

THE HEALTHY MINDS STUDY (HMS): QUESTIONNAIRE MODULES



MENU OF MODULES:

Faculty and Staff Version:

	<i>Standard Modules</i>	Page Number	Number of Items	Estimated Completion Time
(1)	Demographics	3-6	13-22	4 minutes
(2)	Faculty & Staff Wellbeing	7-11	47-53	7 minutes
(3)	Mental Health Service Utilization, Support, & Help-Seeking	12-15	12-18	3 minutes
(4)	Supporting Students	16-19	17-23	4 minutes
(5)	Campus Climate	20-21	19-20	4 minutes

ABOUT THIS DOCUMENT:

Contents:

This document outlines all survey items included in HMS.

Each module is presented within a table. Above each table is the module name (in all capital letters, bolded and underlined). Directly beneath the module name is the text shown to participants at the beginning of that module. For example, participants beginning the 'Demographics' module see the following text above the first question in that module: "Basic Information: *This section will ask you to provide basic information about yourself*". Information in the column 'Section' outlines organization within the module and is not visible to participants within the survey.

Color Coding:

As noted above, some items are based on embedded skip logic within the survey (i.e., some measures are assessed only for participants with certain responses to survey items). Follow-up questions dependent on display logic are shown in **gray**, indicating that the item is based on embedded skip logic.

HMS is a web-based survey. As such, there are numerous coding and programming decisions (*the vast majority of which are rather boring so we'll spare you*). A few are important: for example, many items allow participants to "Select all that apply". In some cases, one of the response options is 'mutually exclusive' meaning that a participant who selects that response option cannot select any of the other options (e.g., the response category "None" is mutually exclusive for the item "What activities do you currently participate in at your school?"). Programming notes are included in **blue** within the module tables.

Certain items within the standard modules include a note in **red** (in the 'Citation/Notes' column) indicating that the item is included only if the elective module on that topic is not selected. In other words, a small number of items about important topics are included even if the elective module on that topic is not selected. This ensures that institutions have basic information about important topics that are not selected for in-depth assessment through elective modules. For example, if an institution does not select the 'Eating and Body Image' module, a small number of items about eating and body image are included in the 'Mental Health Status' module. If an institution does select the 'Eating and Body Image' module, the items about eating and body image are not included in the 'Mental Health Status' module (because eating and body image are being assessed separately in more detail through the 'Eating and Body Image' module).

Finally, certain items within the standard modules are fielded randomly to students. This is indicated in the questionnaire by "RANDOM #" in the 'Citation/Notes' column. Randomized items are fielded to ~50% of participants. When taking the survey, participants are assigned a random number between 0 and 1 by Qualtrics. If the random number is less than or equal to .5, they will receive one set of randomized questions (indicated with "**RANDOM 1**"), and all others will receive the second set (indicated with "**RANDOM 2**")

To review:

ITEM BASED ON EMBEDDED SKIP LOGIC

LOGISTIC/PROGRAMMING NOTES

ITEM INCLUDED IF ELECTIVE MODULE ON THAT TOPIC NOT SELECTED

FACULTY & STAFF STANDARD MODULES:**(1) DEMOGRAPHICS**

Basic Information

This section will ask you to provide basic information about yourself. Remember that your responses are confidential and you may choose to skip questions or stop responding at any point.

SECTION	ITEM	RESPONSE CATEGORIES	CITATION/NOTES
Age	How old are you? (You must be 18 years or older to complete this survey.)	1=18-24 2=25-34 3=35-44 4=45-54 5=55-64 6=65 or older	
	What is your primary role at your institution?	1=Faculty 2=Staff	
	In which academic discipline(s) are you currently a faculty member? (Select all that apply)	1=Architecture or urban planning 2=Art and design 3=Business 4=Dentistry 5=Education 6=Engineering or Computer Sciences 7=Humanities (history, languages, philosophy, etc.) 8=Law 21=Library or information sciences 9=Medicine 10=Music, theater, or dance 11=Natural sciences or mathematics 12=Nursing 13=Pharmacy 14=Public health 15=Public policy 16=Social sciences (economics, psychology, etc.) 17=Social work 19=Communications 20=Health sciences 18=Other (please specify)	Display if "Faculty" is selected for "What is your primary role at your institution?"
	Which of the following most closely describes your faculty position? (Select all that apply)	1=Full professor 2=Associate professor 3=Assistant professor 4=Lecturer/instructor 5=Adjunct professor 6=Post-doctoral fellow	Display if "Faculty" is selected for "What is your primary role at your institution?"

		7=Emeritus professor 8=Other (please specify)	
	What is your tenure status at your institution?	1=Tenured 2=On tenure track, but not tenured 3=Not on tenure track, but institution has tenure system 4=Institution has no tenure system	Display if "Faculty" is selected for "What is your primary role at your institution?"
	How many years have you been a faculty member at any college/university? <i>If you have been a faculty member at multiple institutions throughout your career, please answer with the total number of years.</i>	1=<1 year 2=1-3 years 3=4-6 years 4=7-9 years 5=10-15 years 6=>15 years	Display if "Faculty" is selected for "What is your primary role at your institution?"
	In the past 12 months, including currently, which group(s) of students have you taught? <i>By undergraduate we mean associate's and bachelor's degree students.</i>	1=Both undergraduate and graduate students 2=Exclusively undergraduate students 3=Exclusively graduate students 4=Other (please specify) 5=None (no teaching in the past 12 months)	Display if "Faculty" is selected for "What is your primary role at your institution?"
	In which office/department(s) are you currently a staff member? (Select all that apply)	1=Academic services 2=Admissions, enrollment, financial aid 3=Alumni and advancement/development 4=Athletics and recreation 5=Campus life (campus safety, Greek life, student engagement, student activities, veteran's affairs, etc.) 6=Career and employment services 7=Custodial 8=Dining services 9=Disability services 10=Diversity and inclusion/multicultural services 11=Health services (student health, counseling/psychological services, wellness, etc.) 12=Human resources 13=Residence life 14=Student conduct 15=Other (please specify)	Display if "Staff" is selected for "What is your primary role at your institution?"
	In your role, do you provide mental health services to students? <i>By mental health services, we mean therapy/counseling, crisis intervention, support groups, wellness programming, psychiatric services, etc.</i>	1=Yes 2=No	Display if "Health services" is selected for "In which office/department(s) are you currently a staff member?"

	How many years have you been a staff member at your institution?	1=<1 year 2=1-3 years 3=4-6 years 4=7-9 years 5=10-15 years 6=>15 years	Display if "Staff" is selected for "What is your primary role at your institution?"
Employment	What is your employment status at your institution?	1=Part-time without benefits 2=Part-time with benefits 3=Full-time without benefits 4=Full-time with benefits	
	All things considered, how satisfied are you with your current position at your institution?	1=Very dissatisfied 2=Dissatisfied 3=Neither satisfied nor dissatisfied 4=Satisfied 5=Very satisfied	
	All things considered, how satisfied are you with your institution's <i>Work from Home</i> policy?	1=Very dissatisfied 2=Dissatisfied 3=Neither satisfied nor dissatisfied 4=Satisfied 5=Very satisfied 6=Not applicable	
Education	What is the highest level of education that you have completed?	1=8th grade or lower 2=Between 9th and 12th grade (but no high school degree) 3=High school degree 4=Some college (but no college degree) 5=Associate's degree (or equivalent) 6=Bachelor's degree 7=Graduate degree	Display if "Staff" is selected for "What is your primary role at your institution?"
Sex/gender/sexuality	What sex were you assigned at birth?	1=Female 2=Male 3=Intersex	
	Please select all that apply to you and your gender identity:	1=Man 2=Woman 5=Genderqueer/Gender non-confirming 6=Self identify (please specify) 7=Nonbinary 3=Transgender 8=Prefer not to respond	
	How would you describe your sexual orientation?	1=Heterosexual 2=Lesbian	

	(Select all that apply)	3=Gay 4=Bisexual 5=Queer 6=Questioning 7=Self-identify (please specify) 8=Asexual 9=Pansexual 10=Prefer not to respond	
Race/ethnicity	What is your race/ethnicity? (Select all that apply)	1=African American/Black 2=American Indian or Alaskan Native 3=Asian American/Asian 4=Hispanic/Latin(x) 5=Native Hawaiian or Pacific Islander 6=Middle Eastern, Arab, or Arab American 7=White 8=Self-identify (please specify)	
	At what age did you first come to live in the U.S.?	1=U.S.-born 2=Less than 12 years old 3=12-17 years old 4=18-35 years old 5=More than 35 years old	
Relationship	How would you characterize your current relationship status?	1=Single 2=In a relationship 3=Married, in a domestic partnership, or engaged 6=Other (please specify)	
Family characteristics	What is the current number of children or other dependents living in your household, for whom you are responsible?	0=None 1=1 2=2 3=3 4=4 or more	
	Are you currently pregnant, or have you been pregnant, given birth, or taken parental leave within the last 12 months?	1=Yes 2=No 3=Prefer not to say 4=I don't know	

(2) FACULTY & STAFF WELLBEING

Mental and Emotional Health

The next set of questions will ask you about your overall well-being. Remember that your responses are confidential and you may choose to skip questions or stop responding at any point.

SECTION	ITEM	RESPONSE CATEGORIES	CITATION/NOTES
Positive mental health	<p>Below are 8 statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by indicating that response for each statement.</p> <p>I lead a purposeful and meaningful life. My social relationships are supportive and rewarding. I am engaged and interested in my daily activities. I actively contribute to the happiness and well-being of others. I am competent and capable in the activities that are important to me. I am a good person and live a good life. I am optimistic about my future. People respect me.</p>	<p>1=Strongly disagree 2=Disagree 3=Slightly disagree 4=Mixed or neither agree nor disagree 5=Slightly agree 6=Agree 7=Strongly agree</p>	<p>Matrix table with 8 statements. Flourishing Scale (Diener & Biswas-Diener, 2009)</p>
Depression (PHQ-9)	<p>Over the last 2 weeks, how often have you been bothered by any of the following problems?</p> <p>Little interest or pleasure in doing things Feeling down, depressed or hopeless Trouble falling or staying asleep, or sleeping too much Feeling tired or having little energy Poor appetite or overeating Feeling bad about yourself—or that you are a failure or have let yourself or your family down Trouble concentrating on things, such as reading the newspaper or watching television Moving or speaking so slowly that other people could have noticed; or the opposite—being so fidgety or restless that you have been moving around a lot more than usual Thoughts that you would be better off dead or of hurting yourself in some way</p>	<p>1=Not at all 2=Several days 3=More than half the days 4=Nearly every day</p>	<p>Matrix table with 9 statements. Patient Health Questionnaire-9 (Kroenke et al., 2001)</p>
	<p>How difficult have these problems (noted above) made it for you to do your work, take care of things at home, or get along with other people?</p>	<p>1=Not difficult at all 2=Somewhat difficult 3=Very difficult 4=Extremely difficult</p>	<p>Displayed when score >9 Adapted from Patient Health Questionnaire-9 (Kroenke et al., 2001)</p>
Anxiety (GAD-7)	<p>Over the last 2 weeks, how often have you been bothered by the following problems?</p>	<p>1=Not at all 2=Several days</p>	<p>Matrix table with 7 statements.</p>

	<p>Feeling nervous, anxious or on edge Not being able to stop or control worrying Worrying too much about different things Trouble relaxing Being so restless that it's hard to sit still Becoming easily annoyed or irritable Feeling afraid as if something awful might happen</p>	<p>3=Over half the days 4=Nearly every day</p>	<p>GAD-7 (Spitzer et al., 2006)</p>
	<p>How difficult have these problems (noted above) made it for you to do your work, take care of things at home, or get along with other people?</p>	<p>1=Not difficult at all 2=Somewhat difficult 3=Very difficult 4=Extremely difficult</p>	<p>Displayed if score >9</p>
<p>Eating and body image (SDE)</p>	<p>Please answer the following questions as honestly as possible. Do you often feel the desire to eat when you are emotionally upset or stressed? Do you often feel that you can't control what or how much you eat? Do you sometimes make yourself throw up (vomit) to control your weight? Are you often preoccupied with a desire to be thinner? Do you believe yourself to be fat when others say you are thin?</p>	<p>1=Yes 0=No</p>	<p>SDE (Maguen et al., 2018)</p>
<p>Non-suicidal self-injury</p>	<p>In the past year, have you ever done any of the following intentionally? (Select all that apply)</p>	<p>1=Cut myself 2=Burned myself 3=Punched or banged myself 4=Scratched myself 5=Pulled my hair 6=Bit myself 7=Interfered with wound healing 8=Carved words or symbols into skin 9=Rubbed sharp objects into skin 10=Punched or banged an object to hurt myself 11=Other (please specify) 12=No, none of these [mutually exclusive]</p>	<p>Instructions for this item: "This question asks about ways you may have hurt yourself on purpose, without intending to kill yourself."</p>
	<p>On average, how often in the past year did you hurt yourself on purpose, without intending to kill yourself?</p>	<p>1=Once or twice 2=Once a month or less 3=2 or 3 times a month 4=Once or twice a week 5=3 to 5 days a week 6=Nearly everyday, or everyday</p>	<p>Display if "12=No, none of these" is not selected for "In the past year, have you ever done any of the following intentionally?"</p>
<p>Suicidality</p>	<p>In the past year, did you ever seriously think about attempting suicide?</p>	<p>1=Yes 0=No</p>	

	In the past year, did you attempt suicide?	1=Yes 0=No	
Substance use	Over the past 2 weeks, did you drink any alcohol?	1=Yes 0=No	
	Over the past 2 weeks, about how many times did you have 4 [female]/5 [male]/4 or 5 [not female or male] or more alcoholic drinks in a row? (1 drink is a can of beer, a glass of wine, a wine cooler, a shot of liquor, or a mixed drink.)	1=0 times 2=1 time 3=2 times 4=3 to 5 times 5=6 to 9 times 6=10 or more times 7=Don't know	Definition adapted from National Institute on Alcohol Abuse and Alcoholism Display if "1=Yes" is selected for "Over the past 2 weeks, did you drink any alcohol?"
	In the last 12 months, have you felt the need to reduce your drinking?	1=Yes 2=No 3=Not applicable	
	Over the past 30 days, about how many cigarettes did you smoke per day?	1=0 cigarettes 2=Less than 1 cigarette 3=1 to 5 cigarettes 4=About one-half pack 5=1 or more packs	
	Over the past 30 days, have you used any of the following drugs? (Select all that apply)	1=Cannabis products containing THC (including smoking, vaping, or edibles) 2=Cocaine (any form, including crack, powder, or freebase) 3=Heroin 4=Opioid pain relievers (such as Vicodin, OxyContin, Percocet, Demerol, Dilaudid, codeine, hydrocodone, methadone, morphine) without a prescription or more than prescribed 5=Benzodiazepines (such as Valium, Ativan, Klonopin, Xanax, Rohypnal (Roofies)) 6=Methamphetamines (also known as speed, crystal meth, Tina, T, or ice) 7=Other stimulants (such as Ritalin, Adderall) without a prescription or more than prescribed 8=MDMA (also known as Ecstasy or Molly) 9=Ketamine (also known as K, Special K) 10=LSD (also known as acid) 11=Psilocybin (also known as magic mushrooms, boomers, shrooms) 12=Kratom 14=Other drugs without a prescription (please specify)	

		15=No, none of these [mutually exclusive]	
Exercise	In the past 30 days, about how many hours per week on average did you spend exercising? (Include any exercise of moderate or higher intensity, where “moderate intensity” would be roughly equivalent to brisk walking or bicycling)	1=Less than 1 hour 6=1-2 hours 2=2-3 hours 3=3-4 hours 4=5 or more hours	
Chronic disease	Have you ever been diagnosed with any of the following health conditions, which required ongoing treatment by a healthcare professional (i.e., chronic diseases)? (Select all that apply)	1=Diabetes 2=High blood pressure 3=Asthma 4=Thyroid disease (e.g., hypothyroid or hyperthyroid) 5=Gastrointestinal disease (e.g., Crohn’s Disease, Ulcerative Colitis) 6=Arthritis 7=Sickle cell anemia 8=Seizure disorders (e.g., epilepsy) 9=Cancers 10=High cholesterol 11=HIV/AIDS 12=Other autoimmune disorder (please specify) 13=Other chronic disease (please specify) 14=No, never been diagnosed with a chronic disease. [mutually exclusive] 15=Don’t know/prefer not to answer	
Burnout	How much do you agree or disagree with the following statements? I achieve a healthy balance between my personal life and my professional life. In the past 12 months, I have felt overwhelmed by all I had to do.	1=Strongly disagree 2=Disagree 3=Somewhat disagree 4=Somewhat agree 5=Agree 6=Strongly agree	Matrix table with 2 statements. Adapted from the UCLA faculty survey
	Do you feel burnt out because of your work? <i>Work-related burnout is a state of prolonged physical and psychological exhaustion, which is perceived as related to the person’s work.</i>	1=To a very high degree 2=To a high degree 3=Somewhat 4=To a low degree 5=To a very low degree	Adapted from Kristensen TS, Borritz M, Villadsen E, Christensen KB. The Copenhagen Burnout Inventory: A new tool for the assessment of burnout. Work Stress 2005;19:192-207.
	How much do you agree or disagree with the following statement? In the past 12 months, my job has taken a negative toll on my mental or emotional health.	1=Strongly disagree 2=Disagree 3=Somewhat disagree 4=Somewhat agree 5=Agree 6=Strongly agree	

	In the past 4 weeks, how many days have you felt that emotional or mental difficulties have hurt your work performance/productivity?	0=None 1=1-2 days 2=3-5 days 3=6 or more days	
	<p>Within the last 12 months, have any of the following negatively impacted your work performance and/or productivity?</p> <p>Anxiety Depression Mental health challenge <i>other than</i> anxiety/depression Stress Financial concerns Experiencing discrimination Death of a close friend or family member Lack of quality sleep Violence in my home Personal use of alcohol or drugs A close friend or family member’s use of alcohol or drugs</p>	<p>1=I did not experience this issue/not applicable. 2=I have experienced this issue, but my work performance/productivity has not been affected. 3=I have experienced this issue, and it negatively impacted my work performance/productivity.</p>	Matrix table with 11 factors.
Imposter syndrome	<p>How much do you agree with the following statements?</p> <p>I’m afraid people important to me may find out that I’m not as capable as they think I am. Sometimes I feel or believe that my success in my life or my job has been the result of some kind of error. At times, I feel my success was due to some kind of luck. Sometimes I’m afraid others will discover how much knowledge or ability I really lack. I often compare my ability to those around me and think they may be more intelligent than I am.</p>	<p>1=Not at all true 2=Rarely 3=Sometimes 4=Often 5=Very true</p>	<p>Matrix table with 5 statements. Adapted from The Imposter Phenomenon (Clance, 1985)</p>

(3) MENTAL HEALTH SERVICE UTILIZATION, SUPPORT, & HELP-SEEKING

Experiences with Services and Support

The next questions will ask you about your experiences using mental health services. Remember that your responses are confidential and you may choose to skip questions or stop responding at any point.

SECTION	ITEM	RESPONSE CATEGORIES	CITATION/NOTES
Informal help-seeking	In the past 12 months have you received support for your mental or emotional health from any of the following sources? (Select all that apply)	1=Friend 2=Significant other 3=Family member 4=Religious counselor or other religious contact 5=Support group 6=Colleague/coworker 7=Other non-clinical source (please specify) 8=No, none of these [mutually exclusive]	
Stigma	How much do you agree with the following statements? Most people think less of a person who has received mental health treatment. I would think less of a person who has received mental health treatment.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	Matrix table with 2 statements.
Resources	How much do you agree or disagree with the following statements? If I needed to seek professional help for my mental or emotional health, I would know where to access resources. I know what mental health services, if any, are available for faculty and staff members at my institution. My institution should be investing more resources to support faculty and staff mental health and wellbeing. In the past 12 months, I needed help for emotional or mental health problems or challenges such as feeling sad, blue, anxious or nervous.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	Matrix table with 4 statements.
	How much do you agree with the following statement?: I currently need help for emotional or mental health problems or challenges such as feeling sad, blue, anxious or nervous.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	Display if “Strongly agree, agree, or somewhat agree” are selected for “In the past 12 months, I needed help for emotional or mental health problems or challenges such as feeling sad, blue, anxious or nervous.”
Use of counseling/therapy	In your lifetime, have you ever received mental health treatment (counseling, therapy, medications)?	1=Yes 2=No, never 3=I prefer not to answer.	

	How many total visits or sessions for counseling or therapy have you had in the past 12 months?	0=0 1=1-3 2=4-6 3=7-9 4=10 or more	Display only if “Yes” is selected for “In your lifetime, have you ever received mental health treatment?”
	Are you currently receiving counseling or therapy?	1=Yes 0=No	Display only if previous item answered with more than “0” total visits in the past 12 months
Use of medication	In the past 12 months have you taken any of the following types of prescription medications for mental or emotional health? (Please count only those you took, or are taking, several times per week.) Psychostimulants (e.g., Ritalin, Adderall) Antidepressants (e.g., Prozac, Zoloft, Lexapro, Wellbutrin) Anti-psychotics (e.g., Risperdal) Anti-anxiety medications (e.g., Ativan, Klonopin, Xanax) Mood stabilizers (e.g., lithium) Sleep medications (e.g., Ambien) Other medication for mental or emotional health	1=Yes 2=No 3=I don’t know	Matrix table with 7 medications.
	Of the medication(s) you just noted, which are you currently taking? (Select all that apply)	1=Psychostimulants (methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.) 2=Antidepressants (e.g., fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), escitalopram (Lexapro), venlafaxine (Effexor), bupropion (Wellbutrin), etc.) 3=Antipsychotics (e.g., haloperidol (Haldol), clozapine (Clozaril), risperidone (Risperdal), olanzapine (Zyprexa), etc.) 4=Anti-anxiety medications (e.g., lorazepam (Ativan), clonazepam (Klonopin), alprazolam (Xanax), buspirone (BuSpar), etc.) 5=Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazepine (Tegretol), etc.) 6=Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.) 7=Other medication for mental or emotional health (please specify) 8=None of the above [mutually exclusive]	Pipe in selected options from: “In the past 12 months have you taken any of the following types of prescription medications?”
Campus resources	Have you utilized any of the following mental health or wellness resources through your institution?:	1=Yes 2=No	

	[insert school-selected resources]	3=Not applicable	
Barriers to help-seeking	In the past 12 months, which of the following factors have caused you to receive fewer services (counseling, therapy, or medications) for your mental or emotional health than you would have otherwise received? (Select all that apply)	1=No need for services 2=Financial reasons (too expensive, not covered by insurance) 3=Not enough time 4=Not sure where to go 5=Difficulty finding an available appointment 6=Prefer to deal with issues on my own or with support from family/friends 7=Other (please specify) 8=No barriers [mutually exclusive] 9=Privacy concerns 10=People providing services don't understand me	
	In the past 12 months, which of the following explain why you have not received medication or therapy for your mental or emotional health? (Select all that apply)	1=I haven't had the chance to go but I plan to. 2=No need for services 3=Financial reasons (too expensive, not covered by insurance) 4=Not enough time 5=Not sure where to go 6=Difficulty finding an available appointment 7=Prefer to deal with issues on my own or with support from family/friends 8=Other (please specify) 9=No barriers [mutually exclusive] 10=Privacy concerns 11=People providing services don't understand me	
Diagnosed mental illnesses	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)	1=Depression (e.g., major depressive disorder, persistent depressive disorder) 2=Bipolar (e.g., bipolar I or II, cyclothymia) 3=Anxiety (e.g., generalized anxiety disorder, phobias) 4=Obsessive-compulsive or related disorders (e.g., obsessive-compulsive disorder, body dysmorphia) 5=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)	

		<p>7=Eating disorder (e.g., anorexia nervosa, bulimia nervosa, binge eating disorder) 8=Psychosis (e.g., schizophrenia, schizo-affective disorder) 9=Personality disorder (e.g., antisocial personality disorder, paranoid personality disorder, schizoid personality disorder) 10=Substance use disorder (e.g., alcohol abuse, abuse of other drugs) 11=No, none of these [mutually exclusive] 12=Don't know</p>	
Other factors	As far as you know, how many of your close friends or family have ever sought professional help for an emotional or mental health problem?	<p>1=None 2=At least 1 or 2 3=3 or more 4=Don't know</p>	

(4) SUPPORTING STUDENTS

Experiences with Supporting Students

This section will ask you about your experiences interacting with students about their mental health and related topics. Remember that all of your responses are confidential and you may skip any questions or choose to stop responding at any time.

SECTION	ITEM	RESPONSE CATEGORIES	CITATION/NOTES
Attitudes	<p>How much do you agree or disagree with the following statements?</p> <p>I am comfortable having conversations with students about their mental health.</p> <p>I have a good idea of how to recognize that a student is in emotional or mental distress.</p> <p>I know what mental health services, if any, are available for students at my institution.</p> <p>If I think that a student is experiencing emotional or mental distress, I am likely to reach out to that student.</p> <p>Student mental health problems are significantly worse now compared to when I began my career.</p> <p>It is important for me to model positive health and wellness behaviors to students.</p> <p>Supporting students in mental and emotional distress has taken a toll on my own mental and emotional health.</p>	<p>1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree</p>	<p>Matrix table with 7 statements.</p>
	<p>Which of the following are reasons why you would not reach out to a student if you thought they were experiencing emotional or mental distress? (Select all that apply)</p>	<p>1=It's none of my business. 2=I don't have enough time. 3=I don't feel safe. 4=It's not my responsibility. 5=Someone else is better suited to do this. 6=I'm unsure of what to do/say to a student. 7=I worry that I could make things worse. 8=I would feel uncomfortable doing so. 9=I would not want to make the student feel uncomfortable. 10=Other reason(s) (please specify) 11=None, I would always reach out to a student if I thought they were experiencing emotional or mental distress. [mutually exclusive]</p>	
	<p>During the most recent semester in which you taught, did you list any mental health resources in your course syllabus (e.g., information about the counseling center or other resources)?</p>	<p>1=Yes 2=No 3=Not applicable</p>	<p>Display if faculty is selected for "What is your primary role at your institution?" or if faculty is displayed for respondent in sample file provided to HMS study team.</p>

	<p><i>If you are teaching this semester, please answer based on your current syllabi.</i></p> <p><i>If your institution is not on a semester system, please answer for the most recent trimester/quarter, etc. in which you taught.</i></p>		
	In the past 12 months, have you had any one-on-one conversations with students (whether in person, by phone, video conference, or email) about their mental or emotional health?	<p>1=Yes</p> <p>2=No</p>	
	In the past 12 months, with about <u>how many students</u> have you had one-on-one conversations (whether in person, by phone, video conference, or email) about their mental or emotional health?	<p>1=1-2 students</p> <p>2=3-5 students</p> <p>3=6-9 students</p> <p>4=10 or more students</p>	Display if “Yes” is selected for “In the past 12 months, have you had any one-on-one conversations with students (whether in person, by phone, video conference, or email) about their mental or emotional health?”
	In the past 12 months, about <u>how many times</u> total have you had one-on-one conversations with students (whether in person, by phone, or email) about their mental or emotional health?	<p>1=1-2 times</p> <p>2=3-5 times</p> <p>3=6-9 times</p> <p>4=10 or more times</p>	Display if “Yes” is selected for “In the past 12 months, have you had any one-on-one conversations with students (whether in person, by phone, video conference, or email) about their mental or emotional health?”
	<p>The following question asks about experiences you may have had referring students to mental health resources. Resources could include campus counseling, disability services, a dean of students, or other resources either on or off campus. A ‘referral’ is defined as providing a student with information about a mental health resource and either encouraging the student to use this resource or connecting the student to a resource.</p> <p>In the past 12 months, did you refer any students to resources for their mental health?</p>	<p>1=Yes, I referred 1 or 2 students.</p> <p>2=Yes, I referred 3-5 students.</p> <p>3=Yes, I referred 6-9 students.</p> <p>4=Yes, I referred 10 or more students.</p> <p>5=No, I did not refer any students to resources for their mental health.</p>	Display if “Yes” is selected for “In the past 12 months, have you had any one-on-one conversations with students (whether in person, by phone, video conference, or email) about their mental or emotional health?”
	To your knowledge, in the past 12 months, did any students receive mental health services or treatment as a result (or at least partially as a result) of your referral(s)?	<p>1=Yes, one or more students received services or treatment as a result (or partially as a result) of my referral.</p> <p>2=No, zero students received services or treatment as a result (or partially as a result) of my referral.</p> <p>3=I don’t know.</p> <p>4=Not applicable/I did not make any referrals.</p>	Display if “Yes” is selected for “In the past 12 months, have you had any one-on-one conversations with students (whether in person, by phone, video conference, or email) about their mental or emotional health?”
Trainings	Does your institution offer mental health “gatekeeper trainings” for faculty and staff? That is, a program available to faculty and staff designed to enhance an individual’s skills to recognize signs of emotional distress in other people and refer them to appropriate resources. (Examples include Mental Health First Aid, Question, Persuade, Refer (QPR), and Kognito At-Risk.)	<p>1=Yes</p> <p>2=No</p> <p>3=Don’t know</p>	

	<p>Have you ever participated in a mental health gatekeeper training program, as defined above?</p>	<p>1=Yes, through my institution 2=Yes, through another institution 3=Yes, through my institution and another institution 4=No</p>	
	<p>How helpful was the gatekeeper training that you received?</p>	<p>1=Very helpful 2=Helpful 3=Somewhat helpful 4=Not helpful</p>	<p>Display if “No” is not selected for “Have you ever participated in a mental health gatekeeper training program, as defined above?”</p>
	<p>We are interested in understanding what would make you more likely to participate in a mental health gatekeeper training program in the future (either for the first time or to receive additional training). As noted, gatekeeper training is a program designed to enhance an individual’s skills to recognize signs of emotional distress in other people and refer them to appropriate resources.</p> <p>Please complete the following statement by selecting all that apply:</p> <p>I would be more likely to participate in a mental health gatekeeper training program in the future, if the training were... (Select all that apply)</p>	<p>1=Online 2=Self-paced 3=Included in my paid time 4=Offered as credit for continuing education (i.e., CEU) 5=Required by my institution 6=Provided during a department/office meeting 7=30 minutes or less in length 8=Co-facilitated by students 9=Focused on not only what to do in a crisis but also how to support students through everyday stressors 10=Led by a faculty or staff member I know personally 11=Led by diverse facilitators 12=More culturally sensitive 13=Focused on how faculty can navigate institutional power structures when reporting concerns 14=Other (please specify)</p>	
	<p>Beyond trainings, what other resources/information would be helpful for your institution to provide faculty and staff in order for you to better support student mental health? (Select all that apply)</p>	<p>1=A list of all mental health resources available to students through my institution 2=A checklist of things to consider (i.e. warning signs of mental and emotional distress) 3=A small reference guide for how to initiate a conversation with a student about their mental health 4=A sample mental health statement for course syllabi [display if faculty] 5=Statistics about the prevalence of mental health issues among young adults</p>	

		<p>6=Anti-stigma education and mental health literacy 7=Suicide prevention training 8=Information about how to support students of color 9=Information about how to support LGBTQ+ students 10=Other resource(s)/information (please specify)</p>	
	<p>How much do you agree or disagree with the following statements?</p> <p>I would welcome receiving additional professional development on the topic of student mental health. I am motivated to strengthen my role in supporting student mental health at my institution. It should be mandatory that all faculty and staff receive basic training in how to respond to students experiencing mental or emotional distress.</p>	<p>1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree</p>	<p>Matrix table with 3 statements.</p>

(5) CAMPUS CLIMATE

You're almost done! The final set of questions below will ask about your perceptions of the campus climate. Climate refers to your view of how things generally work in your campus environment (e.g., common attitudes, practices, or behaviors.) Remember that all of your responses are confidential and you may skip any questions or choose to stop responding at any time.

SECTION	ITEM	RESPONSE CATEGORIES	CITATION/NOTES
Sense of belonging	<p>How much do you agree with the following statements?</p> <p>I see myself as a part of the campus community. My institution cares about my health and wellbeing. At my institution, students' mental and emotional health is a priority. At my institution, [faculty/staff] mental and emotional health is a priority. At my institution, the campus environment has a negative impact on students' mental and emotional health. At my institution, the campus environment has a negative impact on [faculty/staff] mental and emotional health. At my institution, the campus climate encourages free and open discussion about mental and emotional health. At my institution, there are adequate resources and services to support student mental health. At my institution, there are adequate resources and services to support [faculty/staff] mental health.</p>	<p>1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree</p>	<p>Matrix table with 9 statements.</p> <p>Adapted from Perceived Cohesion Scale (Bollen & Hoyle, 1990)</p>
	<p>Considering your experiences over the past 12 months, please indicate the extent to which you agree or disagree with the following statements:</p> <p>I feel valued as an individual at this institution. I feel I belong at this institution. I have considered leaving this institution because I felt isolated or unwelcomed. This institution is a place where I am able to perform up to my full potential. I have found one or more communities or groups where I feel I belong at this institution.</p>	<p>1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree</p>	<p>Matrix table with 5 statements.</p>
Competition	<p>How would you rate the overall competitiveness among faculty in your department?</p>	<p>1=Very competitive 2=Competitive 3=Somewhat competitive 4=Not competitive 5=Very uncompetitive</p>	<p>Display if faculty is selected for "What is your primary role at your institution?" or if faculty is displayed for respondent in sample file provided to HMS study team.</p>
Anti-racism	<p>How much do you agree or disagree with the following statements?</p> <p>I believe my institution actively works towards combating racism within the campus community. My institution makes a genuine effort to recruit a diverse community.</p>	<p>1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree</p>	<p>Matrix table with 3 statements.</p>

	My institution has made a special effort to help individuals from diverse backgrounds feel like they belong on campus.	6=Strongly disagree	
School climate	<p>Please rate the climate at your institution in general for faculty from the following backgrounds:</p> <p>Faculty of color Women faculty Sexual minority faculty (gay, lesbian, bisexual, queer) Gender minority faculty (transgender, genderqueer, non-binary) Faculty with disabilities Faculty from religious beliefs and backgrounds other than Christian Faculty with Christian religious beliefs and backgrounds Faculty who are immigrants Faculty who are not U.S. citizens Faculty who are non-native English speakers</p>	<p>1=Hostile 2=Somewhat hostile 3=Neutral 4=Somewhat welcoming 5=Welcoming 6=I don't know</p>	<p>Matrix table with 10 factors.</p> <p>Display if faculty is selected for "What is your primary role at your institution?" or if faculty is displayed for respondent in sample file provided to HMS study team.</p>
	<p>Please rate the climate at your institution in general for staff from the following backgrounds:</p> <p>Staff of color Women faculty Sexual minority staff (gay, lesbian, bisexual, queer) Gender minority staff (transgender, genderqueer, non-binary) Staff with disabilities Staff from religious beliefs and backgrounds other than Christian Staff with Christian religious beliefs and backgrounds Staff who are immigrants Staff who are not U.S. citizens Staff who are non-native English speakers</p>	<p>1=Hostile 2=Somewhat hostile 3=Neutral 4=Somewhat welcoming 5=Welcoming 6=I don't know</p>	<p>Matrix table with 10 factors.</p> <p>Display if staff is selected for "What is your primary role at your institution?" or if staff is displayed for respondent in sample file provided to HMS study team.</p>