Healthy Minds Survey

Results from AC, FP, and CC

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What is healthy minds survey?

- National Survey that assess
  - Mental health
  - Services utilization
  - Related factors
- Aims
  - Understand mental health needs and relevant health behaviors of college students and employees
  - Understand the extent to which students are receiving services
  - Understand key determinants of if they receive services
  - Provide data to inform policies and practices

Survey Protocol

- Enrollment in survey
- Recruitment
  - Students are emailed once/week with a confidential link to survey
- Post-survey
  - Receive list of resources and support available
- Use of incentives
  - Improves response rates
  - National and local
- Data is shared

Results from Amarillo College

- Sample Characteristics
  - N=501
  - Race/Ethnicity
    - 44% White or Caucasian
    - 40% Hispanic/Latino
    - 7% Black
    - 4% Asian
    - 3% American Indian/Alaskan Native
    - 1% Arab/Middle Eastern
    - 1% other
  - Age
    - 33% 18-22
    - 30% 26-31
    - 15% 41+
    - 11% 23-25
  - Gender
    - 64% Female
    - 34% male
    - 2% other gender identity

Results from Amarillo College

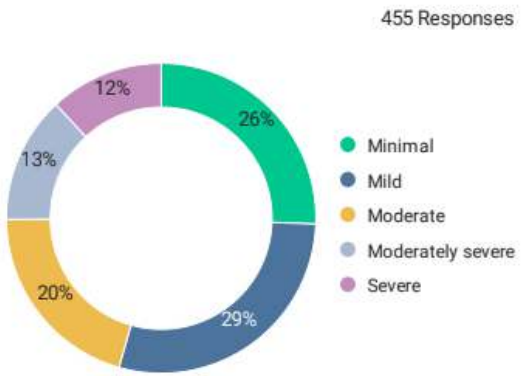
- Sample Characteristics Contd
  - Living arrangement
    - 86% off campus
    - 13% other
  - Degree Program
    - 88% associates
    - 8% bachelors
    - 8% other
  - Class format
    - 36% all in person
    - 41% hybrid
    - 21% all online
    - 2% other

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 for a major depressive episode in the past two weeks (Spitzer, Kroenke, & Williams, 1999).

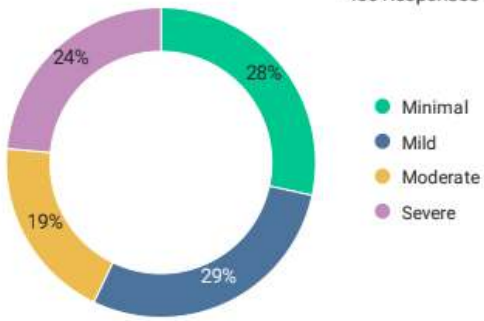
Following the standard algorithm for interpreting the PHQ-9, symptom levels are categorized as severe (scores ≥20), moderately severe (scores 15-19), moderate (scores 10-14), mild (scores 5-9). There is no name for the category of scores from 0-4, so we use "minimal."



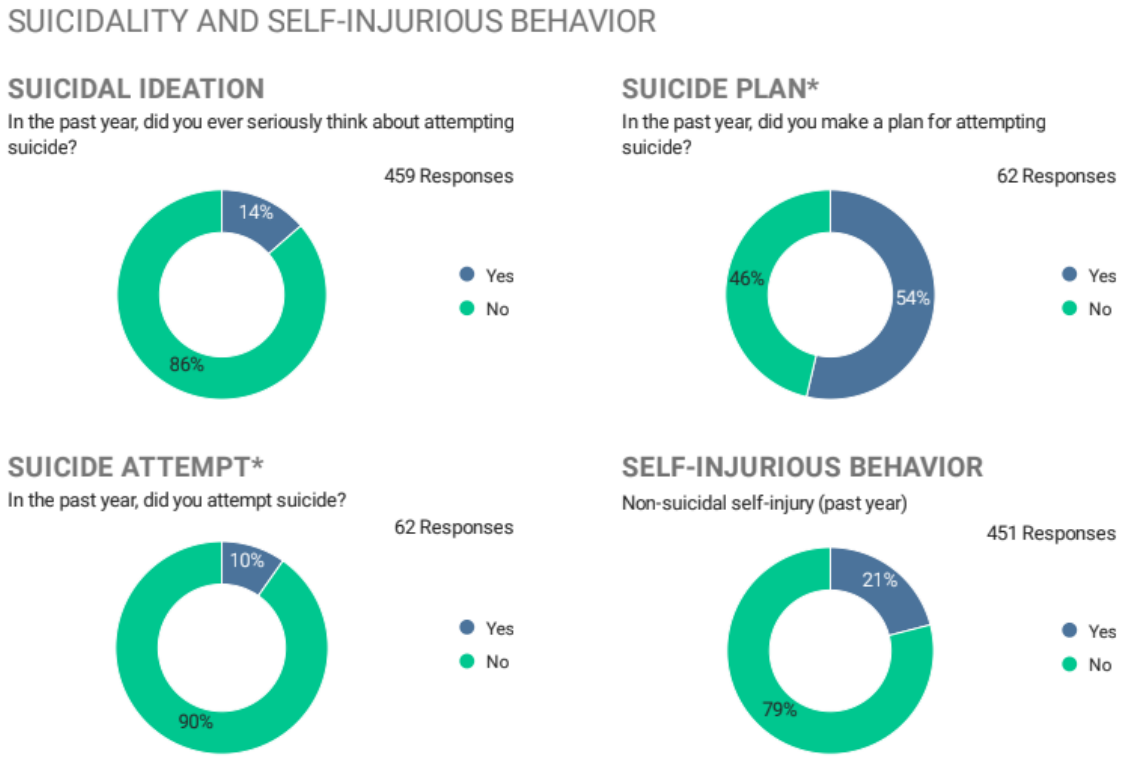
ANXIETY SCREEN

Anxiety is measured using the GAD-7, a seven-item screening tool for screening and severity measuring of generalized anxiety disorder in the past two weeks (Spitzer, Kroenke, Williams, & Lowe, 2006).

Following the standard algorithm for interpreting the GAD-7, symptom levels are categorized as severe (scores ≥15), moderate (scores 10-14), mild (scores 5-9), and minimal (scores 0-4).



Suicidality and Self-Injurious Behavior



Loneliness

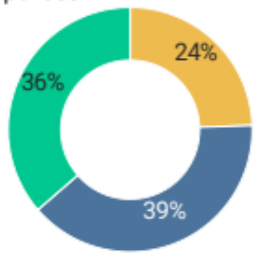
LONELINESS SCALE

Loneliness is measured using the UCLA three-item Loneliness Scale (Hughes, Waite, Hawkley, & Cacioppo, 2004).

How often do you feel...

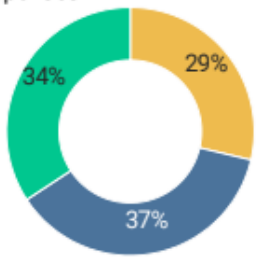
...that you lack companionship?

458 Responses



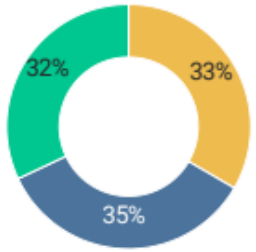
...left out?

460 Responses



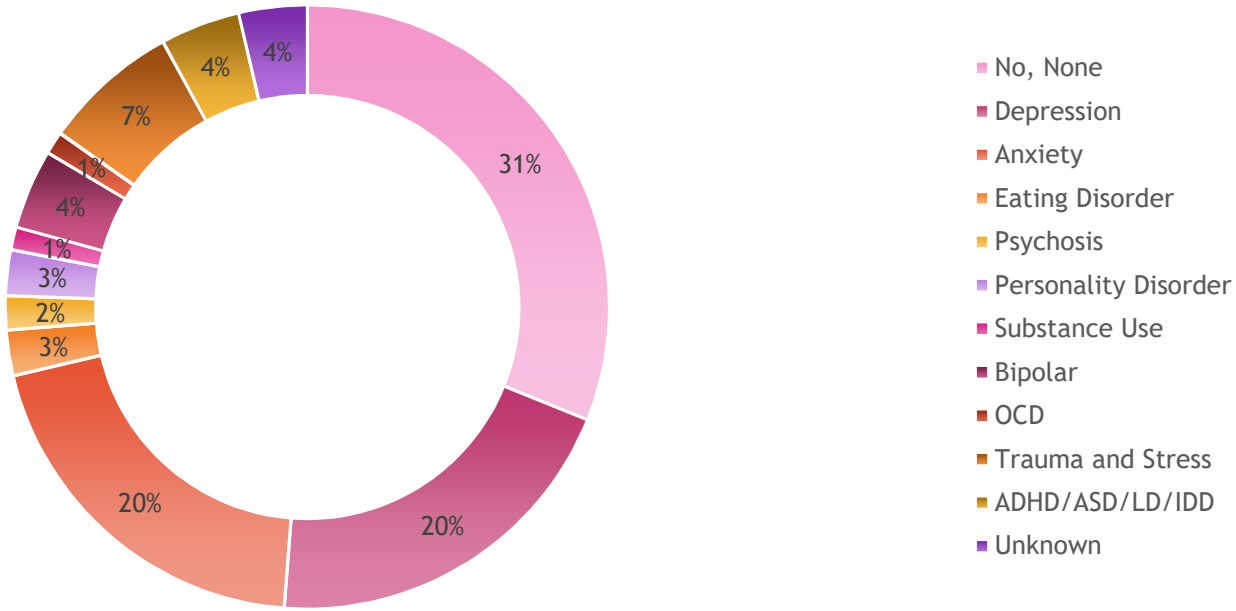
...isolated from others?

459 Responses



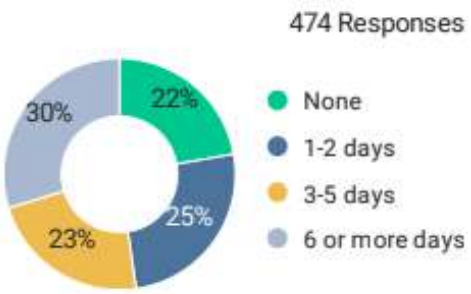
Often Some of the time Hardly ever

Lifetime Diagnosis of Mental Disorders



Academic Impairment & Positive Mental Health

- Academic Impairment
  - In the past 4 weeks students felt that emotional/mental difficulties hurt their academic performance
    - 25% 1-2 days
    - 23% 3-5 days
    - 30% 6 or more days
    - 22% none



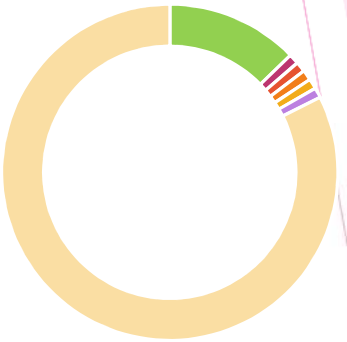
Academic Impairment

- Positive Mental Health
  - 72% not flourishing
  - 28% flourishing
    - Purposeful and meaningful life
    - Social relationships that are supportive and rewarding
    - Engaged and interested in daily activities
    - Contribute to the happiness and well-being of others
    - Feelings of competence and capability
    - Feeling like a good person
    - Having optimism
    - Feeling respected

Alcohol and Substance Use

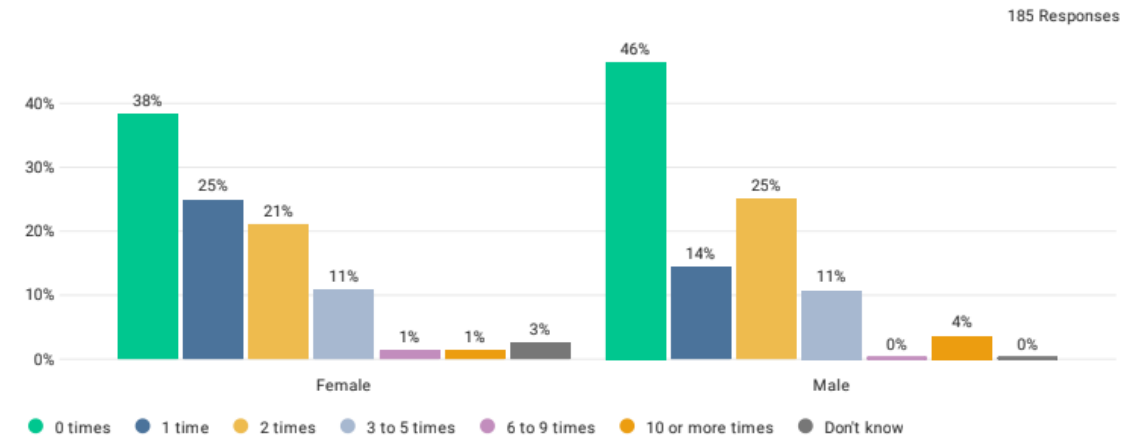
- Alcohol Use
  - 40% had a drink over the last 2 weeks
  - 60% did not
- Binge Drinking Behavior
  - 4/5 more drinks in a row

- Drug Use
  - 84% did not use
  - 13% Marijuana
  - 5% other

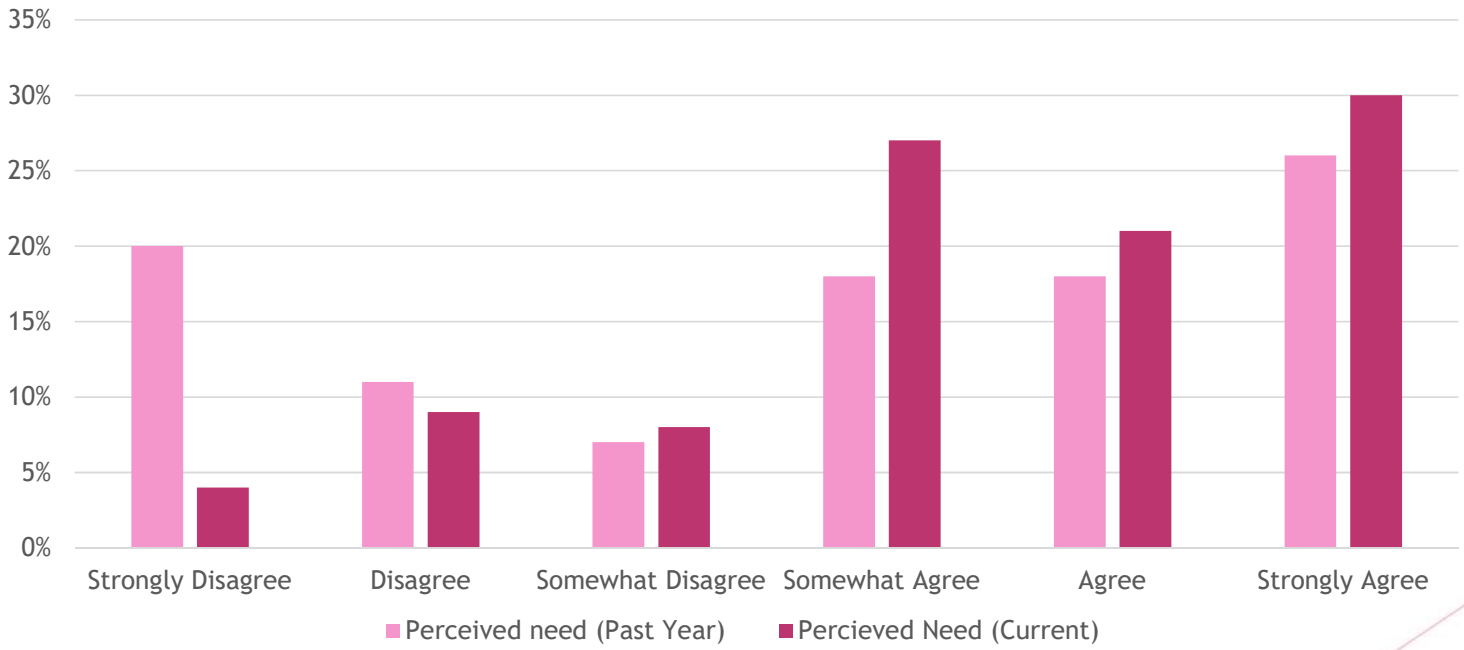


Marijuana
Cocaine
Opoids
Benzos
Psilocybin
Kratom
None of these

*Among students with alcohol use

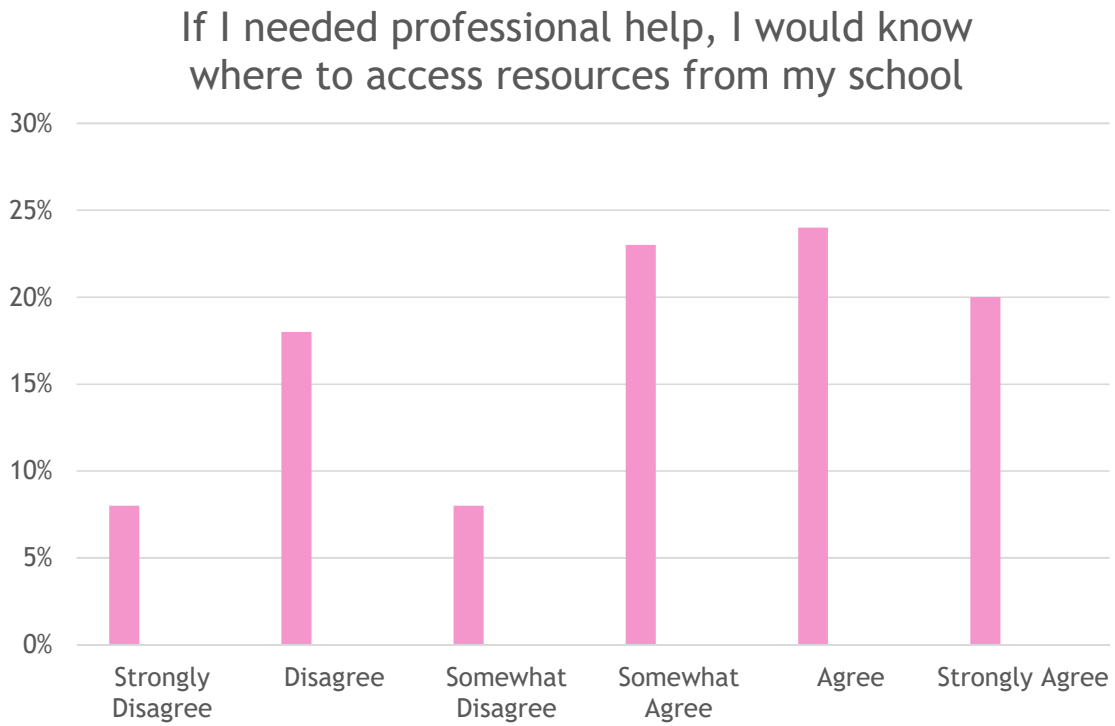


Attitudes and Beliefs about Mental Health Services



*Among students who indicated they needed help for emotional or mental health problems in the past year

Knowledge of Campus Resources

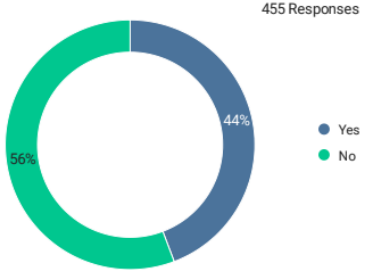


Therapy Use & Psychotropic Medication Use

THERAPY USE: LIFETIME

Have you received counseling/therapy for mental health concerns?

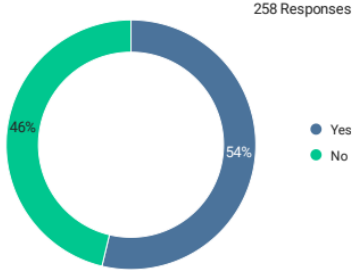
455 Responses



THERAPY USE: LIFETIME*

*Among students screening positive for anxiety (GAD-7 score ≥10) or depression (PHQ-9 score ≥10)

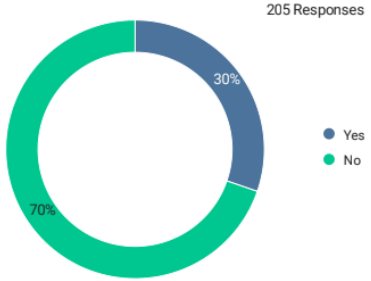
258 Responses



THERAPY USE: CURRENT

Are you currently receiving counseling or therapy?

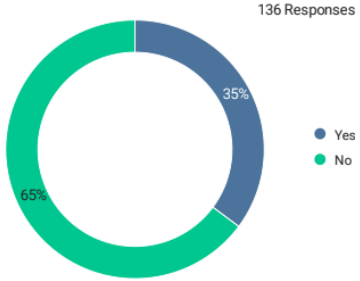
205 Responses



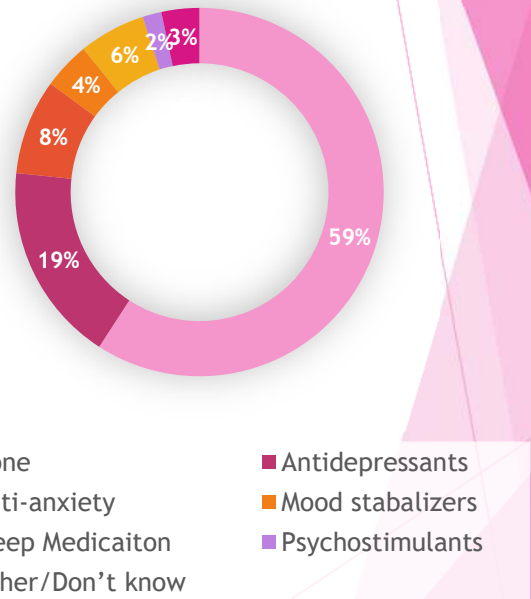
THERAPY USE: CURRENT*

*Among students screening positive for anxiety (GAD-7 score ≥10) or depression (PHQ-9 score ≥10)

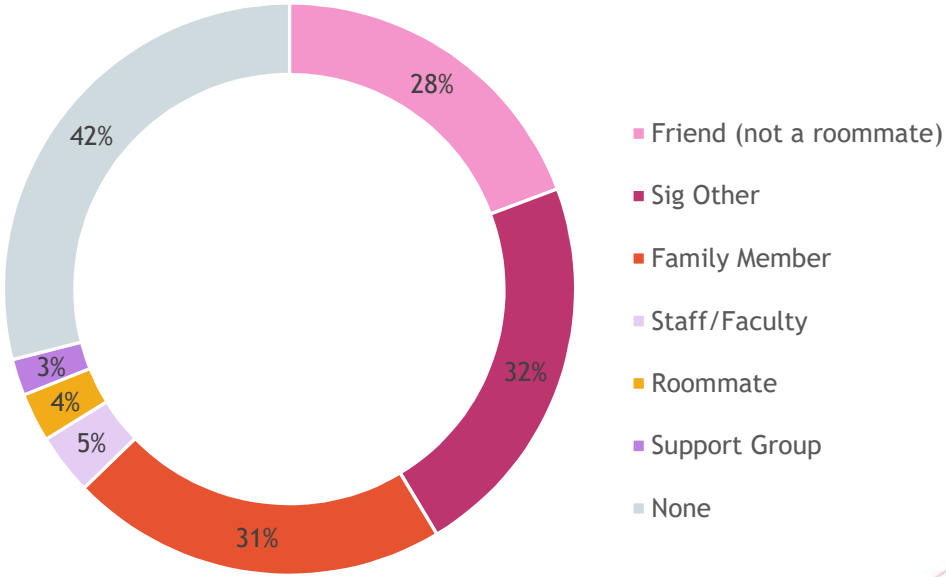
136 Responses



Medication Use

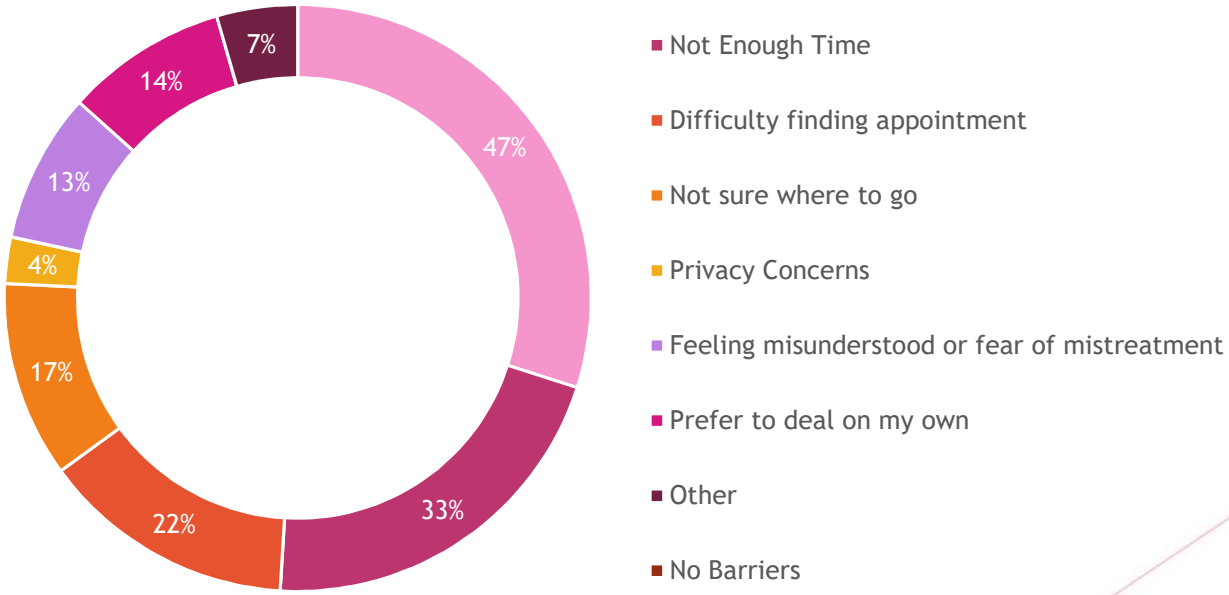


Informal Help Seeking



Barriers to Help-Seeking

* Among students who received mental health services in the past year



Comparison to Frank and Clarendon Colleges

Frank Phillips

- 79% not flourishing
- 55% academic impairment at least 20% of time over last 4 weeks
- 51% don't know where to go to get help
  - Compared to 34% at AC
  - Rates of therapy use about half
    - 77% attributed to financial barriers
    - 46% concerned over privacy
    - 62% fear of being misunderstood
    - 15% not enough time

Clarendon College

- 68% not flourishing
- 48% academic impairment at least 20% of time over last 4 weeks
- 56% don't know where to get help
  - 48% had a need for services over the last year
  - Rates of therapy over lifetime is similar to AC but current therapy use is about a third
    - 40% have no time
    - 30% financial reasons
    - 20% privacy concerns
    - 10% didn't know where to go
    - 10% couldn't find an appt