

THE HEALTHY MINDS STUDY (HMS) FOR STUDENTS: **FREQUENTLY ASKED QUESTIONS**



Thank you for considering participation in the Healthy Minds Network (HMN)'s survey research. You're likely here because you have been asked to participate in the Healthy Minds Study (HMS). By participating, you'll be providing your school with valuable information that will be used to improve campus life and you'll be contributing to a broader goal of promoting well-being within higher education.

Below are our Frequently Asked Questions (FAQs) about HMS for students. If you have additional questions or concerns, please email our study team at hms-coordination@umich.edu.

1. Why was I chosen to respond to this survey?

You've been invited to participate in this study to better understand the mental health needs of students.. HMS was designed specifically for colleges and universities and its success depends on gathering the perspectives of all students. Your school hopes to use information you provide to get to know students better, and to advocate for the creation, expansion, and/or maintenance of programs and resources for mental health and well-being.

2. Who is eligible to participate in this study?

We invite all eligible students at your institution to participate in this voluntary study. We welcome a diverse perspective! Students are considered eligible to take the Healthy Minds Survey if they are 18 and over, enrolled as a student at the school, and currently living within the United States.

3. Why and how was my information given to the Healthy Minds Network for this study?

Your school is participating in HMS to better understand and improve the mental health needs of students on campus. Therefore, we asked them for a sample of students to send our survey to, and you are among the students selected to participate. Some schools choose people randomly, some schools include everyone. Your school has determined that they may share this data with our study team, considering federal, state, and institutional policies and regulations. For specifics on your school's decision, you may contact the researchers at hms-coordination@umich.edu, or reach out to the contact person at your school listed at the end of your consent form.

If your school utilized our anonymous protocol (meaning you accessed this survey using a general URL or QR code provided by your school), no information about you was given to the HMS research team.

4. Why was I emailed multiple times?

Over the course of the one-month data collection period, students who have not completed the survey will receive several reminders.

5. How do I unsubscribe from this mailing list?

To opt out (and stop receiving emails):

1. Follow the survey link to the consent form and click “No, I do not consent to participate in this study.”
-OR-
2. Click on the “Opt-Out” link located at the bottom of your HMS email

5. The survey link in the email doesn’t work; how can I access my survey?

Please try copying and pasting your link into a new window of your current web-browser or use a different web-browser altogether.

6. How are my data protected?

This survey was designed to protect your privacy and ensure confidentiality. How that is done depends on the protocol your school chose. One is designated “anonymous” and the other “confidential.” The consent form presented at the beginning of the survey will indicate whether your school chose an anonymous or confidential approach to survey administration.

In case of a confidential protocol:

- Your answers to the survey will be stored in a file that is separate from your email address
- The data from this study, without any identifiable information, is stored in a secure digital location by the research team for future research purposes
- Any reports or articles written about this survey will describe people’s answers all together (in the aggregate or as a whole), and will contain no information that could allow someone to identify you
- Participating institutions will receive a de-identified data set and will not be given access to individually identifiable survey data. We will also leave out any sports team affiliation or country of origin that you may have indicated. This helps make sure that no one at your school can look at the de-identified data set and guess who you are by “connecting-the-dots” with indirect-identifying information.

In the case of the anonymous protocol:

- There is no personally identifiable information associated with survey responses.
- If you want to enter the incentives drawing, we ask that you provide your first name and email address.

7. Will I get anything for taking this survey?

If your school opted-in to our yearly national incentive drawing, you will be automatically entered into a national sweepstakes to win one of two \$500 prizes or one of ten \$100 prizes, even if you do not fill out the survey. The prize drawing will be in the summer. Some schools choose not to opt-in to our national incentives drawing, and in some cases, you will need to enter your email (in a separate, secure page) to be entered into the drawing. The details of your eligibility for the drawing are included in your HMS invitation emails, as well as the consent form on the first page of the survey itself.

In addition, your school may have their own drawing for additional prizes; if so, you will be notified in your HMS email with your survey link.

8. Can I change my answers after I've submitted the survey?

No—to maintain the validity of our survey design, we do not allow for editing of responses that have already been submitted.

9. I accidentally did not consent to the survey, but I want to participate; can I have a new link?

No, unfortunately. Because we use an anonymized method of sending email invitations to students, to protect your confidentiality and keep your contact information separate from your survey information, there is no way for us to track down your original survey and send you a new link. We apologize for the inconvenience, and greatly appreciate your interest in participating!

10. If I want to receive help for my mental health, what resources are available to me?

Your school shared with us information about your campus counseling center, which we listed at the top of every page of your survey. Additional mental health resources are included at the end of the survey. Even if you choose not to participate, you will still see a page with information on your school's counseling and/or health center. If you'd like to speak with someone directly about questions/concerns you have, we're also happy to put you in touch with the primary contact of this study at your school.

If you'd like to receive a copy of the mental health resources list, please reach out to hms-coordination@umich.edu and we can provide it to you.

11. I have a suggestion/question for the survey; can I submit feedback to the study team?

We welcome feedback about our study! Please fill out our brief, [anonymous feedback form](#) to provide your suggestions for improving the Healthy Minds Study.