After the 2005 launch of the pilot study, HMS was fielded at 13 colleges and universities around the country in 2007 and 15 in 2009. We anticipate that each data-collection will bring a larger, more diverse sample.

These data have already been tremendously helpful to us in grant applications, in strategic planning, and in presentations to diverse sectors of our campus community, with very favorable responses. We are already planning to participate in the Study again.

-Marilyn Downs, Tufts University

Topics in the survey include:

- Mental health measures:
 - Depression
 - Anxiety disorders
 - Eating disorders and body image
 - Suicidal ideation
 - 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
 - Satisfaction with services
 - Knowledge and beliefs about treatment
- Perceived supportiveness of academic and social environment

Research Team



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 collaborating and consulting with researchers, administrators, mental health professionals, and students at the University of Michigan and around the nation.



HMS draws upon the expertise of the Center for Student Studies (CSS) in survey design and execution to optimize both student participation and data quality. CSS represents an industry leader in student-based research, committed to providing reliable data that improves the quality of life for students of all ages. As a division of the Survey Sciences Group (SSG), it is uniquely situated to integrate this specialized knowledge with SSG’s cutting-edge protocols for survey research.

Selected Publications and Reports Using HMS Data

Prevalence and Correlates of Depression, Anxiety and Suicidality among University Students. (2007). *American Journal of Orthopsychiatry* 77(4), 534-542.

Help-seeking and Access to Mental Health Care in a University Student Population. (2007). *Medical Care* 45(7), 594-601.

Prevalence and Correlates of Self-Injury among University Students. (2008). *Journal of American College Health* 56(5), 491-498.

Perceived Stigma and Mental Health Care Seeking. (2008). *Psychiatric Services* 59, 392-399.

Substance Use Behaviors, Mental Health Problems, and Use of Mental Health Services in a Probability Sample of College Students. (2009). *Addictive Behaviors* (in press).

Persistence of Mental Health Problems and Needs in a College Student Population. (2009). *Journal of Affective Disorders* (in press).

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