

# Healthy Minds Study (HMS) Results: Overall Highlights





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# Learning objectives

- Provide a brief overview of the key findings of the Healthy Minds Study (HMS).
- Explain impact HMS results have on Texas A&M University – San Antonio student population.
- Provide relevant resources and recommendations based on key findings.



# What is the Healthy Minds Study?

- Nation's most prominent baseline wellness survey
- Administered to college students across the United States
- Commonly used as a benchmark assessment
- Hallmark of this survey = prevalence of mental health concerns (e.g., depression, anxiety, suicidal ideation, etc)
- Survey is administered entirely online
- Takes approx. 25-30 minutes to complete
- For more information, please visit:
  - <https://healthymindsnetwork.org/>



*Save the Date!*

# HEALTHY MINDS STUDY

March 28 - April 22

Check your email for an  
invitation to participate!

20 students  
will receive a  
\$25 gift card  
to the  
bookstore!





# Demographic Highlights

- 441 responses (out of 6,060 students) which equates to a 7.28% response rate
- Demographic highlights:
  - Mean age: 26
  - 83% (n=364) female, 17% (n=76) male, <1% (n=1) intersex
  - 70% (n = 321) heterosexual, 28% (n=130) LGBTQIA+
  - 62% (n = 336) Hispanic, 24% (n = 128) Caucasian, 7% (n = 35) African American/Black, 2% (n = 11) American Indian/Alaskan Native, and 2% (n = 11) Asian American/Asian
  - 46% (n = 194) reside off campus with family members, 37% (n = 157) reside off campus in non university housing, and 10% (n = 43) reside on-campus





# HMS Highlights

- More than half of respondents (51%, n = 224) reported their current financial situation to be always or often stressful.
- Within the past 12 months, 40% (n = 175) of respondents reported feeling worried about whether or not they would run out of food before they received money to buy more.
- In a series of anxiety and depression questions, those with the highest average responses (meaning worst experiences) are that respondents:
  - (a) felt tired or have little energy in the past 2 weeks [89%, n=363],
  - (b) experienced trouble with sleep in the past 2 weeks [77%; n=313],
  - (c) have experienced difficulty eating too little or too much food in the past 2 weeks [21%; n=84].



# HMS Highlights

- 72% (n=295) of sample reported experiencing little interest and pleasure in doing things in the past 2 weeks.
- 72% (n=293) reported feeling down, depressed, or hopeless within the past 2 weeks.
- 90% (n=378) of respondents indicated that emotional or mental health difficulties impacted their academic performance sometime in the past 4 weeks.
- 70% (n=276) reported needing help for emotional or mental health problems or challenges within the last year.





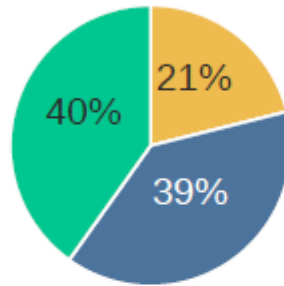
# HMS Highlights

- When participants were asked if they have spoken with any academic personnel (e.g., professors, advisors, or other academic staff) about any mental health problems that were affecting their academic performance, **86% (n = 339) responded “no”** and **14% responded “yes” (n = 57)**.
- Of the participants who answered “yes” to the above question, over 95% (n=53) specified that the response of the professor or academic personnel was considered ***very supportive or supportive***.



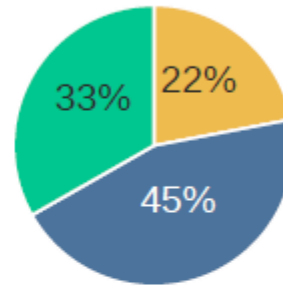
# HMS Highlights

How often do you feel...



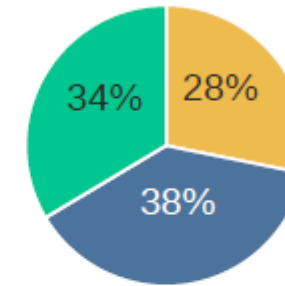
- Often
- Some of the time
- Hardly ever

that you lack companionship



- Often
- Some of the time
- Hardly ever

left out



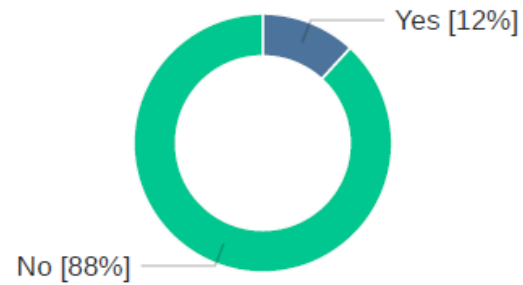
- Often
- Some of the time
- Hardly ever

isolated from others



# HMS Highlights

**Suicidal Ideation (past year)**



**Suicide Plan**

(past year, of those with suicidal ideation)

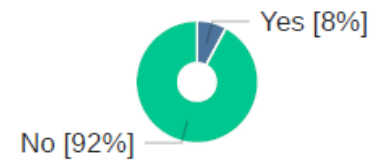
52 Responses



**Attempted Suicide**

(past year, of those with suicidal ideation)

52 Responses





# HMS Highlights

- Approximately 4% (n=16) of respondents experienced sexual assault since they have been at Texas A&M – San Antonio (91% have not; n=368), with 2.5% (n=10) saying they “don’t know” and about 3% (n=11) saying they “prefer not to say.”
- Overall, students are largely in agreement that the university’s administration (65%; n=262) and peers (68%; n=272) take sexual assault seriously.



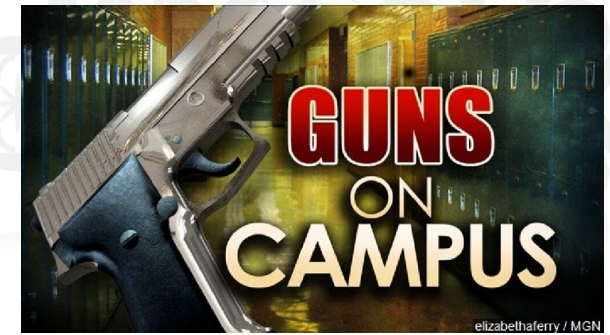
# HMS Highlights

- In the past 30 days, respondents reported using the following birth control method with a partner during their last sexual intercourse experience:
  - Male condom: 22.82% (n=68)
  - Withdraw (pull out method): 20.47% (n=61)
  - No contraceptive used: 18.46% (n=55)
  - Contraceptive pill: 16.78% (n=50)
- In the past 30 days, 52% (n = 117) of respondents reported they do not use any form of birth control or protection (e.g., condoms, birth control pills, etc) every single time they have sexual intercourse.





# HMS Highlights



- 1 in 10 respondents (7.2%; n=30) indicated owning a firearm that is on or near campus which is about 2.5 times greater than the national average (4.3%).
- 23 respondents indicated having a firearm in their on-campus residence
- 22 respondents indicated having a firearm in another building at their campus residence (e.g., garage, locker, storage shed)
- 21 respondents reported having a firearm in their car/motor vehicle.





# Next Steps

- #WellnessWednesday Social Media Campaign
- Student focused events (e.g., Trivia Tuesday) and meetings to market HMS findings
- Create a marketing brand for campus wellness (e.g., #BeWellJags)
- Develop dedicated website solely focused on student well-being



# Additional Information

- “Transforming. Tomorrow. Together” website
- Presentation requests:
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# Audience Questions