

Healthy Minds: Mental Health in College Student Populations

Presentation for National Academies of Sciences (NAS)

Committee Meeting

December 9, 2019



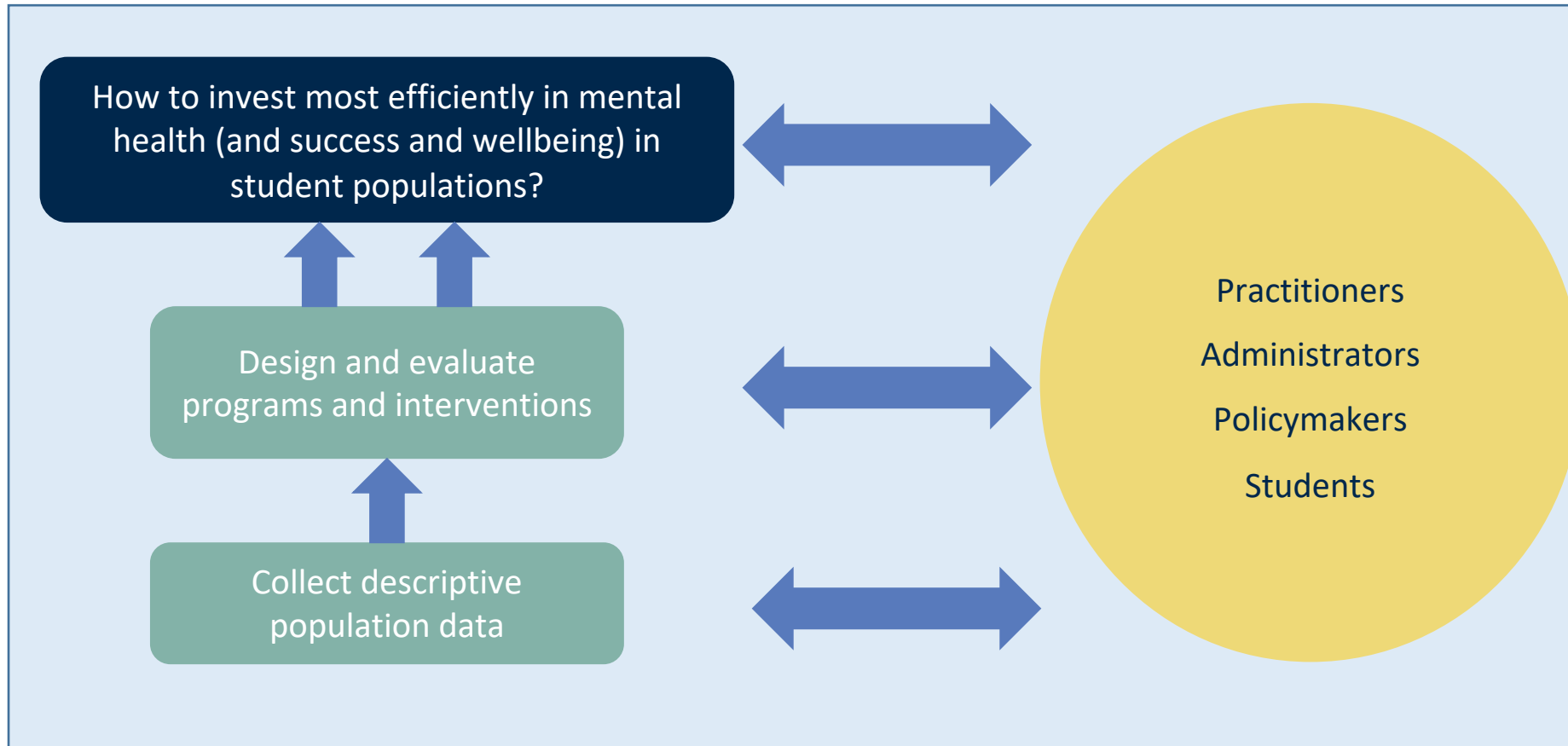
Healthy Minds Network

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Outline

- Defining the Problem/Opportunity
- Quantifying It (Epidemiological Data)
- Solving It (Intervention Research)

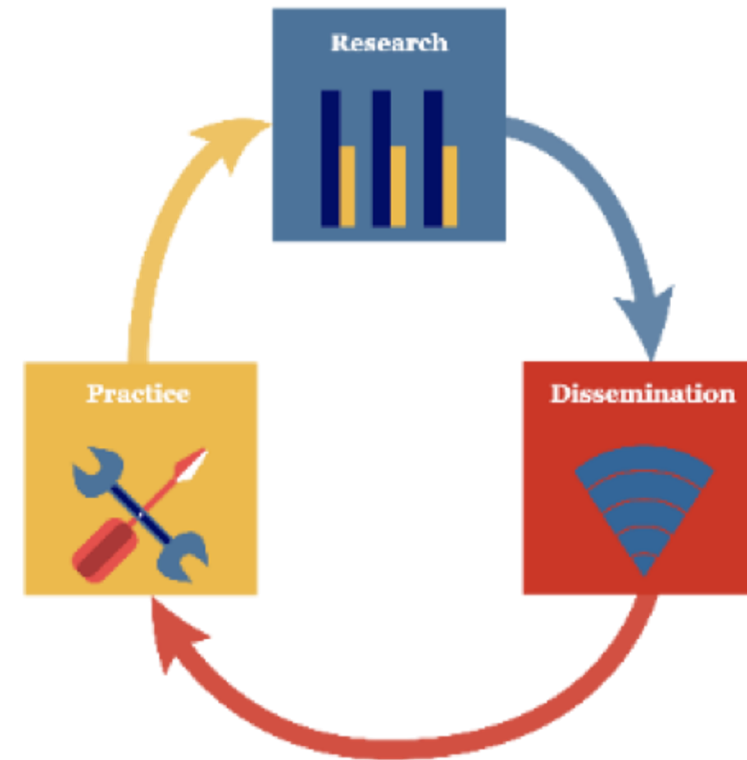
Research Agenda



Purpose of the Healthy Minds Network



- Research-to-practice network
- Public health approach



Data Dissemination Strategies

- Webinar series
- Research briefs
- Data reports
- Data interface (data.healthymindsnetwork.org)
- College Mental Health Research Symposium
- Partnerships (e.g., JED Foundation, Center for Collegiate Mental Health, Active Minds)



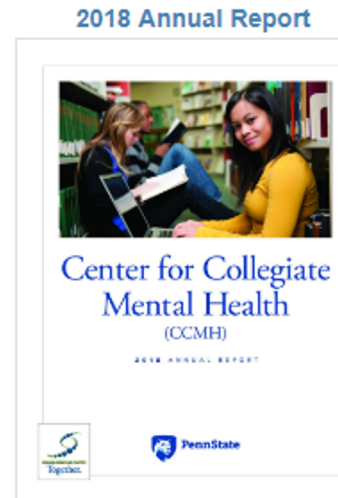
healthymindsnetwork.org/participate/data-reporting

Wealth of National Data on Student Mental Health

Student Surveys



Counseling Center Client Data



Counseling Center Director Survey



Healthy Minds Study



- Started in 2005
- Annual, web-based survey
- > 250 schools; > 300,000 student participants
- Random sample at each institution
- 20-30 minutes to complete
- After survey, informs students about mental health resources



Survey Topics



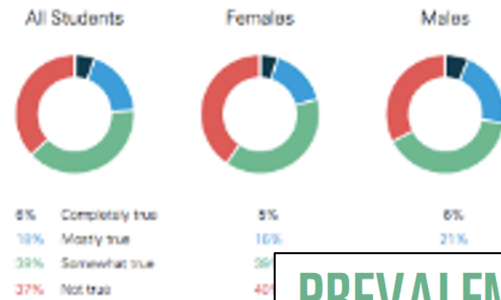
Data Reports

ATTITUDES, KNOWLEDGE, AND CAMPUS CLIMATE

ATTITUDES

Public perceived stigma

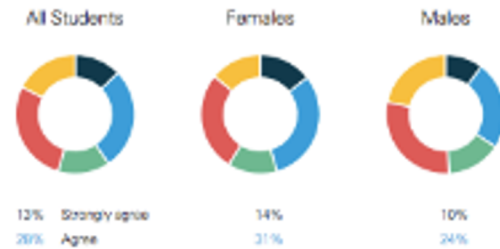
Most students at my school would think less of a person with an eating disorder.



KNOWLEDGE

Knowledge of campus mental health resources

I know where students at my school could go on campus to receive support for problems related to eating and/or body image.



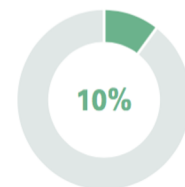
THE HEALTHY MINDS STUDY

2014 DATA REPORT

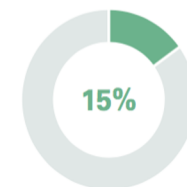
PREVALENCE OF MENTAL HEALTH PROBLEMS

DEPRESSION SCREEN

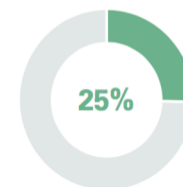
Major depression



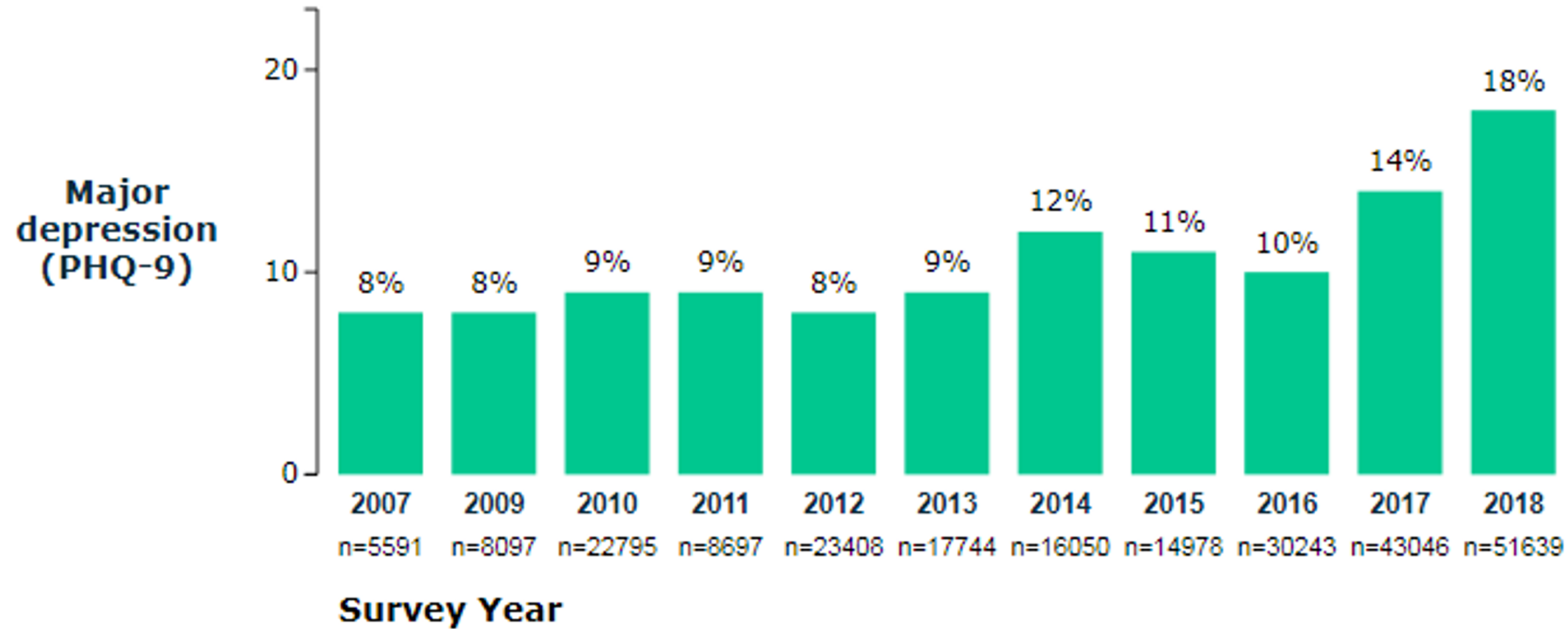
Other depression



Any depression

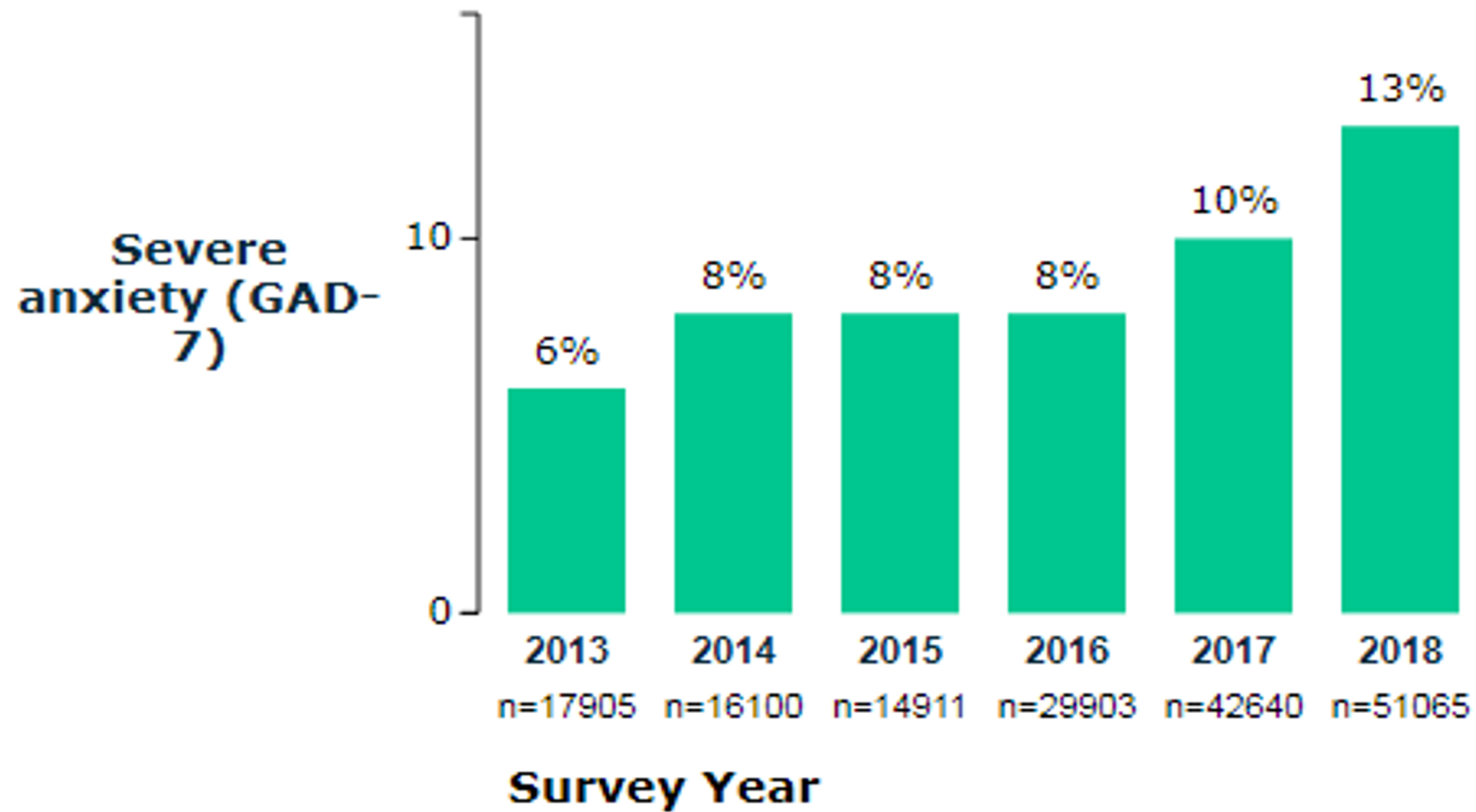


Depressive Symptoms (Healthy Minds Study)

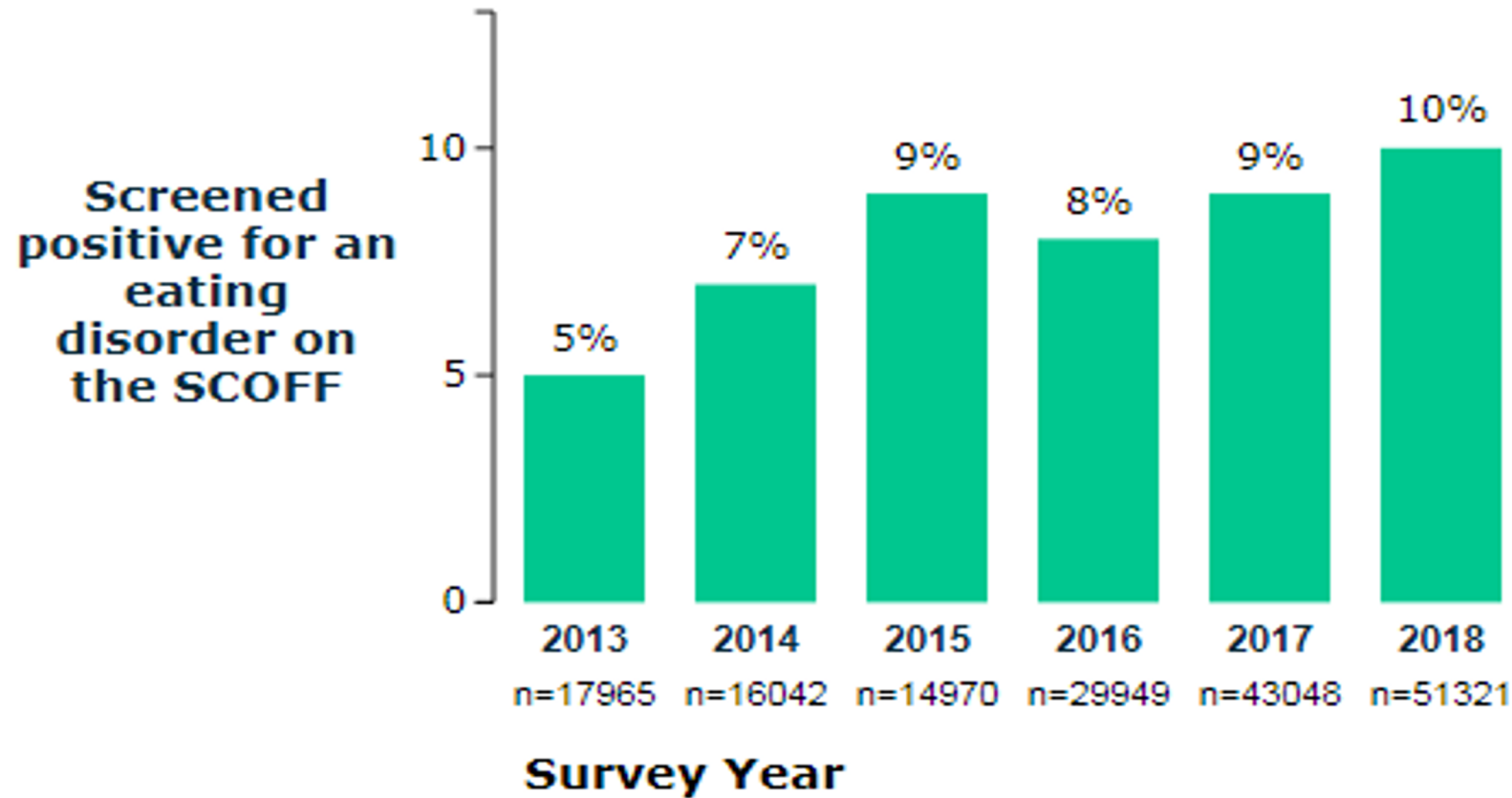


Survey respondents from Aggregate Survey Data who screened positive for major depression (PHQ-9) grouped by survey year.

Anxiety Symptoms (Healthy Minds Study)



Eating Disorders Symptoms (Healthy Minds Study)



New Article with ACHA-NCHA and HMS Data

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SOCIETY FOR ADOLESCENT
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Article in Press

Trends in Mood and Anxiety Symptoms and Suicide-Related Outcomes Among U.S. Undergraduates, 2007–2018: Evidence From Two National Surveys

[Mary E. Duffy](#)^{a,*}  , [Jean M. Twenge](#), Ph.D.^b, [Thomas E. Joiner](#), Ph.D.^a

Explanations for Rise in Mental Health Problems?

Clinical Psychological Science

aps | ASSOCIATION FOR PSYCHOLOGICAL SCIENCE

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Increases in Depressive Symptoms, Suicide-Related Outcomes, and Suicide Rates Among U.S. Adolescents After 2010 and Links to Increased New Media Screen Time
[Jean M. Twenge, Thomas E. Joiner, Megan L. Rogers, more...](#) [Show all authors ▾](#)



Current Opinion in Psychology

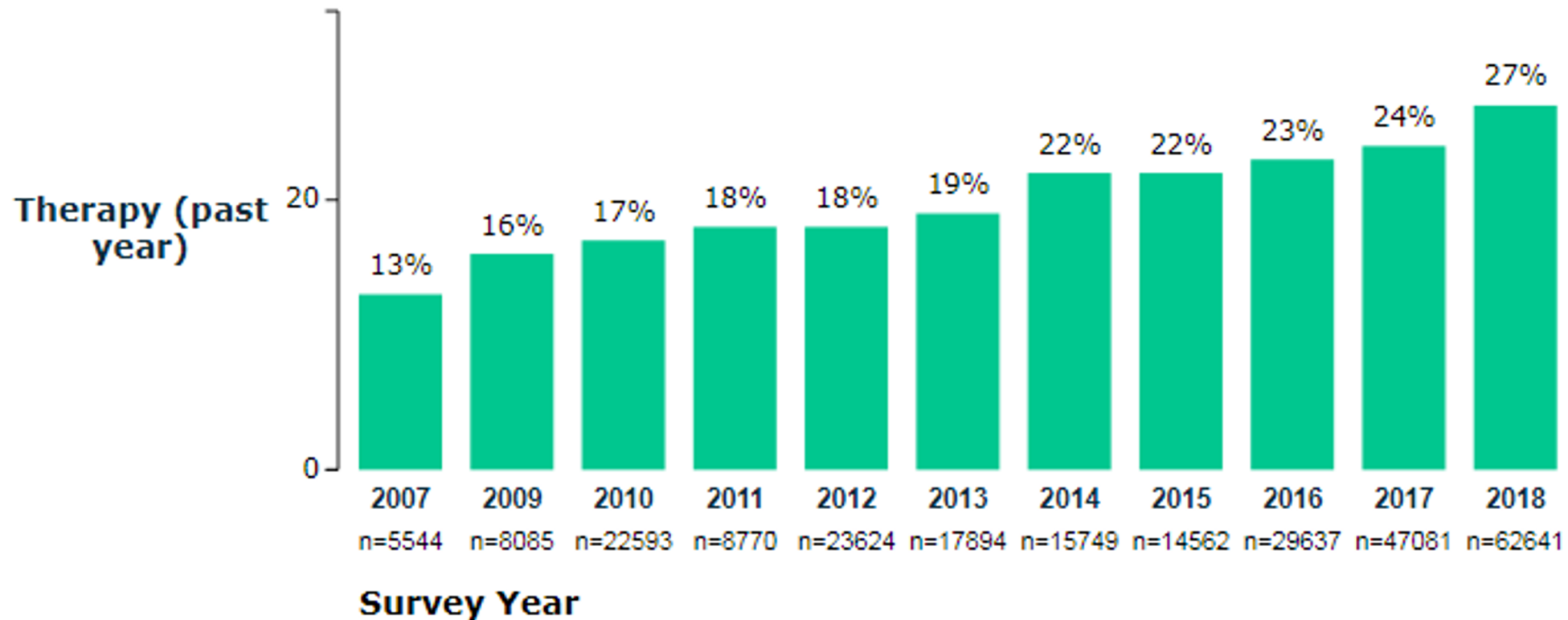
Volume 32, April 2020, Pages 89-94



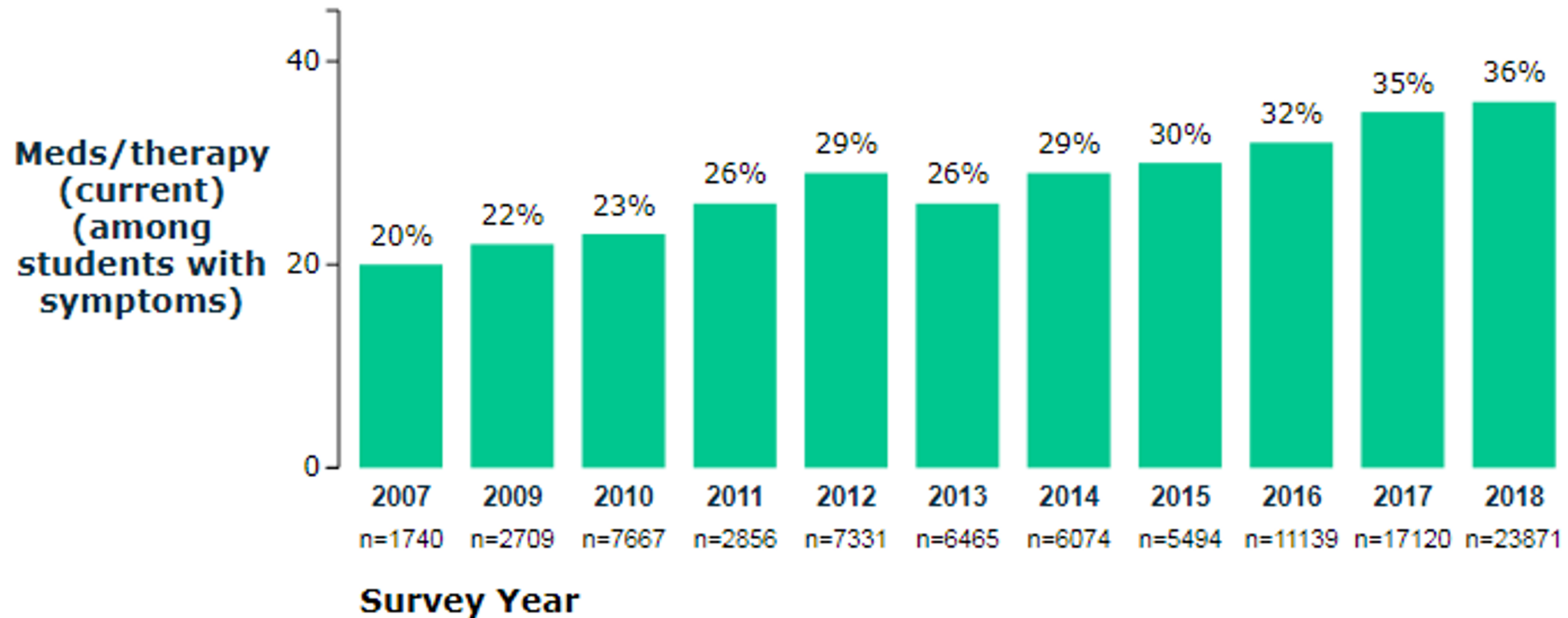
Why increases in adolescent depression
may be linked to the technological
environment

[Jean M Twenge](#) ✉

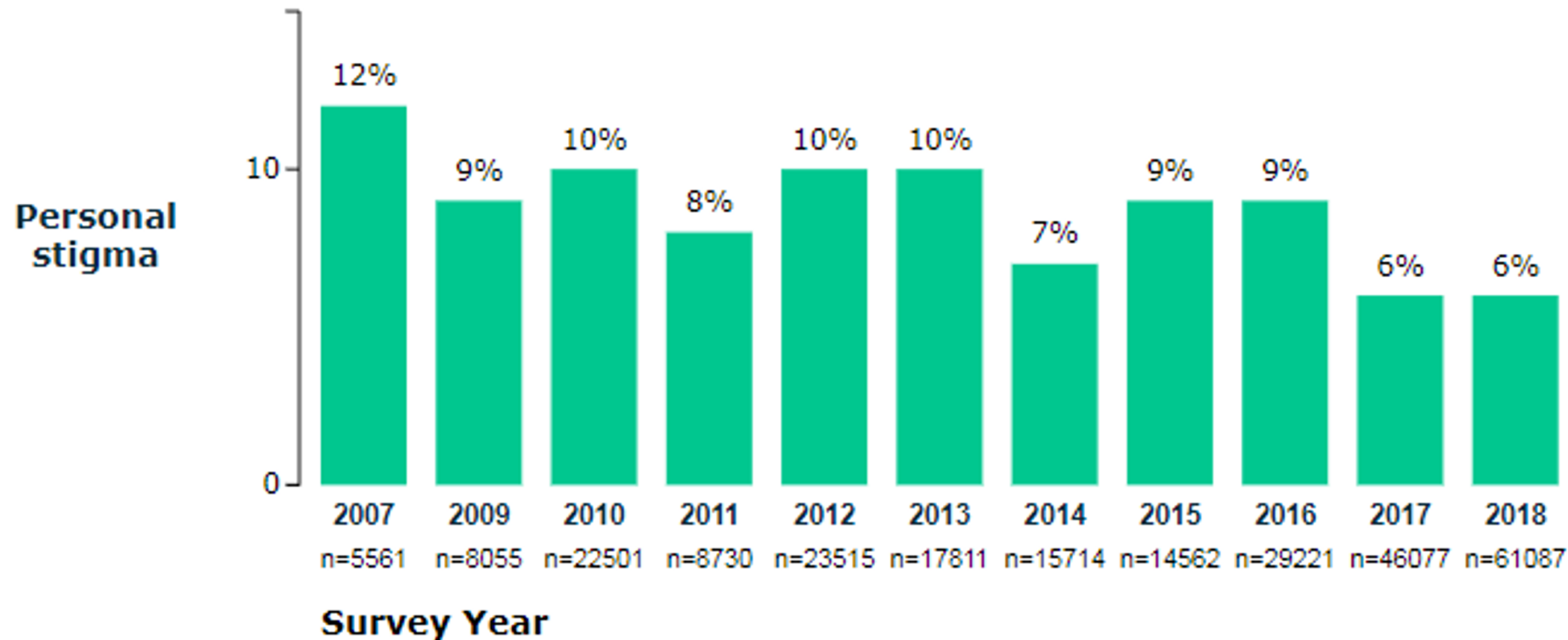
Therapy/Counseling Use (Healthy Minds Study)



Service Use among Students with Symptoms (Healthy Minds Study)



Stigma (“I Would Think Less of Someone...”) (Healthy Minds Study)



More Details on Increased Service Use:

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Brief Reports

[Full Access](#)

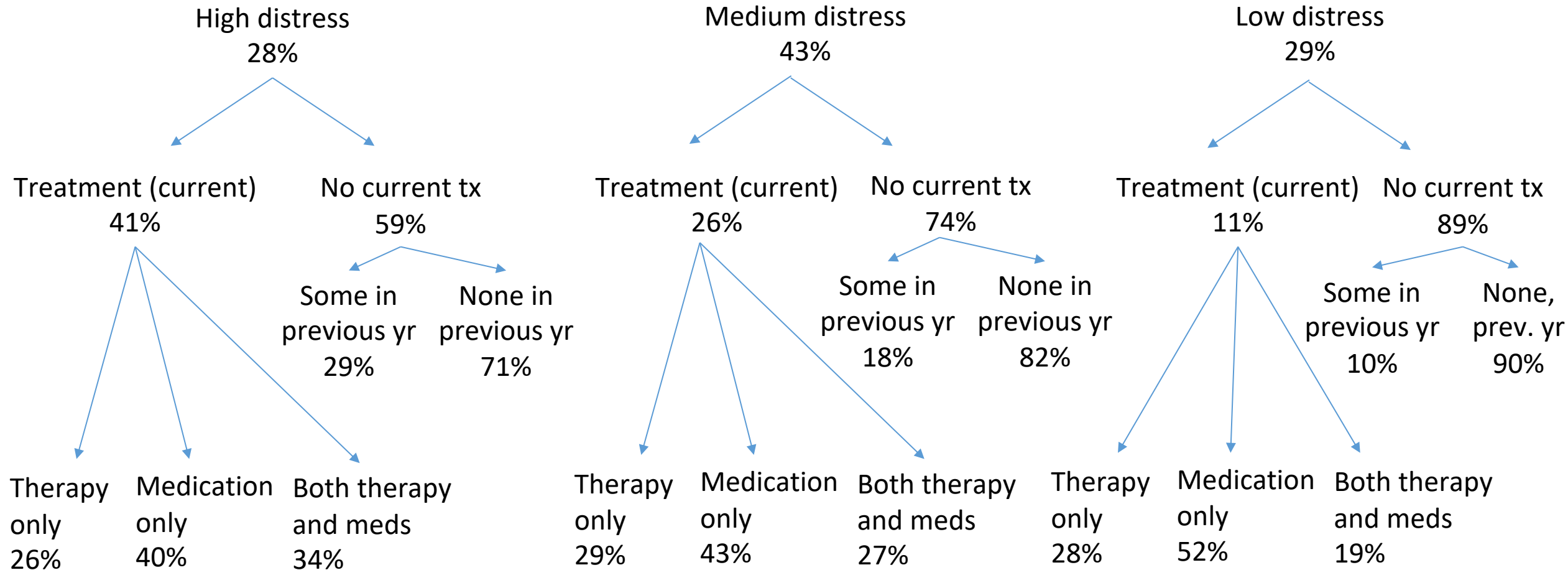
Increased Rates of Mental Health Service Utilization by U.S. College Students: 10-Year Population-Level Trends (2007–2017)

Sarah Ketchen Lipson , Ph.D., Ed.M., Emily G. Lattie, Ph.D., Daniel Eisenberg, Ph.D.

Published Online: 5 Nov 2018 | <https://doi.org/10.1176/appi.ps.201800332>

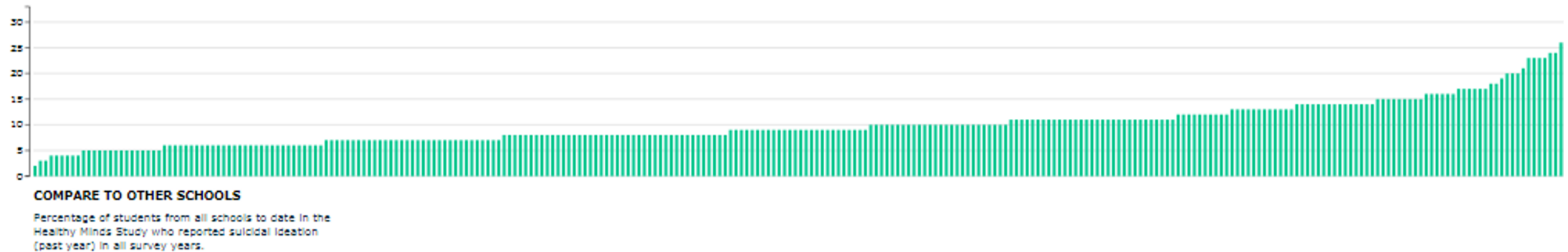
Closer Look at Service Use

“Distress” based on depression (PHQ-9), anxiety (GAD-7), and ED (SCOFF) symptoms. Cut-offs for high and medium are 15 and 6 for the PHQ-9 and the GAD-7, and 3 and 2 for the SCOFF.



Data from the 2018-2018 Healthy Minds Study (80 campuses, ~60,000 participants)

Suicidal Ideation (Healthy Minds Study)

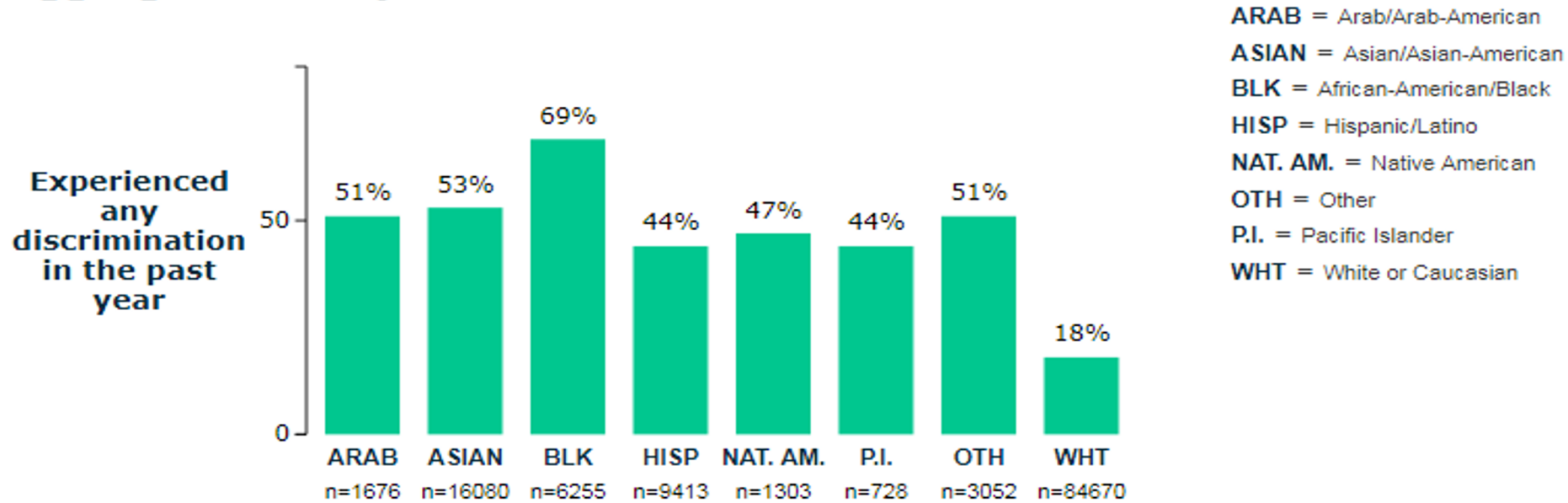


Each bar represents an institution that has participated in the Healthy Minds Study

Full range is from 2%-26%, but vast majority of schools are in range of 5%-15%

Experienced Discrimination (Healthy Minds Study)

Aggregate Survey Data



Race/ethnicity

Survey respondents from Aggregate Survey Data who reported experienced any discrimination in the past year grouped by race/ethnicity.

*The number of students in specific categories can add up to more than the total number of students for items where students are able to select multiple categories.

Sleep Problems (2016-2017 HMS data)

- Insomnia Severity Index (ISI)
 - None/minimal (0-7 score): 45%
 - Subthreshold (8-14 score): 38%
 - Clinical/moderate (15-21): 14%
 - Clinical/severe (22-28): 3%
- Strong correlation with mental health
 - None/minimal sleep problems: 17% current mental health problem
 - Subthreshold sleep problems: 45% current mental health problem
 - Clinical/moderate sleep problems: 72% current mental health problem
 - Clinical/severe sleep problems: 88% current mental health problem

Coping and Resilience (2016-2017 HMS data)

- Psychological flexibility / Experiential avoidance (AAQ-II)
 - High flexibility / low avoidance (0-14 score): 55%
 - Medium flexibility / avoidance (15-28 score): 36%
 - Low flexibility / high avoidance (29-42 score): 9%
- Strong correlation with mental health
 - High flexibility / low avoidance: 17% current mental health problem
 - Medium flexibility / avoidance: 58% current mental health problem
 - Low flexibility / high avoidance: 91% current mental health problem

Physical Activity (2016-2017 HMS data)

- Hours per week of moderate or higher intensity (past 30 days)
 - 5 or more hours: 28%
 - 3-4 hours: 25%
 - 2-3 hours: 25%
 - 1 hour or less: 22%
- Strong correlation with mental health
 - 5 or more hours: 30% current mental health problem
 - 3-4 hours: 31% current mental health problem
 - 2-3 hours: 34% current mental health problem
 - 1 hour or less: 42% current mental health problem

Financial Stress (2016-2017 HMS data)

- Current frequency of financial stress
 - Never stressful: 6%
 - Rarely stressful: 18%
 - Sometimes stressful: 37%
 - Often stressful: 25%
 - Always stressful: 14%
- Strong correlation with mental health
 - Never stressful: 29% current mental health problem
 - Rarely stressful: 30% current mental health problem
 - Sometimes stressful: 32% current mental health problem
 - Often stressful: 45% current mental health problem
 - Always stressful: 60% current mental health problem

Experiences of Assault and Abuse (2016-2017 HMS data)

- Prevalence of experiences (past year)
 - Emotionally abused: 15%
 - Physically abused: 3%
 - In sexually abusive relationship: 2%
 - Forced to have unwanted sexual intercourse: 2%
- Strong correlation with mental health
 - Any of the above experiences: 67% current mental health problem

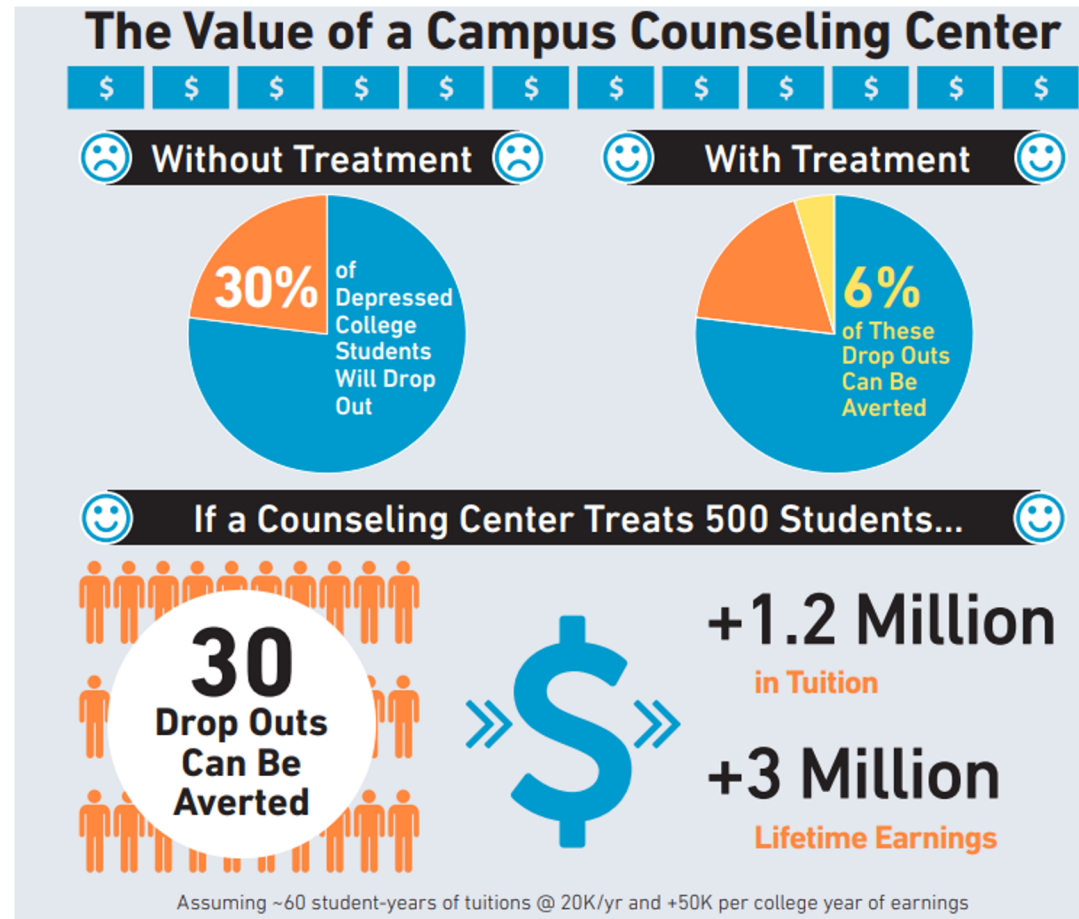
Sense of Belonging (2016-2017 HMS data)

- “I feel a part of the campus community.”
 - 14% strongly agree
 - 30% agree
 - 27% somewhat agree
 - 11% somewhat disagree
 - 11% disagree
 - 7% strong disagree
- Strong correlation with mental health
 - High sense of belonging (strongly agree): 27% current mental health problem
 - Low sense of belonging (strongly disagree): 51% current mental health problem

Campus Climate: Upstander/Bystander Attitudes (2016-2017 HMS data)

- “We are a campus where we look out for each other.”
 - 10% strongly agree
 - 29% agree
 - 36% somewhat agree
 - 13% somewhat disagree
 - 9% disagree
 - 4% strong disagree
- Strong correlation with mental health
 - Strongly agree “we look out for each other”: 29% current mental health problem
 - Strongly disagree “we look out for each other”: 66% current mental health problem

Economic Case for Mental Health Services and Programs



Infographic from *kognito.com*, based on findings from Eisenberg, D., Golberstein, E., Hunt, J. (2009). *Mental Health and Academic Success in College*. *B.E. Journal of Economic Analysis & Policy* 9(1) (Contributions): Article 40.

Agenda

- Defining the Problem/Opportunity
- Quantifying It (Epidemiological Data)
- Solving It (Interventions)

Gatekeeper Training



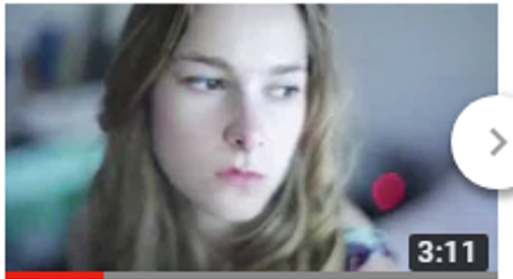
- Mental Health First Aid (MHFA) training for resident advisors (RAs)
- PIs: Daniel Eisenberg and Nicole Speer
- Funder: NIMH RC1 (2009-2011)
- 32-campus randomized trial to assess impacts on student communities
- Full results published in: Lipson, S.K., Speer, N., Brunwasser, S., Hahn, E., Eisenberg, D. (2014). Gatekeeper-training for Mental Health at Colleges and Universities: Results of a Multi-campus Randomized Control Trial. *Journal of Adolescent Health* 55(5): 612-619.

e-Bridge for Suicide Risk

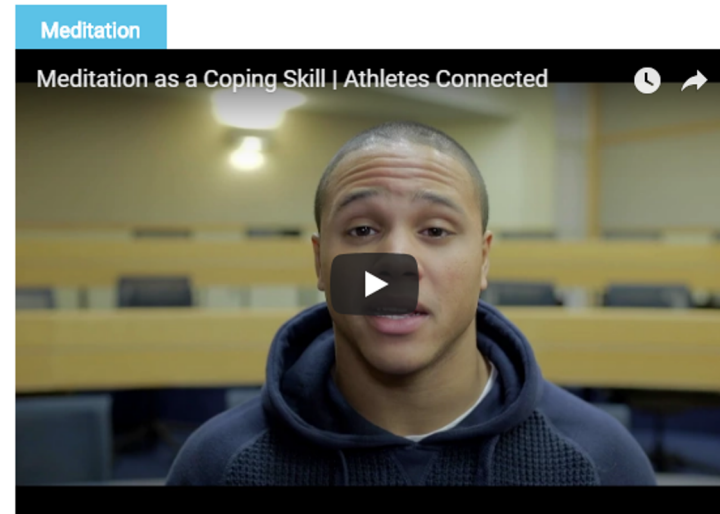


- Online screening and linkage to services, using motivational interviewing
- PI: Cheryl King
- Funder: NIMH R34 (2011-2014), R01 (2014-2019)
- Pilot study results: King, C.A., Eisenberg, D., Zheng, K., Czyz, E., Kramer, A., Horwitz, A., Chermack, S. (2015). Online Suicide Risk Screening and Brief Intervention with College Students: A Pilot Randomized Controlled Trial. *Journal of Consulting and Clinical Psychology* 83(3): 630-636.

Brief Videos for Coping Skills and Help-seeking



Four Words



Wellness Advising



IMPACT Lab



iAIMedu Study: Online Cognitive-Behavioral Therapy (CBT)

- Population-level delivery of online CBT, for both prevention and treatment
- PIs: Daniel Eisenberg, Michelle Newman, Barr Taylor, Denise Wilfley
- 20 campus trial 2018-2023
- Funder: NIMH R01

More Information



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