



iAIM EDU: Mental Health Screening, Prevention, and Referral Program

We want to partner with you to increase access to care for mental health detection and intervention on college campuses

Summary

iAIM EDU is a groundbreaking study funded by the National Institute of Mental Health. The study will be implemented on 20 college campuses across the United States and will test whether a mobile mental health platform, compared to referral to usual care, is associated with improved uptake and symptoms.

How it Works

Participants will complete a mental health screen to assess for anxiety, depression, and eating disorders, the most common mental health issues in the college population.

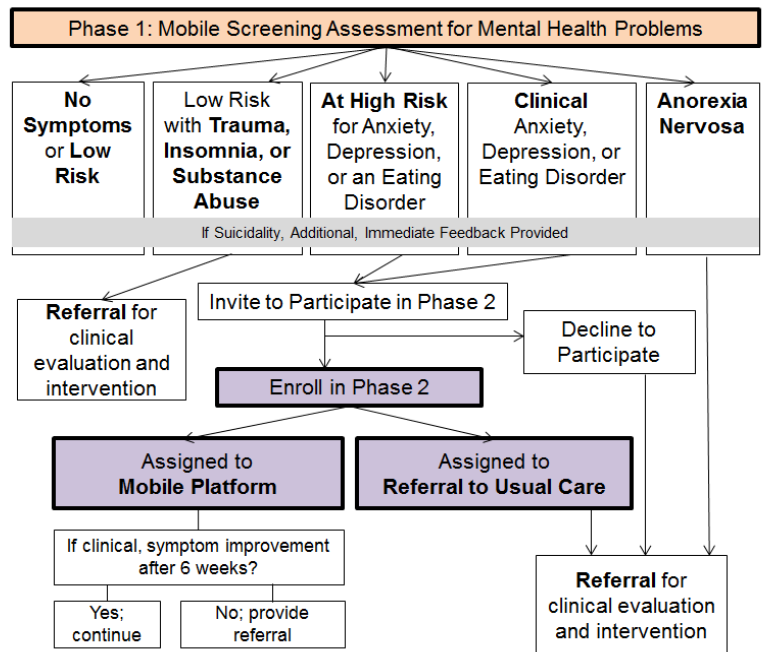
Participants who screen positive for clinical/subclinical levels of any of these disorders or at high risk for their onset (except anorexia nervosa) will be randomized into either a coached mobile intervention, SilverCloud Health, aimed at promoting healthy behaviors and addressing these issues or receive a referral to the school counseling center.

What's in it for You

- Increased capacity to provide comprehensive services for anxiety, depression, and eating disorders, particularly for students suffering in silence and not seeking care.
- Increased understanding of your students' mental health needs, through receiving customized data reports specific to your school.

How to participate

- Submit the provided sample letter of support stating that you will participate in the study.
- We will contact your Institutional Review Board to confirm that your school is non-engaged.
- We will work with your Registrar to obtain a random sample of about 7,300 first and second year students, for the study. For schools with a small student population we will invite all first and second year students to participate in the study.
- We will work with your IT Department to ensure that your institution can receive emails from Qualtrics, our survey distributor
- Provide us with contact information of a person from whom you would like study emails to be sent



The iAIM EDU Team

Senior Scientists:

Dr. Denise Wilfley, Washington University School of Medicine
 Dr. Daniel Eisenberg, University of Michigan
 Dr. Michelle Newman, Pennsylvania State University
 Dr. Barr Taylor, Palo Alto University

Co-Investigators:

Dr. Ellen Fitzsimmons-Craft, Washington University School of Medicine
 Dr. Sarah Lipson, Boston University

Study Coordinators:

Marie-Laure Firebaugh, Washington University School of Medicine
 Peter Ceglarek, University of Michigan

For more information contact:

iaim-coordination@umich.edu