

MACHB 2021: A Deeper Dive into Mental Health, Well-being, & Suicidality

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<http://mopip.org>

PIP and the Missouri Assessment of College Health Behaviors Survey (MACHB)

- 24 campuses included in the 2021 data
- N=10,154
- Campuses can use data to plan strategically
- Campuses receive funding and training from PIP to implement strategic plans
- Survey is open to any campus in the State of Missouri for free every spring
- A 2-year school MACHB is being piloted currently with 6 2-year campuses



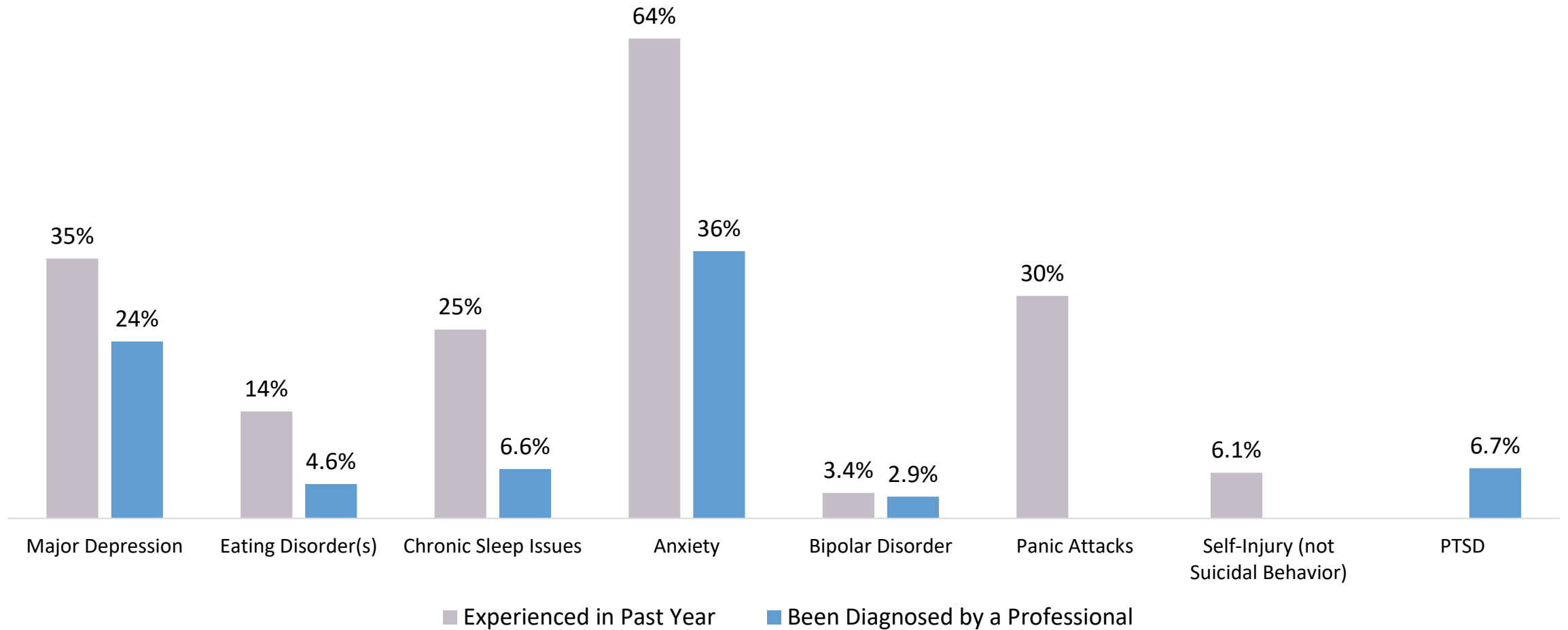
* The 2020 MACHB data was collected prior to the impact of COVID-19 being felt on our campuses, so responses were NOT affected by changes to campus operations.

Key Takeaways From This Presentation

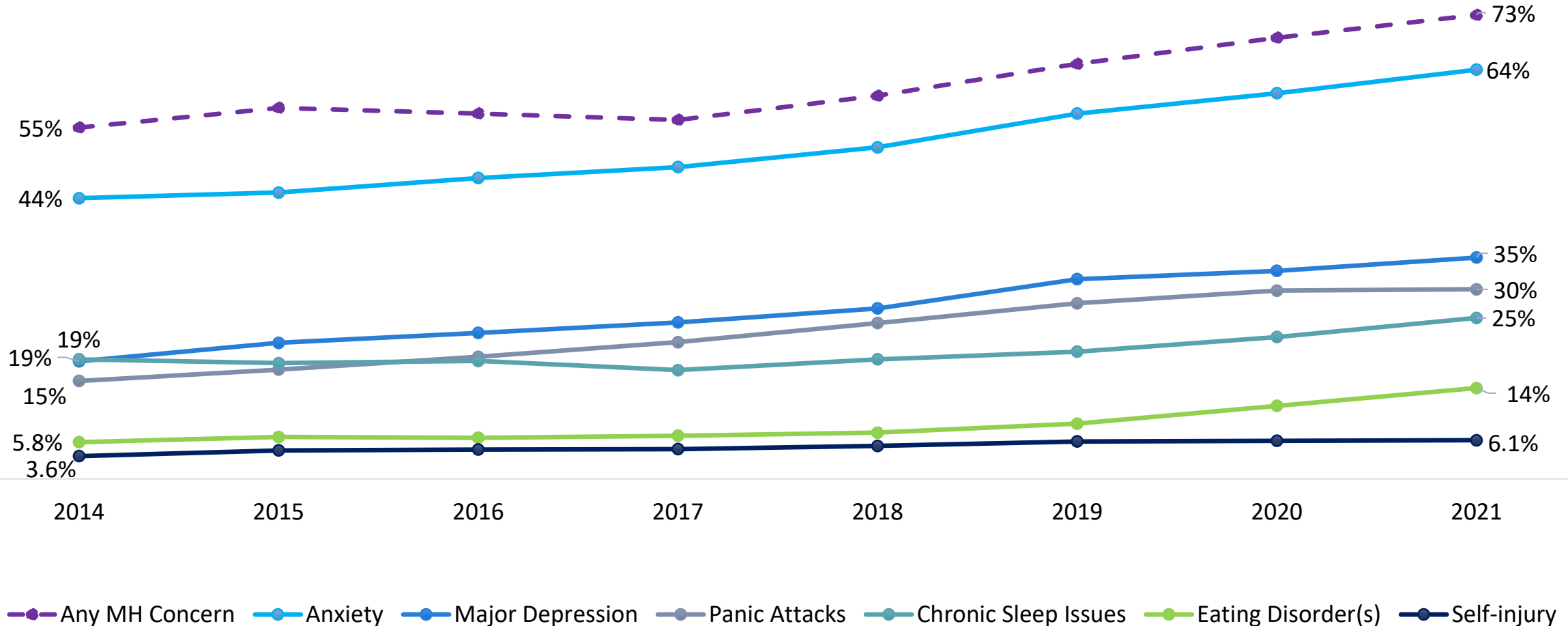
- Sense of belonging (or lack thereof) is strongly associated with mental health concerns and is experienced differently among different sub-populations of students
- Students who report experiencing a high level of stress use substances at higher rates, have higher rates of mental health concerns, and report higher use of unhealthy forms of stress relief compared to students with low stress
- Mental health concerns increased this year, and are disproportionately burdening our LGBTQQAP and trans-spectrum students, and students who are impacted by previous/current trauma
- Students who use cannabis appear to be struggling with mental health more than non-users and have higher rates of suicidality
- Suicidality stayed consistent with last year, although awareness and utilization of ALR has continued to decrease

Mental Health of Missouri College Students

Past Year Mental Health Concerns

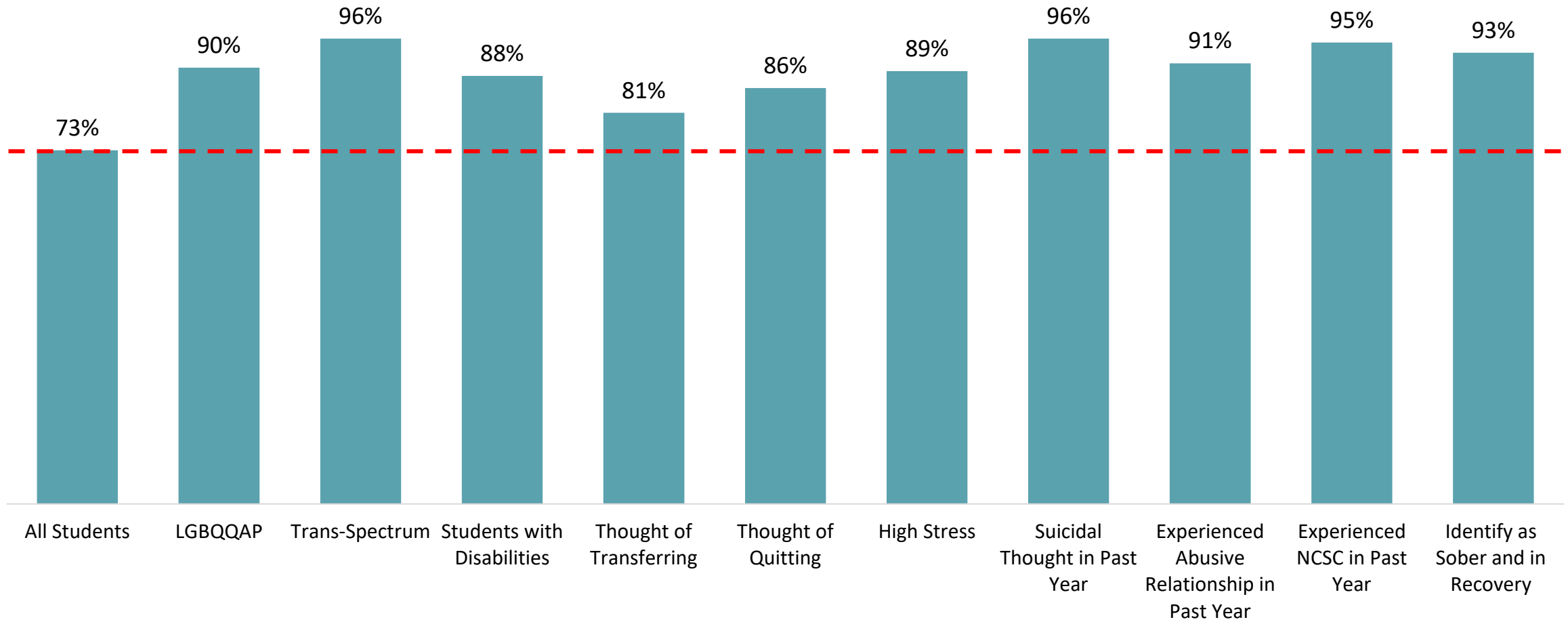


Trends in Mental Health Concerns



Past Year Mental Health Concerns by Subpopulation

■ Experienced Any Mental Health Concern in the Past Year



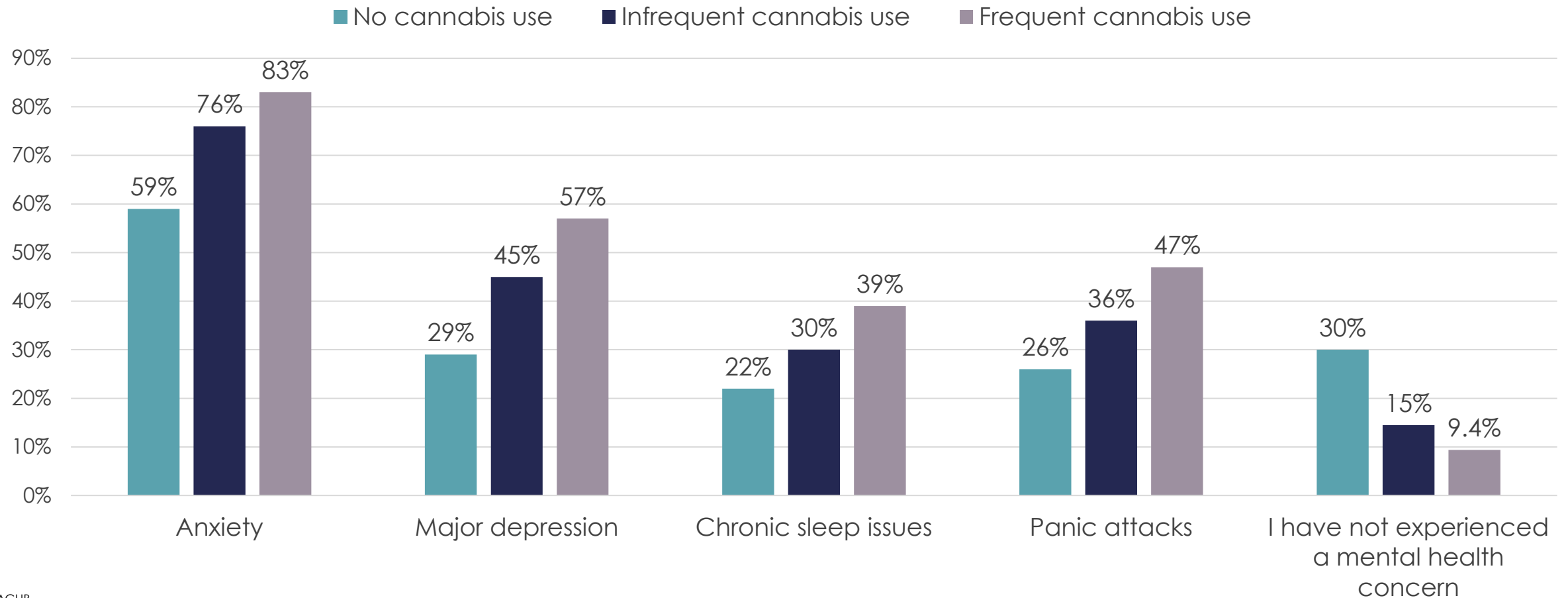
Locations & Barriers for Mental Health Assistance

“For the issues previously identified, where did you initially seek assistance?” (Check up to 2)	
I did not seek assistance	33%
Friends and Family	36%
Off-Campus Mental Health Provider	18%
Off-Campus Medical Doctor	16%
University Counseling Center	12%
University Health Center	2.3%

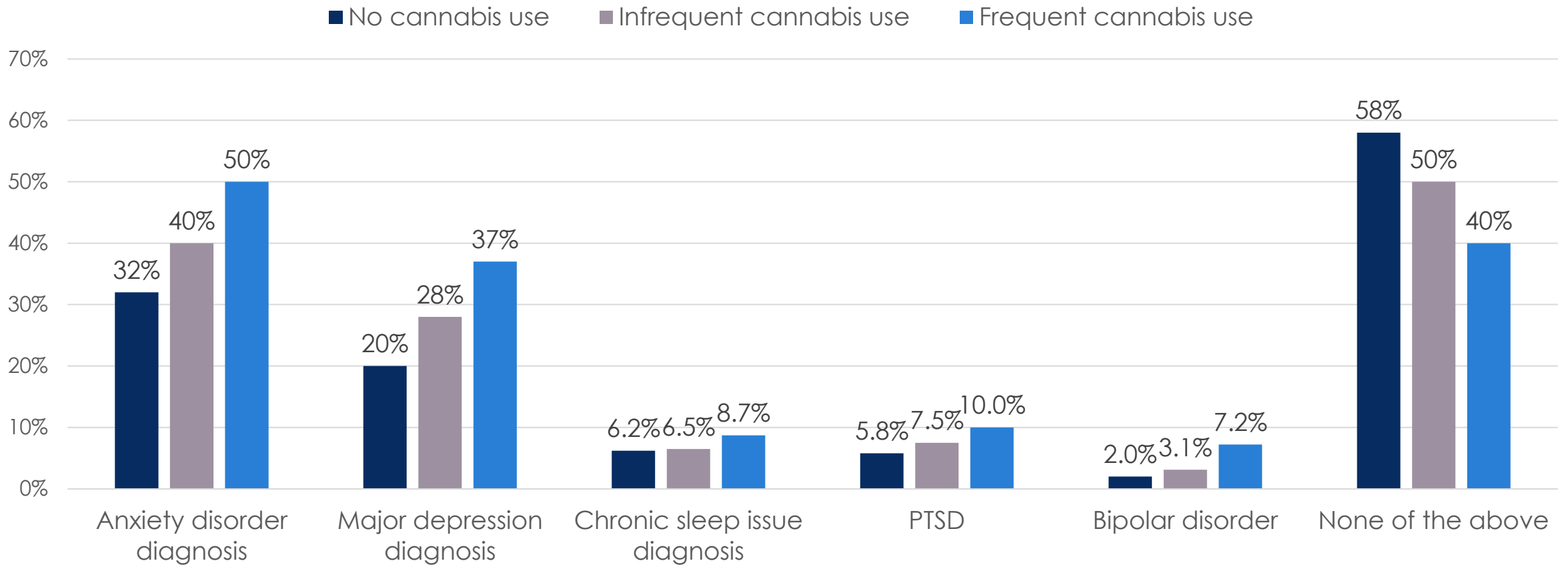


“What are the barriers that stop you from seeking assistance?” (Check all that apply)	
I do not think I need any assistance	53%
The cost is too expensive/My insurance does not cover	27%
I am afraid that people will judge me	27%
It is not helpful	15%
I do not know any resources	13%

Frequency of Cannabis Use and Mental Health Concerns



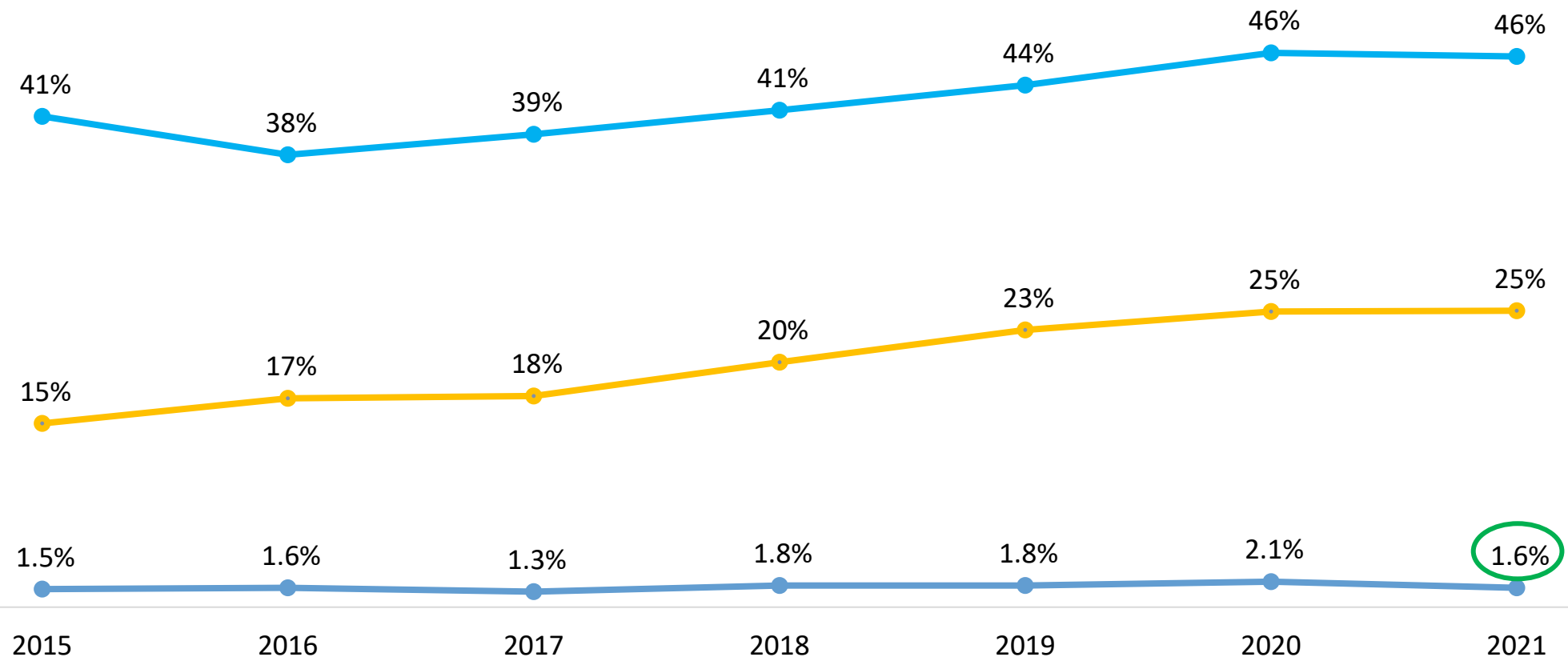
Frequency of Cannabis Use and Mental Health Diagnosis



Suicidality

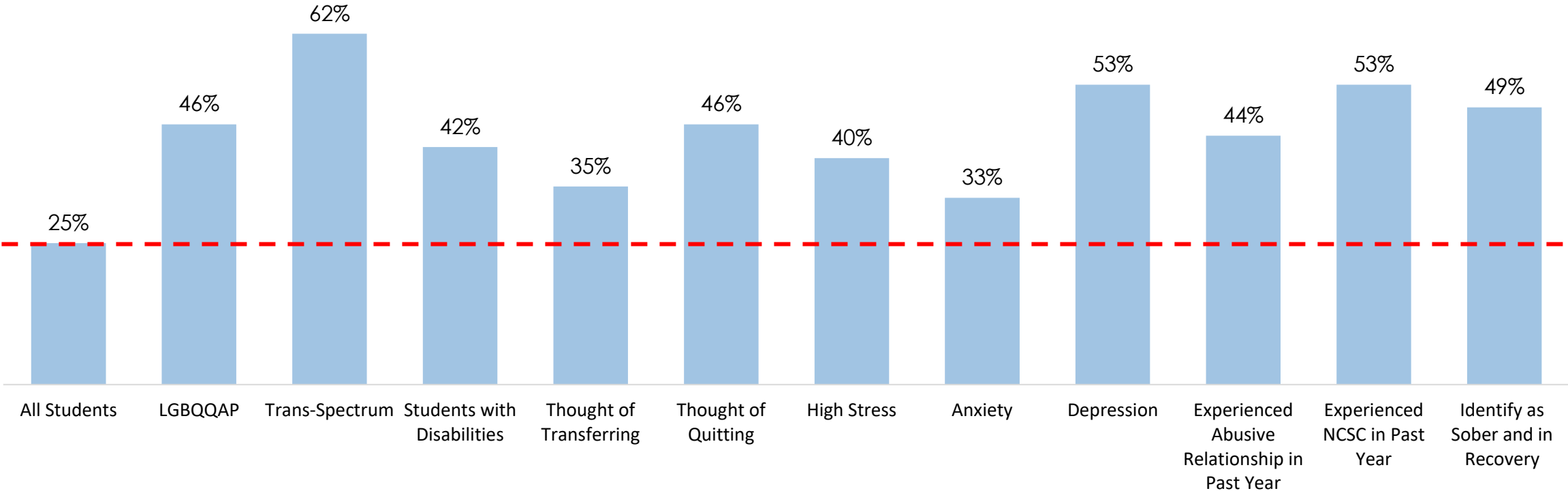
Trends in Suicidality

● Suicidal Ideation (Lifetime) ● Suicidal Ideation (Past Year) ● Attempted Suicide (Past Year)



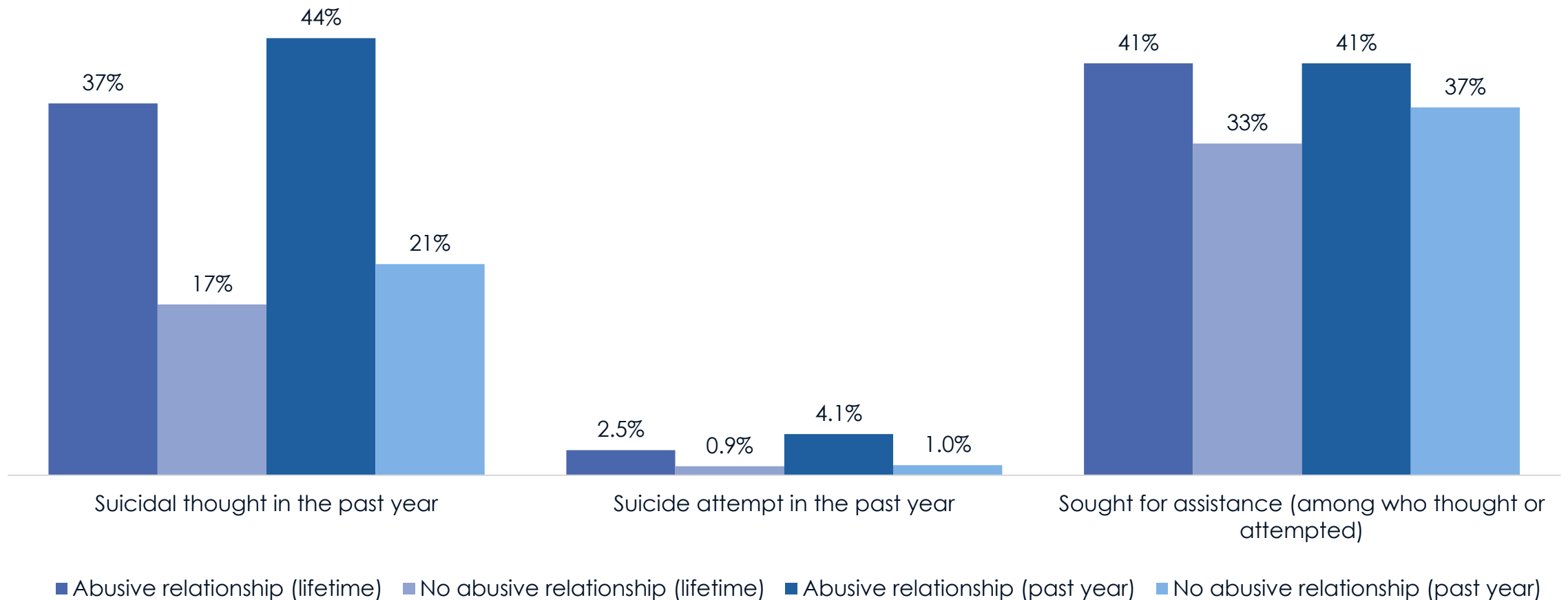
Suicidal Ideation by Subpopulation

Thought of Suicide in the Past Year

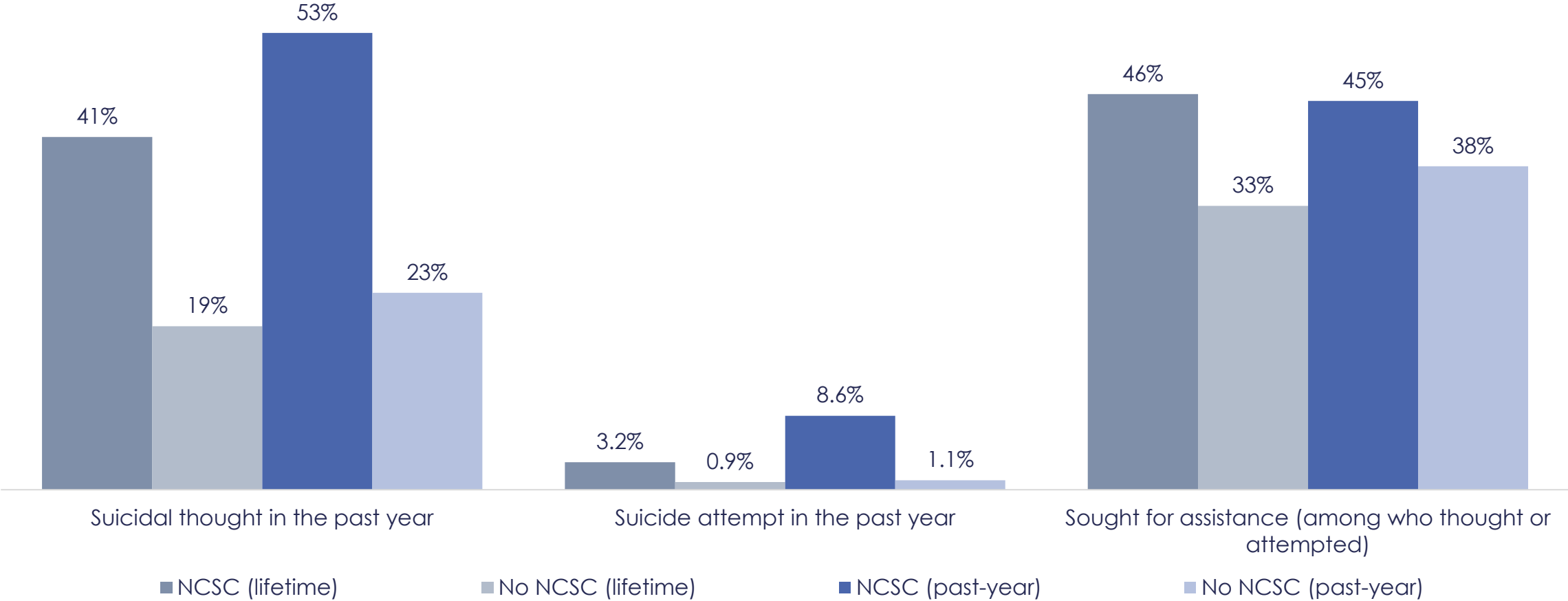


Interpersonal Violence & Suicidality

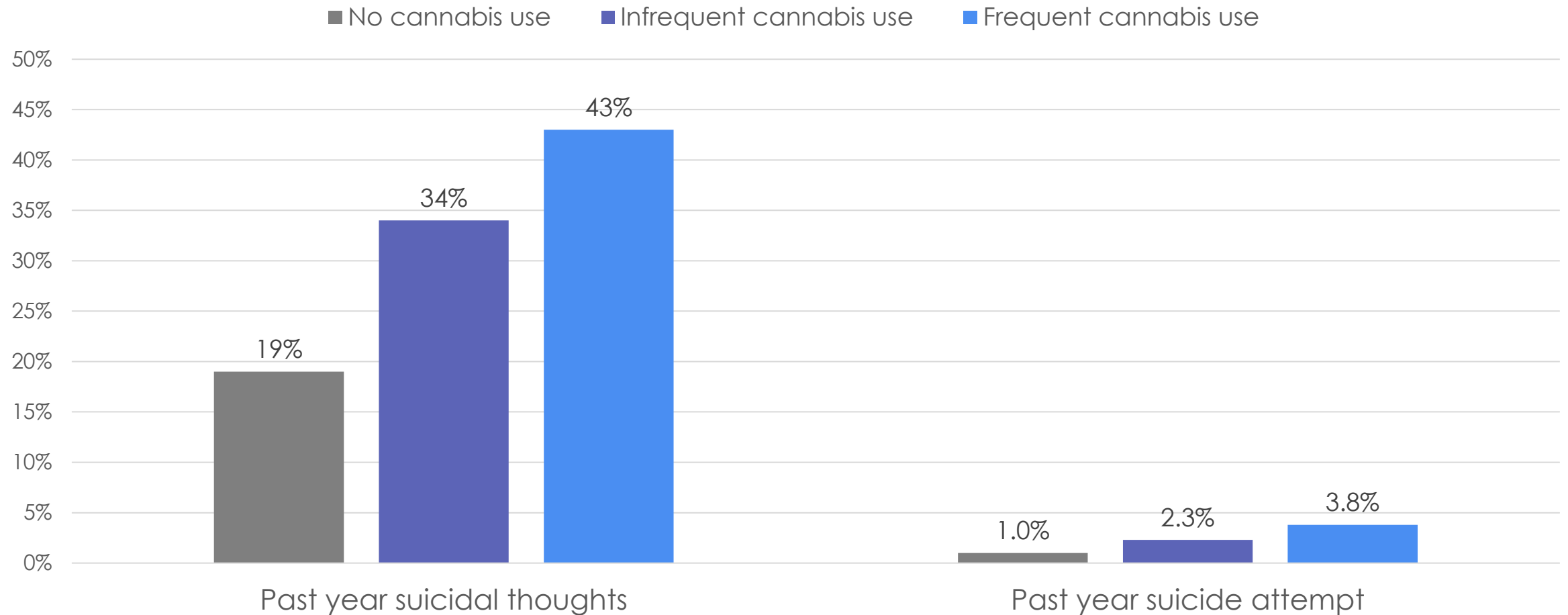
(2021)



Non-Consensual Sexual Contact & Suicidality (2021)



Frequency of Cannabis Use and Suicidality



Assistance for Suicidal Attempts/Thoughts

In 2021, 38% of students sought assistance for their suicidal attempt/thoughts

Location of Assistance	
Off-campus Mental Health Provider	35%
University Counseling Center	22%
Off-campus Medical Doctor	13%
Other*	13%
Hospital Emergency Room	4.1%
Religious or Spiritual Advisor	1.8%
University Health Center	0.9%

**Most common answers for 'Other' included friends/family/parents, crisis line, dating partner/spouse*

Barriers to Seeking Suicidality Assistance

In 2021, 55% of students who had a suicidal attempt/suicidal thoughts in the past year did **not** seek assistance

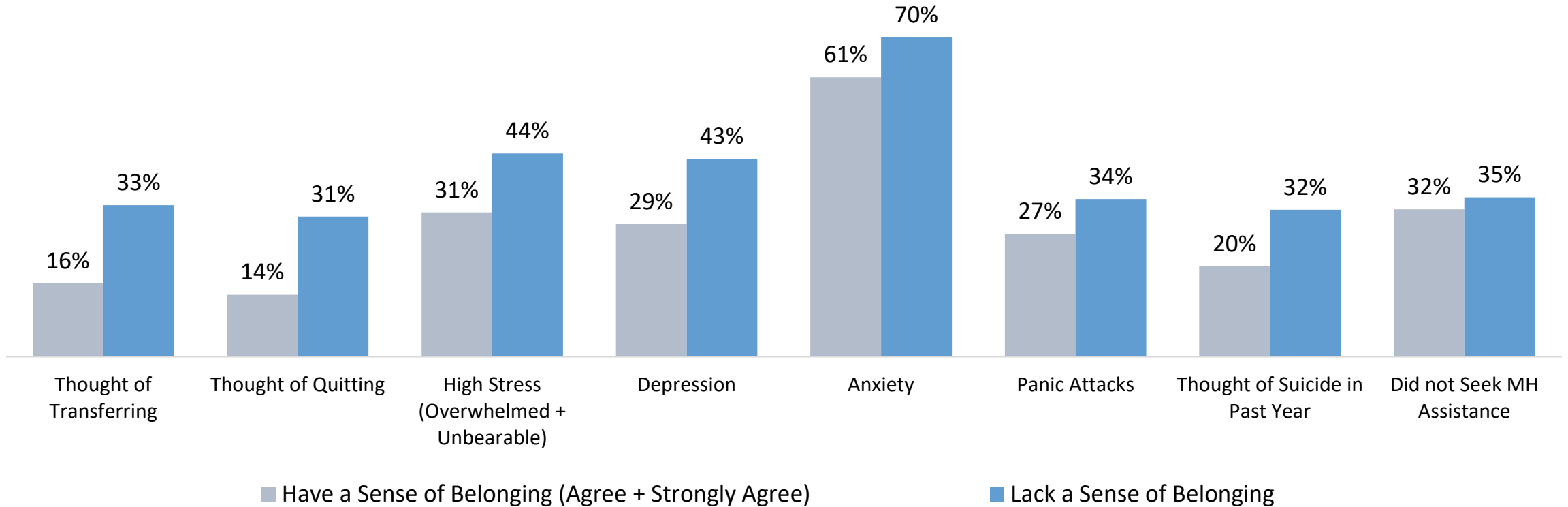
"What are the barriers that stop you from seeking assistance?" (Check all that apply)	
I feel shame	42%
I do not think I need any assistance	40%
I am afraid that people will judge me	34%
The cost is too expensive/My insurance does not cover it	30%
I have fear of hospitalization	26%
It is not helpful	25%
I do not know any resources	11%

29% of students selected both shame *and* judgment as barriers to suicide assistance

Well-being

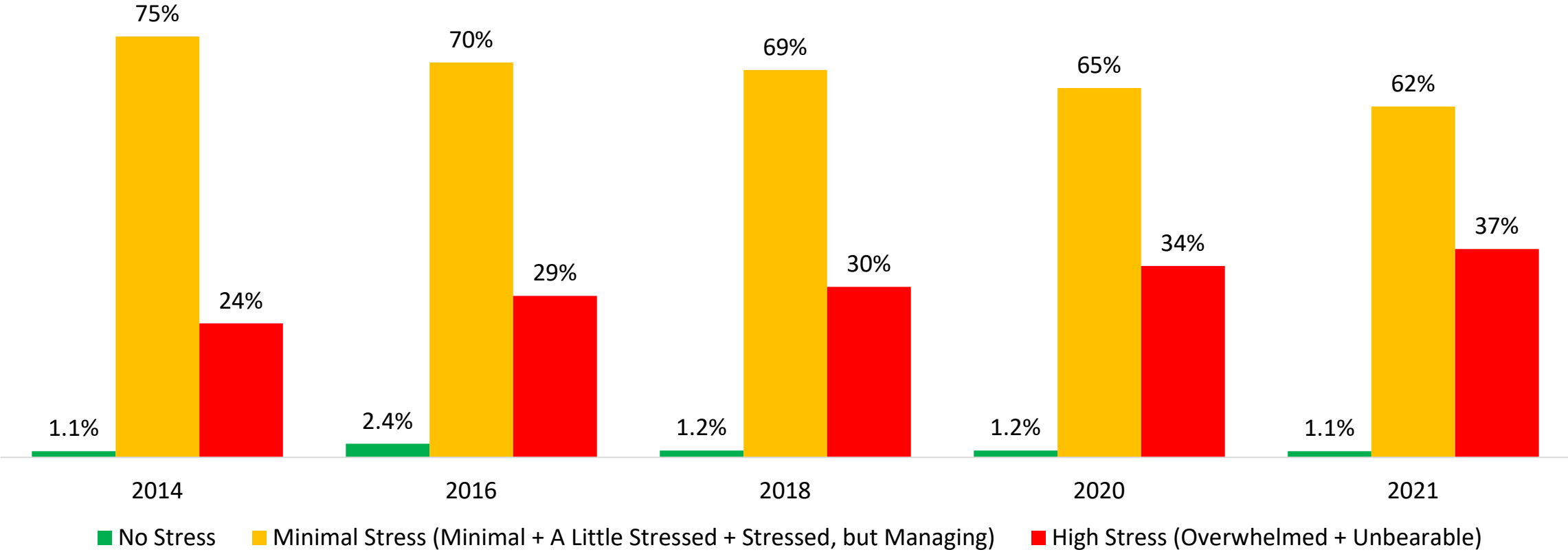
Sense of Belonging by MH Concerns

In 2021, 59% of students agreed or strongly agreed that they felt a sense of belonging to the campus community

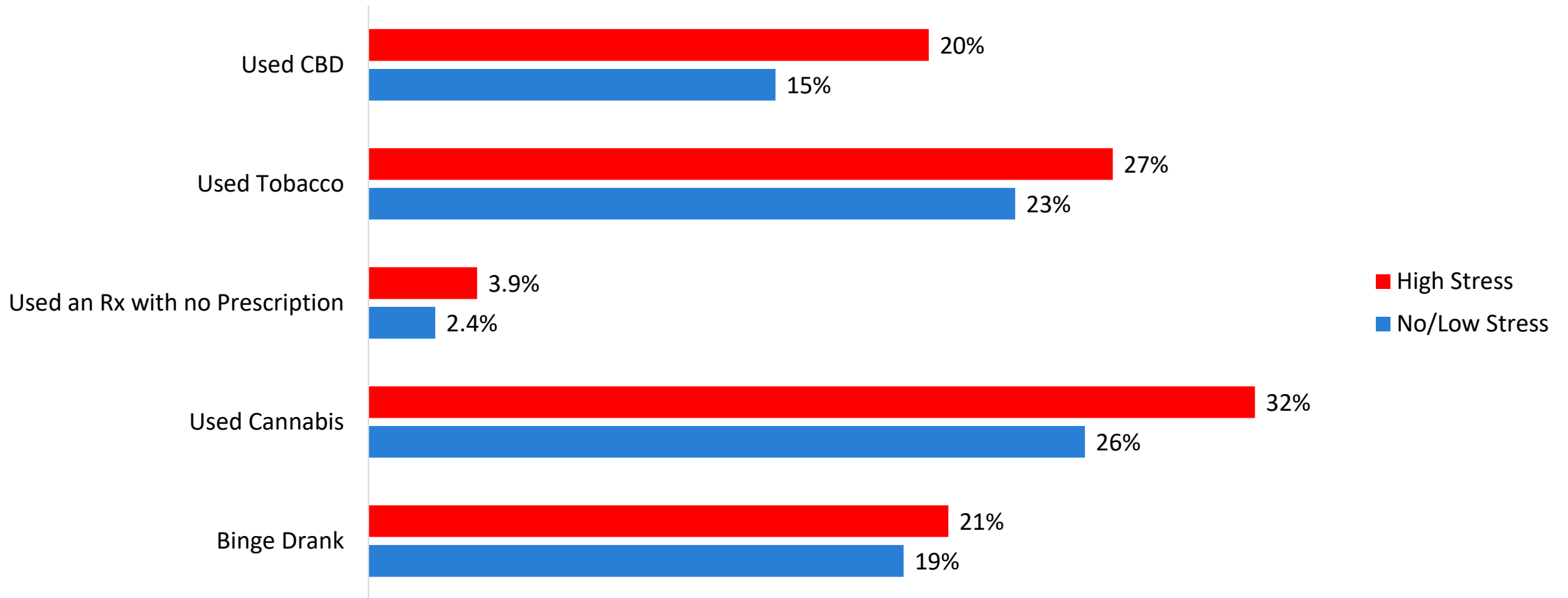


Trends in Stress Level

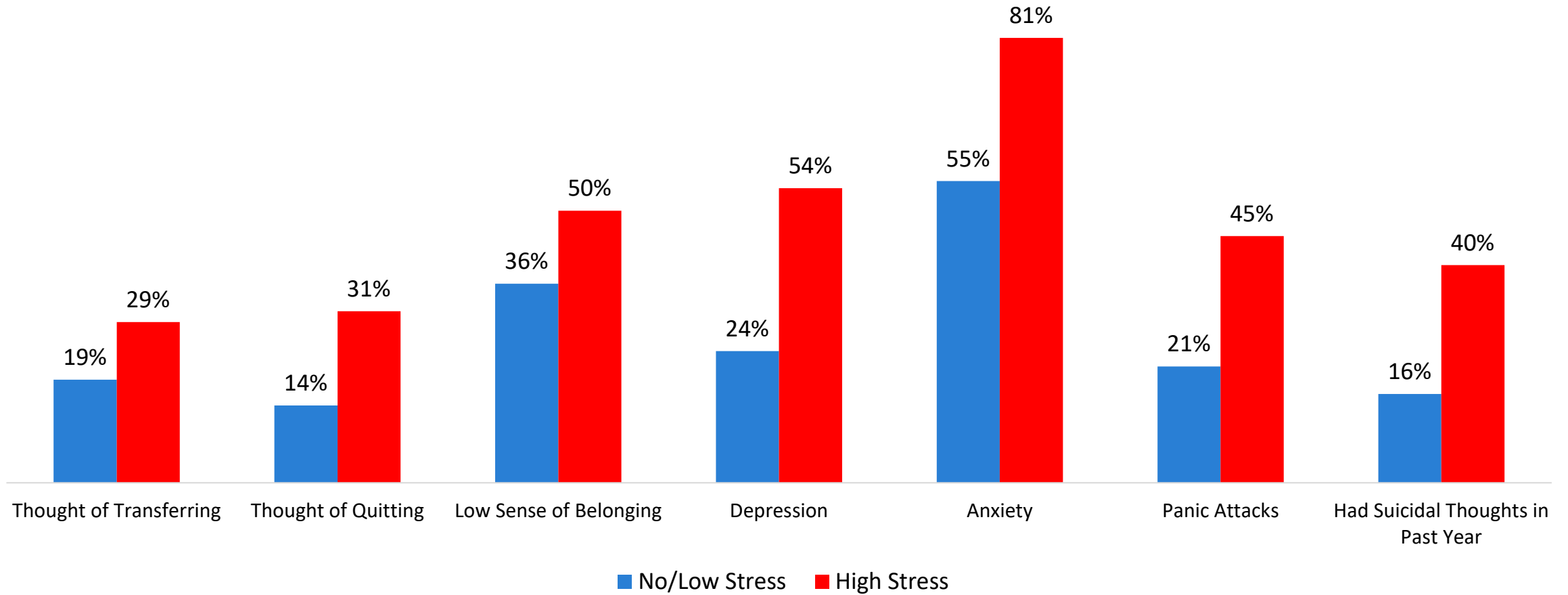
The percentage of students reporting that their stress is overwhelming or unbearable has steadily increased since 2014



Stress & Substance Use



Stress by Retention & Mental Health Concerns



Sources & Impacts of Stress

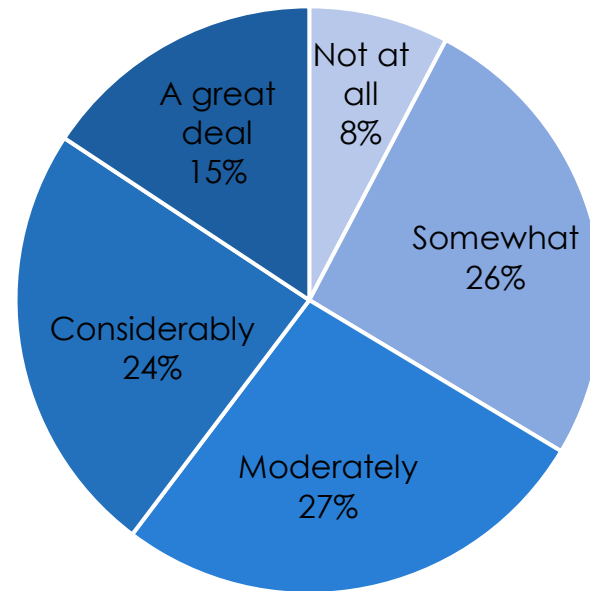
Top Causes of Stress:

1. School/Academics: 91%
2. Future Plans (graduation, finding a job): 56%
3. Time Management: 51%
4. Financial Concerns: 50%
5. Mental Health Issues: 41%

New Options for Stress this Year:

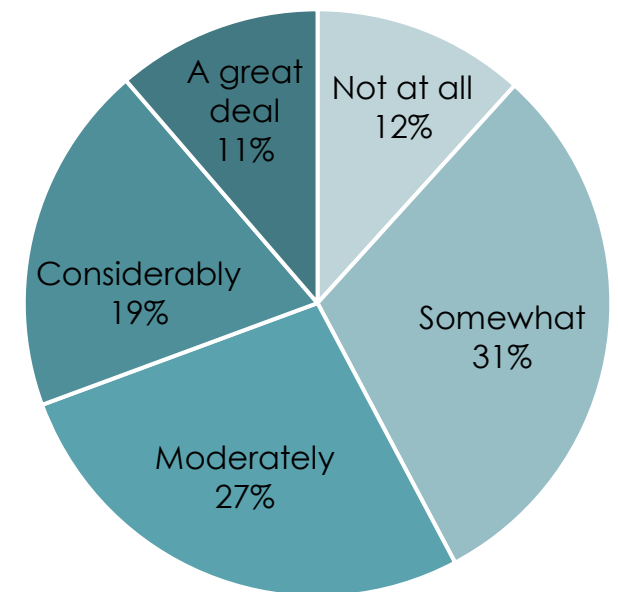
- Reduced Time with Friends: 36%
- Global Pandemic (COVID-19): 35%
- Missing the Campus Experience: 30%
- Physical Health (Unrelated to COVID-19): 29%
- Social Unrest Related to Racial Injustice: 16%
- Physical Health (Related to COVID-19): 11%

Personal Life



“To what extent has stress impacted or interfered with your...”

Academic Life



Contact Information

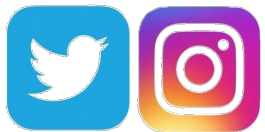
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