

2010 MISSOURI COLLEGE HEALTH BEHAVIOR SURVEY

Reported Past-Year Mental Health Problems among Missouri College Students, 2010

Level of Stress Experienced in Past Two Weeks (%):		Main Sources of Stress (%):	
None	2.0	School / Academics	75.2
Minimal	13.9	Financial Concerns	49.2
A Little	20.4	Time Management	43.6
Manageable	44.6	Future Plans	42.9
Overwhelming	16.7	Job	32.9
Unbearable	2.1	Dating / Relationship with Partner	31.8
		Family	28.4
		Physical Health	23.3
		Friends	18.5
		Outside Organizations / Responsibilities	15.5
		Roommates	15.3
		Mental Health Issues	8.1
		Other Source of Stress	3.7

Experienced Any of the Following Mental Health Problems in Past Year (%):		Among Students Experiencing Problems, those Who Sought Assistance for the Following (%):	
Anxiety	32.7	Bipolar Disorder	48.7
Chronic Sleep Disorder	15.6	Major Depression	48.5
Suicidal Thoughts	13.1	Panic Attack	38.3
Major Depression	12.1	Abusive Relationship	34.8
Panic Attack	11.6	Anxiety	32.2
Eating Disorder	4.7	Sexual Assault	32.2
Self-injury	3.7	Eating Disorder	30.2
Alcohol Use or Dependency	3.1	Chronic Sleep Disorder	29.7
Abusive Relationship	2.8	Self-injury	28.5
Bipolar Disorder	2.3	Alcohol Use or Dependency	21.2
Sexual Assault	0.9	Other Problem	46.2
Suicide Attempt	0.9		
Other Problem	1.8	Sources of Help for Personal Concerns (%):	
None of the Listed Problems	43.7	Friends / Peers	71.3
		Parents	62.6
		Sibling / Extended Family	45.1
		Dating Partner / Spouse	38.2
		University Counseling Center	23.2
		Faculty / Professor	18.6
		Religious or Spiritual Advisor	16.6
		Academic Advisor	13.1
		Mental Health Professional	9.0
		University Health Center	8.7
		University Staff Member	5.9
		University Residence Life Staff	5.6
		Law Enforcement / Campus Security	2.9
		Chat Rooms or Online Support Groups	2.2
		Other Source of Help	1.6

Data Source:

University of Missouri--Columbia. Partners in Prevention Statewide Coalition.

<http://pip.missouri.edu/>

2010 survey results for 6,543 students, based on random samples of students enrolled at 13 Missouri colleges.