

# MISSOURI COLLEGE HEALTH BEHAVIOR SURVEY

## Reported Past-Year Mental Health Problems among Missouri College Students

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

Data Source:

Partners in Prevention Statewide Coalition.

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

Based on responses of 9599 students at 21 Missouri colleges in 2013, 9151 students at 21 colleges in 2012, 8905 students at 20 colleges in 2011, 6543 students at 13 colleges in 2010, 6257 students at 13 colleges in 2009, and 5050 students at 12 colleges in 2008.