

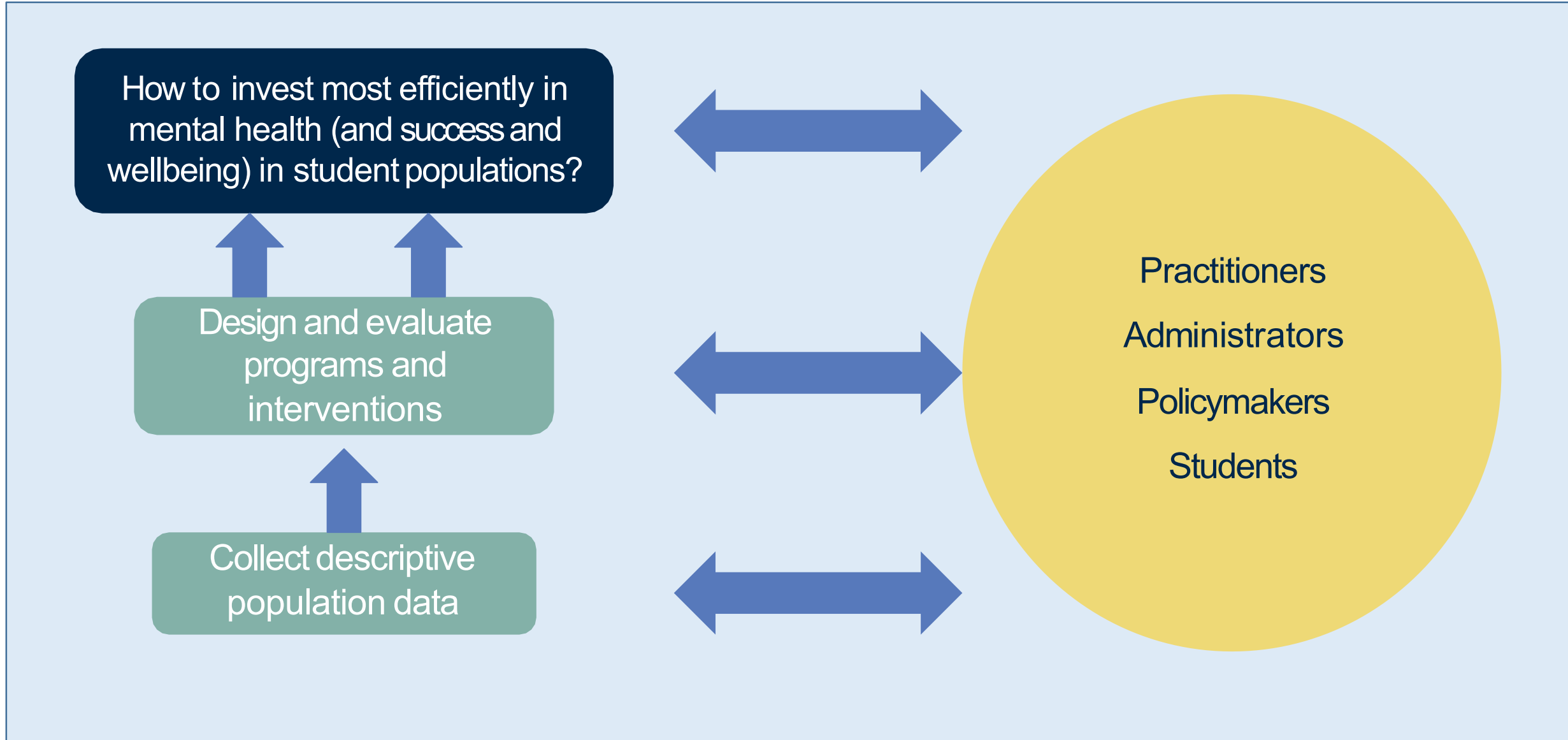


Mental Health and Help-Seeking Behaviors in College Student Populations: Data From the Healthy Minds Study

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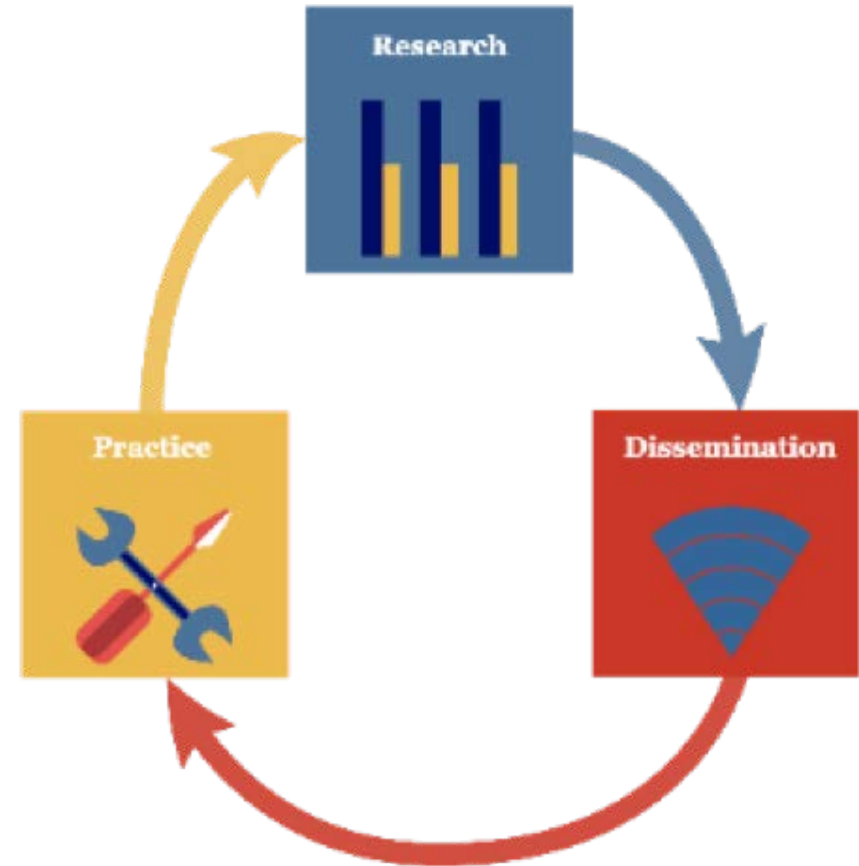
February 11, 2021

Research Agenda: The Healthy Minds Network



Purpose of the Healthy Minds Network

- Producing knowledge (research)
- Distributing knowledge (dissemination)
- Using knowledge (practice)



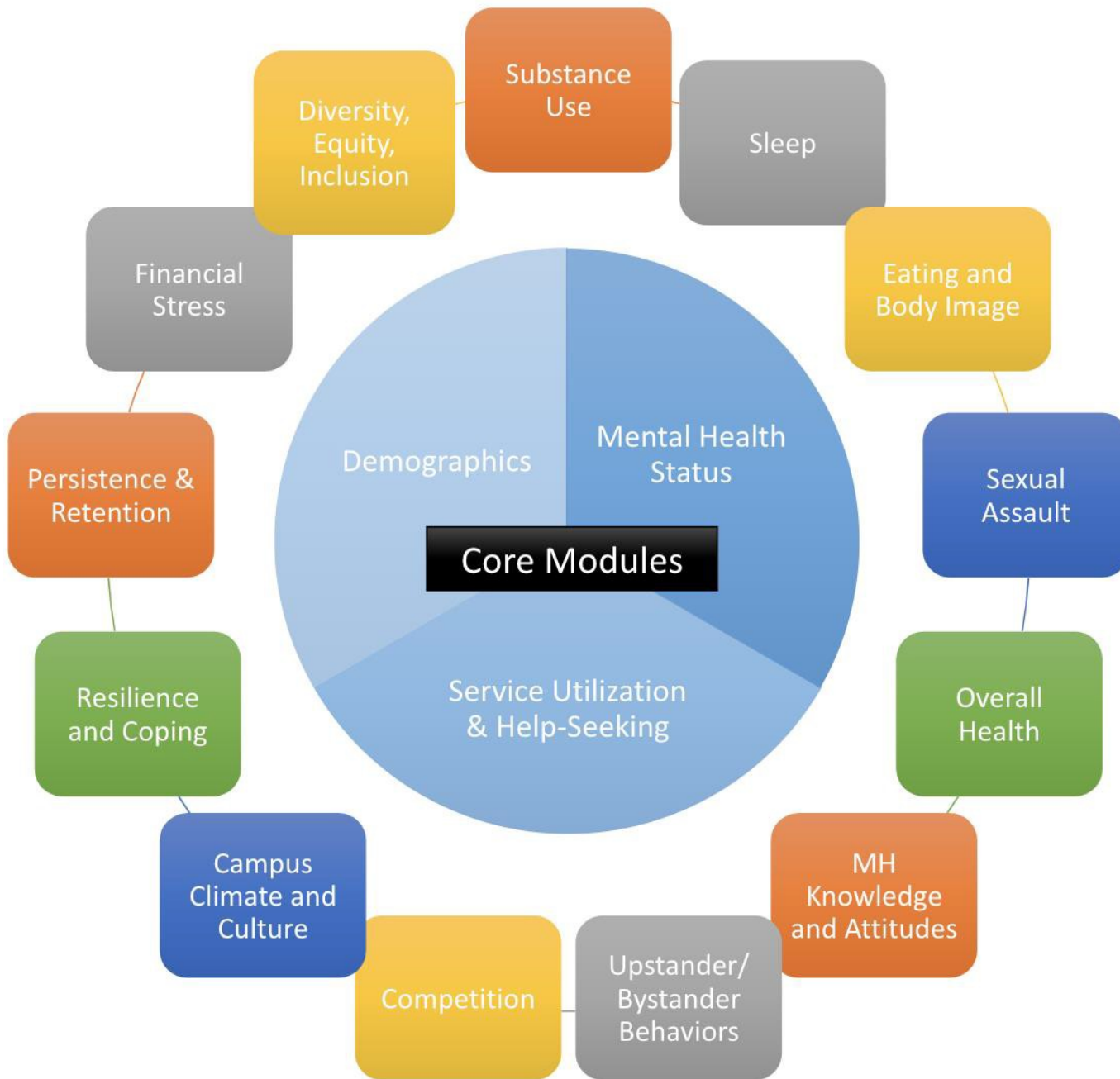
The Healthy Minds Study



Healthy Minds Study

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





Survey Topics

2020-2021 COVID-19 Module

- Developed in collaboration with the American College Health Association (ACHA)
- Piloted in Spring 2020 during the advent of the pandemic and modified to current needs
- Questions aimed at personal experience with COVID-19 and wellbeing outcomes

Mental Health Measures in HMS

- Depression (PHQ-9) (Kroenke & Spitzer, 2002)
- Anxiety (GAD-7) (Spitzer et al., 2006)
- Eating disorders (SCOFF) (Morgan et al., 1999)
- Non-suicidal self-injury, past year
- Suicidal ideation, past year

How HMS Data Are Used to Create Change

- Raise awareness of mental health and campus resources
- Assess need for programs and services
- Advocate for mental health resources, services and programs on campus
- Evaluate existing programs (e.g. reductions in stigma following a major campaign)
- Compare current mental health climate with peer institutions
- Strengthen grant applications (e.g. SAMHSA Garrett Lee Smith grants)

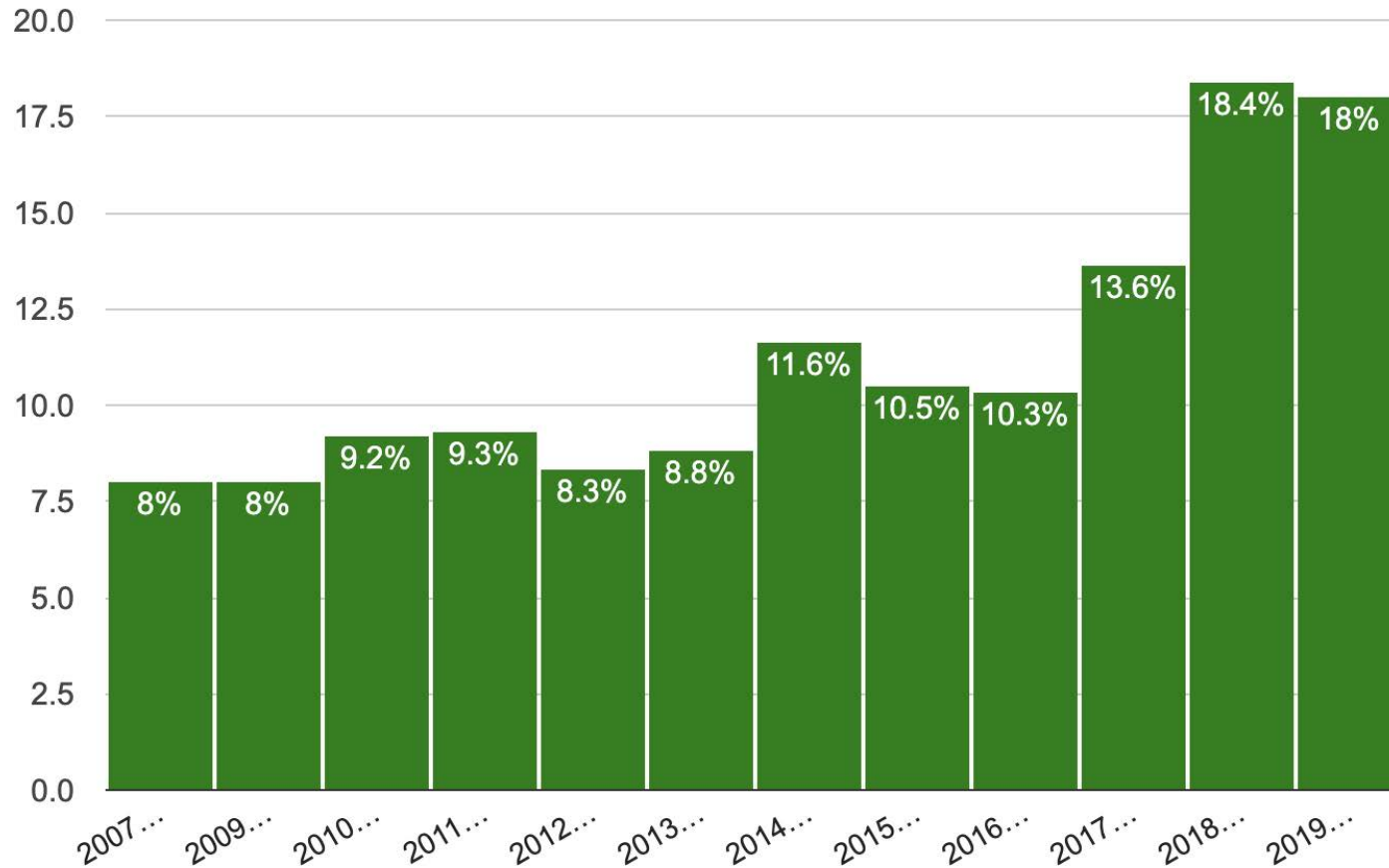
Healthy Minds Data

Trends

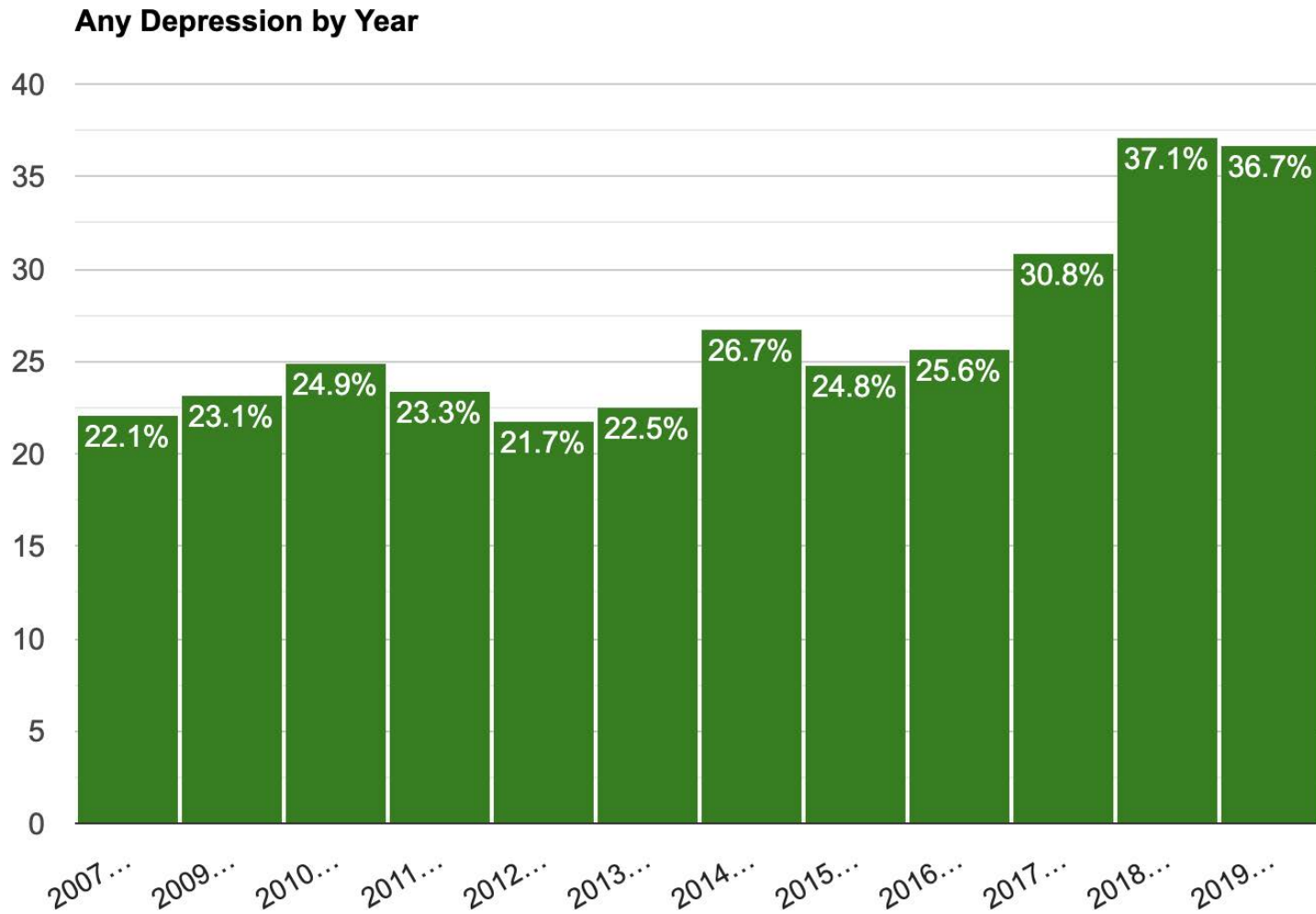


Severe Depressive Symptoms (Healthy Minds Study)

Major Depression by Year

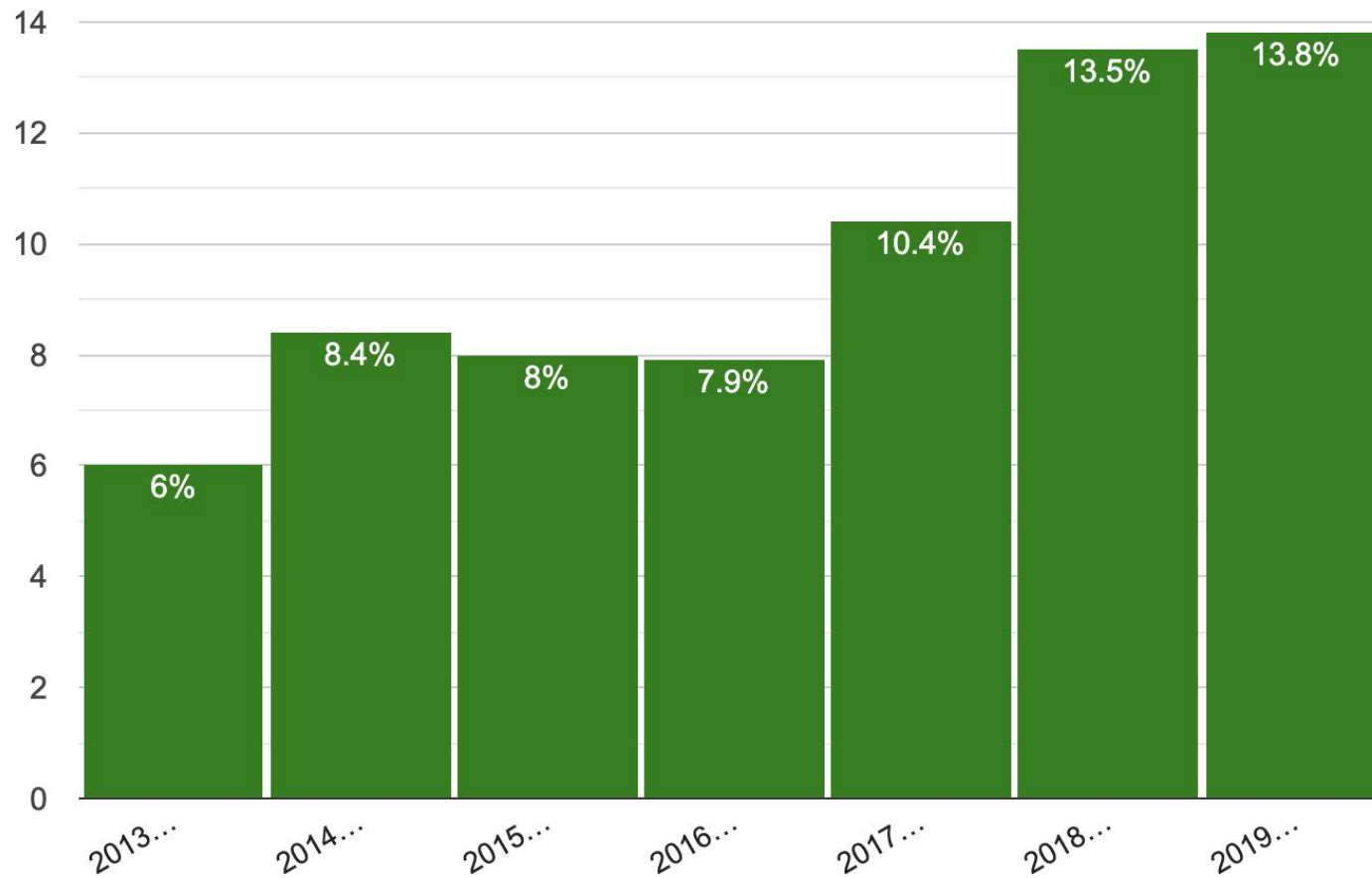


Positive Screen for Depression (Healthy Minds Study)

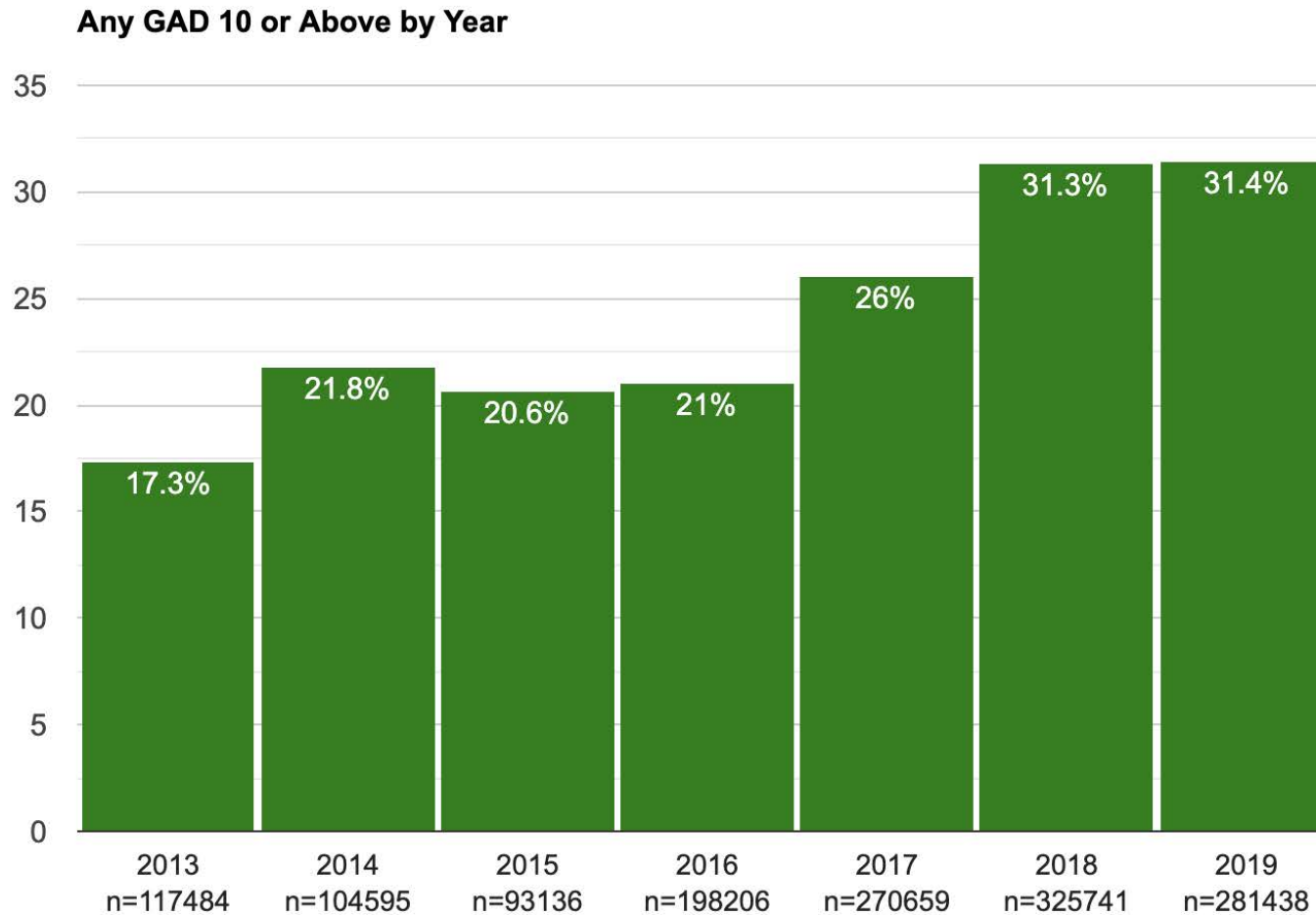


Severe Anxiety Symptoms (Healthy Minds Study)

Severe Anxiety (GAD-7) by Year

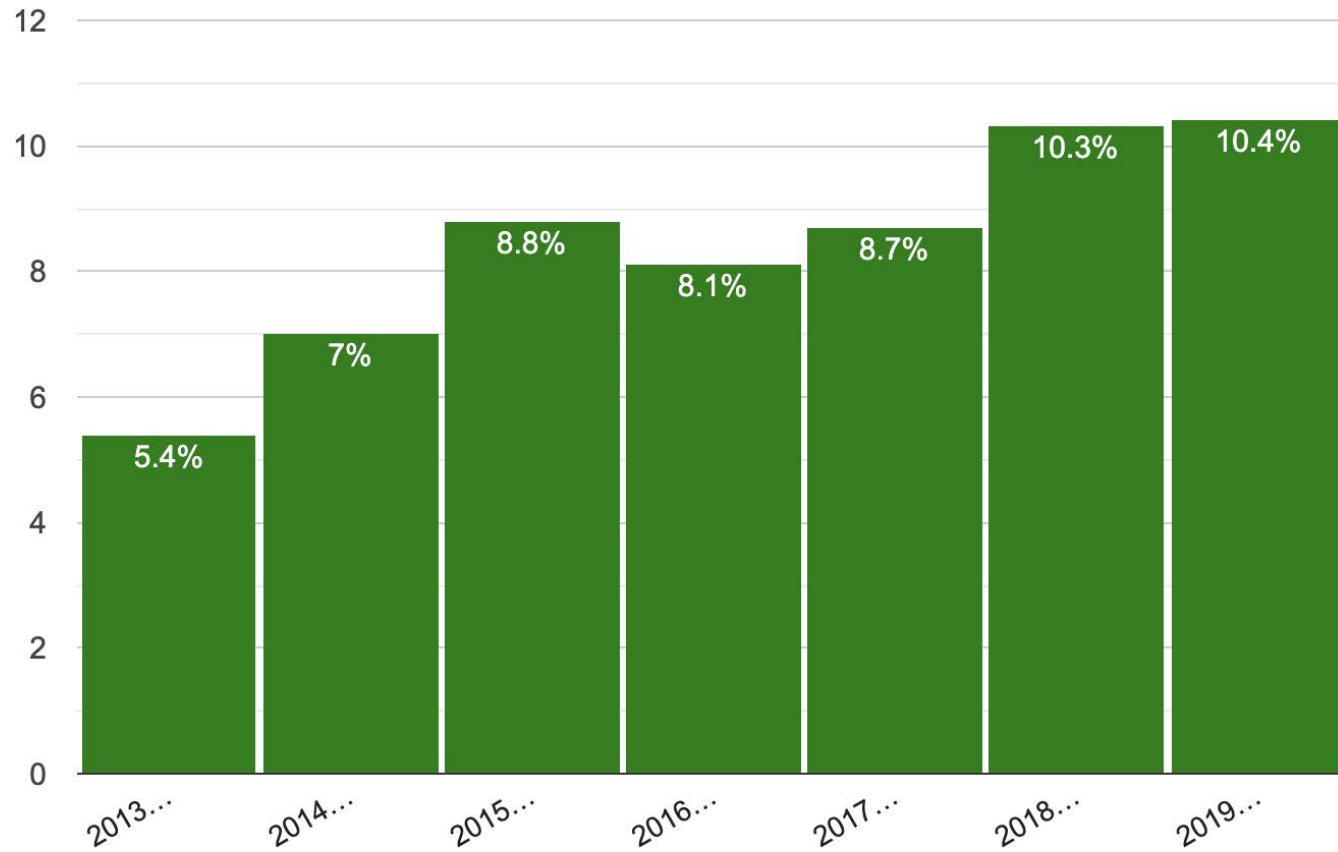


Positive Screen for Anxiety (Healthy Minds Study)



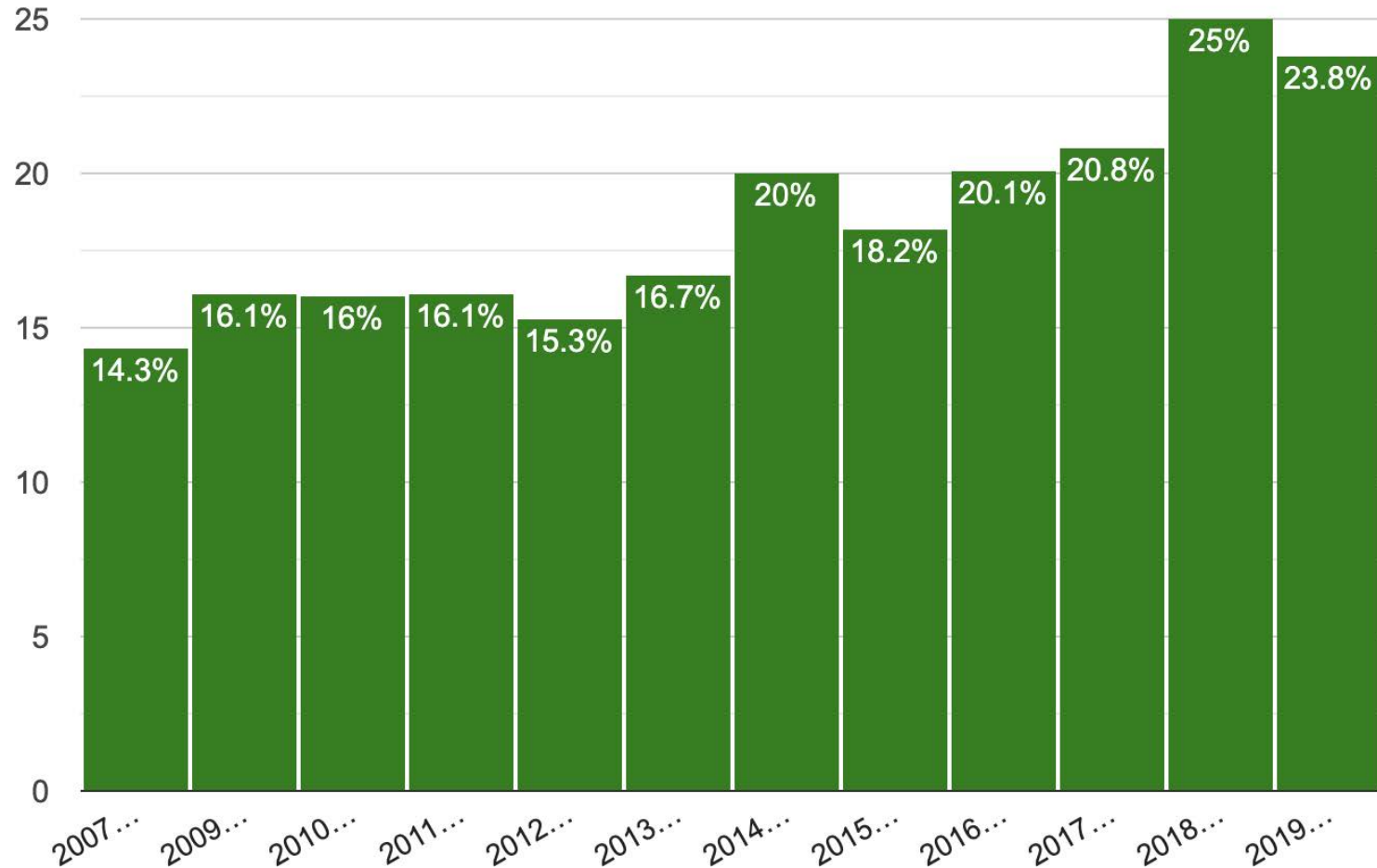
Eating Disorders Symptoms (Healthy Minds Study)

Positive Screen for Eating Disorder by Year

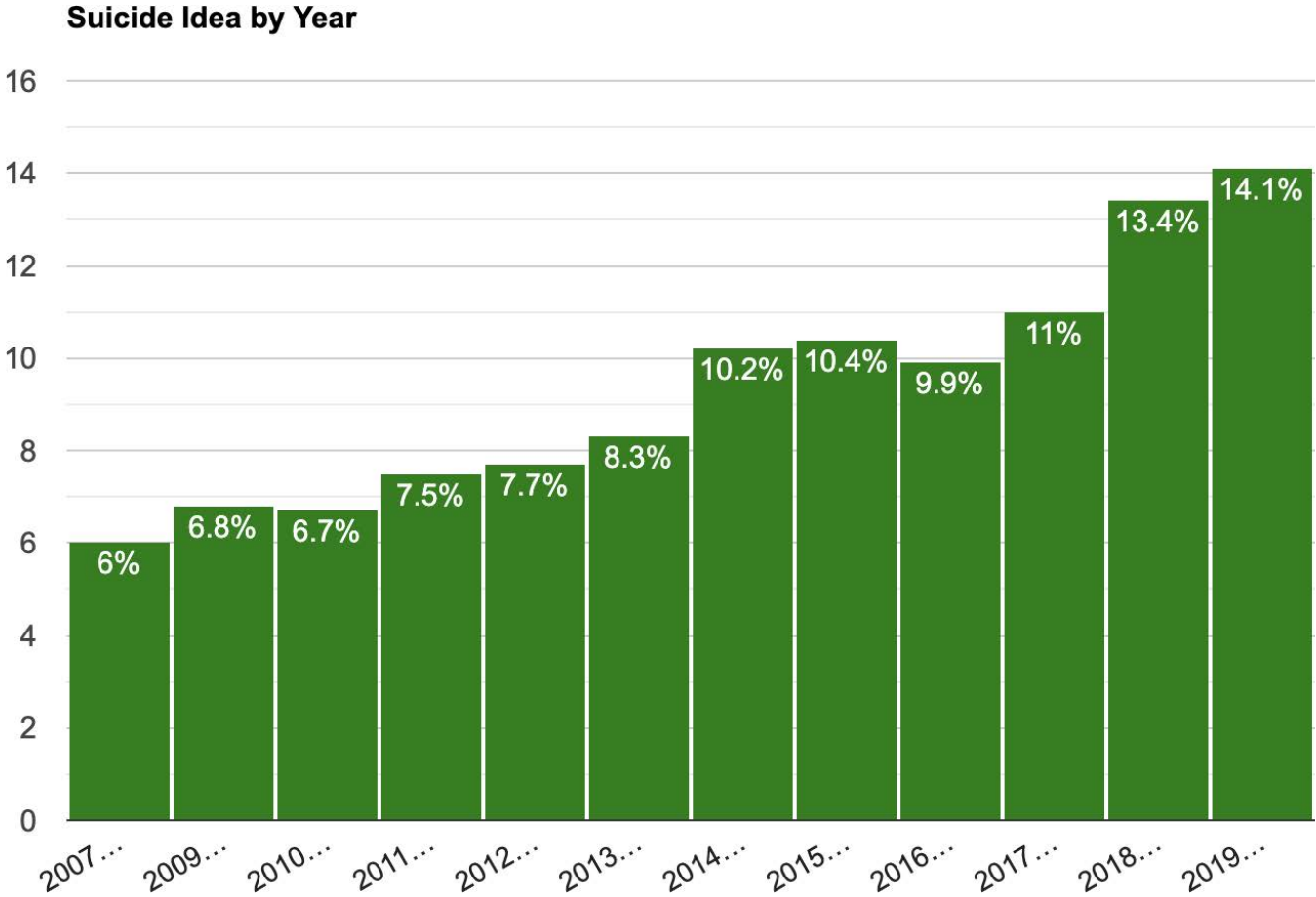


Non-suicidal Self-injury

Non-suicidal Self-injury (past year) by Year

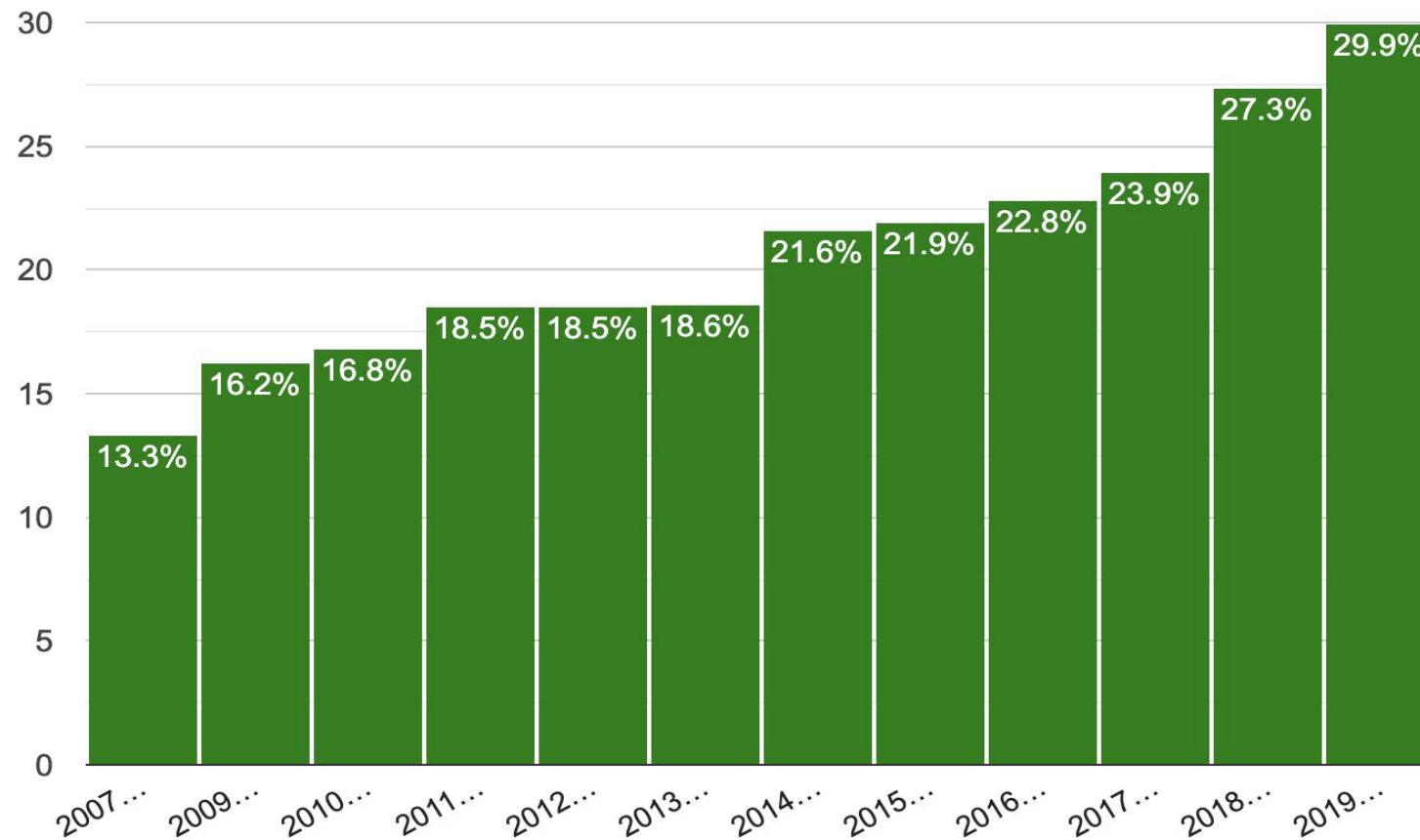


Suicide Ideation

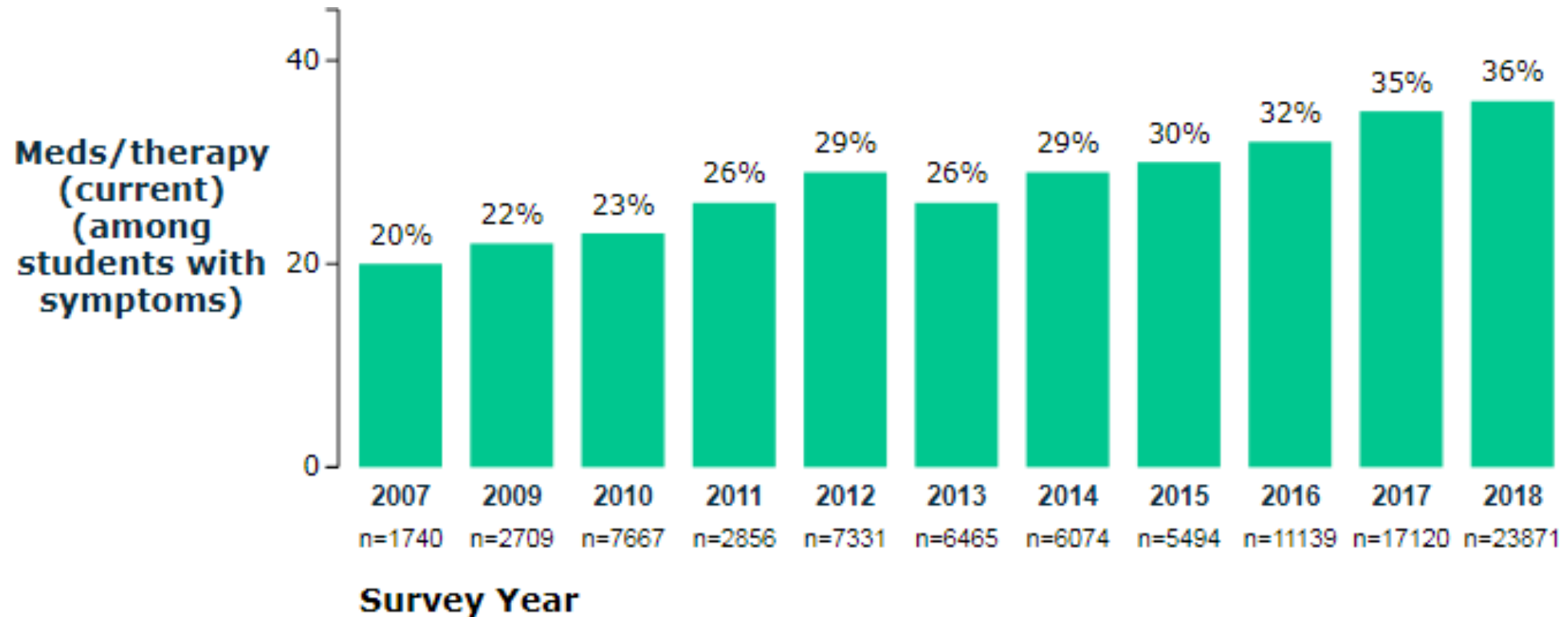


Therapy/Counseling Use (Healthy Minds Study)

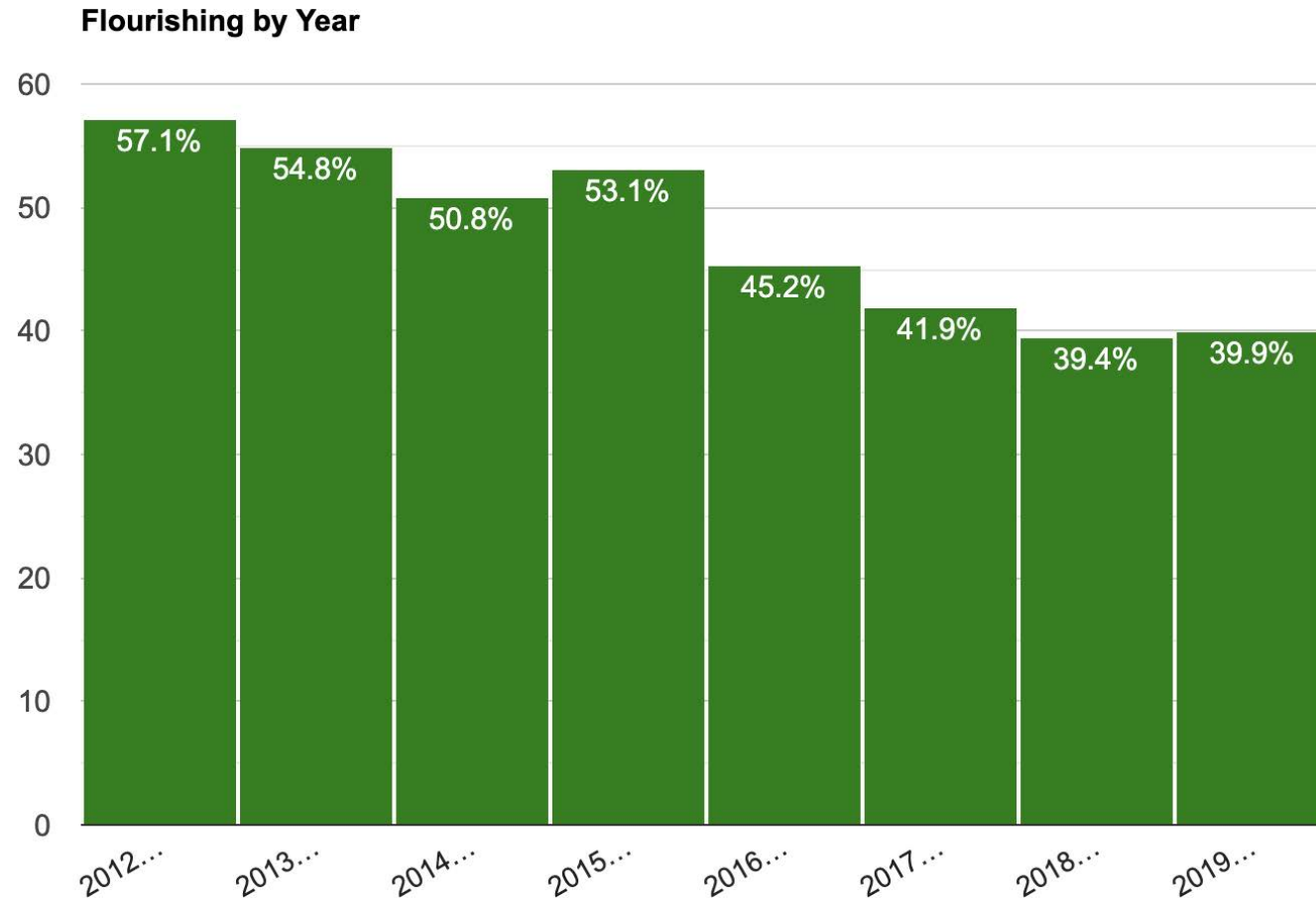
Any Therapy Ever by Year



Service Use among Students with Symptoms (Healthy Minds Study)

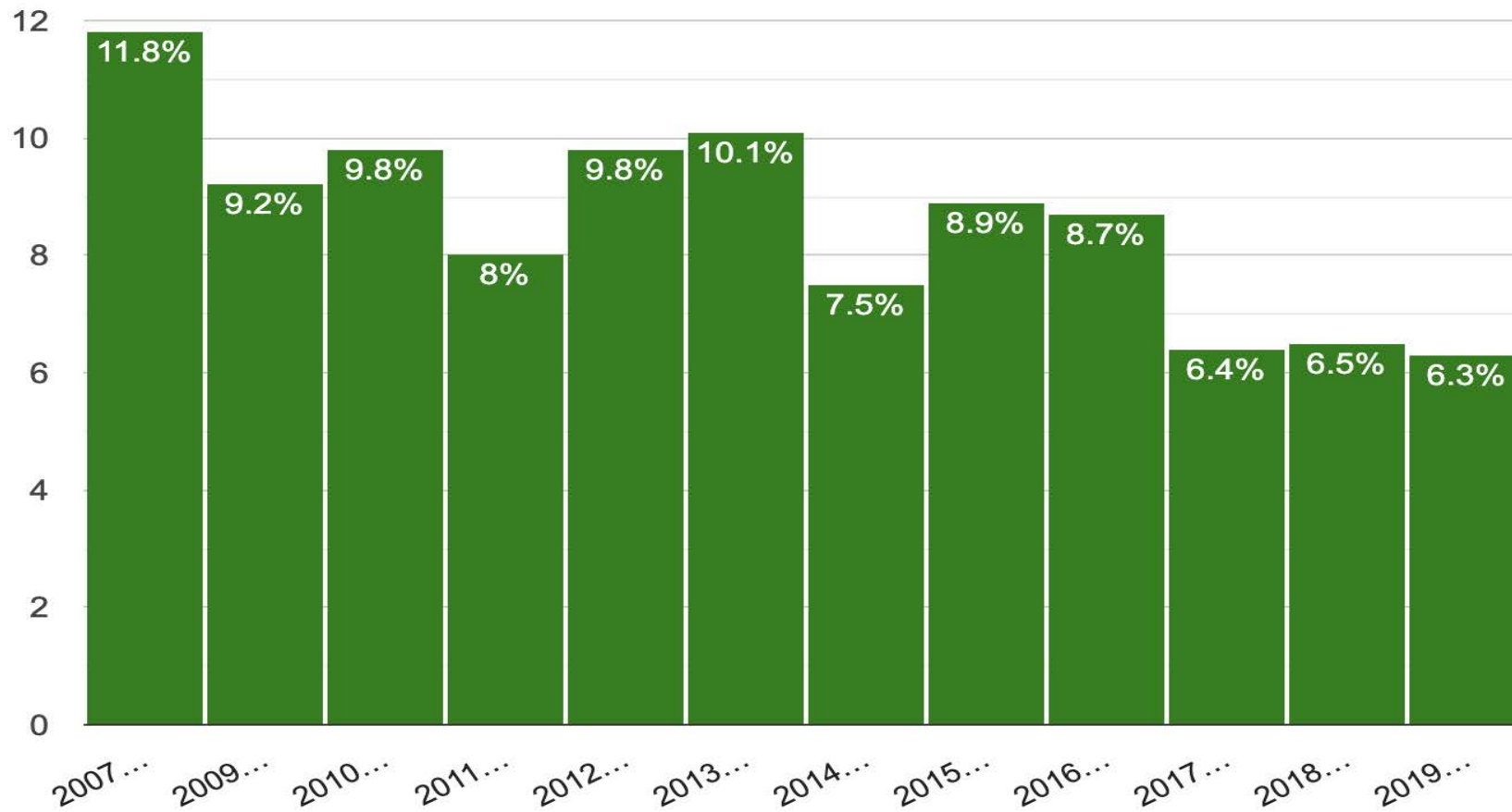


Flourishing (Positive Mental Health) (Healthy Minds Study)



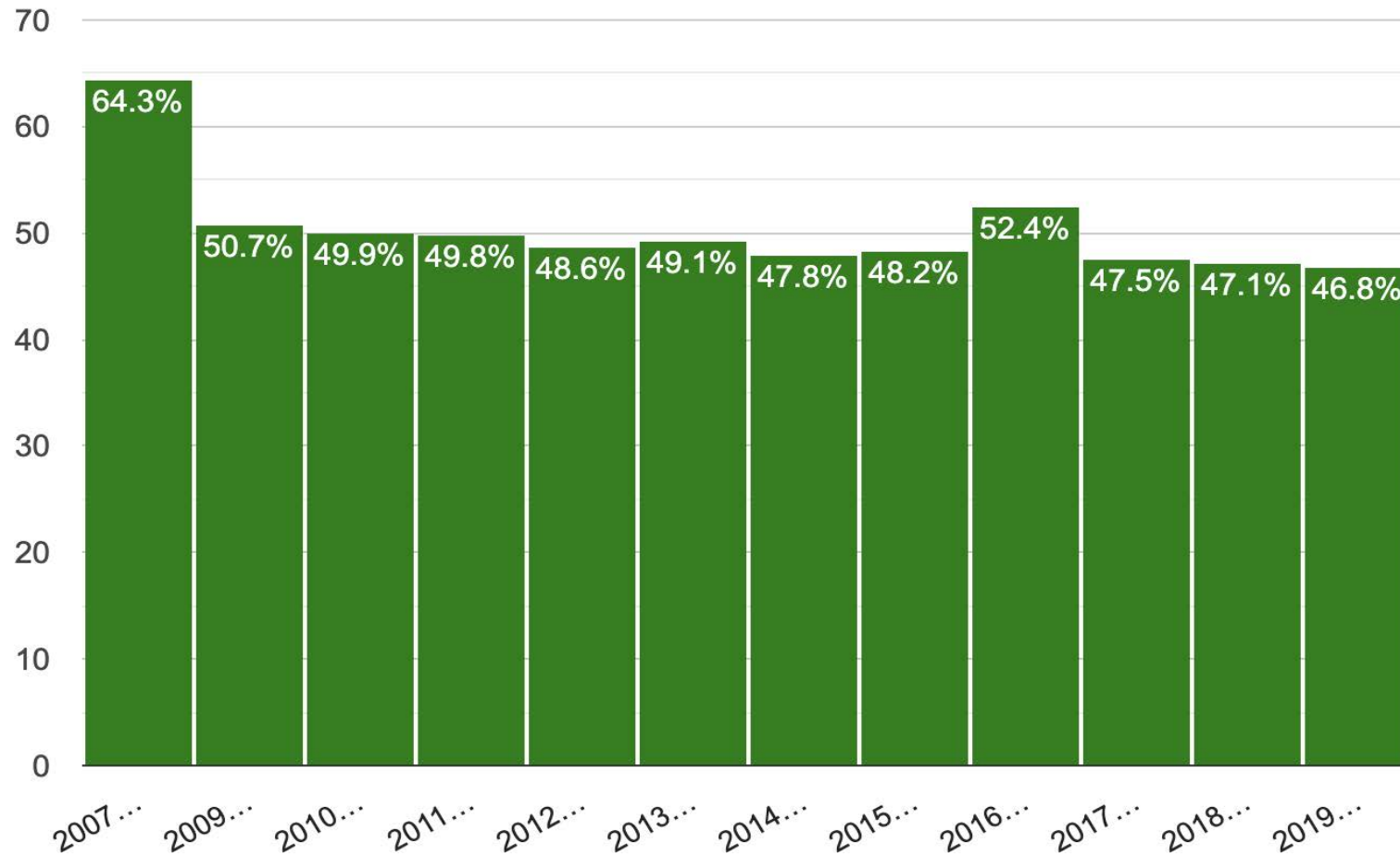
Stigma (“I Would Think Less of Someone...”) (Healthy Minds Study)

Personal Stigma by Year



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

Perceived Public Stigma by Year



Reasons for not seeking treatment

- Prefer to deal with issues on their own
 - 41%
- Perceive “stress” as normal in college
 - 38%
- Do not have the time
 - 33%
- Receive sufficient support from others
 - 30%
- Financial reasons
 - 22%

Healthy Minds Data

**Mental Health Among
Diverse Populations**



Mental Health Symptoms

Racial and Ethnic Minority Students

	Depression (PHQ-9 ≥ 10)	Anxiety (GAD-7 ≥ 10)	Eating disorder (SCOFF ≥ 2)	Suicidal ideation (past year)
Racial identity				
White	24%	21%	19%	10%
African American	28%	20%	15%	12%
Asian	24%	17%	24%	9%
Other	32%	26%	23%	11%
Multi	33%	26%	23%	14%
Ethnicity				
Non-Latinx	25%	20%	20%	10%
Latinx	29%	26%	22%	10%

Related Factors: Students of Color

- Overt & covert bias
- Intersectionality (Crenshaw, 1989)
- Unique challenges to their emotional well-being and adjustment to college life
- Report feeling overwhelmed most or all of the time during their first term

Protective Factors:

- Inclusive environments
- Physical spaces and organizations for students of color
- Counseling staff reflective of student population

	Any discrimination
Racial identity	
White	35%
African American	63%
Asian	57%
Other	58%
Multi	53%
Ethnicity	
Non-Latinx	42%
Latinx	49%

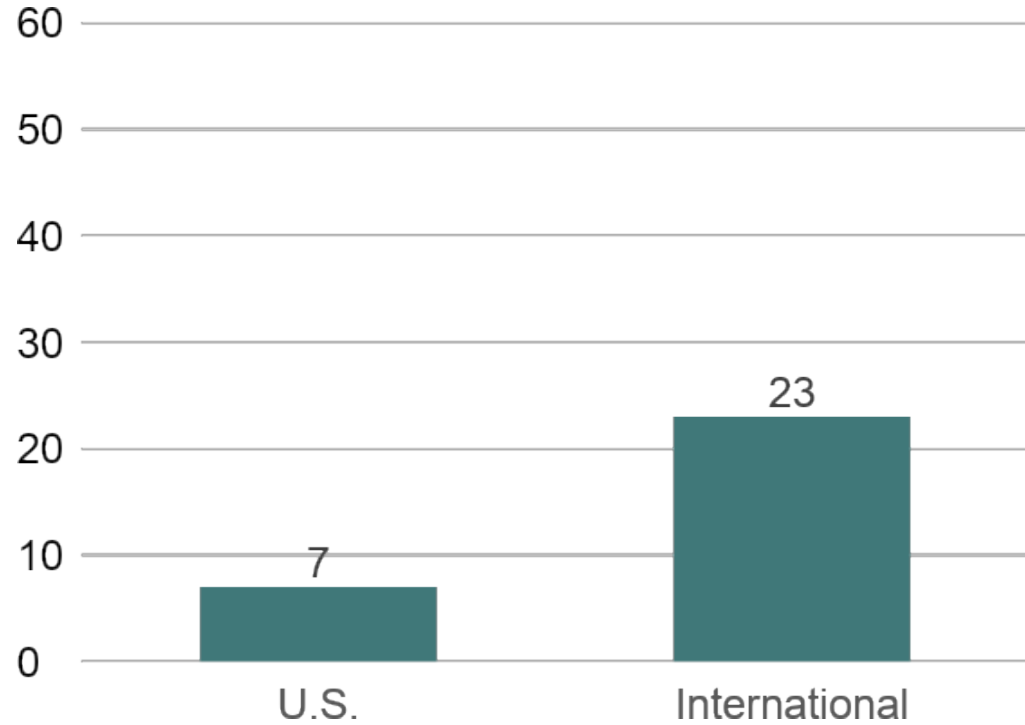
Help-Seeking Attitudes & Behaviors

Racial and Ethnic Minority Students

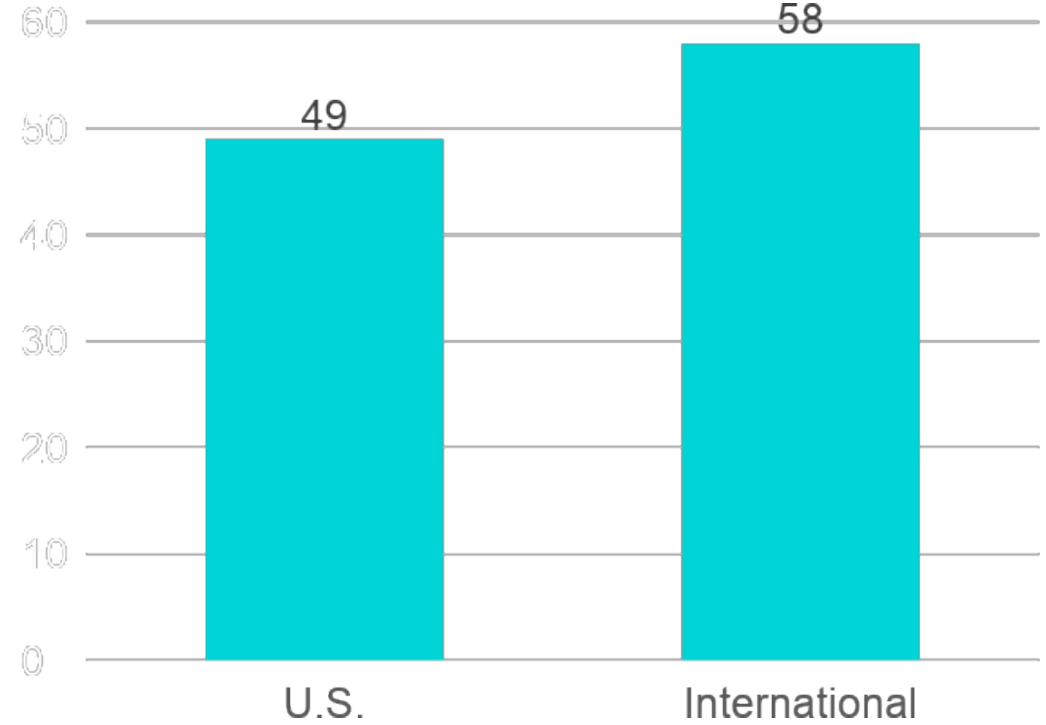
	Knowledge (agree)	Personal stigma (agree)	Perceived stigma (agree)	Any tx, past 12 mos (w/ positive screens)
Racial identity				
White	81%	7%	50%	50%
African American	79%	8%	59%	36%
Asian	78%	20%	58%	23%
Other	76%	10%	60%	41%
Multi	80%	8%	55%	45%
Ethnicity				
Non-Latinx	80%	9%	52%	45%
Latinx	79%	7%	55%	45%

Stigma by Citizenship

Personal



Perceived



Mental Health Symptoms

Gender Identity and Sexual Orientation

	Depression (PHQ-9 \geq 10)	Anxiety (GAD-7 \geq 10)	Eating disorder (SCOFF \geq 2)	Suicidal ideation (past year)
Gender identity				
Cisgender	25%	21%	20%	10%
Gender Minority	60%	44%	27%	40%
Sexual orientation				
Straight	23%	19%	19%	8%
Bisexual	44%	35%	30%	23%
Gay/lesbian	34%	25%	26%	16%
Questioning	43%	33%	29%	23%
Other	53%	39%	29%	30%

Related Factors: Gender Identity and Sexual Orientation

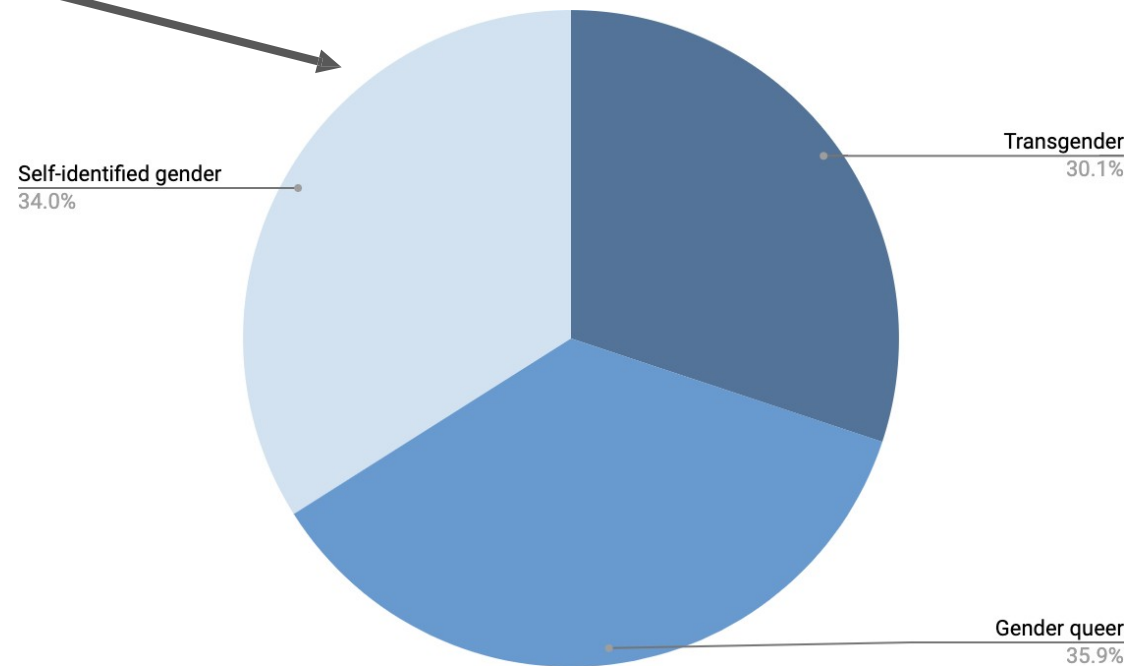
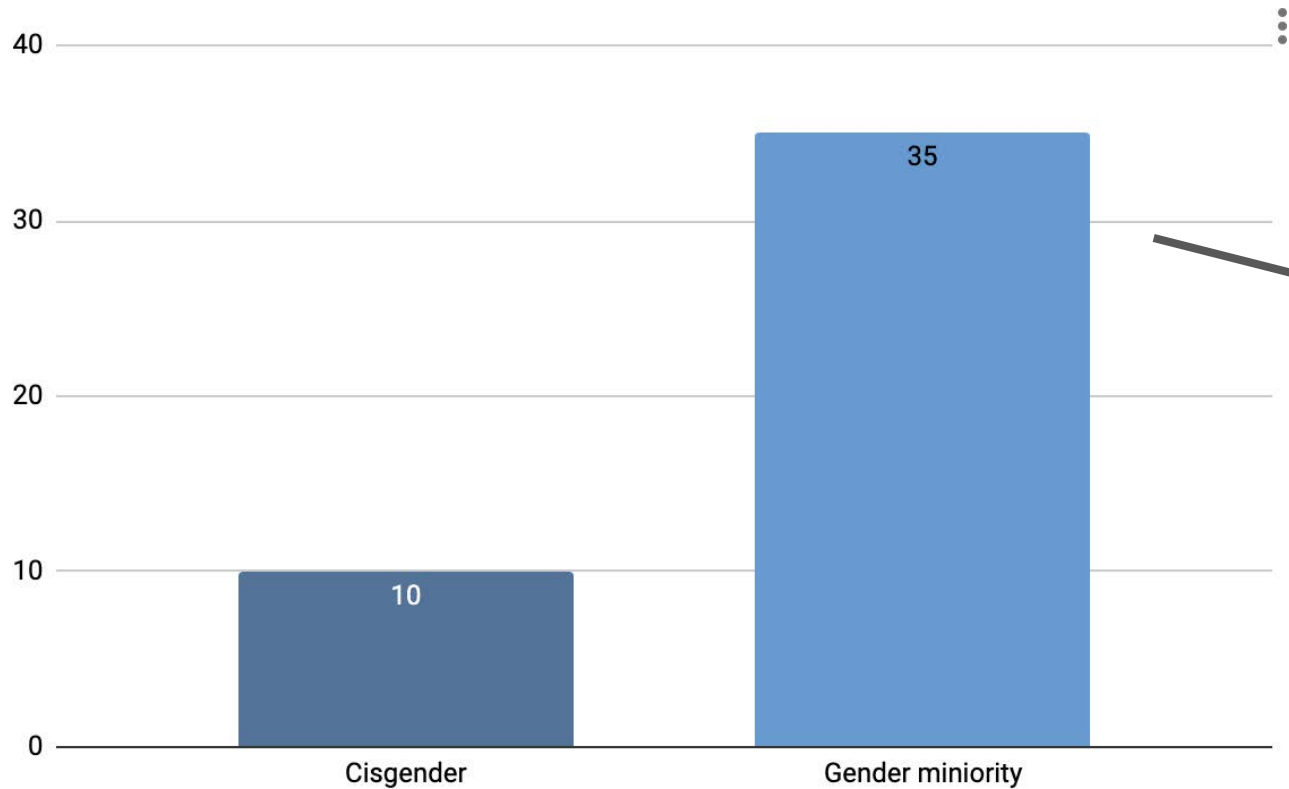
- Overt & covert bias on the rise
- Intersectionality (Crenshaw, 1989)
- Unique challenges other students may not face related to their identity
 - Housing
 - Name change policies

Protective Factors:

- Campus dedication to non-bias environment
- Physical spaces and organizations for LGBTQ+ students
- Counseling staff who specialize in meeting needs of LGBTQ+ students

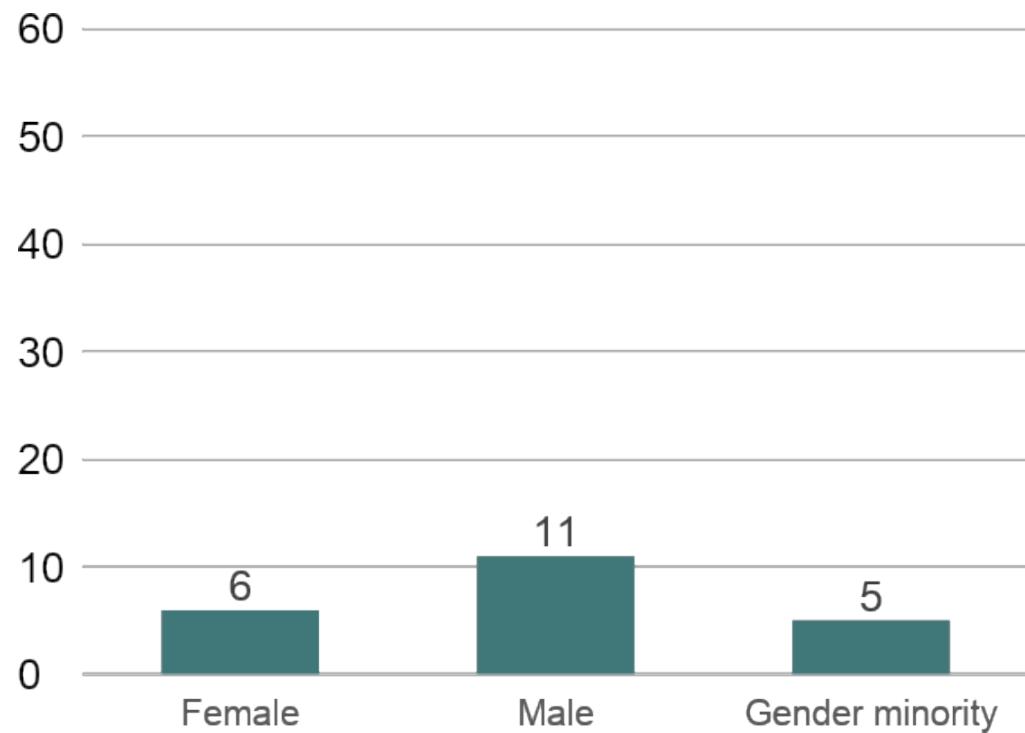
	Any discrimination
Gender minority student	
No	42%
Yes	65%
Sexual orientation	
Straight	39%
Bisexual	58%
Gay/lesbian	58%
Questioning	50%
Other	68%

Suicide Ideation by Gender Identity

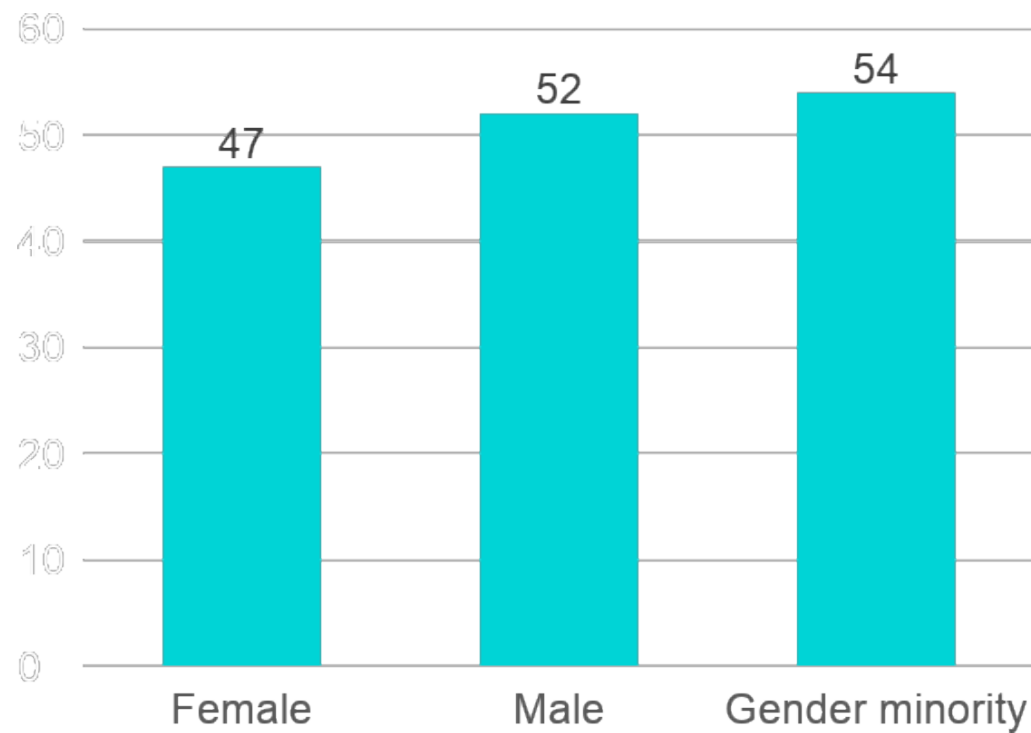


Stigma by Gender Identity

Personal (%)



Perceived (%)



Healthy Minds Data

**Mental Health Among
Community College
Populations**



Mental Health Symptoms

Community College Populations

	Depression (PHQ-9 ≥ 10)	Anxiety (GAD-7 ≥ 10)	Therapy Utilization	Suicidal ideation (past year)
Overall				
National	37%	31%	29% (40%)	14%
Comm. College	40%	33%	26% (35%)	17%
Comm. Coll. x R/E				
Black	36%	28%	24% (36%)	16%
AINAAN	50%	41%	32% (36%)	22%
Asian	39%	25%	20% (28%)	20%
Hispanic/Latino	45%	34%	27% (34%)	16%
Pacific Islander	33%	27%	14% (24%)	18%
Middle Eastern	62%	51%	32% (37%)	21%

Mental Health Symptoms

Community College Populations

	Suicide Ideation	Non-suicidal Self-injury	Flourishing	Academic Impairment (>6d)
Overall				
National	14%	24%	38%	22%
Comm. College	21%	39%	39%	23%
Comm. Coll. x R/E				
Black	16%	14%	47%	25%
AINAAN	22%	27%	37%	39%
Asian	20%	22%	30%	22%
Hispanic/Latino	16%	21%	37%	25%
Pacific Islander	18%	16%	53%	26%
Middle Eastern	21%	26%	40%	31%

Questions?

