

Resource Sheet

Plenary: Research Updates and Applications for Campuses Panel Discussion

Thursday, January 8, 2009. 8:30-9:45 a.m.

Panelists:

Chris Brownson, PhD, University of Texas at Austin

Justin Hunt, MD, MS, University of Michigan

Phil Rodgers, PhD, AFSP

Mort Silverman, MD, SPRC

Moderator: Linda Langford, ScD, SPRC

1. The National Research Consortium of Counseling Centers in Higher Education

National Coordinator: Chris Brownson, PhD

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.

Data to be published in *Professional Psychology: Research & Practice* (2009)

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

2. The Healthy Minds Study

Principal Investigator: Daniel Eisenberg, PhD

The Healthy Minds Study (HMS) is an annual, national survey that examines mental health issues among college students. It is the product of a partnership between the University of Michigan School Of Public Health, the multidisciplinary University of Michigan Comprehensive Depression Center, and the Center for Student Studies in Ann Arbor, MI.

Publications to date using HMS data:

Cranford, J., Eisenberg, D, Serras, A. Substance use behaviors, mental health problems, and use of mental health services in a probability sample of college students. *Addictive Behaviors* (in press).

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.

Updated 12/30/08

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.

Other manuscripts (available on request):

Hefner, J., Eisenberg, D. Social Support and Mental Health in a University Student Population.

Eisenberg, D, Nicklett, E.J., Roeder, K.M., Kirz, N. Eating Disorder Symptoms among College Students: Prevalence, Persistence, Correlates, and Treatment-seeking.

Zivin, K., Eisenberg, D., Gollust, S., Golberstein, E. Persistence of Mental Health Problems and Needs in a College Student Population.

Eisenberg, D., Golberstein, E., Hunt, J. Mental Health and Academic Success in College. Draft available at <http://www-personal.umich.edu/~daneis/papers/MHacademics.pdf>

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

3. College Breakthrough Series- Depression (CBS-D)

Contact: Henry Chung, MD (New York University)

The CBS-D Project is integrating primary care and mental health.

For more information:

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

Campus grantees can access an archived August 2008 webinar from Dr. Chung on the campus private pages: http://www.sprc.org/grantees/grantee_campus/summaries.asp

4. Center for the Study of College Student Mental Health (CSCSMH)

Executive Director: Ben Locke, PhD (Penn State University)

CSCSMH is a national, collaborative health informatics initiative for centers of mental health treatment on college and university campuses.

http://www.sa.psu.edu/caps/research_center.shtml

5. The Survey & Study of College Mental Health and Well-Being

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

Updated 12/30/08

Data collected from a random sample of four American universities using the Survey of College Mental Health and Well Being in 2005-2006 has and will be used to assess 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.

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

6. 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.

7. American College Health Association- National College Health Assessment

Note: New items have been added to the ACHA-NCHA II to capture sleep behaviors, self-injury, and the use/abuse of prescription drugs. Finally, while the current ACHA-NCHA has been useful in helping us to measure depression among college students, the ACHA-NCHA II has been expanded to capture a number of other mental health issues.

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

8. The College Student Health Survey

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

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>

9. The Best Practices Registry (BPR)

BPR Coordinators: Phil Rodgers, PhD (AFSP) & Linda Langford, ScD (SPRC)

The purpose of the BPR is to identify, review, and disseminate information about best practices that address specific objectives of the National Strategy for Suicide Prevention.

http://www.sprc.org/featured_resources/bpr/index.asp