

The Healthy Minds Network

For Research on Adolescent and Young Adult Mental Health

Research Brief #4

October 2013

Online Interventions

Researchers at Stanford University and Washington University-Saint Louis are developing and testing online ED intervention and prevention programs for college students.

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ED Programming

EDs are highly prevalent and about 80% of students with symptoms are not receiving treatment. *What can colleges and universities do to address these issues?*

Page 2

Healthy Bodies Study

Learn more about The Healthy Bodies Study, a comprehensive online survey about disordered eating and related issues designed specifically for college students.

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Disordered Eating among College Students

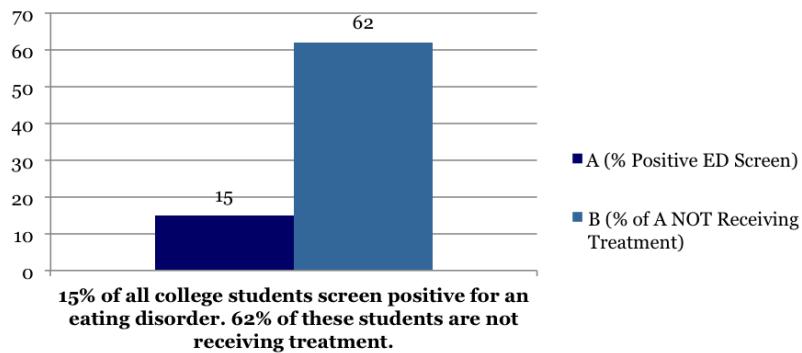
Disordered eating and body image dissatisfaction are prevalent on college campuses. Most students struggle without seeking help.

Prevalence. Campuses face major challenges in addressing eating disorders (ED). In college student populations, EDs are highly prevalent: estimates range from 8-17%¹⁻³. In a recent national survey, 20% of students suspected that they have suffered from an ED at some point in their young lives⁴. Our own findings suggest that 14% of female students and 4% of male students screen positive⁵.

Treatment Gap. Despite the high prevalence of symptoms, <3% of students have a diagnosed ED⁶. Indeed, EDs are typically untreated in college populations: less than 20% of students who screen positive have received mental health care⁵.

The Role of Research. The high prevalence of ED symptoms and the low rate of treatment utilization among students with apparent need suggest many important directions for future research and practice, including how to best identify, refer, and treat students in need. There is a desperate need for research that can more fully assess students' habits and attitudes related to eating and body image. To fill this void, a new study is launching this academic year: **The Healthy Bodies Study** (see page 3).

The ED Treatment Gap on Campus



Source: The Healthy Minds Study



HMN Announcements

Webinar: Addressing Disordered Eating on College Campuses through Research and Practice
October 22, 1-2pm (ET) and October 23, 3-4pm (ET)
See page 4

RSVP for The College Mental Health Research Symposium
March 11-12, 2014 in Ann Arbor, Michigan
RSVP: healthyminds@umich.edu

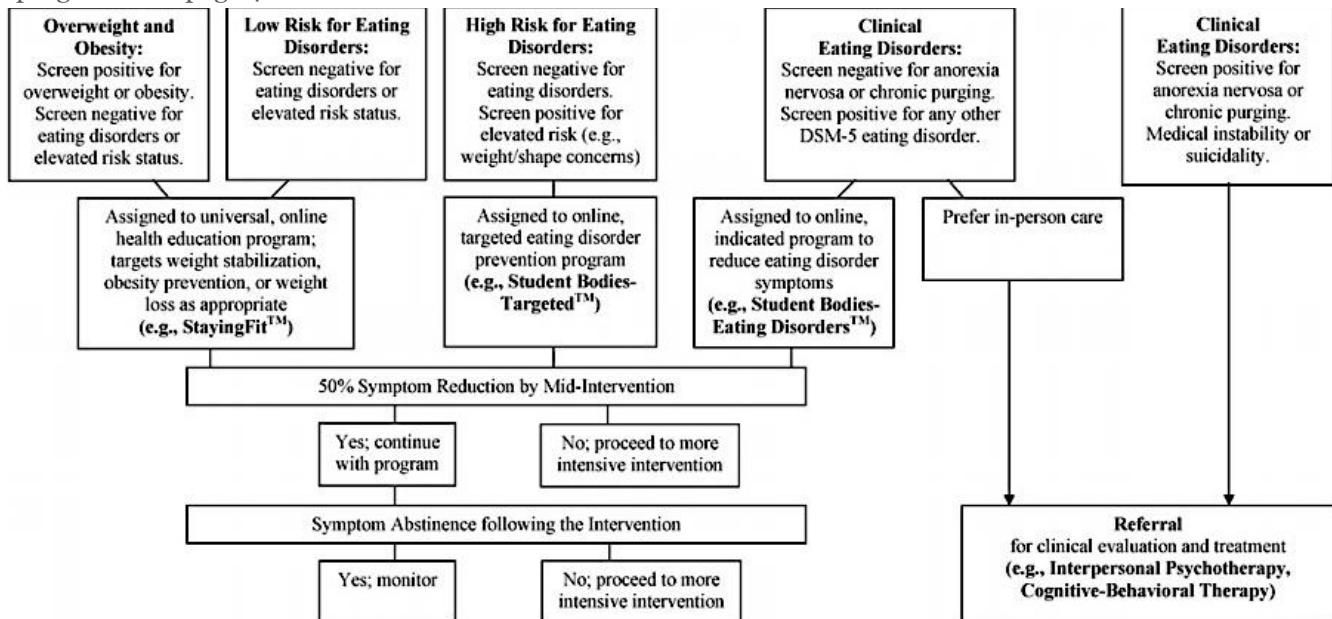
HMN Scholarships
HMN will award up to 5 \$1,000 scholarships for junior scholars to attend the Symposium.
Application deadline: December 1, 2013
healthymindsnetwork.org/events/research-symposium

The Healthy Body Image Program: A Suite of Tailored, Evidence-Based Intervention

Background. The Healthy Body Image Program (HBI) is a clinically proven program developed at Stanford University and Washington University in St. Louis.

HBI is a suite of custom-tailored programs that fit the unique needs of individuals (see figure below). Once enrolled, HBI members can access their 10-week program via web or mobile apps. As they progress through the program, members can connect with other users and a virtual “coach” for support and feedback. HBI covers concepts of general fitness, healthy eating habits, and how to more positively evaluate self-image.

Data show that the program builds better eating habits, improved body image, and a 50% reduction in disordered eating behavior after completing the 10-week program. See page 4 for HBI references.



Next Steps. Through a NIMH grant, HBI is now being launched and used at over 35 universities across the country and is accessible to hundreds of thousands of students.

More information is available at:
<https://thriveon.com/#hbi>

HBI and The Healthy Bodies Study are partnering to connect public health research and innovative ED interventions.

More information is available at:
<http://healthybodiesstudy.org/hbi>.



Through its national outreach and programming efforts, Active Minds Inc. is changing the conversation about EDs on college campuses.

Active Minds is working to educate students about the warning signs and treatment options for EDs as well as the language and behaviors that friends and family can adopt to create an effective support network.

More information is available at: www.ActiveMinds.org/EDAW.



The Healthy Bodies Study

A comprehensive study designed specifically for college student populations, **The Healthy Bodies Study** (HBS) aims to understand students' relationships with eating, dieting, exercising, and body image, and how these relationships, in turn, fit into a larger picture of student health and well-being.

HBS includes several validated screening tools as well as other items of interest to administrators, clinicians, and researchers. ED symptoms are assessed by the Eating Disorder Examination Questionnaire and depression and anxiety are assessed by the Patient Health Questionnaire.

Below is an outline of measures included in the HBS survey:

- Body shape and weight
- Eating habits
- Exercise habits
- Campus climate around EDs
- Resources and support for EDs
- Overall well-being and lifestyle
- Individual characteristics
- Academic information

HBS is actively recruiting colleges and universities to participate during the 2014 winter/spring semester. The survey is

hosted entirely online and managed by the researchers (no headache for busy campus practitioners!).

There are numerous benefits and uses of HBS data, including:

- To assess need
- To examine prevalence and correlates among sub-groups of students
- To raise awareness
- To strengthen grant applications
- To advocate for services and programs
- To evaluate existing programs
- To make comparisons with peer institutions

The HBS research team is committed to strengthening the research-practice link. In addition to receiving a customized data report, participating campuses also have access to an interactive data interface that allows for exploration of the data without any statistical skills.

**For more information, please visit:
www.healthybodiesstudy.org or
contact us at
healthybodies@umich.edu.**

Participate in The Healthy Minds Study!

Like HBS, HMS is a population-level survey designed specifically for colleges and universities (two- and four-year U.S. and international institutions). HMS examines mental health and related issues (depression, anxiety, substance use) and service utilization. HMS is one of the only annual campus surveys focusing exclusively on these issues, allowing for substantial detail. Since its national launch in 2007, HMS has been fielded at nearly 100 college and university campuses across the U.S., with over 100,000 survey respondents.



Colleges and universities are encouraged to participate in both HMS and HBS, which are highly complementary. We offer a significant discount to schools that participate in both studies. Contact us for more information: healthyminds@umich.edu.

Free Webinar: Addressing Disordered Eating on College Campuses through Research and Practice

Tuesday, October 22, 1-2pm (ET) and Wednesday, October 23, 3-4pm (ET)

The upcoming webinar will feature two guest panelists:

Dr. Megan Jones is a clinical assistant professor in the Department of Psychiatry and Behavioral Sciences at Stanford University Medical Center. Megan directs the Stanford Healthy Body Image Program where she provides education, and develops and implements innovative programs for eating disorder treatment and prevention. At the upcoming webinar, Megan will share her research on Internet-facilitated interventions to help prevent the onset of eating disorders in college populations.



Maggie Bertram is the Senior Program Manager of Student-Led Initiatives at Active Minds, Inc. She runs national programs including Eating Disorders Awareness Week. Maggie has also worked in residence life and wellness programs on college campuses and is passionate about student life and wellbeing. As a trained educator, Maggie thrives on discovering new ways to present information about mental health so that it is attractive, engaging, and sparks conversations. At the upcoming webinar, Maggie will talk about eating disorder outreach and programming efforts on college and university campuses.



RSVP by emailing us at healthyminds@umich.edu or using the contact form on our website, healthymindsnetwork.org. In your RSVP, please include the following: your name and email address; your intended date of participation (October 22 or 23); and questions/comments related to disordered eating on college campuses for our panelists to address (optional). HMN webinars are free of charge and require no special software. Content will be the same at both sessions.

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