The
Healthy
Minds Network

HEALTHY MINDS STUDY TEAM

STUDY TEAM

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INTRODUCTION

STUDY PURPOSE

The Healthy Minds Study provides a detailed picture of mental health and related issues in college student populations. Schools typically use their data for some combination of the following purposes: to identify needs and priorities; benchmark against peer institutions; evaluate programs and policies; plan for services and programs; and advocate for resources.

STUDY DESIGN

The Healthy Minds Study is designed to protect the privacy and confidentiality of participants. HMS is approved by Advarra IRB. To further protect respondent privacy, the study is covered by a Certificate of Confidentiality from the National Institutes of Health.

Sampling
Each participating school provides the HMS team with a randomly selected sample of currently enrolled students over the age of 18. Large schools typically provide a random sample of 4,000 students, while smaller schools typically provide a sample of all students. Schools with graduate students typically include both undergraduates and graduate students in the sample.

Data Collection
HMS is a web-based survey. Students are invited and reminded to participate in the survey via emails, which are timed to avoid, if at all possible, the first two weeks of the term, the last week of the term, and any major holidays. The data collection protocol begins with an email invitation, and non-responders are contacted up to three times by email reminders spaced by 2-10 days each. Reminders are only sent to those who have not yet completed the survey. Each communication contains a URL that students use to gain access to the survey.

SAMPLE CHARACTERISTICS (N=340)

RACE/ETHNICITY

337 Responses

ABBREVIATIONS:
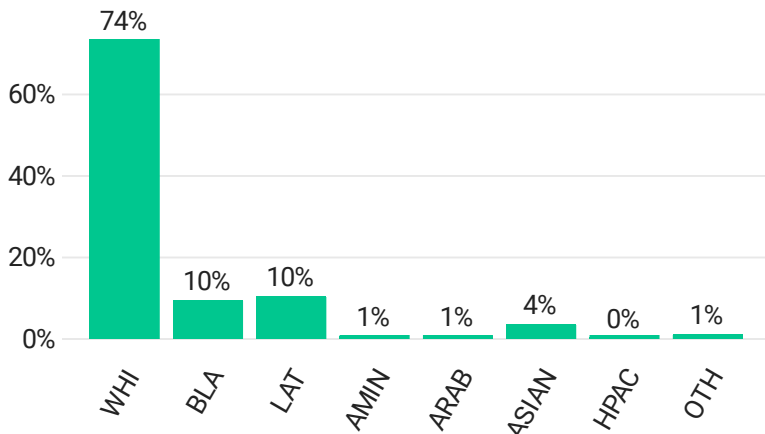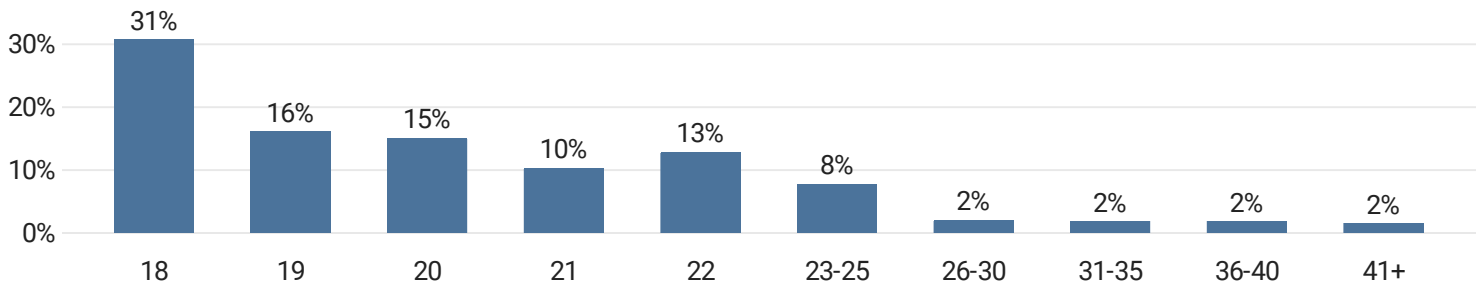
- WHI White or Caucasian
- BLA African American/Black
- LAT Hispanic/Latino
- AMIN American Indian/Alaskan Native
- ARAB Arab/Middle Eastern or Arab American
- ASIAN Asian/Asian American
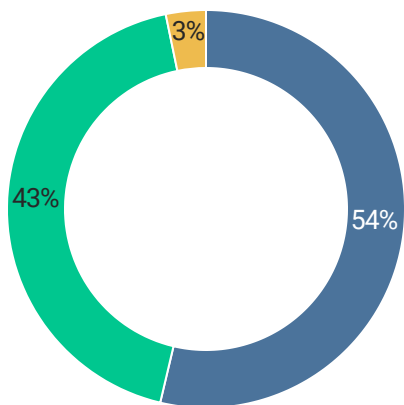- HPAC Native Hawai'ian / Pacific Islander
- OTH Other/Self-Identify

AGE

340 Responses

GENDER IDENTITY

340 Responses
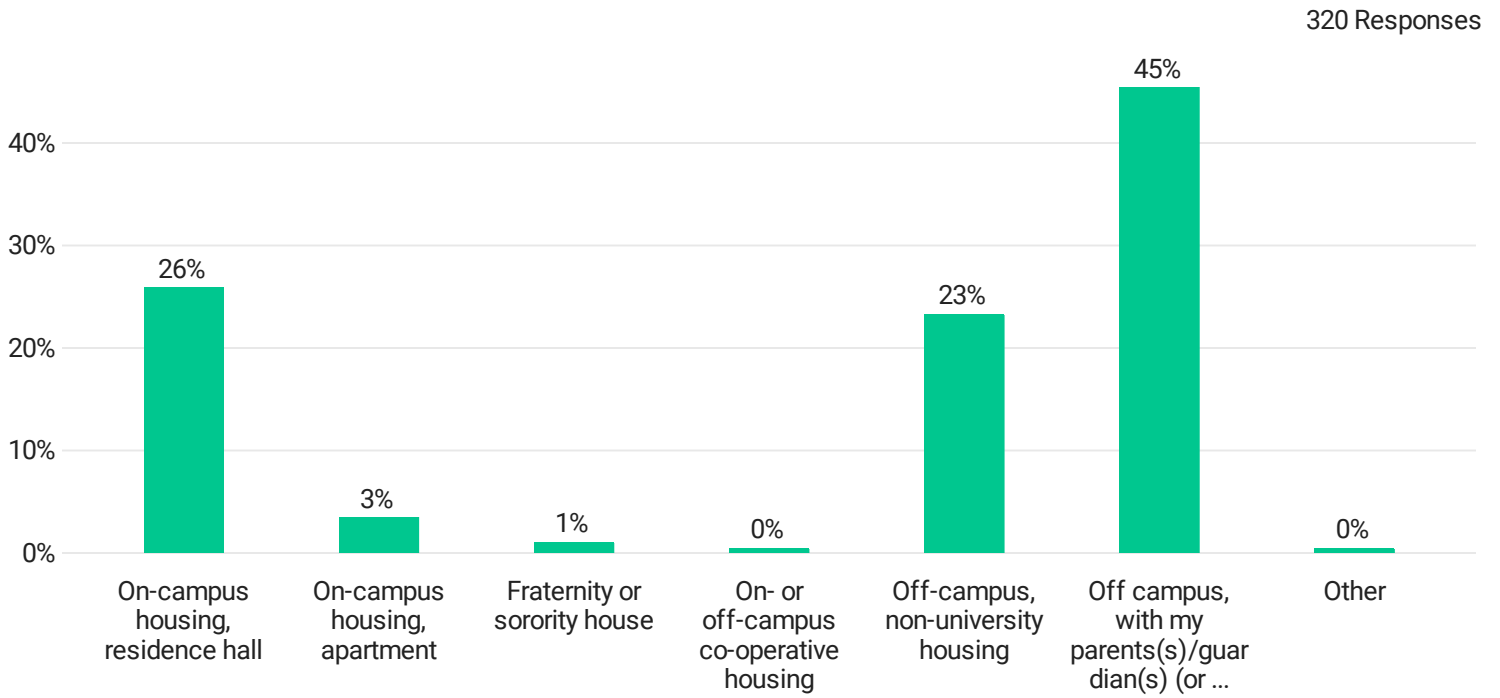

- Woman
- Man
- Other gender identity

"OTHER GENDER IDENTITY" INCLUDES:

- Transgender women
- Transgender men
- Genderqueer/Gender nonconforming
- Gender non-binary
- Self-identified gender

6

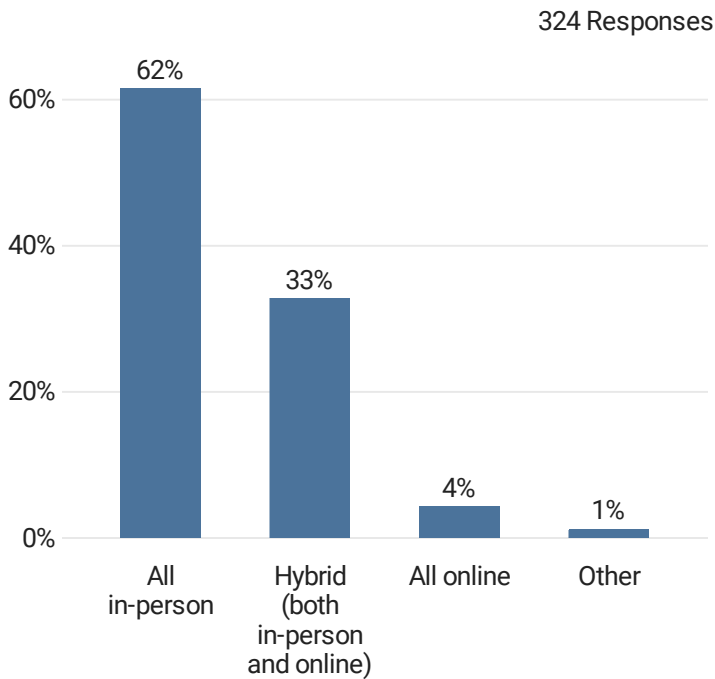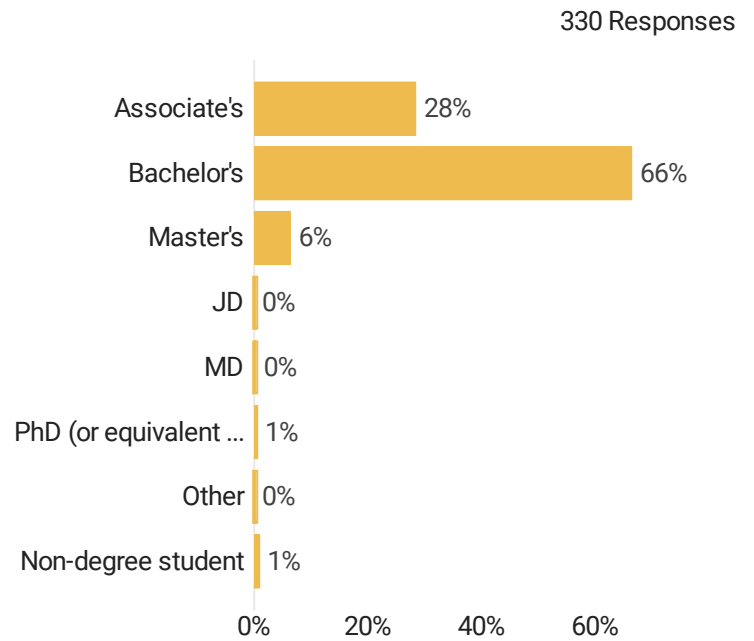# SAMPLE CHARACTERISTICS, CONTD.

LIVING ARRANGEMENT

320 Responses

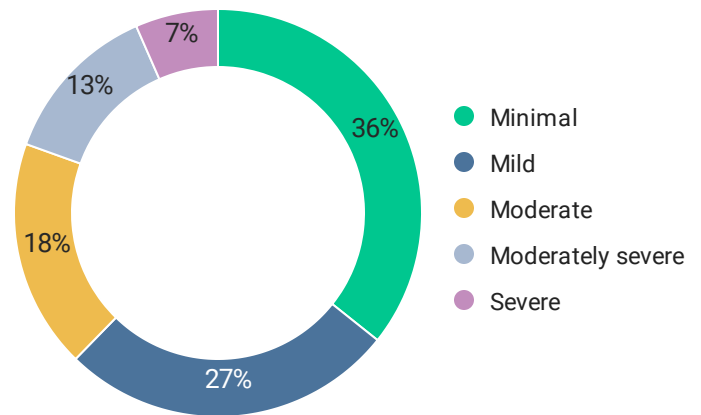## CLASS FORMAT

324 Responses

DEGREE PROGRAM

330 Responses

PREVALENCE OF MENTAL HEALTH PROBLEMS

DEPRESSION SCREEN

Depression is measured using the Patient Health Questionnaire-9 (PHQ-9), a nine-item instrument based on the symptoms provided in the Diagnostic and Statistical Manual for Mental Disorders for a major depressive episode in the past two weeks (Spitzer, Kroenke, & Williams, 1999).

Following the standard algorithm for interpreting the PHQ-9, symptom levels are categorized as severe (scores ≥20), moderately severe (scores 15-19), moderate (scores 10-14), mild (scores 5-9). There is no name for the category of scores from 0-4, so we use "minimal."

Depression donut chart with segments: 7%, 13%, 18%, 27%, 36%

Legend:
- Minimal
- Mild
- Moderate
- Moderately severe
- Severe

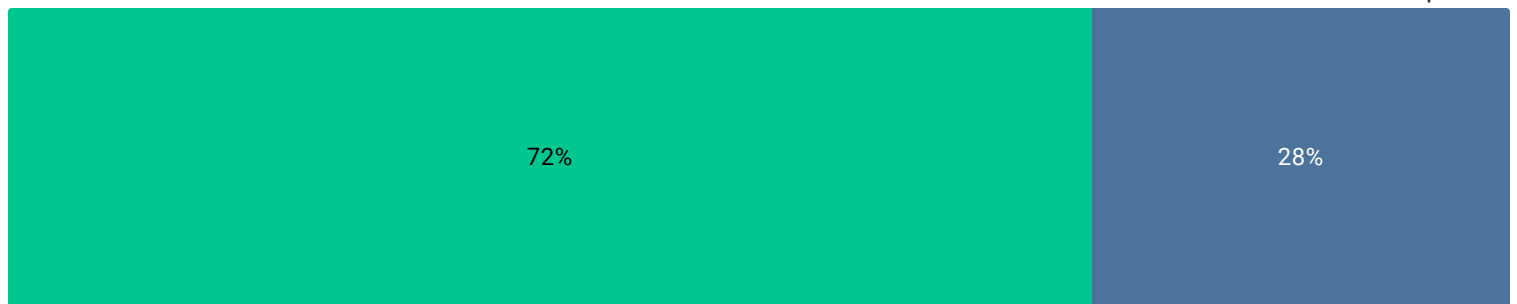## ANXIETY SCREEN

299 Responses

Anxiety is measured using the GAD-7, a seven-item screening tool for screening and severity measuring of generalized anxiety disorder in the past two weeks (Spitzer, Kroenke, Williams, & Lowe, 2006).

Following the standard algorithm for interpreting the GAD-7, symptom levels are categorized as severe (scores ≥15), moderate (scores 10-14), mild (scores 5-9), and minimal (scores 0-4).

Anxiety donut chart with segments: 16%, 19%, 27%, 38%

Legend:
- Minimal
- Mild
- Moderate
- Severe
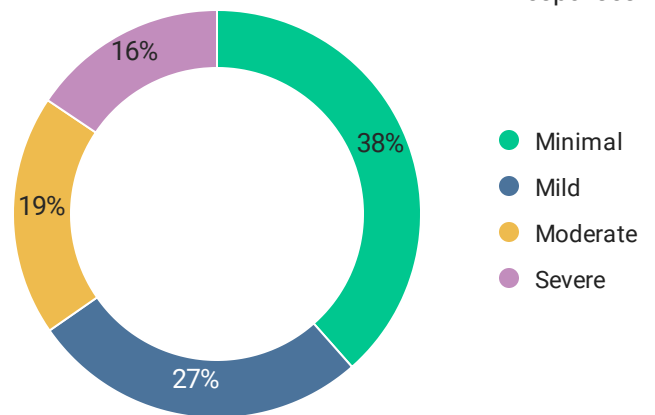
RISK OF EATING DISORDER

299 Responses

Risk bar chart: 72%, 28%

- No or low risk
- At risk

Risk for eating disorders is measured using the written U.S. version of the SCOFF, a five-item screening tool designed to identify subjects likely to have an eating disorder (Morgan, Reid, & Lacey, 1999). The SCOFF is not intended for use as a diagnostic tool; rather, answering "Yes" to 3 or more questions (the "At risk" category) indicates need for further investigation.

SUICIDALITY AND SELF-INJURIOUS BEHAVIOR

SUICIDAL IDEATION

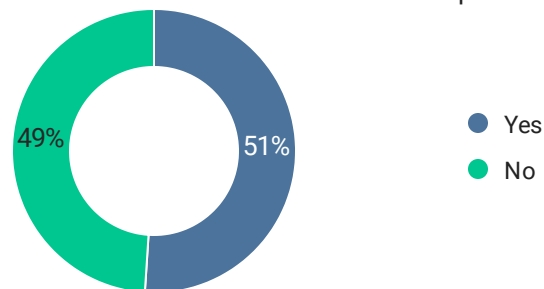In the past year, did you ever seriously think about attempting suicide?

303 Responses

- Yes
- No

12%

88%
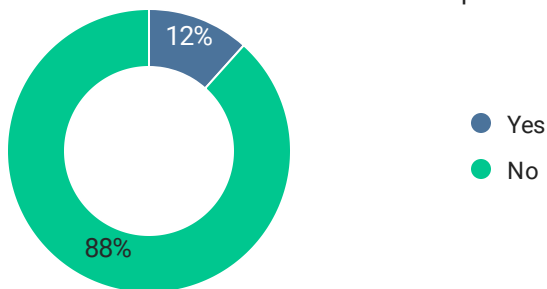
SUICIDE PLAN*

In the past year, did you make a plan for attempting suicide?

38 Responses

- Yes
- No

51%

49%

SUICIDE ATTEMPT*

In the past year, did you attempt suicide?

38 Responses

- Yes
- No

8%

92%
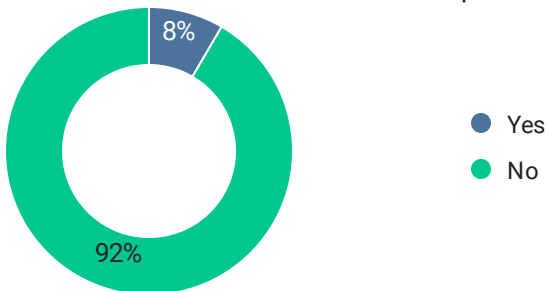
SELF-INJURIOUS BEHAVIOR

Non-suicidal self-injury (past year)

295 Responses

- Yes
- No

25%

75%
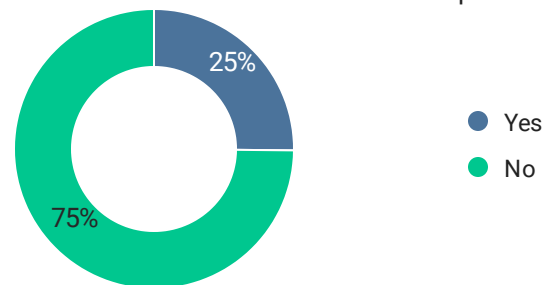
*Students are only asked if they had a suicide plan or attempt in the past year if they respond "Yes" to having experienced suicidal ideation in the past year.

LONELINESS SCALE

Loneliness is measured using the UCLA three-item Loneliness Scale (Hughes, Waite, Hawkley, & Cacioppo, 2004).

How often do you feel…

...that you lack companionship?

302 Responses

14%

50%

36%

...left out?

302 Responses

20%

35%

45%

...isolated from others?

302 Responses

23%

38%

38%

- Often
- Some of the time
- Hardly ever

LIFETIME DIAGNOSIS OF MENTAL DISORDERS

Have you ever been diagnosed with any of the following conditions by a health professional (e.g., primary care doctor, psychiatrist, psychologist, etc.)? (Select all that apply)

294 Responses

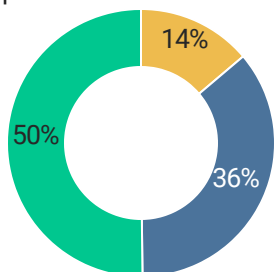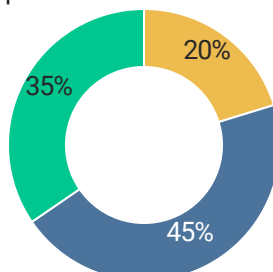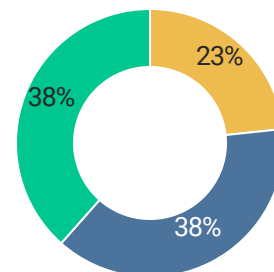| Mental Health Diagnosis	Percentage of Responses
Depression (e.g., major depressive disorder, persistent depressive disorder)	17%
Anxiety (e.g., generalized anxiety disorder, phobias)	22%
Eating disorder (e.g., anorexia nervosa, bulimia nervosa)	4%
Psychosis (e.g., schizophrenia, schizo-affective disorder)	1%
Personality disorder (e.g., antisocial personality disorder, paranoid personality disorder, schizoid personality disorder)	1%
Substance use disorder (e.g., alcohol abuse, abuse of other drugs)	0%
Bipolar (e.g., bipolar I or II, cyclothymia)	2%
Obsessive-compulsive or related disorders (e.g., obsessive-compulsive disorder, body dysmorphia)	4%
Trauma and Stressor related disorders (e.g., post-traumatic stress disorder)	6%
Neurodevelopmental disorder or intellectual disability (e.g., attention deficit disorder, attention deficit hyperactivity disorder, intellectual disability, autism spectrum disorder)	5%
Don't know	7%
No, none of these	65%

ACADEMIC IMPAIRMENT

317 Responses

In the past 4 weeks, how many days have you felt that emotional or mental difficulties have hurt your academic performance?

- 28% None
- 31% 1-2 days
- 21% 3-5 days
- 21% 6 or more days
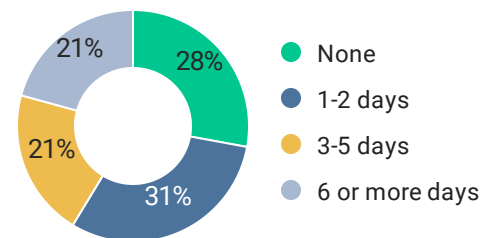
POSITIVE MENTAL HEALTH

300 Responses

Positive mental health (psychological well-being) is measured using The Flourishing Scale, an eight-item summary measure of the respondent's self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism (Diener, Wirtz, Tov, Kim-Prieto, Choi, Oishi, & Biswas-Diener , 2009). The score ranges from 8-56, and we are using 48 as the threshold for positive mental health.

- 41% Flourishing
- 59% Not flourishing
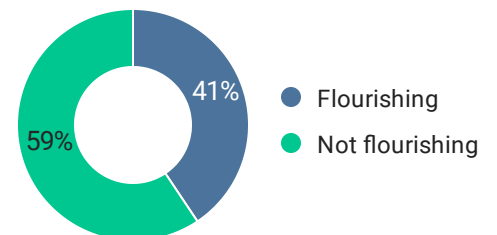
HEALTH BEHAVIORS AND LIFESTYLE

DRUG USE

Over the past 30 days, have you used any of the following drugs? (Select all that apply)

273 Responses

Substance	Percentage of Responses
Marijuana	16%
Cocaine (any form, including crack, powder, or freebase)	1%
Heroin	1%
Other stimulants (such as Ritalin, Adderall) without a prescription or more than prescribed	1%
MDMA (also known as Ecstasy or Molly)	0%
Opioid pain relievers (such as Vicodin, OxyContin, Percocet, Demerol, Dilaudid, codeine, hydrocodone, methadone, morphine) without a prescription or more than prescribed	0%
LSD (also known as acid)	1%
Kratom	0%
Athletic performance enhancers (anything that violates policies set by your school or any athletic governing body)	0%
Benzodiazepines (such as Valium, Ativan, Klonopin, Xanax, Rohypnal/Roofies) without a prescription or more than prescribed	0%
Methamphetamines (also known as speed, crystal meth, Tina T, or ice)	0%
Ketamine (also known as K, or Special K)	0%
Psilocybin (also known as magic mushrooms, boomers, or shrooms)	0%
Other drugs without a prescription	1%
No, none of these	83%

EXERCISE

In the past 30 days, about how many hours per week on average did you spend exercising?

299 Responses

- Less than 1 hour — 21%
- 1-2 hours — 15%
- 2-3 hours — 14%
- 3-4 hours — 11%
- 5 or more hours — 40%
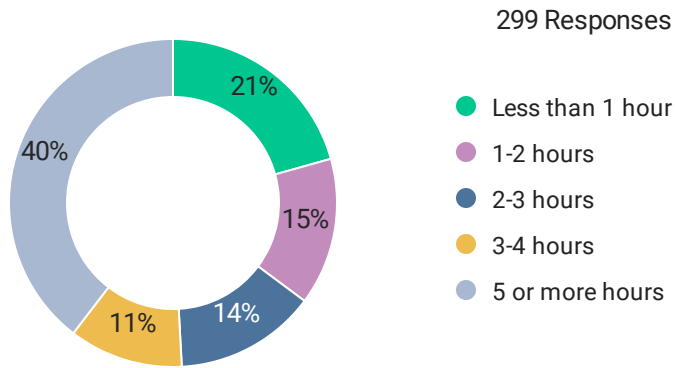
ALCOHOL USE

Over the past 2 weeks, did you drink any alcohol?

301 Responses

- Yes — 40%
- No — 60%
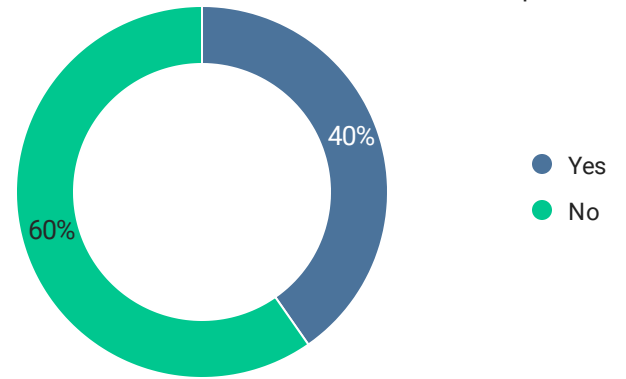
BINGE DRINKING BEHAVIOR*

The following question asks about how much you drink. A "drink" means any of the following:

A 12-ounce can or bottle of beer
A 4-ounce glass of wine
A shot of liquor straight or in a mixed drink

During the last two weeks, how many times have you had 4 (if female or intersex), 5 (if male) or more drinks in a row?

*Among students with alcohol use

119 Responses

	0 times	1 time	2 times	3 to 5 times	6 to 9 times	10 or more times	Don't know
Female	26%	33%	22%	13%	2%	3%	0%
Male	19%	37%	22%	9%	0%	12%	0%

12
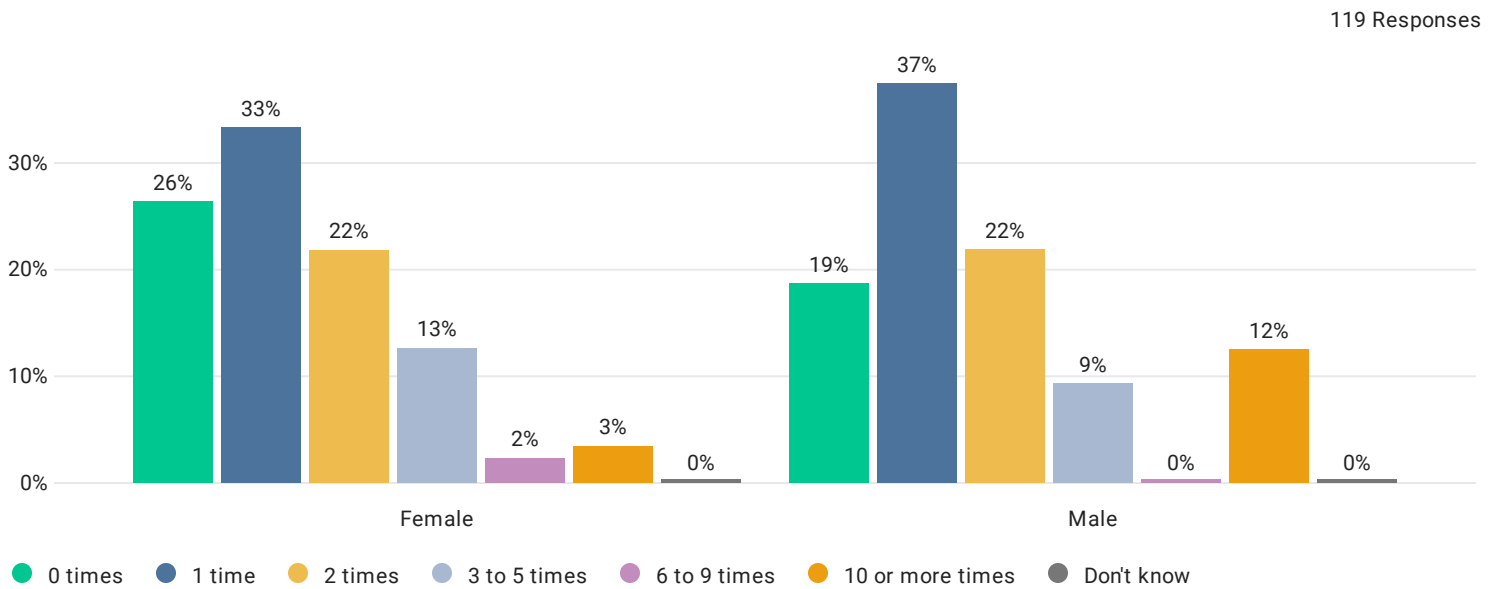
ATTITUDES AND BELIEFS ABOUT MENTAL HEALTH SERVICES

PERCEIVED NEED (PAST YEAR)

In the past 12 months, I needed help for emotional or mental health problems or challenges such as feeling sad, blue, anxious or nervous.

295 Responses

Category	Percentage
Strongly disagree	19%
Disagree	17%
Somewhat disagree	7%
Somewhat agree	16%
Agree	13%
Strongly agree	27%

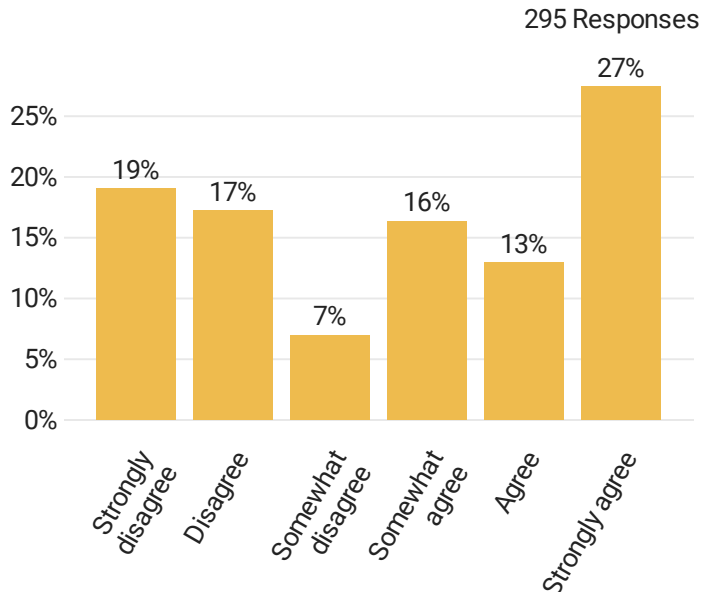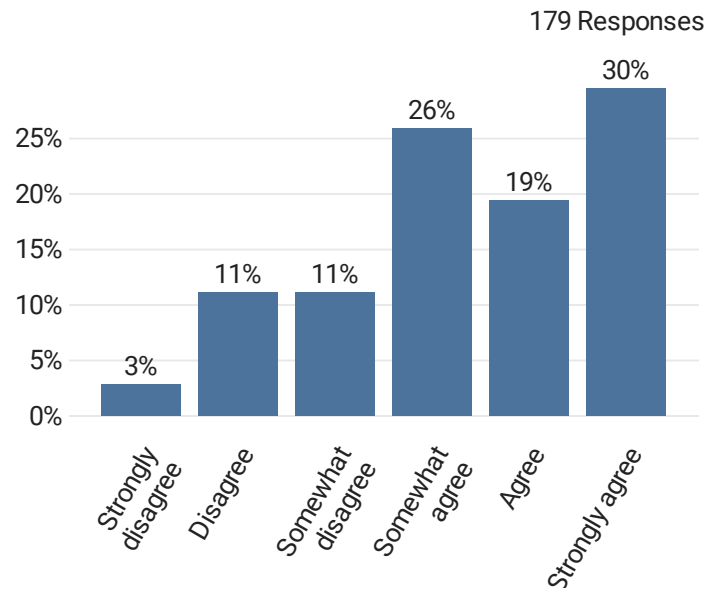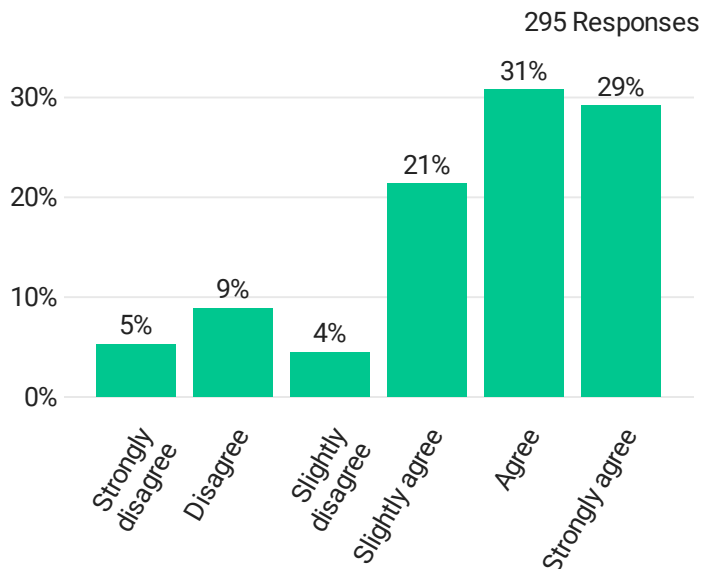## PERCEIVED NEED (CURRENT)*

I currently need help for emotional or mental health problems or challenges such as feeling sad, blue, anxious or nervous.

*Among students who indicated they needed help for emotional or mental health problems in the past year

179 Responses

Category	Percentage
Strongly disagree	3%
Disagree	11%
Somewhat disagree	11%
Somewhat agree	26%
Agree	19%
Strongly agree	30%

KNOWLEDGE OF CAMPUS RESOURCES

If I needed to seek professional help for my mental or emotional health, I would know where to access resources from my school.

295 Responses

Category	Percentage
Strongly disagree	5%
Disagree	9%
Slightly disagree	4%
Slightly agree	21%
Agree	31%
Strongly agree	29%

CLIMATE: ANTI-RACISM

How much do you agree with the following statement? I believe my school actively works towards combating racism within the campus community.

319 Responses

Category	Percentage
Strongly disagree	1%
Disagree	1%
Somewhat disagree	4%
Somewhat agree	35%
Agree	39%
Strongly agree	20%

13
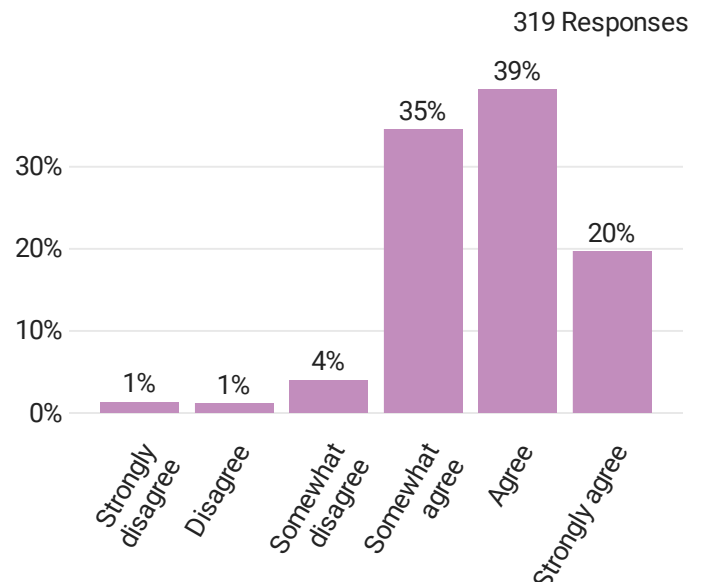
USE OF SERVICES

Psychotropic medication use: past year, all students

In the past 12 months have you taken any of the following types of prescription medications? (Please count only those you took, or are taking, several times per week.)

285 Responses

| Medication Category	Percentage of Responses
Psychostimulants (e.g. methylphenidate (Ritalin or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexerdine), etc.)	5%
Antidepressants (e.g., fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), escitalopram (Lexapro), venlafaxine (Effexor), buproprion (Wellbutrin), etc.)	13%
Anti-psychotics (e.g., haloperidol (Haldol), clozapine (Clozaril), risperidone (Risperdal), olanzapine (Zyprexas), etc.)	1%
Anti-anxiety medications (e.g., lorazepam (Ativan), clonazepam (Klonopin), alprazolam (Xanax), buspirone (BuSpar), etc.)	7%
Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazepine (Tegretol), etc.)	4%
Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)	6%
Other medication for mental or emotional health	2%
Don't know	1%
No, none of these	77%

Psychotropic medication use: past year, among students who screened positive for anxiety (GAD-7 score ≥10) or depression (PHQ-9 score ≥10)

143 Responses

Medication Category	Percentage of Responses
Psychostimulants (e.g. methylphenidate (Ritalin or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexerdine), etc.)	6%
Antidepressants (e.g., fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), escitalopram (Lexapro), venlafaxine (Effexor), buproprion (Wellbutrin), etc.)	22%
Anti-psychotics (e.g., haloperidol (Haldol), clozapine (Clozaril), risperidone (Risperdal), olanzapine (Zyprexas), etc.)	2%
Anti-anxiety medications (e.g., lorazepam (Ativan), clonazepam (Klonopin), alprazolam (Xanax), buspirone (BuSpar), etc.)	13%
Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazepine (Tegretol), etc.)	8%
Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)	11%
Other medication for mental or emotional health	4%
Don't know	2%
No, none of these	61%

THERAPY USE: LIFETIME

Have you received counseling/therapy for mental health concerns?

293 Responses

- Yes
- No

37%

63%
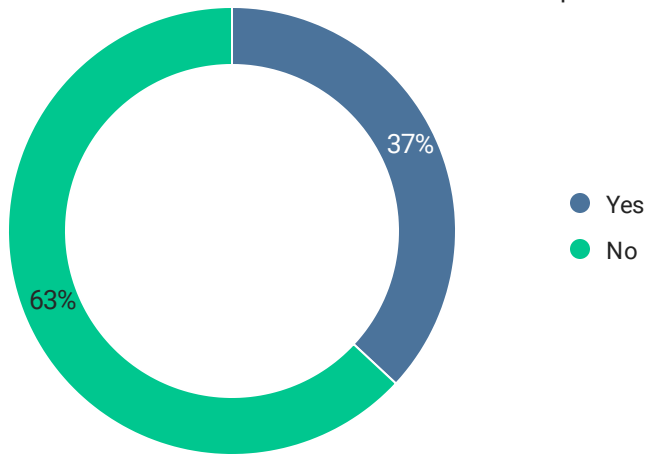
THERAPY USE: LIFETIME*

*Among students screening positive for anxiety (GAD-7 score ≥10) or depression (PHQ-9 score ≥10)

147 Responses

- Yes
- No

51%

49%

THERAPY USE: CURRENT

Are you currently receiving counseling or therapy?

293 Responses

- Yes
- No

12%

88%

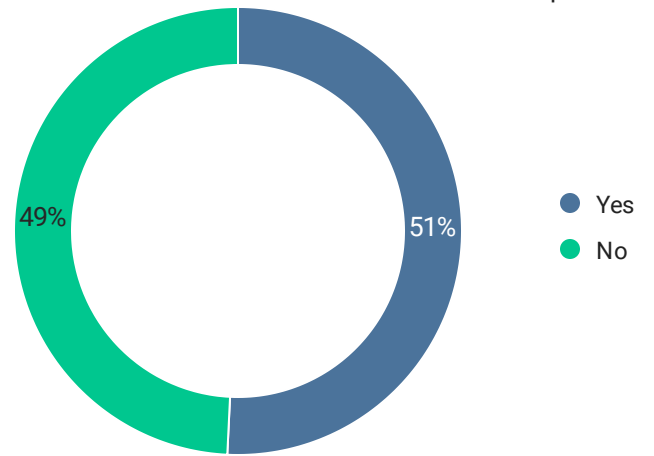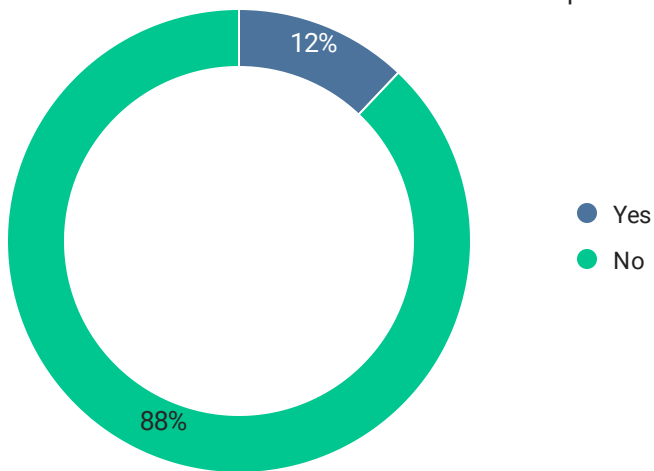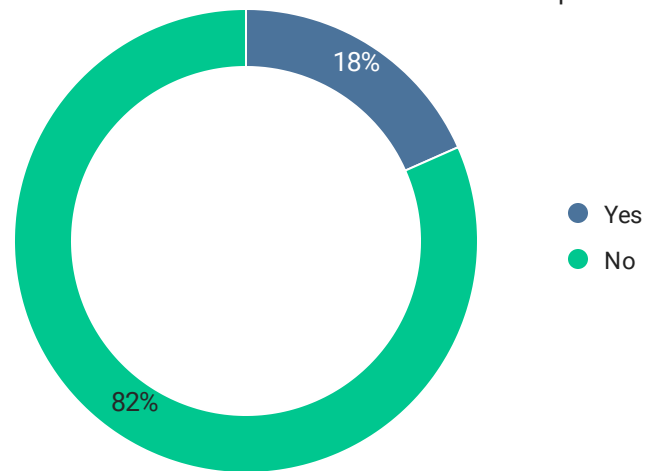## THERAPY USE: CURRENT*

*Among students screening positive for anxiety (GAD-7 score ≥10) or depression (PHQ-9 score ≥10)

147 Responses

- Yes
- No

18%

82%

INFORMAL HELP-SEEKING*

In the past 12 months, have you received counseling or support for your mental or emotional health from any of the following sources?
(Select all that apply)

*among all students

287 Responses

Source of Support	Percentage of Responses
Roommate	10%
Friend (who is not a roommate)	42%
Significant other	37%
Family member	39%
Religious counselor or other religious contact	8%
Support group	2%
Faculty member/professor	6%
Staff member	2%
Other non-clinical source	2%
No, none of these	31%

BARRIERS TO HELP-SEEKING*

In the past 12 months, which of the following have caused you to receive fewer services for your mental or emotional health than you would have otherwise received?
(Select all that apply)

*among students who received mental health services in the past year

105 Responses

Barrier	Percentage of Responses
No need for services	24%
Financial reasons (too expensive, not covered by insurance)	25%
Not enough time	33%
Not sure where to go	15%
Difficulty finding an available appointment	9%
Prefer to deal with issues on my own or with support from family/friends	23%
Privacy concerns	4%
People providing services don't understand me.	11%
Fear of being mistreated due to my identity/identities	5%
Other	4%
No barriers	15%

REFERENCES

MENTAL HEALTH SCREENINGS

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Spitzer, R. L., Kroenke, K., Williams, J. B., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: the GAD-7. Archives of Internal Medicine, 166(10), 1092-1097.

Morgan, J. F., Reid, F. & Lacey, J.H. (1999) The SCOFF questionnaire: assessment of a new screening tool for eating disorders BMJ, 319(7223), 1467-1468.

Hughes, M. E., Waite, L. J., Hawkley, L. C., & Cacioppo, J.T. (2004). A short scale for measuring loneliness in large surveys. Research on Aging, 26(6), 655-672.

Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S. & Biswas-Diener, R. (2009). New measures of well-being: Flourishing and positive and negative feelings. Social Indicators Research, 39, 247-266.