## Using the Healthy Minds Network Data Interface
http://data.healthymindsnetwork.org/

**Acknowledgements:**

The HMN data interface was developed by the following individuals at University of Michigan: John Miller, Ph.D. and Helen Hagos (programming), Sarah Fogel (artistic design), Daniel Eisenberg, Ph.D., Sarah Ketchen Lipson, Ed.M, Ph.D.. and Sasha Zhou, M.P.H., M.H.S.A. (user design and data management).

**Motivation:** *Why a data interface?*

The motivation for creating an interactive, online data interface is directly related to HMN's mission as a research-to-practice initiative. HMN's objectives are threefold: (1) produce knowledge (*research),* (2) distribute knowledge (*dissemination*), and (3) facilitate the use of this knowledge (*practice*). One of the main sources of knowledge production in the Network is through our surveys of undergraduate and graduate students' mental health: the *Healthy Minds Study* (HMS) and the *Healthy Bodies Study* (HBS). Launched in 2014, the data interface is an enhanced way of disseminating this research and facilitating its use in practice on college and university campuses.

**Purpose:** *What is the data interface?*

In short, the interactive data interface is an online database, which houses all data from HMS and HBS. The interface allows users to explore these data *quickly* and *with ease*. Many of the people that are most interested in HMN research—particularly college counseling center directors—do not have the time to conduct complex statistical analyses using fancy programs. The hope is that the interface will minimize barriers to using HMN data. It was designed as a resource for all users, regardless of their statistical/research experience.

**Getting Started:** *How do I access the data interface?*

The data interface is available here: http://data.healthymindsnetwork.org/. There are two ways of accessing the interface: as a *guest* or as a *campus contact* (individuals at colleges and universities that have participated in one or both of the survey studies).

*Guests:* Anyone can log in as a guest by entering 'guest' (no quotes) as the username and password. Guests can explore the aggregate data. The public interface contains all years of data from both surveys. On the public side of the data interface, college and university names are not listed.

Username (or 'guest')

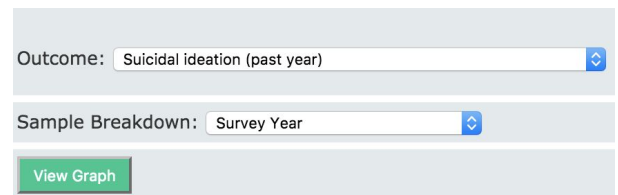Password (or 'guest')

☐ Remember me

Login

*Campus contacts:* Campus contacts are provided with individualized login information. Campus contacts can explore data from their students and compare to peer institutions (see below for more information).
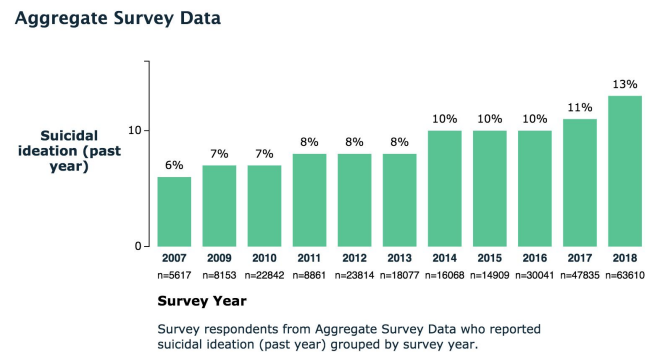
## Functionality: *What can the interface do?*

The data interface uses a simple drop-down menu. Data from HMS and HBS are displayed separately within the interface. For both studies, users will find a list of key measures (outcomes) as well as characteristics (sample breakdown options) that can be selected for subgroup analyses. The data interface allows users to compare outcomes across student demographics and institutions. Users from colleges and universities that have participated in HMS can also see how their outcomes compare to peer institutions, defined as the ten schools within the aggregate sample that are most similar based on a formula accounting for the following factors: enrollment size, public/private status, geographic region, institutional type (Carnegie Classification), academic rank (Barron's Score), and graduation rate. Peers are limited to schools surveyed in the same year and no more than one year before or after.

Below are a few examples of the types of questions that can be answered using the data interface. The interface generates graphs, which can be used for immediate interpretation and for future presentations and other purposes.
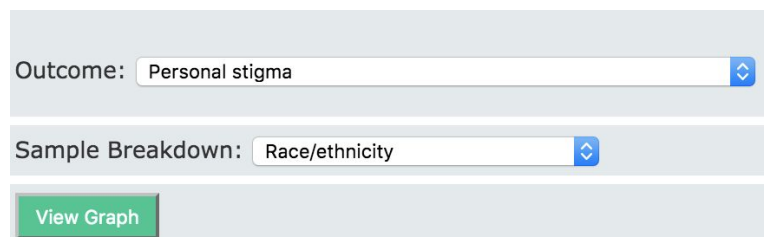
Example 1 (for guests): *In HMS, has suicidality varied over time?* The user selects the outcome and sample breakdown.

After selecting "View Graph", the user is presented with a bar chart illustrating the proportion of students within each HMS survey year, who screen positive for suicidal ideation.

**Aggregate Survey Data**

| Survey Year | 2007 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Suicidal ideation (past year) | 6% | 7% | 7% | 8% | 8% | 8% | 10% | 10% | 10% | 11% | 13% |
| n | n=5617 | n=8153 | n=22842 | n=8861 | n=23814 | n=18077 | n=16068 | n=14909 | n=30041 | n=47835 | n=63610 |

Survey respondents from Aggregate Survey Data who reported suicidal ideation (past year) grouped by survey year.
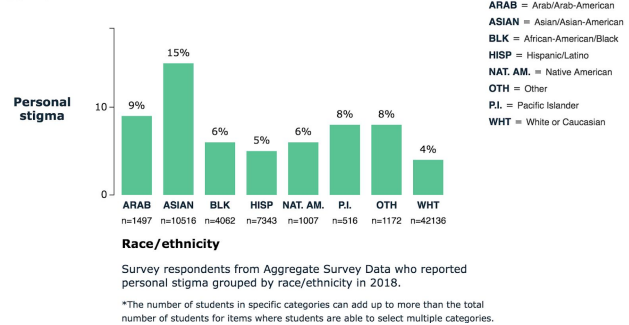
Example 2 (for guests): *In HMS 2018, are there differences in beliefs and prejudices about mental health across roce/ethnic group?* The user selects the outcome and sample breakdown.

After selecting "View Graph", the user is presented with a bar chart illustrating the proportion of students for each race/ethnicity category, who experience personal stigma about mental health.



Aggregate Survey Data – 2018

ARAB = Arab/Arab-American
ASIAN = Asian/Asian-American
BLK = African-American/Black
HISP = Hispanic/Latino
NAT. AM. = Native American
OTH = Other
P.I. = Pacific Islander
WHT = White or Caucasian

Survey respondents from Aggregate Survey Data who reported personal stigma grouped by race/ethnicity in 2018.

*The number of students in specific categories can add up to more than the total number of students for items where students are able to select multiple categories.
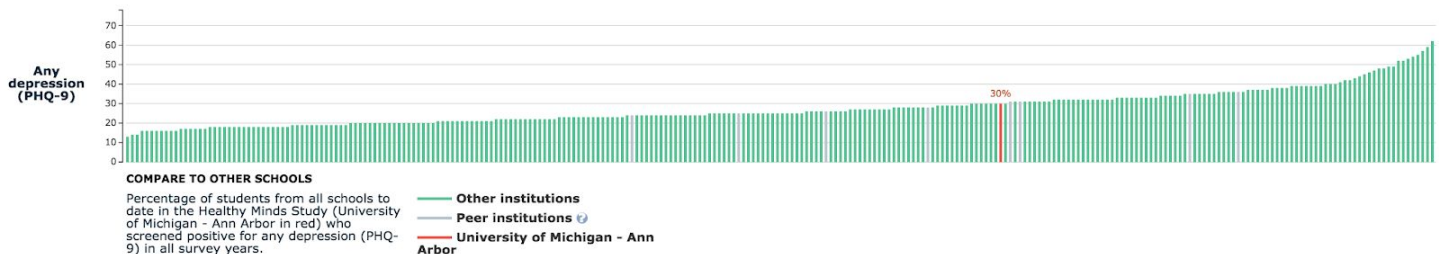
Example 3 (for campus contacts): *In HMS 2018, how does the rate of depression among students at my school compare to the rate at my peer institutions?* The user selects the outcome and sample breakdown.



After selecting "View Graph", the user is presented with a bar chart comparing the proportion of students who screen positive for depression at your school with peer institutions and all other institutions in the aggregate sample.



COMPARE TO OTHER SCHOOLS

Percentage of students from all schools to date in the Healthy Minds Study (University of Michigan - Ann Arbor in red) who screened positive for any depression (PHQ-9) in all survey years.

— Other institutions
— Peer institutions
— University of Michigan - Ann Arbor

***Questions? Comments?*** Contact the HMN research team at healthyminds@umich.edu. We are always looking to improve the data interface and welcome user feedback.