

Healthy Minds Study Campus Survey FAQs

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

All Centre students have been invited to participate in this study to better understand the mental health and well-being of students on our campus. The Health Minds Study (HMS) was designed specifically for colleges and universities and its success depends on gathering the diverse perspectives of all types of students. Centre will gain access to valuable information to make decisions about mental health programs and resources on our campus.

2. How did you get my name and email address?

Centre chose to participate in this study and provided the study authors with the list of all Centre students. If you have any questions, comments, or concerns, please contact the researchers at hms-coordination@umich.edu or reach out to Ann E. Goodwin, Director of Counseling at Centre at ann.goodwin@centre.edu

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

Centre is participating in the HMS to better understand and improve the mental health needs of students on campus. All students are invited to participate. If you have any questions, comments, or concerns, please contact the researchers at hms-coordination@umich.edu or reach out to Ann Goodwin, Director of Counseling at Centre at ann.goodwin@centre.edu

4. 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 try using a different web-browser altogether.

5. Why was I emailed multiple times?

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

To opt-out and stop receiving emails:

- Follow the survey link to the consent form and click "No, I do not consent to participate in this study"

OR

- Click on the "Opt-Out" link located at the bottom of your invitation/reminder email

6. How is my confidentiality protected?

This survey was designed to protect your privacy and confidentiality.

- Your answers to the survey will be stored in a file that is separate from your name and email address.
- The data from this study, without any identifiable information, are stored in a secure digital location by the research team for future research purposes.
- Any reports or articles written about this survey will describe student’s answers all together (in the aggregate or as a whole), and will not contain any 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

7. Will I get money for taking this survey?

You will be entered to win a \$50 Amazon gift card, a hammock or Centre gear.

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

Responding to the survey with details about your mental health needs will NOT provide you with any resources or alert anyone to follow up with you. If you need mental health support, please email counseling@centre.edu to schedule a counseling appointment with Centre Counseling or to request information about off campus mental health resources. For after hours mental health emergencies, please call the Centre Counseling Crisis Line, 859-319-1546.

In addition, please note:

- Centre’s counseling center contact information is listed at the top of every page of your survey.
- Mental health resources at Centre are listed at the end of your survey.
- You can also reach out to hms-coordination@umich.edu and we can provide you a list of mental health resources at Centre directly.
- You may reach out to Ann E. Goodwin, Director of Counseling at Centre at ann.goodwin@centre.edu if you want to speak with someone directly about any questions/concerns you have.

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

They survey team welcomes feedback about the study. Please fill out the brief, anonymous [Student Feedback form](#) to provide your suggestions for improving the Healthy Minds Study.

10. Can I change some of my answers to the survey I have already submitted?

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

11. I've already taken this survey; why do I keep receiving emails about the study?

You may not have completely finished the survey. If you still think you shouldn't have gotten it, email the HMS team at hms-coordination@umich.edu, and we'll clear it up.

12. 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.