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

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
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

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

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*National Center for Education Statistics, Digest of Education Statistics
**Kessler et al (2005), Archives of General Psychiatry.
Broad Research Agenda

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

Design and evaluation of programs and interventions

Longitudinal

Descriptive data, pilot study

Longitudinal

Descriptive data, national

13 schools, Fall 2007

U-M, Fall 2007

U-M, Fall 2005

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

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
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.

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
More information

- www.healthymindsstudy.net
- Contact Justin Hunt at: jbhunt@umich.edu