

## Executive Summary Report

# 2022 Healthy Minds Survey Results

Student mental health is influenced by the environments in which they live, learn, work, and play. Further, the identities students hold play an important role in how they experience the UW-Madison campus. If a student experiences mental health concerns, it can impact their academic and social experiences on campus. It may even result in a student leaving UW-Madison before completing their academic career.

The Healthy Minds Survey provides key statistics to understand the intersection of mental health and student success. These results are vital to addressing student mental health holistically and building a campus community where all students can thrive.

### Healthy Minds Survey

Administered April 2022

#### Recruitment Sample:

22,000 undergraduate and graduate students

#### Response Rate: 17%

(3,658 students)

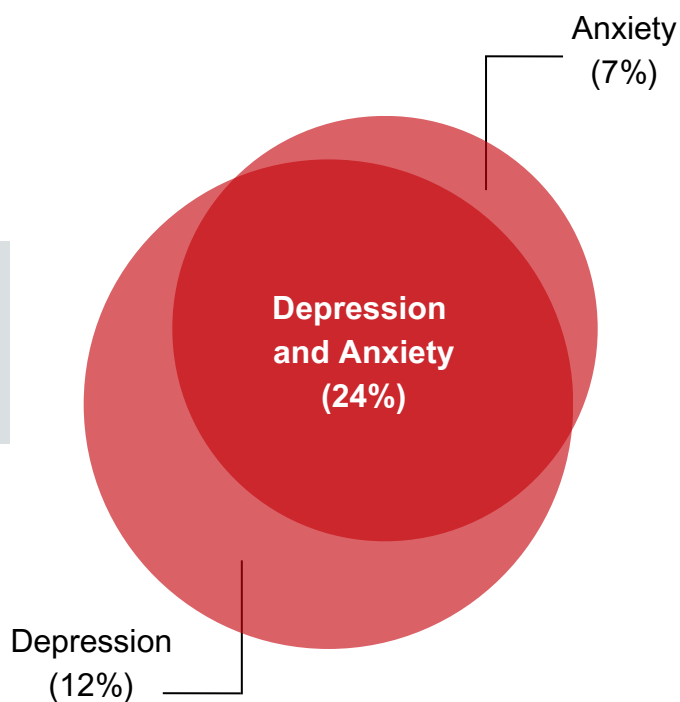
While this survey was also conducted in 2016 and 2019, the methodology changed between 2019 and 2022 making year-to-year comparisons difficult. Therefore, data in this report is presented as a snapshot in time. It is important to also note that health issues differ by identity. Some examples include demographic breakdowns, but it is in no way a comprehensive analysis.

## Key Findings

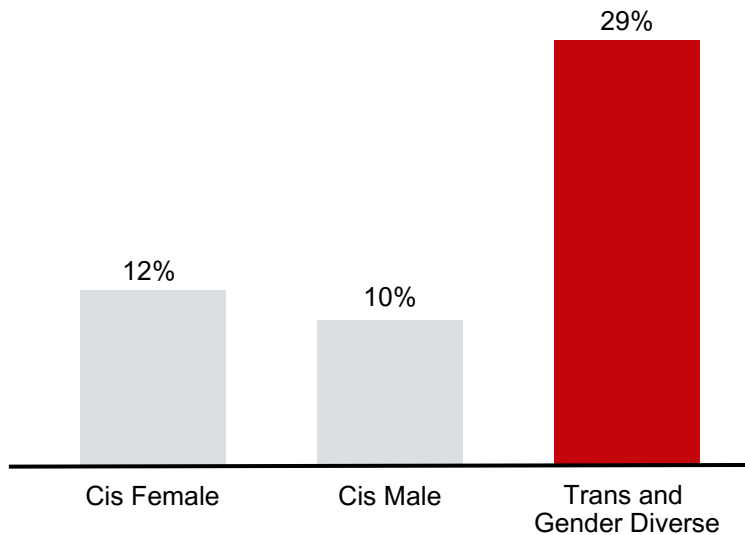
1. Students are experiencing mental health concerns.

**2 in 5 (43%) of students screened positive\* for significant symptoms of anxiety, depression, or both.**

\*Depression symptoms were screened using the PHQ-9. Anxiety symptoms were screened using the GAD-7. A score of  $\geq 10$  on each were considered a positive screen.



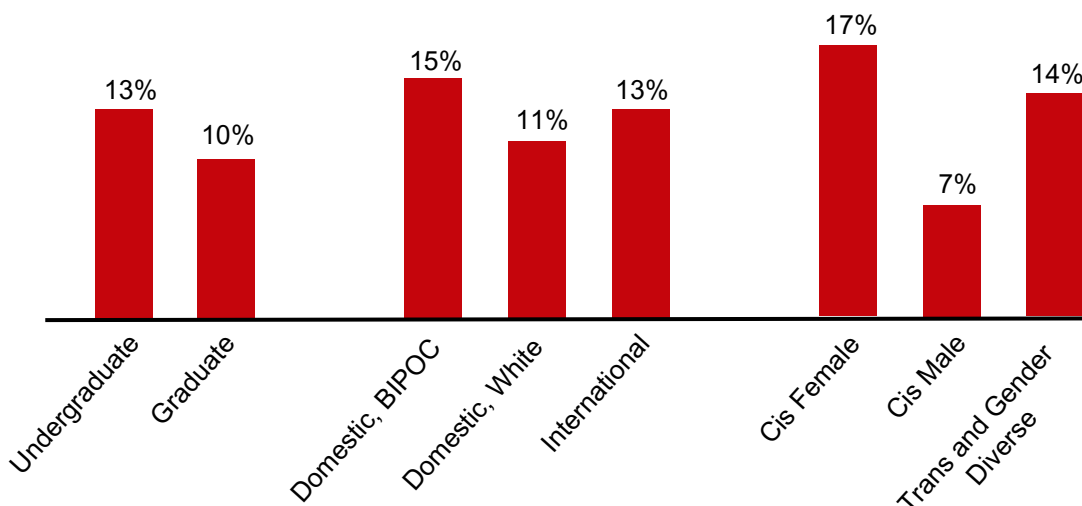
**Trans and gender diverse students report suicidal ideation at rates more than double their cisgender peers.**



Percent of students who reported suicidal ideation in the past year.

**More than 1 in 10 (12%) of students indicated that in the past year they seriously considered attempting suicide, which is lower than the national average of 15%.**

**Eating disorders and disordered eating affect students across all identities.**

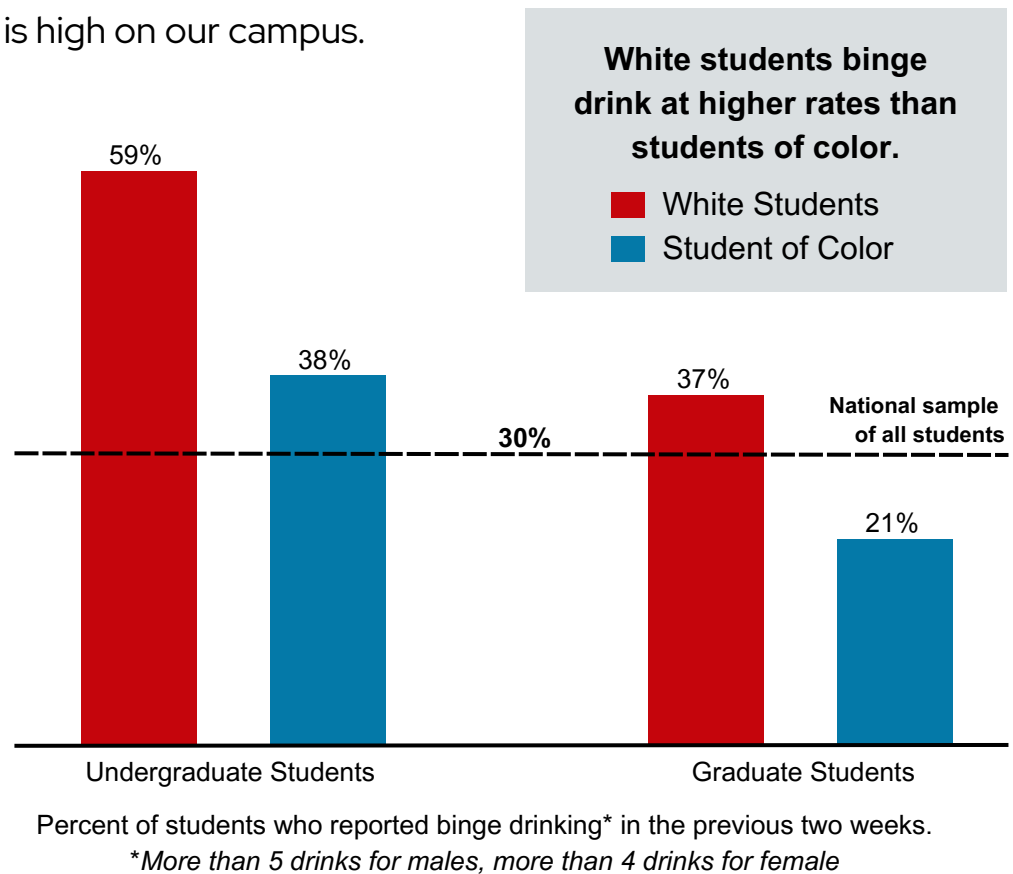


Percent of students who screened positive\* for core features of anorexia nervosa and/or bulimia nervosa.

**Nearly half (44%) of students indicated that the campus environment has a negative impact on students' eating and body image.**

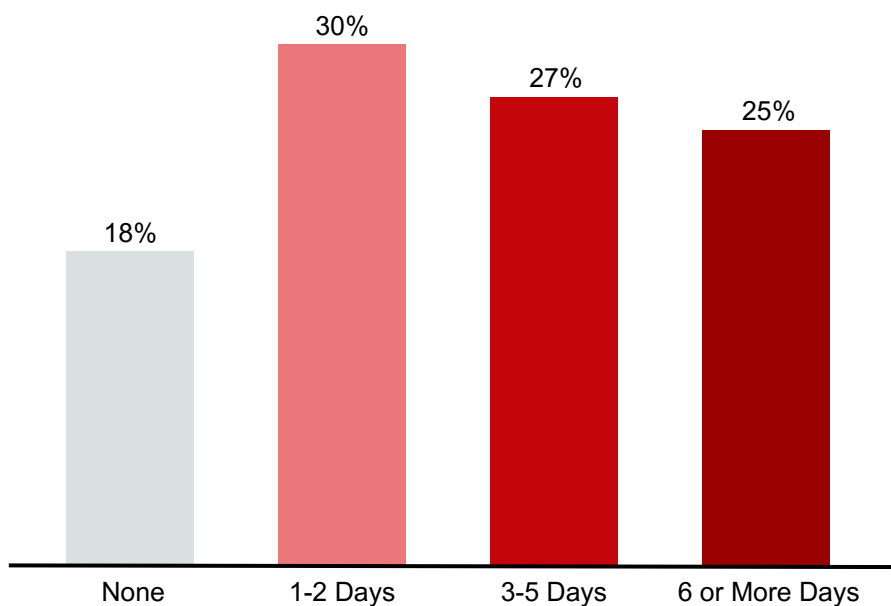
\*Students were screened using the SCOFF questionnaire. Students who answered positively to 3 or more of the 5 questions were identified as a positive screen.

## 2. Binge drinking is high on our campus.



## 3. Mental health concerns have an impact on student academics.

**82% of students experienced at least one day in the last 4 weeks where emotional and mental difficulties hurt their academic performance.**



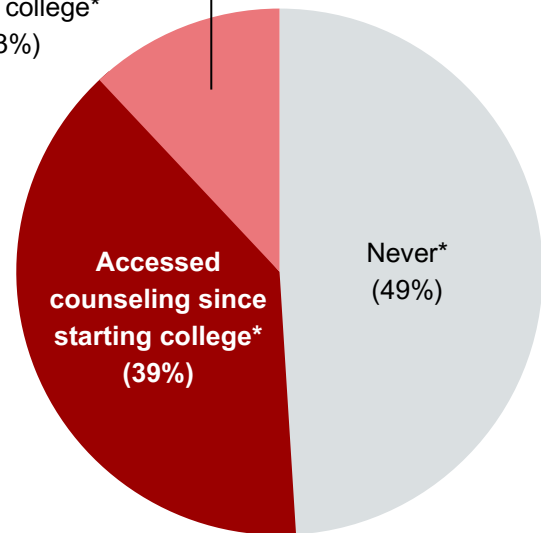
## 4. Students are accessing mental health help.

**Half of students have accessed counseling in their lifetime.**

**More than one-third of students have accessed counseling since starting college.**

\*Numbers might not add up to 100% due to rounding.

Only accessed  
counseling prior to  
starting college\*  
(13%)



## Current Interventions

### University Health Services

#### Training

- Online suicide prevention trainings, designed specifically for the UW-Madison community, offer guidance to students who may be supporting peers in crisis, and to faculty and staff who may encounter students in distress.
- All students are screened for depression at each UHS medical appointment as part of a holistic care model that bridges physical and mental health.

#### Staffing

- UHS suicide prevention and mental health promotion staff grew from one in 2016 to four in 2023.
- UHS mental health services staffing has expanded to include bilingual providers as well as specialists serving students of color, athletes, and LGBTQ+ students.
- A team of UHS mental health providers are trained and available to co-respond with the UW Police Department on calls related to mental health.
- Specialized UHS mental health providers are embedded within the following schools and colleges, in addition to Athletics: School of Medicine & Public Health, School of Nursing, School of Engineering, and the Wisconsin School of Business.



## Support

- Badger Recovery, UW-Madison's collegiate recovery community, launched in 2020 to support students in recovery from alcohol and drug misuse.
- Navigating College Culture—a guide for helping parents and families have important conversations with their incoming UW-Madison students about suicide, mental health, alcohol use, and sexual violence—is distributed to every family at SOAR and is available online.

## Next Steps

### University Health Services

- A new, online suicide prevention training specifically for graduate and professional students will launch at UW-Madison in Fall 2023.
- A Campus Suicide Prevention grant from the Substance Abuse Mental Health Services Administration (SAMHSA) will fund a new Suicide Prevention Specialist position and support campus-wide efforts around mental health.
- Wisconsin Athletics has committed to enhancing and expanding programs and services in support of student-athlete mental health. In the past academic year, all student-athletes, coaches, and Athletics staff participated in suicide prevention training opportunities.
- Core members of Student Affairs strategic initiative on mental health are facilitating campus engagement with the Jed Campus Fundamentals Program to conduct a campus-wide needs assessment and draft a strategic mental health plan that includes students, faculty, staff, and mental health professionals.

