

# MUS Task Force Report: Healthy Minds Study Student Survey Findings



September 2024

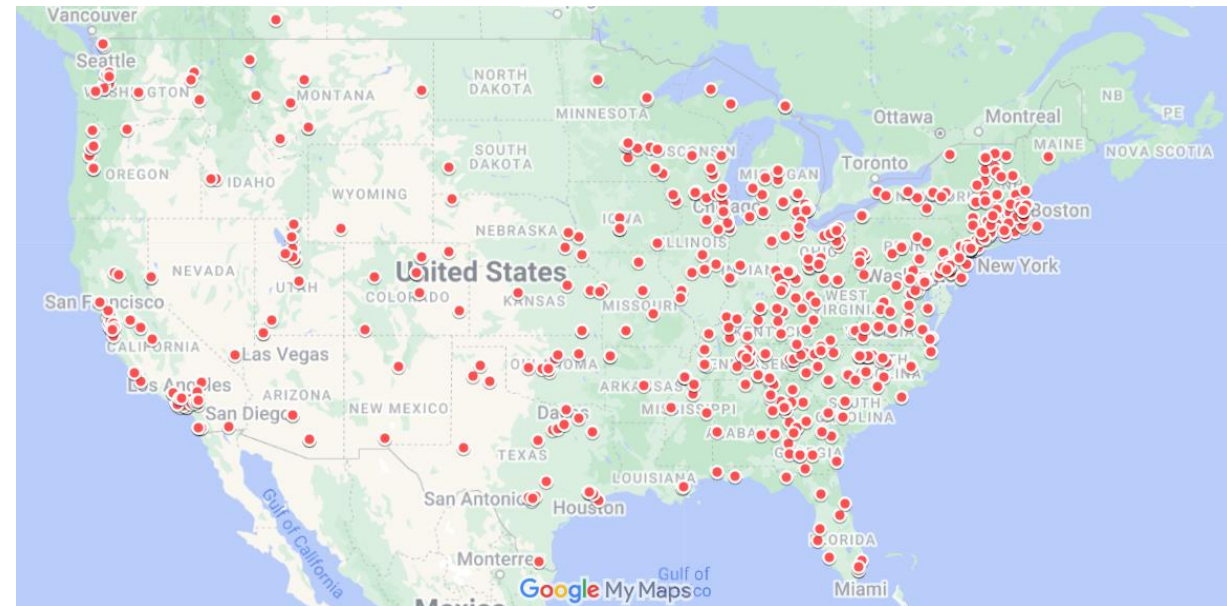
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# Healthy Minds Study

- Gathering data since 2007
- Over 600 colleges and universities have participated
- More than 850,000 responses
- Important for needs assessment, benchmarking, and programming
- MUS N=3928
- Sample characteristics and weighted responses



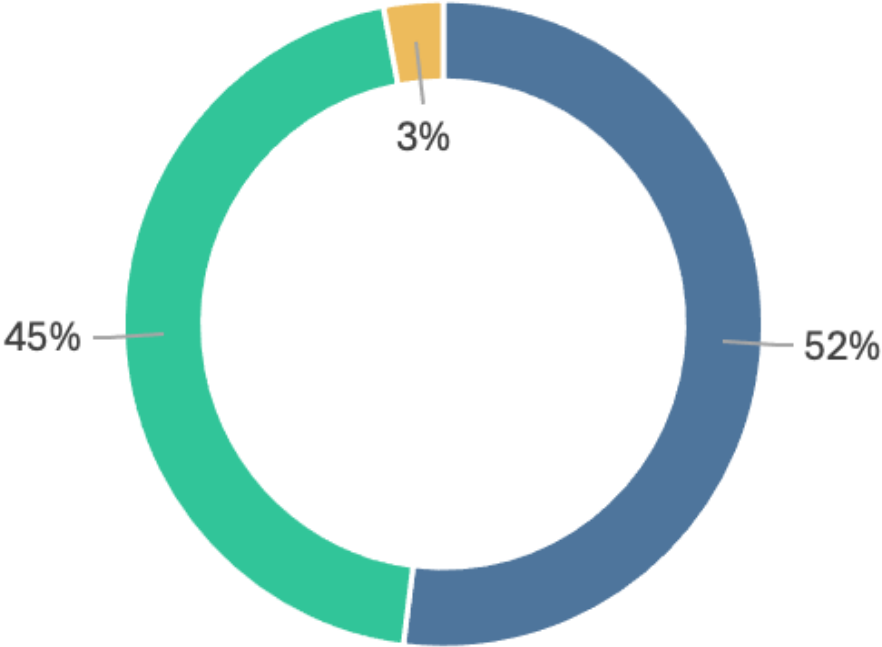
# History of HMS and MUS

- Data collection is Task Force priority
- Clinical focus (to identify treatment gap in non-clinical sample)
- Funded by MUS Risk and Compliance Leadership Council
- HMS presentation to BOR and mental health Summit in Billings in Fall 2022
- Campuses administered in AY 2023-24



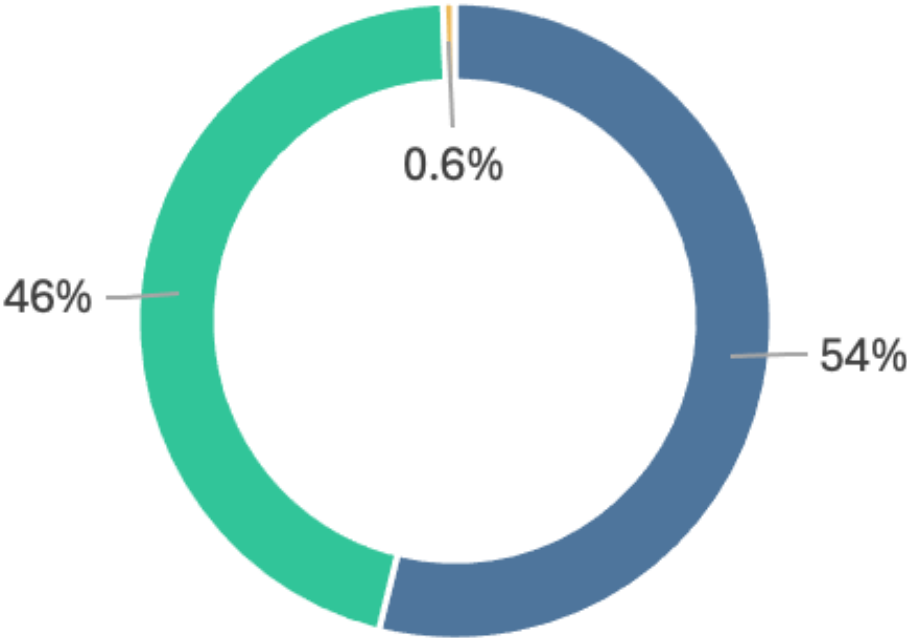
# Student Demographics—Gender Identity

HMS Respondents (3923 Responses)



- Woman
- Man
- Other gender identity

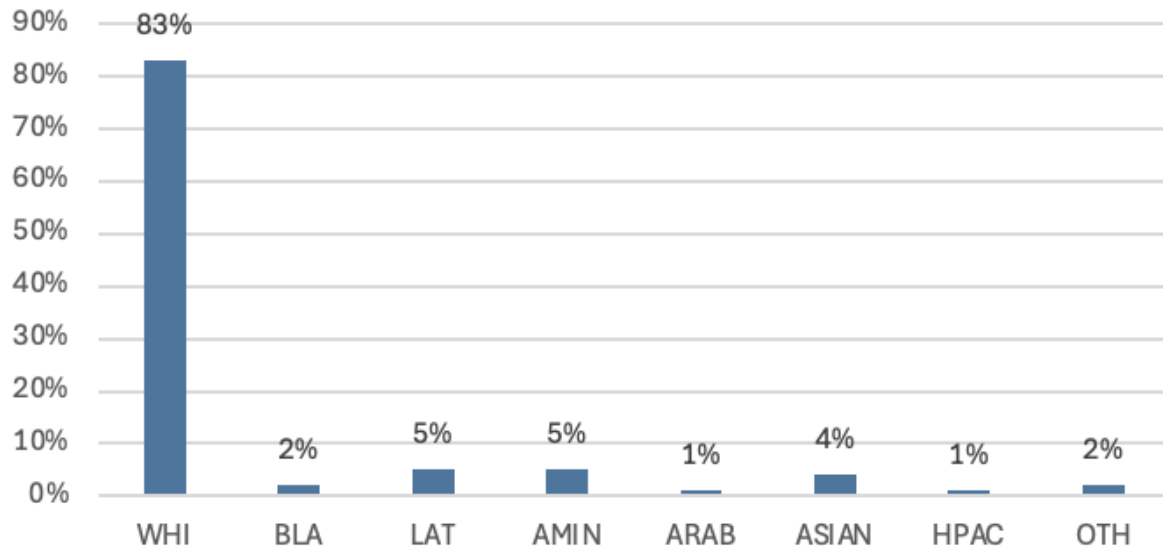
MUS Headcount - Fall 2023



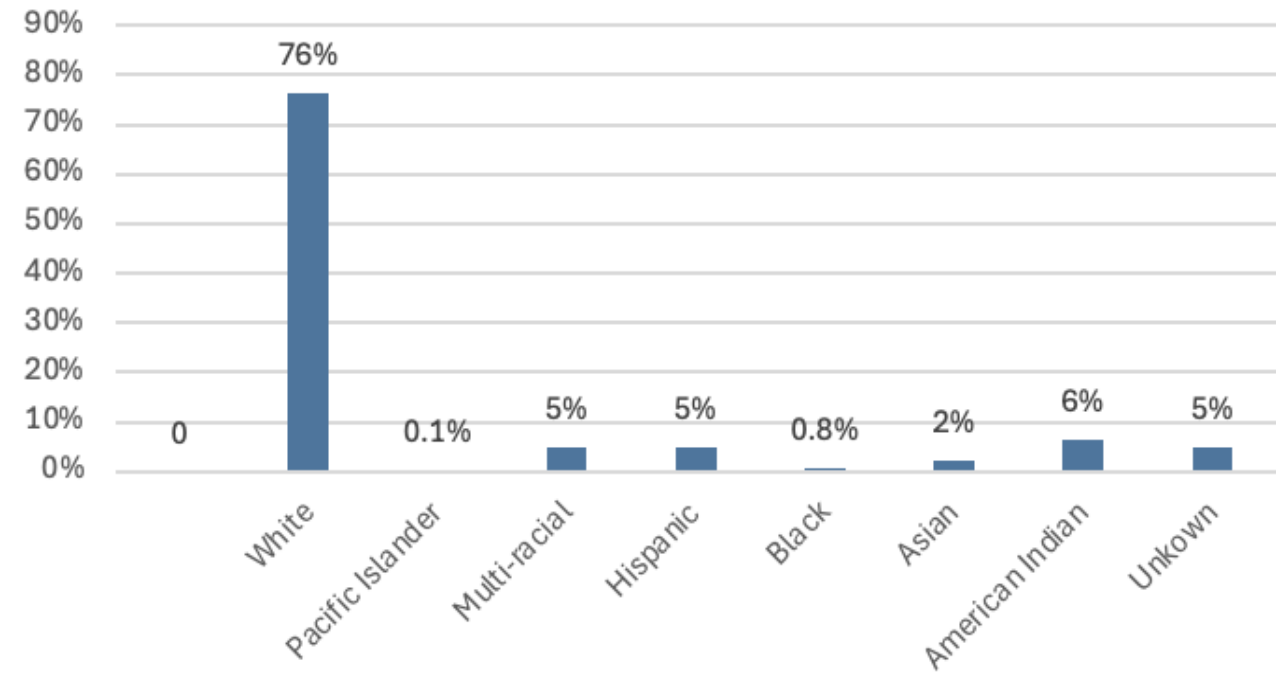
- Female
- Male
- Unknown

# Student Demographics—Race/Ethnicity

HMS Respondents (3914 Responses)

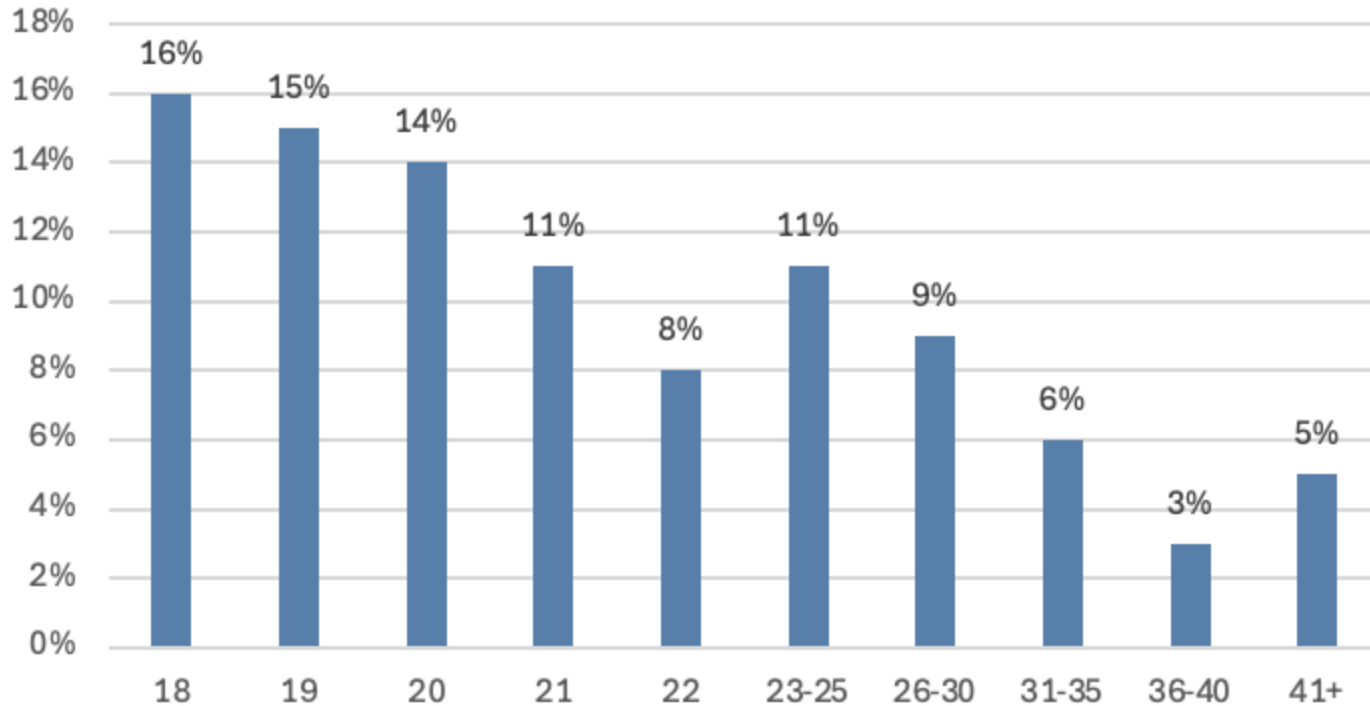


MUS Headcount - Fall 2023

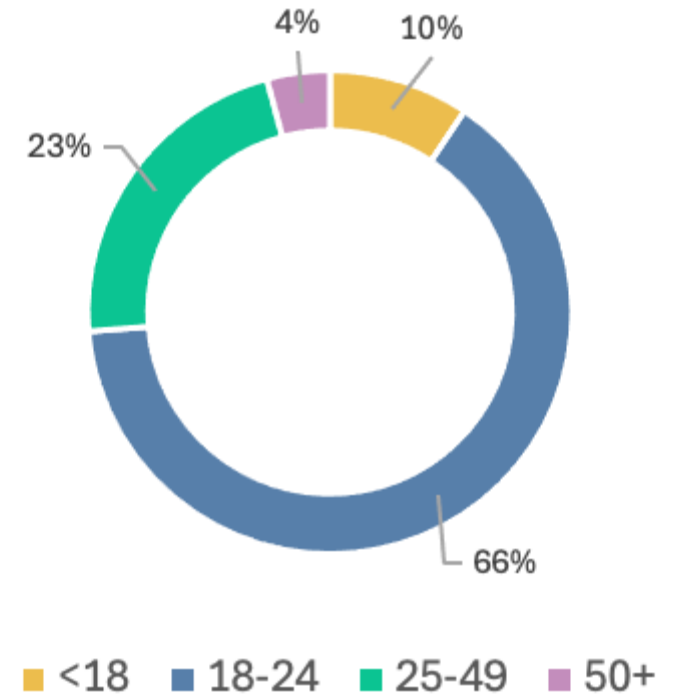


# Student Demographics—Age

HMS Respondents (3928 Responses)

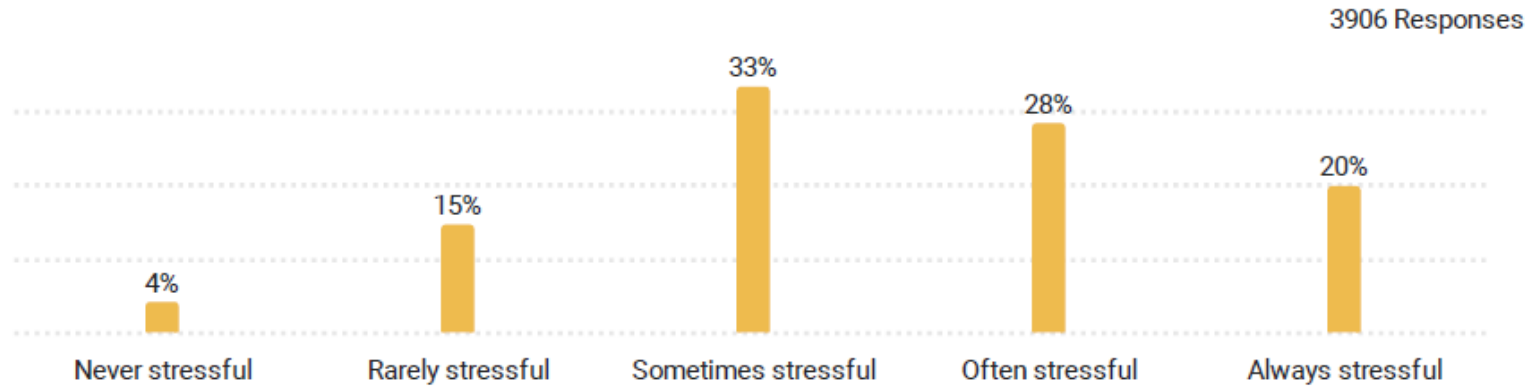


MUS Headcount Fall 2023



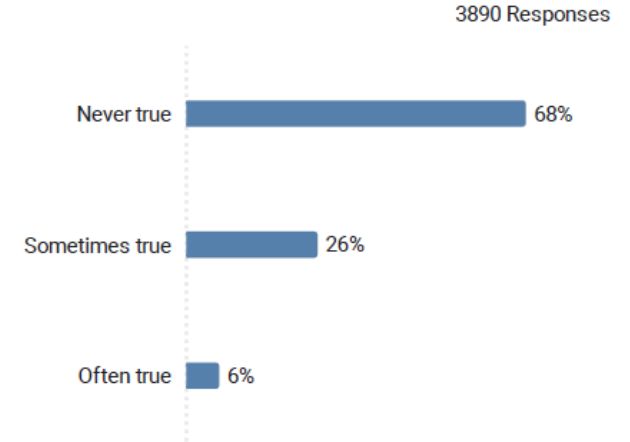
# Socioeconomic factors

How would you describe your financial situation right now?



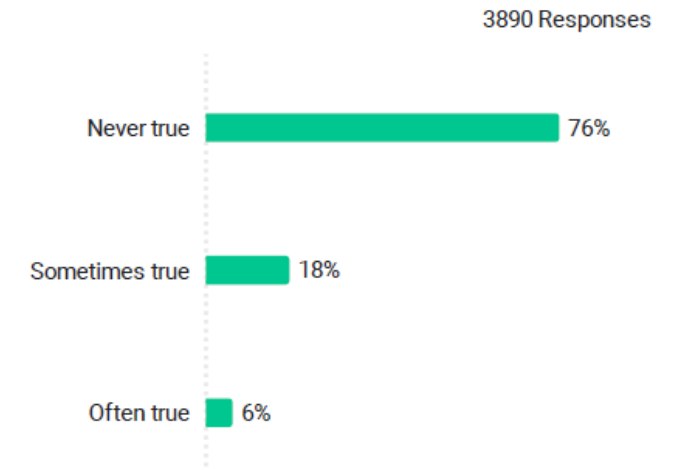
## FOOD INSTABILITY

Within the past 12 months I was worried whether our food would run out before we got money to buy more.



## HOUSING INSTABILITY

Within the past 12 months I was worried about not having stable housing.



# Loneliness

How often do you feel...

...that you lack companionship?

3663 Responses



...left out?

3658 Responses



...isolated from others?

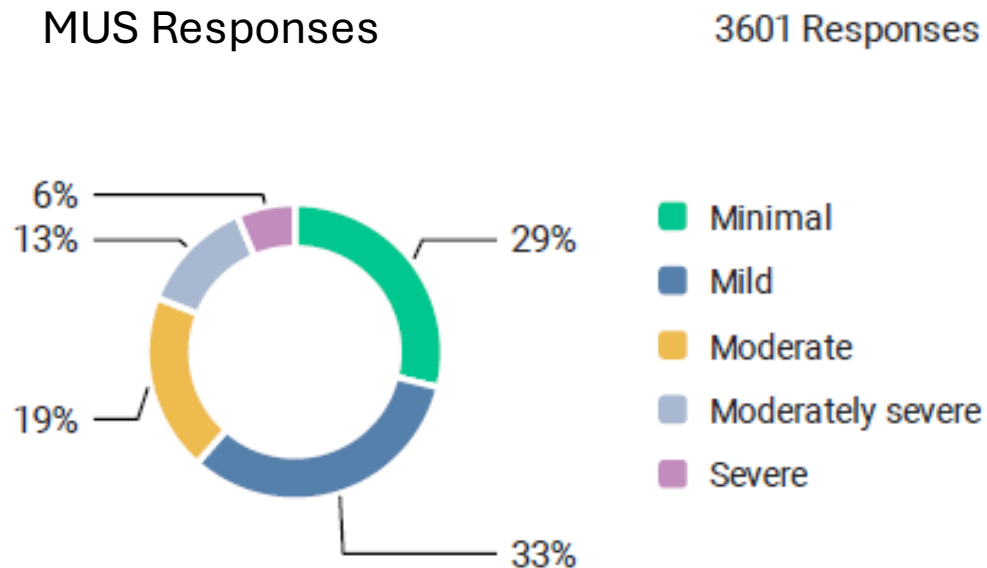
3658 Responses



Often    Some of the time  
Hardly ever



# Mental health data: Depression

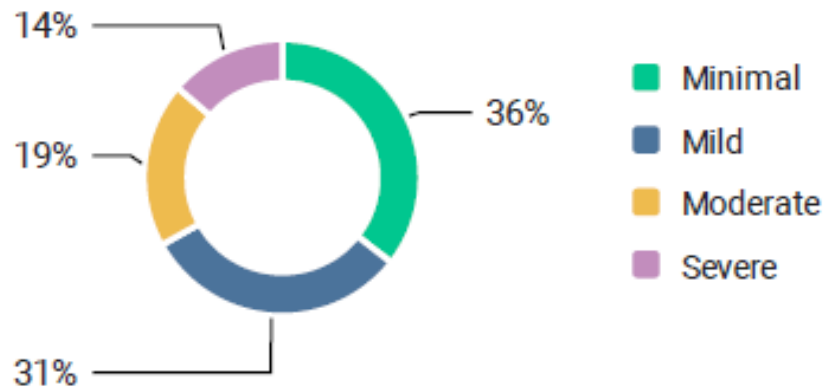


- Depression measured using a standard depression screening instrument (PHQ-9)
- MUS had 38% moderate to severe
- National had 38% moderate to severe

# Mental health data: Anxiety

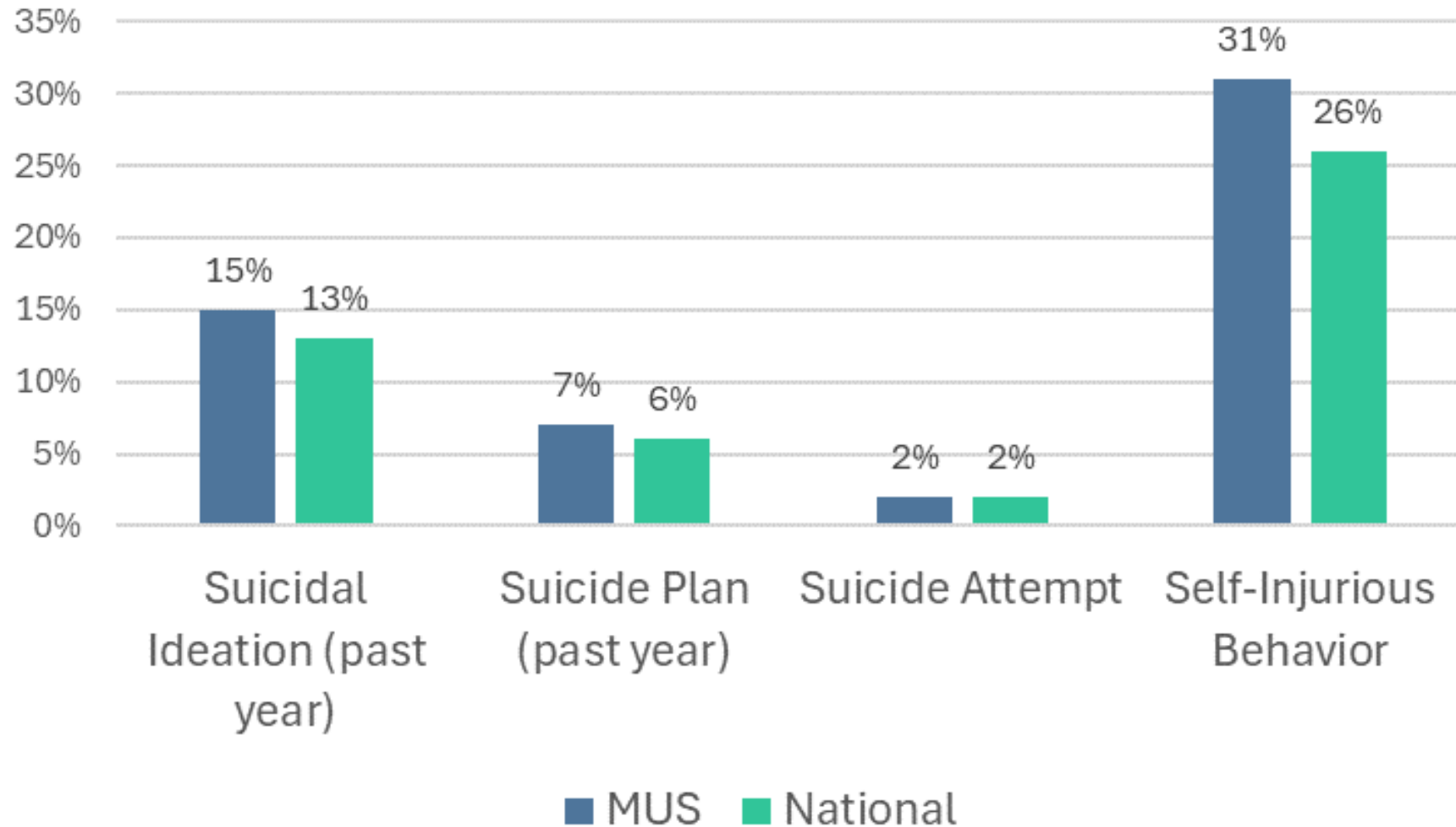
MUS Responses

3601 Responses



- Anxiety measured using a standard screening instrument for Generalized Anxiety Disorder (GAD 7)
- MUS had 64% with mild to severe anxiety
- National data had 34% with mild to severe anxiety

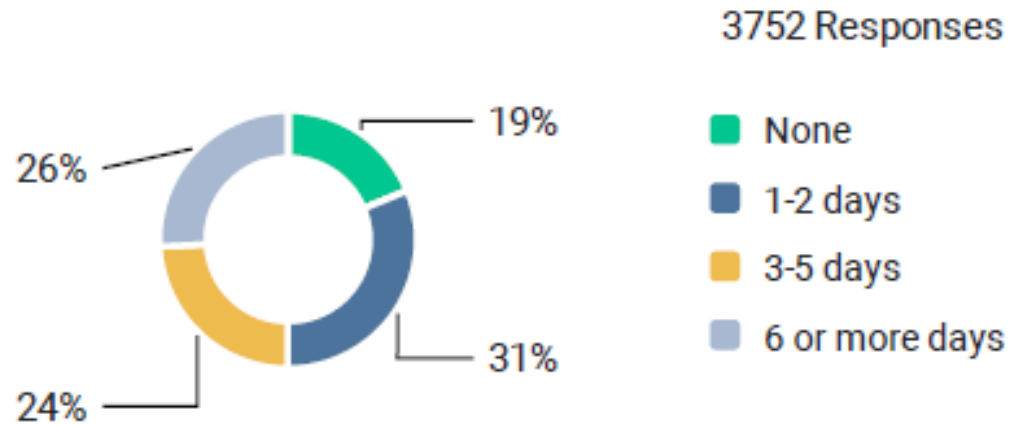
# Suicidality and self-harm



# Lifetime diagnosis of mental disorder

Diagnosis Category	Percentage of responses
Mood disorders (depression, bipolar)	37%
Anxiety disorders (GAD, phobias, OCD)	43%
Eating disorders	6%
Psychotic disorders	1%
Substance use disorders	3%
Trauma and stressor related disorders	13%
Neurodevelopmental disorder or intellectual disability (ADHD, ASD)	15%

# Academic impacts



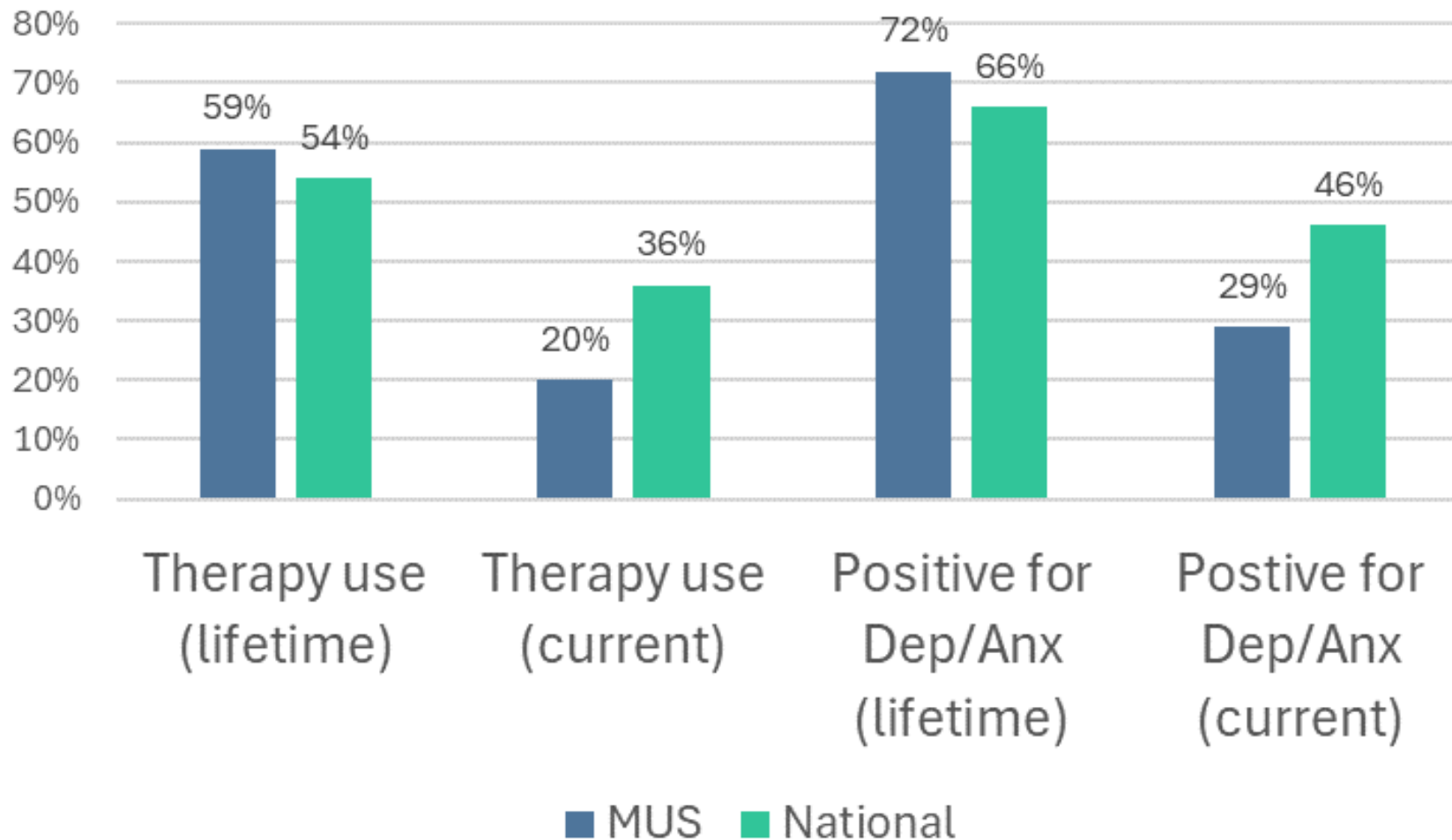
*In the past four weeks, how many days have you felt that emotional or mental difficulties have hurt your academic performance?*

- 81% of MUS sample endorsed this item compared to 77% nationally

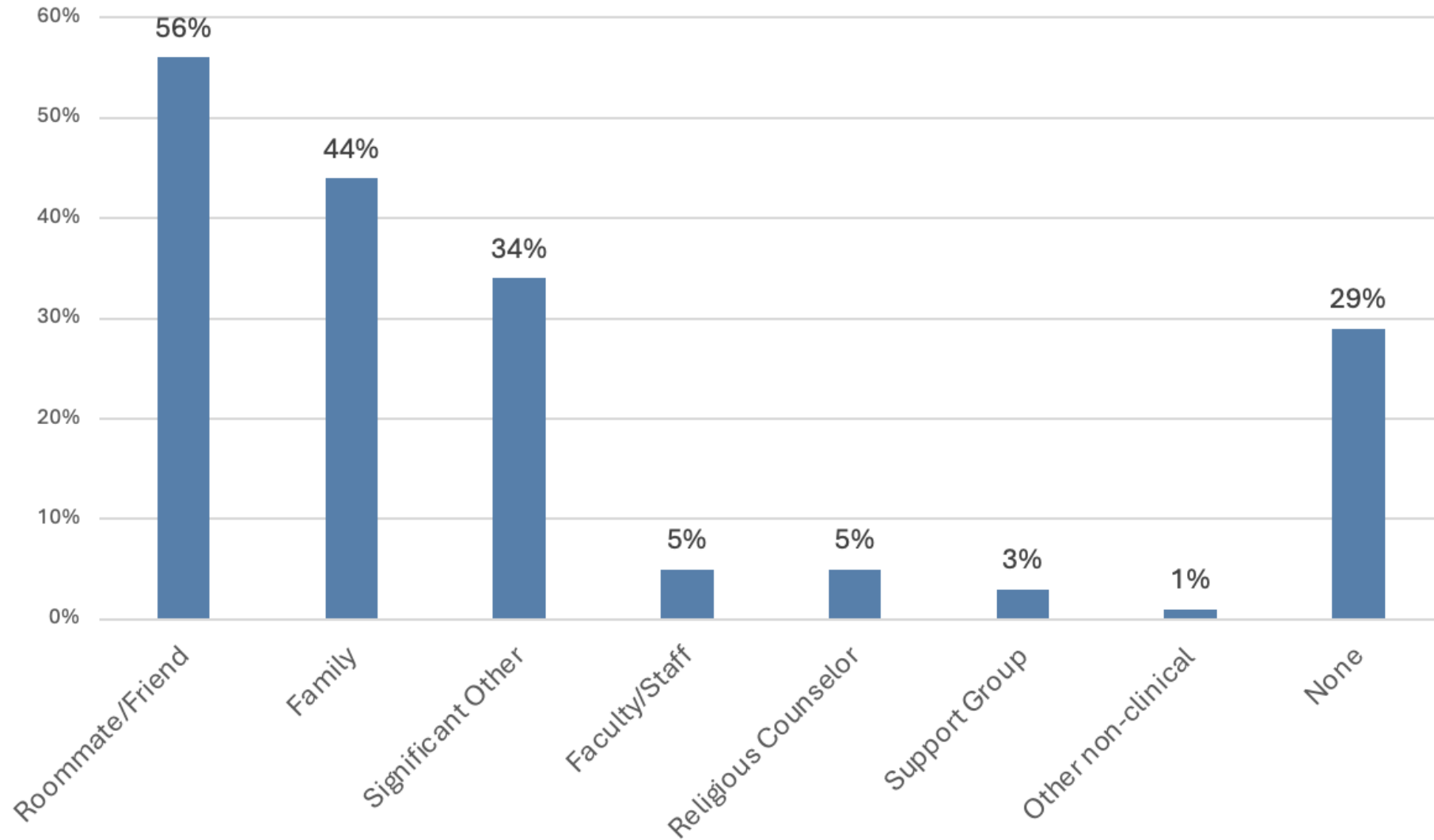
# Attitudes/Beliefs about Mental Health Services

	MUS	National
Needed help in past year	68% (27% strongly agreed)	65% (27% strongly agreed)
Currently need help	78% (28% strongly agreed)	78% (25% strongly agreed)
Knowledge of mental health resources	80% knew where to go	76% knew where to go

# Therapy Use (Lifetime and Current)

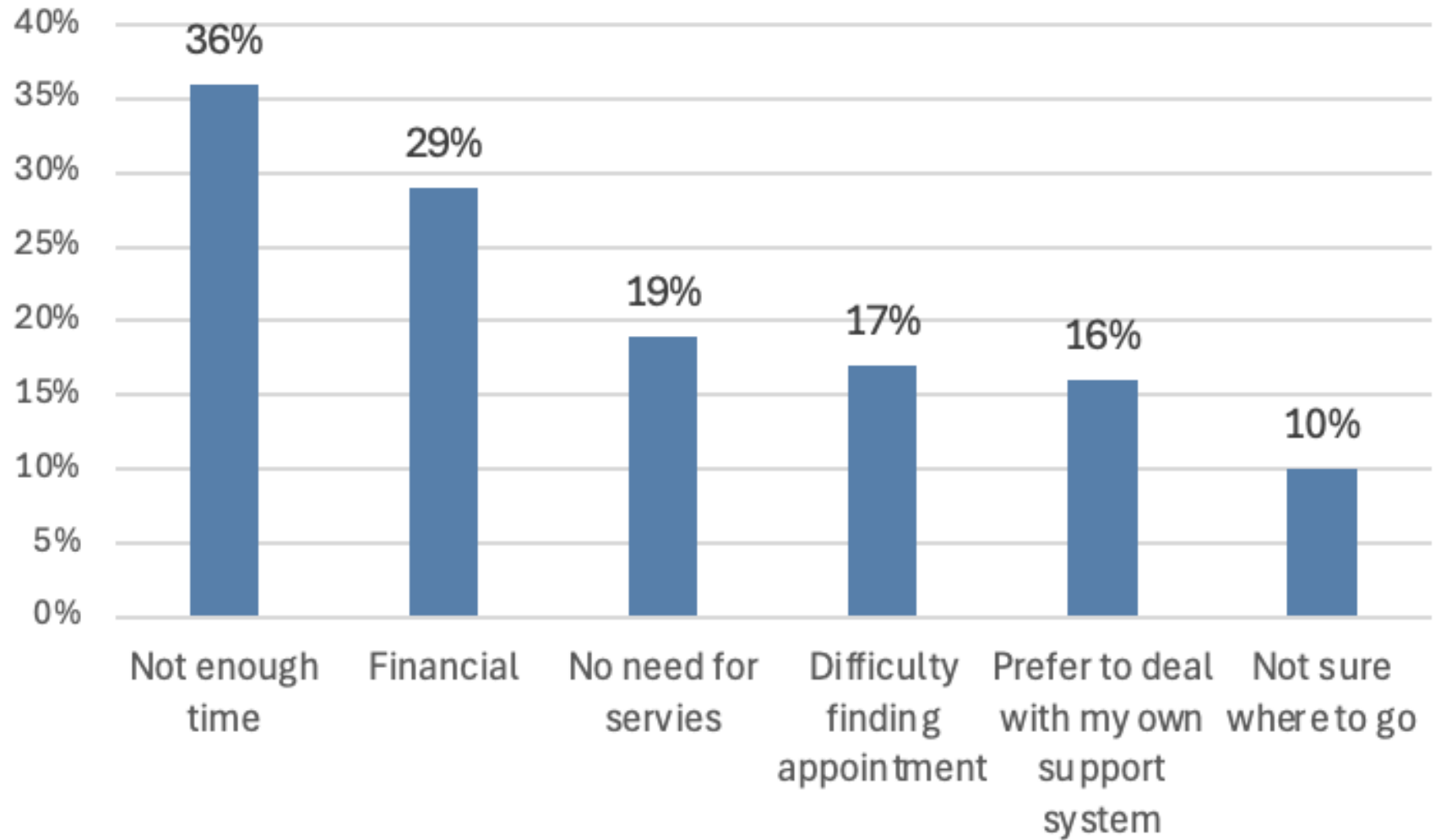


# Non-clinical help-seeking



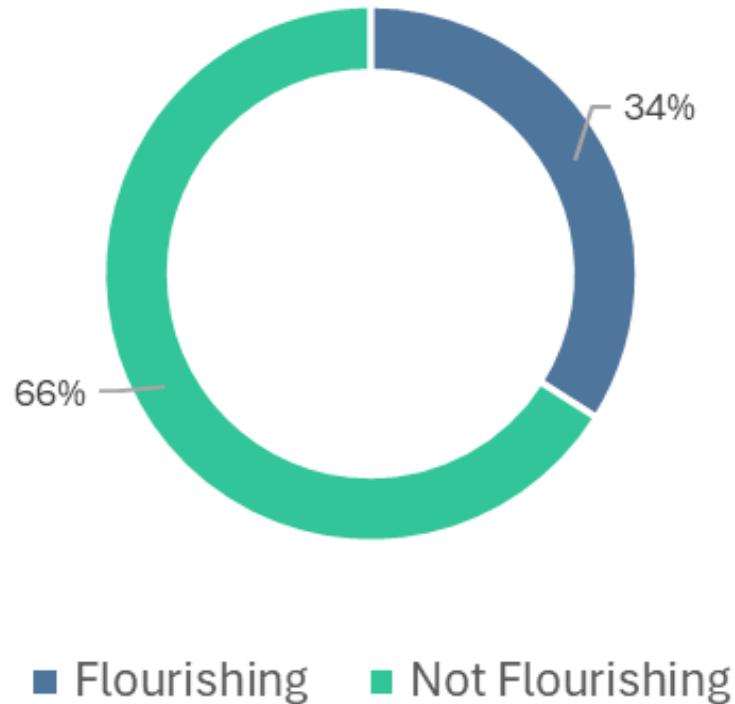


# Barriers to help-seeking



# Positive Mental Health - Students

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- Positive mental health is measured using the validated Flourishing Scale, an eight-item summary measure of the respondent's perceived success in important areas such as relationships, self-esteem, purpose, and optimism.

# Supporting Students

Percent of Participants	Agree or Strongly Agree with the statement:
63%	I feel comfortable having conversations with students about their mental health.
52%	I have a good idea how to recognize that a student is in mental or emotional distress.
52%	Student mental health problems are significantly worse now than when I started my career.
22%	Supporting students in mental and emotional distress has taken a toll on my own mental and emotional health.