

UNO JED Campus Initiative

2024 Healthy Minds Study Results

Survey Overview

As a part of the JED Campus initiative, UNO administered the Healthy Minds Study survey to undergraduate and graduate students in October 2024. The Healthy Minds Study provides important data on the intersection of mental health and student success. The results are vital to holistically address student mental health at UNO and build a campus community where all students can learn and thrive.

Survey Respondents

Recruitment Sample:

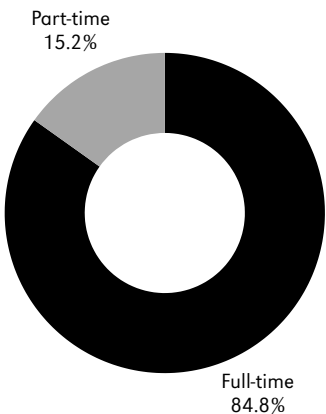
15,015 undergraduate and graduate students

Response Rate:

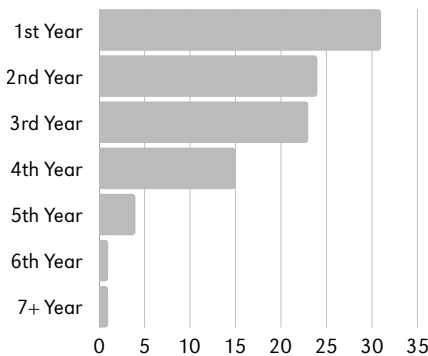
10.1% (1,502 students)



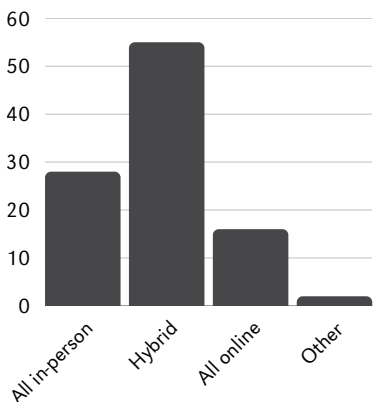
Enrollment Status



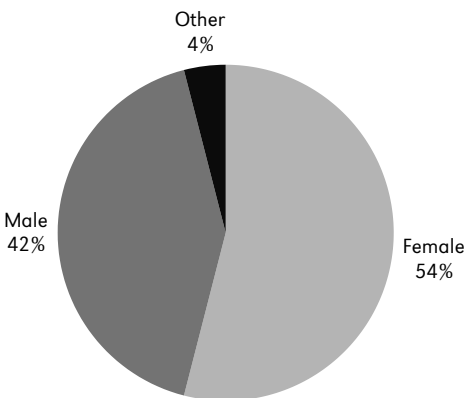
Year in Program



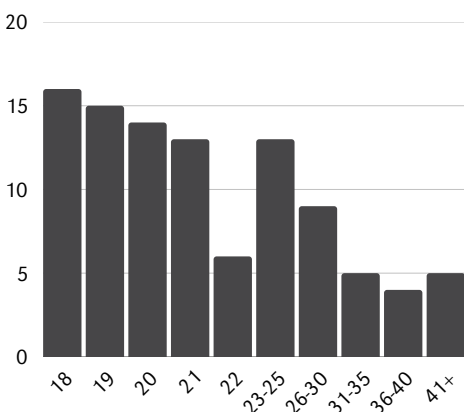
Class Format



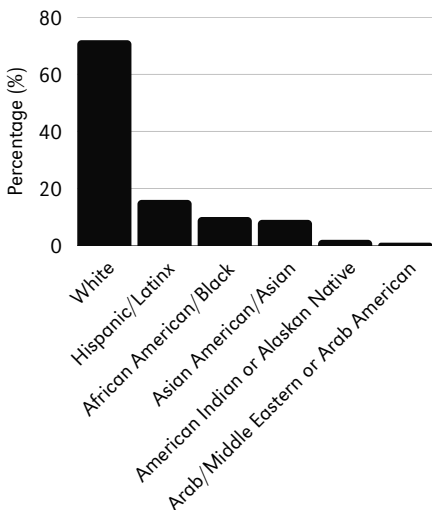
Gender Identity



Age

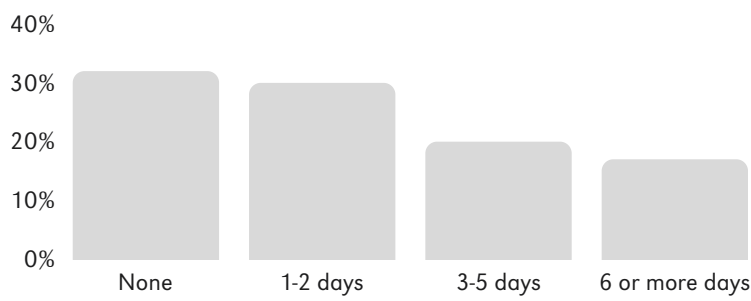


Race/Ethnicity



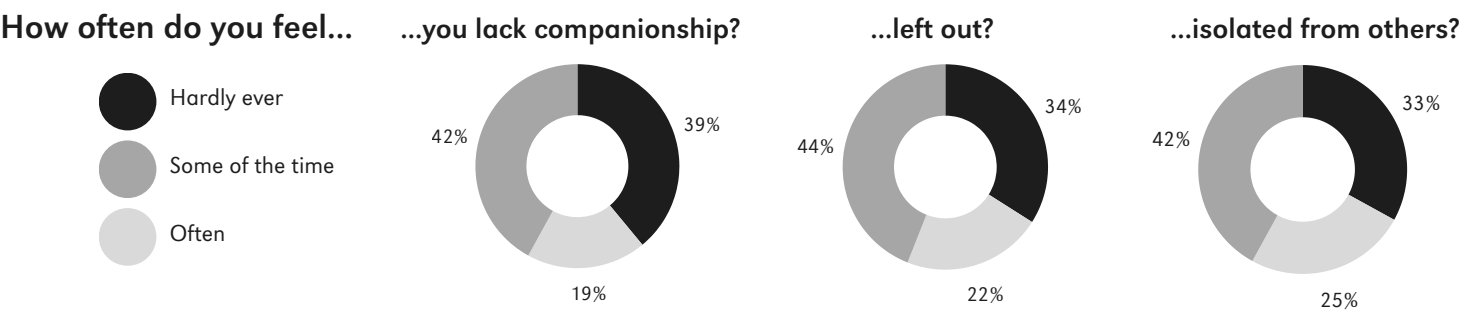
Key Findings

Academic performance is impacted by mental health.

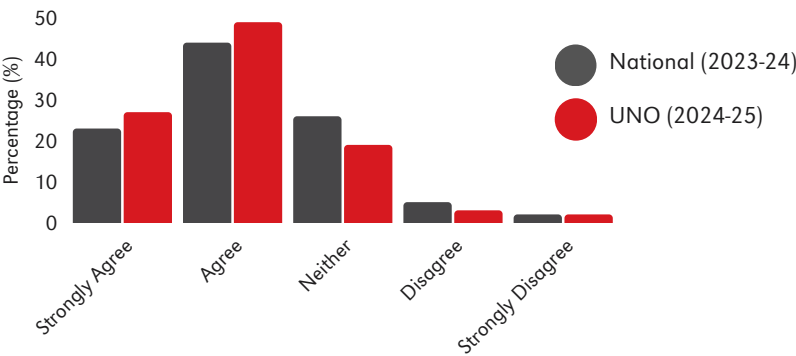


67% of students experienced at least one day in the last four weeks where their emotional or mental difficulties hurt their academic performance.

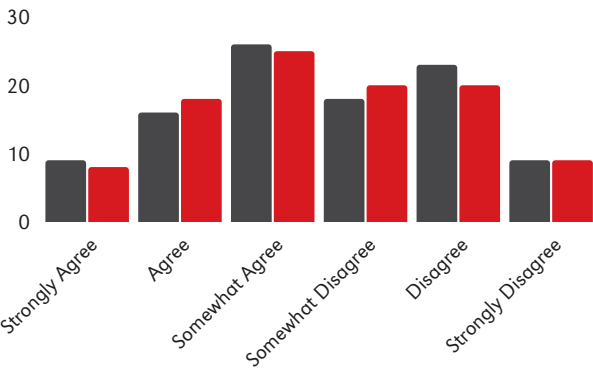
Loneliness is a prevalent issue for students.



“My school has made a special effort to help students from diverse backgrounds feel like they belong on campus.”

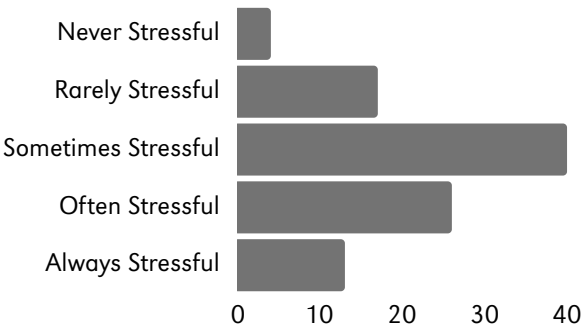


“I feel isolated from campus life.”

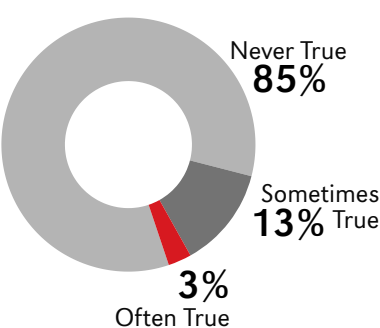


Academics are not the only thing students are worried about.

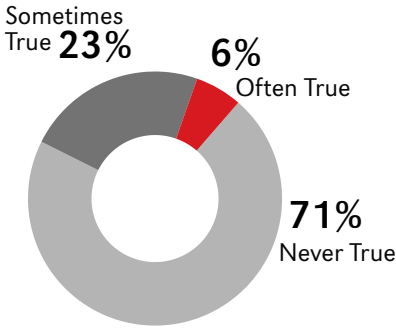
Current Financial Situation



Housing Instability

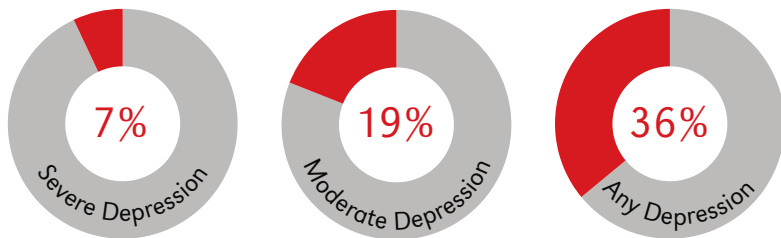


Food Instability



Students are facing mental health symptoms.

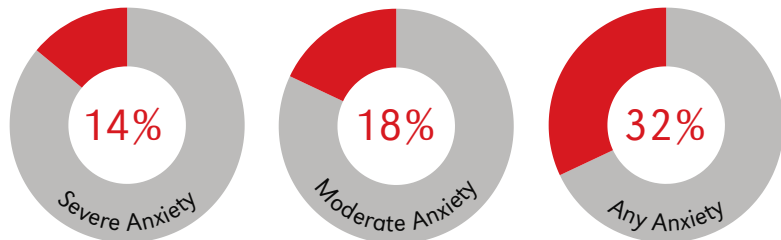
Depression Screen



Depression is measured using the Patient Health Questionnaire-9 (PHQ-9), measuring symptoms for a major depressive episode in the past two weeks.

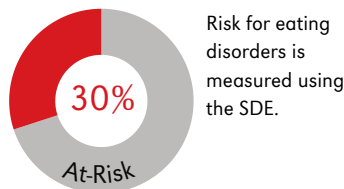
Approximately 63% of UNO students are experiencing symptoms of at least one significant mental health problem.

Anxiety Screen



Anxiety is measured using the GAD-7, measuring of generalized anxiety disorder in the past two weeks

Eating Disorder Screen



Risk for eating disorders is measured using the SDE.

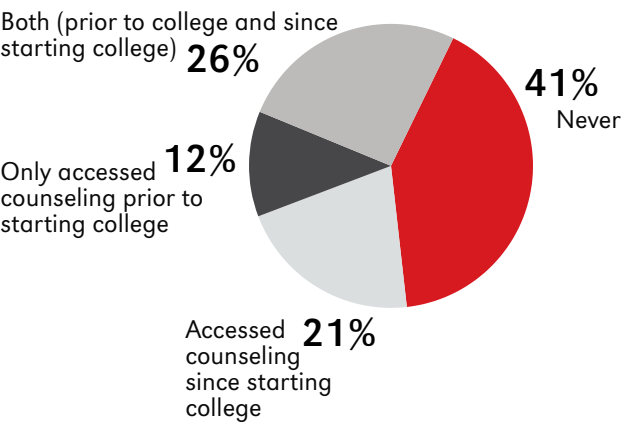
Suicidality and Self-Injurious Behavior



Students are accessing mental health help.

Among students facing at least one significant mental health problem, an estimate of 61% have received mental health services within the past year.

Satisfaction rates are near 90% among students who used campus mental health services.



Students' perceived stigma of treatment does not match.

