

# Healthy Minds: A National Study of Help-seeking and Mental Health Care among College Students

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## Outline

- Overview of Healthy Minds Study
- Results from fall 2007 data collection
  - Barriers to help-seeking & mental health service utilization
  - High risk populations
- Future plans
  - Plans for analyzing, disseminating, publishing this data

## Overview: Healthy Minds Study

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## Research Team

- **PI: Daniel Eisenberg, PhD, University of Michigan School of Public Health, Department of Health Management and Policy.**
- Pilot Study
  - Developers and co-authors: Ezra Golberstein, Sarah Gollust, Jennifer Hefner
  - Survey Sciences Group, LLC: Scott Crawford, Sara Showen, Brian Hempton, and others
  - Co-authors: Jim Cranford, Emily Nicklett, Katie Roeder, Alisha Serras
- National Study
  - Collaborators/co-authors: Jim Cranford, Marilyn Downs, Ezra Golberstein, Sarah Gollust, John Greden, Justin Hunt, Corey Keyes, Bri Mezuk, Kamilah Neighbors, Emily Nicklett, Rachel Petrak, Alisha Serras, Shellae Versey, Daphne Watkins, Kara Zivin
  - Survey Sciences Group, LLC: Scott Crawford, Brian Hempton, Meredith Wurden, Aaron Pearson, Sara Showen, and others
  - Study coordinators at 12 other colleges and universities
- Advisory board and consultants

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## Funders

- National study
  - University of Michigan Comprehensive Depression Center (Pilot Innovation Grant)
  - Participating colleges and universities
  - Penn State Children, Youth, and Families Consortium
- Pilot Study
  - University of Michigan
    - Office of the Vice President of Research
    - School of Public Health
    - Dept of Health Management & Policy (McNerney Award)
    - Rackham Graduate School
      - Spring/Summer Research Partnership
      - Faculty Research Grant
  - Blue Cross Blue Shield of Michigan Foundation

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## Significance

- Substantial problem
  - Mental health problems rising in this population
  - Mental health associated with a variety of important educational, economic, and social outcomes
- Unique opportunity
  - About half of youths in U.S. attend some type of college\*
  - Ages 15-24 is peak period of onset for mental disorders\*\*
  - Campus setting has unique ways to reach students
- Existing knowledge is less than ideal
  - Previous studies of college student mental health mostly in clinical or convenience samples

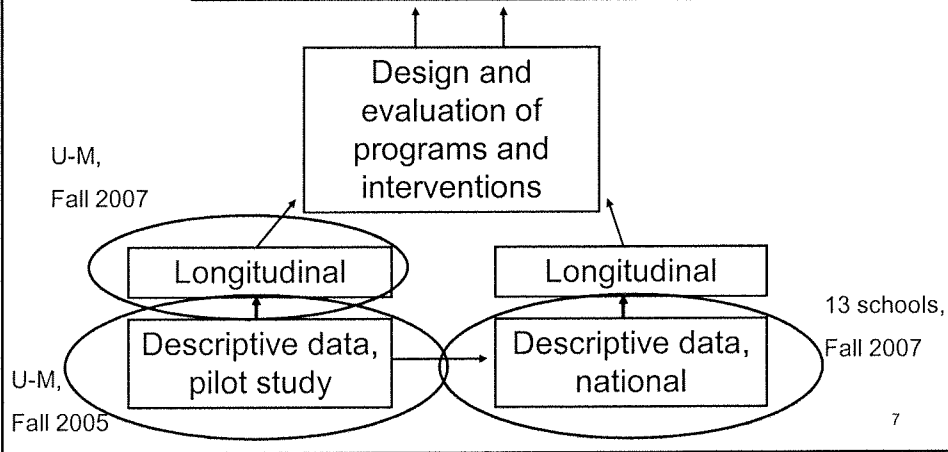
\*National Center for Education Statistics, Digest of Education Statistics

\*\*Kessler et al (2005). *Archives of General Psychiatry*.

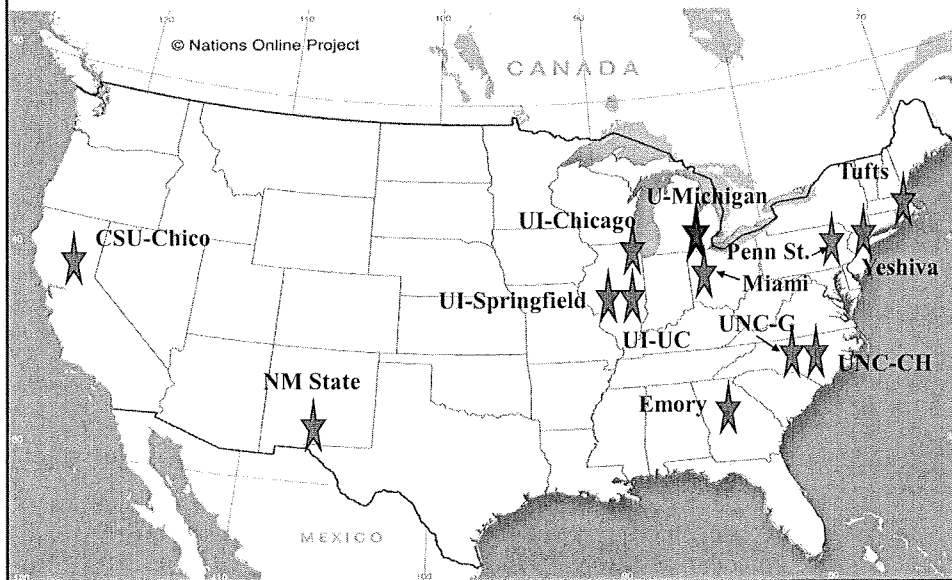
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# Broad Research Agenda

What are the benefits from investing in college student mental health, and how can we realize these benefits?



# Participating Schools, Fall 2007



## Purpose of Study

### 1. Estimate the prevalence and correlates of:

- Depression
- Anxiety disorders
- Positive mental health (flourishing)
- Disordered eating
- Mental health service utilization
  - Medication and therapy/counseling
  - Quality of care

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## Purpose of Study (cont'd)

### 2. Analyze barriers and facilitators to help-seeking

- Attitudes and beliefs (stigma)
- Knowledge of treatment options
- Financial factors
- Peers, family, social context

### 3. Estimate relationships between mental health and other important aspects of well-being

- Academic performance
- Substance use
- Self-injury

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## Purpose of Study (cont'd)

4. Investigate how colleges and universities make decisions about the amount and organization of programs and services for student mental health
  - Qualitative study based on surveys and interviews of campus administrators.

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## Methods: Measures

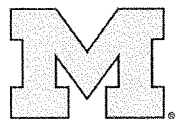
- Depression: PHQ-9, plus item on fx impairment
- Anxiety: PHQ screens for PD and GAD
- Suicidality: brief items from NCS-R
- Mental Health Continuum (MHC) (Keyes)
- Disordered eating: items adapted from SCID
- Service utilization: items from national Healthcare for Communities Study
- Optional: up to 10 school-specific items

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## More information

- [www.healthymindsstudy.net](http://www.healthymindsstudy.net)
- Contact Justin Hunt at:  
[jbhunt@umich.edu](mailto:jbhunt@umich.edu)

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