

**Making Sense of the Research: Recent Findings and Implications for Practice**  
**Garrett Lee Smith Suicide Prevention Grantee Meeting, February 2010**

**Resources**

**Panelists:**

David Drum, Ph.D., University of Texas at Austin (Nature of College Student Suicidal Crises)

Daniel Eisenberg, Ph.D., University of Michigan (The Healthy Minds Study)

Ben Locke, Ph.D. Pennsylvania State University (Center for the Study of College Student Mental Health)

Mort Silverman, M.D., SPRC

Linda Langford, Sc.D., SPRC

**Featured Studies**

**1. Nature of College Student Suicidal Crises**

National Coordinator: Chris Brownson, Ph.D.

Meeting Panelist: David Drum, Ph.D.

The National Research Consortium of Counseling Centers in Higher Education

<http://cmhc.utexas.edu/researchconsortium.html>

The consortium, housed at the University of Texas Counseling and Mental Health Center, conducts large scale, national research studies on the mental health issues of college students.

**Publications:**

Drum, D.J., Brownson, C., Burton Denmark, A., Smith, S.E. (2009). New Data on the Nature of Suicidal Crises in College Students: Shifting the Paradigm. *Professional Psychology: Research & Practice*. 40(3): 213–222.

Wong, J., Brownson, C., Schwing, A. (in press). Risk and protective factors associated with Asian American students' suicidal ideation: A multi-campus, national study. *Journal of College Student Development*.

Manuscripts in process:

Brownson, C., Drum, D., Smith, S.E., & Burton Denmark, A. Gender and suicidality in undergraduate and graduate students: Rates, help-seeking, and predisposing and protective factors. *In process*.

Brownson, C., Becker, M., Shadick, R., Smith, S.E., & Nitkin-Kaner, Y. Race and ethnicity in college student suicidality. *In process*.

## **2. The Healthy Minds Study**

Principal Investigator: Daniel Eisenberg, Ph.D.

<http://www.healthymindsstudy.net/>

The Healthy Minds Study is a national online survey that examines mental health issues among college students. Its main goals are to estimate the prevalence of untreated mental health problems and to increase understanding of why students do or do not seek help.

Publications:

Hunt, J, Eisenberg, D. (2010). [Mental Health Problems and Help-Seeking Behavior among College Students](#) (Review article). *Journal of Adolescent Health* 46(1): 3-10.

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.

Eisenberg, D, Golberstein, E, Gollust, SE (2007). [Help-seeking and Access to Mental Health Care in a University Student Population](#). *Medical Care* 45(7): 594-601. ([Appendix](#) with survey items)

Golberstein, E., Gollust, S., Eisenberg, D. (2009). [Perceived Public Stigma and Help-seeking in a Longitudinal Sample of College Students](#). *Psychiatric Services* 60: 1254-1256.

Eisenberg, D., Downs, M., Golberstein, E., Zivin, K. (2009). [Stigma and Help-seeking for Mental Health among College Students](#). *Medical Care Research & Review* 66(5): 522-541.

Cranford, J., Eisenberg, D, Serras, A. (2009). [Substance Use Behaviors, Mental Health Problems, and Use of Mental Health Services in a Probability Sample of College Students](#). *Addictive Behaviors* 34(2): 134-145.

Gollust, S, Eisenberg, D, Golberstein, E. (2008). [Prevalence and Correlates of Self-Injury among University Students](#). *Journal of American College Health* 56(5): 491-498.

Golberstein, E, Eisenberg, D, Gollust, S. (2008). [Perceived Stigma and Mental Health Care Seeking](#). *Psychiatric Services* 59: 392-399.

Eisenberg, D, Gollust, SE, Golberstein, E, Hefner, JL. (2007). [Prevalence and Correlates of Depression, Anxiety and Suicidality among University Students](#). *American Journal of Orthopsychiatry* 77(4): 534-542.

Zivin, K., Eisenberg, D., Gollust, S., Golberstein, E. (2009). [Persistence of Mental Health Problems and Needs in a College Student Population](#). *Journal of Affective Disorders* 117(3): 180-185.

Serras, A., Saules, K., Cranford, J., Eisenberg, D. (2010). Prevalence and Co-occurrence of Substance Use and Self-injury among College Students. *Psychology and Addictive Behaviors* (forthcoming).

Hefner, J., Eisenberg, D. (2010). Social Support and Mental Health in a University Student Population. *American Journal of Orthopsychiatry* (forthcoming).

### **3. Center for the Study of College Student Mental Health (CSCSMH)**

Executive Director: Ben Locke, Ph.D. (Penn State University)

[http://www.sa.psu.edu/caps/research\\_center.shtml](http://www.sa.psu.edu/caps/research_center.shtml)

CSCSMH is a research center that coordinates over 140 counseling centers nationwide along with partnerships in business, industry, and member organizations. Participating counseling centers gather standardized client information during routine clinical practice in their electronic medical record (EMR) system and CSCSMH is working with EMR vendors to pool de-identified data from participating centers at the national level. This infrastructure is designed to create an ongoing data flow for accurate trend analysis, wide-ranging mental health research, supporting self-advocacy by counseling centers, creating/refining clinical tools, and professional development. CSCSMH conducted a pilot test of the infrastructure in 2009 and plans for ongoing data flow beginning in 2010.

Publications:

Soet, J., Locke, B., Lei, P., Boswell, J., Sevig, T., & Dowis, J. (2010) Development of the Counseling Center Assessment of Psychological Symptoms (CCAPS). Submitted to *Journal of Counseling Psychology*.

Crane, A., Hayes, J., Locke, B. (In press). Save me from myself: College students' fears of losing control and acting violently. *Journal of College Student Psychotherapy*.

Locke, B. D. (2009). Center for the Study of Collegiate Mental Health (CSCSMH), 2009 Pilot Study: Executive Summary [on-line]. Available: <http://www.sa.psu.edu/caps/pdf/2009-CSCSMH-Pilot-Report.pdf>

### **4. American College Health Association—National College Health Assessment**

<http://www.acha-ncha.org>

The **ACHA-NCHA** is a survey that individual campuses choose to administer. Each fall and spring, results from all campuses that use the survey are combined into a “reference group” report. The questions address an array of health issues, including mental health and suicide; alcohol, tobacco, and other drug use; sexual health; weight, nutrition, and exercise; and personal safety and violence. The survey instrument was redesigned in Fall 2008. The revised ACHA-NCHA II has an expanded section on student mental health.

*Publications and Reports:* [http://www.acha-ncha.org/pubs\\_rpts.html](http://www.acha-ncha.org/pubs_rpts.html)

## **Other Studies and Surveys**

### **The Survey & Study of College Mental Health and Well-Being**

Janis Whitlock, Ph.D., MPH, Director of the Cornell Research Program on Self-Injurious Behaviors

<http://www.crpsib.com/projects.asp>

Data collected from a random sample of four American universities in 2005-2006 using the Survey of College Mental Health and Well Being assessed a variety of mental health and well-being indicators useful in understanding student mental health and help-seeking behaviors, with a special focus on self-injurious behaviors.

### **College Breakthrough Series - Depression (CBS-D)**

Henry Chung, MD (New York University)

The CBS-D Project integrates mental health screening into the primary care setting.

For more information: Chung, H. & Klein, M. (2007). Improving Identification and Treatment of Depression in College Health. *Spectrum*. 13-19.

Archived August 2008 webinar with Dr. Chung on the SPRC campus private pages:

[http://www.sprc.org/grantees/grantee\\_campus/summaries.asp](http://www.sprc.org/grantees/grantee_campus/summaries.asp)

### **The Big Ten Student Suicide Study**

Silverman, M., Meyer, P., Sloane, F., Raffel, M., & Pratt, D. (1997). The Big Ten student suicide study. *Suicide and Life Threatening Behavior*. 27, 285–303.

### **The College Student Health Survey**

Ed Ehlinger, MD, MSPH, Director, Boynton Health Service

Developed by Boynton Health Service, the College Student Health Survey was designed to give postsecondary institutions a comprehensive look at the health of their students. The survey measures eight key areas: Health Insurance and Health Care Utilization, Mental Health, Alcohol and Other Drug Use, Tobacco Use, Personal Safety, Financial Health, Nutrition and Physical Activity, and Sexual Health. With modifications over the years, Boynton Health Service has administered the College Student Health Survey either at the University of Minnesota or at partner institutions across the state of Minnesota since 1995.

<http://www.bhs.umn.edu/healthdata/surveys/index.htm>