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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 the Health Sciences and Behavioral Sciences Institutional Review Board at University of Michigan. 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 2-4 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.

NON-RESPONSE ANALYSIS

A potential concern in any survey study is that those who respond to the survey will not be fully representative of the population from which they are drawn. In the HMS, we can be confident that those who are invited to fill out the survey are representative of the full student population because these students are randomly selected from the full list of currently enrolled students. However it is still possible that those who actually complete the survey are different in important ways from those who do not complete the survey. The overall participation rate for the 2018-2019 study was 17%. It is important to raise the question of whether the 17% who participated are different in important ways from the 83% who did not participate. We address this issue by constructing non-response weights using administrative data on full student populations. Most of the 36 schools in the 2018-2019 HMS were able to provide administrative data about all randomly selected students. The analysis of these administrative data, separated from any identifying information, was approved in the IRB application at Advarra and at each participating school. We used the following variables, when available, to estimate which types of students were more or less likely to respond: gender, race/ethnicity, academic level, and grade point average. We used these variables to estimate the response propensity of each type of student (based on multivariate logistic regressions), and then assigned response propensity weights to each student who completed the survey. The less likely a type of student was to complete the survey, the larger the weight they received in the analysis, such that the weighted estimates are representative of the full student population in terms of the administrative variables available for each institution. Finally, note that these sample weights give equal aggregate weight to each school in the national estimates. An alternative would have been to assign weights in proportion to school size, but we decided that we did not want our overall national estimates to be dominated by schools in our sample with very large enrollments.

ABOUT THIS REPORT

This data report provides descriptive statistics (percentages, mean values, etc.) from the sample of respondents at your institution for a set of key measures. In addition to the key measures highlighted in this report, an appendix is also included with descriptive statistics for each survey item (see below).

APPENDIX

The appendix includes values for most measures in the three standard survey modules that are administered on all participating campuses: Demographics, Mental Health Status, and Mental Health Services Utilization/Help-Seeking. For each measure, the data tables display the following information: the value table for your institution, the 95% confidence interval for your institution's value, the value for the national sample, and an indicator if your institution's value is significantly higher or lower than the national value. All values in the appendix have been weighted to be representative of the full student populations to which they refer (see Non-response Analysis). Also note that for some measures, respondents were allowed to check more than one response category (e.g., they might have gone to more than one type of provider for mental health services), so the percentages sometimes add up to more than 100% across response categories. The 95% confidence intervals give a sense of how much uncertainty there is about each estimated value. This uncertainty exists because our estimates are based only on a random sample of students, rather than a complete census of the student population. However, some schools that had less than 4,000 students (the typical requested sample size), provided their entire population. For consistency sake, these schools were not treated any differently than those schools that provided a 4,000 student sample of their full population. Essentially, the confidence interval tells us that there is a 95% probability that the true population value is within this particular range. Because both the school-level and national values are only estimates based on random sampling, we cannot say for certain that your institution's true value is above or below the national value. But in cases where we can say that there is a 95% or higher statistical probability that your institution's value is higher or lower than the national value, we indicate this.

EXPLORING YOUR DATA FURTHER

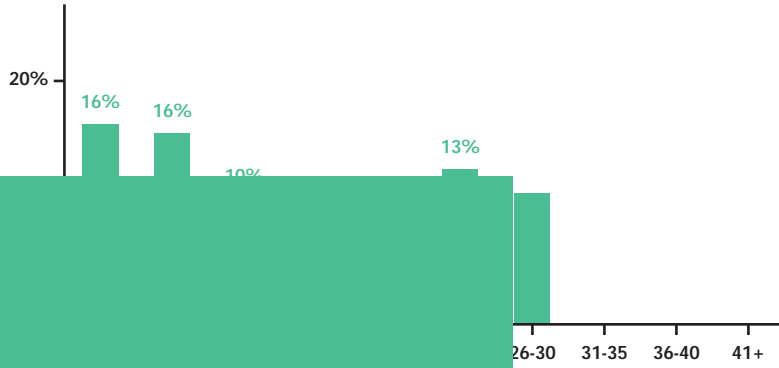
There are two options for exploring your data beyond what is in this report. First, you can use statistical software (e.g., SPSS, Stata, etc.) to analyze the full data set for your students, which has been provided to your school. Second, you will be able to log on to a user-friendly website with drop-down menus, at data.healthymindsnetwork.org.

KEY FINDINGS

This section offers a quick look at results that may be of special interest to your institution.

| | |
|---|-----|
| Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year) | 47% |
| Personal stigma: agrees with "I would think less of someone who has received mental health treatment." | 5% |
| Perceived public stigma: agrees with "Most people would think less of someone who has received mental health treatment." | 45% |

SAMPLE CHARACTERISTICS (N=498)



PREVALENCE OF MENTAL HEALTH PROBLEMS

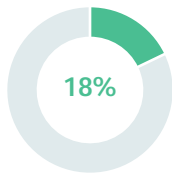
DEPRESSION SCREEN

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 (score of 15+), moderate (score of 10-14), or mild/minimal (score <10).

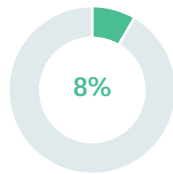


SUICIDALITY AND SELF-INJUROUS BEHAVIOR

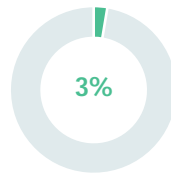
Suicidal ideation (past year)



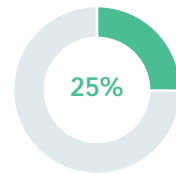
Suicide plan (past year)



Suicide attempt (past year)



Non-suicidal self-injury (past year)



LIFETIME DIAGNOSES 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)

| | |
|-----|--|
| 3% | |
| 30% | Anxiety (e.g., generalized anxiety disorder, phobias) |
| 3% | Obsessive-compulsive or related disorders (e.g., obsessive-compulsive disorder, body dysmorphia) |
| 10% | Trauma and Stressor Related Disorders (e.g., posttraumatic stress disorder) |
| 6% | Neurodevelopmental disorder or intellectual disability (e.g., attention deficit disorder, attention deficit hyperactivity disorder, intellectual disability, autism spectrum disorder) |
| 2% | Eating disorder (e.g., anorexia nervosa, bulimia nervosa) |
| 0% | Psychosis (e.g., schizophrenia, schizo-affective disorder) |
| 3% | Personality disorder (e.g., antisocial personality disorder, paranoid personality disorder, schizoid personality disorder) |
| 3% | Substance use disorder (e.g., alcohol abuse, abuse of other drugs) |
| 58% | No, none of these |

HEALTH BEHAVIORS AND LIFESTYLE

Drug use

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

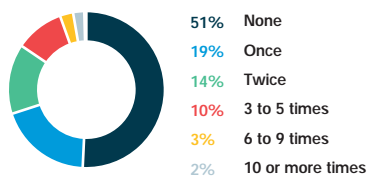
| | |
|-----|---|
| 14% | Marijuana |
| 1% | Cocaine (any form, including crack, powder, or freebase) |
| 0% | Heroin |
| 1% | Opioid pain relievers (such as Vicodin, OxyContin, Percocet, Demerol, Dilaudid, codeine, hydrocodone, methadone, morphine) without a prescription or more than prescribed |
| 2% | Benzodiazepenes |
| 0% | Methamphetamines (also known as speed, crystal meth, or ice) |
| 2% | Other stimulants (such as Ritalin, Adderall) without a prescription or more than prescribed |
| 0% | Ecstasy |
| 1% | Other drugs without a prescription |
| 85% | No, none of these |

Binge drinking

The following questions ask about how much you drink. A "drink" means any of the following:

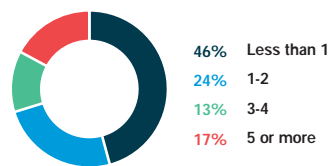
- A 12-ounce can or bottle of beer
- A 4-ounce glass of wine
- A shot of liquor straight or in a mixed drink

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



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)



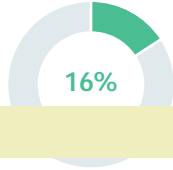
USE OF SERVICES

Psychotropic medication use, all students (past year)

In the past 12 months have you taken any of the following types of medications? Please count only those you took, or are taking, several

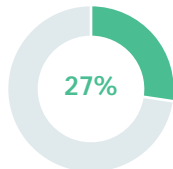
Mental health counseling/therapy, all students (past year)

In the past 12 months have you received counseling or therapy for your mental or emotional health from a health professional (such as psychiatrist, psychologist, social worker, or primary care doctor)?



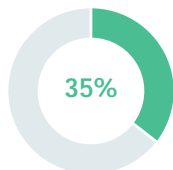
Mental health counseling/therapy among students with positive depression or anxiety screens (past year)

In the past 12 months have you received counseling or therapy for your mental or emotional health from a health professional (such as psychiatrist, psychologist, social worker, or primary care doctor)?



Mental health counseling/therapy, all students (lifetime)

Have you ever received counseling or therapy for mental health concerns?



Mental health counseling/therapy among students with positive depression or anxiety screens (lifetime)

Have you ever received counseling or therapy for mental health concerns?



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)

| | |
|-----|--|
| 8% | Roommate |
| 35% | Friend (who is not a roommate) |
| 28% | Significant other |
| 31% | Family member |
| 5% | Religious counselor or other religious contact |
| 2% | Support group |
| | Other non-clinical source |
| 42% | None of the above |

Barriers to help-seeking

In the past 12 months, which the

therapy,

you have

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MENTAL HEALTH SCREENS

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APPENDIX: DESCRIPTIVE STATISTICS FOR SURVEY ITEMS

| MEASURE | All Students | 95% CONFIDENCE INTERVAL | NATIONAL SAMPLE | Significantly Different from National Sample |
|-------------------------------------|--------------|-------------------------|-----------------|--|
| Respondent Characteristics | | | | |
| N | 498 | | | |
| Response Rate | 12% | | | |
| Female | 58% | (53%, 63%) | 50% | X |
| Male | 39% | (34%, 44%) | 47% | X |
| Other | 3% | (2%, 5%) | 2% | |
| White / Caucasian | 69% | (65%, 74%) | 72% | |
| Black / African American | 10% | (7%, 13%) | 10% | |
| Hispanic / Latino | 12% | (9%, 15%) | 9% | |
| American Indian | 18% | (15%, 22%) | 2% | X |
| Arab / Middle Eastern | 1% | (0%, 2%) | 2% | |
| Asian / Asian American | 10% | (7%, 13%) | 11% | |
| Pacific Islander | 1% | (0%, 3%) | 1% | |
| Other | 2% | (1%, 4%) | 2% | |
| US Resident / Citizen | 97% | (95%, 98%) | 93% | X |
| International | 3% | (2%, 5%) | 7% | X |
| Campus residence hall | 0% | (0%, 0%) | 36% | X |
| Fraternity / sorority house | 0% | (0%, 0%) | 3% | |
| Other campus housing | 0% | (0%, 1%) | 10% | X |
| Off-campus / non-university housing | 40% | (35%, 45%) | 34% | X |
| Parent or guardian's home | 52% | (47%, 57%) | 14% | X |
| Other | 8% | (5%, 10%) | 2% | X |
| Associates | 85% | (81%, 88%) | 18% | X |
| Bachelors | 16% | (12%, 19%) | 65% | X |
| Masters | 1% | (0%, 2%) | 8% | X |
| JD | 0% | (0%, 0%) | 1% | |
| MD | 0% | (0%, 0%) | 3% | |
| PhD or equivalent | 0% | (0%, 0%) | 4% | X |
| Other | 3% | (1%, 5%) | 2% | |
| Non-degree | 3% | (1%, 4%) | 2% | |
| | 5% | (3%, 7%) | 4% | |
| 18-22 | 53% | (48%, 58%) | 74% | X |
| 23-25 | 13% | (9%, 16%) | 11% | |
| 26-30 | 11% | (8%, 13%) | 8% | X |
| 31+ | 23% | (19%, 28%) | 8% | X |
| Less than high school degree | 10% | (7%, 13%) | 3% | X |
| High school degree | 44% | (39%, 48%) | 22% | X |
| College degree | 35% | (30%, 40%) | 38% | |
| Graduate degree | 12% | (8%, 15%) | 37% | X |

MEASURE

All Students

**95% CONFIDENCE
INTERVAL**

**NATIONAL
SAMPLE**

**Significantly Different
from National Sample**

| MEASURE | All Students | 95% CONFIDENCE INTERVAL | NATIONAL SAMPLE | Significantly Different from National Sample |
|---|--------------|-------------------------|-----------------|--|
| Previous Diagnoses of Mental Disorders | | | | |
| Any | 42% | (37%, 46%) | 36% | X |
| Any | 31% | (27%, 35%) | 24% | X |
| Major depression | 12% | (9%, 16%) | 11% | |
| Dysthymia | 2% | (1%, 3%) | 3% | |
| Premenstrual dysphoric disorder | 1% | (0%, 2%) | 0% | X |
| Any | 3% | (2%, 5%) | 3% | |
| Bipolar I disorder | 2% | (1%, 3%) | 1% | X |
| Bipolar II disorder | 2% | (0%, 3%) | 1% | |
| Cyclothymic disorder | 0% | (0%, 0%) | 0% | |
| Any | 30% | (25%, 34%) | 27% | |
| Generalized anxiety disorder | 23% | (19%, 27%) | 20% | |
| Panic disorder | 7% | (4%, 9%) | 4% | X |
| Agoraphobia | 0% | (0%, 0%) | 0% | |
| Specific phobia | 1% | (0%, 2%) | 1% | |
| Social anxiety disorder or social phobia | 8% | (5%, 10%) | 6% | |
| Any | 5% | (3%, 7%) | 4% | |
| Obsessive-compulsive disorder | 4% | (2%, 6%) | 3% | |
| Any | 10% | (7%, 13%) | 5% | X |
| Posttraumatic stress disorder | 9% | (7%, 12%) | 4% | X |
| Acute stress disorder | 1% | (0%, 2%) | 1% | |
| Any | 0% | (0%, 0%) | 0% | |
| Schizophrenia | 0% | (0%, 0%) | 0% | |
| Any | 6% | (3%, 8%) | 6% | |
| ADHD | 5% | (3%, 8%) | 5% | |
| Other intellectual disability | 0% | (0%, 0%) | 0% | |
| Autism spectrum disorder | 0% | (0%, 1%) | 0% | |
| Any | 2% | (1%, 3%) | 3% | |
| Anorexia nervosa | 1% | (0%, 2%) | 2% | |
| Bulimia nervosa | 1% | (0%, 2%) | 1% | |
| Binge eating disorder | 0% | (0%, 1%) | 1% | |
| Any | 3% | (1%, 4%) | 1% | X |
| Any | 3% | (2%, 5%) | 1% | X |
| Alcohol abuse disorder | 2% | (0%, 3%) | 1% | |

| MEASURE | All Students | 95% CONFIDENCE INTERVAL | NATIONAL SAMPLE | Significantly Different from National Sample |
|--|--------------|-------------------------|-----------------|--|
| Health Behaviors and Lifestyle | | | | |
| Cigarettes | 13% | (10%, 16%) | 11% | |
| Vape pen or E-Cigarette | 0% | (0%, 0%) | 16% | |
| Marijuana | 14% | (11%, 17%) | 25% | X |
| Cocaine | 1% | (0%, 2%) | 2% | |
| Heroin | 0% | (0%, 0%) | 0% | |
| Opioid pain relievers without a prescription or more than prescribed | 1% | (0%, 2%) | 1% | |
| Benzodiazepenes | 2% | (1%, 3%) | 1% | X |
| Methamphetamines | 0% | (0%, 0%) | 0% | |
| Other stimulants without a prescription or more than prescribed | 2% | (0%, 3%) | 3% | |
| Ecstasy | 0% | (0%, 1%) | 1% | |
| Other drugs without a prescription | 1% | (0%, 3%) | 1% | |
| More than one time | 18% | (14%, 22%) | 39% | X |
| More than 3 times | 6% | (3%, 8%) | 14% | X |
| | 32% | (28%, 37%) | 17% | X |
| Less than 1 hour/week | 3% | (1%, 5%) | 2% | X |
| 1-2 hours/week | 9% | (6%, 12%) | 5% | X |
| 3-5 hours/week | 28% | (23%, 32%) | 22% | X |
| 6-10 hours/week | 27% | (23%, 31%) | 28% | |
| 11-15 hours/week | 15% | (11%, 18%) | 17% | |
| 16-20 hours/week | 11% | (8%, 15%) | 13% | |
| More than 20 hours/week | 7% | (4%, 9%) | 13% | X |
| Did anyone strike or physically injure you? | 7% | (4%, 9%) | 8% | |

Attitudes and Beliefs about Services

| | | | | |
|---|-----|------------|-----|---|
| I... | 5% | (3%, 7%) | 6% | |
| Most people... | 45% | (40%, 49%) | 45% | |
| Agree or strongly agree | 46% | (41%, 51%) | 77% | X |
| Believes medication is helpful or very helpful for depression | 57% | (53%, 62%) | 58% | |
| Believes therapy is helpful or very helpful for depression | 81% | (77%, 85%) | 82% | |

MEASURE

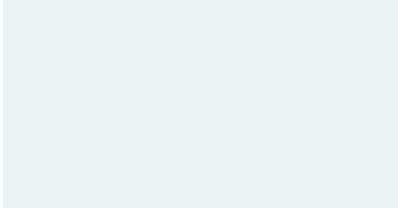
All Students

95% CONFIDENCE
INTERVAL

NATIONAL
SAMPLE

Significantly Different
from National Sample

Help-Seeking



| MEASURE | All Students | 95% CONFIDENCE INTERVAL | NATIONAL SAMPLE | Significantly Different from National Sample |
|---|--------------|-------------------------|-----------------|--|
| Help-Seeking | | | | |
| Psychiatric emergency services | 1% | (0%, 2%) | 1% | |
| Inpatient psychiatric hospital | 1% | (0%, 2%) | 1% | |
| Partial hospitalization program | 0% | (0%, 0%) | 0% | |
| Provider in the local community (not on campus) | 9% | (6%, 11%) | 5% | X |
| Provider in another location (such as hometown) | 3% | (1%, 5%) | 11% | X |
| Other | 3% | (1%, 4%) | 1% | X |
| Past year | 30% | (25%, 34%) | 37% | X |
| Current | 22% | (18%, 26%) | 24% | |
| Past year | 47% | (40%, 54%) | 55% | X |
| Current | 35% | (29%, 42%) | 38% | |
| Past year | 70% | (65%, 74%) | 77% | X |
| Roommate | 4% | (2%, 5%) | | |
| Friend (other than roommate) | 35% | (31%, 40%) | 44% | |
| Significant other | 28% | (24%, 32%) | 27% | |
| Family member | 31% | (26%, 35%) | 37% | |
| Religious contact | 5% | (3%, 7%) | 4% | |
| Support group | 2% | (1%, 3%) | 2% | |
| Other non-clinical source | 1% | (0%, 2%) | 1% | |
| None of the above | 42% | (37%, 47%) | 35% | |

MEASURE

All Students

95% CONFIDENCE INTERVAL

NATIONAL SAMPLE

Significantly Different from National Sample

Satisfaction with Therapy, Campus Providers

| | | | | |
|-----------------------|------|--------------|-----|--|
| Very dissatisfied | 0% | (0%, 0%) | 5% | |
| Dissatisfied | 0% | (0%, 0%) | 8% | |
| Somewhat dissatisfied | 0% | (0%, 0%) | 9% | |
| Somewhat satisfied | 0% | (0%, 0%) | 21% | |
| Satisfied | 36% | (0%, 100%) | 38% | |
| Very satisfied | 64% | (0%, 100%) | 19% | |
| Very dissatisfied | 0% | (0%, 0%) | 2% | |
| Dissatisfied | 0% | (0%, 0%) | 3% | |
| Somewhat dissatisfied | 0% | (0%, 0%) | 6% | |
| Somewhat satisfied | 0% | (0%, 0%) | 13% | |
| Satisfied | 36% | (0%, 100%) | 45% | |
| Very satisfied | 64% | (0%, 100%) | 31% | |
| Very dissatisfied | 0% | (0%, 0%) | 4% | |
| Dissatisfied | 0% | (0%, 0%) | 6% | |
| Somewhat dissatisfied | 0% | (0%, 0%) | 7% | |
| Somewhat satisfied | 0% | (0%, 0%) | 17% | |
| Satisfied | 0% | (0%, 0%) | 33% | |
| Very satisfied | 100% | (100%, 100%) | 34% | |
| Very dissatisfied | 0% | (0%, 0%) | 1% | |
| Dissatisfied | 0% | (0%, 0%) | 1% | |
| Somewhat dissatisfied | 0% | (0%, 0%) | 2% | |
| Somewhat satisfied | 0% | (0%, 0%) | 7% | |
| Satisfied | 36% | (0%, 100%) | 39% | |
| Very satisfied | 64% | (0%, 100%) | 50% | |
| Very dissatisfied | | | | |
| Dissatisfied | | | | |
| Somewhat dissatisfied | | | | |
| Somewhat satisfied | | | | |
| Satisfied | | | | |
| Very satisfied | | | | |

(0%, 0%)



MEASURE

All Students

95% CONFIDENCE INTERVAL

NATIONAL SAMPLE

Significantly Different from National Sample

Satisfaction with Therapy, Non-Campus Providers

| | | | | |
|-----------------------|-----|------------|-----|---|
| Very dissatisfied | 0% | (0%, 0%) | 2% | |
| Dissatisfied | 6% | (0%, 20%) | 3% | |
| Somewhat dissatisfied | 0% | (0%, 0%) | 6% | |
| Somewhat satisfied | 36% | (2%, 70%) | 16% | |
| Satisfied | 30% | (2%, 59%) | 43% | |
| Very satisfied | 28% | (0%, 61%) | 30% | |
| Very dissatisfied | 0% | (0%, 0%) | 2% | |
| Dissatisfied | 4% | (0%, 9%) | 4% | |
| Somewhat dissatisfied | 3% | (0%, 7%) | 7% | |
| Somewhat satisfied | 35% | (20%, 49%) | 16% | X |
| Satisfied | 30% | (18%, 43%) | 41% | |
| Very satisfied | 28% | (16%, 40%) | 30% | |
| Very dissatisfied | 1% | (0%, 4%) | 3% | |
| Dissatisfied | 6% | (0%, 14%) | 4% | |
| Somewhat dissatisfied | 6% | (0%, 12%) | 5% | |
| Somewhat satisfied | 23% | (9%, 36%) | 15% | |
| Satisfied | 18% | (7%, 28%) | 29% | |
| Very satisfied | 46% | (32%, 60%) | 45% | |
| Very dissatisfied | 1% | | 1% | |
| Dissatisfied | 4% | | 1% | |
| Somewhat dissatisfied | 3% | | 2% | |
| Somewhat satisfied | 11% | | 6% | |
| Satisfied | 29% | | 33% | |
| Very satisfied | 52% | | 57% | |
| Very dissatisfied | | | | |
| Dissatisfied | | | | |
| Somewhat dissatisfied | | | | |
| Somewhat satisfied | | | | |
| Satisfied | | | | |
| Very satisfied | | | | |

MEASURE

All Students

95% CONFIDENCE
INTERVAL

NATIONAL
SAMPLE

Significantly Different
from National Sample

Barriers and Facilitators to Help-Seeking

Prefer to deal with issues on my own or
with support from family/friends
Other
No barriers

| MEASURE | All Students | 95% CONFIDENCE INTERVAL | NATIONAL SAMPLE | Significantly Different from National Sample |
|---------|--------------|-------------------------|-----------------|--|
|---------|--------------|-------------------------|-----------------|--|

Supportiveness of Academic and Social Environment

| | | | | |
|---|-----|------------|-----|---|
| | 7% | (4%, 9%) | 14% | X |
| Very supportive | 71% | (55%, 87%) | 50% | X |
| Supportive | 22% | (8%, 36%) | 42% | X |
| Not supportive | 5% | (0%, 11%) | 7% | |
| Very unsupportive | 2% | (0%, 7%) | 2% | |
| Professor from one of classes | 30% | (26%, 35%) | 30% | |
| Academic advisor | 24% | (19%, 28%) | 29% | X |
| Another faculty member | 3% | (1%, 4%) | 7% | X |
| Teaching assistant | 1% | (0%, 1%) | 2% | |
| Student services staff | 9% | (6%, 12%) | 13% | X |
| Dean of Students or Class Dean | 2% | (1%, 3%) | 6% | X |
| Other | 3% | (1%, 4%) | 5% | X |
| No one | 53% | (48%, 58%) | 31% | X |
| Am confident I will finish my degree no matter the challenges | 79% | (76%, 83%) | 80% | |