

# The Healthy Minds Study Codebook

## About The Healthy Minds Study Data Sets

- **Background:** The Healthy Minds Study is a web-based survey study of college student mental health and help-seeking behavior. The study was first developed in 2005 at the University of Michigan School of Public Health by Daniel Eisenberg, Ezra Golberstein, Sarah Gollust, and Jennifer Hefner. The survey has been administered by Survey Sciences Group, LLC (Ann Arbor, MI). Since 2005 the study has expanded to include random samples from nearly 100 colleges and universities. The initial development of the study was funded by the University of Michigan and Blue Cross Blue Shield of Michigan Foundation. Subsequent years of the study have been funded by the participating colleges and universities, which receive data reports and data sets in return for a fee that covers the cost of participation. All colleges and universities are welcome to join the study in any year; more information is at [www.healthymindsnetwork.org](http://www.healthymindsnetwork.org).
- **Study design:** At each participating campus, a random sample is selected from the full student population. At most campuses this initial sample is 4,000 students, although it is obviously smaller at campuses with fewer than 4,000 students. In 2007 and 2009, students were invited via postal mail (with a \$2 incentive) as well as up to four email reminders linking to the survey. Since 2010 recruitment has been via email only. All students are informed that they are entered into a cash sweepstakes drawing, regardless of their participation. The survey is administered using Illume's web-based survey software.
- **Sample sizes and response rates:**

	2007	2009	2010	2011	2012
Number of schools	13	15	26	11	31
Number of students in initial sample	12,997	19,110	89,065	33,257	121,841
Number of survey starters	5,832	8,488	24,026	9,596	30,386
Number of survey completers	5,550	8,066	22,503	8,732	28,305
Overall participation rate	42.7	42.2	25.3	26.3	23.2
Range of school-level completion rates	32.6-59.3	26.7-50.1	3.03-49.1	10.7-45.5	8.2-44.3

- **Sample weights:** A potential concern in any survey study is that those who respond to the survey will not be fully representative of the population from which they are drawn. In this study, we can at least be confident that those who were

invited to fill out the survey were representative of the full student population, because these students were randomly selected from the full list of currently enrolled students. But it is still possible that those who actually completed the survey were different in important ways from those who did not complete the survey. We address this issue by constructing non-response weights using administrative data on full student populations. Most schools are able to provide administrative data about all students who were randomly selected for the study. The analysis of these administrative data, separated from any identifying information, was approved in the IRB application at the University of Michigan and each participating school. We used the following variables, where available, to estimate which types of students were more or less likely to respond to the survey: gender (male, female), race/ethnicity (white, black, Hispanic, Asian, other), academic level (undergraduate, graduate), and grade point average (categorized into: missing or not applicable, 0.01-2.00, 2.01-2.50, 2.51-3.00, 3.01-3.30, 3.31-3.50, 3.51-3.70, 3.71-3.90, 3.91-4.30). In the national sample overall, the largest differences in response rate were for: female students (higher than for male students); graduate students (higher than for undergraduates); students with higher GPA (higher than for students with lower GPA). We used these variables to estimate the response propensity of each type of student (based on logistic multivariable regressions), and then assigned response propensity weights to each student who completed the survey. The less likely a type of student was to complete the survey, the larger the weight they received in the analysis, such that the weighted estimates are representative of the full student population in terms of the administrative variables available for each institution. Finally, note that these sample weights give equal aggregate weight to each school in the national estimates. An alternative would have been to assign weights in proportion to school size, but we decided that we did not want our overall national estimates to be dominated by schools in our sample with very large enrollments.

- **Protection of human subjects:** This study is approved by the University of Michigan Health Sciences Institutional Review Board (IRB), as well as the IRBs from all other participating institutions. Due to the sensitive nature of the data collected in this study, we have taken a number of precautions to protect the participants. Perhaps the two main concerns pertain to confidentiality and risk of harm to self or others. To address confidentiality, we have taken the following two measures, among others: first, the study was administered on a secure web site, with no confidential information transmitted by email; second, identifying information used to recruit subjects is always stored separately from any response data. Regarding risks of harm to self or others, the surveys close by thanking the participant and offering a list of both local and national mental health resources, such as the campus psychological counseling center and a national suicide prevention hotline (the exact list of resources was determined by the local study coordinator at each institution). Also, for students who indicate suicidal ideation or behavior in the previous year, the final page of the survey includes a special message encouraging the student to consider the list of resources carefully. In addition, each page of the web survey contains emergency contact numbers.

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- All years=2007, 2009, 2010, 2011, 2012
  - An updated version of the codebook and aggregate data set with 2013 items will be available soon
  - A separate treatment satisfaction data set and codebook will be available soon
- Where used, validated screening tools (e.g., the Patient Health Questionnaire) are listed in the *Notes* column
- Acknowledgments: Sarah Ketchen Lipson did much of the work to develop this codebook and format the data sets accordingly. There were also substantial contributions from Katie Beck, Daniel Eisenberg, and Steve Brunwasser.
- *Questions?* Contact the researchers at [healthyminds@umich.edu](mailto:healthyminds@umich.edu).

## Table of Contents

1. Basic survey variables
2. Demographics
3. Academics
4. Positive mental health
5. Depression and anxiety screen
6. Eating and body
7. Self-injurious behavior and suicide
8. Diagnosed mental illness
9. Knowledge and beliefs about mental health services
10. Stigma
11. Mental health service utilization
12. Informal help-seeking/support
13. Reasons for seeking or not seeking help
14. Insurance
15. Substance use
16. Other behaviors/lifestyle
17. Witnessing/experiencing negative things

Variable name	Question text/ description	Response codes	Year(s) included	Notes
		3=Neutral 4=Pessimistic 5=Very pessimistic		
satisf	How satisfied are you overall with your experience so far at [SCHOOL NAME]?	1=Very satisfied 2=Satisfied 3=Neutral 4=Dissatisfied 5=Very dissatisfied	2009 2010	
donate	What is your best guess about the likelihood that you will donate money to [SCHOOL NAME] after you are finished with your education here?	1=Very likely 2=Likely 3=50/50 4=Unlikely 5=Very unlikely	2009 2010	
aca_impa	In the past 4 weeks, how many days have you felt that emotional or mental difficulties have hurt your academic performance?	1=None 2=1-2 days 3=3-5 days 4=6 or more days	All years	
<b>4. Positive mental health</b>				
mhcontin	Composite measure from Mental Health Continuum Short Form	Range: 0-70	2007 2009 2010 2011	Mental Health Continuum Short Form (Keyes, 2005)
keyes_flourish	Mental Health Continuum algorithm for flourishing: 1 of the 3 hedonic well-being symptoms (items 1-3) "all" or "most of the time" and feels 6 of 11 positive functioning symptoms (items 4-14) "all" or "most of the time" in the past month	0=Not flourish 1=Flourish	2007 2009 2010 2011	Mental Health Continuum Short Form (Keyes, 2005)
keyes_languish	Mental Health Continuum algorithm for languishing: 1 of the 3 hedonic well-being symptoms (items 1-3) "never" or "once or twice" and feels 6 of the 11 positive functioning symptoms (items 4-8 are indicators of Social well-being and 9-14 are indicators of Psychological well-being) "never" or "once or twice" in the past month	0=Not languish 1=Languish	2007 2009 2010 2011	Mental Health Continuum Short Form (Keyes, 2005)
diener_score	Composite measure from Psychological well-being scale	Range: 8-56	2012	Psychological well-being scale (Diener et al., 2009)
keyes1	In the past month, how often did you feel happy?	0=Never 1=Once or twice 2=About once a week 3=2 or 3 times a week 4=Almost everyday 5=Everyday	2007 2009 2010 2011	Mental Health Continuum Short Form (Keyes, 2005)
keyes2	In the past month, how often did you feel interested in life?	0=Never 1=Once or twice	2007 2009	Mental Health Continuum Short Form (Keyes, 2005)

Variable name	Question text/ description	Response codes	Year(s) included	Notes
		2=About once a week 3=2 or 3 times a week 4=Almost everyday 5=Everyday	2010 2011	
keyes3	In the past month, how often did you feel satisfied?	0=Never 1=Once or twice 2=About once a week 3=2 or 3 times a week 4=Almost everyday 5=Everyday	2007 2009 2010 2011	Mental Health Continuum Short Form (Keyes, 2005)
keyes4	In the past month, how often did you feel that you had something important to contribute to society?	0=Never 1=Once or twice 2=About once a week 3=2 or 3 times a week 4=Almost everyday 5=Everyday	2007 2009 2010 2011	Mental Health Continuum Short Form (Keyes, 2005)
keyes5	In the past month, how often did you feel that you belonged to a community (like a social group, your neighborhood, your city)?	0=Never 1=Once or twice 2=About once a week 3=2 or 3 times a week 4=Almost everyday 5=Everyday	2007 2009 2010 2011	Mental Health Continuum Short Form (Keyes, 2005)
keyes6	In the past month, how often did you feel that our society is becoming a better place for people?	0=Never 1=Once or twice 2=About once a week 3=2 or 3 times a week 4=Almost everyday 5=Everyday	2007 2009 2010 2011	Mental Health Continuum Short Form (Keyes, 2005)
keyes7	In the past month, how often did you feel that people are basically good?	0=Never 1=Once or twice 2=About once a week 3=2 or 3 times a week 4=Almost everyday 5=Everyday	2007 2009 2010 2011	Mental Health Continuum Short Form (Keyes, 2005)
keyes8	In the past month, how often did you feel that the way our society works makes sense to you?	0=Never 1=Once or twice 2=About once a week 3=2 or 3 times a week 4=Almost everyday 5=Everyday	2007 2009 2010 2011	Mental Health Continuum Short Form (Keyes, 2005)
keyes9	In the past month, how often did you feel that you liked most parts of your personality?	0=Never 1=Once or twice 2=About once a week 3=2 or 3 times a week 4=Almost everyday 5=Everyday	2007 2009 2010 2011	Mental Health Continuum Short Form (Keyes, 2005)
keyes10	In the past month, how often did you feel good at	0=Never	2007	Mental Health Continuum Short Form (Keyes,

Variable name	Question text/ description	Response codes	Year(s) included	Notes
	managing the responsibilities of your daily life?	1=Once or twice 2=About once a week 3=2 or 3 times a week 4=Almost everyday 5=Everyday	2009 2010 2011	2005)
keyes11	In the past month, how often did you feel that you had warm and trusting relationships with others?	0=Never 1=Once or twice 2=About once a week 3=2 or 3 times a week 4=Almost everyday 5=Everyday	2007 2009 2010 2011	Mental Health Continuum Short Form (Keyes, 2005)
keyes12	In the past month, how often did you feel that you have experiences that challenge you to grow and become a better person?	0=Never 1=Once or twice 2=About once a week 3=2 or 3 times a week 4=Almost everyday 5=Everyday	2007 2009 2010 2011	Mental Health Continuum Short Form (Keyes, 2005)
keyes13	In the past month, how often did you feel confident to think or express your own ideas and opinions?	0=Never 1=Once or twice 2=About once a week 3=2 or 3 times a week 4=Almost everyday 5=Everyday	2007 2009 2010 2011	Mental Health Continuum Short Form (Keyes, 2005)
keyes14	In the past month, how often did you feel that your life has a sense of direction or meaning to it?	0=Never 1=Once or twice 2=About once a week 3=2 or 3 times a week 4=Almost everyday 5=Everyday	2007 2009 2010 2011	Mental Health Continuum Short Form (Keyes, 2005)
diener1	I lead a purposeful and meaningful life.	1=Strongly disagree 2=Disagree 3=Slightly disagree 4=Mixed or neither agree nor disagree 5=Slightly agree 6=Agree 7=Strongly agree	2012	Psychological well-being scale (Diener et al., 2009)
diener2	My social relationships are supportive and rewarding.	1=Strongly disagree 2=Disagree 3=Slightly disagree 4=Mixed or neither agree nor disagree 5=Slightly agree 6=Agree 7=Strongly agree	2012	Psychological well-being scale (Diener et al., 2009)
diener3	I am engaged and interested in my daily activities.	1=Strongly disagree 2=Disagree 3=Slightly disagree 4=Mixed or neither agree nor disagree	2012	Psychological well-being scale (Diener et al., 2009)

Variable name	Question text/ description	Response codes	Year(s) included	Notes
		5=Slightly agree 6=Agree 7=Strongly agree		
diener4	I actively contribute to the happiness and well-being of others.	1=Strongly disagree 2=Disagree 3=Slightly disagree 4=Mixed or neither agree nor disagree 5=Slightly agree 6=Agree 7=Strongly agree	2012	Psychological well-being scale (Diener et al., 2009)
diener5	I am competent and capable in the activities that are important to me.	1=Strongly disagree 2=Disagree 3=Slightly disagree 4=Mixed or neither agree nor disagree 5=Slightly agree 6=Agree 7=Strongly agree	2012	Psychological well-being scale (Diener et al., 2009)
diener6	I am a good person and live a good life.	1=Strongly disagree 2=Disagree 3=Slightly disagree 4=Mixed or neither agree nor disagree 5=Slightly agree 6=Agree 7=Strongly agree	2012	Psychological well-being scale (Diener et al., 2009)
diener7	I am optimistic about my future.	1=Strongly disagree 2=Disagree 3=Slightly disagree 4=Mixed or neither agree nor disagree 5=Slightly agree 6=Agree 7=Strongly agree	2012	Psychological well-being scale (Diener et al., 2009)
diener8	People respect me.	1=Strongly disagree 2=Disagree 3=Slightly disagree 4=Mixed or neither agree nor disagree 5=Slightly agree 6=Agree 7=Strongly agree	2012	Psychological well-being scale (Diener et al., 2009)
<b>5. Depression and anxiety screen</b>				
deprawsc	Raw Patient Health Questionnaire score	Range: 0-27	All years	Patient Health Questionnaire-9 (Kroenke et al., 2001)
dep_maj	PHQ-9 screen for major depression	0=not major depression 1=major depression: 5 or more of the symptoms have been present at least “more than half the days” in the past 2 weeks, and 1 of the symptoms is	All years	Patient Health Questionnaire-9 (Kroenke et al., 2001)  Major depression is endorsed if: 5 or more of the symptoms have been present at least “more

Variable name	Question text/ description	Response codes	Year(s) included	Notes
		depressed mood or anhedonia		than half the days” in the past 2 weeks, and 1 of the symptoms is depressed mood or anhedonia. Item 9 (phq9_9 Thoughts that you would be better off dead) counts as a symptom if endorsed at all.
dep_oth	PHQ-9 screen for moderate depression	0=PHQ-9 score <5, >9 1=PHQ-9 score 5-9	All years	Patient Health Questionnaire-9 (Kroenke et al., 2001)
dep_any	PHQ-9 score cut-off for any depression, major or moderate	0=Not a positive screen for any depression 1=Positive screen for any depression	All years	Patient Health Questionnaire-9 (Kroenke et al., 2001)
phq9_1	Over the last 2 weeks, how often have you been bothered by any of the following problems? Little interest or pleasure in doing things	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	All years	Patient Health Questionnaire-9 (Kroenke et al., 2001)
phq9_2	Over the last 2 weeks, how often have you been bothered by any of the following problems? Feeling down, depressed or hopeless	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	All years	Patient Health Questionnaire-9 (Kroenke et al., 2001)
phq9_3	Over the last 2 weeks, how often have you been bothered by any of the following problems? Trouble falling or staying asleep, or sleeping too much	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	All years	Patient Health Questionnaire-9 (Kroenke et al., 2001)
phq9_4	Over the last 2 weeks, how often have you been bothered by any of the following problems? Feeling tired or having little energy	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	All years	Patient Health Questionnaire-9 (Kroenke et al., 2001)
phq9_5	Over the last 2 weeks, how often have you been bothered by any of the following problems? Poor appetite or overeating	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	All years	Patient Health Questionnaire-9 (Kroenke et al., 2001)
phq9_6	Over the last 2 weeks, how often have you been bothered by any of the following problems? Feeling bad about yourself--or that you are a failure or have let yourself or your family down	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	All years	Patient Health Questionnaire-9 (Kroenke et al., 2001)
phq9_7	Over the last 2 weeks, how often have you been bothered by any of the following problems? Trouble concentrating on things, such as reading the newspaper or watching television	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	All years	Patient Health Questionnaire-9 (Kroenke et al., 2001)
phq9_8	Over the last 2 weeks, how often have you been bothered by any of the following problems? Moving or speaking so slowly that other people could have noticed; or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	All years	Patient Health Questionnaire-9 (Kroenke et al., 2001)
phq9_9	Over the last 2 weeks, how often have you been bothered by any of the following problems? Thoughts that you would be better off dead or of	1=Not at all 2=Several days 3=More than half the days	All years	Patient Health Questionnaire-9 (Kroenke et al., 2001)



Variable name	Question text/ description	Response codes	Year(s) included	Notes
	hurting yourself in some way	4=Nearly every day		
dep_impa	If you checked off <i>any</i> problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?	1=Not difficult at all 2=Somewhat difficult 3=Very difficult 4=Extremely difficult	All years	Skip logic: If “phq9_1” – “phq9_9” = 2 or greater, the question is asked  Patient Health Questionnaire-9 (Kroenke et al., 2001)
phq2_1	Think about the two week period in the past year when you experienced the two problems below the most frequently. During that period, how often were you bothered by these problems? Little interest or pleasure in doing things	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	2009 2010 2011 2012	Adaptation of Patient Health Questionnaire-2
phq2_2	Think about the two week period in the past year when you experienced the two problems below the most frequently. During that period, how often were you bothered by these problems? Feeling down, depressed or hopeless	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	2009 2010 2011 2012	Adaptation of Patient Health Questionnaire-2
panicdis	PHQ algorithm for panic disorder screen:  All must be “yes”: In the last 4 weeks, have you had an anxiety attack--suddenly feeling fear or panic? Has this happened before? Do some of these attacks come suddenly out of the blue--that is, in situations where you don’t expect to be nervous or uncomfortable? Do these attacks bother you a lot or are you worried about having another attack? And ≥4 of the following must be “yes”: Think about your last bad anxiety attack... Were you short of breath? Did your heart race, pound or skip? Did you have chest pain or pressure? Did you sweat? Did you feel as if you were choking? Did you have hot flashes or chills? Did you have nausea or an upset stomach, or the feeling that you were going to have diarrhea? Did you feel dizzy, unsteady, or faint? Did you have tingling or numbness in parts of your body? Did you tremble or shake? Were you afraid you were dying?	0=Not a positive screen 1=Positive screen	All years	Patient Health Questionnaire (Spitzer et al., 1999)
gen_anx	PHQ algorithm for generalized anxiety screen:  Must be “more than half the days”: Over the last 4 weeks, how often have you been bothered by feeling nervous, anxious, on edge, or	0=Not a positive screen 1=Positive screen	All years	Patient Health Questionnaire (Spitzer et al., 1999)

Variable name	Question text/ description	Response codes	Year(s) included	Notes
	worrying a lot about different things? And $\geq 3$ of the following must be “more than half the days”: Over the last 4 weeks, how often have you been bothered by any of the following problems? Feeling restless so that it is hard to sit still Getting tired very easily Muscle tension, aches, or soreness Trouble falling asleep or staying asleep Trouble concentrating on things, such as reading a book or watching TV Becoming easily annoyed or irritable			
anx_any	from panicdis and gen_anx	0=Not a positive screen for panic disorder and/or generalized anxiety 1=Positive screen for panic disorder and/or generalized anxiety	All years	Patient Health Questionnaire (Spitzer et al., 1999)
panic1	In the last 4 weeks, have you had an anxiety attack—suddenly feeling fear or panic?	0=No 1=Yes	All years	Patient Health Questionnaire (Spitzer et al., 1999)
panic2	Has this happened before?	0=No 1=Yes	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “panic1” = “yes”, the question is asked.
panic3	Do some of these attacks come suddenly out of the blue—that is, in situations where you don’t expect to be nervous or uncomfortable?	0=No 1=Yes	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “panic1” = “yes”, the question is asked.
panic4	Do these attacks bother you a lot or are you worried about having another attack?	0=No 1=Yes	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “panic1” = “yes”, the question is asked.
panic5	Think about your last bad anxiety attack. Were you short of breath?	0=No 1=Yes	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “panic1” = “yes”, the question is asked.
panic6	Think about your last bad anxiety attack. Did your heart race, pound or skip?	0=No 1=Yes	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “panic1” = “yes”, the question is asked.
panic7	Think about your last bad anxiety attack. Did you have chest pain or pressure?	0=No 1=Yes	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “panic1” = “yes”, the question is

Variable name	Question text/ description	Response codes	Year(s) included	Notes
				asked.
panic8	Think about your last bad anxiety attack. Did you sweat?	0=No 1=Yes	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “panic1” = “yes”, the question is asked.
panic9	Think about your last bad anxiety attack. Did you feel as if you were choking?	0=No 1=Yes	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “panic1” = “yes”, the question is asked.
panic10	Think about your last bad anxiety attack. Did you have hot flashes or chills?	0=No 1=Yes	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “panic1” = “yes”, the question is asked.
panic11	Think about your last bad anxiety attack. Did you have nausea or an upset stomach, or the feeling that you were going to have diarrhea?	0=No 1=Yes	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “panic1” = “yes”, the question is asked.
panic12	Think about your last bad anxiety attack. Did you feel dizzy, unsteady, or faint?	0=No 1=Yes	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “panic1” = “yes”, the question is asked.
panic13	Think about your last bad anxiety attack. Did you have tingling or numbness in parts of your body?	0=No 1=Yes	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “panic1” = “yes”, the question is asked.
panic14	Think about your last bad anxiety attack. Did you tremble or shake?	0=No 1=Yes	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “panic1” = “yes”, the question is asked.
panic15	Think about your last bad anxiety attack. Were you afraid you were dying?	0=No 1=Yes	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “panic1” = “yes”, the question is asked.
gad1	Over the last 4 weeks, how often have you been bothered by feeling nervous, anxious, on edge, or worrying a lot about different things?	1=Not at all 2=Several days 3=More than half the days	All years	Patient Health Questionnaire (Spitzer et al., 1999)
gad2	Over the last 4 weeks, how often have you been bothered by any of the following problems? Feeling restless so that it is hard to sit still	1=Not at all 2=Several days 3=More than half the days	All years	Patient Health Questionnaire (Spitzer et al., 1999)

Variable name	Question text/ description	Response codes	Year(s) included	Notes
				Skip logic: If “gad1” = “several days” or “more than half the days”, the question is asked
gad3	Over the last 4 weeks, how often have you been bothered by any of the following problems? Getting tired very easily	1=Not at all 2=Several days 3=More than half the days	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “gad1” = “several days” or “more than half the days”, the question is asked
gad4	Over the last 4 weeks, how often have you been bothered by any of the following problems? Muscle tension, aches, or soreness	1=Not at all 2=Several days 3=More than half the days	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “gad1” = “several days” or “more than half the days”, the question is asked
gad5	Over the last 4 weeks, how often have you been bothered by any of the following problems? Trouble falling asleep or staying asleep	1=Not at all 2=Several days 3=More than half the days	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “gad1” = “several days” or “more than half the days”, the question is asked
gad6	Over the last 4 weeks, how often have you been bothered by any of the following problems? Trouble concentrating on things, such as reading a book or watching TV	1=Not at all 2=Several days 3=More than half the days	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “gad1” = “several days” or “more than half the days”, the question is asked
gad7	Over the last 4 weeks, how often have you been bothered by any of the following problems? Becoming easily annoyed or irritable	1=Not at all 2=Several days 3=More than half the days	All years	Patient Health Questionnaire (Spitzer et al., 1999)  Skip logic: If “gad1” = “several days” or “more than half the days”, the question is asked
<b>6. Eating and body</b>				
ed1	Do you currently weigh less than other people think you ought to weigh?	1=Yes, much less 2=Yes, moderately less 3=Yes, slightly less 4=No	All years	
ed2	Do you have eating binges in which you eat a large amount of food in a short period of time and feel that your eating is out of control?	1=Yes, frequently (More than 2 times per week on average) 2=Yes, occasionally (1-2 times per week on average) 3=Yes, but infrequently (less than once per week on average) 4=No	2007 2009	
ed2_a	During eating binges, which of the following thoughts or behaviors typically occur for you?	1=Eating much more rapidly than normal 2=Eating until you felt uncomfortably full 3=Eating a large amount of food when you did not feel physically hungry 4=Eating alone because you were embarrassed by how much you were	2007 2009	Select all that apply  Skip logic: If “ed2” = “Yes, frequently,” “Yes, occasionally,” or “Yes, but infrequently” the question is asked

Variable name	Question text/ description	Response codes	Year(s) included	Notes
		eating 5=Feeling disgusted with yourself, depressed, or very guilty after overeating 6=Feeling very upset that you could not stop eating or control your eating		
ed2_b	Do you do things to counteract the effects of eating a large amount of food?	1=Making yourself vomit 2=Laxatives 3=Diuretics (water pills) 4=Diet pills 5=Strict dieting or fasting 6=Exercising a lot 7=Enemas	2007 2009	Select all that apply
ed2_c	How frequently do you do things to counteract the effects of eating a large amount of food?	1=Frequently (More than 2 times per week on average) 2=Occasionally (1-2 times per week on average) 3=Infrequently (less than once per week on average) 4=Never	2007 2009	In 2007, 4=Never was not an option
ed2_new	During the past six months, did you often eat within any two hour period what most people would regard as an unusually large amount of food?	0=No 1=Yes	2010 2011 2012	
ed2_new_a	During the times when you ate this way, did you often feel you couldn't stop eating or control what or how much you were eating?	0=No 1=Yes	2010 2011 2012	Skip logic: If "ed2_new" = "yes" the question is asked
ed2_new_b	During the past six months, how often, on average, did you have times when you ate this way – that is, large amounts of food plus the feeling that your eating was out of control? (There may have been some weeks when it was not present – just average those in)	1=Less than one day a week 2=One day a week 3=Two or three days a week 4=Four or five days a week 5=Nearly everyday	2010 2011 2012	Skip logic: If "ed2_new_a" = "yes" the question is asked
ed3	Have you ever lost your menstrual period as a result of being at a low weight?	1=Yes, I missed 3 or more menstrual periods in a row 2 =Yes, I missed 1 or 2 menstrual periods 3=I think I am only menstruating because I take the birth control pill 4=No	All years	Skip logic: If "gender" = "female" the question is asked
ed4	Is your body shape and weight among the most important things that affect how you feel about yourself?	1=Yes, it is the most important aspect of my self-regard 2=Yes, it is one of the most important aspects of my self-regard 3=No, other aspects are more important	All years	
ed5	Do you need to be very thin in order to feel good about yourself?	0=No 1=Yes	All years	

Variable name	Question text/ description	Response codes	Year(s) included	Notes
ed6	Do you still feel too fat even though others say you are thin?	0=No 1=Yes	2007 2009 2010 2011	
ed6_new	I think I am...	1=Very underweight 2=Somewhat underweight 3=Normal weight 4=Somewhat overweight 5=Very overweight	2012	
wgt_lbs	About how much do you weigh?	Range: 50-1,000	2010 2011 2012	
hgt_inch	About how tall are you?	Range: 36-95	2010 2011 2012	
bmi	Calculated body mass index	Range: 4.95-160.71	2010 2011 2012	
<b>7. Self injurious behavior and suicide</b>				
sib_full	This question asks about ways you may have hurt yourself on purpose, without intending to kill yourself. In the past year, have you ever done any of the following intentionally?	1=Cut myself 2=Burned myself 3=Punched or banged myself 4=Scratched myself 5=Pulled my hair 6=Bit myself 7=Interfered with wound healing 8=Carved words or symbols into skin 9=Rubbed sharp objects into skin 10=Punched or banged an object to hurt myself 11=Other 12=No, none of these	All years	Select all that apply
sib_any	This question asks about ways you may have hurt yourself on purpose, without intending to kill yourself. In the past year, have you ever done any of the following intentionally?	0=None 1=Any	All years	
sib_cut	In the past year, have you ever done any of the following intentionally?	0=Not cut myself 1=Cut myself	All years	
sib_burn	In the past year, have you ever done any of the following intentionally?	0=Not burned myself 1=Burned myself	All years	
sib_punc	In the past year, have you ever done any of the following intentionally?	0=Not punched or bang myself 1=Punched or banged myself	All years	
sib_scra	In the past year, have you ever done any of the following intentionally?	0=Not scratched myself 1=Scratched myself	All years	
sib_pull	In the past year, have you ever done any of the following intentionally?	0=Not pulled my hair 1=Pulled my hair	All years	

Variable name	Question text/ description	Response codes	Year(s) included	Notes
sib_bite	In the past year, have you ever done any of the following intentionally?	0=Not bit myself 1=Bit myself	All years	
sib_woun	In the past year, have you ever done any of the following intentionally?	0=Not interfered with wound healing 1=Interfered with wound healing	All years	
sib_carv	In the past year, have you ever done any of the following intentionally?	0=Not carved words or symbols into skin 1=Carved words or symbols into skin	All years	
sib_rub	In the past year, have you ever done any of the following intentionally?	0=Not rubbed sharp objects into skin 1=Rubbed sharp objects into skin	All years	
sib_obj	In the past year, have you ever done any of the following intentionally?	0=Not punched or banged an object to hurt myself 1=Punched or banged an object to hurt myself	All years	
sib_oth	In the past year, have you ever done any of the following intentionally?	0=Not did other types of self-injurious behavior 1=Other	All years	
sib_freq	On average, how often in the past year did you hurt yourself on purpose, without intending to kill yourself?	1=Once or twice 2=Once a month or less 3=2 or 3 times a month 4=Once or twice a week 5=3 to 5 days a week 6=Nearly everyday, or everyday	All years	Skip logic: If “sib_full” = any response 1-11, the question is asked
sui_idea	In the past year, did you ever seriously think about committing suicide?	0=No 1=Yes	All years	In 2010 and 2012, the questionnaire read: In the past year, did you ever seriously think about attempting suicide?
sui_plan	In the past year, did you make a plan for committing suicide?	0=No 1=Yes	All years	In 2010, 2011, and 2012, the questionnaire read: In the past year, did you make a plan for attempting suicide?  Skip logic: If “sui_idea”= “yes” the question is asked
sui_att	In the past year, did you attempt suicide?	0=No 1=Yes	All years	Skip logic: If “sui_idea”= “yes” the question is asked
<b>8. Diagnosed mental illness</b>				
dx_full	Have you ever been diagnosed with any of the following conditions by a health professional (e.g. primary care doctor, psychiatrist, psychologist, etc.)?	1=Depression (e.g., major depressive disorder, bipolar/manic depression, dysthymia) 2=Anxiety (e.g., generalized anxiety disorder, phobias, obsessive-compulsive disorder, post-traumatic stress disorder) 3=Attention disorder or learning disability (e.g., attention deficit disorder, attention deficit hyperactivity disorder, learning disability) 4=Eating disorder (e.g., anorexia)	All years	Select all that apply

Variable name	Question text/ description	Response codes	Year(s) included	Notes
	professional?	1=Obsessive-compulsive personality disorder		
dx_perso_p	Specifically, which of the following personality disorders were you diagnosed with by a professional?	0=Not paranoid personality disorder 1=Paranoid personality disorder	All years	
dx_perso_sd	Specifically, which of the following personality disorders were you diagnosed with by a professional?	0=Not schizoid personality disorder 1=Schizoid personality disorder	All years	
dx_perso_st	Specifically, which of the following personality disorders were you diagnosed with by a professional?	0=Not schizotypal personality disorder 1=Schizotypal personality disorder	All years	
dx_perso_o	Specifically, which of the following personality disorders were you diagnosed with by a professional?	0=Not other personality disorder 1=Other personality disorder	All years	
dx_sa	Specifically, which of the following substance disorders were you diagnosed with by a professional?	1=Alcohol abuse or other alcohol-related disorders 2=Other 3=Don't know	All years	Select all that apply  Skip logic: If "dx_full" = "Substance abuse disorder" the question is asked
dx_sa_al	Specifically, which of the following substance disorders were you diagnosed with by a professional?	0=Not alcohol abuse or other alcohol-related disorder 1=Alcohol abuse or other alcohol-related disorders	All years	
dx_sa_o	Specifically, which of the following substance disorders were you diagnosed with by a professional?	0=Not other substance disorder 1=Other substance disorder	All years	
<b>9. Knowledge and beliefs about mental health services</b>				
knowwher	If you needed to seek professional help for your mental or emotional health while attending [insert institution], you would know where to go.	1=Strongly agree 2=Agree 3=Neither agree nor disagree 4=Disagree 5=Strong disagree	All years	
heard	What have you heard from other students about the quality of mental health and psychological counseling services on your campus?	1=I have mostly heard negative opinions 2=I have heard an even mix of negative and positive opinions 3=I have mostly heard positive opinions 4=I haven't heard anything	2010 2011 2012	
txfrf	As far as you know, how many of your close friends or family have ever sought professional help for an emotional or mental health problem?	1=None 2=At least 1 or 2 3=3 or more 4=Don't know	All years	In 2012, the questionnaire read: 2 = 1 or 2
meds_help	How helpful on average do you think medication is, when provided competently, for people your age who are clinically depressed?	1=Very helpful 2=Quite helpful 3=A little helpful	All years	



Variable name	Question text/ description	Response codes	Year(s) included	Notes
		4=Not at all helpful		
ther_help	How helpful on average do you think therapy or counseling is, when provided competently, for people your age who are clinically depressed?	1=Very helpful 2=Quite helpful 3=A little helpful 4=Not at all helpful	All years	
<b>10. Stigma</b>				
stig_pcv_1	Most people would willingly accept someone who has received mental health treatment as a close friend.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	All years	Discrimination Devaluation Scale (Link, 1987)
stig_pcv_2	Most people believe that a person who has received mental health treatment is just as intelligent as the average person.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	2007	
stig_pcv_3	Most people believe that someone who has received mental health treatment is just as trustworthy as the average person.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	2007	
stig_pcv_4	Most people would accept someone who has fully recovered from a mental illness as a teacher of young children in a public school.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	2007	
stig_pcv_5	Most people feel that receiving mental health treatment is a sign of personal failure.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	All years	Discrimination Devaluation Scale (Link, 1987)
stig_pcv_6	Most people would not hire someone who has received mental health treatment to take care of their children, even if he or she had been well for some time.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	2007	
stig_pcv_7	Most people think less of a person who has received mental health treatment.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree	All years	Discrimination Devaluation Scale (Link, 1987)

Variable name	Question text/ description	Response codes	Year(s) included	Notes
		6=Strongly disagree		
stig_pcv_8	Most employers will hire someone who has received mental health treatment if he or she is qualified for the job.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	2007	
stig_pcv_9	Most employers will pass over the application of someone who has received mental health treatment in favor of another applicant.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	2007	
stig_pcv_10	Most people in my community would treat someone who has received mental health treatment just as they would treat anyone.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	2007	
stig_pcv_11	Most young adults would be reluctant to date someone who has been hospitalized for a serious mental disorder.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	2007	
stig_pcv_12	Once they know a person has received mental health treatment, most people will take that person's opinions less seriously.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	2007	
stig_per_1	I would willingly accept someone who has received mental health treatment as a close friend.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	All years	Discrimination Devaluation Scale (Link, 1987)
stig_per_2	I would think less of a person who has received mental health treatment.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	All years	Discrimination Devaluation Scale (Link, 1987)
stig_per_3	I believe that someone who has received mental health treatment is just as trustworthy as the average person.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree	2007	

**HOW YOU ARE DOING**

The next set of questions will ask you about your general well-being and emotional health. As noted earlier, all of your answers will remain confidential.

<b>B1.</b> Below are 8 statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by indicating that response for each statement.	Strongly agree (7)	Agree (6)	Slightly agree (5)	Mixed or neither agree nor disagree (4)	Slightly disagree (3)	Disagree (2)	Strongly disagree (1)
<b>B1a.</b> I lead a purposeful and meaningful life.							
<b>B1b.</b> My social relationships are supportive and rewarding.							
<b>B1c.</b> I am engaged and interested in my daily activities.							
<b>B1d.</b> I actively contribute to the happiness and well-being of others.							
<b>B1e.</b> I am competent and capable in the activities that are important to me.							
<b>B1f.</b> I am a good person and live a good life.							
<b>B1g.</b> I am optimistic about my future.							
<b>B1h.</b> People respect me.							

<b>B2.</b> Over the <b>last 2 weeks</b> , how often have you been bothered by any of the following problems?	Not at all (1)	Several days (2)	More than half the days (3)	Nearly everyday (4)
<b>B2a.</b> Little interest or pleasure in doing things				
<b>B2b.</b> Feeling down, depressed or hopeless				
<b>B2c.</b> Trouble falling or staying asleep, or sleeping too much				
<b>B2d.</b> Feeling tired or having little energy				
<b>B2e.</b> Poor appetite or overeating				
<b>Bsf.</b> Feeling bad about yourself--or that you are a failure and have let yourself or your family down				
<b>Bsg.</b> Trouble concentrating on things, such as reading the newspaper or watching television				
<b>B2h.</b> Moving or speaking so slowly that other people could have noticed; or the opposite—being so fidgety or restless that you have been moving around a lot more than usual				
<b>B2i.</b>				

Thoughts that you would be better off dead or hurting yourself in some way				
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[If B2a–B2i ≥ 2, ask →]

**B2j.**

If you checked off **any** problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

1. Not difficult at all
2. Somewhat difficult
3. Very Difficult
4. Extremely difficult

<b>B3.</b> Think about the <b>two-week period in the past year</b> when you experienced the two problems below the most frequently. During that period, how often were you bothered by these problems?	Not at all (1)	Several days (2)	More than half the days (3)	Nearly every day (4)
<b>B3a.</b> Little interest or pleasure in doing things				
<b>B3b.</b> Feeling down, depressed or hopeless				

<b>B4.</b> Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all (1)	Several days (2)	Over half the days (3)	Nearly every day (4)
<b>B4a.</b> Feeling nervous, anxious or on edge				
<b>B4b.</b> Not being able to stop or control worrying				
<b>B4c.</b> Worrying too much about different things				
<b>B4d.</b> Trouble relaxing				
<b>B4e.</b> Being so restless that it's hard to sit still				
<b>B4f.</b> Becoming easily annoyed or irritable				
<b>B4g.</b> Feeling afraid as if something awful might happen				

[If B4a–B4g ≥ 2, ask →]

**B5.**

How difficult have these made it for you to do your work, take care of things at home, or get along with other people?

1. Not difficult at all
2. Somewhat difficult
3. Very difficult
4. Extremely difficult

**KNOWLEDGE AND BELIEFS ABOUT SERVICES**

The next questions will ask you about your knowledge and beliefs about services and treatment for mental health.

**D1.**

Please indicate how strongly you agree or disagree with the following statement:

If you needed to seek professional help for your mental or emotional health while attending you would know where to go.

1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree

**D2.**

What have you heard from other students about the quality of mental health and psychological counseling services on your campus?

1. I have mostly heard negative opinions.
2. I have heard an even mix of negative and positive opinions.
3. I have mostly heard positive opinions.
4. I haven't heard anything.

**D3.**

How helpful on average do you think **therapy** or counseling is, when provided competently, for people your age who are clinically depressed?

1. Very helpful
2. Quite helpful
3. A little helpful
4. Not at all helpful

**D4.**

How helpful on average do you think **medication** is, when provided competently, for people your age who are clinically depressed?

1. Very helpful
2. Quite helpful
3. A little helpful
4. Not at all helpful

<b>D5.</b> Please indicate whether you agree or disagree with the following statements.	Strongly agree (1)	Agree (2)	Somewhat agree (3)	Somewhat disagree (4)	Disagree (5)	Strongly disagree (6)
<b>D5a.</b> Most people would willingly accept someone who has received mental health treatment as a close friend.						
<b>D5b.</b> Most people feel that receiving mental health treatment is a sign of personal failure.						
<b>D5c.</b> Most people think less of a person who has received mental health treatment.						

<b>D6.</b> Please indicate whether you agree or disagree with the following statements.	Strongly agree (1)	Agree (2)	Somewhat agree (3)	Somewhat disagree (4)	Disagree (5)	Strongly disagree (6)
<b>D6a.</b> I would willingly accept someone who has received mental health treatment as a close friend.						
<b>D6b.</b> I feel that receiving mental health treatment is a sign of personal failure.						

<b>D6c.</b> I would think less of a person who has received mental health treatment.						
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**D7.**  
As far as you know, how many of your close friends or family have ever sought professional help for an emotional or mental health problem?

1. None
  2. 1 or 2
  3. 3 or more
  4. Don't know
-

**(2) MENTAL HEALTH STATUS**

## Mental and Emotional Health

The next set of questions will ask you about your overall well-being. Remember that your responses are confidential and you may choose to skip questions or stop responding at any point.

SECTION	ITEM	RESPONSE CATEGORIES	CITATION/NOTES
Positive mental health	I lead a purposeful and meaningful life.	1=1=Strongly disagree 2=2=Disagree 3=3=Slightly disagree 4=4=Mixed or neither agree nor disagree 5=5=Slightly agree 6=6=Agree 7=7=Strongly agree	Flourishing Scale (Diener & Biswas-Diener, 2009)  Instructions for this item: “Below are 8 statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by indicating that response for each statement.”
	My social relationships are supportive and rewarding.	1=1=Strongly disagree 2=2=Disagree 3=3=Slightly disagree 4=4=Mixed or neither agree nor disagree 5=5=Slightly agree 6=6=Agree 7=7=Strongly agree	Flourishing Scale (Diener & Biswas-Diener, 2009)  Instructions for this item: “Below are 8 statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by indicating that response for each statement.”
	I am engaged and interested in my daily activities.	1=1=Strongly disagree 2=2=Disagree 3=3=Slightly disagree 4=4=Mixed or neither agree nor disagree 5=5=Slightly agree 6=6=Agree 7=7=Strongly agree	Flourishing Scale (Diener & Biswas-Diener, 2009)  Instructions for this item: “Below are 8 statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by indicating that response for each statement.”
	I actively contribute to the happiness and well-being of others.	1=1=Strongly disagree 2=2=Disagree 3=3=Slightly disagree 4=4=Mixed or neither agree nor disagree 5=5=Slightly agree 6=6=Agree 7=7=Strongly agree	Flourishing Scale (Diener & Biswas-Diener, 2009)  Instructions for this item: “Below are 8 statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by indicating that response for each statement.”
	I am competent and capable in the activities that are important to me.	1=1=Strongly disagree 2=2=Disagree 3=3=Slightly disagree 4=4=Mixed or neither agree nor disagree 5=5=Slightly agree 6=6=Agree 7=7=Strongly agree	Flourishing Scale (Diener & Biswas-Diener, 2009)  Instructions for this item: “Below are 8 statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by indicating that response for each statement.”
	I am a good person and live a good life.	1=1=Strongly disagree 2=2=Disagree 3=3=Slightly disagree 4=4=Mixed or neither agree nor disagree 5=5=Slightly agree 6=6=Agree 7=7=Strongly agree	Flourishing Scale (Diener & Biswas-Diener, 2009)  Instructions for this item: “Below are 8 statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by indicating that response for each statement.”
	I am optimistic about my future.	1=1=Strongly disagree 2=2=Disagree	Flourishing Scale (Diener & Biswas-Diener, 2009)

SECTION	ITEM	RESPONSE CATEGORIES	CITATION/NOTES
		3=3=Slightly disagree 4=4=Mixed or neither agree nor disagree 5=5=Slightly agree 6=6=Agree 7=7=Strongly agree	Instructions for this item: "Below are 8 statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by indicating that response for each statement."
	People respect me.	1=1=Strongly disagree 2=2=Disagree 3=3=Slightly disagree 4=4=Mixed or neither agree nor disagree 5=5=Slightly agree 6=6=Agree 7=7=Strongly agree	Flourishing Scale (Diener & Biswas-Diener, 2009)  Instructions for this item: "Below are 8 statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by indicating that response for each statement."
Depression	Over the last 2 weeks, how often have you been bothered by any of the following problems? Little interest or pleasure in doing things	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	Patient Health Questionnaire-9 (Kroenke et al., 2001)
	Over the last 2 weeks, how often have you been bothered by any of the following problems? Feeling down, depressed or hopeless	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	Patient Health Questionnaire-9 (Kroenke et al., 2001)
	Over the last 2 weeks, how often have you been bothered by any of the following problems? Trouble falling or staying asleep, or sleeping too much	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	Patient Health Questionnaire-9 (Kroenke et al., 2001)
	Over the last 2 weeks, how often have you been bothered by any of the following problems? Feeling tired or having little energy	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	Patient Health Questionnaire-9 (Kroenke et al., 2001)
	Over the last 2 weeks, how often have you been bothered by any of the following problems? Poor appetite or overeating	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	Patient Health Questionnaire-9 (Kroenke et al., 2001)
	Over the last 2 weeks, how often have you been bothered by any of the following problems? Feeling bad about yourself—or that you are a failure or have let yourself or your family down	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	Patient Health Questionnaire-9 (Kroenke et al., 2001)
	Over the last 2 weeks, how often have you been bothered by any of the following problems? Trouble concentrating on things, such as reading the newspaper or watching television	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	Patient Health Questionnaire-9 (Kroenke et al., 2001)
	Over the last 2 weeks, how often have you been bothered by any of the following problems? Moving or speaking so slowly that other people could have noticed; or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	Patient Health Questionnaire-9 (Kroenke et al., 2001)
	Over the last 2 weeks, how often have you been bothered by any of the following problems? Thoughts that you would be better off dead or of hurting yourself in some way	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	Patient Health Questionnaire-9 (Kroenke et al., 2001)
	How difficult have these problems (noted above) made it for you to do your work, take care of things at home, or get along with other people?	1=Not difficult at all 2=Somewhat difficult 3=Very difficult 4=Extremely difficult	Adapted from Patient Health Questionnaire-9 (Kroenke et al., 2001)



SECTION	ITEM	RESPONSE CATEGORIES	CITATION/NOTES
	During that period, how often were you bothered by these problems? Little interest or pleasure in doing things	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	Adapted from Patient Health Questionnaire-2  Instructions for this item: "Think about the 2-week period in the past year when you experienced the 2 problems below the most frequently."
	During that period, how often were you bothered by these problems? Feeling down, depressed or hopeless	1=Not at all 2=Several days 3=More than half the days 4=Nearly every day	Adapted from Patient Health Questionnaire-2  Instructions for this item: "Think about the 2-week period in the past year when you experienced the 2 problems below the most frequently."
Anxiety	Over the last 2 weeks, how often have you been bothered by the following problems? Feeling nervous, anxious or on edge	1=Not at all 2=Several days 3=Over half the days 4=Nearly every day	GAD-7 (Spitzer et al., 2006)
	Over the last 2 weeks, how often have you been bothered by the following problems? Not being able to stop or control worrying	1=Not at all 2=Several days 3=Over half the days 4=Nearly every day	GAD-7 (Spitzer et al., 2006)
	Over the last 2 weeks, how often have you been bothered by the following problems? Worrying too much about different things	1=Not at all 2=Several days 3=Over half the days 4=Nearly every day	GAD-7 (Spitzer et al., 2006)
	Over the last 2 weeks, how often have you been bothered by the following problems? Trouble relaxing	1=Not at all 2=Several days 3=Over half the days 4=Nearly every day	GAD-7 (Spitzer et al., 2006)
	Over the last 2 weeks, how often have you been bothered by the following problems? Being so restless that it's hard to sit still	1=Not at all 2=Several days 3=Over half the days 4=Nearly every day	GAD-7 (Spitzer et al., 2006)
	Over the last 2 weeks, how often have you been bothered by the following problems? Becoming easily annoyed or irritable	1=Not at all 2=Several days 3=Over half the days 4=Nearly every day	GAD-7 (Spitzer et al., 2006)
	Over the last 2 weeks, how often have you been bothered by the following problems? Feeling afraid as if something awful might happen	1=Not at all 2=Several days 3=Over half the days 4=Nearly every day	GAD-7 (Spitzer et al., 2006)
	How difficult have these problems (noted above) made it for you to do your work, take care of things at home, or get along with other people?	1=Not difficult at all 2=Somewhat difficult 3=Very difficult 4=Extremely difficult	
Eating and body image	Do you need to be very thin in order to feel good about yourself?	1=Yes 0=No	Included if 'Eating and Body Image' module not selected
	I think I am...	1=Very underweight 2=Somewhat underweight 3=Normal weight 4=Somewhat overweight 5=Very overweight	Included if 'Eating and Body Image' module not selected
	What is your current height? (If you don't know, please provide your best guess.)	1=_____ feet [force numeric, <7] 2=_____ inches [force numeric, <11]	Included if 'Eating and Body Image' module not selected
	What is your current weight? (If you don't know, please provide your best guess.)	1=_____ pounds [force numeric]	Included if 'Eating and Body Image' module not selected
	Do you ever make yourself sick because you feel uncomfortably full?	1=Yes 0=No	Included if 'Eating and Body Image' module not selected

SECTION	ITEM	RESPONSE CATEGORIES	CITATION/NOTES
			SCOFF questionnaire (Morgan, Reid, & Lacey, 1999)  Instructions for this item: "Please answer the following questions as honestly as possible."
	Do you worry that you have lost control over how much you eat?	1=Yes 0=No	Included if 'Eating and Body Image' module not selected  SCOFF questionnaire (Morgan, Reid, & Lacey, 1999)  Instructions for this item: "Please answer the following questions as honestly as possible."
	Have you recently lost more than 15 pounds in a 3-month period?	1=Yes 0=No	Included if 'Eating and Body Image' module not selected  SCOFF questionnaire (Morgan, Reid, & Lacey, 1999)  Instructions for this item: "Please answer the following questions as honestly as possible."
	Do you believe yourself to be fat when others say you are too thin?	1=Yes 0=No	Included if 'Eating and Body Image' module not selected  SCOFF questionnaire (Morgan, Reid, & Lacey, 1999)  Instructions for this item: "Please answer the following questions as honestly as possible."
	Would you say that food dominates your life?	1=Yes 0=No	Included if 'Eating and Body Image' module not selected  SCOFF questionnaire (Morgan, Reid, & Lacey, 1999)  Instructions for this item: "Please answer the following questions as honestly as possible."
Non-suicidal self-injury	In the past year, have you ever done any of the following intentionally? (Select all that apply)	1=Cut myself 2=Burned myself 3=Punched or banged myself 4=Scratched myself 5=Pulled my hair 6=Bit myself 7=Interfered with wound healing 8=Carved words or symbols into skin 9=Rubbed sharp objects into skin 10=Punched or banged an object to hurt myself 11=Other (please specify) 12=No, none of these <a href="#">[mutually exclusive]</a>	Instructions for this item: "This question asks about ways you may have hurt yourself on purpose, without intending to kill yourself."
	On average, how often in the past year did you hurt yourself on purpose, without intending to kill yourself?	1=Once or twice 2=Once a month or less 3=2 or 3 times a month 4=Once or twice a week 5=3 to 5 days a week 6=Nearly everyday, or everyday	

SECTION	ITEM	RESPONSE CATEGORIES	CITATION/NOTES
	Specifically, which of the following psychotic disorders were you diagnosed with by a professional? (Select all that apply)	1=Schizophrenia 2=Schizo-affective disorder 3=Brief psychotic disorder 4=Delusional disorder 5=Schizophreniform disorder 6=Shared psychotic disorder 7=Other (please specify) 8=Don't know	
	Specifically, which of the following personality disorders were you diagnosed with by a professional? (Select all that apply)	1=Antisocial personality disorder 2=Avoidant personality disorder 3=Borderline personality disorder 4=Dependent personality disorder 5=Histrionic personality disorder 6=Narcissistic personality disorder 7=Obsessive-Compulsive personality disorder 8=Paranoid personality disorder 9=Schizoid personality disorder 10=Schizotypal personality disorder 11=Other (please specify) 12=Don't know	
	Specifically, which of the following substance disorders were you diagnosed with by a professional? (Select all that apply)	1=Alcohol abuse or other alcohol-related disorders 2=Other (please specify) 3=Don't know	
Knowledge of campus services	How much do you agree with the following statement?: If I needed to seek professional help for my mental or emotional health, I would know where to go on my campus.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	Included if 'Knowledge and Attitudes about Mental Health and Mental Health Services' module not selected
Beliefs about treatment efficacy	How helpful on average do you think medication is, when provided competently, for people your age who are clinically depressed?	1=Very helpful 2=Helpful 3=Somewhat helpful 4=Not helpful	Included if 'Knowledge and Attitudes about Mental Health and Mental Health Services' module not selected
	How helpful on average do you think therapy or counseling is, when provided competently, for people your age who are clinically depressed?	1=Very helpful 2=Helpful 3=Somewhat helpful 4=Not helpful	Included if 'Knowledge and Attitudes about Mental Health and Mental Health Services' module not selected
Stigma	How much do you agree with the following statement?: Most people think less of a person who has received mental health treatment.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	Included if 'Knowledge and Attitudes about Mental Health and Mental Health Services' module not selected
	How much do you agree with the following statement?: I would think less of a person who has received mental health treatment.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	Included if 'Knowledge and Attitudes about Mental Health and Mental Health Services' module not selected
Perceived need	How much do you agree with the following statement?: In the past 12 months, I needed help for emotional or mental health problems such as feeling sad, blue, anxious or nervous.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree	

**(g) KNOWLEDGE AND ATTITUDES ABOUT MENTAL HEALTH AND MENTAL HEALTH SERVICES**

## Knowledge and Beliefs about Services

The next questions will ask you about your knowledge and beliefs about services and treatment for mental health. Remember that your responses are confidential and you may choose to skip questions or stop responding at any point.

SECTION	ITEM	RESPONSE CATEGORIES	CITATION/NOTES
Knowledge of mental illness and treatments	Relative to the average person, how knowledgeable are you about mental illnesses (such as depression and anxiety disorders) and their treatments?	1=Well above average 2=Above average 3=Average 4=Below average 5=Well below average	
	As far as you know, which of the following are generally considered highly effective treatments for depression? (Select all that apply)	1=Cognitive behavioral therapy (CBT) 2=Antidepressant medication 3=Psychoanalysis 4=Psychostimulant medication (e.g., Ritalin)	
	As far as you know, which of the following are common symptoms of depression? (Select all that apply)	1=Sleep changes (substantial increases or decreases) 2=Hallucinations or delusions 3=Appetite changes (substantial increases or decreases) 4=Reduced interest in usual activities	
	As far as you know, which of the following are considered to be effective self-help strategies for reducing anxiety? (Select all that apply)	1=Physical exercise 2=Spending more time alone 3=Slow breathing exercises 4=Meditation	
	As far as you know, which of the following are common symptoms of eating disorders? (Select all that apply)	1=Dramatic weight loss 2=Strong need for control 3=Restrictive eating/fasting 4=Self-induced vomiting, abuse of laxatives, diet pills and/or diuretics 5=Rapid, uninterruptible speech 6=Eating an unusually large amount of food while feeling out of control	
	How much do you agree with the following statement?: I have a good idea of how to recognize that someone is in emotional or mental distress.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	
	How much do you agree with the following statement?: I feel confident in helping someone with a mental health problem.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	
	Have you ever participated in a mental health gatekeeper-training program? (A program to enhance your skills to recognize signs of emotional distress in other people and refer them to appropriate resources. Examples include Mental Health First Aid, Question, Persuade, Refer (QPR), and At-Risk.)	1=Yes 0=No	
Knowledge and perceptions of campus services	How much do you agree with the following statement?: If I needed to seek professional help for my mental or emotional health, I would know where to go on my campus.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	

SECTION	ITEM	RESPONSE CATEGORIES	CITATION/NOTES
	Are you aware of mental health outreach efforts on your campus (such as educational programs, awareness events, anti-stigma campaigns, screening days)?	1=Yes 0=No	
	What have you heard from other students about the quality of mental health and psychological counseling services on your campus?	1=I have mostly heard negative opinions. 2=I have heard an even mix of negative and positive opinions. 3=I have mostly heard positive opinions. 4=I haven't heard anything.	
	How much do you agree with the following statement?: There is a good support system on campus for students going through difficult times.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	
Beliefs about treatment efficacy	How helpful on average do you think medication is, when provided competently, for people your age who are clinically depressed?	1=Very helpful 2=Helpful 3=Somewhat helpful 4=Not helpful	
	How helpful on average do you think medication would be for you if you were having mental or emotional health problems?	1=Very helpful 2=Helpful 3=Somewhat helpful 4=Not helpful	
	How helpful on average do you think therapy or counseling is, when provided competently, for people your age who are clinically depressed?	1=Very helpful 2=Helpful 3=Somewhat helpful 4=Not helpful	
	How helpful on average do you think therapy or counseling would be for you if you were having mental or emotional health problems?	1=Very helpful 2=Helpful 3=Somewhat helpful 4=Not helpful	
Identity, secrecy, and disclosure	How much do you agree with the following statement?: I see myself as a person with mental illness.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	
	How much do you agree with the following statement?: When I feel depressed or sad, I tend to keep those feelings to myself.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	
	How much do you agree with the following statement?: Sometimes I feel ashamed of having a mental illness.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	
	How much do you agree with the following statement?: Sometimes I keep my mental illness a secret.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	
	How much do you agree with the following statement?: I wish I could disclose to others my mental illness.	1=Strongly agree 2=Agree	

SECTION	ITEM	RESPONSE CATEGORIES	CITATION/NOTES
		3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	
Perceived stigma	How much do you agree with the following statement?: Most people would willingly accept someone who has received mental health treatment as a close friend.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	
	How much do you agree with the following statement?: Most people feel that receiving mental health treatment is a sign of personal failure.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	
	How much do you agree with the following statement?: Most people think less of a person who has received mental health treatment.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	
Personal stigma	How much do you agree with the following statement?: I would willingly accept someone who has received mental health treatment as a close friend.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	
	How much do you agree with the following statement?: I feel that receiving mental health treatment is a sign of personal failure.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	
	How much do you agree with the following statement?: I would think less of a person who has received mental health treatment.	1=Strongly agree 2=Agree 3=Somewhat agree 4=Somewhat disagree 5=Disagree 6=Strongly disagree	
Other factors	As far as you know, how many of your close friends or family have ever sought professional help for an emotional or mental health problem?	1=None 2=At least 1 or 2 3=3 or more 4=Don't know	

**(13) RESILIENCE AND COPING**

## Resilience and Coping

The next questions will ask you about how you respond to stressful feelings and experiences. Remember that your responses are confidential and you may choose to skip questions or stop responding at any point.

SECTION	ITEM	RESPONSE CATEGORIES	CITATION/NOTES
Psychological inflexibility/Experiential Avoidance	My painful experiences and memories make it difficult for me to live a life that I would value.	1=Never true 2=Very seldom true 3=Seldom true 4=Sometimes true 5=Frequently true 6=Almost always true 7=Always true	Acceptance and Action Questionnaire-II (AAQ-II) (Bond, Hayes, Baer, Carpetner, Guenole, Orcutt, Waltz, & Zettle, 2011)  Instructions for this item (adapted from AAQ-II (Bond et al., 2011)): "Below you will find a list of statements. Please rate how true each statement is for you. Use the scale below to make your choice."
	I'm afraid of my feelings.	1=Never true 2=Very seldom true 3=Seldom true 4=Sometimes true 5=Frequently true 6=Almost always true 7=Always true	Acceptance and Action Questionnaire-II (AAQ-II) (Bond, Hayes, Baer, Carpetner, Guenole, Orcutt, Waltz, & Zettle, 2011)  Instructions for this item (adapted from AAQ-II (Bond et al., 2011)): "Below you will find a list of statements. Please rate how true each statement is for you. Use the scale below to make your choice."
	I worry about not being able to control my worries and feelings.	1=Never true 2=Very seldom true 3=Seldom true 4=Sometimes true 5=Frequently true 6=Almost always true 7=Always true	Acceptance and Action Questionnaire-II (AAQ-II) (Bond, Hayes, Baer, Carpetner, Guenole, Orcutt, Waltz, & Zettle, 2011)  Instructions for this item (adapted from AAQ-II (Bond et al., 2011)): "Below you will find a list of statements. Please rate how true each statement is for you. Use the scale below to make your choice."
	My painful memories prevent me from having a fulfilling life.	1=Never true 2=Very seldom true 3=Seldom true 4=Sometimes true 5=Frequently true 6=Almost always true 7=Always true	Acceptance and Action Questionnaire-II (AAQ-II) (Bond, Hayes, Baer, Carpetner, Guenole, Orcutt, Waltz, & Zettle, 2011)  Instructions for this item (adapted from AAQ-II (Bond et al., 2011)): "Below you will find a list of statements. Please rate how true each statement is for you. Use the scale below to make your choice."
	Emotions cause problems in my life.	1=Never true 2=Very seldom true 3=Seldom true	Acceptance and Action Questionnaire-II (AAQ-II) (Bond, Hayes, Baer, Carpetner, Guenole, Orcutt, Waltz, & Zettle, 2011)

		4=Sometimes true 5=Frequently true 6=Almost always true 7=Always true	Instructions for this item (adapted from AAQ-II (Bond et al., 2011)): "Below you will find a list of statements. Please rate how true each statement is for you. Use the scale below to make your choice."
	It seems like most people are handling their lives better than I am.	1=Never true 2=Very seldom true 3=Seldom true 4=Sometimes true 5=Frequently true 6=Almost always true 7=Always true	Acceptance and Action Questionnaire-II (AAQ-II) (Bond, Hayes, Baer, Carpetner, Guenole, Orcutt, Waltz, & Zettle, 2011)  Instructions for this item (adapted from AAQ-II (Bond et al., 2011)): "Below you will find a list of statements. Please rate how true each statement is for you. Use the scale below to make your choice."
	Worries get in the way of my success.	1=Never true 2=Very seldom true 3=Seldom true 4=Sometimes true 5=Frequently true 6=Almost always true 7=Always true	Acceptance and Action Questionnaire-II (AAQ-II) (Bond, Hayes, Baer, Carpetner, Guenole, Orcutt, Waltz, & Zettle, 2011)  Instructions for this item (adapted from AAQ-II (Bond et al., 2011)): "Below you will find a list of statements. Please rate how true each statement is for you. Use the scale below to make your choice."
Emotional resilience	I tend to bounce back quickly after hard times.	1=Strongly disagree 2=Disagree 3=Neutral 4=Agree 5=Strongly agree	Brief Resilience Scale (BRS) (Smith, Dalen, Wiggins, Tooley, Christopher, & Bernard, 2008)  Instructions for this item (adapted from BRS (Smith et al., 2008)): "Please indicate the extent to which you agree with each of the following statements:"
	I have a hard time making it through stressful events.	1=Strongly disagree 2=Disagree 3=Neutral 4=Agree 5=Strongly agree	Brief Resilience Scale (BRS) (Smith, Dalen, Wiggins, Tooley, Christopher, & Bernard, 2008)  Instructions for this item (adapted from BRS (Smith et al., 2008)): "Please indicate the extent to which you agree with each of the following statements:"
	It does not take me long to recover from a stressful event.	1=Strongly disagree 2=Disagree 3=Neutral 4=Agree 5=Strongly agree	Brief Resilience Scale (BRS) (Smith, Dalen, Wiggins, Tooley, Christopher, & Bernard, 2008)  Instructions for this item (adapted from BRS (Smith et al., 2008)): "Please indicate the extent to which you agree with each of the following statements:"
	It is hard for me to snap back when something bad happens.	1=Strongly disagree 2=Disagree 3=Neutral 4=Agree	Brief Resilience Scale (BRS) (Smith, Dalen, Wiggins, Tooley, Christopher, & Bernard, 2008)  Instructions for this item (adapted from BRS (Smith et al., 2008)): "Please indicate the extent to which you agree with each of the following statements:"



		5=Strongly agree	
	I usually come through difficult times with little trouble.	1=Strongly disagree 2=Disagree 3=Neutral 4=Agree 5=Strongly agree	Brief Resilience Scale (BRS) (Smith, Dalen, Wiggins, Tooley, Christopher, & Bernard, 2008)  Instructions for this item (adapted from BRS (Smith et al., 2008)): "Please indicate the extent to which you agree with each of the following statements:"
	I tend to take a long time to get over set-backs in my life.	1=Strongly disagree 2=Disagree 3=Neutral 4=Agree 5=Strongly agree	Brief Resilience Scale (BRS) (Smith, Dalen, Wiggins, Tooley, Christopher, & Bernard, 2008)  Instructions for this item (adapted from BRS (Smith et al., 2008)): "Please indicate the extent to which you agree with each of the following statements:"

**SURVEY ENDINGS:**

**[SURVEY ENDING #1: CONSENT/ASSENT NOT GRANTED]**

Because you have not [consented/assented] to complete the survey you may now close your browser.

[\[local resources\]](#)

If you would like to learn more about the Healthy Minds Study, you can visit [healthymindsnetwork.org/hms](http://healthymindsnetwork.org/hms).

**[SURVEY ENDING #2, PART 1: SURVEY COMPLETERS, FEEDBACK]**

**You're almost done!**

You answered several questions in this survey that are part of commonly used screening tools to help determine symptom levels and risk for various mental health problems. Please indicate whether you'd like to view your personalized feedback page (which includes scores on screening tools pertaining to Depression, Anxiety, and Eating Disorders. As with all screening instruments, the results (phrases and numbers) correspond simply to your pattern of responding and are compared to other people who have taken the instrument. This screening is not a substitute for a clinical evaluation and is not an actual diagnosis, and only suggests that compared to other people you MAY have the presence of mental health symptoms. You should contact a health professional for more information and a complete evaluation, if you are interested, by consulting the resources noted for your campus.

"Yes, I'd like to view my personalized feedback page"

"No, I would not like to view my personalized feedback page"

**[DISPLAY IF ITEM ABOVE ANSWERED "YES"]**

Below is some personalized feedback based on your responses. Once you have read this information, please click "CONTINUE" to submit the survey and view a list of resources.

The Healthy Minds Study includes several commonly used screening tools that are used to determine symptom levels and risk for various mental health problems. Note that these results are not diagnoses but we hope they will help put things in perspective for you. To print this feedback page, please feel free to right-click the page and click "print". Here's what your responses indicate:

Depression: You answered a series of 9 questions used to assess symptoms of depression. Scores range from 0 to 27, with higher scores indicating higher levels of depression. Scores are interpreted as follows: 0-4 "no signs of depression", 5-9 "mild depression", 10-14 "moderate depression", 15-19 "moderately severe depression", and 20-27 "severe depression". Your score is [\[insert score\]](#).

Anxiety: You answered a series of 7 questions used to assess symptoms of anxiety. Scores range from 0 to 21, with higher scores indicating higher levels of anxiety. Scores are interpreted as follows: 0-4 "no signs of anxiety", 5-9 "mild anxiety", 10-14 "moderate anxiety", and 15-21 "severe anxiety". Your score is [\[insert score\]](#).

Eating disorder: You answered a series of 5 questions used to assess symptoms of eating disorders. Scores range from 0 to 5, with higher scores indicating higher levels of disordered eating. A score of 2 or higher is considered a positive screen for an eating disorder. Your score is [\[insert score\]](#).

[if reported suicidal ideation→**Because you indicated that you have had suicidal thoughts or attempts in the past year, we are especially concerned about whether you are receiving the support you may need. We urge you to consider the resources shown below and on the next page if you are not already receiving help.**

National Suicide Prevention Lifeline

Phone: 1-800-273-TALK

Website: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.]

**[SURVEY ENDING #2, PART 2A: SURVEY COMPLETERS (LOW-RISK), RESOURCES]**

**Thank you for completing the Healthy Minds Study!**

As stated before you began the survey, all of your responses will remain confidential. Your participation will help inform programs and resources for [\[name of school\]](#) students. We also hope that taking this survey has been a valuable experience for you. Below is a list of resources. If you'd like to save this information, please print this page from your web browser now by right-clicking this page and clicking "print". Please click **HERE** if you wish to print a copy of the consent form.