

Thank you for your interest in participating in the national Mental Health and Substance Use Monitor for students in higher education, or MMMS. Before you start the questionnaire, we would like to give you some background information about this monitor. We will then ask you to give your consent for participation in the monitor and for the use of your personal data.

Why is it important that I take part?

The aim of this monitor is to assess the mental health and substance use of students in the Netherlands, and the factors affecting these. We carry out a survey every two years, so that we can identify the current situation and changes over time.

Based on the monitor results, we can take specific action to improve student well-being, at the national and regional levels and within universities. The first survey was carried out in spring 2021, and its results prompted the Dutch government to pay extra attention to student well-being.

What do I need to do?

You complete the questionnaire online. This should take about 20 minutes and can be done using a smartphone, laptop, computer, tablet or any other device with an internet connection.

The questionnaire includes questions on:

- background characteristics, such as your age and living arrangements;
- study-related characteristics, such as your degree programme and any student loan;
- perceived mental health, such as stress or resilience or feeling anxious or 'down';
- substance use, such as whether you drink alcohol, smoke or take drugs;
- support or advice received for mental health issues or substance use, for example from someone in your university.

You can complete the questionnaire up to 30 April 2023.

What's in it for me?

Participants in the monitor can enter a prize draw, where they have a chance of winning one of 500 €50 digital gift cards (expected chance of winning 1 in 200).

Do I have to take part?

It is of course up to you whether or not you decide to take part in the monitor. Note that you can stop filling in the questionnaire at any time, by simply closing it. If you decide not to take part in the monitor, or to stop at some point, this will have no consequences and you do not need to provide a reason. Any answers that you have provided will however be saved and used in the survey. If you do not want your answers to be used, you may exercise your rights as a data subject: please refer to the [privacy statement](#).

Who is conducting the monitor?

The monitor is being carried out by RIVM, the Trimbos Institute and the Association of GGDs (Regional Public Health Services) and GHOR (Regional Medical Emergency Preparedness and Planning) offices in the Netherlands (GGD GHOR Nederland) on behalf of the Dutch ministries of Education, Culture and Science (OCW) and Health, Welfare and Sport (VWS). Research 2Evolve has developed the online questionnaire and will store the completed questionnaires safely for two months following completion of the survey.

What will be done with the data collected for the monitor (the MMMS)?

The MMMS is being carried out to answer the following questions:

- 1) What is the status of the mental health and substance use of university students?
- 2) What are the main factors associated with the mental health and substance use of university students?
- 3) How much advice or help do university students receive for mental health issues or substance use?

As indicated above, the survey data will be used to make a comparison with the first survey in 2021 and follow-up surveys in 2025, 2027 and 2029. The data will also be used for additional analyses relating to the three research questions of the MMMS.

What else would the researchers like to do with the data?

The researchers would also like to be able to use the survey data in other research. This concerns future research that does not fall within the context of the research questions of the MMMS but that relates to the mental health and substance use of students. This could be a comparison study into the alcohol consumption of university students and the alcohol consumption of vocational education students, for example. Or, it could be a study into differences between the pressure to achieve experienced by university students and their non-studying contemporaries. Please tick the box next to the third question in the consent statement if you consent to the use of your personal data for such future research.

What will the monitor results be used for?

Various reports will be produced following analysis of the data. The reports and the published results will contain data that is presented at the group level and that cannot therefore be used to identify you as an individual. The main report, intended for OCW and VWS, will contain the national results on the mental health of and substance use among students. In addition, universities and municipalities will be sent the results pertaining to their own groups of students. Again, it will not be possible to use the monitor results to identify you as an individual; this applies to the national, municipal and university level results.

What will my data be used for?

We will of course handle your personal data carefully and confidentially and in accordance with the requirements of the General Data Protection Regulations (GDPR) and any other statutory regulations.

The [privacy statement](#) explains how we handle your personal data in more detail and describes your rights as a participant in the monitor.

Note that we make a distinction between survey data and results. You may also decide to provide your email address for participation in the prize draw. This is described in more detail below:

Survey data: the answers that you provide in the questionnaire, which contain personal data. They may also include sensitive personal data, such as information about your health, which receives extra protection under data protection regulations. The answers that you provide will be pseudonymised, which means that the researchers will not be able to use your answers to directly identify you as an individual.

Results: as described above, the results are presented at the group level of analysis, not the individual level. We present results for example by age group, type of degree programme, phase of degree programme, and so on. It is not possible to identify you as an individual based on the presented results.

Prize draw: once you have completed the questionnaire, you will be asked to enter your student email address, to be used for the prize draw and send a prize. It is up to you whether or not you do this. You therefore do not have to enter your email address if you do not want to take part in the prize draw. Would you like to enter? If so, your email address will be stored separately from the answers that you provide in the questionnaire, to ensure that your answers cannot be linked to your email address.

We will ask you to consent to the use of your student email address for participation in the prize draw at the end of the questionnaire.

Who can I contact with questions about the monitor?

For questions relating to the questionnaire: [please visit the MMMS website](#). If you cannot find an answer to your question, please contact one of the researchers at: studentenmonitor@trimbos.nl.

For technical questions, please first go to the [FAQ page](#) to see if you can find an answer to your question. Otherwise, you can contact the Research 2Evolve help desk, by calling 0800-3333 300 (free of charge) or sending an email to info@research2evolve.nl.