Healthy Minds Network: Measuring Mental Health and Well-being in University Populations

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Daniel Eisenberg, Ph.D.
University of Michigan
I. About the Healthy Minds Network (HMN)

II. Survey Data (Healthy Minds Study)

III. Economic Case for Student Mental Health

IV. Related Projects
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Long-Term Agenda

How to invest most efficiently in mental health (and success and wellbeing) in student populations?

Design and evaluate programs and interventions

Collect descriptive population data

Practitioners
Administrators
Policymakers
Students
Development of the Healthy Minds Network
Dissemination Strategies

Webinar series

Research briefs

Data reports

Data interface (data.healthymindsnetwork.org)

College Mental Health Research Symposium

Partnerships (e.g., Active Minds, Jed Foundation, Center for Collegiate Mental Health, health IT companies etc.)
Data Reports

PREVALENCE OF MENTAL HEALTH PROBLEMS

DEPRESSION SCREEN

Depression is measured using the Patient Health Questionnaire-9 (PHQ-9), a nine-item instrument based on the symptoms provided in the Diagnostic and Statistical Manual for Mental Disorders, 4th edition for a major depressive episode in the past two weeks (Spitzer, Kroenke, & Williams, 1999). Following the standard algorithm for interpreting the PHQ-9, symptom levels are categorized as major depression, other depression less severe depression such as dysthymia or depression not otherwise specified, or neither.

The Healthy Minds Study

ATTITUDES, KNOWLEDGE, AND CAMPUS CLIMATE

ATTITUDES

Public perceived stigma

Most students at my school would think less of a person with an eating disorder.

KNOWLEDGE

Knowledge of campus mental health resources

I know where students at my school could go on campus to receive support for problems related to eating and/or body image.
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Healthy Minds Study

- Began in 2005
- >150 campuses
- >200,000 survey respondents

Main Topics
- Mental health (e.g., depression, anxiety, self-injury, suicidality, positive mental health)
- Lifestyle and health behaviors (e.g., substance use, exercise, sleep)
- Attitudes and awareness
- Service utilization
- Academic and social environment
~35% of Students Have an Apparent Mental Health Problem

Mild dep (PHQ-9) Major dep (PHQ-9) Moderate anx (GAD-7) Severe anx (GAD-7) Eating disorder (SCOFF) NSSI Suic. ideation Any problem

Source: HMS 2007-2014

Note: Anxiety and eating disorders estimates based on 2013 and 2014 data only.
Prevalence of Mental Health Problems Increasing Over Time (?)

Suicidal ideation (past year)

Survey Year

2007: n=5617, 6%
2009: n=8153, 7%
2010: n=22842, 7%
2011: n=8861, 8%
2012: n=23814, 8%
2013: n=18077, 8%
2014: n=16068, 10%
2015: n=14909, 10%
2016: n=30041, 10%
Large Variations across Campuses in Prevalence of Mental Health Problems
Comparisons Across Institutions (example: University of Michigan)

**University of Michigan (2016)**

**COMPARE TO OTHER SCHOOLS**

Percentage of students from all schools to date in the Healthy Minds Study (University of Michigan in red) who screened positive for major depression (PHQ-9) in all survey years.
<50% of Students with Mental Health Problems Receive Treatment

Source: HMS 2007-2014

Note: Anxiety and eating disorders estimates based on 2013 and 2014 data only.
Even When Received, Treatment is Often Inadequate

• Among students with significant symptoms and treatment in past year, 57% received “minimally adequate” depression care
  - “minimally adequate” = 4+ psychotherapy visits or 2+ months of antidepressant medication

• Among all students with past-year depression, 22% received minimally adequate care

Expansion of Survey in 2016 through Modular Format
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Longitudinal Study: How does mental health predict academic success?

- Data: random sample of undergraduate and graduate students
  Baseline: 2005 (N=2,798)
  Follow-up: 2007 (N=747)

- Outcomes: GPA, retention, credit hours

- Mental health: Depression (PHQ-9), anxiety (PHQ), eating disorders (SCOFF)

Economic Case for Mental Health Services

Cost < $1 million

Reduced depression

1000 students

Increased retention

+40 students

Increased student satisfaction

+$2 million

Increased tuition

Institutional reputation & alumni donations

Benefits to institution

Institutional productivity (earnings)

Benefits to students and society

+$8 million
Research-Practice Agenda

How to invest most effectively in student mental health?
ATHLETES CONNECTED

Supporting Student-Athlete Mental Health
“Gatekeeper Training” Programs

• Evaluation of Mental Health First Aid (MHFA) training for resident advisors (RAs)
  • PIs: Daniel Eisenberg and Nicole Speer
  • Funder: NIMH RC1 (2009-2011)

• 32-campus randomized trial to assess impacts on student communities

• Results in Lipson et al. (2014 *J Adolescent Health*)
Investing in Mental Health: Opportunities to Do Better
More Information

Daniel Eisenberg: daneis@umich.edu

Healthy Minds Network team: healthyminds@umich.edu

Website: www.healthymindsnetwork.org