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