

PREVALENCE OF MENTAL HEALTH ISSUES WITH MISSOURI COLLEGE STUDENTS

Partners in Prevention (PIP) is a statewide coalition dedicated to creating healthy and safe college campuses in Missouri. PIP is especially concerned with understanding and improving mental health across college campuses. In order to assist students with their mental health concerns, it is important to understand the issues Missouri college students are experiencing. Data presented below is from the 2014 Missouri College Health Behavior Survey (MCHBS).

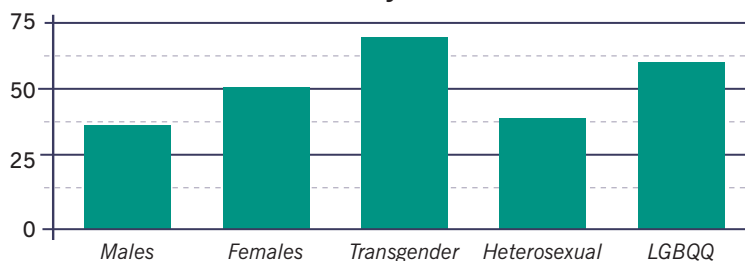
DISCUSSION

Missouri college students self-report experiencing various mental health issues in the past year. The most common mental health issue reported was Anxiety (44%). The next most common concerns were Chronic Sleep Issues (19%) and Major Depression (19%). Students were asked the following question on the survey: "Which of the following have you experienced in the past year? (Check all that apply)." Options include Major Depression, sexual assault, eating disorder(s), chronic sleep issues, self-injury (not suicidal behavior), anxiety, abusive relationship, alcohol abuse-dependency, panic attacks, Bipolar disorder, and "other."

Anxiety

Regarding anxiety, males report rates of 35%, females report experiencing anxiety at rates of 50%, and individuals who identify as transgender report rates of 70%. Anxiety rates by sexual orientation include 43% for individuals who identify as heterosexual and 61% for individuals who identify as LGBQQ*.

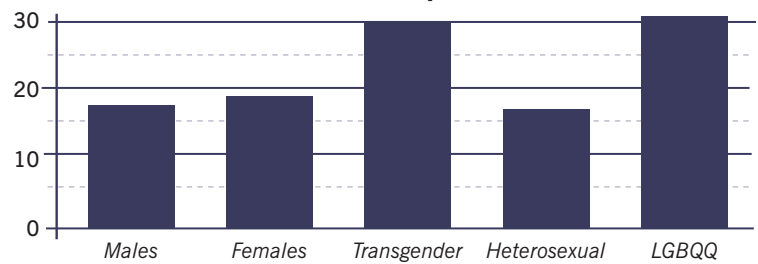
Anxiety Rates



Chronic Sleep Issues

In regards to chronic sleep issues, males report rates of 18%, females report 19%, and individuals who identify as transgender report 30%. Chronic sleep issues by sexual orientation are 18% for heterosexual individuals and 31% for individuals who identify as LGBQQ.

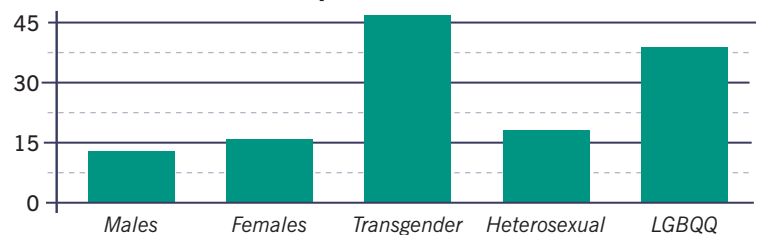
Chronic Sleep Issues



Depression

Males report depression at 13%, females report rates at 16%, and individuals who identify as transgender report 46%. Depression rates by sexual orientation include 17% for individuals who identify as heterosexual and 38% for individuals who identify as LGBQQ.

Depression Rates



SUMMARY

According to this data, many Missouri college students experience anxiety, chronic sleep issues, and depression. In addition to this, it appears women, individuals who identify as transgender, and individuals who identify as LGBQQ may be at greater risk of experiencing these mental health issues.

Contact Partners in Prevention at (573) 884-7551.

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*Note: LGBQQ: Students who identify as Lesbian, Gay, Bisexual, Queer, or Questioning.