

MISSOURI COLLEGE HEALTH BEHAVIOR SURVEY
Reported Mental Health Problems among Missouri College Students

	2015	2014	2013	2012	2011	2010	2009	2008
LEVEL OF STRESS EXPERIENCED IN PAST TWO WEEKS (%)								
None	—	1.1	1.9	1.9	1.7	2.0	2.1	—
Minimal	—	8.5	10.7	11.1	10.5	13.9	11.6	—
A Little	—	16.9	18.7	19.0	18.8	20.4	20.2	—
Manageable	—	48.8	47.5	47.7	47.2	44.6	45.4	—
Overwhelming	—	21.1	18.3	18.1	19.5	16.7	18.5	—
Unbearable	—	2.7	2.1	2.0	2.3	2.1	2.3	—
AMONG ALL STUDENTS, MAIN SOURCES OF STRESS (%)								
School / Academics	—	89.4	—	77.2	78.7	75.2	74.4	86.8
Financial Concerns	—	54.4	—	47.4	50.6	49.2	50.3	50.8
Future Plans	—	53.2	—	43.9	44.3	42.9	50.2	—
Time Management	—	52.2	—	43.1	47.1	43.6	52.8	49.0
Job	—	34.9	—	31.1	32.1	32.9	34.1	34.9
Dating / Relationship with Partner	—	29	—	26.2	28.8	31.8	36.0	34.0
Family	—	29.7	—	25.0	27.7	28.4	31.6	25.1
Physical Health	—	25.1	—	20.1	22.3	23.3	22.2	21.0
Outside Organizations / Responsibilities	—	22.8	—	17.7	17.7	15.5	18.1	—
Friends	—	19.6	—	16.1	17.6	18.5	22.3	17.1
Roommates	—	16.6	—	14.6	15.8	15.3	17.7	17.9
Mental Health Issues	—	9.9	—	7.2	7.4	8.1	8.9	—
Other Source of Stress	—	2.6	—	2.6	3.2	3.7	4.1	5.6
AMONG ALL STUDENTS, MENTAL HEALTH PROBLEMS EXPERIENCED IN PAST YEAR (%)								
Anxiety	45.0	44.1	39.4	34.4	34.9	32.7	35.8	35.2
Chronic Sleep Disorder	18.2	18.8	18.1	15.0	16.8	15.6	16.6	19.4
Suicidal Thoughts	15.0	15	13.6	13.6	13.4	13.1	—	—
Major Depression	21.4	18.5	17.6	12.5	12.5	12.1	12.9	35.2
Panic Attack	17.2	15.4	13.4	11.7	12.5	11.6	12.3	—
Eating Disorder	6.6	5.8	6.4	5.3	5.0	4.7	6.0	6.3
Self-injury	4.5	3.6	3.8	3.5	4.0	3.7	3.9	2.4
Abusive Relationship	4.1	3.2	3.1	3.0	3.2	2.8	3.1	—
Alcohol Abuse/dependency	2.8	2.8	3.2	2.8	2.8	3.1	4.3	3.0
Bipolar Disorder	2.8	2.6	2.3	2.1	2.3	2.3	2.7	—
Sexual Assault	2.1	1.5	1.4	1.1	1.2	0.9	1.1	1.2
Suicide Attempt	1.5	0.9	0.9	1.0	0.8	0.9	—	—
Other Problem	1.9	0.4	1.7	1.5	1.5	1.8	1.8	—
None of the Listed Problems	41.7	43.3	46.7	42.2	42.3	43.7	45.7	38.8
AMONG STUDENTS EXPERIENCING PROBLEMS, THOSE WHO SOUGHT ASSISTANCE FOR THE FOLLOWING (%)								
Major Depression	47.7	50.3	48.4	53.3	50.0	48.5	47.5	59.3
Panic Attack	41.8	42.6	44.4	43.1	41.1	38.3	39.6	—
Bipolar Disorder	51.7	50.8	49.2	42.0	51.5	48.7	44.7	—
Abusive Relationship	28.0	35.1	33.9	38.5	35.8	34.8	32.0	—
Anxiety	39.1	26.9	37.1	36.8	34.2	32.2	33.2	30.1
Chronic Sleep Disorder	35.4	31.8	31.2	32.6	31.1	29.7	29.8	24.7
Self-injury	39.2	39.4	38.1	30.9	32.8	28.5	31.0	40.7
Sexual Assault	25.0	30.3	27.9	28.2	26.6	32.2	22.1	35.5
Eating Disorder	27.9	24.9	26.7	27.2	23.1	30.2	23.1	27.2
Alcohol Abuse/dependency	22.4	21	18.4	22.6	16.6	21.2	19.0	28.0
Other Problem	48.5	51.9	45.6	48.6	45.4	46.2	45.5	—

— Question not included on survey or data not available for specified year.

Data are unweighted. 2015 Missouri College Health Behavior Survey respondents consist of 11,178 students at 21 Missouri colleges.

Data Source: Partners in Prevention Statewide Coalition <http://pip.missouri.edu/>