

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



How do I enter the sweepstakes?

You are automatically entered by virtue of having been invited to participate in this study. Winners are selected from the email lists provided by your institution for the purpose of this study, and you will receive an email if you are selected to win a prize. HMS typically awards approximately a total of \$2,000 spread across 12 winners. Prizes are awarded using a sweepstakes whereby all students randomly selected into the samples are eligible to win regardless of survey participation.

Why was I emailed and asked to respond to the survey?

Several thousand students at your school—in addition to thousands more at other schools—have been randomly selected to participate in the study to better understand the stresses students experience in college and graduate school. HMS was designed specifically for colleges and universities, and its success depends on gathering the diverse perspectives of students across campus. By participating, you will be providing your school with valuable information that will improve student life and you will be contributing to a broader goal of promoting student well-being within higher education.

Why was I emailed multiple times?

Most students feel comfortable either choosing to participate or taking the simple steps to decline to participate. Over the course of the one-month data collection period, students who have not responded will receive several reminders. Students are free to opt-out at any time by clicking “Opt-out” at the bottom of the emails, by proceeding to the first page of the survey and declining consent to participate by choosing “NO”, or by emailing healthyminds-unsubscribe@umich.edu.

How is the survey administered?

HMS uses [Qualtrics](#), an online survey research platform, to aid in data collection. Thousands of colleges and universities use Qualtrics to perform academic surveys and to gain feedback. You may have taken Qualtrics surveys in the past without even knowing the technology behind it.

What is a confidential survey?

HMS is typically administered as a *confidential* survey. A confidential survey requires some confidence in the study team to maintain the privacy of respondents identifying information. This differs from an *anonymous* survey, which has no respondent identifiers. More information can be found at <http://web.mit.edu/surveys/survey-guidelines.pdf> (bottom of page 2) and <http://research-compliance.umich.edu/data-security-guidelines> (blue box, right side of page).

How is confidentiality protected?

Identifiers received from your institution, such as your name and email address, are never attached to survey responses. The study team is obliged by several pledges (e.g. <http://sites.isr.umich.edu/confidentiality/>, re-affirmed annually) and Institutional Review Board guidelines to ensure that identifying data are protected. The study team also holds an [NIH Certificate of Confidentiality](#), which provides extra protection in the very unlikely event of legal or investigative demands.