



## **Using the Healthy Minds Network Data Interface**

<https://healthymindsnetwork.org/data/>

### **Acknowledgements:**

The Healthy Minds Network (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?***

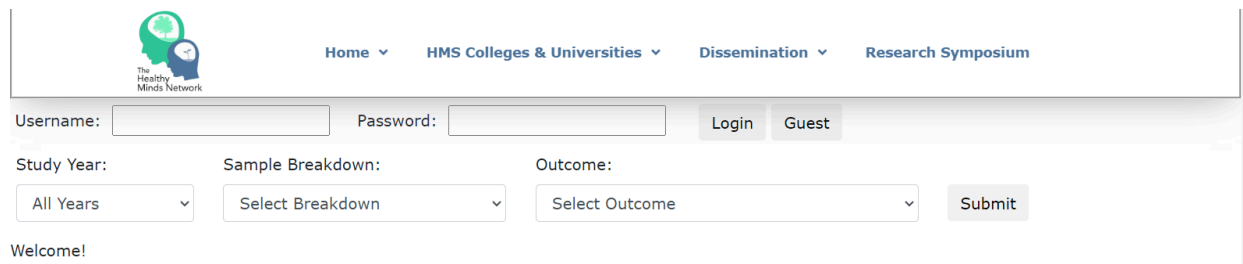
The motivation for creating an interactive, online data interface is directly related to HMN's mission as a research-to-practice initiative. HMN's objectives are threefold: (1) produce knowledge (research), (2) distribute knowledge (dissemination), and (3) facilitate the use of this knowledge (practice). 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 data from the HMS. 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: <https://healthymindsnetwork.org/data/>. There are two ways to access the interface: as a *guest* or as a *school contact* (i.e. individuals at colleges and universities that have participated in the HMS).



The screenshot shows the top navigation bar with the Healthy Minds Network logo and menu items: Home, HMS Colleges & Universities, Dissemination, and Research Symposium. Below the navigation bar is a login section with fields for Username and Password, and buttons for Login and Guest. Underneath are three dropdown menus: Study Year (set to All Years), Sample Breakdown (set to Select Breakdown), and Outcome (set to Select Outcome), followed by a Submit button. At the bottom left, it says "Welcome!"

*Guests:* Anyone can log in as a guest by clicking the “Guest” button next to the “Login” button; no username or password is needed to log in as a guest. Guests can explore aggregated HMS data. The public interface contains all years of data from the HMS survey. On the public side of the data interface, college and university names are not listed.

*School contacts:* School contacts are provided with individualized login credentials via Dropbox. This information can be entered into the “Username” and “Password” boxes before clicking “Login.” Once logged in, the webpage will read “Welcome [School Name]” at the top of the screen. School 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 structure. 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. The interface generates graphs, which can be used for immediate interpretation and for future presentations and other purposes. Below (pg. 4-6) are a few examples of the types of questions that can be answered using the data interface.

## **Important instructions for using the interface:**

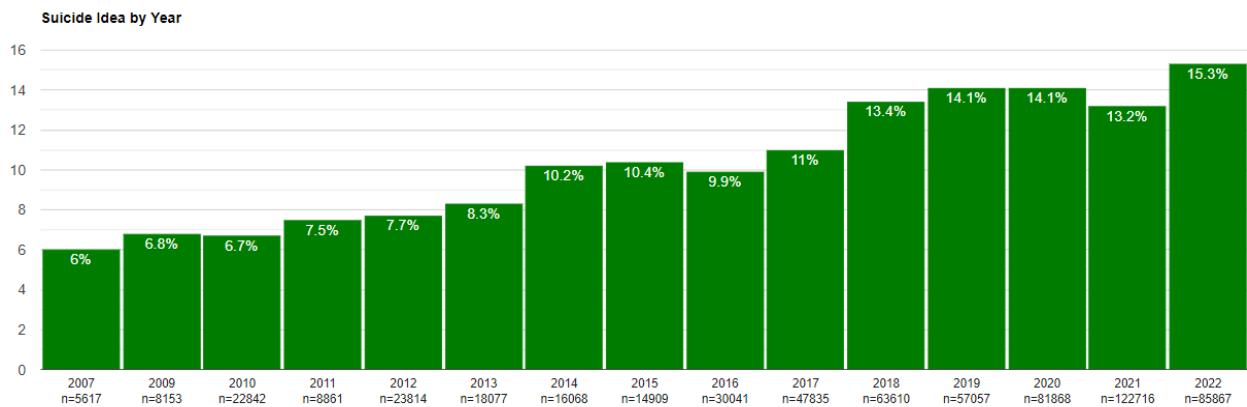
- 1) When selecting options from the Study Year, Sample Breakdown, and Outcome drop-down menus, *the order in which you select your choices matters*. The Outcome drop-down menu options will auto-update every time you select a new year for "Study Year" so that options relevant to that specific study year are shown. To ensure that you do not select a non-existent combination, please select your Study Year first. Every time that you change the Study Year, make sure that you go back into the "Outcome" drop-down menu and select a choice again. This will prevent errors from arising due to an previously-selected Outcome option being paired with a Study Year in which that outcome data was not collected. When this happens, a blank/empty graph will appear (i.e. the graph structure appears but the data says "0%"). If this happens, try making your drop-down menu selections again, this time starting with Study Year.
- 2) If "By Year" is selected for Sample Breakdown while a specific year (e.g., 2022) is selected for Study Year, the interface will return a "No Data Available" message. In other words, the data interface cannot break down data from one specific year "by year." "All Years" must be selected for Study Year in order to use the "By Year" selection for Sample Breakdown.
- 3) Some Outcome options are only available for schools that participated in HMS as part of the Center for Collegiate Mental Health (CCMH) cohort in the 2017-2019 years. These Outcome options have "(CCAPS-34)" in their names. If these Outcome options are selected for years other than 2017-2019, data will not appear.
- 4) For school contacts who have logged in using school-specific credentials: Due to database capacity limitations, only schools that have participated in the three most recent iterations of the HMS will be able to perform peer comparisons using the "By School" option in the Sample Breakdown menu. For example, in 2023, this includes schools that ran HMS during the 2022-2023, 2021-2022, and 2020-2021 academic years.

### Example 1 (for guests): *Has suicidality varied over time?*

The user selects All Years for Study Year, By Year for Sample Breakdown, and Suicidal Ideation for Outcome.

Study Year:  Sample Breakdown:  Outcome:

After selecting "Submit", the user is presented with a bar chart illustrating the proportion of students in each HMS survey year who screened positive for suicidal ideation.

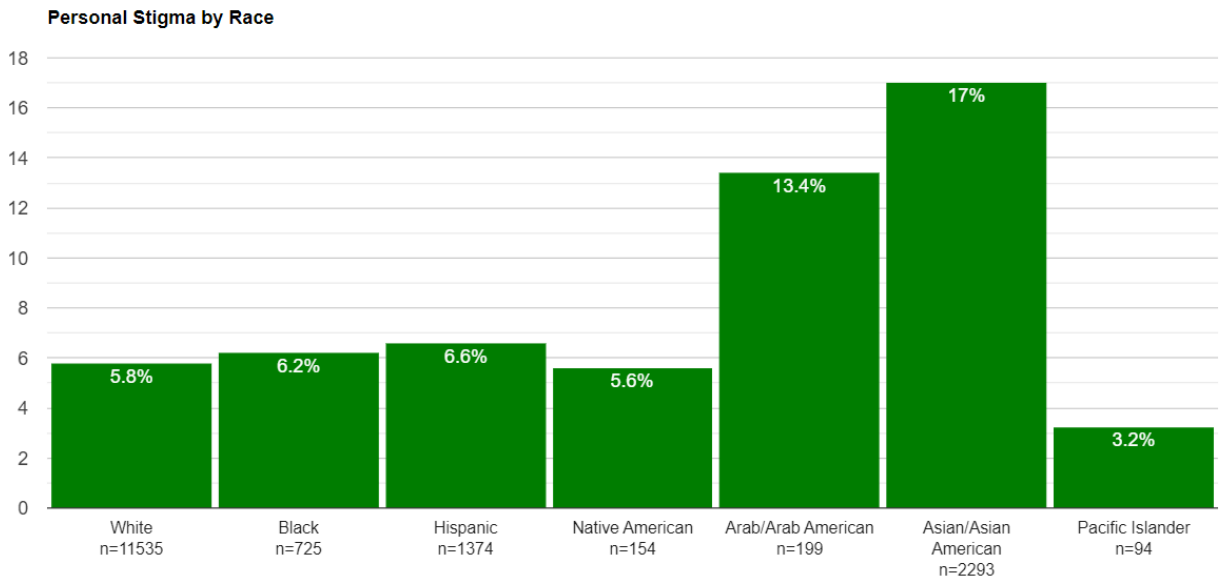


**Example 2 (for guests): In HMS 2014, are there differences in beliefs and prejudices about mental health across race/ethnic group?**

The user selects 2014 for Study Year, By Race for Sample Breakdown, and Personal Stigma for Outcome.

Study Year: 2014    Sample Breakdown: Race    Outcome: Personal Stigma    Submit

After selecting "Submit", 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.



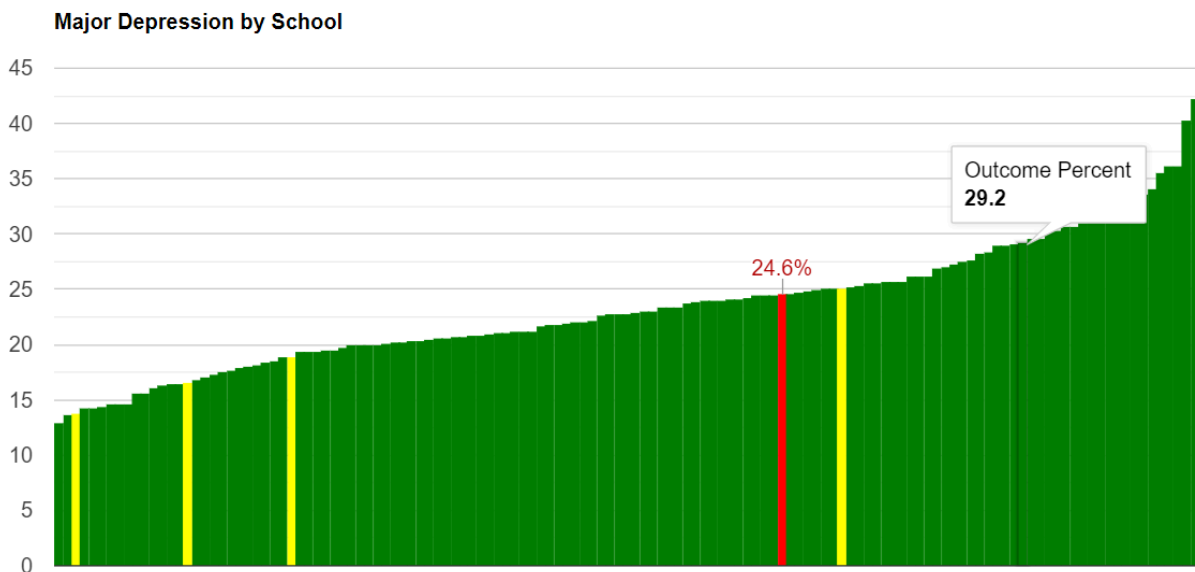
**Example 3 (for school contacts): *In HMS 2022, how does the rate of depression among students at my school compare to the rate at my peer institutions?***

The user selects 2022 for Study Year, By School for Sample Breakdown, and Major Depression (PHQ-9) for Outcome.

Welcome test2022

Study Year: 2022      Sample Breakdown: By School      Outcome: Major Depression (PHQ-9)      Submit

After selecting "Submit", the user is presented with a bar chart comparing the proportion of students who screen positive for depression at your school (red bar) with peer institutions (yellow bars) and all other institutions (green bars) in the aggregate sample. Hover over any bar to view the precise proportion.



**Example 4 (for school contacts): *In HMS 2025, how does the rate of past-month marijuana use at my school compare to the national sample?***

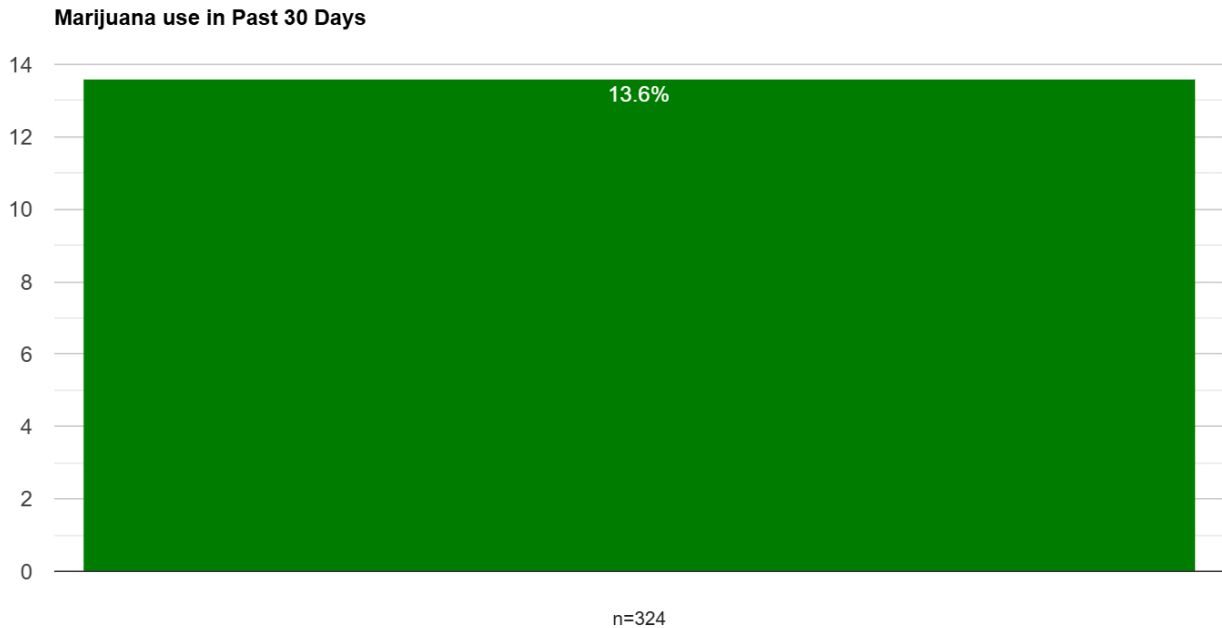
The user selects 2025 for Study Year, No Breakdown for Sample Breakdown, Marijuana (any in past month) for Outcome, and marks the “See individual numbers” checkbox. Checking this box will return school-level data specific to your institution.

Welcome test2022

Study Year: 2025      Sample Breakdown: No Breakdown      Outcome: Marijuana (any in past month)      Submit

See individual numbers

After selecting “Submit”, the user is presented with a bar chart showing the % of students who reported using marijuana in the past month, along with the total number of students included in this data point. In this example, 13.6% of the 324 students surveyed reported past-month marijuana use.

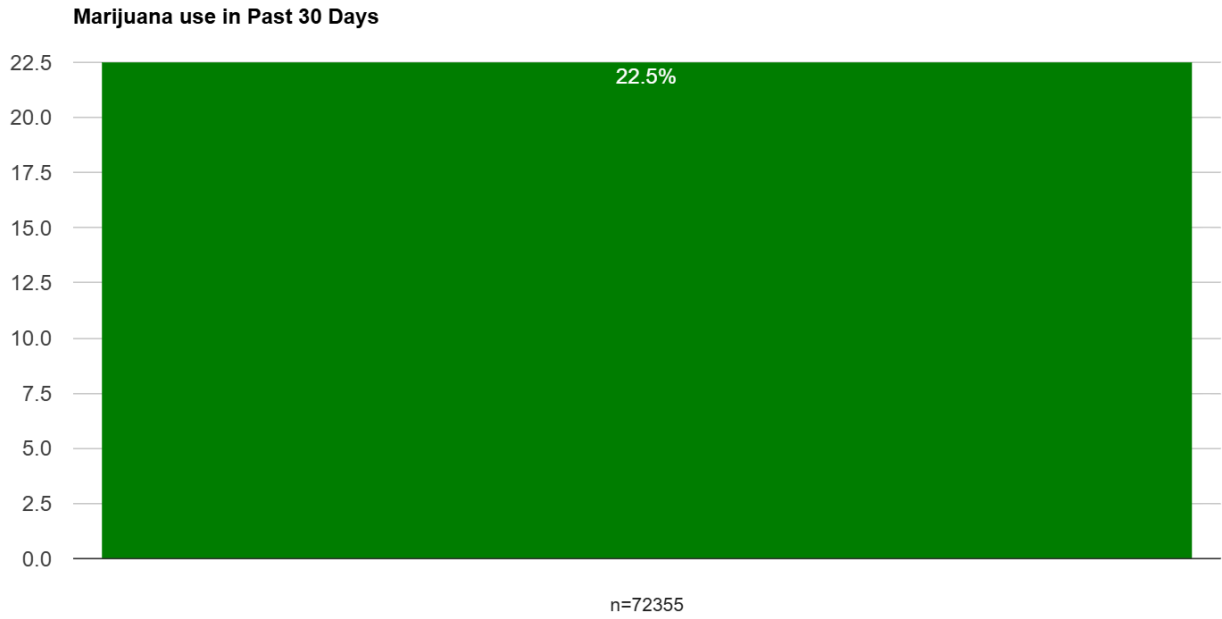


To view national-level results, simply uncheck the “see individual numbers” box and click Submit again. In the resulting chart, you will notice that the “n” is much larger now that it is using the entire national HMS sample.

Welcome test2022

Study Year: 2025      Sample Breakdown: No Breakdown      Outcome: Marijuana (any in past month)      Submit

See individual numbers



**Questions? Comments?** Contact the Healthy Minds Network data team at [hmn-datateam@umich.edu](mailto:hmn-datateam@umich.edu) or the research team at [healthyminds@umich.edu](mailto:healthyminds@umich.edu). We are always looking to improve the data interface and welcome user feedback.