**Faculty member:** Michael Kalkbrenner, Ph.D.

*Supporting Mental Health & Wellness: Designing and Validating Innovative Strategies Research Team.*

Some of the general topics that the team is working on include:

- Measurement and evaluation of dimensions of health and wellness.
- Connecting college students to counseling and other wellness-related resources.
- Identifying barriers and solutions to counselor seeking behaviors.

The team is presently working on a number of psychometric studies:

- Instrument development and validation (factor analysis)
- Confirming the factor structure of a number of instruments:
  - Fit, Stigma, and Value (FSV) Scale
  - Mental Distress Response Scale (MDRS)
  - The REDFLAGS Questionnaire
  - Lifestyle Practices and Health Consciousness Inventory (LPHCI)
  - College Mental Health Perceived Competency Scale (CMHPCS)

Please contact Dr. Kalkbrenner ([mkalk001@nmsu.edu](mailto:mkalk001@nmsu.edu)) if you’re interested in learning more about this research team.